

Radnor Girls Crew Club

Parent Race Day Handbook
Spring Season 2010

Special thanks to:

RADNOR TAX SERVICES LLC



336 King of Prussia Rd.
Radnor, PA 19087
610-668-6162

<http://www.radtax.com/>

Dear Crew Parents,

The athletes spend countless hours on the ergs and in workout sessions, honing their skills on the river from our boathouse, and parents invest significant amounts to allow the club to hire great coaches, acquire proper equipment, and provide a safe training environment. Now all is on the line on race day.

We wanted to bring together some key information to allow all parents in the club to get the most out of this experience. If you have any edits and want to suggest improvements to this document, just drop an email to RGCCfeedback@radnorcrew.org.

Logistics, Location & Timing

Here is the source of information for the spring season:

Radnor Crew Website:

www.girls.radnorcrew.org.

We have posted a schedule for frosh/novice and also varsity on the main Girls web site.

The race schedules and results can be found on:

www.phillyflicks.com. We plan to participate in all races but the Catholic League one, are very hopeful to qualify for Nationals, the highlight of the season (at www.sraa.net).

The first 2 flicks are mixed over the day between boys and girls races. The following flicks will then alternate between morning / afternoon for boys / girls.

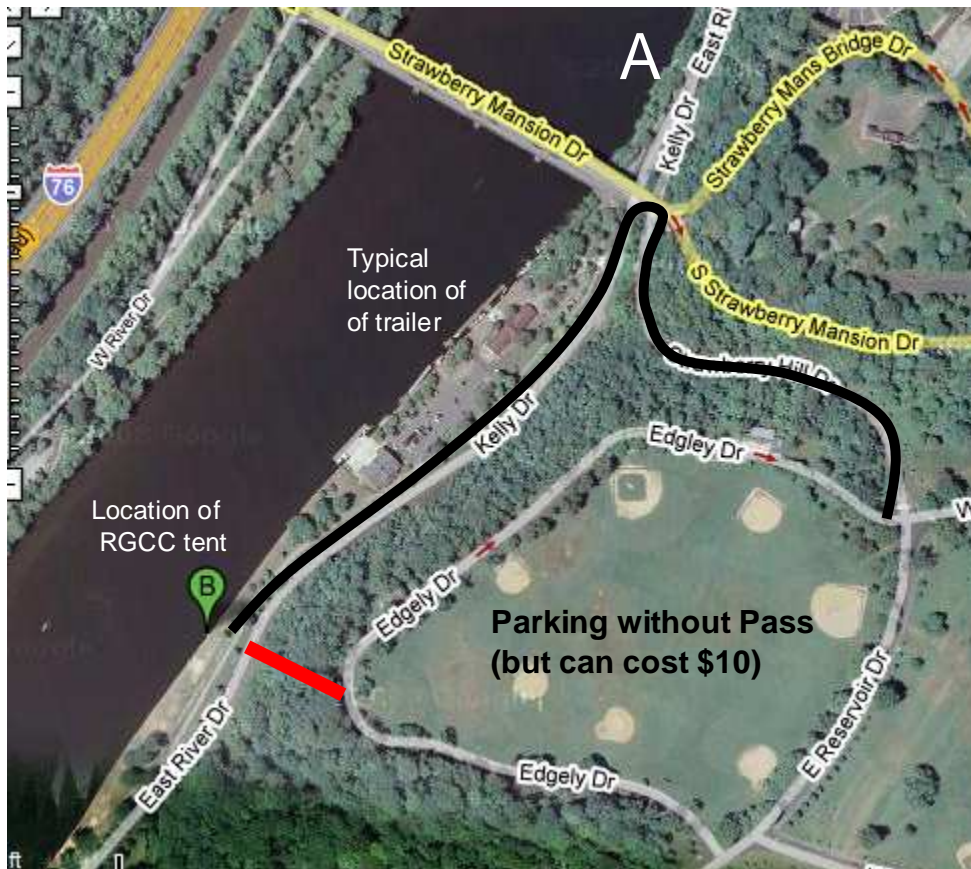
We have created a blog for the season at:

<http://radnorcrewgirls.blogspot.com/>

where you can see all the results of the 2008 spring season. The idea is to have this updated from the river front in 2009 with live results so all interested parties who can not be at the river have a source of racing information, results and standing. Blogs seem a good to do this as you can subscribe to them. We can also add pictures and videos. We hope to create a permanent record of our team's evolution.

Typically the coaches will ask the girls to be on the river at the boat trailer 2 hours before the race starts. From Radnor, drive east on I-76 (the Schuylkill Expressway), taking exit 340A/Lincoln Drive to the left. Stay left on the bridge over the Schuylkill River, bearing left on the ramp toward City Avenue/Kelly Drive/East River Drive. Follow this road for about two miles until just north of the Strawberry Mansion Bridge (point A on the following map), where Kelly Drive will be blocked, and only those with parking permits are allowed through.

This is the appropriate spot to allow athletes to quickly exit your vehicle. It is only a short walk to the trailer near the Canoe Club.



