

Lyme Old Lyme High School Crew Parent's Guide

http://oldlymerowing.org/hs_spring.html

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Crew Coaches 2012

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Welcome to Crew

It was suggested that experienced parents write down some useful information to facilitate organization and involvement by newcomers. So this is an attempt to sincerely welcome you and encourage you to become involved and support this terrific sport in Old Lyme.

Old Lyme has deep roots in the sport of Rowing, thanks in a great part to Mr. Fred Emerson, a Lyme resident who enthusiastically donated many hours of his life and financial support to the Blood Street Sculls. Our current boathouse is named after him and the original boathouse still stands on Blood Street. He is also credited with starting many other rowing programs in the United States, including, Trinity and the Coast Guard Academy.

It is not typical for a public school to have a crew team, and we are incredibly fortunate to have access to good equipment. The high school team is supported by Old Lyme Rowing Association which was created in 1983 with the primary mission of supporting junior rowers. In addition, the association under the auspices of Old Lyme Parks and Recreation has a summer Learn to Row program for adults and juniors and a competitive Master's (adults) level program. High school level junior rowers can participate in the summer and the fall competitively with the Blood Street Sculls. These programs have produced national champions and enriched the lives of many.

Unlike other traditional sports, parental involvement is not optional it is a necessity. Understandably, some parents will have more time and resources than others, but there is an opportunity for all to help in some way.

Here's an overview of the school year in rowing....

September through October

The Old Lyme Rowing Association and Old Lyme Parks and Recreation offer rowing in the fall under the club name of Blood Street Sculls. This is not a school activity. Rowers practice after school in order to compete in various races from Boston to Philadelphia. Both sculling and sweep rowing are offered in this program. There are fees for the program, individual race entries, and transportation of boats. Transportation and lodging at races are the rower's responsibility. More information on this program is available at the website www.oldlymerowing.org.

December -The Fruit SALE

Each rower is given a list of people who have purchased fruit in the past. Adult rowers from the Blood Street Program participate as well. Fundraising is critical as it is used to purchase boats and/or new equipment. Many townspeople count on this and look forward to

purchasing fruit. Orders go in during November and delivery is in early December.

This effort requires parent efforts and organization. Some things that need to be done are:

Data base
management Fruit
Ordering Delivery of
Fruit

**This effort requires parental chairpersons to get organized EARLY. Each rower is given a list of previous customers to call. Competitive phoning 'parties' have made calling more fun. Sales booths are set up in Lyme and Old Lyme.

It can be a challenge to convince new rowers to join the team and explain that they need to sell fruit even before they sit in a boat...so experienced rowers should take the lead with the fruit sale. This is a big project, but is a primary source of funding. It is close to holiday time, so getting organized early is ESSENTIAL.

Winter Training

From the end of October until the end of February, there are no organized activities offered. However, students are fortunate to have a nice weight room and an enthusiastic gym teacher available every day after school to oversee winter conditioning.

The LOLHS Season Begins...

Practice usually begins around the first week of March.

Physical forms MUST be up to date and in the school nurse's office. Do this early to avoid any hassle.

The first few weeks of practice are 'land' practices. This will be at the High School Monday through Friday from 2:30 to 4:00 pm. Activities are geared toward aerobic conditioning and core training. Training includes running, circuits, and ergometer (rowing machine) rowing. Running shoes and workout clothes are required.

During the last week of 'land' training (usually the middle of March), the team will be transported by bus to the Coast Guard Academy in New London to use their indoor rowing tanks. This is a terrific opportunity to practice rowing technique with a real oar

and a sliding seat on a stable platform. For experienced rowers it is a great review of basics and for new rowers it is their first introduction to the complexities of using the movements they have practiced on the ergometer before they get into a real boat. During this same week, rowers will go to the Aquatic Center at East Lyme High School for a yearly swim test. They will need to be able to swim 6 laps, tread water for 15 minutes, swim underwater, and put on a life jacket that is thrown to them while they are treading water. Students who do not pass this test will not be allowed to row.

It is important for all rowers to get to practice on time. When boats are going on the water if one rower is late...the whole boat is late, or may not get on the water.

Please schedule non-essential appointments before or after crew season.

