

Robinson Rams Crew

2009-2010 HANDBOOK

Robinson Crew Boosters Club, Inc.
P.O. Box 7086
Fairfax Station, Virginia 22039



Supporting:
Robinson Secondary School
Fairfax, VA

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Robinson Crew Booster Club

Contact Information

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Vice President for Administration	Shirley Steppe	703-250-4198	rsteppe5@cox.net
Vice President for Membership	Ellie Oakley	703-239-9321	eoakley@cox.net
Vice President for Ways and Means	Wayne Kirkland	703-801-1512	wayne.kirkland@dhs.gov
Vice President for Operations	Mike Dwyer Steve Snyder	703-323-8327	watershape@msn.com snyders_three@verizon.net
At- Large (Asst for Membership)	Leslie Dykes		ldykes@vanmetreco.com
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Under Admin:	(VP is Shirley Steppe)		
Athletic Booster Rep	Erin Samuels		erinsam@hotmail.com
Faculty Liaison	Kate Laczynski		
Home Regatta Food Coordinator	Liz Dixon Samantha Madden		liz@elixirmarketing.com samantha.madden@ymail.com
Away Regatta Coordinator	Jan and Brian Gawne Amy Conrick		jankgone@aol.com conrick@ctaa.org
Away Regatta Food Coordinator	Sharon Bassin		bassinsh@hhmi.org
Webmaster	Vacant		
Email Coordinator	Sallie Collier		sally@houseparty.com
Pasta Party Coordinator	Lisa Griffin		Lisa.Griffin@fcps.edu
Picnic Coordinator	Vacant		
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Under Ways and Means:	(VP is Wayne Kirkland)		
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Plant Sale	Chris Veale Louise Lewis		cv622@aol.com lewisfamily6@verizon.net
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On-hand script coordinator	Sharon Bassin		bassinsh@hhmi.org
Online script coordinator	Carolyn Rathburn		cirathburn@gmail.com
Online script delivery	Elizabeth Peck		elizabeth_peck@msn.com
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Letter writing	Aida Willis		aida.willis@juno.com

Bridal Show Coordinator	Randy Hauck		qualitycounts@verizon.net
Magnet Sales Coordinator	Julie-Davis-Gerard		jdavis@oldemillfurniture.com
Under the VP of Operations:	(VP is Mike Dwyer)		
Swim Test	Pam Moore		tpser@msn.com
OLOC Reps	Pam Moore Patti Stevens		tpser@msn.com patti.stevens@cox.net
Local Bus Coordinator	Huma Prana	703-978-2147	
VASRA volunteer coordinator	Louise Lewis		lewisfamily6@verizon.net
VASRA Representative	David Oakley		doakley@cox.net
Under VP-Membership:	(VP is Ellie Oakley)		
Points Coordinator:	Mary Martin	703-322-0246	keah64@cox.net
Recruitment Coordinator	Libby Fritsche	703-425-1389	efritsche@tartlumber.com
Study Hall Coordinator	Caroline Skirlo		fskirlo@cox.net
Class Coordinators:			
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Juniors	Julie Italiano		julie.italiano@yahoo.com
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Message from the Robinson Crew Boosters Club President

October 1, 2009

Welcome to Robinson Crew

Throughout this handbook and on our website you will find information that details the support and operations of one of the Washington, DC metro area's largest and most competitive men and women's scholastic rowing programs. In existence since 1990, Robinson crew has grown to a fleet of nine eight person racing shells, operates out of a great facility at the Sandy Run Regional Park, and is supported by a dedicated Board of Directors and enthusiastic membership.

Thanks to past Board president John Gavarkavich, other departing Board members, parents, new rowing alumni, and past Varsity Women's coaches Rob and Katie Wasalaski for their efforts in keeping our rowing program strong. The continued involvement of the alumni family, whether as a past rower or Club member, is essential to the continued success of Robinson's rowing program. I hope you will all stay involved.

In simple terms, the Robinson Crew Booster Club (RCBC) exists to administer and fund the Robinson Rowing program. Our boosters work year round to keep the program going. Funded almost exclusively by membership fees, fundraising, and donations, our 2010 budget will be approximately \$150,000. The Board has approved a multi-year capital plan for the maintenance and life-cycle replacement of our equipment. We will endeavor to be fiscally prudent in our spending, are determined to build a foundation for adequate fiscal reserves and working capital not just for this year, but future years as well. Board members are focused on examining existing policies to ensure their applicability, and to identify gaps. Because team make up varies each year, we work with the coaches to adapt our strategies to

accommodate team size. Feel free to offer comments and new ideas by contacting respective Vice Presidents.

Robinson's land and on the water training is challenging and integrates intense physical activity, individual and teamwork skills that result in a highly competitive effort. Our winter conditioning starts in mid-November and, weather permitting, on the water training starts in February. Because of the size of our team Robinson rows eight person shells. As such, success depends on teamwork. Our coaches are a talented group that work well together and are always striving to get the rowers up to the next level. Our philosophy is that top boat rowers focus on competition and lower boat rowers focus on developing their skills to get them into the top boats. For new members who have never attended a regatta, you are in for a real treat.

As crucial as teamwork is to our rowers and coaches, the success of the RCBC depends upon the teamwork of our dedicated and hard working volunteers. In addition to fees we use a point system to meet RCBC objectives. There are many opportunities available during the entire year. Several positions involve a shadowing program under the tutelage of a current VP or coordinator.

I welcome the new rowers aboard. To the members, I can assure you Robinson will have another exciting year. Don't be shy. Jump in and let's get off to a great start. I look forward to meeting you at Membership Meetings and on the river. I am confident you will find rowing is a great sport for your student athlete.

Rick Stanchi
RCBC Board President

General Information

The Robinson Crew program includes two distinct but closely related groups—**Crew** that includes the rowers, coxswains and coaches and the **Crew Boosters Club (RCBC)** that includes parents, friends and supporters of Crew. The daily operations of Crew are the responsibility of the Head Coach while the daily operations of the RCBC is the responsibility of the Board of Directors. The RCBC is the governing board for the program providing vision, oversight, financial support and manpower. The head coach and assistant coaches are selected by the Robinson school administration with assistance from the RCBC and are not employees of the Fairfax County School system.

Crew is a non-funded competitive varsity sport at Robinson Secondary School. All financial support for Robinson Crew comes from rower fees and RCBC fund raising efforts. Robinson Crew had approximately 95 rowers during the 2008-2009 season and has an operating budget of over \$150,000 for the 2009-2010 season. RCBC is an IRS 501(c)3, Not-For-Profit Organization. The RCBC actively supports the Robinson Athletic Boosters with 100% Athletic Booster membership.

