



Spring 2020 Parent Meeting

March 4, 2020





Agenda

- Key Dates
- Coaches and Captains
- Volunteer Requirements
- Spring fees
- Questions



Key Dates for Spring

- Mandatory Parent Meeting & Letter Writing - March 4
- Dock installation and Site work: March 7 - Saturday
- Swim Test - March 10 - 6:20; Leave school 5:40; Done by 7:00 - Ida Lee
- Chipotle Night - March 10 - Ryan Park
- Picture Day - March 12 - 5:40 - Auxiliary Gym
- Crew Banquet = May 19
- Regattas -
 - March 20 – EVSRA, Norfolk, VA
 - March 28 - Regional Park, Occoquan
 - April 18 - Ted Phoenix Regatta, Occoquan
 - April 25 - Al Urquia Regatta, Occoquan
 - May 2 – Virginia State Championships, Lower Boats, Occoquan
 - May 9 – Virginia State Championships, Upper Boats, Occoquan
 - May 14-16 – Stotesbury Cup, Philadelphia
 - May 23 – SRAAs/Nationals, Cooper River, NJ



Spring 2020 Coaches & Captains

- Head Coach - Rich Schafer
- Assistant Coaches:
 - Sean Tully
 - Michael Chaisone
 - Jessica Sigalis
 - Tyler Schafer
 - Scott Walker (part time)
- Captains
 - Genna Brown
 - Michael Leon
 - Sydney McKnight
 - Sharat Paka



Coaches Expectation

- Coaches 3 C's - Conduct, Culture, Communication
- Code of ethics and conduct
 - NO foul language, **PERIOD!**
- Work Ethos
- Dealing with issues
 - Coaches
 - Captains
 - Athletes
- Communications between and among athletes

