



Blood Street Sculls

Crew Parent Handbook

2015



Welcome

This handbook is for parents and/or guardians of rowers and students considering taking up the sport of rowing. It addresses only the programs run by Blood Street Sculls. Information regarding the Lyme Old Lyme High School (LOHS) rowing program is addressed in a separate manual created by Lyme Old Lyme High School.

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 College and the Coast Guard Academy.

Old Lyme Rowing Association (OLRA) was created in 1983 as the umbrella organization that supports rowing in Lyme and Old Lyme. The primary mission of OLRA is to support LOLHS crew through the purchase of boats and other equipment. In addition, OLRA under the auspices of Blood Street Sculls, hosts community based learn to row, recreational and competitive rowing programs for sixth graders through adults, under the name of Blood Street Sculls. Only the LOLHS crew is closed to students of LOLHS, Blood Street Sculls programs are open to all.

	Winter	Spring	Summer	Fall
High school students	Indoor rowing at LOLHS	program only offered if demand is adequate	Competitive, Development and Learn To Row offered	Program open only to competitive and development athletes. No Learn To Row
Middle School students			Learn To Row. Some middle schoolers may participate in competitive program	
Adults		Adults row on their own	Learn To Row for Adults	Adults row on their own.

It is not typical for a public school to have a rowing program, also called a crew. The word crew implies a team of athletes competing as one, and the addition of the word 'team' is redundant. The community is incredibly fortunate to have access to Rogers Lake, the Emerson boathouse and good equipment that is shared with the Blood Street Sculls.

Unfortunately, due to scheduling constrictions, the Fall competitive program is unable to accommodate those with no rowing experience, is limited to high school students. These programs have produced national champions and enriched the lives of many.

The logistics of rowing and racing is quite different than other sports. Thus, 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. Parents are always needed to help during weekends in very practical ways: prepare and bring food, volunteer and cheer for the team at regattas. And, throughout the year, you can also commit to helping organize and carry out fundraisers and special events.

The OLRA coaching staff and board have prepared this handbook to keep everyone acquainted with the team's activities and policies, and provide a more informed view on your daughter's and/or son's experience.

The OLRA Board meets year round to assist coaches in making decisions about the direction and policies of the program, and also to coordinate the many Board functions, that include coaching assignments, communication, fundraising, finance, clothing, parent meetings and boathouse family events, and regatta hospitality.

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Contact Information

Emerson Boat House
174 Boston Post Road
Hains Park, Rogers Lake, Old Lyme, CT

OLRA Website: www.oldlymerowing.org
Boathouse Phone: 860-434-3935

OLRA 2015-2016 Officers:

President: Gregory Hack

Vice President: Chris McCawley

Secretary: Candace Fuchs

Treasurer: Heather Stone

Parent Representatives: Kira Drummond, Candace Fuchs, Michele Mergy, and Joan Rivigan

Blood Street Sculls Coaches:

Paul Fuchs: Head coach - Paul@pfna.com

Louis Zubek: boys head coach - zubekl@region18.org

Donations: Tax deductible donations can be made by check to “OLRA” and mailed to:
Heather Stone, Treasurer OLRA
37 Laurel Avenue, Essex, Connecticut 06426

Program Goals

1. The development of the basic skills, appropriate attitudes, values, and team concepts necessary for competition.
2. To allow as many students as possible to participate and share the experience and benefits derived from team membership.
3. A comprehensive rowing program allows for both community (team) and individual growth. A student's sense of self-expression, physical and emotional wellbeing, moral and social responsibility and the need to work cooperatively with others are all enhanced by a well-organized and effectively administered rowing program.
4. To compete successfully.

Rowing: The Basics

The information of this section is drawn mainly from the US Rowing Association website:
<http://www.usrowing.org/parents/index.aspx>

Vocabulary

Crew: a group of two or more rowers working together to propel a boat. The term crew implies the concept of team. Adding team to the term is redundant.

Shell: a specific, and somewhat archaic term used for a specific, lightweight boat used in rowing. Those 'in the know' use the term boat.

