



CREW
HANDBOOK
FALL 2009

Head Coach:	John Turner	jpt3621@optonline.net
Assistant Coaches:	Anne Faber	annef2@gmail.com
	Ed Feldheim	ed.feldheim@gmail.com
	Cis Fischetti	alesandra_fischetti@msn.com

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JESUIT ATHLETICS

Being a Jesuit Athlete is a student choice and thereby a privilege, one that along with being a great honor, carries with it responsibilities. The following are expected of a Jesuit Athlete:

- Jesuit athletes will be intense competitors on the field or court, but are expected to conduct themselves as gentlemen at all times and strive to model their behavior after Jesuit ideals.
- Jesuit athletes are to display positive leadership at all times in our school and around the community.
- Jesuit athletes are to strive for the highest in moral and spiritual values.
- When traveling to compete against other schools, Jesuit athletes will represent themselves and their teams in a manner that reflects the Jesuit values and ideals.
- Jesuit athletes recognize that they must demonstrate Intellectual Competence, and fulfill all other areas of the Jesuit Profile, as a pre-requisite to athletic competition.
- As a Jesuit athlete, our young men have an image to reflect: one of positive leadership, character, responsibility, competitive spirit, and integrity.

Students are not required to take part in any contest or activity. Therefore, it is imperative that all students taking part in athletics understand the responsibilities and rules and that the coaches of that athletic program and the athletic director and that they have the right to remove that privilege. Being an athlete at Fairfield Prep is a commitment that goes beyond the formal season. This includes all year round conditioning programs mandated by the coaching staffs. Violations may result in the school imposing serious consequences.

Jesuit athletics embrace the ideals of a man for others. As individuals and as a team, we have the opportunity to serve. A team in and of itself is one of the best opportunities to practice the Jesuit approach. Better athletes have the opportunity to help those less gifted, upper class men can assist younger athletes, team captains can help to establish the proper tone and lead their team mates in the right direction. Being a serious, hardworking and competitive athlete does not in any way diminish the fact that we are Jesuits and in fact provides us with a platform from which we can do good for the team, our team mates, the school and society.

PREP CREW TRADITION – BOW PRAYER

ALL: Hail Mary full of grace the Lord is with thee. Blessed art thou among women and Blessed is the fruit of thy womb Jesus. Holy Mary Mother of God pray for us sinners now and at the hour of our death Amen.

COXSAIN: Our Lady Queen of Victory

ALL: PRAY FOR US!

COMMUNICATION WITH COACHES

Between the coaches, athletes, the school and parents, there is a lot of coordination that goes in to making this program work and good communication is essential. The prep Crew website is a key resource. While in school, rowers should be checking the Blackboard system for any updates regarding practices and other team issues. It is also important for everybody to understand with whom they should be discussing specific issues and to have reasonable expectations regarding those communications.

The most important communication is between the rower and coach. There may be difficult and challenging issues and the first step in resolving this is for the rower to speak directly with their coach. Our athletes are expected to develop the skills to advocate for themselves in rowing, at school, jobs and other aspects of life.

Communication Expected From the Coach

- Philosophy of the coach.
- Expectations the coach has for your rower and the team.
- Practice times and schedules, also regatta dates and schedule.
- Team requirements, i.e. fees, special equipment, off-season conditioning.
- Procedure regarding safety and/or injury to the student-athlete should they be injured during participation.
- Behavior or disciplinary issues and actions that results in the denial of your student-athlete's participation.

Communication Coaches Expect From Parents and Rowers

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's expectations.

Parent Communication with Coaches

- You should always feel free to discuss the treatment of your rower, mentally and physically.
- Ways to help your rower improve both athletically and academically.
- Concerns about your rower's behavior.
- It is inappropriate to discuss with the Coaches issues regarding boat or seat assignment, other rowers, race strategy and issues related to the general running of the team. Coaches exercise their judgment throughout the course of a rowing season and their discretion, expertise and professionalism must be respected regarding rowing matters.
- Never attempt to confront a coach before or after a regatta or practice. Please e-mail or phone the coach to set up an appointment.
- If the coach cannot be reached or does not respond and you have serious concerns, please schedule an appointment with the Fairfield Prep Athletic Director.

FAIRFIELD PREP ATHLETIC GUIDELINES

Remember, each athlete and their parent signs a “contract” that says they agree to comply with all rules and guidelines of Fairfield Prep Athletics. This can be found at http://www.prep.fairfield.edu/uploaded/Athletics/Athletic_Guidelines.pdf.