The on-water home of Robinson crew is the Sandy Run Park on the Occoquan Reservoir off Route 123. All on-water practices and most regattas are held at Sandy Run, one of the premier rowing facilities on the east coast. Directions and a map are included later in this handbook.

The Virginia Area Scholastic Rowing Association, VASRA (formerly known as NCASRA), promotes scholastic rowing in the Washington metropolitan area, which is an association of booster clubs from 25 member schools from Virginia, District of Columbia and Maryland including Robinson. The VASRA organizes and operates competitive rowing events for its member schools and guests on the Occoquan Reservoir and the Potomac River.

The VASRA interacts with the Northern Virginia Regional Park Authority, the US Rowing Association, the Scholastic Rowing Association of America, and the Crew Council to promote scholastic rowing on a local

and national level. The VASRA works jointly with the Coaches' Association to advise the Crew Council, which is composed of the principals or the athletic directors of high schools with rowing programs and governs the rules and regulations of scholastic rowing in the Washington metropolitan area. The regulations of the Virginia High School League and similar regulations of Maryland and DC also bind crews. Regattas are run according to the US Rowing Rules of Racing with rules and regulations specific to local crew programs established by the Crew Council.

Robinson Crew is coed. The team operates with a head coach responsible for both men's and women's crew supported by a head men's coach and a head women's coach. The head men's coach for the 2009-2010 season is John Barrett. He is in his 6th year coaching in the Robinson program. We have several excellent assistant coaches for the 2009-2010 season. We race eights, (shells with eight rowers) each rower manning a single oar, and a coxswain.

Robinson Crew participates in two seasons. A **Winter Land Training program** is conducted to help rowers and coxswains get into shape. Workouts (running, weight training, calisthenics, and ergometer work) are conducted at Robinson, starting in the middle of November and running until approximately the middle of February, with a winter holiday break. **Women's Experienced Rowers** will practice Mon.;Tues.;Wed.- 5:15-6:45 pm. **Friday practice will be 4-5:30. Women's Novice Rowers** will be practicing Mon.;Wed.;Thurs. 5:15-6:45 pm. same time as experienced rowers. **Men's Experienced Rowers** will work out Mon.;Tues.;Thurs.;Friday- 4-5:30 pm. **Men's Novice Rowers** will work out Tues.; Wed.; Thurs.- same time as experienced men rowers. .

The coaches will also open the erg shed for optional land training Monday-Thursday from 6-7:30 pm around the middle of November until the Thanksgiving Holidays for returning rowers and those with coaches' approval ONLY. Land training for the entire team will then begin the Monday following the Thanksgiving Holidays. At coaches discretion, a few highly motivated novice athletes will be invited to come out early. Watch the Robinson Crew Web Page for details. All rowers not participating in a winter sport are STRONGLY encouraged to participate in land training.

Prior to starting land training, the \$225 Rower Fee must be paid and the following documentation submitted:

- RCBC 2008-2009 Membership Application
- FCPS Emergency Care Form
- VHSL Athletic Participation/Parental Consent/Physical Examination Form (submitted to the Robinson Athletic department with Crew in the top right corner—**keep a copy!!**)
- RSS Student Athletic Participation Policy Acknowledgment (Pledge)

The **Spring Season (Rowing Season)** begins on the water training mid February at Robinson with subsequent practices at the Sandy Run Rowing Center. Expect either practice or a regatta six days a week until late May **including during the Fairfax County School system Spring Break**. Spring Training will for the Men will be Monday – Friday. Times to be announced. Optional Saturday morning practices for Varsity rowers will be at the discretion of the coaches. The Rowers Fees include payment for bus transportation to and from Robinson for weekday practices during the first few weeks of practice at Sandy Run.

The following forms must be submitted with the 2nd \$225 Rower Fee at the January 27th General Membership Meeting (incomplete or late submission can delay a rower being cleared to begin practice with the team):

- FCPS Field Trip Permission
- FCPS Field Trip Driver's License and Vehicle Insurance Information
- US Rowing Regatta Waiver Form

A mandatory swim test is conducted before on-water training for all new rowers and coxswains. The date and time will be announced. The cost of the uniforms should total approximately \$85-

100.00. Measurements will be taken in and orders will then be placed. Times and locations for uniform measurements will be announced on the Robinson Crew website and through e-mail.

Coaching Staff

Jon Barrett

Head Men's Coach

Coach Barrett brings a wealth of knowledge and experience to the Robinson coaching staff. Coach Barrett started his rowing career at Hylton High School where he rowed for four years and medaled at the prestigious Stotesbury Regatta. After high school, Coach Barrett went on to row in college at George Mason University where he rowed for four years under former U.S. National Team member Bob Spousta. While rowing at GMU, Coach Barrett was a member of several IRA fours, compiling two top five finishes in the open four.

In addition to coaching at Robinson, Coach Barrett is also the men's novice coach at George Mason University. This is Coach Barrett's fourth year coaching at GMU and he also coaches at a number of novice development programs during the summer and fall seasons. Coach Barrett is dedicated to the fundamentals aspects of the sport and believes that a solid foundation is the secret to building top level crews.

Coach Barrett continues to row competitively with Head Coach Waz. The two of them train on the Occoquan along with several other former teammates from GMU.

David Currie

Asst. Men's Coach

Coach David began his rowing career as a senior at Oakton High School in 2005. He continued sweep rowing with Clemson University, and earned a Silver Medal at the 2007 SIRA Championships. Currently he rows for George Mason University in the Varsity Eight. The crew placed 8th out of 72 in the Club Division at the prestigious Head of the Charles Regatta in 2007. David also sculls competitively, placing well at both the Independence Regatta on the Schuylkill and the Capital Sprints on the Anacostia. David has taught sculling at Thompson Boathouse, and coached at Sandy Run's summer camps as well. He looks forward to sharing such a challenging and rewarding sport with the incoming novice and freshman rowers at Robinson High School.

Kate Laczynski

Asst. Women's Coach

A graduate of George Mason University, Robinson's own Kate Laczynski is a Physical Education teacher. In addition to her four solid years of competitive rowing experience with the Patriots, Kate is a versatile coach and athlete. Tapping into her experience as both a women's soccer coach for Fairfax High School and women's basketball coach for the Rams, Kate eagerly anticipates the 2006-2007 year with Robinson Crew. She has assisted Coach Katie with the Northern Virginia Junior fall rowing program at Sandy Run Park.