Sculling: Propelling a boat by rowing where one person holds one 10 foot oar in each hand,
Sweeping: Propelling a boat by rowing where each person has one 12 foot oar which they grasp with two hands.

Sculls: small oars held one in each had for sculling. Not to be confused with skulls which are the bones that contain a brain. Blood Street Sculls is a cute double entendre. Those 'in the know' use the simpler term oars.

Oars: refers to either small rowing implements used for sculling, or longer rowing implements used for sweeping. Oars are often painted with club colors (red with a skull and crossed oars) Those 'in the know' use this term, but *never* paddles.

Coxswain: Coxswains are the brain behind the brawn. Good coxswains are driven, smart, quick thinkers, articulate, competitive leaders with a lot of common sense. In addition to steering the shell, the coxswain executes the practice and race plan and works to ensure the safety of the crew and equipment. Their ability to execute a practice enables the coach to focus the attention on the technical improvement of the rowers. A good coxswain never yells 'stroke, stroke'. Boats with scullers never have a coxswain, because scullers are thought to be capable of steering themselves (with varying degrees of success). Those 'in the know' use the term 'cox'.

Catching a crab: "Catching a crab" is when the blade cannot be released from the water at the release because it is not perpendicular to the water. A suction-like effect is caused, not allowing the blade to pop out of the water. A minor crab can cause the rower to have to stop to clear the oar, a major crab will require the whole boat to stop.

Cox box: an electronic device that broadcasts the coxswain's voice throughout the boat. It also displays metrics to the coxswain such as strokes per minute.

Seat race: a complicated series of race intervals done with a variety of arrangements of athletes through which the coach determines the fastest combination of athletes. It can be brutal physically and mentally. The boat cannot take substitutes. For important races, the seats in the boat are determined, and the boat trains together to perfect their technique. For more details, The Boys in the Boat has graphic descriptions of this process.

Foot Stretcher: A platform at every seat which supports a pair of shoes. Athletes leave their personal shoes on shore, and their feet are fixed to the boat with the shoes in the boat.

Rigger: A metal frame that holds the oar-lock away from the boat. Riggers are removed for boat transportation (de-rigging).

Bowball: A small white rubber ball on the bow of the boat. All Freshmen are informed (wrongly) that the internal air pressure of the ball is critical to performance.

Stroke: Refers to the rowing motion. Also to the athlete sitting in the seat furthest to the stern. Since everyone (except the coxswain) is facing backwards, this is the person everyone can see. Therefore, this person is the leader of the boat, and sets the rhythm and pace.

Starboard: Athletes who row with one oar that is on the right side of the boat. Athletes will grow to become more accustomed to one side, but it is healthier, and broadens an athlete's opportunities on the crew to be able to row on both sides.

Port: Athletes who row with one oar that is on the left side of the boat. For reasons that no one can explain, in most boats, the stroke rows on port.

Regatta: Fancy name for a competition that involves boats. To find out more details about upcoming regattas visit www.regattacentral.com

Rowers: Rowers are the horsepower. Good rowers are motivated, powerful, fit, smart and competitive. They have a desire for personal improvement while understanding and accepting the impact their actions have on the crew as a whole. Increased fitness and technical improvement are their primary objectives. Rowers should come into each season in shape and ready to work hard from day one. They should come to practice and events well rested and healthy.

Boating: The selection and order of athletes to compete in a particular boat for a particular event. Boatings are typically announced several days before a regatta.

Ergometer: A device for indoor, stationary rowing. The 'erg' is universally hated by all rowers, so hatred of the erg does not constitute an excuse to avoid this invaluable training tool.

The Rowing Motion

The whole body is involved in moving the shell through the water. Although rowing looks like an upper-body sport, the legs become involved because the athlete's feet are fixed, and they sit on a seat which is on wheels. Legs are the dominant force and provide most of the power. There are four parts to the rowing stroke: catch, drive, release and recovery.