A summary of these guidelines includes the following:

- I will be respectful of coaches, adult volunteers, and other participants, realizing that my behavior affects others and the success of the team.
- I agree to accept and carry out instructions of the coaches, team leaders and chaperones.
- I agree to attend and take part in all scheduled practices and activities unless excused by coach.
- I will discuss any problems that may arise with the coaches, team leaders or chaperones.
- At practice, regattas and overnight events, I will behave in a way that will properly represent the team and Fairfield Prep.
- I understand that ANY of the following acts may lead to discipline, suspension or expulsion from the team - the commission of a misdemeanor or felony, possession or use of any dangerous weapon or object or assault, aggressive behavior or intimidation of another person.
- I understand that any general misbehavior or disrespect shown to coaches or parent chaperones is not allowed. First offense: warning. Second offense: non-participation and attendance at the next regatta. Third offense: removal from the team. If I am sent home from an event, it will be at mine/my parents’ expense.
- I will be respectful of other peoples’ possessions and property and will refrain from activities that cause damage to either.
- I understand that I am financially responsible for any damage I may cause when disobeying rules. I understand that any individual’s failure to abide by these rules can jeopardize the entire group’s participation at the time of the failure and in the future.

PRACTICE AND REGATTA ATTENDANCE

Absences & Tardiness

Coaches expect all participants to attend scheduled practices and races. If an absence is unavoidable, it must be communicated to the Coach with as much prior notice as possible. Coaches will advise their teams how to communicate absences—typically a calendar is posted on the Prep website under Athletics/Crew. Coaches phone numbers and email addresses are there for last minute absences. Tardiness must also be avoided as it affects the entire team’s practice. Multiple absences or late arrivals, regardless of the reason, may affect a rower’s participation. Coaches ask that athletes arrive 5-10 minutes prior to the beginning of practice in order to change clothes and stretch. Also, please understand that practice may occasionally go 10-15 minutes beyond the stated end time. All athletes are expected to attend the entire practice and attend the entire regatta. This is necessary to facilitate substitutions that may need to be made but it is most important because this is a team sport and everybody is expected to support each other’s efforts.

Regattas

Generally speaking, regattas are all day events and rowers are expected to arrive to unload the trailer in the morning and stay to reload it once the team's last event has finished. Parents often help make these long days more pleasant by providing food and shelter from the elements. If you are a new parent to the sport, some things to pack to make your stay more comfortable:

- Portable chair
- Binoculars
- Warm clothes (including gloves/caps)
- Rain gear
- Light-weight clothing
- Sunglasses
- Sunscreen
- Blankets or sleeping bag for you or your rower to stretch out on
- Water and healthy snacks (food tent provided by parent group for rowers at most races)

A schedule of the day's races is usually posted online a day or so before the regatta and at a central tent or site at each regatta. At this same location, the results are usually posted.

HOSPITALITY

Some have described regattas as an all-day tailgate. Volunteers will show up the night before or hours before the event that day to set up tents and hospitality. The hospitality chairman will coordinate all the logistics. This includes the buying of certain items like hamburgers, hot dogs, and supplies. He or she will also solicit other parents to contribute certain items like coffee, fruit salad or other perishable items.

FEES & PAYMENTS

Fairfield Prep pays for certain expenses such as coaching and much of the bus service to and from practices. Prep will also from time-to-time pay for certain capital items such as erg machines or oars. However, given the capital expenses (a new 8 man boat can cost well over \$30,000!) this is a sport that is mostly funded by the parents of rowers. The parent advisory board does its best to develop a budget for that season and simply divides that amount by the number of rowers to determine the user fee.

TRANSPORTATION

Fairfield Prep Crew has traditionally provided roundtrip transportation to/from crew practice from Fairfield Prep to Beacon Point Marina in Shelton, CT (722 River Road) using a Town of Fairfield school bus. The bus stop location is on the side of the Fairfield Prep Brissett Athletic Center. The bus departs Prep promptly at 2:45pm and returns leaving Beacon Point roughly at 5:30pm making a stop on the return first at the Fairfield train station North bound side then making the second and last stop back at the Brissett Athletic Center.

Upper classmen that have a valid driver's license are allowed to transport themselves to and from practice. **For safety reasons and an agreement with the management of Beacon Point Marina, all drivers (students and parents) must park their vehicles at the top of the hill and walk down to the boat house.**

Bus Rules

Every rower riding the bus must follow these rules. Any rower who demonstrates an inability to comply with these rules will not be allowed to ride the bus.