Parking

Typically, from the drop-off point, you will drive up to your left (Strawberry Hill Drive) and park around the baseball fields on Edgely Drive. This can cost \$10. Often, spectators will bring bicycles to commute from their car to the hospitality tent and from the tent to the finish line quickly. When walking, you can either use the safer route back down Strawberry Hill Drive to Kelly Drive, the steeper but much shorter route down the dirt/gravel path at the corner of Reservoir and Edgely Drives (not marked on the map), or the VERY steep path at the southwestern corner of Edgely Drive (appropriately marked in red on the map). This latter route is the shortest route between off-course parking and the hospitality tent but is only recommended for those who can master the steep hill and the fact that there is hardly any trail. Please be aware when trying to take this route that there are sheer drops that are not really visible from above. Ask an experienced parent to show you the way.

All new parents are encouraged to participate in the spring "dry run," when we'll take you down to the river to "show you the ropes."

As a member of the Philadelphia Scholastic Rowing Association (PSRA), the RGCC receives a limited number of parking permits, which allow access to and

parking on the East River Drive during PSRA events. These permits are auctioned off to members as a fundraiser in the spring.

Please keep also in mind the always applicable "car safety" etiquette of no-visible valuables in the car as thefts have happened in the past.

Support for new Parents

Please reach out to experienced parents or to the board (email contact on the web site) with any questions. We want to make this a great experience for everyone, even when some or all aspects of the sport and the venue will be new for you. If you are an experienced rower, please let us know so you can help us make this a better program.

Parents Expectations Meeting January 29th 2009

We have an annual workshop for varsity rowers and parents to discuss and document their expectations to other parents, the coaches and ourselves. Here are the 2009 set:

Parent Expectation of Coaches

- Respect girls
- Honest with crew and parents
- Open line of communication
- Not influenced by parental pressure
- Maximize performance
- Set an example of Radnor crew within the Philadelphia rowing community
- Consistent approach and attention across all boats as in 2008 season
- Coaches commit to continue to grow and gain education
- Both short and longterm perspective on performance and measuring success
- Gain consensus amongst girls and club on how to measure success
- Clear expectation of "other" obligations toward parents

Parent Expectation of Other Parents

- Support for each other and new parents
- Be dependable
- Be responsible / meet commitments
- Positive attitude
- Be open minded
- Create atmosphere of support for coaching staff
- No bitching – just do it !

Parent Expectation of Themselves

- Be there and support all boats
- Everyone help out
- Bring good food
- Support rowers / coaches
- Let coaches coach
- Carpools are important – specially in 2009
- Cheer the team on
- Show Radnor pride – wear maroon

Course Layout



Most of our spring races are 1,500 meters, which will finish at the Grandstand. This is a 10-minute walk from the tent southward. In the case of heats (boats are started in a group of 3-6 and race against each other), this is the place to be. In case of head races (typical of fall races), the boats are racing individually, so the finishes are less exciting.

We support our athletes by strenuous and very loud shouting and urging them on to give everything they have and then some. The results are posted at the finish line. In fall crew there are races with a distance of 4000k where the layout of start and finish is different.

If you look at the blog (<http://radnorcrewgirls.blogspot.com/>) and just search "head" you can see some headraces like the Stotesbury and Cities.

Preparations for Parents and Guests

Dress appropriately for expected weather conditions, and be prepared for changes. Following is a list of items spectators may want to bring to the regatta:

1. Sunglasses and sunscreen
2. Folding chair
3. Umbrella/raingear/towel/boots
4. Binoculars
5. Camera/camcorder
6. Sunscreen
7. Reading material
8. Race schedule
9. Your Radnor spirit

A printout of the schedule will help you track the progression of the regatta, when the Radnor boats race (which race, which lane), and who our competitors are. We will try to post a print-optimized schedule on www.radnorcrew.com before each competition and distribute the same through our email distribution list (email subscribe@radnorcrew.com to subscribe). Race schedules can also be found on the websites for the regattas (e.g., www.boathouserow.org). Just search for "Radnor."

Hospitality

In spring crew we will have full hospitality for most races; i.e., for rowers and spectators. There is an entire organization around hospitality. For fall crew, we provide food for the rowers and, occasionally, for spectators.

The rowing session – a progression with an objective

It is important to think about a given season in crew as a progression, a sequence of events with a set of goals in mind for each of our boats. We all want our girls to be in winning boats, but the coaches determine who races in what seat, in what boat, and at what time. Our girls qualify for these seats with their skill, endurance, attitude and attendance in training. There is competition within the team for seats and boats.

The coaches do not view races as individual events, especially not the Manny Flicks. They progress through the season towards a goal: to do very well in the Philadelphia City Championship (Cities), Stotesbury Cup Regatta, and, as the ultimate goal, the National Championships.

The Radnor Girls Crew team is now a contender not only in one boat category or a few races but across the board in many categories. During the season, coaches will experiment, attempting to optimize boats and the overall standing of Radnor, particularly in the most important competitions.

Race Day Etiquette

The job of parents and spectators is to support our athletes on race day. This is a very intense time for the coaches and athletes, even for the athletes who are there but are not racing. Our job is to basically stay out of their way and let them focus on safety and the competition.

In general, parents and siblings should not be in the trailer area. There are boats on the move everywhere and it is not a safe place for spectators.

Our place is at or around the hospitality tent or the finish line, ensuring that Radnor has the most supportive spectators.

If you have any questions regarding the race, seating on the boats, strategy or other issues related to the competitions, please feel free to ask one of the upperclass parents or board members present.

In recent years, the Radnor Girls Crew Club has moved from obscurity to contention. Our athletes are watched by the rowing community and the competition. Let's show up at competitions in force and with a sportsman-like attitude, so we represent our athletes, our club and our school in the best possible fashion.

Go Radnor – Pull Hard