Audrey Shankles

Women's Novice Coach

Audrey was a coxswain at TC Williams High School in Alexandria, winning medals at Virginia States, Stotesbury, and Canadian Nationals. She is currently a student at George Mason University and also a coxswain for the Men's Crew Club, where her lightweight four recently won the American Collegiate Rowing Championships. Audrey also coaches adults at Alexandria Community Rowing and novices for the Occoquan Juniors summer and fall camps.

Communications

I. **Board Members.** The Board Members conduct the daily crew boosters business in the name of RCBC. You are encouraged to contact Board Members by phone, in writing or by email with your ideas, comments or concerns.

II. **E-Mail.** E-Mail is the team's primary means of communication. The E-mail coordinator will send out periodic announcements and information throughout the year to ensure everyone is well informed of planned activities and schedules. Rower and parent e-mail addresses will be taken from the Robinson Crew Boosters Club Registration form. Updates and changes to e-mail addresses should be sent to the Ellie Oakley at eoakley@cox.net.

III. **Web Page.** The Robinson Ram Crew web page is a great source of information about the crew program. It contains timely information and forms. An effort will be made to put pre- and post-regatta information on the web page. The Robinson Ram Crew web page address is: <http://robinsoncrew.com>.

IV. **Coaches.** All contact with coaches should be made through the Head Coach. Jon Barrett may be contacted by e-mail (jbarret4@gmail.com) or in person at the boathouse at the end of practice.

Requirements for Participation

I. **Physical Examination.** A yearly physical examination is required. The Virginia High School League (VHSL) physical form must be completed and submitted to the Athletic Department or Coach prior to participation. The physical covers all sports for the entire year provided the examination occurred after 1 May 2008.

II. **Emergency Medical Authorization.** Each athlete's parents shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the Parent(s)/Guardian(s) are not available. Copies of these forms are kept in Binders that are with the team at the school for Winter or Land Training practices, at the water and are taken to all away regattas.

III. **Parental/Rower Acknowledgment of Athletic Policies.** The Parent(s)/Guardian(s) must review the policies of the Robinson athletic program and the Robinson Crew program.

IV. **Insurance.** Fairfax County Public Schools, Robinson Crew Boosters Club and National Capitol Area Scholastic Rowing Association do not carry insurance to cover Student athletic injuries. Parents need to purchase school insurance or possess a family insurance policy.

V. **Scholastic Eligibility.** In order to participate on a Robinson Secondary athletic team, each athlete must have satisfied all of the VHSL scholastic eligibility requirements prior to participation. Each athlete must have passed five subjects for credit the preceding semester and be enrolled in at least five subjects for credit the current semester.

VI. **School Discipline Referral.** Any student-athlete referred to an administrator or the coach for a school rules violation may be denied the privilege of participation in all athletic activities for a period as determined by the Coach, Director of Activities, or Principal.

Policies

I. **Missing Practice.** An athlete should always consult his/her coach before missing practice. Missing practice or a regatta without good reason will be dealt with severely and may result in demotion, suspension, or being dropped from the team.

II. **School Attendance.** Students must attend school on a regular basis to succeed. No student should use athletics as a reason to miss class. A student must attend a minimum of three periods to participate in an athletic event scheduled for that particular day unless the absence is pre-arranged or there is written permission from a doctor to participate.

III. **Release From Class.** It is the responsibility of the athletes to see their teacher the day before the classes they miss because of an athletic event. All work shall be made up at the convenience of the teacher.

IV. **Vacations Policy.** Vacations by athletes during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event of an absence due to a vacation is unavoidable, an athlete must:

- A. Be accompanied by his/her parents while on vacation
- B. Contact the head coach prior to the vacation, the sooner the better
- C. Be willing to assume the consequences related to their status on the team regarding boat assignment and regatta participation

V. **Disruptive Behavior Policy .** Rowers, coaches and members on the Robinson Crew Team and the RCBC need to advocate and model the fundamentally positive aspect of athletics, e.g. a positive attitude, fair play, honest competition and effort, self-discipline, integrity, personal growth and development. In that regard, behavior at all times while engaged in Team and RCBC activities is expected to be appropriate, respectful and epitomize good sportsmanship. Positive, professional, and supportive behavior is essential to the success of Robinson's rowing program. Behavior by any rower, coach, or member to the contrary may be considered disruptive. Members should remind their rowers to remain engaged with their coaches regarding their development, areas needing improvement and goal setting. Our coaches work on very tight schedules. Parents are welcome to speak with coaches when they are available about rowing and their student athlete's progress but shall not question the coaches authority regarding boat and seat placements and other coaching decisions as defined below.

By Rowers

A coach may immediately suspend any rower whose behavior at the boathouse, during practice on the water, on school grounds or on regatta trips is deemed by the coaching staff to be disruptive. Disruptive behavior includes, but is not limited to, the use of inappropriate language and/or gestures, prohibited activities, behavior that appears to question the coaches' authority, other unsportsmanlike conduct or actions that reflect poorly on the team or the RCBC including, but not limited to information posted on electronic media and social networks. A suspension by the coaching staff may lead to termination from the team, depending on the circumstances and reason for the suspension.

By Parents

Any interference by parents with coaching staff decisions regarding the nature of practices, rowing assignments at practices and regattas, or other coaching decisions will be deemed disruptive behavior. The coaching staff will report such disruptive behavior to the President, who will investigate the matter and review it with the RCBC Board of Directors. Depending on the outcome of the investigation, the rower may be suspended for a period of time determined by the Board or terminated from the team if circumstances so warrant. Parents who represent themselves as having the apparent authority of the RCBC Board of Directors or who through actions and/or words impugn the reputation of the team or the RCBC, may result in the suspension of the rower for a period of time as determined by the Board.

Suspensions

Any rower who has been suspended for any reason, will not be permitted to attend scheduled practices or regattas during the suspension. The RCBC President shall notify the rower's parents of the suspension.

Termination

Any rower who has been suspended may be terminated from the team, depending on the circumstances leading to the suspension. The coaching staff will make a recommendation for termination and present all relevant facts supporting that recommendation to the RCBC President, who will review the recommendation with the RCBC Board of Directors before a final decision is made.

Appeals

Suspensions or termination from the team may be appealed by the rower and his or her parent or guardian. However, rowers may not participate in practices or regattas pending the outcome of the appeal.

The appeal shall be in writing, addressed to the RCBC Board, outlining the reasons why the rower should not be suspended or terminated. The RCBC Board may, but shall not be required to, invite the parent or guardian to present their case directly to the Board at a regularly scheduled meeting. The RCBC Board shall endeavor to make a determination and respond to any properly submitted appeal within ten working days of receipt regardless of the timing of a regularly scheduled Board Meeting.