1. Be respectful to the Bus Driver.
2. Follow directions.
3. Be on time. The bus runs on a tight schedule and cannot wait for you.
4. No eating or drinking on the bus.
5. No swearing.
6. No standing when bus is moving.

SAFETY GUIDELINES AND EMERGENCY PROCEDURES

Safety is of paramount importance and is the responsibility of everybody – coaches, rowers and parents. Crew is a sport that takes place on the water and in the spring and fall when weather conditions can be a concern. If things go wrong, the situation can get very dangerous, very quickly.

The Fairfield Prep Crew safety requirements are to be followed by every member of the Crew team. Failure to comply or to behave in a safe and reasonable manner around the marina or boats, on or off the water may result in disciplinary action including the possible, immediate dismissal from the team.

Here are some important safety requirements:

- Swim Test - Every rower must pass a swim test once a year, before each season begins, consisting of a two lap swim in the FU pool, plus 15 minutes treading water.
- Air Horns – During practice, every coach and coxswain is required to have an air horn readily available in the boat. Three blasts signify an emergency and all available hands are expected to assist.
- PFD – Personal Flotation Device or life vest. At practice, the coxswain is responsible to have a life jacket or throwable cushion in the boat and readily available in the event somebody falls from the boat, it can be deployed quickly. Each coach boat must have at minimum nine PFD's on board.
- Walkie-Talkies – Each coach will carry a walkie-talkie to allow communication with other coaches at all times or to call for support in an emergency. The WinTech coaching launch shall be equipped with a fixed mount or handheld VHF-FM radio to communicate with Police, Coast Guard or other emergency facilities. All coaches are instructed in the proper use of the VHF radio.
- Megaphones – Each coach boat will carry a battery powered megaphone to communicate coaching and safety instructions. These megaphones are also equipped with a siren to sound for assistance. All coaches' instructions must be carried out by rowers.
- Coach Boats – It is required that we will have at least one coach boat for each two boats practicing. Every shell is required to be in the line of sight of a coach boat. If it is not, it is the responsibility of the coaches and the coxswains to regain contact as quickly as possible. If this is not possible for any reason, shells are required to return to the dock.
- First Aid – A first aid kit will always be available in the boat house or in the truck that hauls the boat trailer. A First Aid Kit will also be carried in each coach boat. It is the responsibility of the coaches and coxswains to know where the closest kit is located.

- Towels / Blankets – In the event that rowers end up in the water, it is the responsibility of the coaches to get them out as quickly as possible. Each coach boat is required to carry several towels and enough thermal blankets for an eight man boat.
- Connecticut Safe Boating Certificate – Any person operating a coach boat or any other motorized craft is required by law to hold a Connecticut Safe Boating Certificate, and to have it on their person when operating a motor vessel. All coaches are required to hold this as a condition of employment.

All rowers are encouraged to get their Connecticut Safe Boating Certificate. The necessary course is offered through the school each spring and once you have it, it is good for life. This course helps people to understand the rules of the boating and various safety guidelines and laws having to do with operating boats.

NUTRITION

Rowing is a very demanding sport and athletes burn a lot of calories over the course of a workout. You should encourage your athlete to carry a water bottle and drink lots of water during the day as well as eat a good lunch. Many teens don't always eat as well as they should at school. Try to make sure that dinners include protein, fat and carbohydrates. The energy systems that athlete use requires they have water and carbs to generate the energy they need during a workout.

Start 2 days before a regatta. Athletes should start their carbohydrate loading 2 days before a race. Carbohydrates are stored in the muscles as fuel called glycogen and it takes 24-48 hours for the muscle to be fully restored and recovered after exercise. Glycogen is the fuel burned in anaerobic activities. Any time you are out of breath it is this store that is raided and if the store is empty you will run out of energy. Eating meat and no carbohydrates in the days before a performance is likely to cause you to run out of energy during the race.

Tips to maximize carbohydrate store:

- Rest, no hard training sessions where the carbohydrate stores would be used as this would not leave enough time to re-fuel. Stretching routines are also a good idea.
- Eat often; every 2-4 hours will help load the muscle stores.
- Consume high carbohydrate food; every meal should include bread, rice, pasta, fruit and vegetables.
- Avoid spicy or high fat foods, they can slow digestion

All your energy for the race should already be stored in the muscles if you have eaten the right foods. Therefore large meals are unnecessary because any energy intake will not be called upon during the same day.