The catch is the moment the oar enters the water, the drive is the power phase of the stroke (when the oar is in the water and the boat is at its most stable position). The moment the oar exits the water is the release, when the power phase ends. The recovery is the time that the oar is out of the water and the rower must use his oar to balance the boat. Rowing combines a strength and endurance challenge with a technical challenge associated with balance and finesse. The oars balance the boat much like a tight-rope walker uses his pole for balance. The athletes are challenged to place their oars in the water such that the timing, balance and speed of the boat is not disrupted.

The rowing stroke has two phases – **the recovery and the drive**



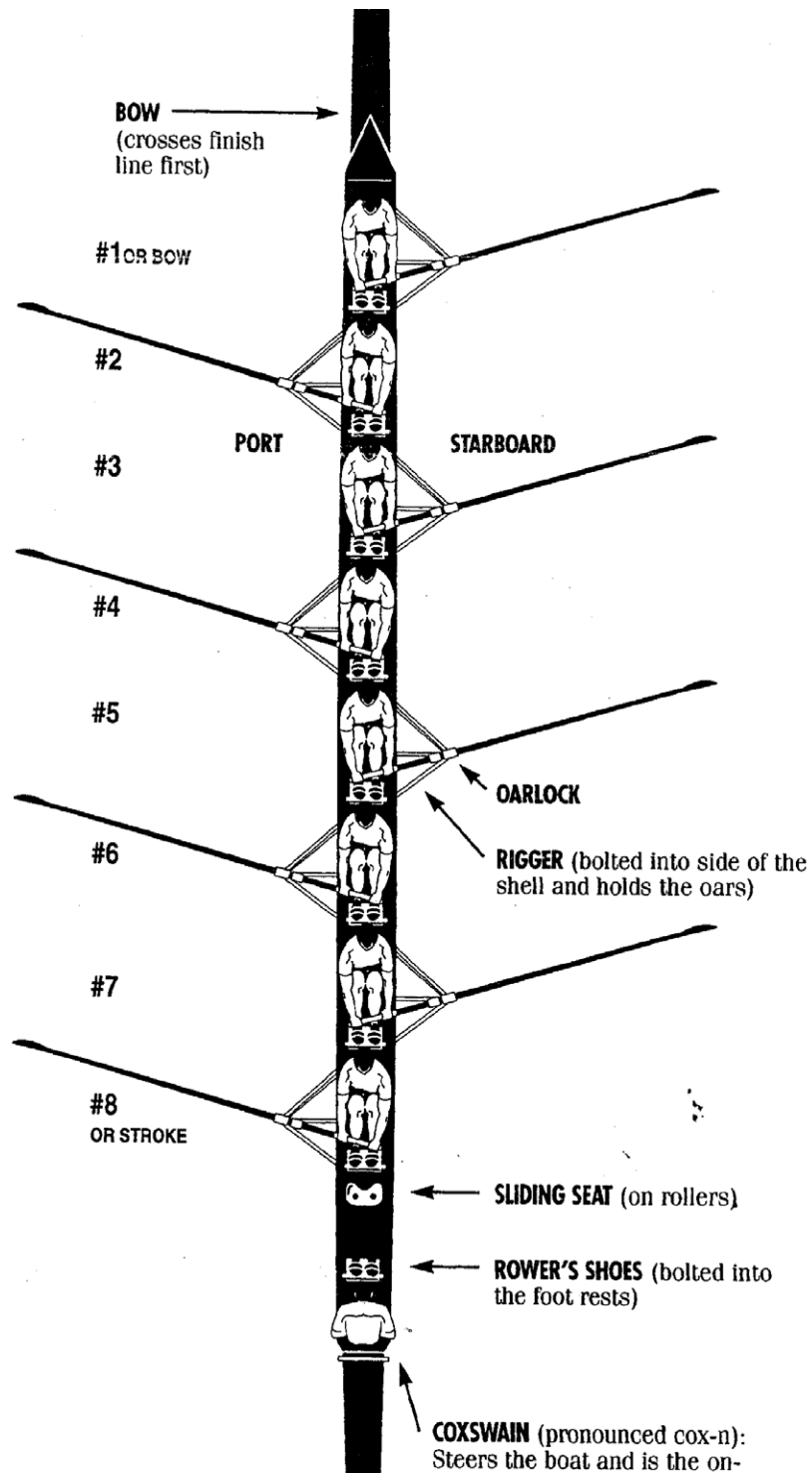
Figure 10. Recovery sequence

The recovery (see figure above) is when the blades are out of the water and the athlete is sliding forward towards the catch. It is defined by the sequence of the motion: **hands, body and slide. The catch is part of the recovery.**



