

FOREST PARK CREW HANDBOOK
Parent Edition for 2024 Season



Go Bruins Crew!

FOREST PARK CREW HANDBOOK



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A Little History on Forest Park Crew

Working hard to make a dream a reality, the Forest Park Crew Team was established in 2000 by Head Coach Heather Cox and founding board members. This co-ed crew team is a self-supporting, legal nonprofit 501(c)(3) tax-exempt corporation and today Forest Park Crew is considered to be a “non-sanctioned” (i.e. non-funded) high school sport during the Spring season, but operates in close cooperation with Forest Park High School throughout each year. Outside of the coaches’ salaries, which are funded in the Spring by the Prince William County School Board, the team relies and operates solely on donations, rowers’ dues, and fundraisers.

Forest Park Crew is a member of the [Virginia Scholastic Rowing Association \(VASRA\)](#). VASRA organizes and executes regattas on the Occoquan Reservoir, Potomac River, and the Anacostia River for its Virginia Area members. VASRA works jointly with the Coaches Association and the Crew Council (comprised of Athletic Directors from high schools participating in VASRA rowing programs). Regattas are run according to the [US Rowing Rules of Rowing](#) and governed by the Crew Council and VASRA.

We are also a member of the [Prince William Crew Association \(PWCA\)](#). PWCA is a non-profit organization comprised of all the Prince William County high school crew teams, as well as the adult team that rows out of the Oxford Boathouse...the Prince William Rowing Club. PWCA is responsible for maintaining and administering the [Oxford Boathouse](#), the adjacent storage areas, and the crew docks. PWCA also runs the Summer and Fall crew programs that operate out of the Oxford Boathouse.

Forest Park Crew has grown tremendously over the past 23 years. Initially the team rented equipment from other schools storing equipment in spaces donated by the local Park Authority. Much to the chagrin of many who thought it couldn’t be done, FP Crew successfully put 46 rowers on the water its first year and even won a few ribbons! In the programs second year nearly 100 interested rowers attended our informational Spring meeting. That year, thanks to the persistence of the team’s president at the time, “Eddie Barnette”, Forest Park became the 5th high school to permanently row out of the Oxford Boat House in Lake Ridge Park.

Over the years, the team has achieved many lofty goals, including qualifying and placing in state and national competitions, having our athletes recruited by a wide variety of college programs...including on full athletic scholarships! Due to the dedication and hard work of our coaches, parent volunteers, rowers, and coxswains, we now own numerous shells (i.e. crew boats) and other training and support equipment. We are well established, continue to grow, and maintain an excellent reputation for our polite, responsible, and highly competitive athletes and coaches!

For a wide range of additional information about our team, please check our webpage at fpcrew.org often!



A Message from the Board of Directors

Welcome everyone to the 2024 Crew season! Whether this is your first year with crew or you've been with the club for multiple years, we are happy to have you with the club. For all our newcomers and returning students / parents, we hope this Handbook, along with our [FP Crew Website](#), helps guide you towards answers for any questions you might have.

To the students: Rowing is a sport that builds confidence, character and helps develop a sense of fair play and team spirit. For many of you this will become a lifelong passion and sport. We hope this is just the beginning for all our newcomers. Please know that your coaches put a lot of effort into ensuring every rower not only participates safely, but also learns to push themselves to be the best team player and athlete no matter what seat or position they fill within a boat.

To the parents: New and returning parents, welcome! Parents really do make up the backbone of our club. With the cooperation of our parents, our rowers receive a greater experience. Parents support the club and sport through numerous activities and it takes the coordinated effort of all our parents to make the club a success. With your help we support fundraising, special training events, regattas, and much more. It can be quite fun and through exposure to the sport, many parents have taken up rowing themselves through our local [Prince William Rowing Club](#). Please get involved to the maximum extent possible and always make the effort to cheer on your rower and club at each regatta. This season will run from February through May rowing out of the [Sandy Run Point Recreational Park](#). We also expect to participate in the [James River Regatta](#), [Matthews](#) and perhaps [Stotesbury Regatta](#). We hope to see you all at the Oxford Boathouse, in the grandstands, and on the water! - Go Bruins!