It is important to keep the blood sugar level consistent during race day. Foods to avoid include:

- Chocolate bars
- High sugar cookies
- Sweets
- High fiber muffins
- Beans
- Donuts and fried foods

These foods cause a sudden increase in blood sugar levels; in response the body produces insulin to bring these levels back down. The overall effect is that blood sugar levels drop below the normal consistent level, making you feel tired and run out of energy before the end of the race - "this is known as the mars bar effect".

Drink lots of water, dehydration can cause depletion of muscle stores. Start drinking more water 2 to 3 days before a race. Do eat easy to digest foods – high in carbohydrate, moderate fat and low in fiber. Foods to eat include:

- Ripe bananas
- Yogurt
- Sandwiches (peanut butter, lean ham/turkey)
- Sports bars
- Sports drinks (diluted)
- Pasta

1. Rowing is a total body workout. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.
2. Rowers are probably the world's best athletes. Rowing looks graceful, elegant and sometimes effortless when it is done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.
3. Sweep (like a broom) and sculling (with a "c"). There are two basic types of rowing: sweep rowing and scull rowing. In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars, one in each hand.
4. Although spectators will see hundreds of different races at a rowing event, there are only six basic boat configurations. Sweep rowers come in pairs (2s), fours (4s) and eights (8s). Scullers row in singles (1x), doubles (2x) and quads (4x). Sweep rowers may or may not carry a coxswain (cox-n), the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In all sculling boats and sweep boats without coxswains, a rower steers the boat by using a rudder moved with the foot.
5. Rowers are categorized by gender, age and weight. Events are offered for men and women, as well as for mixed crews containing an equal number of men and women. There are junior events for rowers 18 and under or who spent the previous year in high school, and there are masters' events for rowers 27 and older. There are two weight categories: lightweight and open weight.
6. Today's rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide and approximately 20 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells. Sweep oars are longer than sculling oars, typically with carbon fiber handles and rubber grips (although some sweepers still prefer wooden handles). Sculling oars are almost never wood.
7. Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.
8. Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high, 38-45, even into the 50s for an eight and then "settles" to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews may call for a "Power 10" during the race – a demand for the crew's most intense 10 strokes.
9. The crew that's making it look easy is most likely the one doing the best job. When watching a race, look for a continuous, fluid motion from the rowers; synchronization in the boat; clean catches, i.e. oars entering the water with little splash; and the boat with the most consistent speed.
10. Teamwork is number one. Rowing isn't a great sport for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and blade work with one another.
11. Rowing is the ultimate walk-on sport. It's easier to get started than you think. So there is definitely a place for you! USRowing is a membership organization that serves rowers of every age and ability from the beginner to the experienced rower to the national team. So, there's definitely a place for you.
12. For spectators, binoculars help the viewer identify distant boats, a collapsible chair helps make a long day more comfortable, and this booklet will help a first time observer understand what is going on.

There are two primary categories of races, "Head" races and "Sprint" races. However, races vary considerably depending on race course characteristics including distance. Races in the fall are typically timed Head races, meaning teams compete against each other as measured by a race clock. The crew with the fastest time is deemed the winner. Racing against the clock is necessary due to the number of teams participating and the relative width of the river over a reasonably long race course. Head races vary but are generally 3500 and up to 6000 meters or more in length, and can take up to 25 minutes to complete. Races in the spring championship season are usually Sprints, where teams are grouped in heats, each heat starting together and each boat in an assigned lane. Sprint races are shorter in duration, often in the 1500-2000 meter range and taking anywhere from 3 minutes to 8 minutes to complete. Race times will vary depending on length of the race and prevailing weather conditions including the direction and magnitude of wind, waves and current.

THE LANGUAGE OF ROWING AND OTHER INFORMATION ABOUT THE SPORT

The sport of rowing has been around for a long time and has developed its own, sometimes peculiar terminology. Here is a glossary to help you understand what your rower is saying.