Comment and Complaint Procedure

The following procedure is available to all rowers and their parents or guardians to discuss issues related to the daily operation of the crew team.

Any parent or guardian of a rower may, at any time, offer in writing comments, recommendations or complaints regarding the operation of the crew team, including coaching, to

any member of the RCBC Board of Directors. All issues will be reviewed and substantive issues will be discussed with the coaching staff and the Board at the next regularly scheduled RCBC Board meeting. All input regarding safety issues will be reviewed as soon as reasonably possible.

The Board will, in its sole discretion, determine whether any action is required to be taken as a result of the comment, recommendation or complaint. The Board's decision will be communicated to the person who raised the issue by the RCBC President.

Complaints about coaching decisions or boat assignments based upon parent perception or comparisons of individual performances against that of other team members will not be entertained.

Fee Reimbursement

Fees already paid will not be reimbursed for any reason following a suspension or termination.

Team Rules and Regulations

I. Practices

A. Spring season practice will be held each day after school. Practice start and finish times will be determined once Fairfax County school bus availability is known. All practices will end no later than 7:00 p.m.; all rowers must leave the park by 7:15 p.m. There will be Saturday practices if a race is not scheduled.

B. There will be practices during spring break. All rowers/coxswains are expected to be present. Speak to your coach in advance if you have a conflict that cannot be avoided.

C. All rowers/coxswains are expected to be at each practice. Unexcused absences are unacceptable. Excused absences are determined on a case-by-case basis by the coaches and must be minimized. The absence of one rower can impact not only the other 8 athletes in his/her boat, but also those of other boats when athletes are shifted to cover the absent rower. This is cannot be taken lightly.

D. Practices will be planned to maximize boat time. When not assigned a team activity, rowers must show initiative and dedication to self-improvement. Aerobic conditioning is a key to successful rowers. As with all varsity sports, the most successful rowers on-water time.

II. Races

A. Each crew is required to arrive at the race location at a specific time set by the coach. Be punctual, your crew will not row if you are not on time. If you awaken sick and cannot row, notify the coach immediately.

B. All rowers will wear the same designated racing attire.

C. Robinson rowers are expected to exhibit the highest standard of sportsmanship and support for the team at competitions.

D. Exemplary conduct is expected at away races, including bus rides, hotel stays and team meals.

III. School

A. Be on time for all classes. If you have an unexcused tardy or are absent, you will not be allowed to practice.

B. Keep things in perspective. School and family come before crew. At the same time, you have an important commitment to your crew teammates that will require discipline and sacrifices on your part. Contact your coach as soon as possible if you need time away from crew.

C. Do not use crew as an excuse for neglecting school. However, you should schedule optional activities around crew. Robinson crewmembers traditionally have high grade points averages.

D. If an after school study hall program exists prior to practice, disruptive behavior after school and/or during the study hall may be grounds for a suspension of this privilege.

IV. Personal Property

A. No alcohol, drugs, or tobacco. Use of any of these at any time during the season will lead to automatic suspension or dismissal from the team without any financial refunds.

B. The team is a self-policed group. Members must watch out for each other. Members have a responsibility to each other to keep themselves and their teammates eligible to compete.

C. Let the captains or a coach know as soon as possible if there is someone on the team who is hurting the team or themselves by breaking the training rules.

V. At the Boathouse

A. The boathouse is a shared and crowded facility. Crewmembers are expected to exhibit mature behavior at all times. Demonstrate pride in the team, Robinson and yourself by avoiding horseplay.

B. Do not touch, move or handle things that do not belong to you. This includes personal items and other team equipment. Personal duffle bags and personal equipment/clothing is private property. Do not open another rower's bag or borrow their equipment/clothing without permission.

C. A coach must always be at the boathouse with you. If you arrive early, wait outside the boathouse until one arrives.

D. When land training, stay in groups. Complete the assigned workout in the designated area only.

E. If you have a conflict with anyone at the boathouse, report it immediately to a coach or race official.

VI. Safety Rules

- A. Everyone must take a swim test before going on the water for the first time.
- B. All boats will be accompanied by a coaching launch after moving out of the designated launching and docking area. It is the coxswain's responsibility to ensure a coach is in sight at all times.
- C. If a boat swamps or turns over, stay with the boat. It will keep afloat until you can be picked up by the coach's launch. **NEVER LEAVE THE BOAT.**
- D. When the boat is being moved on land or is in the water, follow the directions of the coxswain and the coach. On a professional boat, only the coxswain talks.
- E. If you or someone else is injured, notify the coach immediately.

VII. Equipment Rules

- A. Rowing equipment is very expensive and must be handled with care. Boats and oars are very long--watch their swing while moving them. Follow all directions regarding the handling of equipment.
- B. Unnecessary talking and horseplay is not permitted when handling equipment. Always focus on the task.
- C. All rowers/coxswains must participate in routine cleaning and maintenance of equipment. Report any equipment problems to a coach, Mr. Dwyer, or Mr. Hayden immediately.

Boat Selection

I. **Boat Selection.** A strength of the Robinson Crew is the depth of talent. There are rowers on lower boats who would probably row on the varsity eight on many teams in the area. Each year the coaches struggle with the difficult decisions of which athletes to put into which boats. Here are some of the assessments that coaches make in the selection process:

<u>Rowers</u>	<u>Coxswains</u>
Attitude	Attitude
Consistency	Consistency
Attendance	Attendance
Subjective analysis of boat moving ability	Leadership and motivation
Seat racing results	Steering
Ergometer scores	Technical knowledge of racing
Racing experience and past performance	Racing performance and past performance

II. Coaches are expected to:

- A. Develop and discuss with the rowers a selection plan by the end of the second week of practice. It will outline a timetable and selection criteria. It must be understood that circumstances may make it necessary for the coach to alter this initial plan.
- B. Provide feedback to the athletes so they know their areas of strength and / or weakness.
- C. Make fair assessments in order to achieve the fastest lineups.
- D. When selections are made, hold individual conferences to explain decisions.
- E. Communicate the need for any subsequent lineup changes.

III. Athletes are expected to:

- A. Work hard in order to improve and strive to achieve individual goals.
- B. Be supportive of the team by accepting coaching decisions.
- C. Seek feedback. If a rower doesn't know where they stand, ask.
- D. Realize team goals come before the needs or desires of any individual.
- E. Treat all teammates, opponents, coaches, officials and RCBC members with respect.

