

GDS
CREW HANDBOOK
2016

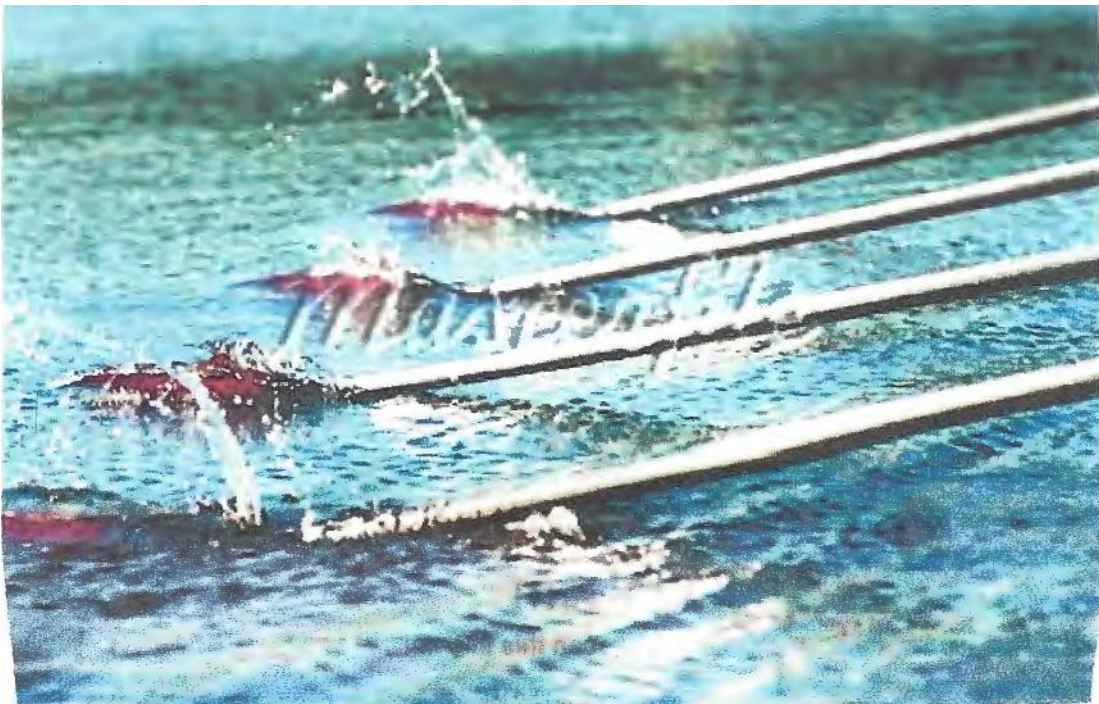


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ROWING AT GEORGETOWN DAY SCHOOL

A small group of enthusiastic parents and interested students launched the GDS crew program in 1995, relying on rented equipment and the goodwill of the local rowing community. Crew is now firmly established as a varsity sport at GDS and GDS now owns 2 eight-person shells (including one that was brand-new last year), one newer four-person shell, and 2 launches with motors and trailers.

As a member of the new rowing league, Washington Metropolitan Interscholastic Rowing Association (WMIRA), GDS competes with public and private high schools in the region and participates in the Stotesbury Cup Regatta in Philadelphia, a highly competitive event that draws schools from across the US. We are proud of the increasing capability of our team, but we also value the GDS-style inclusiveness of the crew team, which draws many students who might not otherwise participate in sports.

The Athletic Department provides experienced coaches, who design and oversee the program for Women's and Men's Varsity and Novice teams. The GDS Crew Club organizes parent support. Most high school sports do just as well whether parents join in or not. Not so with crew. *Every* local high school crew team depends on parents to provide the volunteer support necessary for its school to compete in the regattas. Parents pay dues, and donate or raise money to help pay operating expenses and to invest in major new equipment when necessary. They also provide food and regatta hospitality for hungry rowers and their families. The Crew Club hosts team dinners, takes photos and writes newsletters, and — most important -- we go down to the rivers to scream "Go GDS!" encouraging our children who choose to participate in this magnificent and very demanding sport.

We are delighted to have you join us. Welcome to GDS Crew!

I.

