



## Basic Information

# Lyme - Old Lyme Boys & Girls Crew (Spring High School Season)

### *Program Structure*

**Novice-** Most rowers are new to the sport when they join the Old Lyme High School Crew. The goal of the novice program is teaching these students how to row in a supportive, safe environment and introduce them to racing.

**Varsity** – The varsity program is focused on competition. Over the course of the season, varsity will race most weekends and have some midweek races. The season culminates in late May with the CT State Championships and the New England championships.

We are quite proud that in the past three Olympics we have had kids who began rowing with the program in Old Lyme compete in the Olympic Games. Our best varsity rowers frequently go off to top schools and row at in Division I, II and III, some receiving athletic scholarships.

**Coaching** – The High School program has a varsity and novice coach for both the boys and girls teams.

### *Safety*

Safety is a top priority and the Lyme-Old Lyme High School Crew has a comprehensive safety plan including:

- VHF radios
- lifejackets
- tools available
- a full first aid kit and an AED Defibrillator (in the boathouse)

We monitor the weather regularly before and in some cases while on the water. We have a traffic pattern on the lake to keep boats separated which we always follow.

While we spend time teaching and training the kids for racing, it is most important to have them be safe and with any luck enjoy their time with us on the water.

### *Practice*

Early in the season, for approximately the first two weeks, we do conditioning at the school. Novices learn the rowing motion and varsity begins with basic training to be ready for when we go on the water.

Practice time:

- 2:45 – 4:30 first weeks at school
- 2:45 – 5:00 at the lake

A school bus transports the kids from school to the lake in time for practice. Kids must be picked up at the lake after practice in a timely manner. Please be there at 5pm. **If your child wants to ride to the lake in a car, a ride form must be completed and given to the AD before this will be allowed.**

We do warm ups and warm downs which includes stretching and running. Workouts will include various technical drills before the ‘work’ part of the workout begins. Through the season our training will change from longer pieces for conditioning and technique to more intense work for greater strength and speed.

**ATTENDANCE is critical.** It is important that rowers be on time and at practice. One missing rower will disrupt multiple boats as coaches need to rework lineups. Please organize study, meetings and appointments so that they do not interfere with practice or race times. If something must disrupt the practice schedule be sure the coach knows in advance.

## ***Boat Selection***

On the varsity level, the coaches will select the lineups of the boats. Typically, Lyme-Old Lyme High School has a varsity, second varsity, third varsity and fourth varsity boats. Coaches utilize multiple inputs including testing on an ergometer (rowing machine), and seat racing (two boats race over a fixed distance switch two rowers and row the same distance). Seat assignments can and do change over the course of the season.

## ***Regattas/Racing***

Lyme-Old Lyme High School competes in two leagues, CT Public School Rowing Association (CPSRA) and the New England Interscholastic Rowing Association (NEIRA). The first is just what it sounds like, the 15 public high schools in CT which have crew. The second is all New England high schools, public and private (although mostly private), and not many public schools participate in this very challenging league.

We have races against various schools and we also go to large regattas. We are considered a 'fours school' as that is the boat we typically race in. Many of the CT high schools race eights (because they are much bigger schools) so we will usually have the eights out for one or two races.

At regattas, the parents will organize food while kids are there. This is very important and parents should understand that crew is not like other sports; parental involvement is critical to the well-being and performance of the kids. Parents should reach out to the food guru (to be determined) to participate in this. The expectation is that all parents contribute to make this a fun, easy role at the regatta. (It is also a good way to see your kid.)

## ***Health/Medical***

When you start rowing, whether you are experienced and haven't rowed in a while or new to the sport, it is normal to have aches and muscle soreness. What you should not have is persistent or sharp pain; if you do, please speak to your coach about it immediately. There are several ways to treat muscle pain/soreness but they are specific to the location and type. For basic issues your coach can often suggest a remedy. For issues beyond the basic we will refer you to our school athletic trainer.

To stay healthy, it is important to dress for the conditions. We do row when it is raining having taken the wind and temperature into consideration. The answer is almost always: layers. Loose fitting clothing may get caught in equipment and so when in the boat we request that you wear appropriate clothes. Also, please have a change of clothes so that you can get dry when back on land.

Our new boathouse has changing rooms where clothing and school materials may be kept safe and dry. Restrooms are in the park and are open only once there is no risk of freezing; until that time the school will rent a port-a-john to be placed near the restrooms.