Rowing on a rowing machine or “erg” is part of practice, and each rower will be expected to put in a timed piece. Coaches may use this time as part of their decision making process as far as which rower will be in which boat...This is a complex process that parents often struggle with. Go with it and trusts the coach, rowers are often switched around until boats are “set.”

Team Captains are elected or appointed depending on the coach. Traditionally, these are role model team members willing to accept responsibility. They are upper classmen.

Clothing

Rowers should always have **running shoes** and socks. They can be left at the boathouse. There will often be a run at the beginning of practice.

In the spring, conditions range from snow to warm sunshine. It is essential for rowers to **wear layers** of clothing. Pants and shirts should be close fitting as baggy clothes can get caught in the slides of the seats. **Socks** should be worn in the boats. Baseball caps are helpful. Rowing is done in the rain (and sometimes snow!), but not in high winds or when there is a possibility of a thunder storm.

Rowers should bring water bottles for every practice.

Varsity rowers will be provided with a team one piece ‘unisuit’ which is the race uniform. Junior Varsity and Novice rowers row in Lyme Old Lyme Crew t-shirts provided by the school.

The school has a limited number of warm-up jackets and pants. Coaches or captains distribute these, and they need to be returned to the school at the end of the season.

This year we will have a web page on the **iTeam** section of www.regattasport.com. Team captains have chosen some items that can be ordered during an ‘ordering window’ of 2-3 weeks. These items have the school colors and “Lyme Old Lyme Rowing’ logo on them. Parents can order and pay directly to Regatta Sport. Items will be delivered in a bulk order

before our first race and distributed.

Target date **March 21st on the water**

Practices are from 2:30-5:00 pm Monday through Friday and 7-9 am on Saturdays. A school bus will bring rowers from the high school to Rogers Lake.

RACE SEASON

For all races, similar to all other sports activities at LOLHS, participants are expected to ride the team bus to and from the event unless there are special circumstances. If your rower needs to be excused from the bus ride they must have a note signed by the principal to be given to the coach.

Schedule will be posted soon.

Things to Bring to Regattas for Parents and Participants

- Water! Always keep your rower hydrated
- Motrin or Tylenol
- Inhaler if needed
- Extra socks

- Warm clothes

- Sunscreen
- Sunglasses
- Personal items
- Band-Aids
- Wrench 7/16" every rower should have one for rigging
- Camera
- Binoculars
- Kleenex and Hand Sanitizer—Porta-Pottys
- Safety pins
- Music/CD player, a good book for between races, portable homework
- Snack food. Bagels, fruit, homemade goodies
- Money for T-Shirts, programs
- Folding camp chairs
- Umbrella/rain gear Races are rarely cancelled unless there is lightning
- Cell Phone
- Walkie-talkies are fun to communicate from the start line to the finish line
- Bicycle for Philly trip spectators
- We suggest you leave the dog at home.

Etiquette for Rowers and Spectators

Students are expected to be on their best behavior at all times. There is zero tolerance for drugs, alcohol, or any nonsense ... period... end of story.

Many students go on to colleges where rowing is a big part of their future. Lyme-Old Lyme

has a fine reputation for excellent students and each student has a responsibility to uphold this reputation. Foul language is never appropriate and can cause a crew to be disqualified.

Rowers are expected to load boats before races and unload at the boathouse when the trailer returns. It is the responsibility of the rowers to be sure all of the equipment gets to the race and returns to the boathouse. Learning to rig and de-rig boats is one of the first skills your rower will learn. When at races, between races, equipment must be accounted for, and teamwork is essential. Boats are big, awkward to maneuver and expensive, but you watch, by the end of the season, your kids will be an organized impressive crew!

No electronic devices like battery powered megaphones or cell phone communication with a rower or coxswain are allowed. This is another way to disqualify a boat.

Parents are expected to cheer!

Often parents plan to spread out their cheering throughout the race course to encourage our boats the whole way. Due to the nature of our sport, there are not a lot of spectators, and rowers really like the encouragement and support, so GO FOR IT.

Parents should leave their beer and wine at home...with the dog.

Consider Getting Involved

So much of the success of this program depends on volunteer efforts. Here are some ways you can help.