SPRING 2016 CALENDAR (incomplete and subject to change)

Tues.	2/8	Spring Season Opens: Mandatory Meeting of Crew Team-Parent Crew Club, 7:00 pm at the High School Forum
Mon.	2/29	First day of team practice — at the high school
	TBD	Rower swimming tests @ Holton Arms Bus Leaves GDS @ 3:30 pm, returns at 5:30 pm
		Team "clean-up day" @ Thompson Boat Center
Thurs.	3/17	Ergathon (Fundraiser) @ 3:15 in Forum
Fri-Tues.	3/18- 3/22	Spring Break Trip Camp Bob Cooper, Summerton, SC
Sat.	4/9	Baltimore Invitational Regatta, Patapsco Inlet, Baltimore
Sat.	4/16	Scrimmage with Holton on the Potomac
Sat.	4/30	Al Urquia on the Occoquan
Sat.	5/7	Novice WMIRA Regatta on the Potomac River (we host with Holton)
Sat.	5/14	WMIRA Championships on the Anacostia
Thur.	5/19	Varsity Team (and parents) depart for Stotesbury Cup Regatta
Fri.- Sat.	5/20 5/21	Varsity Event Stotesbury Cup Regatta, Philadelphia, PA
Sun.	5/22	Crew Team End-of-Season Family Potluck Dinner (location TBD)

*NOTE: There will be a pre-regatta team dinner on every Friday before each regatta, with locations TBD.

II. COACHING STAFF

Alan Burch, Head Coach	alburch@uw.edu	202-495-8771 (cell)	202-243-3025 (home)	703-518-6548
Joshua Gazdik	Jgazdik89@gmail.com	209-605-7629 (cell)		
Dave Payne	Davepayne17@gmail.com	530-913- 0935(cell)		
Paul Bolstad	pbolstad@gds.org			

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III. GDS CREW CLUB, INC.

A. BOARD OF DIRECTORS

The "Georgetown Day High School Crew Club, Inc." is an association whose purpose is to support rowing at GDS. Its members consist of the parents or guardians of active, dues-paying rowers. The Board of Directors manages the Crew Club.

2014-2015 Officers

President	Lisa Kleine	Lakleine1808@gmail.com
Vice President		
Volunteer Coordinator	Ilene Lerner	IleneLerner18@gmail.com
Assistant Volunteer Coordinator	Amy Dick	amydick@me.com
Treasurer	Janice Barksdale	Jbarks2216@aol.com
Fundraising		
Food Organizer	Mary Ellis	fchrismary@aol.com
Assistant Food Organizer	Sandy Minor	shhtwo@aol.com
Communications	Lisa Kleine M.C. Ertem	Lakleine1808@gmail.com can@ertem.com
Spirit Wear	Patricia Widra	widrap@mac.com
Stotesbury Coordinators	Lisa Kleine Sally Shea	Lakleine1801@gmail.com s.m.shea@icloud.com
Ergathon	Evelyn Laurencin	elaurencin@aol.com

Phone numbers are available in the GDS Directory and on the team roster (listed under "my groups" section of the GDS website). Feel free to contact any of us with questions. We want this to be a fun and successful season for all. Please keep in mind that while the crew team Board can answer parent-to-parent questions, the Board does not manage the team. We provide support by collecting dues on behalf of GDS, organizing parent volunteers, fundraising, and helping to maintain the equipment. Managing the team is the responsibility of the coaching staff, the athletic director, and the school.

IV. FINANCIAL MATTERS

A. MEMBERSHIP DUES

Spring 2015 Crew Membership fees are \$500. Checks should be made payable to GDS and forwarded to Treasurer, Janice Barksdale, with your rower's name and "crew" on the memo line. The other option for paying dues, if you wish to use a credit card, is through the following link payable directly to the school. <https://gds.myschoolapp.com/podium/default.aspx?t=36644&rid=16065>. Please note this link is for the \$500 dues payment and any donations **only**. The money for food for regattas (see below) needs to be delivered to Janice Barksdale, Treasurer, by check.

The GDS Athletic Department supports the coaches' salaries, the athletes' uniforms (unitards, a.k.a. "unies," or shirts), and transportation for athletes to/from practices and regattas, in the same manner as for other sports teams at the high school. But a crew team has expenses that other sports do not. Our equipment is expensive and fragile. Our regattas are run by a volunteer association. Membership dues are intended to cover the team's marina fees, repairs to the existing equipment, transportation of the boats to/from regattas, boat storage (one of the biggest expenses), gas for the launches, and other crew-specific expenses. Any surplus is kept in reserve to fund equipment needs, which can be unexpected and significant, given the nature of the sport.