Credit to US Rowing Level 2 Coaching Manual

The stroke rate is how many strokes per minute the crew is rowing, and the swing is the overall rhythm of the entire crew. The run refers to the movement of the boat through the water. A fast, smooth looking boat has run or good spacing. Spacing is the distance between the #2 release puddle and Stroke's catch. A fast, smooth looking boat has good run and spacing.



Sweeping vs. Sculling

Athletes with two oars are scullers. Athletes with only one oar are sweep rowers. Blood Street crews learn to sweep and scull. The sweep boats carry a coxswain to steer and act as an on-the-water coach, scullers are expected to steer themselves (with varying levels of success). Athletes are identified by their seat in the boat. The athlete in bow is seat No. 1, that's the person who crosses the finish line first. The person in front of the bow is No. 2, then 3, 4, 5, 6, 7 and 8, a.k.a. the stroke. The stroke sets the rhythm and number of strokes per minute the rest of the crew must follow.

Boats

Boats or shells are light and appear fragile but are crafted to be strong and stiff in the water. The longest boat, the eight, is 57 feet long; a single scull is 27 feet. The oars are attached to the boat with riggers, which allow for the levering action of rowing. Generally, sweep rowers sit in configurations that have the oars alternating from side to side along the boat. Rowers are generally assigned to one or the other side, and are therefore a port or a starboard. The rowers' seats are sliding seats, they move on wheels. Seats also have rowers' shoes that are bolted to the foot stretchers.

There are three types of sweep boats: eights, fours and pairs for eight rowers, four rowers or two rowers. The eight and four include a coxswain. The pair is the only sweep boat that does not include a coxswain.

There are three types of sculling boats: quads, doubles and singles for four scullers, two scullers or one sculler. Sculling boats never include a coxswain, except:

The Octuple: The Octuple is propelled by eight scullers wielding a total of sixteen oars. This boat needs a coxswain. It is purely a way for kids to have fun. No one really owns such a boat. Blood Street crews figured out a way to bolt 16 riggers onto an ancient wood eight. While not a legitimate event, it is raced at one regatta in Worcester. Since we are the only club with the equipment, we regularly win. The kids with an engineering bent have fun figuring out how to get the riggers on the boat. Crazy costumes are de riguer.



RACES

Information about races can be found on: www.regattacentral.com

Summer SPRINT RACES: analogous to a track race

The start happens from a dead stop. All the boats in an event are aligned side by side. The rowers are poised at the catch, ready to take the first stroke. There is an initial burst of effort, usually at a high stroke rating and maximum effort, to get the boat up to speed. After these starting strokes the coxswain will call for their crew to ‘settle’ into the race at a lower rate and about 95% effort.

To respond to an opposing crew, or focus on technical goals or a problem, the coxswain will call for a ‘ten’ – when a crew focuses on one element of the race (it could be power or technique) for 10 consecutive strokes.

Races are typically 2000 meters, which is slightly over 1 mile, and take 7-10 minutes to complete. In the last several hundred meters of the race, the coxswain calls the stroke rating and effort back up, and the crew ‘sprints’ for the finish line. First bow ball across the finish is the winner.

At a regatta, an athlete may race two or three times, in various different boats, both sculling and sweeping.

Fall HEAD RACES: analogous to a cross country race

All the crews in one event are assembled above the starting line. At 15 second intervals they cross the starting line and begin racing against the clock. Because races are 2-3 miles long, the stroke rates are generally a few beats lower than sprint races but the target effort is still 95%. ‘Tens’ are called as needed. Races can take 20-30 minutes.

Crews are allowed to pass if overtaking a slower boat, but they must yield the better line if a faster crew is going to catch them. Results are based on a crew’s elapsed time over the course. Steering, particularly through bridges and around other crews can be tricky, so the coxswain can be especially critical in head races. Courses vary in length and twist according to the river.

