

FOREST PARK CREW HANDBOOK
Student / Rower-Edition



Go Bruins Crew!



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A Little History on Forest Park Crew “FP-Crew”

FP-Crew was established in 2000 by 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 FP-Crew is a non-funded high sport operating in the Spring season and operates in close cooperation with FPHS. Outside of the coaches’ salaries, the team relies and operates solely on donations, rower’s dues, and fundraisers.

FP-Crew is a member of the [Virginia Scholastic Rowing Association \(VASRA\)](#). VASRA organizes and executes regattas on the Occoquan Reservoir, Potomac River, and Anacostia River. 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 and adult crew teams operated out of the Oxford Boathouse. PWCA is responsible for maintaining and administering the [Oxford Boathouse](#), the adjacent storage areas, and the crew docks.

Over the years, the team has achieved many goals, including qualifying and placing in state and national competitions, having our athletes recruited by a wide variety of college programs...including 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 Crew season! Whether this is your first year with crew or you've been with the club multiple years, we are happy to have you with the club. For all our newcomers and returning students, we hope this Handbook, along with our [FP Crew Website](#), helps guide you towards answers to any questions you might have.

Rowing builds confidence, character and helps develop a sense of fair play and team spirit. For many, this will become a lifelong passion and sport. Please know that your coaches put a lot of effort into ensuring every participant learns to push themselves "safely" to be the best team player and athlete no matter what seat or position they fill within a boat.

~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 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



(Student Focus Areas)

Rules and Standards of Behavior

Welcome to Forest Park Crew! We hope you will have a challenging and rewarding experience with our program. As we begin our work together for the Spring season, here are some important pieces of information. Please read through them thoroughly to ensure your full understanding. Compliance with these rules and standards is mandatory for anyone associated with FP-Crew at practice, at regattas, during team travel, and at all team functions, to ensure our mutual success.

These rules and standards of behavior are in addition to [Prince William County Schools “General Standards for Participation in Interscholastic Activities”](#), which each rower and their parents must acknowledge and agree to abide by when signing the rower’s Emergency Permission Form, better known as the (blue card).

The companies and individuals supporting our team with their time and resources, including the club’s booster organization, Forest Park Crew, Inc., and the school’s administration, expect a high standard of behavior from our student athletes. Therefore, our students and parents are expected to always conduct themselves in a professional manner. The following standards of behavior apply to all Forest Park Crew participants:

Goal of the Program: FP-Crew’s mission is to provide an enjoyable, safe, and competitive experience on the water for all students. Rowers learn to work cooperatively in a competitive environment with coaches and coxswains. All boats are expected to work hard and win races, especially the Varsity boats with more experienced rowers.

SafeSport: FP-Crew is committed to creating and supporting an environment and a culture free from misconduct. The welfare of all individuals involved with our Member Organization is paramount. Behavior and actions that constitute misconduct will not be tolerated. Refer to the [FP Crew website](#) to review the club’s SafeSport Policy. Student eighteen years of age or turning eighteen during the rowing season must complete SafeSport training as per the directed policy.

Safety: All activities on the water are inherently dangerous. All rowers and coxswains are required to read, complete, acknowledge, and provide signed copies of all required forms and pay the required enrollment dues before they will be allowed on or near the water.

Safety on the water: When in the boat and on the water, follow the instructions of the coxswain and coaches quickly and promptly. Keep conversation to a minimum and pay attention to what is going on. Your safety, as well as that of other team members, teams and the equipment depend on your ability to hear and follow through on commands.

If your boat (shell) swamps (fills with water) or turns over, STAY WITH THE BOAT.

(Shells will float, even if filled with water) Get out of the shell. Remove the oars from the oarlocks. Hold onto the boat. DO NOT SEPARATE FROM THE OTHER ROWERS. Watch out for each other. Don’t panic. Think! Call and signal for help.



If you catch a [crab](#) and are thrown overboard (a rare occurrence), try to keep your head down until the boat has passed. Try not to panic. Come up and tread water until the coach's launch picks you up. The crew should stop immediately and provide help.

Injuries: All injuries must be reported to your coach immediately. Coaches are required to fill out an injury report and contact the rower's parents and the school's Activities Director.