We also collect \$70 from each family to cover the cost of providing breakfast, lunch, and drinks at each regatta, and to ensure that the cost of providing this food is spread equitably among families. (Previously, individual families volunteered to provide food but the small number of regattas meant that the financial burden of buying food was not spread evenly among families.) The food check should be payable to "GDS Crew" and should be sent to Janice Barksdale (please put your rower's name on the memo line).

Please note that it is the position of the team and the school that financial considerations should not be a bar for any student to participate in any activity, including crew, at GDS. There is financial aid available if needed, please contact Kathy Hudson, Athletic Director.

B. DONATIONS

Past parents created and funded two accounts to provide for the long-term needs of the crew program: a Crew Endowment Fund, and the Crew Equipment Fund. The school manages and oversees these Funds, and donations to them are tax-deductible. We invite any of you who are so inclined to make gifts earmarked for Crew, and can discuss with you the team's current needs if you are interested.

C. FUNDRAISING

The Board has collaborated with our rowers on several different kinds of fundraising events over the years. We ask families to participate in fundraising activities as they occur throughout the academic year. In recent years, the most successful has been the "ergathon," which we're continuing this year.

The ergathon is an on-land rowing event held in March at the high school. Each rower gets pledges from family and friends, and the team as a whole tries to "row" all the way to Philadelphia (Stotesbury) by water. Progress is tracked, some parents issue special challenges, some parents ARE challenged, a bake sale is held, snacks are served, and a good time is had by all. Parents, family, and friends are highly encouraged to come watch, cheer on the rowers, and maybe even try one of the machines.

V. ROLE OF PARENT VOLUNTEERS

No crew team can function without the active involvement of parents, and during the season we have different kinds of volunteer opportunities. Each family volunteers for a team job; one of the League "regatta helper" positions for which GDS is responsible during the season, as well as possibly becoming a member of the Crew Board.

Regatta Helpers: At some regattas (particularly the novice regatta, which we co-host), parents will be needed to ensure that the regatta runs smoothly and safely. Volunteer shifts vary in time, and with the exception of the launch driving positions and referees who help with the new league, any parent can do any of the jobs; none of the other jobs require experience or special knowledge of the sport. Because these volunteers *are essential* to the operation of the regattas, teams can be fined each time a volunteer does not report for duty.

Volunteer Assignment Descriptions

Every family participating in crew must volunteer for a minimum of three assignments per season to meet the various logistical needs of each regatta. Signup sheets will be available at the pre-season meeting. Kids will be available to assist volunteers with loading and unloading of food and equipment.

DAY OF REGATTA VOLUNTEER NEEDS

Pick Up and Delivery of Breakfast

- Pick up pre-ordered/pre-paid breakfast and deliver to the regatta location/GDS tent.
- May include pick up of coffee, depending on regatta location.
- Confirm all items ordered are there before leaving the store.
- Requires prompt AM arrival at regatta.
- Instructions for location of pick up to be provided the week of the regatta (typically Whole Foods or Panera in Tenleytown).

Pick Up and Delivery of Lunch

- Pick up pre-ordered/pre-paid lunch and deliver to the regatta location/GDS tent.
- Confirm all items ordered are there before leaving the store.
- Requires delivery of food by 11am at regatta.
- Instructions for location of pick up to be provided the week of the regatta (typically Whole Foods or Panera in Tenleytown).

Tent Sitter/Parent Supervisor

- Requires arrival at start of regatta, and attendance all day, until the team and all equipment has left the regatta.
- Act as point of contact at the tent, as well as oversight to ensure GDS Crew and team belongings are secure.
- An easy job... bring a good book!

Regatta Logistics Assignment

- GDS is required to provide 3 parents/volunteers at each regatta to assist with various regatta support duties.
- These assigned duties may include parking lot attendant, timing, stake boat holders, etc.
- Requires prompt AM arrival at regatta and typically at least a ½ day (depending on duty assigned).
- See Lisa Kleine (GDS Crew) for direction upon arrival at the regatta.

Regatta Tent Closing and Inventory of Supplies

- Requires arrival at least 1 hour prior to the END of the regatta.
- Repack as needed/close GDS tent crates (5 crates) with supplies.
- Review crate contents against supply checklist and note any items that are low/need replenishment.
- Have parent sign the “crate sign out form” when crates are taken home from the regatta (there will be a designated volunteer at each regatta who will be taking the crates).
- Email list of items needed when you get home, with corresponding crate # and crate sign out sheet, to Mary Ellis at fchrismary@aol.com.