~The Crew Board

Welcome from the Coaches

As Forest Park High School's coaches, we have the privilege of coaching some of the finest student athletes in the area. Much can be said about their dedicated approach not only on the water, but in the classroom as well.

As coaches we believe Crew is teamwork at its finest level, and the perfect marriage of finesse and force. This blend has been very apparent with our Forest Park Rowers. This force has led the team to an increase of success in past years of competition. Several boats have participated in the State Championship finals as well as qualified and rowed in the [SRAA National Championship](#).

Many of our former rowers and coxswains have gone on to participate in crew at the college level. Some with Division-1 Universities on rowing scholarships and then on to win collegiate medals and honors in rowing as well. Our team has also constantly exceeded academically. Aside from our team's outstanding GPA, we have seen many earn individual academic awards all while practicing more than 2 hours a day during the crew season.

Our battling Bruins row out of Oxford Boathouse located at Lake Ridge Park and Marina. The Forest Park coaches also wish to thank our hardworking parents for their tireless support and the wonderful booster organization, without which Forest Park Crew could not have such a successful team.

~The Forest Park Crew Coaching Staff



(Parent Focus Areas)

Parent or Guardian Expectations

Parents are expected to:

- Help ensure their rower attends practices and regattas.
- Be supportive of team members and coaches.
- Respect coaching decisions on boat selection and rowing matters.
- Bring any questions or perceived problems to the President or another board member for resolution. Our coaches are responsible for interacting with our rowers; our board members are responsible for providing information to and interacting with the parents / guardians of our rowers.
- Comply with the FP Crew SafeSport policy to include complete necessary training if so required.
- Volunteer for regatta positions as outlined at registration. This is not optional. Crew regattas rely heavily on team volunteers.
- Volunteer to participate in course and boathouse workdays. Again, participation in these workdays is necessary to the success of our regattas and rowing program. We can't do this without your help.
- Volunteer to assist with team fundraising and other activities as much as possible. This is both during the Spring season as well as during the Fall fundraising events. Our team is totally reliant on registration dues and fundraising to fund our team and our very expensive crew equipment. We do not receive funding from Prince William County Schools.
- Support Forest Park Crew by attending regattas and other team events whenever possible. Show your team spirit...and have some fun!

What parents need to know about the Coaches:

Coaches are expected to:

- Ensure safety is the number one priority
- Train athletes.
- Provide feedback on strengths and areas needing improvement.
- Make fair assessments to achieve the fastest boat lineup.
- Provide times and locations for regattas/practices and distribute schedules to rowers.



Financial Obligations

Forest Park Crew is a self-supporting Varsity program. Participants are responsible for all costs incurred by the team. This is an expensive undertaking. In order to keep costs to a minimum, we rely heavily on fundraising activities. Fundraising activities will continue during the year. The costs for each program will be announced at the informational meeting prior to the start of the season.

Please Note: Checks are gladly accepted for all activities, but there is a \$30.00 charge for returned checks, which is the amount we are charged by our bank. Make checks payable to Forest Park Crew, Inc. Donations can also be accepted conveniently and electronically through Zelle, Venmo, and via PayPal on the FPCrew.org website. Any Board member can accept your check; please do not give money to our coaches as they have quite enough to deal with already.

Optional Fall Crew Program: <http://www.rowpwc.org/>

The Fall program is run by the Prince William Crew Association (PWCA), and is strictly voluntary. It is designed to help both the Novice and experienced rower. The Novice program serves as an introduction to crew. It teaches crew basics both on and off the water. The experienced program serves as a conditioning or refresher program. It allows the experienced rower / coxswain to build their conditioning prior to the Winter season. This runs from mid-September through the end of October.