Following an English tradition, they are often called ‘Head of’, the most famous of which is Head of the Charles, which takes place in Cambridge, MA on the third weekend in October. This race is very prestigious, and very selective. At this time, Blood Street Sculls is very fortunate to have two entries in Head of the Charles: a boy’s four and a girl’s four. Selection for those boats is competitive.

An iconic view of Head of the Charles approaching the Weeks Footbridge, with Harvard Business School in the background.



2015 Fall Regatta Schedule

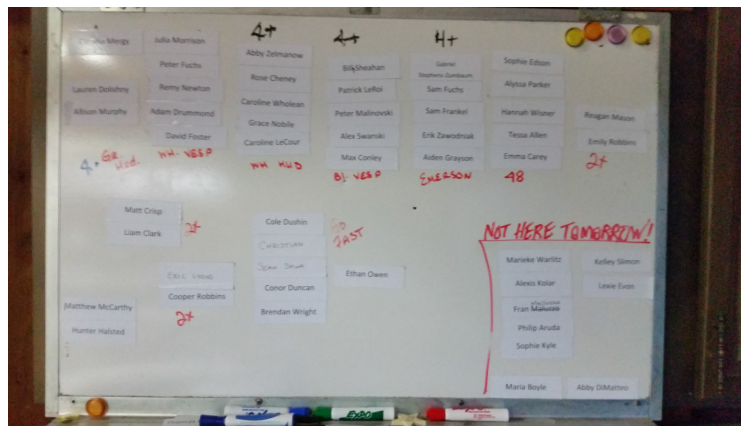
Date	Regatta	location	participants
12-Sep-15	Springfield Stake Race	Springfield, MA	Masters
20-Sep-15	Coastweeks	Mystic, CT	Masters scullers, may also include a few juniors, 1X and 2X only
26-Sep-15	Head of the Merrimack	Methuen, MA	Masters only
27-Sep-15	Green Mountain Head	Putney, VT	Scullers
3-Oct-15	Masters National Head Race	Lowell, MA	Masters only
3-Oct-15	Laundon Loop	Essex, CT	Masters scullers
4-Oct-15	Riverfront Recapture	Hartford, CT	All
10-Oct-15	Head of the Housatonic	New Haven, CT	Masters
11-Oct-15	NE Championships	Worcester, MA	Juniors
18-Oct-15	Head of the Charles	Cambridge, MA	All
24-Oct-15	Head of the Schuylkill	Philadelphia, PA	Masters
31-Oct-15	Head of the Fish	Saratoga, NY	All

Regattas

One of the benefits of rowing is that it is touted as ‘the ultimate team sport’. Although it may look simple, it is a difficult task for coach, crew and coxswain to work together to meld the crew into a seamless smoothly functioning machine. While it may seem that your athlete can skip a soccer game or swim meet, without impacting the team, if your athlete is missing for a regatta, it is very challenging to find someone else to sit in his seat. The crew does not have substitutes or benchwarmers.

It is certainly not the expectation of the coaches that your athlete attend every regatta. But advanced notice that your athlete is unavailable for a regatta will greatly assist in the organization of competition. When an athlete renegs,boatings, there are impacts throughout the entire team.

The picture below illustrates the magnetic board used by coaches to arrange boatings. It is complicated to get every athlete in a seat that is appropriate for their size, ability and ambitions. This is made even more complex when athletes’ schedules change unexpectedly (note the box ‘Not Here Tomorrow’).



On the evening before departure for a regatta, the crew will remove the riggers from the boats (de-rig) and lash the boats to the trailer. In addition, the trailer is loaded with oars, slings, tools, and other necessities for a day of racing. Often this activity is followed by a pasta dinner, hosted by a generous parent.

Coaches also are required to drive the trailer to the regatta site. The trailer becomes the team’s home at the regatta. Like other club sports, athletes are responsible for their own transportation.

Once at the regatta site, it is the responsibility of the athletes to report into the coaches at the trailer, and ensure that their boat is ready to race. This usually entails unloading the boat, and bolting the riggers on the boat. It is likely your athlete will want his or her own personal 7/16th inch wrench.