2-	Symbol for a —pair (2 rowers, sweep, no cox).
2+	Symbol for a —coxed pair (2 rowers, sweep, cox).
2x	Symbol for a —double (2 rowers, sculling).
4-	Symbol for a —straight four (4 rowers, sweep, no cox).
4+	Symbol for a —four (4 rowers, sweep, cox).
4x	Symbol for a —quad (4 rowers, sculling, no cox).
4x+	Symbol for a —coxed quad (4 rowers, sculling, cox).
8+	Symbol for an —eight (8 rowers, sweep, cox).
Body angle	The forward lean of the body from the hips that is achieved during the first part of the recovery. Also called —body prep.
Bow	The front of the boat. Also the term used for the person rowing in —1 seat.
Bow ball	A rubber ball used to protect the boat during a collision.
Bow coxed boat	A shell in which the cox lays feet first in the bow of the boat. This position helps to reduce wind resistance.
Bow Seat	The rower closest to the front or bow of a multi-person shell. In coxless boats, often the person who keeps an eye on the water behind him to avoid accidents. Preferable to have somebody who has good technique and is able to make adjustments because he sees what everybody else in the boat is doing. It is ideal to have an athlete whose weight is less compared to the other rowers in the boat because positioning as much of the bow out of the water as possible helps reduce resistance from the water.
Button/Collar	A wide ring on the oar that keeps it from slipping through the oarlock.
Catch	The entry of the blade into the water at the beginning of the stroke; the point at which the oar is placed in the water.
Cox box	Amplification system with a headset, microphone, and speakers that allows the cox-swain to convey instructions to the entire crew.
Coxswain/Cox'n/Cox [kok-suhn]	The coxswain commands the crew, steers the boat, and is responsible for the safety of the crew and the boat. During a regatta, the coxswain is responsible for implementing the race plan established by the Coach. Experienced coxswains are valued as Assistant Coaches, and the coxswain is the only one other than the Coach to tell the oarsmen what to do. The coxswain either sits in the stern or lies in the bow of the boat.

Crab	Being unable to take your blade out of the water at the release. This action destroys the rhythm, set, run, and momentum of the boat and is often referred to as —catching a crab. This can stop a boat dead in the water and can also throw a rower out of the boat.
Deck	The part of the shell at the bow and stern that is covered with fiberglass, cloth or a thin plastic.
Drive	Power portion of the stroke. When the blades are in the water, the boat is in the drive phase of the stroke cycle.
Engine Room	The middle rowers in the boat. In an 8-person shell, these are generally seats 5, 6, and 3 and 4 to a lesser degree. They are generally the biggest and strongest rowers.
Ergometer/Erg	<p>The Concept II rowing ergometer. This machine is used to build and measure the endurance and level of fitness of the athlete. Erg scores may also be used to determine placement in a particular boat line-up. Ergs use wind resistance to replicate the sensation of water resistance felt while rowing.</p> <p>Ergometers (ergs) are rowing machines used for training and to measure the strength of athletes. They simulate the rowing process and allow the coaches to assess athlete capability. Generally, the athlete is asked to —row□ either 2000 meters in the spring sea-season, or 6000 meters in the fall season. The time taken to row those distances is then used to evaluate the athletes against each other.</p> <p>Lower times are an indication of the power the athlete can contribute to boat speed. There are other factors, such as technique, that determine the athlete’s ability to con-tribute to boat speed. Erg times are but a single factor in the determination. In addition, for the best athletes, these times are submitted to the coach of the Junior National Team for consideration for possible selection to represent the Unites States at the Junior World Championships in the summer. Generally, for male rowers, 2000 meter erg scores range from 6 minutes 10 seconds to 6 minutes 40 seconds for varsity-caliber athletes. Female varsity athlete 2000 meter times range from 7 minutes 10 seconds to 7 minutes 50 seconds. For 6000 meter pieces, the range is from 20 to 22 minutes for male varsity open weight caliber athletes.</p>
Feather	The action of rotating the blade so that it parallels the water on the recovery. This minimizes resistance to air and water.
Finish/Release	End of the drive during which the blade comes out of the water in preparation for the recovery.
FISA	Short for Federation International des Societes d’Aviron. The international governing body for the sport of rowing in the world, established in 1892.
Gate	The bar across the oarlock that keeps the oar in place.
German rigging	A different way of setting up which side of the boat the oars are on in a sweep boat. Instead of alternating from side to side all the way down, in a German rigged boat, two consecutive rowers have oars on the same side.