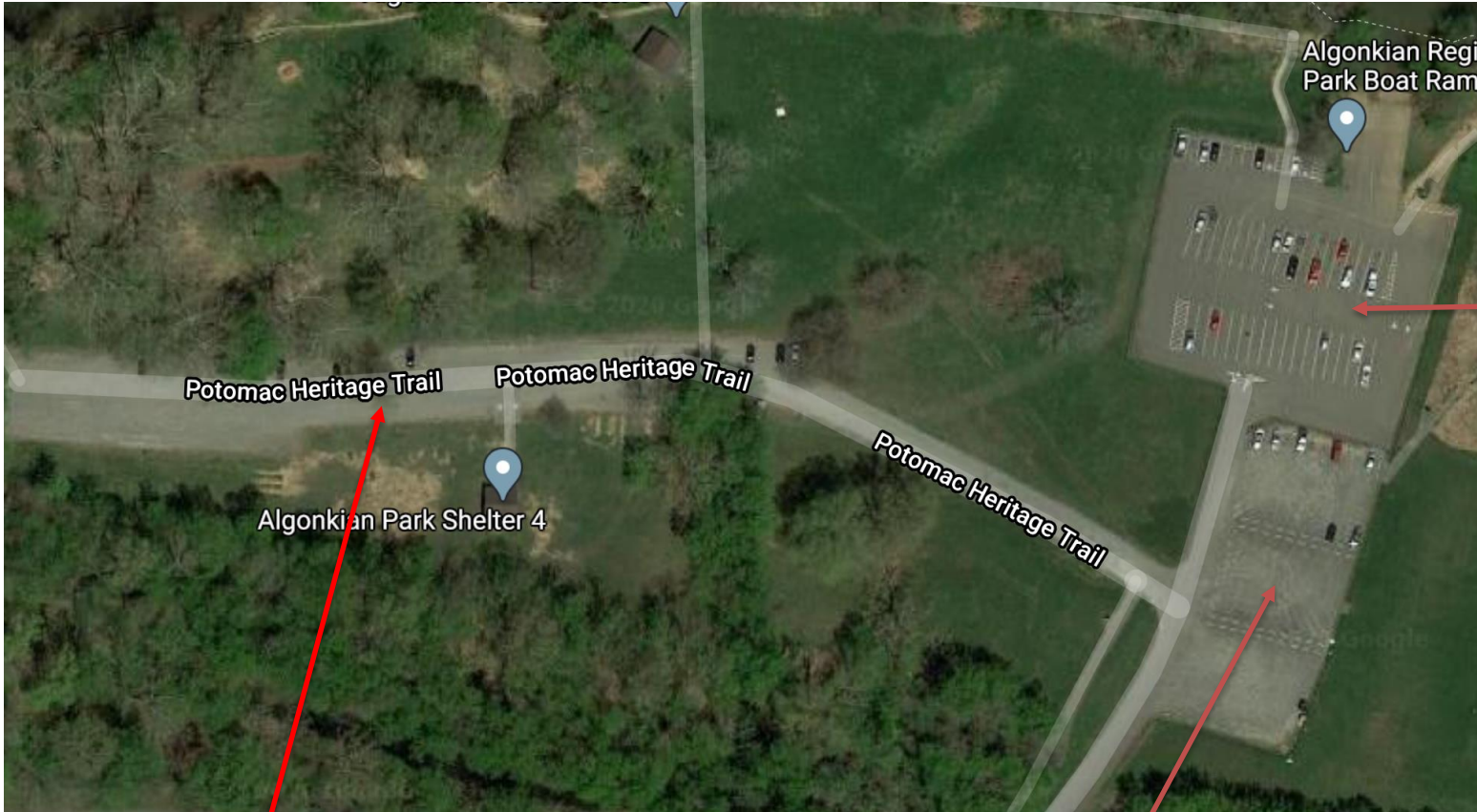


Practice

- Times:
 - Land Training 4:30 pm - 6:30 pm
 - Water Training 4:30 pm - 6:30 pm
 - Additional practice TBD
- Conditioning
- Equipment
- Rowing facilities
 - Algonkian Regional Park
 - 6 schools one dock
 - Transportation
 - Bathrooms
 - Rules
- Car Pooling



Parking at Algonkian



COACHES
PARKING
ONLY

WHEN OPEN STUDENTS
SHOULD PARK HERE

PARENT PARKING
SECONDARY STUDENT PARKING



Briar Woods Crew Culture

- Personal Integrity
- Supporting your team, your boat, and your teammate
- Work hard and play hard
- Respectful to ALL adults and coaches
- We are here to work, that is your job
 - DO YOUR JOB!
- Behavior off the water
 - At home
 - At school
 - In class
 - At events