Optional Winter Conditioning Program: <http://fpcrew.org/winter-season/winter-conditioning>

Winter conditioning is a 5-day a week program sponsored by FP Crew and managed by members of the coaching staff. It will begin late November and will run through the mid-February. The winter program is a voluntary training program designed as a land-based weight, erg work and aerobics program. The program is held both at Forest Park High School and at Dale City's World Gym. The conditioning is not required for participation in the Crew program, but is highly recommended for all students not involved in other winter sports programs. Cost will be communicated at the Winter Conditioning Info meeting.

Spring Crew Program: <http://fpcrew.org/spring-season/spring-crew-info-instructions>

Forest Park Crew officially starts in the last half of February each year and runs through May. The program consists of training, rowing, and physical exercise. The current registration cost for the Forest Park Spring Crew program will be \$650.00 per rower. The cost of the program helps to fund: Boat acquisition / maintenance, Equipment (oars, rigging, cox boxes, safety equipment, tools etc.), Regatta fees, Insurance, Association dues (VASRA, PWCA), and Training fees for coaches. A multiple-rower discount of \$100 is given to families with two or more team members.

Away Regatta Trips: <http://fpcrew.org/spring-season/stotesbury-cup-regatta>

Forest Park Crew typically participates in at least one away regatta trip per year. All students may not be in attendance; the selection of participation is based on the lineup for the Varsity and Junior Varsity boats. Rowers and coxswains are responsible for the additional costs that traveling incurs: hotel, transportation, food, and spending money. Vendors of crew related paraphernalia are in abundance at some regattas.



Volunteer and Fund-Raising Program

Volunteer support from family, friends, and the community, is one of the most important and critical components of a successful crew program. Without volunteer commitment, the Forest Park Crew program would not exist. In order to keep our program growing and functioning, we must rely on all Forest Park Crew families to participate in volunteering and fundraising activities.

Money raised allows the team to purchase boats and equipment necessary to maintain the program and equal participation by all members of the team allows for the equitable share of “ownership” for each rower and fosters group involvement enhancing the overall program. The following is a partial list of volunteer positions available for any parent.

Please Note: It is mandatory that all parents participate and volunteer during the season.

Dates and times will be circulated on Spring Crew Sign-up Day; bring your calendar. Please ask parents of experienced rowers about the various volunteer opportunities, as some are more interesting than others, and a few require some training. You will be working with parents of students from all over the Northern Virginia area. VASRA understands that you are there to watch your child row, so you may ask to be temporarily released from your duties to watch your child race. Please do return to finish your shift. In an emergency situation, please notify our board members so that he/she can find a last-minute replacement for you.

Please note, all schools are required to fill a certain amount of positions at each regatta. Once you sign up, you must sign in for you and Forest Park to receive credit. Assigned slots left unattended are assessed a \$50.00 fee by VASRA. Forest Park Crew will pass this fee on to the parent that did not report for duty.

Instructions for where to go as a volunteer:

[Sandy Run Recreational Park](#) at the Regatta Headquarters location (located at end of the paved road, past the Fairfax County boathouses, on the right-hand side near the water), make sure you sign the attendance sheet and insurance waiver. You will then be instructed where to report. If a parent or volunteer does not show up, you may be reassigned to another job. Please understand that our crew club will be fined if you do not show up for your when you have volunteered to do so. Sign in, sign in, sign in! Please help us make this run smooth.

How to Dress as a Volunteer:

Anticipate inclement weather and wear layered clothing and a hat. The temperature can change as much as 20 degrees. You may wear school colors. For certain VASRA jobs, usually those on the water, you may *NOT* wear clothing that is red.



Parent Volunteer Positions at VARSA Regattas:

Concession-Seller (revenue share/required, boathouse/grandstand) Duties: The first shift volunteers will set up concession stand supplies and prepare and sell food, T-shirts, or programs as assigned by the Concession Manager. If you sell T-shirts and programs, you will be given a separate moneybox, so please do not mix this money with that from food sales. The afternoon shift is responsible for cleaning up the area and putting the supplies away. They will also need to put away the tables, grills, coffeepots and any other equipment. Those selling T-shirts and programs are to count any items that are left and turn in the count of each with the money.