Please Note:

Any rower or coxswain who presents a safety risk to themselves or others may be subject to disciplinary action up to and including removal from the program.

Weather Concerns: In the event of a weather-related issue, although rare, practice may be cancelled. Reasons for cancellation include lightning or heavy winds, but not rain, heat, or cold. The weather decision will be made by 1:00pm on the day of practice. Parents and guardians may call the school at 703-583- 3200 or check the website at, www.fpcrow.org. Cancellation notifications will also be texted and emailed to all rowers. However, on rare occasions the decision to cancel may be made after rowers reach the boathouse. Each rower should have an emergency ride home plan for such an occasion.

Boat Divisions: Rowers are eligible for boat divisions based on their year in school and experience level. Rowers may be placed in any boat configuration depending on the timing of races and / or the availability of extra boats. Boat selection is dependent upon attendance, erg scores, rowing technique, attitude, coachability, and occasionally will involve seat racing. The best combination of rowers will be placed in the "A" boats using this-criteria. Rowers in "B" and "C" boats will be seated based on the above criteria, until all rowers are placed in a boat, to the maximum extent possible.

Coaches reserve the right to put together a boat they feel will be the most competitive, regardless of the experience level of the rower. Line-ups from last year's Spring or Fall crew team DO NOT carry over to the new spring season. Rowers may be asked to cox, and coxswains may be asked to row, as safety and the coaches' discretion dictate. The following are general guidelines pertaining to the classification of rowers:

- Varsity 8's and 4's that race as a 1st 8+ / 1st 4+ are the top boats. These boats are for varsity rowers, defined as those who have rowed for more than one season OR those who show exceptional ability.
- "Novices" are defined as rowers who have never rowed during the Spring competitive season. Upper-class Novice rowers and remaining varsity rowers may fill seats in a 2nd, 3rd, or 4th class 8+s or 4+s.
- The Freshman 8+ is exclusively for freshmen, and is the only boat segregated by year.
- A Junior 8+ is a varsity boat that does not contain any seniors.
- Sculling boats, Quads, Doubles, or Singles are typically reserved for experienced varsity Rowers and leveraged when configurations and numbers support this format.



Varsity Rowers: Are expected to put crew at the top of their priorities and demonstrate the highest levels of commitment to the program. They are also expected to maintain high standards of academic excellence. They may miss no more than one Spring regatta to earn a varsity letter or pin for the Spring season. In addition, they are strongly cautioned against engaging in other activities that might take them away from practice during the racing season. It's very difficult to create a winning team if a few members are chronically missing. A rower accepts a position in the Varsity boat with the understanding that if he or she is unable to fulfill the requirements of the boat he or she may be moved to a lower boat.

Junior Varsity Rowers: Expected to demonstrate a commitment to crew and to maintain high standards of academic excellence. Any rower missing more than one day of practice may not be able to race that weekend. Rowers missing more than two races during the Spring season may forfeit their letter or pin. Rowers showing constant or chronic absences may be moved to the 'alternate' rower slot regardless of ability.

Freshman / Novice Rowers: Expected to demonstrate a commitment to crew and to maintain high standards of academic excellence. Any rower missing more than one day of practice may not be able to race that weekend. Rowers showing constant or chronic absences may be moved to the 'alternate' rower slot regardless of ability.

Coxswains: Expected to lead the boat fairly and professionally. They are the link between coach and rower and are to be obeyed by rowers without argument. They are to always model appropriate behavior. All coxswains are expected to participate in workouts unless otherwise directed by a physician.

The coaches will make the final determination regarding the setting of boats and regatta participation. Coaches will make rowers aware of boat lineups prior to scheduled regattas.

Requirements and Expectations

All Crew Team Members: (rowers) must participate in the safety exercise scheduled by the team prior to the initiation of training and must watch the [U.S. Rowing Safety Video](#) before going on the water for the first time.

All New Rowers: Must pass a swim test (as detailed in the registration instructions for each on- water season)

Forms / Waivers: No team member will be allowed to participate until all medical (i.e., sports physical) forms, waivers, and other required registration requirements (including a signed acknowledgment of these Rules and Standards of Behavior) have been properly completed per the registration instructions, signed, and returned.