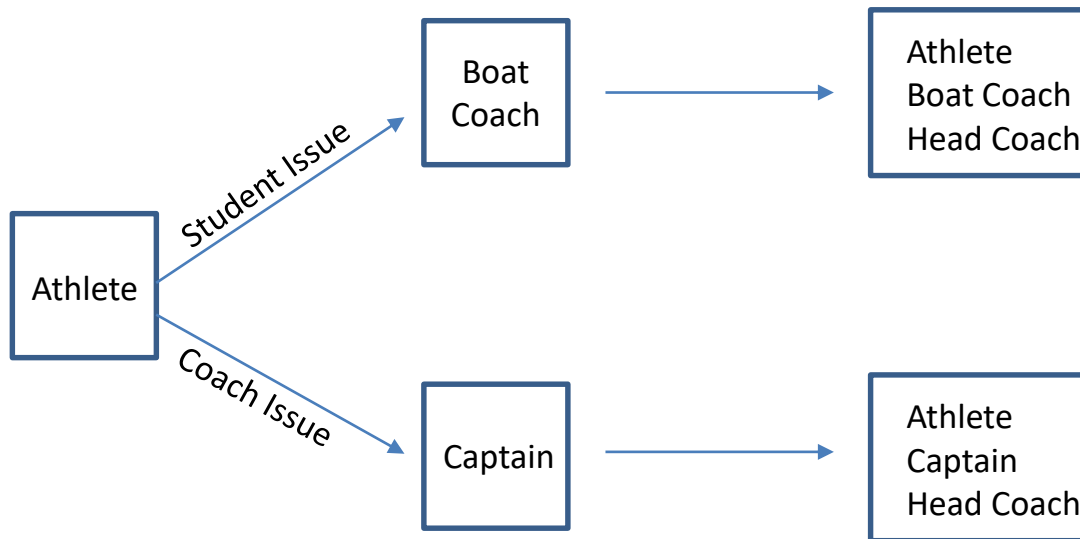


Communications

- Team Snap
- Facebook
- Email Groups
- Boats - Group Text
- Website - www.briarwoodsrowing.org
- Problem resolution
 - Correct ways and incorrect ways
 - Captains
 - Coaches
 - Parents
 - School

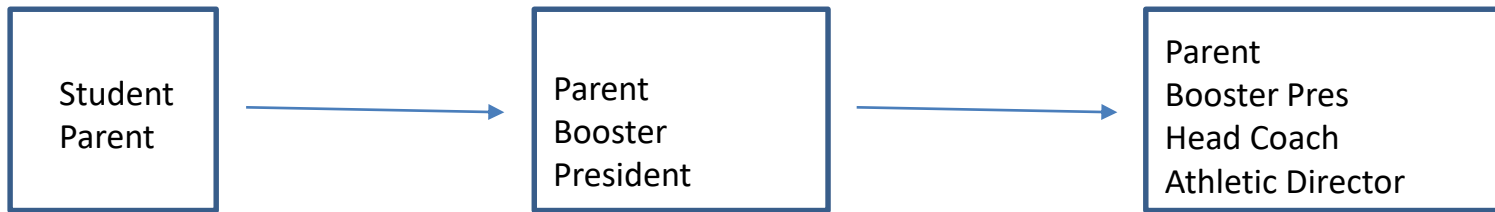


Problem Resolution





Parent Involvement





Spring Fees

- Team gets ZERO funds from county/state
- Team fee for Spring 2020: **\$975** (if paid at 3/4 parent meeting via check, no processing fee)
- Travel related fees (**Estimated**):
 - Norfolk regatta: **\$175**
 - Stotesbury (Philadelphia): **\$275**
- **Late Fee of \$50** will be applied if payment is made late
- **No Refunds**



EVSRA Season Opener

Mar 20th Norfolk

- ESTIMATED Cost per rower
 - \$175 includes travel, lodging
- Lake Whitehurst, Norfolk Botanical Gardens (next to Norfolk Airport)
- Leave from BWHS Friday night Mar 20th
- Arrive at Fairfield Inn & Suites (2mi from Botanical Gardens)
- Breakfast at Hotel
- Leave from Regatta to come home Sat Mar 21st early evening
- Rooms available for parents at Fairfield Inn



Uniforms & Spirit Wear

- Uniforms (aka “Uni-suit”)
 - If your child has uni-suit from prior SPRING seasons, and it still fits, you may use that.
 - If this is your child’s FIRST spring season (or they’ve outgrown); you should have received link to order uniforms via email.
 - **Deadline for ordering is March 5th @ 11:59PM**
- Spirit Wear
 - Optional items for parents AND kids.
 - Available on team website both at the “Boathouse” store (Jackets) and regular spirit wear site (Holton Design)
 - **Store Closes on March 9th @ 11:59PM**
- Spirit Pack: each new rower gets one; included w/ Spring fee
- Practice Clothes
 - Wool Socks, Shorts, Crocs



Volunteer Requirements

- Lead a committee (Operations, Co-President, Corp Fund Raising)
OR
- Briar Woods Crew Team **CANNOT** function without parent volunteers
- Each family whose student makes the team **must serve at least three (3) volunteer roles (one for VASRA and two for FOOD)** during the season; each family signs “parent agreement”
 - VASRA-mandated volunteer positions: the team is required to staff positions at each local regatta
 - **\$50 fine** for failing to fulfill volunteer roles
 - Details regarding the different VASRA roles/positions will be shared at/prior to March 4th parent meeting
 - TEAM volunteer roles: Fun in the food tent!!