Crossover Marshal: Duties: The Crossover Marshal is posted on the roadway that the Van drives from Parking Lot C to the Judging Stand. This is an important safety job that ensures pedestrians do not walk in the roadway at the bottom of the hill where the road is especially narrow. PARK AUTHORITIES do not allow pedestrians to walk on the roadway (there is a trail to follow along the reservoir) to the finish line.

Dock Master Assistant: Duties: The Dock Master Assistant helps the Dock Master make sure that the crews are checked in, launched, and landed safely, and at the correct times. They are to keep docks clear of unnecessary gear, help wash the docks prior to start of regatta, and take messages to HQ for Dock Master.

Driver-Marshal: ****This job requires prior Launch Driver Training****. Duties: During the regatta, you will be assigned to a Regatta Marshal (usually a Judge/Referee) as his/her launch driver. You are under his/her control. Hand signals will most likely be used. **Driver-referee/judge**: This job requires prior Launch Driver Training. Duties: During the regatta you will be assigned to a Regatta Judge/Referee as his/her launch driver. You are under his/her control. Hand signals might be used. If you have a stopwatch, bring it along, it could be of use.

Driver-Referee/Judge: ****This job requires prior Launch Driver Training**** Duties: During the regatta you will be assigned to a Regatta Judge/Referee as his/her launch driver. You are under his/her control. Hand signals might be used. If you have a stopwatch, bring it along, it could be of use.

Driver-Safety: ****This job requires prior Launch Driver Training**** Duties: During the regatta, you will keep a keen eye on the course and attempt to keep powerboats, sailboats, kayaks, canoes, etc. out of the way of a race. Sometimes you will need to pick up large pieces of flotsam and jetsam that are in the shells' way. You must particularly keep a keen eye on rowers warming up upstream and for any shells that may have capsized.

Driver-Dam Guard: ****This job requires prior launch driver training**** Location: above the starting line of the racecourse. Duties: You will patrol the lower reservoir (near the dam) to ensure the safety of the rowers and to prevent the shells from venturing too near the dam. **YOU MUST BE IN PLACE BEFORE THE FIRST SHELL ARRIVES AT THE START.**

Driver-Set-Up: ****This job requires prior launch driver training**** Duties: Before the regatta you will be assigned to move racecourse equipment, facilities, and people up and down the racecourse. You will have a helper.



Driver-Shuttle: ****This job requires prior launch driver training**** Duties: During the regatta you will be assigned to transport only officials, coaches, regatta workers, and the press up and down the course.

Finish Line Assistant: Duties: This person assists the Finish Line Officials in the smooth operation of all finish line area responsibilities.

Flag holder: Duties: You will stand at the Finish Line with a large orange flag and follow the instructions of the Finish Line Judge, to indicate 1st, 2nd, and 3rd places.

Launch Master: This is one of the principal logistical regatta jobs Duties: This person is responsible for all motor craft (powerboats, motors, life preservers, anchors, and oars), set-up and accountability to Regatta Director prior, during, and after races. Responsible to ensuring designated schools have provided fuel for launches. Further regatta support includes setup and takedown of Judge/Referee, Marshall, Safety and Shuttle launches as well as other support boats as required by the Regatta director. Also responsible to monitor and control all shuttle traffic on the water.

Money Collector-Park Entrance: Duties: You will be responsible for collecting the prescribed entry fee for parking. You can give small paper tickets to those who desire to leave and reenter the park a second time. These tickets are given as a driver exits. Collectors also control vehicular speed and report violations to the Ranger. The parking policy is "first-come, first-parked and the fee is \$20.00. The only non-paying customers will be U.S.R.A. Judge/Referees (wearing USRA Blazers) and other designated VASRA officials or staff, which will have special parking passes. Contact the Parking Supervisor regarding anyone else claiming to be able to enter for free.