Crew Members:

- Will remember that they are guests of Lake Ridge Park and of Oxford Boathouse and will not use other school or club equipment without express consent of the FP-Crew coaches. Club equipment will only be used with direct supervision and approval by the coaching staff.
- Will wash and clean boats, oars and equipment, and replace all equipment in the proper place after each rowing session.
- Will advise the coaches or parent supervisors immediately if equipment is damaged or has any loose parts (accidents do happen and need to be addressed as soon as possible).
- Will assist in the preparation and breakdown of equipment before and after a regatta. Students will not leave a regatta until it is over, or unless excused by the coach. Regattas are team events and require support and participation of all members for the entire event.
- Must be aware that they are using very expensive boats and equipment and will handle all equipment, and themselves, with great care. It is important, especially in the boat, that the coach and coxswain can be heard at all times- No unnecessary conversations! Irresponsible behavior is unacceptable while in the boats or on land.
- Are expected to always give their best efforts and attitudes. Crew demands personal physical exertion and a team cooperation.

Race Day Health and Nutrition:

- Be awake and active at least two hours before your race time.
- Please eat a nutritious breakfast such as oatmeal, eggs, Greek yogurt, fruit and juice. Avoid greasy foods, caffeine and dairy products.
- Drink plenty of water all day long. If you feel thirsty, you are already dehydrated!

Team Support: Rowing is a true team sport. Every student athlete who wants to row will be given the chance to do so once they successfully demonstrate the ability to row technically and do not represent a safety concern for themselves or their teammates.

- Students shall encourage and respect ALL teammates and shall work together as a team.
- Intolerance and ridicule of teammates, competitors, coaches or race officials is unacceptable conduct and will result in disciplinary action including loss of boat seat up to / and including dismissal from the team.
- Students shall support their teammates at regattas; participate in carrying oars, shoes, etc., to and from the dock; cheer teammates on as they race by; offer congratulations to your teammates when they do well; and give them your support when their boats do not do so well.



Requirements for a Varsity Letter: Varsity letters are not awarded by FPHS, but by FP-Crew Inc. To be eligible for a varsity letter, a rower must have demonstrated attitude and character consistent with the qualities outlined in the Rules and Standards of Behavior.

Varsity letters will be awarded to each rower who has met the following criteria:

- The rower has completed a minimum of one Spring season with Forest Park Crew.
- The rower is a member in good standing, with all membership requirements met, including fees and volunteer hours.

How to Dress for Crew

Students will comply with the high school dress code. Rower's clothing should be clean and not offensive at practice and races. Uniforms should be clean for all races.

Bathing suit apparel is not allowed at practice or regattas. Closed toe shoes shall be used for running – no flip-flops All regatta uniform tanks will be worn as intended (over shoulders) prior to handling the boat for launch, during the launch, and during racing. Hats and visors are to be worn appropriately during races.

Rowers should plan to wear appropriate, multi-layered clothing. Practice takes place in rain and snow! Rowers who are not dressed appropriately for the weather will not be allowed to practice! If a combination of air and water temperatures equal 50 degrees and there is no lightning, we will be out on the water. Rowers should plan to wear spandex or other close-fitting bottoms and shorts they can get wet in and run in. Rowers should also bring water bottles.

Rowers are required to purchase the team's uniform, called a unitank, plus a long sleeve nylon shirt, and black spandex bottoms. Unisuits are also permitted as viable uniform. The team offers jackets and sweats and other "spirit wear" for sale as well.

It is highly recommended that all rowers have extra clothing with them. Clothing for water training should be close-fitting and have basic water-resistant properties. Coxswains should be well-covered with warm clothes that can withstand wind and water penetration. Keep in mind that weather conditions can change rapidly. The coaches recommend the following clothing:

In cold conditions:

- Winter hat
- Gloves
- Lined, long spandex or close-fitting fleece / lined athletic pants.
- Dry-fit or moisture-wicking inner layer (i.e., polypropylene, Cool Max®)
- Waterproof or water-resistant jacket (not large or bulky)
- Fleece vest or jacket
- Warm Socks
- Sunscreen



In warm conditions:

- Cap or visor
- Sunglasses
- Close-fitting shorts
- Cotton T-shirt
- Sunscreen

In all conditions:

- Sneakers (running shoes for workouts and an old pair for dock / boat access)
- Water bottle, filled (water is not turned on in Lake Ridge Park until April)
- Towel

Code of Conduct

- Work hard to improve and strive to achieve goals; put team goals ahead of individual desires.
- Be supportive of the team. Don't undermine the team's objectives / goals by allowing gossip, jealousy or poor sportsmanlike conduct cloud your judgement.
- Accept and support coaching decisions. Normally Varsity Coaches will coach Varsity rowers, JV Coaches coach JV rowers, and Novice Coaches will coach Novice rowers. However, when students are assigned a different coach for any reason, they are expected to follow that coach's instructions.
- Seek feedback from coaches.
- Attend practices and regattas.
- Stay drug, tobacco, and alcohol free. Rowers / coxswains shall not participate in smoking or drinking alcohol. Violators may be dismissed from the team without further notice. Rowers / coxswains who withhold knowledge of substance abuse or other illegal activity by other rowers will be subject to discipline, including suspension from regattas and / or dismissal from the team.
- Always represent FPHS appropriately in public. Rowers / coxswains shall not participate in fights or be bystanders to such (both in and out of school). Violators may be dismissed from the team without further notice. Rowers/coxswains will behave in a respectful manner to teammates, coaching staff, parents, opponents, and the belongings of members of both Forest Park Crew and other teams. Failure to do so may result in suspension from regattas and /or removal from the team.
- Foul Language: VASRA Regatta officials can and do disqualify entire teams for the use of foul language at regattas. Therefore, this type of behavior has severe and immediate consequences, and inappropriate language (including inappropriate music) will not be tolerated at practices or other crew-related activities, including traveling to and from regattas and in team hotels. The coaching staff will impose immediate sanctions at their discretion for any infractions.



Expectations for Practices and Attendance

For Practices:

Practice is from approximately 3:30-6:00 pm Monday-Friday during the Spring season. Regattas start in March and continue most Saturdays through mid-May. Regattas generally last from 6:030am-5:00pm and are generally held at Sandy Run Park in Fairfax.

Rowers should be dropped off at the Lake Ridge Park upper parking lot (2nd left as you enter the park) and **MUST** walk down to the boathouse from the upper parking lot. This is a Park Authority rule! Any rower who is dropped off or picked up at the boathouse will be sent back up the hill to walk it again. The park closes at dusk. Please plan to carpool!

Rowers should wear appropriate, multi-layered clothing. Practice takes place in rain and snow! Rowers who are not dressed appropriately for the weather will not be allowed to practice! As long as a combination of air and water temperatures equal 50 degrees and there is no lightning, we will be out on the water. Rowers should plan to wear spandex or other close-fitting bottoms and shorts that they can get wet in and run in. Rowers should also bring water bottles.

Land Training during practice:

Always train in groups and in the areas designated by the coach. Be aware of what is going on around you. If someone bothers or confronts you, turn and walk away. Return to the boathouse immediately and tell a coach or the parent supervisor.

Oxford Boat House Rules:

It is important for you to remember that FPHS is a guest at the Lake Ridge Park; and it is owned by Prince William County.

- Please keep the area clean and neat – don't litter. Do not use or move things not belonging to you.
- No running or horseplay is allowed in the boat house or on the docks and ramps.
- Do not interfere with another team's practice.
- Change clothes to rowing gear at school or in the portable toilets / port-a-johns at the park.

The coach launches are moored on the Coaches Dock during the Spring Season and are secured with heavy-duty contractor style padlocks and heavy-duty cable. Coaches and team representatives are responsible for ensuring the launches are properly secured at the end of practice.

Equipment Handling: Rowing equipment is very expensive and must be handled with care. Shells and oars are very long – watch their swing while moving them.

Always follow directions from the coxswain. Only the coxswain should talk while moving a shell from boathouse to water and water to boathouse.



Attendance:

The coaches will schedule each rower for three to six practices per week. Monday through Saturday practices are not optional. All rowers are expected to attend their scheduled practice.

It is your responsibility to get to practice. Carpools may be available to get rowers from the school to the boathouse, but you must be proactive in obtaining a ride if you need it.