IV. Parents are expected to:

- A. Respect the coaches as the final authorities on boat selection and rowing matters.
- B. Remember, coaches seek only to create the fastest possible lineups. While decisions are subjective, they are not personal.



*The ergometer is the principal crew land training apparatus. Robinson Crew owns 21 competition-quality ergs that are used for training and aerobic fitness measurement and testing. During the fall, they are stored in a new shed purchased with the assistance of the Robinson Athletic Boosters near the Driver's Training field. Several ergs will be moved to the Sandy Run Rowing Center once the Spring rowing season starts. **Rowers must know their ERG time.***

Boat Structure

Competitive Focus - The **UPPER BOATS** are the top of our program. Athletes who reach this status are typically experienced rowers with the talent and dedication to train and race at a high level. First priority is selection of the First Eights. After that, qualified athletes may try out for the other competitive boats. Upper Boats normally travel to away races, but the final decision rests with the coach. Success in upper boats requires year round training.

- Men: First Eight, Second Eight
- Women: First Eight, Second Eight
- Must earn the seat—competitive selection by coaches
- Land training (ERGING, running) daily
- On water practices daily (except Sunday), including Spring Break

Developmental Focus - The **LOWER BOATS** are the starting point for all rowers. This is a developmental level where the basics are learned. There may not be events for these crews at the championship regatta. Boats will travel to away regattas at the coach's discretion.

- Maximum possible on-water participation in Saturday regattas through entrance of third, fourth, Freshman Eight, and possibly, fifth eights (may be limited during championship regattas)
- Land training (ERGING, running) daily
- On-water practices minimum of 2-3 days a week, depending on weather, boat and coaches availability

Financial Obligations

- Robinson Crew Booster Fee** **\$85**
- Initial registration
 - One fee per crew family
 - Payable **7 Oct 2009**
 - Overdue 9 Oct 2009
 - All families pay the \$75, which includes \$25 Robinson Athletic Boosters Fee (\$25 will be credited toward Rower Participation Fee #2 if already a Robinson Athletic Booster)
 - **Non-refundable**
-
- Participation Fee (2 installments)** **\$450**
- A participation fee for each rower
 - First installment
 - \$225 due no later than **4 Nov 2009**
 - Overdue 6 Nov 2009 (\$25 Late Fee)
 - **Non-refundable for returning rowers.**
 - **Max of \$100 refundable to Novice rowers who submit request in writing to RCBC Board within 2 weeks of the start of their land training. Evaluated on a Case by Case basis by the Board.**
 - Second installment
 - \$225 due no later than **27 Jan 2010**
 - Overdue 29 Jan 2010 (\$25 Late Fee)
 - Refundable at the discretion of the Board of Directors. All refund requests must be made in writing to the President of the Robinson Crew Boosters Club. Final refunded withdrawal dates are:
 - + 1 March 2009 for returning rowers
 - + 1 March 2009 for novice rowers
-
- Uniforms ~** **\$85-100**
- Required
 - Cost is approximate
-
- Away Regatta Trips (outside the National Capital Area)**
- Estimated cost per trip (200.00 – 450.00)
 - Schedule is not yet firm; Expect one season away regatta plus the Scholastic National Championships; Only selected rowers will attend the National Championships
 - Hotel and travel expenses paid by rowers/coxswains selected to attend overnight away regattas
 - Financial credit toward away regattas can be earned. See the Points Program later in this handbook for details.

Commitment and Participation

Commitment is a very important part of Crew at Robinson. Commitment is required to withstand the grueling physical demands of the sport, to raise the large amount of money needed to sustain the team, and to keep the second largest Robinson sport at the forefront. Robinson Crew exists not only because the athletes are committed to their sport, but also because the parents are committed to their rowers. Rower unit commitment is a hallmark of Robinson Crew.

All Crew families participate in fundraising and other Club activities throughout the year and in so doing establish a bond and share unique experiences--an uncommon occurrence between teens and parents today. Booster families participate with their rowers in fundraisers, workdays, and regatta support.

Points Program

A. In general, Novices have from the time they Register in the fall (or during the summer prior if they want to serve prior to their registration) until March 1st to earn their required 25 points. This allows at least 5 ½ to 6 months for them to accumulate toward the 25 point minimum. Returning rowers have from March 1st until February 28th of the following year to accumulate their required 75 points. It is the responsibility of the Rower's Family to remember the following:

1. **Pace yourself.** Do not leave your point requirement until the last minute. It is very doable if you work at it gradually.
2. **Sign in every time you work with your ROWER's Name and Number.** If your last name is not the same as your rower's, the event coordinator and point coordinator are **not** responsible for finding which points should be assigned if no Rower Information is provided.
3. **Keep an ongoing detailed log of the points you accumulate.** If there is an error in point reporting, you won't know if you haven't kept your own specific and accurate tally.
4. **Respond to Point Opportunity Notifications quickly:** Once notices go out to the General Membership, opportunities are taken quickly, so look at your calendar and highlight some dates when you might be available.
5. **Speak up:** If you have an area of expertise or interest, mention it to a Board Member, event coordinator, or the Novice Support Representative. They can help you find point opportunities that will fit your needs and interests.

It is the responsibility of the event coordinator to notify the responsible Vice President in writing (EXCEL spreadsheet) within two weeks of the event identifying the workers, points earned and rower receiving the points. It is requested that coordinators send their event points spreadsheets to the responsible VP by the 14th of each month, unless the 2 week window prevents this. VP will then send the approved spreadsheet to the points coordinator by the 24th of the month. The points coordinator will post the points by the end of the month.

B. Points will be awarded based on the Rower Unit's participation in Booster sponsored or approved activities.

C. Points will only be credited after they are earned.

D. Points will be awarded to coordinators and participants per the attached schedule. Coordinators can earn points for actively participating in an event in addition to coordinating the event planning and execution. For example, the Tag Day Coordinator earns points for planning and coordinating Tag Day. In addition, the Tag Day Coordinator can also earn points for working at Tag Day.

E. The Points tally document will be posted monthly on the Crew web site whenever possible.

F. Awarded points cannot be transferred except between siblings.

G. As part of the points program simplification, there will be a single points eligibility date (1 Mar 2009) for this season.

1. Each Rower Unit must participate in the necessary activities to accumulate the required points in the specified period. In the event a Rower Unit does not earn sufficient points by the deadline, the additional points must be purchased for \$10 per point. The Rower will be ineligible to participate in any crew activities including practice after the deadline until the point's deficiency is funded.

