

Radnor Boys Crew

Handbook



2008 - 2009



Welcome to Radnor Crew!

For those of you who are veterans, welcome back – you've been bitten by the bug and are hooked.

For those fresh faces in the crowd, you are about to begin a new, different, challenging, rewarding and always exciting experience – one that can leave a lasting impact on your life.

What follows is a handbook with what you need to know to get you through the season. We hope we've answered the questions you may have. Please don't hesitate to contact any of the board members, coaches or captains should you have any questions or concerns.



Radnor Crew History

In the spring of 1996, two Radnor students expressed an interest in forming a crew team. With the help of Villanova University's Varsity Women's Crew Coach, Jack St. Clair, and the support of RHS staff, parents and students, Radnor Girls Crew Club was born.

In February 2003, the Radnor Boys Crew Club was formed with help from interested students and parents as well as from Radnor Girls Crew. We've come a long way since then. In just 4 short years, we are well on our way to building a competitive team comprised an average of 35 athletes and three coaches. While most of our equipment is rented, we are looking to purchase boats and trailers in the years to come.

Who We Are

Radnor Crew is recognized as a club sport with the endorsement of Radnor High School, but is not a school-sponsored varsity sport. We are supported through our annual dues and are governed by a board comprised of parent and other volunteers. We have requested and receive financial support from the Radnor Township School Board that is paid on a per athlete basis.

Our Head Coach, John Breen, comes to us with many years of rowing and fitness training experience and is supported by Assistant Coach Jessica De Long and Novice Coach Ken Piree. We appreciate their dedication to our club and our boys, as well as their tremendous guidance and leadership.

Our team races in boats with either eight, four or two seats, in several racing categories – Freshmen/Novice, Junior Varsity and Varsity. Within those categories, we also row in a lightweight division. In addition, each boat has what is called a coxswain who controls the boat, by directing and motivating the rowers during both practice and races. Athletes are not permanently assigned to a particular boat or position in the boat. Assignments will be made based on the best potential for successful outcome in any given race.

What We Do

Most of our races are 1500 meters long and take place in several different locations. Many of our races are called the "Manny Flicks" and are held at Boathouse Row on the Schuylkill River, as are the City Championships and a nationally recognized raced called the "Stotesbury Cup Regatta" – the largest high school rowing event in the world. We are also often invited to invitational races in locations such as Delaware and New Jersey.

What We Expect

Due to the nature of the sport, crew is a team activity that requires an exclusive commitment from those that choose to participate in it. By exclusive, we mean that during the racing season, you are expected to make rowing your number one extracurricular activity priority. This does not mean that you cannot participate in other activities; however, when there is a conflict, it is understood that crew is the first priority and every other non-academic priority is secondary. In a sport such as crew, we must be able to rely on all team members' participation because you just cannot row 7 boys in a boat with 8 seats! If one does not show up, the other seven do not row.



Who's Who in Radnor Boys Crew 2008/09 Officers

(Board meets monthly at RHS)

Co-Presidents	Phyllis Slocum (Ben '10)	(610) 527-8737 rslocum@comcast.net
	Jill Stavrakos (C.J. '10)	(484) 367-7620 stavro218@verizon.net
Vice President	Maggy Myers (Jake Epstein '10)	(610) 995-9545 maggy_myers@comcast.net
Secretary	Marjie Frankel (Scott/Charlie '09)	(610) 527-2723 marjie14@comcast.net
Treasurer	Elizabeth Yeager (Ben '10)	(610) 687-9237 eyeager5@verizon.net
Senior Parent	Marc Sinkow (Josh '09)	(610) 520-1037 msikow@comcast.net
Junior Parent	Hank Glassman (Caleb '10)	(610) 964-1208 hglassma@haverford.edu

All parents and guardians of team members are considered Members-at-Large and are encouraged to attend and participate in all Board Meetings.