Money Collector - Van @ Finish Line Duties: You will collect the required money from persons wanting to ride the van up to the parking lot. The fee is \$1-2 per person each way. The only exceptions will be the USRA officials and the Regatta Directors who may ride for free.

Parking Lot Assistant (Trailer, Referee, Cross Walk, Upper Van Lot, Upper Big Lot, Loivale Lot) : Duties: Park near entrance to trailer area. Stay in main roadway and keep speed of vehicles controlled. Report violations to Ranger. Help direct trailers and buses if still arriving. Give information as needed.

Stake-boat Holder: Duties: At the starting platform you will help align the shells to be in proper position for the start. You will also need to help prevent damage to the shells when they back up to your lane. You will remain on the starting platform throughout your shift.



(Become a Board Member or Key Volunteer)

(FP Crew needs your help and support! Please consider volunteering for one or more of these positions.)

Board Member and Volunteer Job Descriptions

[Click here to see meet FP Crew Board of Directors and see openings:](#)

President:

Performs duties associated with serving as President / Director of a non-profit corporation, to include but not limited to: Presiding over regularly scheduled board meetings, or if unable, appointing 1st Vice President, 2nd Vice President, Secretary, or Treasurer to preside over meetings. Appointing chairpersons and committee members. Serving as liaison between board members, the general membership, coaching staff, and Forest Park High School. Conducting general election for newly appointed board members at yearly banquet. Maintaining a key to the post office box and serving as an authorized bank account signatory. Represents Forest Park Crew Team at VASRA, Prince William Crew Association (PWCA), and other meetings as a voting member.

1st Vice President:

Responsible for coordinating and overseeing all fundraising activities (Tag Day, Rent-a-Rower, Restaurant Fundraisers, Donation Letters, Corporate Fundraising, etc.). Assists the President as needed. Gets fundraisers approved by Forest Park Athletic Director. Attends Prince William Crew Association (PWCA) meetings if the President cannot attend.

2nd Vice President:

Responsible for coordinating all team registration events ensuring all required registration paperwork is collected, submitted, maintained, and compiled into a membership contact database. Annually updates online registration tools. Prepares and updates safety manual (with assistance from Head Coach). Responsible for setting up the water safety exercise held at Chinn Recreation Center in Lake Ridge. Coordinates with the Director of Operations for transportation of a 4-person racing shell to the Chinn Center to practice boat flip safety measures. Coordinates swim tests during the safety exercise as needed. Works with the Head Coach to ensure that the team has the appropriate safety equipment for practices and regattas. Assists the President as needed.

Secretary:

Initiates board meeting agendas records and forwards minutes following meetings. Maintains necessary records. Distributes copies of board meeting minutes to board members monthly. Facilitates external communication on our website and handbook. Assists in writing thank you notes for charitable donations.

Treasurer:

Collects, disburses, and maintains custody of all funds, securities, valuable papers, and other non- equipment assets of Forest Park Crew Inc. Reconciles monthly bank statements and provides monthly financial reports to the board and general membership. Coordinates with other board members in the formulation of the annual budget and tracks expenditures vs. budget. Submits financial records to the CPA for yearly taxes. Keeps insurance records. Is an authorized bank signatory. Attends Prince William Crew Association (PWCA) meetings as a voting member. Reimburses board members and key volunteers for authorized team expenses. Pays other bills as authorized by the board. Maintains a key to the FP Crew Inc. post office box.



Director of Maintenance:

In charge of maintaining and/or coordinating repair of rowing equipment to include Racing Shells, Launch Boats and Motors, Oars, and other miscellaneous equipment. Maintains equipment room at the Oxford Boathouse. Prepares an annual budget of maintenance expenses and presents future maintenance needs for budget consideration. Makes recommendations for major equipment purchases.