VOLUNTEER SIGNUPS

- Handouts with Descriptions of Roles Available on Website
- Role Descriptions also available on team website: www.briarwoodsrowing.org
- Volunteer signups go **LIVE** on sign-up genius (link on team website) on **THU, MARCH 5th at 7pm**



Crew Booster Leadership

- President – Mike Brown *
- Treasurer – Ily Soares
- Operations – OPEN
- Communications – Carolyn Elmore
- VASRA Rep – Lisa Strucko
- VASRA Volunteer – Darren and Brian Prosper *
- Food – Kedra Baker
- Student Fundraising – Trish McKnight
- Corporate Fundraising – OPEN
- Spiritwear/BWC Store – OPEN
- Travel – David Bryan
- Banquet – OPEN

* Individuals who have Seniors graduating in 2020 and not returning next year



BUDGET - EXPENSE

Briar Woods Crew Club			
Budget for fiscal year 2019-2020			
<u>Budgeted Expenses:</u>			
	<u>Unit Cost</u>	<u>Qty</u>	<u>Total Cost</u>
Capital Expenses			
Vespoli payments - 2017 purchase (payments end May 1, 2022)	5,163.46	2	10,326.92
Vespoli payments - 2018 purchase (payments end Apr 1, 2023)	6,664.67	2	13,329.34
Vespoli payments - 2019 purchase (payments end Dec 1, 2023)	4,677.41	2	9,354.82
Capital Equipment/misc equipment	7,350.00	1	7,350.00
Capital Equipment Reserve	5,000.00	1	5,000.00
Subtotal Capital Expenses:			45,361.08
Operational Expenses			
Coaches Pay	35,500.00	1	36,000.00
Trainer (vendor) - Winter conditioning	4,000.00	1	4,000.00
Repairs & Maintenance	5,000.00	1	5,000.00
Misc Equipment/gas/supplies	5,000.00	1	5,000.00
Regatta costs (registrations, food, lodging)	24,500.00	1	24,500.00
Regatta Transportation	19,500.00	1	19,500.00
Spirit Wear - Fall, Spring, other	10,800.00	1	10,800.00
Site expenses, storage rental, etc.	5,577.00	1	5,577.00
Other Admin (Acctg/Legal/Insurance/postal box/website, licensing, etc.)	13,605.00	1	13,605.00
Fundraising-related expenses (ltr-writing, poinsettias, etc.)	3,500.00	1	3,500.00
Jordan Schafer Scholarship	1,000.00	1	1,000.00
Banquet (facility, awards, decorations, etc)	5,000.00	1	5,000.00
Moving costs - from Algonkian to Beavertdam	2,000.00	1	2,000.00
Contingency Reserve	5,000.00	1	5,000.00
Subtotal Operational Expenses:			140,482.00
Subtotal Expenses:			185,843.08



Crew – Equipment Terms

Oar - The piece of equipment that each rower uses to propel the boat. In sweep rowing, each oar is approximately 12 feet long, lightweight and well designed.

Blade - The wide flat section of the oar at the head of the shaft. The two types of blades are called hatchets and spoons.

Shell - The racing boat. Shells come in configurations and sizes for single rowers, pairs, fours, and eights. An eight is approximately 60 feet long, narrow (about two feet wide at its widest point), and weighs about 280 pounds.

Sweep - A shell configured so that each rower has one oar. Oars on a sweep shell are normally alternated from side to side.

Foot Stretcher - Adjustable brackets in a shell to which the rower's feet are secured in attached sneakers or similar footwear.

Rigger - The device that connects the oarlock to the shell and is bolted to the body of the shell.

Oarlock - A U-shaped swivel that holds the oar in place. It is mounted at the end of the rigger and rotates around a metal pin.

Slide (or Track) - Two tracks on which the seat moves. The seat moves forward and backward on the slide, enabling the rower to compress his or her body at the start of the stroke and then use the combined power of the legs, back, and arms when actually executing the stroke.