2. Excess points beyond the specified requirement at the deadline date can be applied toward Away Regatta Fees. \$1 for each excess point, will be credited toward the rower's Away Regatta Fees. For example, a returning rower with 82 points on 2 March 2010 has 7 excess points and will be credited with \$7 toward Away Regatta Fees.

3. All points earned after the deadline by underclassmen will be applied to next season.

IV. **Required Points.** The point earning period for the 2009-2010 season runs 1 March 2009– 28 Feb 2010. Points earned after 1MAR will be applied to the 2010-2011 season. Required point totals are as follows:

ACTIVITY	NOTES	Number of Volunteers	POINTS
Board of Directors			
Elected Board Members	President; VP-Admin; VP Ways & Means; VP Membership; VP Ops; Secretary; Treasurer	One per position. Ops has two.	60
Appointed Positions	VASRA rep. Asst. to Treasurer(Cashier)	1 1	35 20
At- Large Board Members	Asst. to VP Membership; Asst. to Treasurer	One per position	60
Administration			
PR/ Athletic Booster Rep/Communication		1	
Oasis Coordinator		1	20
Raffle Ticket Sales/ Oasis Shifts	Per 2 hour shift		2
E-Mail Coordinator		1	30
Web Master		1	30
Away Regatta Coordinator		1	30
Away Regatta Assistants		1	
Away Regatta Coordinator		1	30
Away Regatta Food Assistants		2	10
Home Regatta Food Coordinators	Metro DC regattas	2	10
Pasta Party Coordinator		1	10
Pasta Party Assistant		1	4
End of Season Picnic Coordinator		1	10
Awards Banquet Coordinator		1	10
Awards Banquet Assistant		1	4
Membership: Recruitment, Novice Support & Novice Swim Test			
Recruiting Coordinator		1	25
Study Hall Coordinator		1	30
Novice Support		1	10
Swim Test Coordinator		1	10

Swim Test Worker	Per 3 hour shift		3
Points Program Coordinator		1	25
Class Representatives	Novices (2) Upperclassmen per year(1)		10

Operations

Transportation Coordinator		1	20
Transportation Assistant		1	8
Bus Chaperone	1 per practice day; Adult/ Parent		4
Pre/Post / Mid Season Workday Volunteers	Per 4 hour shift		4
Regatta Staff (OLOC Coordinator)	Per Season		40
Local Regatta Volunteer Coordinator	1 per season	1	30
Regatta Volunteer	Per shift		5

Note: In general, if Co- Coordinators are assigned instead of a single Coordinator, an assistant position is eliminated and the total of the Coordinator and Assistant points are split between the Co- Coordinators. Example: Two Plant Sale Coordinators would each receive 12 pts. (no fractions- round down). Work Shift points are generally based on a 1 point per service hour concept. Coordinators points refer to pre-planning for events. If the Coordinator chooses to participate in work shifts, they will be awarded points as workers.

Ways and Means

PR and Marketing Coordinator: On-Line Script		1	25
Coordinator: On-Line Script		1	25
Coordinator: On-Hand Script		1	15
Salesperson	6+1 point for each \$2000 in sales, round down to whole points		6
Purchase	1 point per \$100, round down to whole points		
Coordinator of Spirit Sales		1	30
Assistant Coordinator(Spirit Sales)		1	20
Spirit Sales Workers	per 2 hour shift		2
Magnet Sales Coordinator		1	15
Round Robinson Run Coordinator		1	30
Round Robinson Run Assistant		1	15
Corporate Sponsorship/ Donations	1 pt. for each \$10 in donations(round down to whole points)		

Plant Sale (Mandatory Pre-sales for ALL ROWERS)

Plant Sale Coordinator		1	30
Plant Sale Assistant		2	15
Worker	Per 4 hour shift		4

Each rower must pre-sell a minimum of \$100 in plant gift certificates. One pt. is given each \$20 of plants sold/purchased after the first \$100

Letter Writing Campaign

Letter Writing Campaign- Coordinator		1	20
Assistant Coordinator / Thank yous		1	10

Tag Day (Mandatory Event for ALL Rowers)

Tag Day Coordinator		1	30
Tag Day Assistant Coordinators		3	15
Pre-TAG Day workers	Per two hour shift		2
TAG Day Drivers	Per shift(Parents/ Guardians only)		5
Tag Day Reception Coordinator		1	4

	Per shift. Mandatory event for rowers. No points awarded for participating. 4 pts. Awarded for additional TAG Day runs.		4
Tag Day Workers			
Bridal Show			
Bridal Show Coordinator	Fall and Spring Show	1	30
Assistant	Fall and Spring Show	1	15
Workers	Per hour		1
Yard Sale			
Coordinator		1	10
Set-up and event workers	Per two hour shift		2
GREAT HARVEST/Fresh Grounds Sale			
Coordinator		1	15
Salesperson	1 pt. per 2 bags sold		
Production staff	1 pt. per 20 bags processed with a minimum of 1 pt. per rower		
Vehicle Exchange Program			
Coordinator		1	10

VI. Selective Point Earning Opportunities

- A. Year Round—On hand and online Certificates Scrip
- B. Year Round--Board, Coordinator, Assistant Positions
- D. September-November--Spirit Sales at Football Games, Locker Distribution Days, and Back to School Nights
- E. October-February—Crew/VASRA Work Days
- F. September and January—Bridal Shows @ Dulles
- G. November 2010—Round Robinson Run [volunteer/get corporate sponsorships]
- H. February 2010 --Tag Days**
- I. February-May--School Bus Chaperone
- J. May 2010—Spring Plant Sale**

** MANDATORY ACTIVITIES

VII. Description of Mandatory Activities

A. Mandatory Activities. Full participation in these activities is mandatory for rowers specified. Failure to participate in mandatory activities results in a \$100 alternate participation fee unless, due to unusual circumstances, the Board of Directors waives that fee. Fee payment to the event coordinator or request for waiver to the President must be received within 7 days of the event or the final backup. The event of a Negative Board decision, fee payment is due within 7 days of written notification. The rower will be suspended from all crew activities if the fee is not paid as required. Suspension will be extended to subsequent years if appropriate.

B. Tag Day. One of the two Tag Day events is **MANDATORY FOR ALL ROWERS**. This is an "end of winter" fundraiser for ALL rowers. It involves groups of rowers going door to door to solicit donations in February of each year. Each group will consist of 4 to 6 rowers with a parent driver. Rowers will be assigned to a particular group on that day. All rowers are required to complete this activity. If you are not able to participate in Tag Day on the designated day, you must notify the Tag Day Coordinator IN ADVANCE for other arrangements to be made. PARENTS: If your rower must "make up" Tag Day on a different day, you may be required to be the driver for the route. There is no substitute for this activity.