Director of Operations:

Coordinates support activities to include: equipment preparation for start of season, boat tip test, regatta support, end of season cleanup, and special events. Work closely with event coordinators such as, Volunteer, Breakfast and Away-regatta coordinators, and Director of Maintenance to ensure the team / volunteers are aware of safety requirements and that all safety equipment is available and maintained in good working order. Purchases fuel for boat motors. Makes sure boats are registered and insured. Coordinates transportation for shells / equipment. Facilitates and coordinates equipment and necessary logistics movement to and from regattas. Keeps an updated inventory of equipment for insurance purposes.

Key Volunteers

Please consider volunteering for one or more of these positions

[Click here so see your key volunteers and see openings:](#)

Adult Volunteer Coordinator (as required):

In conjunction with the Director of Operations coordinates team and VASRA volunteer signups. Verifies launch drivers are trained and available for Saturday regattas. Prepares volunteer sign-up sheets for use during Spring Crew registration. Sends out reminders and finds volunteers to fill positions as needed. Receives a list of VASRA volunteer assignments from VASRA. Serves as team contact with and provides updates to the VASRA Volunteer Coordinator.

Breakfast Coordinator:

Purchases and prepares breakfast items for rowers at local regattas. Accompanies launch boat drivers to unload food at Sandy Run Regatta staging area. Sets up tents, food tables, and restocks food during the day for rowers. Packs up food at the end of the day and stores leftover food for next regatta. Assists in the coordination of food items and preparation for away regattas.

Away Regatta Coordinator (as required):

In conjunction with the Director of Operations coordinates arrangements for overnight regattas: Stotesbury Regatta in Philadelphia (3rd week in May) and Scholastic Nationals, if required (location determined annually last weekend in May). Make all travel arrangements for the team to include meals, lodging, transportation, and team sites. Ensures adequate numbers of chaperones for team members. Provides for food service to team members and coaches at regatta sites. Along with coaches, develops plan for transporting boats, tents, and crew gear to regatta sites.

OLOC Representative:

The Occoquan Local Organizing Committee (OLOC) is a subgroup of VASRA that organizes regattas on the Occoquan. The OLOC representatives represent Forest Park at the meetings and also spends all day every regatta working as a volunteer at Sandy Run, performing duties as assigned by OLOC. Forest Park Crew is currently required to provide two OLOC representatives to VASRA.



Uniform / Spirit-Wear Coordinator:

Works with vendors to order team uniforms and negotiates pricing. Creates an itemized registration order form for registration. Collects for, places orders, and distributes uniforms and spirit-wear when delivered. Works closely with treasurer to ensure invoices are paid.

Tag Day Coordinator:

Responsible for working with the 1st Vice President to assist in the planning and execution of Tag Day...the team's largest fundraiser of the year.

Rent-a-Rower Coordinator (as required):

Responsible for working with the 1st Vice President in the planning and execution of the Rent-a-Rower fundraisers. This is an off-season fundraiser for the club typically held in November.

Other Information and Helpful Links

1. Website:

Forest Park Crew is on the Web at www.fpcrew.org. Your feedback on making this website more informative is always appreciated. Please email recommendations or comments to: secretary@fpcrew.org.

Please review this site thoroughly as the team works very hard to provide as much information as possible to our crew families through this website.

2. The Forest Park Crew Board, key volunteers, and coaches will use e-mail to correspond with parents and athletes. If you have any questions about the emails received, please contact the point of contact given within that specific email or the Forest Park Crew President at fpcrewpres@gmail.com.

It is extremely important that this form of communication is accessed regularly during the course of the season. With over 50 families involved, the need for electronic transmission of information is necessary. Please check your e-mail on a regular basis. secretary@fpcrew.org.

3. It is imperative that athletes and parents attend all meetings they are requested to attend. Important information pertaining to the crew program, requirements, paperwork, fundraisers etc., is given out at these meetings. The schedule will be posted on our website and communicated by email.
4. Forest Park Crew Board meetings are optional for those not serving as board members, key volunteers, or student representatives...but you're always welcome to join us.