Family and friends are strongly encouraged to attend regattas and events. Regattas are situated near rivers and lakes, often not convenient to shopping centers. Regattas can often be an all-day affair. Food and support are always needed and regattas often resemble large lakeside picnics in the middle of an athletic competition.

Expect to be contacted on a weekly basis by email regarding food and help requests. Regattas are many times full-day events, and we have many hungry teenage athletes to feed. Sandwiches, power bars, bagels, and fruit are the main food items during the day. We also provide them with hot chocolate and soup when the weather requires something hot to warm the body. Brownies, cookies and sweets are generally left for after the races.

Crew is an outdoor sport and subject to the weather. Unfortunately this means regattas can start late and/or go past their scheduled finishing time. Therefore, it is strongly recommended that athletes **NOT** schedule activities right after a regatta is supposed to end.

Team members are expected to return to the boathouse after a regatta is finished to unload the boat trailer and put the equipment back into the boathouse. It is unfair to the other members of the team for individuals to not help with the unloading.

Clothing

Rowers and coxswains should come to practice appropriately dressed, which means running shoes and weather appropriate clothing. Pants and shorts should be tight fitting so as not to get caught in the sliding seat and rollers. If it is cold, athletes need layered clothing and a hat. If it is wet, they need rain gear. Boots and gloves are recommended for coxswains on cold days.

Blood Street Sculls: Blood Street uniforms are red with a black skull and crossed oars logo. To compete, each athlete must purchase at a minimum a red T-shirt. Additional Blood Street gear (including a popular full body spandex unisuit shown below) is made available through the online store which is open before the Summer season and before the Fall season. This gear is sourced through www.JL.com. Caps are also available for purchase. The club respectfully requests that parents refrain from creating separate uniforms for their favorite athlete or boat. This practice erodes the uniformity of our look, and undermines the spirit of one team. If there is an item you would like added to the team store, we are happy to make it available to all athletes.



Race Classifications / Events

Sweeping (+ with a coxswain / - without a coxswain)

2- Straight Pair

2+ Pair With (Olympics only)

4- Straight Four (International competition only)

4+ Four or Four With

8 Eight (always has a coxswain)

Sculling (all without a coxswain)

1x Single

2x Double

4x Quad

Open vs. Lightweight

There are also divisions based on body weight. There are very few lightweight events for Juniors.

Once athletes have finished growing, lightweight rowing allows smaller athletes to compete at the collegiate, club and international levels. The International maximum limit for men is 72.5 kilos and 59 kilos for women. Nationally, lightweight men weigh 160 lbs or less, and lightweight women weigh 130 lbs or less. Boats with multiple athletes also satisfy an average weight.

Practice Times and Locations

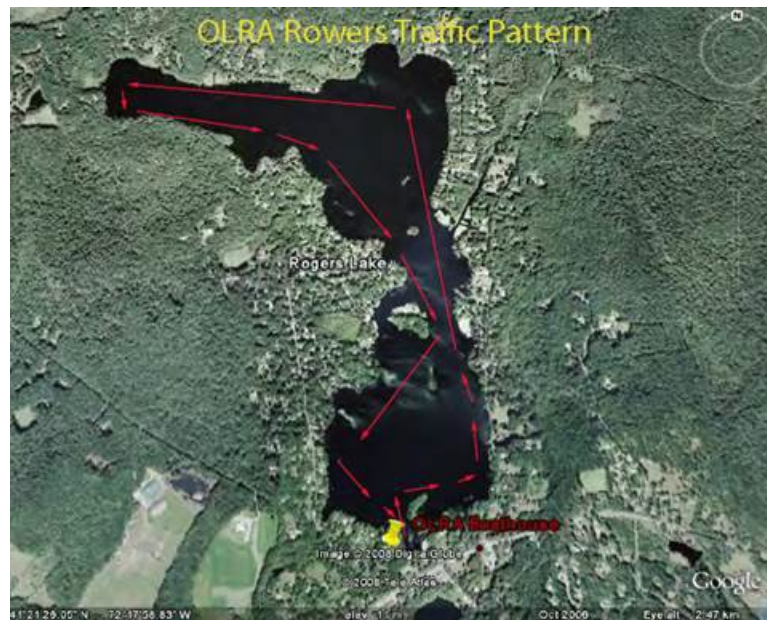
Fall practices are generally held most days after school from 2:45 to 5:00 pm at the Rogers Lake. A bus will take athletes from the high school to Rogers Lake at 2:30pm. Regattas usually take place on the weekend. On rare occasions, top boats may have an extra practice on the weekend.