Gunwale - Top section on the sides of a shell hull. The riggers are secured to the gunwale with bolts.

Rudder - Steering device at the stern. The rudder is connected to cables (tiller ropes) that the coxswain uses to steer the shell.

Skeg (or Fin) - A small fin located along the stern section of the hull. This helps to stabilize the shell in holding a true course when rowing. All racing shells have a skeg. The skeg should not be confused with the rudder.

Rigging - The configuration of accessories (riggers, foot stretchers, oars, etc) in and on the shell. Examples of rigging adjustments that can be made are the height of the rigger, location of the foot stretchers, location and height of the oarlocks, location of the button on the oar and the pitch of the blade of the oar.

Slings (or Boat Slings) - Collapsible/portable frames with straps upon which a shell can be placed temporarily.



Bow - The forward end of the shell.

Stern - The rear end of the shell.

Port - The left side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the port side.

Starboard - The right side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the starboard side.

Coxswain (or Cox, or Cox'n) - The person who sits at the stern of the shell (although this may be in the bow of some 4s), steers, gives commands, calls the ratings, and urges the rowers on in a race. A knowledgeable coxswain will generally serve as an "onsite/in-the-shell" assistant to the coach. Usually light in weight, a good coxswain will have as much competitive spirit as the rowers and can make a considerable difference in a race.

The Stroke - The rower sitting nearest the stern (and the coxswain). The stroke is responsible for setting the stroke length and cadence for the rest of the crew, following the commands and encouragement of the coxswain.

Crew – Other Terms

Check - Any abrupt deceleration of the shell caused by some uncontrolled motion within the shell; an interruption in the forward motion of the shell. Also used as a command ("check it!") to stop a shell as fast as possible by jamming the blades into the water as brakes.

Course - A straight racecourse for rowers that normally has 6 lanes. In high school, the course length is 1500 meters, while in college and Olympic events; the course length is 2000 meters.

Cox Box - A small electronic device, which aids the coxswain by amplifying his or her voice, and which gives a readout of important information such as stroke count.

"Way-Enough" - Actually sounds like "way-nuff". This is the coxswain's call to have all rowers stop rowing and let the boat come to a stop.

"Row Easy" or "Paddle" - A command to use very light strokes to move the boat through the water at a slow speed. Usually used when approaching a dock.



Crew – What to Wear

What to Wear - In general, the best clothing for rowing is soft, stretchy, breathable, and fairly form-fitting. One of the basic clothing requirements is Spandex shorts/trousers for wearing in the shell. Loose shorts can get caught in the slides under the moving seats, so **avoid basketball style shorts, sweatpants, or warm-ups**. You should avoid cotton. Cotton does not keep you warm when it gets wet; instead, it makes you colder.

On the Water - Conditions on the water often are 10 degrees cooler, and the wind is frequently stronger than on the land, so the best advice is to wear layers that will do the best job of keeping you warm. You will get wet from perspiration, rain, and splash. The key is to have synthetic clothing that will keep you warm even when wet. The best clothing for rowing is soft, stretchy, breathable, and fairly form-fitting. Loose tops can get caught in the oar handles, so avoid bulky jackets or sweatshirts.

Hands - Hands can get cold while rowing. However, you will not see rowers using traditional cold-weather gloves. The reason for this is that rowing requires a tactile feel of the handle.

Socks - Socks should be synthetic or wool (SmartWool socks are good, for example) to help ensure that feet stay warm while wet. You should have second pair on land. Good socks will help prevent blistering from the hull's shoes. Change your socks every practice in order to prevent fungus or athlete's foot.

Shoes - All rowers and coxswains should bring a pair of running shoes to every practice. Even when we are on the water, sometimes water conditions prevent us from taking to the water. In such circumstances, it is not uncommon that the team will run together. This is a perfect use for those ratty old sneakers that are no longer good for jogging. Also, Crocs or Slides are used for taking the boat to the dock.



QUESTIONS...?