Equipment Pickup / Delivery

****COUNTS AS 2 of YOUR 3 VOLUNTEER ASSIGNMENTS****

- Requires SUV or van that can accommodate the equipment.
- Two parent volunteers per regatta are needed:
 - o Crate / Cooler / Drink Tub Pickup – your vehicle will need to accommodate 5 large Rubbermaid crates and a water cooler and plastic drink tub.
 - o Tents / Folding Tables / Tarps / Folding chairs – your vehicle will need to be an SUV or station wagon type of car.
- Requires storage of equipment for the week in between regattas (can be left in your car if you don't want to unload/reload, or stored in your garage).
- **Requires arrival at least 1 hour prior to the END of the regatta (for equipment pickup) and then early AM arrival at the next week's regatta to redeliver equipment.**

WEEKLY VOLUNTEER NEEDS

Gas Replenishment for Launch Boats

- Short time commitment that can be done at any time during the week assigned (M-F, NOT Sat).

- Go to Thompsons Boat House in Georgetown to retrieve the 3 GDS gas cans from the GDS cabinet and refill them with gas (gas station is across the street from Thompson) and replace in shed/relock.
- Detailed instructions will be provided via email to gas replenishment volunteers regarding gas type, lock combination, reimbursement procedures for gas cost, etc.
- This is an easy job that can be done at your convenience during the week.

OTHER VOLUNTEER OPPORTUNITIES (does not count towards 3 required volunteer commitments)

Weekly Team Pizza Dinner Host

It is a tradition that the team gets together for an early pizza dinner the Friday night before each regatta. This is for both Novice and Varsity rowers. The kids love it and it fosters the close bonding between the rowers. Parents are always welcome.

The host family will supply the pizza, drinks and fruit and/or veggie. Expenses can be reimbursed for the food costs. Instructions on reimbursement and general guidelines regarding amount of food, etc. will be provided to each volunteer host family.

It is helpful if the dinner host families live close to GDS, and especially close to the boathouse for the nights the team will need to rig boats prior to the team dinners.

Referee Training with US Rowing

This is a long term commitment, excellent for parents of 9th or 10th graders, to learn and receive certification as a trained referee with US Rowing. Each school participating in our league is expected to have a certified parent referee affiliated with their team to provide regatta support as needed. Please contact Lisa Kleine for more information at 202-904-4025.

VI. WMIRA, DLOC, and USROWING

There are several rowing leagues in the areas. We are a member of WMIRA (Washington Metropolitan Interscholastic Rowing Association) but participate in one regatta organized by the Virginia Scholastic Rowing Association (formerly called NCASRA) which is now primarily a northern and central Virginia rowing league. As part of WMIRA we participate in meets or regattas with other private and public schools close to us in DC and MD. Our requirements for parent volunteers will vary depending on which regattas we compete in and on which meets we set-up for our team. The District Local Organization Committee (DLOC) is responsible for the physical set-up (parking, sound systems, etc.) at the Potomac/Georgetown site. This year, there will be only scrimmages on the Potomac, as well as the smaller Novice Regatta which our team co-hosts with Holton Arms.

USRowing is a non-profit organization recognized by the United States Olympic Committee as the sport's national governing body. All of our athletes become members of USRowing, and forms for that purpose must be completed for each rower. Prior to the start of each season, please make sure your rower is registered as follows:

OUR CLUB CODE: DCX6A.

Individuals should go to <https://rosters.usrowing.org/> where they will click the 'Sign Waiver' button. You will then be directed to the waiver portal where you can enter our organization's Club Code to start the waiver submission process. Individuals who are already members of USRowing may also search for their record using their Individual Member Number.

VII. NUTS AND BOLTS OF GDS ROWING

PRACTICES

GDS rowers practice on the Potomac River out of Thompson Boat Center (also called the Boathouse or TBC). The small TBC parking lot, near the Kennedy Center just off Rock Creek Parkway at the foot of Virginia Avenue, is not convenient for a pick-up/drop-off location or for watching regattas. Other than for early morning practice drop offs when Rock Creek Park is still running in both directions, the team uses the southern (or waterfront) end of 30th Street at K Street, NW, in Georgetown, immediately west of the Washington Harbor complex as its pickup/drop-off location, and that's where tents are set up on Potomac regatta days. (There is ample parking in the lot across the street from the AMC-Loews Georgetown theater complex on K Street.) For students who drive themselves to early morning practice, they should avoid parking in the lot as they will have difficulty exiting the Thompson Boat house parking lot and heading to school due to rush-hour restrictions on Rock Creek Park. There is usually ample, metered parking on K Street and 30th Street, N.W. early in the morning.