Crew Members will be on time and attend their assigned practices. The coach must be notified 24 hours in advance if an absence is necessary. Notification of an absence during or after practice shall constitute an unexcused absence.

Unexcused absences will affect a rower's seat or boat assignment. If a rower misses five consecutive practices without communicating with the coach, or has accumulated 5 unexcused absences, it will be deemed that the rower has quit, and the rower's membership will be terminated. Under no circumstances are registration fees refundable due to excessive absences.

Ten or more excused absences will affect a rower's seat or boat assignment. Rowers who have accumulated ten or more excused absences will lose their boat assignment and be placed in an alternate status until they demonstrate, to the coach's satisfaction, an improvement in attendance.

If you are sick, you must advise the coach as early in the day as possible. Missing practice without giving the coach notice is unacceptable and will be marked as an unexcused absence.

Sign-in and checkout procedures will be followed. Students are not to leave practice or a regatta until dismissed. Students will have reliable and timely pickup plans to limit inconveniences to coaches or supervisors.

Travel Guidelines for "Away" Regatta Road Trips

Travel / Regattas: The club traditionally travels to a few out-of-town regattas each season. Moving the team, shells and equipment is a significant logistical operation that requires the help of all rowers and coxswains, and many parent volunteers. At any event, all students are representing Forest Park High School and Forest Park Crew. They are expected to show the utmost in courtesy, cooperation and sportsmanship always.

Regatta rules / guidelines on a trip:

- Team members are responsible for appearing on time for carpool or bus transportation.
- During a trip, team members are not allowed to leave the race site, hotel, or planned activity without permission from the head coach. Also, parents may not give their child permission to leave the race site, hotel or planned activity without consulting and obtaining approval from the head coach.



- All other policies (such as curfew, room visitation among team members, and room assignments) will be set at coaches' discretion and administered as a separate Behavior Contract for each trip.
- In the event rowers do not comply with published or verbal guidelines for conduct on an overnight trip, that rower may be asked to room with their parent(s) for the remainder of the stay. If the parent(s) is / are not in attendance, the parent(s) will be notified and asked to come and pick up their rower.
- Room assignments will not be changed without the permission of the head coach. Under no circumstances will a team member be allowed to leave their assigned room AFTER curfew. You will be given the room number of your chaperone. If you have an emergency, call your designated chaperone.
- Upon arrival at the race site, team members will rig the boats and set up the tents.
- Team members will help their fellow team members in and out with their oars.
- Team members will de-rig boats and load them onto the trailer, take down tents and other equipment, load equipment into the trailer, and clean up the tent site.
- No team member will be permitted to leave the regatta site until dismissed by the coaches.
- Any misbehavior at any time during travel may result in athletes not racing at the current regatta or future regattas.

Tryout Criteria for Crew Team Members

For the Spring Crew season, FP-Crew will follow the [tryout criteria](#) formally approved by FPHS and adopted by the Athletic Director. Rowers unable to meet these criteria can be cut from the team for the Spring Crew season. The development of these criteria raised the question of safety...specifically, the maximum weight ratings of our FP-Crew shells (boats). After a formal review, FP-Crew it was determined FP-Crew doesn't own any heavy weight rated shells. As a result, a maximum body weight restriction was also incorporated into our tryout criteria for our team to stay in compliance with the weight ratings of our rowing shells (boats) for rower safety and insurance purposes.

Please see below for tryout criteria.

Please Note: Our [Winter Conditioning Program](#) is specifically designed to focus on development of the skills, strength, and endurance to be successful during our upcoming Spring season. Winter Conditioning also focuses on preparing our rowers to be successful during Spring Tryouts.



Forest Park Crew Team Tryout Criteria

[Refer to the FP Crew website for any updates](#)

For Returning Rowers

Boys Returning:

Body Weight – Can't exceed 260 pounds.
1-mile run – 10:00 mins
1K Erg Test (watt / weight) if no 2k from winter conditioning
Sit-ups / 1 min - 45
Squats / 2 mins – 80
Plank Time – 2 mins
Push-ups - 15

Girls Returning:

Body Weight – Can't exceed 260 pounds.
1-mile run – 11:00 mins
1K Erg Test (watt/weight) if no 2k from Winter Conditioning
Sit-ups / 1 min – 35
Squats / 2 mins – 60
Plank Time – 1:30 min
Push-ups- 12

For New Rowers

Boys Novice:

Body Weight – Can't exceed 260 pounds max.
1-mile run – 12:00 min
Sit-ups /1 min – 35
Squats/2 min – 60
Plank 1:30

Girls Novice:

Body Weight – Can't exceed 260 pounds.
1-mile run – 13:00 mins
Sit-ups / 1 min – 25
Squats / 2 mins – 50
Plank- 1:00

Please Note: Varsity coxswains shall participate in tryout requirements and may be utilized as rowers at the coach's discretion.