Registration:

Spring Crew registration instructions are available at on line at [FP Crew Website](#). Under Spring Season dropdown

Calendar of Events / Meeting:

Calendar is posted on the [FP Crew Website](#) and highlights scheduled events including practices, fundraisers, regattas and miscellaneous events. Special events or changes to the calendar will also be sent by e-mail. This can be found on the home page.

Regatta Information:

The rowers/coxswains train to race in the regattas. As members of VASRA, the majority of our races are at Sandy Run rowing facility on the Occoquan Reservoir. Occasionally, we have an away regatta and information will be available prior to the away event. It is important for parents to help and support the team on regatta days.

Information on Sandy Run Rowing Facility can be found on our website fpcrew.org or on the VASRA website, vasra.org.

Sandy Run is located on the Occoquan River on the Fairfax County side of the river. There are two primary areas: The regatta headquarters area, and the grandstand viewing area. The headquarters area, where volunteers report to sign in, is located at the end of the main paved road. The Grandstand viewing area is where spectators watch the race. Forest Park Crew team sets up just beyond the viewing area at the "Point". This is where we launch our boats. Our coaches will announce "Forest Park on the water!" so you will know when to pay attention. Cheering will wake and warm you up. It is acceptable to cheer for other PWC schools in events that we are not participating. This is particularly important at away events. Note that Regattas generally take place in a Park off the water so trails can often be muddy; dress shoes are not advisable. Bring your own chairs if you are not planning to sit in the grandstand. You may bring a picnic; VASRA does have a concession stand (run by parent volunteers) where food may be purchased.

Caution: sometimes they run out of food. There are also non-flushing toilets near the grandstand. Please don't litter. *Food that the Breakfast Coordinator brings over is for our students and may not be sampled without their permission.*

Rowers/Coxswain will be given arrival times by their coaches.

Family and friends should plan to arrive early to ensure they get to the viewing area in time for our events. Parking details are constantly changing at Sandy Run. Please refer to the VASRA website, vasra.org, for the most recent information. The fee for parking at Sandy Run is approximately \$20.00. Officials will direct you to available parking. Once inside the park, access to the grandstand viewing area can be walked briskly in 15-20 minutes on a path beginning in Parking Lot C, or visitors may take a shuttle van from Parking Lot C to a drop-off point a few minutes from the grandstand. There is an additional fee for the shuttle service. If you are considering bringing elderly grandparents, please ask your crew board or other crew parents for advice.



Helpful Links

Sand Run Regional Park

<https://www.novaparks.com/parks/sandy-run-regional-park>

Lake Ridge Park

<https://www.pwcva.gov/department/lake-ridge>

Stotesbury Cup Regatta

<https://stotesburycupregatta.com/>

US Rowing

<https://usrowing.org/>

Virginia Scholastic Rowing Association

<https://www.vasra.org/>

Prince William Crew Association

<https://www.pwca-va.org/>

Oxford Boat House > Lake Ridge Park 12350 Cotton Mill Dr. Woodbridge, VA 22192 (703)-491-5754.