2008/09 Coaches

Head Coach	John Breen	(610) 212-1179 breen199@hotmail.com
Assistant Coach	Jessica De Long	(267) 258-6035 jessicadelong9881@yahoo.com
Novice Coach	Ken Piree	pireerk@comcast.net

2008/09 Captains

Peter van de Beek	(215) 605-5978 Cell: (215) 828-7020 familyvdb@aol.com
Andrew Miller	(610) 688-5891 awmlax208@comcast.net



2008/09 Committees

The following Committees have been designated and the individual most responsible for the activities of the Committee are listed next to the Committee name. Parents of Freshmen and Sophomore athletes are sorely needed for every Committee. Please consider where you might best make a contribution and volunteer to help to allow continuity in years to come when senior and junior parents are no longer involved!

Hospitality: Nadine Champagne (Mark Khouri '10)
khourichamp@earthlink.net
VOLUNTEERS PLEASE!

Main Line Slide: Marjie Frankel (Charlie & Scott '09)
marjie14@comcast.net
Diane van de Beek (Peter '09)
familyvdb@aol.com

Fundraising: **VOLUNTEERS PLEASE!**

End of Year Banquet: Andi Dubin (Alex '10)
Rosy Elliott (Caleb '10)
Elena Herrera (David '10)
Phyllis Slocum (Ben '10)

Website: Hank Glassman (Caleb '10)
(610) 964-1208
hglassma@haverford.edu

**Videography
Photography:** **VOLUNTEERS PLEASE!**

Publications: **VOLUNTEERS PLEASE!**
Maggie Myers (610) 995 9545
maggymyers@comcast.net



Communications

Email

Our primary form of communication with team members is through email. It is very important that athletes and Parents give us their e-mail addresses and keep it updated in the event of change. Email has proven to be the most efficient way to disseminate information.

Phone Chain

The Captains will also be putting together a phone chain involving all team members. Team members are required to make their calls once they are called. This will be our secondary form of communication and will assist in better team communications.

Website

The Radnor Crew Clubs maintain a website at www.radnorcrew.org which contains photographs, forms and other information regarding our team. Please visit the site from time to time for additional information about the team and photographs.



FALL 2008 Schedule*

September 10	Kick Off Meeting
October 5	Head of the Christiana - WRYA
October 11	Navy Day
October 25-26	Head of the Schuylkill Regatta
November 8	Frostbite Regatta
November 9	Bill Braxton Memorial Regatta

*Schedule subject to change



Practice Locations, Schedule and Expectations

Practice Locations

- (1) **Radnor Trail:** The team will often meet at the beginning of the Radnor Trail directly across from La Maison Fitness Center in Strafford for a team run.
- (2) **Villanova University Boat House:** The team uses the Villanova Boat House for on-water practices when the weather permits. The Boat House is located at 601 Washington St, Conshohocken. Take Matsonford Road to Fayette Street Bridge. Cross over the bridge into Conshohocken and once across, make an immediate right onto East Elm Street. Take a right onto Cherry Street, cross over railroad tracks and turn left onto Washington Street. Follow Washington Street to the boathouse on your right.

In addition, the team may travel to the Wilmington Youth Rowing Association boathouse just north of the Amtrak Train Station in Wilmington for practice indoors in boats which are set up in tanks for on-water rowing experience in a controlled environment.

Practice Schedule*

Fall Practice Schedule

- **Mon, Wed** – Boathouse/On water Training – 3:00 p.m.
- **Tues/Thurs** – Radnor Trail – 6:00 p.m.
- **Sat** – Boathouse /On water Training – 10:00 a.m.

*Schedules are subject to change from time to time due to weather or other unforeseen circumstances.

Attendance

As stated above, due to the nature of the sport, crew is a team activity that requires an exclusive commitment from those that choose to participate in it. Quite simply, if there is a scheduled practice, your presence is **REQUIRED – PERIOD**. All training is mandatory and all athletes are expected to attend on time, every time. If you sign up and agree to be a part of this program, pending illness or an unforeseen family matter, your time as outlined in the schedule is **OCCUPIED**.

We are here to provide those committed to the process, the opportunity to develop themselves (and as a team) in ways you never thought possible, while striving to reach our collective competitive goals.