Gunwale [guh-n-l]	The sides of the boat, the edge of the shell's cockpit. When rowers carry a shell to the dock, the gunwales rest on the rower's shoulders.
Hold Down/Hold Water/Hold	The action of square the blade in the water to stop the forward motion of the shell.
Inside Hand	The hand that is closest to the oarlock (right for ports, left for starboards).
Lightweight	A term referring to the rowers, not the boats. There is a maximum weight for each rower in a lightweight event as well as a boat average.
Masters	Rowers over the age of 27 (21 at some regattas)
Novices/Novies	First year rowers. Novice designation lasts for the academic year, but does not carry over the summer.
Oar (sweep)	Used in pairs, fours, and eights. Each rower uses one oar. Just over 12 feet in length, oars may be made of wood or carbon fiber. They are generally painted with the team's colors.
Oarlock	Device that holds the oar and is the fulcrum for the oar. The lock consists of the pin and the gate. The gate is held closed by a threaded nut that is loosened to allow the rower to open the gate and insert an oar into the oarlock. The gate is then closed, and the nut is hand tightened.
Port	Left side of the boat, facing the direction of travel (the bow). Red is the color that corresponds with port side.
Power 10 (20)	A call for rowers to do 10 (or 20) of their best, most powerful strokes. A strategy used to pull ahead of a competitor or to focus the rowers' attention.
Puddle	The disturbance left in the water by the blade as it is removed from the water. Puddles are visible during the recovery and help to gauge the run of a boat.
Recovery	This is the time from the release of one stroke to the catch of the next stroke; the time the blade is out of the water. During the recovery, the rower moves his or her body and seat into position to prepare for the next catch.
Repechage	The second-chance race which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.
Rigger	The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.
Rudder	About the size of a credit card, the rudder is part of the skeg that swivels to steer the boat. Sometimes, the rudder is separate from the skeg.
Run	The glide that occurs during the recovery or the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Scull	Oar used in singles, doubles, and quads. Sculls are 9½ feet long and may be made of wood or carbon fiber. Sculls have a smaller handle than a sweep oar, but the parts are the same as a sweep oar.
Sculling	One of the two disciplines of rowing. Each person has two oars.
Seat Assignment	<p>There are a limited number of seats available in each shell. Each rower has different strengths, weaknesses and tendencies. Determination of seat assignments is solely the responsibility of the coach who is trying to create a line-up that will create the fastest boat for that specific race.</p> <p>There is a lot to be said for having stability in the line-up because the more a crew rows together, the more of a team they become and this can be very, very important. However, sometimes changes need to be made for the specific circumstances such as the course, the weather and the competition.</p> <p>Seat assignments are part art and part science. Just moving rowers around in a boat can have a significant impact and sometimes coaches will experiment with assignments to see how certain combinations might work.</p> <p>Rowers are often evaluated for boat and seat selection based on:</p> <ul style="list-style-type: none"> • Height and weight • Erg scores • More experience rowing port vs. starboard • Regatta experience and success • Attitude • Consistency of rowing ability • Attendance at practices & regattas • Seat races • Subjective analysis by coaches of boat rowing/moving ability <p>A rower's position in the boat counting up from the bow. In an eight, the person closest to the bow of the boat is "bow," the next is 2, followed by 3, 4, 5, 6, 7 and finally 8 or "stroke." In certain countries the seats are numbered the opposite way, from stroke up to bow.</p>
Set	Set is the stability of the boat side to side, and its ability to ride level without leaning to the starboard or port. A boat is "set" by the rowers.
Shell	Term used interchangeably with 'boat'
Single	A shell with one rower (a sculler) who uses 2 oars to propel the boat.

Skeg	A fin attached to the bottom of the boat near the stern that helps keep the boat on course and balanced.
Slide	The set of runners for the wheels of each seat in the boat.
Slide Ratio	The ratio of time spent during the drive versus the recovery. The goal is to spend longer on the recovery than the drive. This maximizes the run of the boat as well as the amount of rest the oarsperson gets during the recovery phase of the stroke.
Starboard	The right side of the boat when facing the direction of travel (the bow). Green is the color associated with Starboard.
Stern	The rear of the boat; the direction the rowers are facing.
Straight	Refers to a shell without a coxswain i.e. straight four or straight pair.
Stretcher/Foot Stretcher	Where the rowers' feet go. Shoes may be permanently attached to the boat or adjustable straps hold rowers' own shoes to the footboard. Foot stretchers adjust to accommodate rowers' height/leg length.
Stroke	<p>The cycle of the oar during rowing. One stroke consists of the catch, drive, finish, and recovery. The whole body is involved in moving a shell through the water. Although rowing tends to look like an upper body sport, the strength of the rowing stroke comes from the legs. The stroke is made up of four parts: Catch, Drive, Finish and Recovery. As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms out-stretched. At the catch, the athlete drops the oar blade vertically into the water. At the beginning of the drive, the body position doesn't change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades through the water. Continuing the drive, the rowers move their hands quickly into the body, which by this time is in a slight "layback" position, requiring strong abdominal muscles.</p> <p>During the finish, the oar handle is moved down, drawing the oar blade out of the water. At the same time, the rower "feathers" the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins recovery, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward, until, knees bent, the rower is ready for the next catch.</p>
Stroke Coach	A small electronic display that rowers attached in the boat to show the important race information like stroke rate and elapsed time.
Stroke Seat/Stroke	The rower who sits closest to the stern. The stroke sets the stroke rate and rhythm for the boat.
Stroke Rate	The cadence of strokes per minute.
Sweep Rowing/Sweep	One of the two disciplines of rowing where rowers use only one oar.
Swing	The elusive feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