Summer practices are held most days from 6am to 8am at Rogers Lake. Midday practice is avoided not only because of scheduling, but also because the most favorable rowing conditions (flat water) are generally found in the morning.

OLRA shares the park and lake with the residents around the lake as well as others who enjoy the lake for recreation. Particularly in the early morning hours, it is important to respect the fact that voices carry and echo over the lake, and that some people prefer to sleep (sometimes with their windows open) early in the morning.

Practice will not be held if there is thunder or lightening. Rain will not cancel practice. If practice is interrupted by weather, indoor rowing on ergometers is always warmly received.

The traffic pattern on Rogers Lake is shown below:



There are good spots for viewing along Grassy Hill Road on the east shore of the lake. You can also view from the convenience of your own computer. Video of practice is uploaded to <https://www.youtube.com/user/BloodStreetSculls>.

Masters

Masters is US Rowing's polite term for older (>26) rowers. The Fall season differs from the Spring season in that masters rowers are active participants. Over 25 women and 15 men regularly ply the waters of Rogers Lake throughout the Spring, Summer and Fall. Many of them are former collegiate rowers who compete at a high level. The combination for junior and masters rowers offers a unique opportunity for camaraderie among the various age groups, particularly during the Fall racing seasons where regattas offer events for youth and adult alike. Many regattas offer a parent/child event which is usually heavily subscribed.

OLRA is quite well equipped, with rowers of all ages sharing the same boats for training and racing. With more than 40 junior rowers and 30 masters rowers competing at the same regattas in

the Fall, coaches have to carefully plan the boats that will be rowed in each event. A carefully orchestrated system ensures that the most rowers use the equipment they most like, most of the time. Juniors have priority to use equipment during their Summer morning program. The Fall is really the primary racing season for the masters rowers, so generally speaking the masters will have priority in selecting boats for racing in the Fall season.

Social Media

OLRA has a Facebook page. Along with the usual drivel usually relegated to Facebook, announcements of pasta dinners, sales of gear and achievements of teammates are made there, as well as through email and the website. Following regattas, pictures are posted to a Flickr account, and the link is announced on the Facebook page. The Flickr account can also be accessed through the website.

Websites:

www.regattacentral.com: Information about regattas, such as date, time, location

www.usrowing.com: Information about national level rowing

www.jl.com: vendor that sells our uniforms. Sam Sweitzer is our rep.

www.worldrowing.com: watch world championships stream live here in August. Also contains a library of old footage. How many Blood Street Sculls grads can you find ?

Fees

OLRA administers the program and charges a fee which is collected through the OLRA website www.oldlymerowing.com. In cases of hardship, a request can be made to the OLRA treasurer, Heather Stone. This fee covers coaching and equipment in the practice setting.

Participation in regattas will incur additional fees associated with the entry fee (approximately \$30 per race), and shared costs to cover truck rental and gas. If the parents organize a food table, there may be an optional fee to partake in the food table. Regattas that require an overnight stay (Head of the Charles and Head of the Fish) will also incur a housing cost.

Frequently Asked Questions

Do boys and girls row together?

The coxswain's can compete in boats of either sex. Some regattas include mixed quads and mixed doubles. Sweep boats are usually not mixed because of the challenges inherent with having athletes with disparate strength rowing on one side only.

What can spectators expect during a regatta/race?

Race days are long days. Be sure to bring binoculars, a comfortable seat, layers of clothing, rain boots (mud abounds at certain venues) and food. Be sure to bring cash for possible parking and entrance fees. If it is a big race, you may also want to bring money to purchase a shirt for your athlete.