This year, the varsity and novices teams will practice in the morning. Transportation is provided to school following practice. As long as the coaches know an athlete's plans, an athlete may drive directly to Thompson's and then to school.

If the water is very choppy or high, or if there is a possibility of an electrical storm, the team will not go on the water but will instead practice at the school. This decision is often made at the last minute and so may not be reflected in a message on the athletic hotline. Captains will call rowers about any change in morning practice.

A FEW TIPS...

Blisters

The following advice is summarized from an article by Megan Spence (formerly a gymnast and a coxswain, now a nurse) printed on the [www.row2k.com] website. Please view this information only

as parent-to-parent suggestions. Additionally, the coaches will give rowers advice on how to manage blisters. For medical advice, consult your family physician.

- The best prevention is developing moderate calluses. This means that rowers will need to take steps to keep the calluses from becoming so thick that they become hard. The best strategies for too-thick calluses are hand lotion and trimming or sanding the calluses, similar to the treatment of calluses on one's feet.
- Pop blisters only "in the opposite direction of the searing force", i.e. usually closer to your fingertips. This will reduce the risk of the blister tearing. If a blister does tear, let the top layer dry, apply tea bags, and then protect with tape and/or a liquid bandage (New Skin, for example).
- Any blister that has milky white pus or worse — radiating red streaks is infected and needs medical attention.
- Hold wet tea bags over blisters. The tannic acid in the tea serves as an anesthetic and a skin hardener. Do not wash or wipe hands after application. Early in the season, rowers should check their hands after every practice and apply tea bags to any spot that seems irritated.
- Some acne medications may soften skin and cause rowers to blister more easily.

Cold weather gear

Rowers' clothing needs to be form-fitting enough that it will not catch on the oars or the wheels of the seat. It also must stretch to accommodate rowers' movements. During the first months of the season, rowers *must* dress for cold weather. Many great cold-weather fabrics have been developed; unfortunately they are more expensive than the cotton-poly blends.

For cold or inclement weather, rowers should dress in layers:

- Inner Layer: The layer closest to the skin should be lightweight, snug-fitting, and able to wick perspiration. Look for undershirts made of synthetics, such as polypropylene or acrylic, designed for this purpose. Avoid cotton, which absorbs moisture. To keep legs and the lower torso warm, use tights or wicking long-underwear bottoms (brand names such as Cool Max, Under Armor, etc. -- not cotton) or thin fleece pants.
- Middle Layer: This is the insulation layer, which should also wick moisture and provide warmth. Wool or fleeces are good choices.
- Outer Layer: This layer shields from wind, rain and snow. A light nylon jacket might be enough. Athletes do practice in their crew-team jackets but these are not fully waterproof so in very wet weather they will not suffice.

Zippers, while adding to the price of a garment, allow the athletes to adjust their clothing during practice. Hats are very important. Many of our rowers like the comfort (and the price) of single layer all-fleece caps. Additional protection can be provided by a hat that is tightly-knit wool on the outside and fleece on the inside -- it sheds water and blocks the wind but isn't scratchy. Although it is very (very) rare that rowers actually end up in the water, they do get splashed during practice. On very cold days, having a few extra pieces of clothing in a gym bag can provide some welcome comfort.

HOW TO WATCH A REGATTA

In terms of the visuals, crew provides one of the most beautiful scholastic competitions, but watching a regatta can be frustrating if you spend the first third of the race wondering if you are watching the right race and the second third trying to figure out which boat your rower is in. A bit of preparation can make a day at a regatta very enjoyable.

Before the regatta, find out from your rower which boat s/he will be in (men's four, women's second four, for example). See if you can wrestle any information about the appearance of the actual boat (our Hudsons, for example, are half-green, half-white). Then go to www.wmira.info for more information about a particular regatta or race or see below for other "Helpful Crew Websites." We will also send the race schedule to the team families before each regatta.

On the day of the event, wear a GDS shirt or hat. Bring binoculars and perhaps a folding chair. When you arrive at the site, look for the team tent with the GDS banner. The Crew Club will provide drinks and light food.

The traditional way to identify a boat is through the design on its oars (GDS has white oars tipped in green), but you can spot the GDS boat earlier if you know which lane it is in. The schedule provides the lane assignments for each boat, and someone at the team tent will know which lane is which theoretically.

While we certainly understand that GDS does not have a strongly rah-rah athletic culture, we do invite and encourage parents to watch the race with the rest of the team family. Not only will you get free coffee and get to meet other parents, but it's the best way to know what is going on.