USRowing	United States Rowing is the governing body for rowing in the United States. http://www.usrowing.com
Weigh Enough	A command given by Coaches and coxswains to stop an action.

ROWING IN COLLEGE

One of the appealing things about rowing is that it is a lifelong sport. Many of those involved count the people they rowed with over the years as some of their closest friends. It is a sport that many people pick up in their early teens and participate in up to their 60's and even 70's. That includes college.

Unlike football or basketball where coaches find players to fill specific needs on their team, rowing works differently. Even though many college rowing coaches are at the same regattas we attend, they are busy coaching their own teams. In addition, even if they were able to watch certain teams or rowers, it is very hard to make any reasonable assessments given the short time and long distance involved with viewing any part of the race.

In rowing, recruiting is more of a two-way process. It is important for rowers to post their vitals (height, weight, GPA, accomplishments, erg times, etc.) on websites like berecruited.com or vespoli.com. In addition, coaches welcome letters and resumes from people interested in their program. To this end, it is important to know something about that coach, the team and school.

As appealing as a 6'6", 230 pound stroke who can row a 6:15 2k erg time might sound, if the rest of that college team averages between 5'11", weighs 180 pounds and a 6:55 2k, that person will not fit in to the program. This is the beauty of this sport if you want to row in college. Depending upon your vitals, you will likely be able to find a program where you can fit in.

There is very little scholarship money available for rowing but there is some. Most college rowing coaches will also tell you that while they don't have the ability to move the needle as much as other sports in terms of getting somebody in, they do in some cases have sway. So if a school is down to several qualified candidates for a spot, a word from the coach can definitely help. The degree of sway can vary widely from one school to the next.

Height and weight are important. Erg scores are most important though. Coaches want to see a good 2k time and also want a longer distance like a 5k or 6k. From this, they can assess whether a rower is strong with little athletic ability, good aerobically with strength issues or a good overall athlete.

More important than all of this is the coach's recommendation. College coaches want to know if a rower is late to practice, is he dedicated, is he a good team mate, does he seem to take his school work and other responsibilities seriously. There is a lot to juggle when you play a sport in college and a coach does not want to waste a spot on somebody who might not be able to handle the commitment over four years.

If you would like any additional information, please contact Simon Lowden.

ROWING RESOURCES

Books, Magazines and Additional Information, this is by no means meant to be complete.

Books

- Assault On Lake Casitas by Brad Lewis.
- The Shell Game by Steve Kiesling.
- The Amateurs by David Halberstam.
- The Nuts and Bolts Guide to Rigging by Mike Davenport.
- The Complete Steve Fairbairn on Rowing by Steve Fairbairn.
- Complete Book of Rowing by Steven Redgrave.
- Rudern: GDR text of Oarsmanship by Dr. Herberger.
- High Performance Rowing by John McArthur.
- Rowing Against the Current : On Learning to Scull at Forty by Barry S. Strauss.
- Mind over Water : Lessons on Life from the Art of Rowing by Craig Lambert;
- Textbook of Oarsmanship : A Classic of Rowing Technical Literature by Gilbert C. Bourne
- The Art of Sculling by Joe Paduda(Editor) and Les Henig (Contributor)
- The Book of Rowing by D. C. Churbuck
- Thomas Eakins : The Rowing Pictures by Helen A. Cooper
- Rowing : The Skills of the Game by Rosie Mayglothling
- Rowing Fundamentals by John A. Ferriss

USRowing Magazine
201 S. Capitol Ave., Suite 400
Indianapolis, IN 46225
Independent Rowing News
PO Box 831, 4 West Wheelock St.
Hanover, NH 03755
Fax (603) 643-0606
Email: info@rowingnews.com