What food should an athlete eat before, during and after a race?

There is excellent guidance on the internet. Here is an example:

<http://www.usrowing.org/domesticrowing/nutritionfeatures>

Can athletes take vacations?

Many athletes miss time during the Summer program, and still benefit from the program. Since school is in session during the Fall program, it is not as common for athletes to miss more than a week of the program. If your athlete has been selected for a premier boat, such as a Head of the Charles boat, it is critical that a commitment be made to this competition.

What is the crew policy regarding hazing?

Hazing is defined as mental or physical harassment of players on a team. Most typically, this results in older players intentionally mistreating younger players for the purpose of initiation. These practices can be demeaning and dangerous. These incidences often happen when the coach is not present (weekends, putting up sheets, etc.).

As a member of the United States Rowing Association, the OLRA must also follow a Safe Sport Policy. The policy prohibits and defines the following conduct:

- Bullying and Hazing
- Harassment (including sexual harassment)
- Emotional, Physical and Sexual Misconduct

The policy is reviewed with all student athletes at the start of the season and is posted to the OLRA website for ready reference.

Winter Crew

November - February

Indoor training, consisting of workouts on the rowing machines, lifting, and body circuits, is also hosted by OLRA. This program is conducted at Lyme Old Lyme High School and is open to high school students from any school.

While indoor training can be a valuable tool to build strength and endurance needed for achievement of rowing goals, the Winter can also be a good time to take a break from rowing. If you do choose not to participate in Winter crew, it is highly recommended that athletes participate in another endurance sport. Many fine oarsmen have spent the Winter playing basketball, swimming or running. But showing up for Spring crew, having done little or no exercise throughout the Winter can make the selection process unpleasant.

The Winter Crew program culminates in participation in the CRASH-B indoor rowing competition held at Boston University. This is the unofficial world championships of indoor rowing. For athletes with collegiate rowing aspirations, this is a great event to demonstrate your prowess. Even better if the first time the athlete encounters this big stage, is not the critical Junior year. The club maintains a listing of colleges and universities attended by recent graduates of the program.

Fundraising

Rowing is an expensive and logistically difficult sport to manage. Due to cooperation between the Town of Old Lyme (who owns Hains Park), the Regional School District 18 (who owns the equipment) and OLRA (who manages the programs and raises money) we are fortunate to have a program supported by racing quality equipment. The OLRA Equipment Committee has developed a multi-year plan for acquisition of equipment to fit our budget and support our programs. Our primary fundraising event is the Ergathon, held on first weekend in June. Donations are always graciously accepted.

Parent Involvement

Family and friends are strongly encouraged to attend regattas and events. Food and support are always needed and regattas often resemble large lakeside picnics in the middle of an athletic competition.

Expect to be contacted on a weekly basis by email regarding food and help requests. Regattas are many times full-day events, and we have many hungry teenage athletes to feed. Sandwiches, power bars, bagels, and fruit are the main food items during the day. We also provide them with hot chocolate and soup when the weather requires something hot to warm the body. Brownies, cookies and sweets are generally left for after the races.

Transportation must be provided by parents.

Parent Involvement may include:

- Preparation of food in the food tent at a regatta
- Selling of Blood Street hats or t-shirts
- Participation on the OLRA Board as a parent representative
- Host a pasta dinner

Safety

Everybody must watch the USRA Rowing Safety video each year. If a boat swamps (fills with water) or turns over, athletes are instructed to hang on to it until they are picked up by a coach's launch. Rowers must **NEVER LEAVE THE BOAT!!!**

Blisters and Calluses: If your athlete is rowing, he or she will develop blisters, and ultimately calluses. Gloves do not help this situation at all, and may be a source of embarrassment. Many athletes will use athletic tape, in much the same way a gymnast will tape his or her hands. Until calluses are formed, blisters can be unsightly and painful.

This can be alleviated by:

- Puncturing and draining blisters with a sterilized pin or needle
- Removing protruding dead skin with an emory board to prevent ripping or tearing at the next practice.