Racing is a privilege and racing priority will be given to those who give us their full commitment, and they will be rewarded for it! *We hope to see you on the water! Radnor Boys Crew Club Coaching Staff.*



Carpools

Parents and students will arrange carpools to get athletes to and from weekday practices. Student drivers will assist in transporting non-drivers to and from practice. Riders should be courteous to their Driver(s) and are expected to pay for their share of gas, on a monthly basis (\$20). Call the night before if you won't need a ride to practice. **Team members are responsible for arranging their own transportation to practice and regattas on weekends.**

Swim Tests

It is mandatory for all **NEW** athletes to take the swim test. Testing will be conducted at the high school pool. We will advise you of the date. All team members taking the test must bring a long-sleeved shirt and pants to be worn in the pool. New athletes must take and pass this test to be on the team.

Dues, Fees and Forms

Dues - Dues has been established for Fall 2008 and Spring 2009. See Registration Form for details. Dues includes the cost of training, all entrance fees for races, insurance, coaches salaries, purchase/rental/maintenance of equipment – boats, launches, oars, ergs, boathouse rental, as well as helping to cover the vast expenses of running and maintaining the team. **Please make checks payable to Radnor Boys Crew Club and mail payment and forms listed below to our Vice President, Maggy Myers 821 King of Prussia Road Radnor, PA 19087.**

Uniforms - All athletes will be required to purchase either Radnor Crew Club tank tops to wear in the races or the Uni which is a one piece racing suit. Radnor Crew jackets, sweatshirts, sweatpants, hats and warm-up pants are optional. All uniforms will become the property of each rower.

Fitness Center Fees – There will be no team Fitness Center training during the Fall 2008 season. Training will take place at the boathouse. The Winter & Spring seasons may include training at a Fitness Center TBA.

Forms

It is imperative that the appropriate forms be **completed** and submitted, along with **full payment** as described above, to our Vice President, Maggy Myers 821 King of Prussia Road Radnor, PA 19087. The following forms are required and are included with the Enrollment Packet.

- a. PIAA Comprehensive Initial Pre-Participation Physical Evaluation (covers 2008-2009 school year)
--or Section 5 of form if student has already submitted completed form for another sport
- b. Athlete Expectation Contract
- c. Radnor High School Crew Club Waiver & Parental Consent Form
- d. RTSD Permission for Emergency Medical treatment
- e. U.S. Rowing Waiver (if not completed during the Spring 2008 season)
- f. Registration Form (must be accompanied by Check made payable to Radnor Boys Crew Club)

All Dues, Fees and Forms for Fall must be paid by September 15, 2008. All Dues, Fees and Forms for Spring must be paid by February 16. Discounts apply for early payment and multiple family members. See Registration Form for Details



Regattas – Our Days On the River

Crew is a very social sport because regattas often last all day. While each boat has their prescribed time to row, athletes are encouraged to stay to support their team members racing in other boats. Once we get to the Stotesbury Cup Regatta, races can run two days, should boats advance to the next round of races. **Please note that once boats are launched, race times are out of our control.** While the officials do try to adhere to schedules, frequently race times are delayed. Be prepared for those delays and unpredictable circumstances.

IMPORTANT: Team members should report to the trailer at least one hour and a half before race time. This should be confirmed with the coach prior to the race.

Hospitality Tent & Trailer

To make the most of our days on the River, for most of the races, the parents work together to provide snacks and lunch for parents and athletes under a tent owned by the Radnor Crew Club.

Every family is part of the Hospitality Committee and will be asked to provide food/beverages, or to set-up or dismantle the tent and equipment on a rotating basis.

The Hospitality Tent provides a “home base” for the athletes to gather, with family, friends and coaches before and after their individual races.

Food and supplies are transported to the river via the hospitality trailer. The trailer is co-owned, and its use shared with, the Radnor Girls Crew Club. When not in use at the regattas, it will reside at the RHS lower parking lot alongside the equipment storage building (the first parking lot on your left after you turn into the High School’s main entrance off of King of Prussia Road). The two clubs will coordinate towing responsibilities according to each team’s race schedule. The team that races in the morning will tow the trailer to the river and the team that races in the afternoon will return it to Radnor High School. We’ll split the responsibilities on the intermixed days.