C. Spring Plant Sale. **MANDATORY FOR ALL ROWERS.** Each rower must submit at least \$100 in plant gift certificates pre-sales. You can earn points if you sell over \$100 in plant gift certificates.

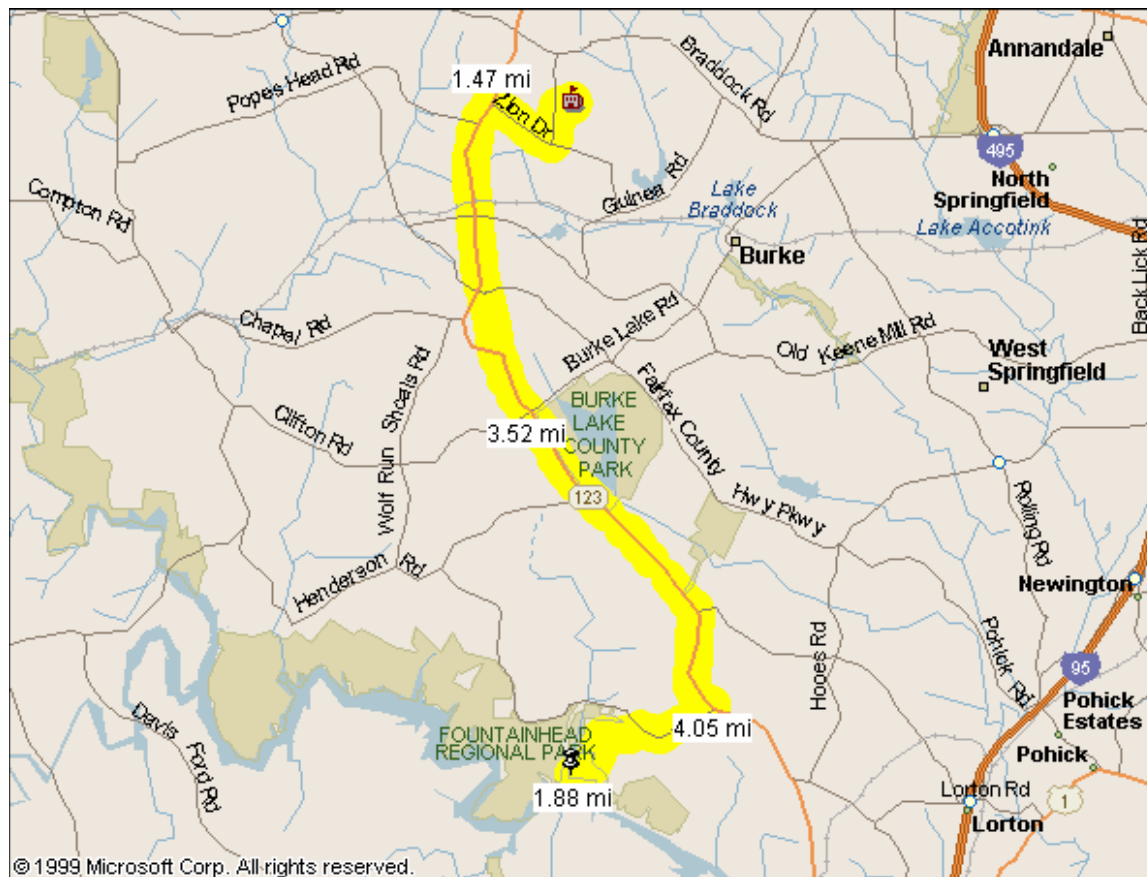
Forms

I. Seven forms must be completed and returned in a timely manner to participate in Robinson Crew. Failure to submit the forms as required will result in rower ineligibility.

II. The forms, their due date and the recipients are listed below. All forms except for the Virginia Athletic Participation/ Parental Consent/ Physical Examination Form can be turned in at General Crew Meetings. Please do not turn in any forms to the coaches. Copies of the forms are available on the Robinson Crew Web Page (<http://robinsoncrew.com>).

Form	Note	Due	Submit to
Robinson Crew Booster's Club Application	Each Rowing Family. Builds crew roster and email distribution list.	Oct.7, 2009	At General Meetings Or mail to: Ellie Oakley 10689 John Ayres Dr. Fairfax, VA 22032
FCPS Emergency Care Information	Each Rower. Separate copy required for crew beyond any copies already submitted to the school.	Nov. 4, 2009	
Virginia Athletic Participation/ Parental Consent/ Physical Examination Form	Each Rower. Must be dated between 1 May 2008 and 30 June 2009. New physical is not required if previously submitted for this school year. Print "CREW" at the top of the form.	Nov. 4, 2009	Robinson Athletic Director's Office Only <i>Keep a copy! DO NOT SEND TO RCBC.</i>
RSS Athletic Participation Policy Participants Acknowledgment	Each Rower. Rower and parent must read the Robinson Athletic Participation Policy and sign the acknowledgement. These Robinson policies fully apply to crew.	Nov. 4, 2009	At General Meetings Or mail to: Ellie Oakley 10689 John Ayres Dr. Fairfax, VA 22032
FCPS Field Trip Permission	Each Rower. Trips to Sandy Run for on-water training constitute field trips requiring parental consent forms.		At General Meeting in January
FCPS Field Trip Driver's License and Vehicle Insurance Information	Each rower that plans to travel to Sandy Run for any practice in a privately owned vehicle, either as a driver or passenger	Jan. 27, 2010	Or mail to: Ellie Oakley 10689 John Ayres Dr. Fairfax, VA 22032-3101
US Rowing Regatta Waiver Form	Each Rower. Required by VASRA for each regatta participant. Must be signed in 2008. Will be distributed at the January 28, 2009 General Memb, Mtg. Also on Website.		

Directions to Sandy Run Rowing Center



1. Proceed west from Robinson.
2. Turn **left** onto **Sideburn Road**.
3. Turn **right** onto **Zion Drive**.
4. Turn **left** onto **Ox Road (Route 123S)**.
5. Follow Route 123 South past Burke Lake Park.
6. Turn sharply **right** onto **Hampton Road**.
7. Turn **left** onto **Van Thompson Road**.
8. Follow Van Thompson Road to the Sandy Run Rowing Center parking lot. It is about 11 miles from Robinson to the Sandy Run Rowing Center.

Be particularly careful of speeds on Hampton and Van Thompson Roads.