For racing, novices will wear white t-shirts with the team logo which are provided by the school. The varsity wears what are called unisuits or just 'unis'. These must be purchased at the very beginning of the season and are very high quality and will last all three years. If the cost of the uni will create a financial issue, please feel free to talk with your coach privately to provide a solution for you.

## ***Parking Lot***

The parking lot can be crowded at the end of practice. Please follow a counter-clockwise traffic pattern to

minimize confusion. On race days, parents and rowers MUST park at Town Woods Park.

### *Student Responsibilities*

- Come every day
- If an unbelievable event happens and you cannot come to practice, send us a message, early
- Be on time
- Be prepared with clothing, food, water
- Help any and everyone that needs help
- Keep all your medical and forms up to date
- Respect the equipment always
- Be focused at practice
- Stay to the end of practice and be picked up on time
- Absolutely **NO** throw-away water bottles – penalties will apply
- Take/bring your medicine

### *General Information*

Varsity Girls Coach: Paul Fuchs [paul@pfna.com](mailto:paul@pfna.com) 860.391.1210

Novice Girls Coach: Dale Hoxie [dhoxie6@gmail.com](mailto:dhoxie6@gmail.com) 860.501.2092

Varsity Boys Coach: Leo Pellitier [pellitierl@region18.org](mailto:pellitierl@region18.org)

We will primarily be using “Remind” for communication which is text based app. Text the following to 81010:

FOR GIRL ROWERS: text “@22girlcrew” to 81010

FOR BOY ROWERS: text ‘@22boycrew’ to 81010

For Girl’s Parents: “@22gcrwrent” to 81010

For Boy’s Parents: “@22boyrent” to 81010

You will get a message back that you are in the system. You can install the app or just save the number in your contacts to reach us. Please use the phone numbers sparingly as we are otherwise employed.

There will be a handout given to the kids for some of the important dates for every spring season:

- Concussion Baseline Test
- Spring Sports Meeting at 5:30 pm one parent and athlete must be present
- Swim Test, Bus to East Lyme High School leaves and returns to our High School
- First Practice at LOLHS

### *Old Lyme Rowing Association*

The Old Lyme Rowing Association (OLRA) was created to support high school rowing in Old Lyme. All the boats in the boathouse have been purchased by OLRA and given to the school. It does this by running fundraisers and fee based community rowing programs. The programs other three seasons of the year (other than spring) are for all ages and abilities. While OLRA is the umbrella organization, Blood Street Sculls is the name of the OLRA competitive program. Many of the high school rowers enjoy rowing so much that they participate in the Blood Street sculls program in other seasons. These are not associated with the school.

## *Useful Links*

Spring Crew Registration (FamilyID: <http://bit.ly/Familyid>)

USRowing Waiver for LOLHS: <https://lolhscrew.wordpress.com/eligibility/>

LOLHS Crew Website: <https://lolhscrew.wordpress.com/>

General Rowing information on Paul's blog: [www.aviewfromtheboat.blogspot.com](http://www.aviewfromtheboat.blogspot.com)

## *Parent Responsibilities*

- Schedule around crew practice/regattas
- Be on time for pickup from practice/regattas
- Make sure athletes have proper clothing
- Send extra food/water
- Volunteer to help with the parents group
- LOLHS optional clothing available in online store thru March 11
- Parents will receive information by email and 'Remind'
- Consider taking a February vacation instead of April
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## *Food*

Some regattas are all day events and athletes need food to fuel their efforts. Spring regattas at Rogers Lake require smaller snacks provided by parents. Many regattas are remote and require advanced planning and preparation to ensure all rowers and coaches have quality nutrition throughout the day. For these regattas, parent volunteers will purchase, set up, prepare, and serve several meals across the day. Parents will volunteer using sign up genius for these occasions. All families are expected to contribute to these efforts. Advanced communication will clearly articulate if families need to send money to purchase food from host parents or on site vendors, or if they need to pack food for their child for the event.

## *At Regattas*

- Please respect the kids preparation for racing
- At home regattas we ALL MUST park at Town Woods Park
- Transportation to and from all away regattas is by team bus
- We will provide information for away regattas – also on website
- For regattas at Lake Waramaug there is a parking fee collected at our tent
- Please assist with the Food Tent
- In general, we are all responsible to clean the site when we leave
- We have a great team atmosphere; we all help and support each other