USRowing offers the following advice on what to look for during a race:

- *Rowing motion.* The crew that's making it look easy is most likely the one doing the best job. While you're watching, look for continuous, fluid motion of the rowers. The rowing motion shouldn't have a discernible end or beginning.
- *Synchronization.* Rowers strive for perfect synchronization in the boat.
- *Clean catches of the oar blade.* Oar blades that splash aren't entering the water correctly. The catch should happen at the end of the recovery, when the rowers' hands are as far ahead of

them as possible. Rowers who uncoil before they drop the oar blades are sacrificing speed and not getting a complete drive.

- *Even oar blade feathering.* When the blades are brought out of the water, they should all move horizontally close to the water and at the same height. This isn't easy, especially if the water is rough.
- *The most consistent speed.* Shells don't move like a car — they're slowest at the catch, quickest at the release. The good crews time the catch at just the right moment to maintain the speed of the shell.
- *The hard work.* Rowing looks graceful, elegant and, sometimes, effortless when it's done well. Don't be fooled. Rowers haven't been called the world's most physically-fit athletes for nothing. A 2,000-meter rowing race demands virtually everything a human being can physically bring to an athletic competition: aerobic fitness, technical talent, exceptional mental discipline, ability to use oxygen efficiently and in huge amounts, balance, pain tolerance, and the ability to continue to work when the body is demanding that you stop.

VOCABULARY OF ROWING

The boats the rowers compete in are **shells**. The motorized boats in which coaches and officials ride are **launches**. The **bow** is the front of a boat; the **stern** is at the back. Rowers sit facing the stern of the boat with their backs to the finish line. In competitions, GDS rows **fours** -which seat four rowers and a coxswain and **eights** — eight rowers and a coxswain.

In nautical terminology, the sides of the boat are identified from the point of view of a person standing in the stern facing the bow so the **starboard** side of the boat is on the right side, and the **port** side is on the left. The rowers face the stern so from a rower's perspective, starboard is on the left and port on the right.

Rowers are not interchangeable within the boat. Although some can row on either side, most rowers either row starboard or port. The **stroke** sits closest to the stern, and the other rowers follow his or her pace.

The **coxswain** steers the boat and implements the racing strategy. Because coxswains do not row, thus adding weight to the boat but no power, they tend to be physically small. In most boats, the coxswain sits in the stern of the boat, facing the rowers (and the finish line). Some schools (not GDS) have boats in which the coxswain sits in the bow. Because such a coxswain sits in a low and aerodynamically efficient position, observers on the shore might think that the boat does not have a cox.

The **riggers** are the metal structures protruding from each side of the shell. The oarlocks at the end of the riggers hold the oars. When we have to transport our boats on trailers (commonly called "**trailer**ing") the rowers must **de-rig** the boats, taking the riggers off so that they are not damaged.

The **shoes** are just that, conventional-appearing footwear attached to brackets within the boat. The barefoot rowers secure their feet into those shoes for greater leverage.

HELPFUL CREW WEBSITES

www.tcwcrew.org - This site is maintained by the booster club for T.C. Williams High School crew. An active site, it often has the most current information about rowing in our area. It also has excellent background material on the sport

www.nvsra.org - Virginia League's site provides schedules for and directions to the Potomac and Occoquan River regattas. If you have any "morning of questions, consult this site first.
www.usrowing.org- The "Parents" and the "New to Rowing" pages provide excellent introductory material.

www.thompsonboatcenter.com - This site is sponsored by the boathouse at which we store our boats. It gives information about summer and fall programs.

www.boathouserow.org - This site provides information related to the Stotesbury Cup Regatta, which is held in Philadelphia.

www.row2k.com - Revised daily, this website has the latest results and rowing news, linking articles from all over the world that mention rowing. It is especially fun during the build up to Worlds, the Olympics, Henley, the Charles, and other famous regattas.

www.concept2.com - This website, maintained by the manufacturers of the indoor rowing machines GDS uses, focuses on the separate sport of indoor rowing but also has extensive training information used by on-the-water rowers.

For the many other rowing-related links, consult the "Lotsa Links" page on the TC Williams (www.tcwcrew.org) site.

MAPS OF REGATTA SITES

For maps of regatta locations and driving directions, check online at <http://www.nvsra.org/sites.htm> (Potomac River)

<http://www.anacostiaboathouse.org> (Anacostia River) and <http://www.nps.gov/anac> (Anacostia Park for parent viewing of regattas)