The trailer will be leaving Radnor High School at 6:00AM on race days, towed by either the girls or boys team driver assigned to that shift. If you are assigned to food items, those items must be clearly marked “Boys” & loaded onto the trailer before 6:00AM on race day morning (certainly many items can be loaded on prior to race day morning). Otherwise, you are responsible for bringing your food to the river. The code for the hospitality trailer lock is 0102. Inside the trailer are coolers marked for the boys (RBCC). Please place items that need to be kept cool in the coolers and other items on the shelves/containers marked RBCC. Be sure to lock the trailer upon leaving.

Parking

For many of the regattas at Boathouse Row, the city only allows each team a certain number of parking passes for parking on Kelly Drive. There will be a police roadblock that will stop you unless you have a pass. Passes are provided to the parents who have Hospitality responsibilities for that day. If you do not have a parking pass for Kelly Drive, there is parking available up on the hill a short distance away in Fairmount Park. You may walk down to the race area from these parking facilities or for larger regattas take the shuttle buses supplied by the City.

Snacks

Rowing requires energy. While beverages and snacks will be provided at the hospitality tent, team members should bring their own filled water bottles and energy bar to each race and practice



Fundraising – A Necessary Activity for All!

All Athletes and their Parents are expected to assist with fundraising! We need to supplement the funds from dues to provide for all of our anticipated and unanticipated costs. We have currently established the following fundraising opportunities:

- eScript – This one is very easy and costs you nothing! All you need to do is register online at www.escrip.com to become part of Genuardi's Community Cash Back Program. Simply provide them with our team number ("Group ID") which is **500003121** or name – **Radnor Boys Crew Club** - and a percentage of your purchases are *automatically* provided to the team. It cannot get any easier than that. However, if you have any questions or need assistance in registering, please call Diane van de Beek at 215-605-5978.
- Main Line Slide Concession Stand – Spring 2009, all team members will be expected to participate in this Ergometer Competition at Villanova University. At this event, parents will be staffing the concessions stand to raise funds for the team.

Other opportunities will be announced throughout the season. If you have any fundraising ideas, please feel free to share them! The team is a charitable organization for tax purposes, so donations are generally deductible by the contributor.

Year End Banquet and Awards Ceremony

Shortly after the close of the Spring Season, we all gather for a Banquet and Awards Ceremony at the Radnor Valley Country Club. This function provides everyone the opportunity to reflect on the season and say farewell for the summer. Most importantly, it provides the Coaches with an opportunity to recognize the team members for their efforts during the season and it provides the Parents and Athletes the opportunity to thank the Coaches for the incredible amount of time and effort they spend developing our boys into skilled crew members.

Pictures

We will arrange to have team and individual pictures taken that will be available for purchase. Envelopes will be distributed prior to the picture date. Pictures will be distributed at the year end banquet.

Best of luck to our 2008-2009 Radnor Boys Crew Team
See you on the River!



Glossary of Crew Terms

- Sweeping:** Each rower uses only one oar.
Pair: 2 rower sweep boat
4 Boat: 4 rower sweep boat
8 Boat: 8 rower sweep boat
- Sculling:** Each rower uses two oars.
Single: 1 rower scull
Double: 2 rower scull
Quad: 4 rower scull
- Coxswain:** Pronounced “coxin”. This is a person who sits in the boat and controls it and directs and motivates the rowers.
- Catching a Crab:** When a rower makes an error in his/her technique while the oar is under the water, causing the oar to be pulled out of the rower’s hands.
- Ergometer (“Erg”)** Rowing machine used to train and perfect technique of rowing.
- Erg Score:** The rower’s time to row a certain distance on the machine (typically 2000 meters).
- Novice:** Any rower who has never rowed in a race in a previous season is considered a novice.
- Junior Varsity:** Any rower who has previous experience who is not a senior can race in a JV boat.
- Varsity:** Seniors must row Varsity in most races. Any other rowers may be placed in the Varsity boat at the coach’s discretion.
- Lightweight:** Rowers must weigh 150 pounds or less to row in a lightweight boat. A team may race a lightweight boat in Novice, Junior Varsity or Varsity.
- Regatta:** A race in which many schools, associations and clubs gather to compete against each other in several different categories.
- Head Race:** A timed race in which each boat begins the race at 10 second intervals. The boats do not race against one another but against the clock.

Useful Websites: www.phillyflicks.com; www.radnorcrew.org; www.boathouserow.org