The above standards are goals for rowers to work toward. Try-outs establish a base for coaches to properly place rowers in the best fit for the team. Coach's discretion, along with rower's attitude, work ethic, and coachability will all factor into the rower's best placement on the team.



Other Information and Helpful Links

1. Website:

FP-Crew is on the Web at www.fpcrow.org. Your feedback on making this website more informative is always appreciated. Please email recommendations or comments to: secretary@fpcrow.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 FP-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 FP-Crew President at fpcrowpres@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@fpcrow.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. FP-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 online 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, most 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 fpcrow.org or on the VASRA website, vasra.org.



Sandy Run Park 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. FP-Crew team sets up just beyond the viewing area at an area called “The Point”. This is where we launch our boats for races. Our coaches will announce “FP 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.*

On Regatta Day:

Rowers and Coxswain will be provided with arrival times by the coaches. Family and friends who should plan to arrive early to ensure they get to the Sandy Run Park viewing area in time for our events. Parking details are constantly changing for Sandy Run Park. Please refer to the VASRA website, vasra.org/regattas/parking, for the most recent information. There is a fee for parking at Sandy Run Park. 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.

Other Helpful Links

Sand Run Regional Park https://www.novaparks.com/parks/sandy-run-regional-park	US Rowing Organization https://usrowing.org/
Lake Ridge Park https://www.pwcva.gov/department/lake-ridge	Virginia Scholastic Rowing Association https://www.vasra.org/
Oxford Boat House https://pwrc.org/index.html	Prince William Crew Association https://www.pwca-va.org/



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 boats. 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 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.
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 blended sequence of applying power primarily with a leg drive, then 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



Forest Park Crew Handbook Acknowledgment

I / We, (**Parent “And” Rower/Coxswain**) acknowledge we have read and understand all policies and procedures outlined in the Student and Parent Handbooks. I / We understand that rower/coxswain failure to abide by school and or team policies may result in the loss of time on the water and or removal from the team.

In consideration for the opportunity to participate in the Forest Park Crew Inc. rowing program and any US Rowing activity, I / We:

- Acknowledge, agree, and represent that I / We understand the nature of Rowing Activities, both on water and land based, and that my rower / coxswain is in good health and in proper physical condition to participate in such activity.
- Fully understand that: (a.) rowing activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death (‘Risks’); (b.) these risks and dangers may be caused by my rower / coxswain’s own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the releasees named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages my rower / coxswain incurs as a result of their participation in the activity.
- Hereby release, discharge, and covenant not to sue US Rowing, Forest Park Crew, Inc, their administrators, directors, agents, officers, volunteers and employees, schools, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, (each considered one of the releasees herein) from all liability, claims, demands, losses or damages on my and / or my rower / coxswain’s account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees, from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement fully and understand its terms, I / We further understand that I / We have given up substantial rights by agreeing to it and have agreed to it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

PARENTAL / STUDENT CONSENT

I / We, the rower/coxswain’s parent and/or legal guardian, and my rower/coxswain, understand the nature of rowing activities and the rower/coxswain’s experience and capabilities and believe the below referenced rower/coxswain to be qualified to participate in such activity. I / We hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasees from all liability, claims, demands, losses, or damages on the rower/coxswain’s account caused or alleged to be caused in whole or part by the operations, and further agree that if, despite this release, I, the rower/coxswain, or anyone on the rower/coxswain’s behalf makes a claim against any of the above releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Parent / Guardian (Place parent/guardian signature here) _____

(Print parent/guardian name here) _____

Rower / Coxswain (Place rower / coxswain signature here) _____

(Print rower / coxswain signature here) _____