Robinson Crew Calendar 2009-2010

As of Oct.3, 2009

***Calendar will be updated as new information is available**

September

13 Sep	am/pm	Bridal Show @ Dulles Expo Center
14-18 Sep		Good Morning Robinson Week
15 Sep	7:00 pm	RCBS Board Meeting
21 Sep	7:00 pm	Crew Interest Meeting – RSS Recital Hall
24 Sep	7:00 pm	Back to School Night –RSS Magnet Sales
26 Sep	9-11am	Learn to Row Occoquan

October

02 Oct		RSS Homecoming Football Game – Raffle Ticket Sales Magnet Sales @ FB Game and @ Taste of Robinson
06 Oct	7:30 pm	VASRA Board Meeting; Thomas Jefferson High School
07 Oct	7:30 pm	General Membership Meeting (RCBC Dues \$85) – RSS Russell Theatre
13 Oct	7:00 pm	RCBC Board Meeting – RSS Media Center

November

03 Nov	7:30pm	VASRA Board Meeting; Thomas Jefferson High School
04 Nov	7:30 pm	General Membership Meeting (1st Rower Fee \$225) – RSS Gold Cafeteria Land Training Forms Due (Athletic Participation/Physical, Student Athlete Policy Acknowledgement, Emergency Care Form) Rower Fee #1 Overdue (\$25 Late Fee)
07 Nov		Robinson Crew Run
08 Nov	8:30 am	RCBC Board Meeting – RSS Media Center
10 Nov	7:00 pm	Land Training for Returning/Approved Novice Rowers ONLY Starts Experienced Boys team practices: 4:00-5:30 (Mon.,Tues.;Thurs.;Fri.) Experienced Girls team Practices:5:15-6:45 (Mon.;Tues.;Wed). And Friday – 4-5:30 pm
27-28 Nov		FCPS Thanksgiving Holidays
30 Nov		Land Training for Novice /Developmental Rowers Begins Boys team practices: 4:00-5:30 (Tues.;Wed.,Thurs) Girls team Practices: 5:15- 6:45 pm(Mon.;Wed.;Thurs.)

December

08 Dec	7:00 pm	RCBC Board Meeting – RSS Media Center
24 Dec- 2 Jan		FCPS Winter Vacation

January

12 Jan	7:00 pm	RCBC Board Meeting -- RSS Media Center
27 Jan	7:30 pm	General Membership Meeting (2nd Rower Fee \$225) – RSS Gold Cafeteria
29Jan		Participation Fee #2 Overdue (\$25 Late fee)

30-31 Jan Bridal Show @ Dulles Expo Center
31 Jan 8am Mid-Atlantic Erg Sprints, TC Williams H.S., Alexandria, VA

February

Feb (TBA) 4:00 pm Spring Crew Practice Starts @ Sandy Run
02 Feb 7:30 pm VASRA Board Meeting; Thomas Jefferson High School
06 Feb Crew Tag Day (Either 6th or 20th is a Mandatory Event)
09 Feb 7:00 pm RCBC Board Meeting – RSS Media Center
20 Feb Crew Tag Day ((Either 6th or 20th is a Mandatory Event)
28 Feb Deadline for 2008-2009 Season Points (\$ due for unearned pts)

March

Mar (TBA) 2 Workdays @ Sandy Run Boat House
01 Mar Begin Accruing Points for 2010-2011 Season
02 Mar 7:30 pm VASRA Board Meeting; Thomas Jefferson High School
09 Mar 7:00 pm RCBC Board Meeting -- RSS Media Center
24 Mar 7:30 pm [General Membership Meeting – RSS Gold Cafeteria](#)
29 Mar-Apr 2 FCPS Spring Break (mandatory crew practice)

April

03 Apr Walter Mess Regatta on the Occoquan
10 Apr Darrel Winslow Regatta
13 Apr 7:00 pm RCBC Board Meeting – RSS Media Center
16-17 Apr Mercer Lake Crew Regatta
24 Apr Al Urguia Crew Regatta on the Occoquan

May

01 May Plant Sale—MANDATORY FOR ALL ROWERS
01 May Crew Regatta – Freshman and Lower Boat Championships
04 May 7:30 pm VASRA Board Meeting; Thomas Jefferson High School
08 May VSRC Championship Regatta (aka “States”)
11 May 7:00 pm RCBC Board Meeting – RSS Cafeteria

June

Jun (TBA) 7:00 pm RSS Spring Sports Banquet in Cafeteria
Jun (TBA) 11ish Crew Picnic – Sandy Run
Jun (TBA) RSS Graduation Day -- @ George Mason
01 Jun 7:30 pm VASRA Board Meeting; Thomas Jefferson High School
08 Jun 7:00 pm RCBC Board Meeting – RSS Gold Cafeteria
18 Jun Last Day of School

Will be updated on the Website - <http://robinsoncrew.com>

Rower Unit Check List 2009-2010

1 Oct Prepare personal plan for earning required points: 75 Returning Rowers; 25 Novices

1 Oct Schedule Athletic Physical if not conducted since 1 May

1 Oct Complete RCBC Application

7 Oct Pay RCBC Booster Fee of \$85

4 Nov Final submission of FCPS Emergency Care Form for Land Training

4 Nov Final submission of VHSL Athletic Participation/Parental Consent/Physical Examination Form *to the Robinson Athletic Department*—keep a copy) for Land Training

4 Nov Final submission of RSS Student Athletic Extracurricular Participation Policy Participants Pledge

4 Nov Final submission of FCPS Field Trip Permission Form

4 Nov Final submission of Field Trip Driver's License and Vehicle Insurance

Information Form

4 Nov General Membership Meeting – Pay Rower Fee #1 of \$225

16 Nov Start Land Training – returning rowers

1 Dec Start Land Training – novice rowers

27 Jan General Membership Meeting – Pay Rower Fee #2 of \$225

31 Jan. Mid-Atlantic Erg Sprints

TBD Feb Participate in Tag Day (two events—one is mandatory)

TBD Feb Novice Swim Test (late Jan or early Feb – will be a snow date too)

TBD Feb Final submission of US Rowing Regatta Waiver Form

TBD Feb Final submission other forms if not submitted 5 Nov for Land Training

TBD Feb Spring Crew Practice Starts

28 Feb Complete points requirements: 75 Returning Rowers; 25 Novices or Payment due for all unearned points

27 Mar First Regatta (Polar Bear Regatta—chiefly higher level boats)

TBD May Participate in Plant Sale

TBD May - Away Regatta Fee (Boats going to Mercer Lake Regatta)

Robinson Rams Crew

TBD May - Away Regatta Fee (Qualifying boats going to National Championship Regatta)