- Bring food to races
- Help keep equipment in shape ask Coach what needs fixin'
- Volunteer to be a part of the Fruit Sale Committee
- Drive the boats and trailer to a race
- Donate Misc. items to the boathouse such as:
 - Duct tape
 - First Aid Supplies including ice packs
 - Bottled Water
 - A nice folding table to bring to races
 - A box of granola bars for hungry kids
 - Blue and White Spray Paint for oars
- Consider loaning any of the following for races:
 - Large cooler
 - Gas Grill
- Anybody have a connection to purchasing or fixing up a small box trailer to put items in to bring to races?
- Can you build us some new slings?

- Become a parent representative on the Old Lyme Rowing Association Board
- Volunteer to be a media representative. This would involve contacting local papers and encouraging them to publish our race results. Could you be the newspaper contact person?
- Fundraising ideas? The Fruit sale has been a great success in the past, and is a big tradition, but in addition, an idea has been to put together a calendar or note cards to sell. Anyone a photographer or graphic designer?
- Smile! Introduce yourself to other parents, get to know each other!

Invaluable Internet Resources

<http://www.row2k.com> Results, pictures, Regatta links...it's all here.

<http://www.regattacentral.com> Results, entries, participants in each boat included

<http://www.usrowing.org> National team testing information: Serious juniors must join US Rowing to submit erg times in the off season.

<http://www.irow.com> More good information. Register on the parent page, juniors register for college coaches to review their statistics.

<http://www.rowersworld.com> Lots here, message board under the "Community" section, also nice photos

<http://www.rowingtalk.com> Message Boards <http://www.concept2.com> The ERG site.

<http://www.sportgraphics.com> Beautiful pictures of YOUR junior rowers!

<http://www.boathouserow.org> Stotesbury Cup Regatta Philadelphia PA (May) Same website for

Head of the Schuykill

Rowing Terms

- Blade: The oar; also the end of the oar which is placed in the water.
- Bow: the front end of the boat; also used as the name of the person sitting nearest the bow.
- Catch: The oar blade entering the water at the beginning of the stroke.

- Crab: A stroke that goes bad. The oar blade slices into the water at an angle and gets caught under the surface. A bad crab can catapult you out of the boat.
- Ergometer: A rowing machine designed to simulate the actual rowing motion; used for training and testing.
- Feathering: Turning the oar blade flat during the recovery to lessen wind resistance.
- Finish: The oar blade leaving the water at the end of the stroke.
- Foot stretcher (or clogs or shoes): An adjustable bracket in a shell to which rowers feet are secured.
- Hatchet: A type of oar with a blade larger in surface than that of a Macon blade.
- Oarlock: A U-shaped swivel which holds the oar in place. It is mounted at the end of the rigger and rotates around a metal pin. A gate closes across the top to keep the oar in place.
- Port side: Left side of the boat, as facing the bow.
- Recovery: The time between strokes, the oar blade traveling through the air.
- Rigger: The assembly of tubes which are tightly bolted to the hull to which are attached an oarlock.
- Rigging: The adjustment and alteration of accessories (riggers, foot stretchers, oar, etc.) in and on the shell to maximize particular rowers efficiency, based on their size and capabilities.
- Scull: this term is used interchangeably: to the oars used in sculling, the sculling shell itself; or the act of rowing in a sculling shell.
- Shell: A racing boat; Term for rowing boats
- Slide: The track on which the seat moves.

- Slings: Collapsible/portable frames with straps upon which a shell can be placed.
- Split: The time a crew takes to complete a 500 meter segment of the race.
- Starboard: Right side of the boat facing the bow.
- Stern: the rear end of the boat.
- Stroke: Apart from the rowing action, this can also mean the person who sets the pace for the rest of the crew. The stroke sits nearest the stern.
- "Washing Out": Not fully recovering the blade during the whole stroke.
- Recovery: The part of the rowing stroke from the release up to and including the catch.
- Skying: The fault of carrying the hands too low during the recovery, causing the blade to be too high off the surface of the water.
- Squaring: Term describing the turning of the oar from a horizontal (feathered) to a vertical (squared) blade position.
- Sweeping: The art of rowing with one oar.
- "Ready all, Row": Begin rowing.
- "Power 10": A race tactic. A call for rowers to do 10 of their most powerful strokes.

This information is taken from a variety of sources, mostly from the Rowing Handbook by

Harold Y. Finigan. This handbook was developed as a guide to rowing for the Lower Merion High school crew (Philadelphia), which is coached by Finigan.