United States Rowing Association (USRA)
201 S. Capitol Ave.
Suite 400
Indianapolis, IN 46225
Ph: (317) 237-5656
E-mail: members@usrowing.org

ROWING CAMPS

Craftsbury Sculling Center
Box 31-R
Craftsbury Common, VT 05827
Ph: (802) 586-7767

Charles River Rowing Camps
CRRC, P.O. Box 380441
Cambridge, MA 02238-0441
E-mail: hlparker@fas.harvard.edu
or eholeary@fas.harvard.edu

Northeast Sculling and Rowing School
(Bill Miller --- coordinator/director)
P.O. Box 2060
Duxbury, MA, 02331
Ph: (781) 934-6192
Email: email@rowcamp.com

Georgetown Rowing Academy (Washington DC)
Tom Sanford, Camp Director
McDonough Gym
Phone:(202)687-443
E-mail: sanfordt@gunet.georgetown.edu

Occoquan Boat Club Summer Camps
Phone: Angela Kerby (703)897-1043
E-Mail: nz13@aol.com
or Ken Shuster (703)525-1942

Nike Rowing Camps
Many university locations throughout the US
Phone: (800) nike camp

Navy Rowing Camp, United States Naval Academy
Phone (410)293-2419

Three Rivers Rowing Assoc., Pittsburgh, PA
Phone: Meredith Martin (412)231-8772

APPENDIX

COACHING STAFF

John Turner has coached Fairfield Prep crew since its beginning in 2005. The first Prep eight—sophomores primarily—took to the river under his guidance and in two years qualified for national championship competition. While the founding crew launched a legacy, the roster grew to ten eights around them. Prep Crew remains a vision of Turner's most excellent standard: the truest values inherently upheld; order; and a winning expectation naturally alongside success. Turner has extensive experience boatbuilding, sailing, rowing, racing and coaching. email: jpt3621@optonline.net

Anne Faber has been coaching Fairfield Prep crew since the fall of 2008. Ann raced with Norwalk Leander Rowing Club, Saugatuck Rowing Club, Norwalk River Rowing Club, Maritime Rowing Club, Avalon Rowing Club and Berkshire Rowing and Sculling Society. She has won Gold in 8+ and 2x at the Head of the Schuylkill; Silver in 2x at the Head of the Schuylkill; Gold in 1x at Bernie Ryan and Springfield Head Regattas; Bronze in 4+ at Master's Nationals. Ann has also raced in the prestigious Head of the Charles Regatta, twice in an 8+, once in 2x (sixth place) and three times in a 1x (seventh place in one of the races). She has also raced Veterans Henley. Ann is a certified Level II Rowing Coach with U.S. Rowing. email: annef2@gmail.com

Ed Feldheim has been coaching Fairfield Prep crew since the fall of 2008. Ed rowed for four years at Loyola Academy High School outside of Chicago from 1995-1999. Ed was a head novice coach at Norwalk River Rowing Association from 1999-2003. He currently lives in Bridgeport where he is a high school Social Studies teacher at Central High School. email: ed.feldheim@gmail.com

Cis Fischetti returns to Fairfield Prep Crew after a year away. Cis coached Division I rowing for 6 years at Sacred Heart University, where she and Head Coach John Turner built the roster, expanded the fleet and trained crews who steadily gained success on the racecourse. Together they coached masters and juniors throughout the summer months, ultimately founding Fairfield Prep Crew with a handful of the juniors. FP Crew experienced tremendous growth, and in its third year saw twenty percent of the freshman class rowing for their school. Fischetti and Turner kept pace with the daunting expansion, qualifying varsity crews again for Nationals in Cincinnati while their novice contingent finished the season in Philadelphia, taking gold and silver from the venerable local programs. Fischetti races a double scull with John Turner and sweep boats with New Haven Rowing Club. She is a certified Level II Rowing Coach with U.S. Rowing and a graduate of Fairfield University. email: alesandra_fischetti@msn.com

REGATTA SCHEDULE – FALL 2009

Sunday, September 20	GMS	New Milford, CT
Sunday, October 4	Head of the Riverfront	Hartford, CT
Saturday, October 10	Head of the Housatonic	Shelton, CT
Sunday, October 11	Head of the Connecticut	Middleton, CT
Sunday, October 18	Head of the Charles	Boston, MA
Sunday, October 25	Head of the Schuylkill	Philadelphia, PA
Sunday, November 15	Bill Braxton	Philadelphia, PA

** Note: Schedule is subject to change*

*** Note: Head of the Charles is tentative since selection is a lottery system*