<https://pwrc.org/index.html>



Rowing Terminology

Equipment Terms

Blade	The wide flat section of the oar at the head of the shaft. The two types of blades are called hatchet and spoon.
Hatchets	These oar blades have a bigger surface area than the standard or spoon blades and have a hatchet or meat cleaver shape.
Oar	The piece of equipment that each rower uses to propel the boat. In sweep rowing, each oar is approximately 12 feet long, lightweight and well designed.
Shell	The racing boat. Shells come in configurations and sizes for single rowers, pair, fours and eights. An eight is approximately 60' long, arrow and weighs between 200 - 300 lbs.
Scull	A shell configured so that each rower uses two oars. This term is also used interchangeably when referring to the oars used in a sculling shell, the shell itself, or the end of rowing a
Sweep	A shell configured so that each rower has one oar. Oars on a sweep shell are normally alternated from side to side.
Foot Stretcher	Adjustable brackets in a shell to which the rower's feet are secured in attached
Rigger	Device that connects the oarlock to the shell and is bolted to the body of the shell.
Oarlock	U-shaped swivel that holds the oar in place. It is mounted at the end of the rigger and rotates around a metal pin.
Button	Plastic or metal fitting tightened on the oar to keep the oar from slipping through the
Slide (Track)	Two tracks on which the seat moves. The seat moves forward and backwards on the slide, enabling the rower to "gather up" his/her body at the start of the stroke and then use the combined power of the legs, back, and arms when actually executing the slide.
Gunwale (Gunnel)	Top section on the slides of a shell which runs along the sides of the crew section where the rowers are located. The riggers are secured to gunwale with bolts.
Keel	Centerline of the shell. The term refers to the extent to which the boat is balanced from side to side while rowing. A "good keel" is where the shell is rowed with little or no continual dipping to port or starboard.
Rudder	Steering device at the stern. The rudder is connected to cables (tiller ropes) that the coxswain uses to steer the shell.
Skeg (Fin)	Small fin located along the stern section of the shell. This helps to stabilize the shell in holding a true course when rowing. All racing shells have a skeg. The skeg should not be confused with the rudder.
Rigging	The adjustment and alteration of accessories (riggers, foot stretchers, oars, etc.) in and on the shell.
Slings	Collapsible/portable frames with straps upon which a shell can be placed temporarily.



Rowing Cycle Terms

Stroke	One full motion to move the shell. It is also used as a term referring to the stern-most rower.
Catch	Start of the rowing cycle at which the blade enters the water. It is only accomplished by an upward motion of the arms. The blade of the oar must be fully squared at the catch.
Feathering	Act of turning the oar blade from a position perpendicular to the surfaces of the water to a position parallel to the water. This is done in conjunction with the release.
Release	Sharp downward (and away) motion of the hand, which serves to remove the oar blade from the water and to start the rowing cycle.
Squaring	Gradual Rolling of the oar blade from a position parallel to the water to a position perpendicular to the surface of the water. This is accomplished during a recovery portion of a rowing cycle and is done in preparation for a Catch.
Recovery	Part of the rowing cycle from the release up to but not and including the Catch, where the oar blade enters the water.
Drive	The part of the rowing cycle when the rower applies power to the oar. This is a more or less blended sequence of applying power primarily with a leg drive, then the back, and finally the arms.
Finish	Last part of the Drive before the Release where the power is mainly coming from the back and arms.
Rating	The number of strokes per minute. Also known as Stroke Rating.
Crab (non-edible)	Refers to a problem encountered by a rower when his/her oar gets “stuck” in the water. “Catching a Crab” right after the Catch is caused by improper squaring. The rower can be ejected from the shell by the oar.
Bow	The forward end of the shell.
Stern	The rear end of the shell.
Port	The left side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the starboard side.
Coxswain (or Cox, or Cox’n)	The person who sits at the stern of the shell (although this may be in the bow of some “4s”), steers, gives commands, calls the ratings, and urges the rowers on in a race. A knowledgeable coxswain will generally serve as an “on-site/in- the-shell” assistant to the coach. Relatively light in weight, a good coxswain will have as much competitive spirit as the rowers and can make a considerable difference in a race.
Check	Any abrupt deceleration of the shell caused by some uncontrolled motion within the shell. An interruption in the forward motion of the shell.
Course	A straight racecourse for rowers that normally has 4-6 lanes.

Additional terminology info is available at:

https://en.wikipedia.org/wiki/Glossary_of_rowing_term <http://www.rowinghistory.net/questions.htm>

https://usrowing.org/sports/2016/6/28/5450_132107073598309350

<https://www.usrowing.org/rowing-101/>

https://en.wikipedia.org/wiki/Glossary_of_rowing_term