



2010 – 2011

***PARENT / TEAM MEMBER
HANDBOOK***

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www.spacecoastcrew.org

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Introduction

This handbook contains rules, guidelines and information for team members and their families. It was written to help ensure everyone is aware of their responsibilities as team members and parents of team members. The handbook provides detailed information concerning SCC financial and time commitments. Please go through the Parent/ Team Member Handbook carefully. Once you have read the handbook and intend on joining Space Coast Crew, complete the membership forms and return them to the Membership Secretary.

If you have any questions about what is expected of you as a rowing team member or parent please contact one of the SCC Board of Directors listed on the last page of the handbook. We are looking forward to another exciting and enjoyable rowing season.

Space Coast Crew Boosters, Inc
Board of Directors

Letter From The President 2010-2011

Building valued personal relationships that last a lifetime, providing student athletes the opportunity to establish personal and team goals to help them reach their full potential, experiencing the importance of teamwork, good sportsmanship, and creating positive memories that team members will treasure for the rest of their lives, that's what Space Coast Crew is all about. We welcome you to our Space Coast Crew family.

Beginning our 14th season, our Board of Directors, made up of dedicated volunteer parents, is committed to working with our parents, rowers and coaches to provide a safe environment and a positive experience for everyone participating in Space Coast Crew.

Please take the time to review this handbook; we have tried to cover all aspects of our team to help you through the season. If you have any questions or concerns, please feel free to contact any SCC Board member. We are here to help create the best experience possible for everyone participating in our program. All contact numbers and email addresses are in the back section of this handbook.

Best wishes for a great season!

Sincerely,

Frank Abbate

**Frank Abbate
President
Space Coast Crew Boosters, Inc.**

Space Coast Crew Mission Statement

To promote a competitive rowing program that embodies sportsmanship and ethics through the principles of respect and responsibility and to encourage personal growth through winning and losing with dignity and self-control.

Goals and Objectives

- To provide Brevard County high school students the opportunity to participate in the sport of rowing at scheduled practices and in organized rowing events/regattas.
- To provide members with the best possible coaching staff and equipment.
- To provide the opportunity for all crew members to develop the necessary skills to compete competitively at Florida Scholastic Rowing Association (FSRA) and U.S. Rowing sponsored and organized regattas.
- To provide training regarding the safe use of the rowing equipment which is purchased and provided through member dues and fundraising activities.
- To provide a positive environment for all rowers/members of the club to develop personal skills regarding teamwork, leadership and follower-ship.
- To foster an environment that promotes integrity, fairness and honesty.
- To provide all rowers the opportunity to row on the water at least once per week, subject to weather and equipment availability and attendance.
- To ensure each rower competes in no less than 50% of all scheduled events, provided the individual rower has not had any disciplinary or attendance problems, has put forth a positive effort to be at all practices, and ability, safety, weather or equipment shortages do not preclude their participation.

These are our goals and are not to be held as a contract.

Rower Responsibilities and Code of Conduct

Rower's Responsibilities

- Recognize that membership in this association is a privilege, not a right.
- Attend and participate in all practices and commit fully to the training and racing plan as designed by the coaching staff.
- Show respect, in both actions and words, for fellow rowers, coaches, race officials, chaperones, parent volunteers, and all others who volunteer their time.
- Recognize that in determining practice plans and boat line-ups the coaching staff acts in the best interest of the entire team, and that all practice plans and boat line-ups will be determined solely by the coaching staff.
- Discuss questions/concerns related to the rowing program directly with a member(s) of the coaching staff.
- Properly handle and maintain all equipment as instructed by the coaching staff and immediately report damage to a coach or team captain.
- Recognize the importance of team unity, cooperate with each other, demonstrate mutual respect and refrain from criticism of each other in any form.
- Dress in a modest and appropriate manner as to best represent Space Coast Crew.
- Behave In a respectable manner that is a credit to him/herself and Space Coast crew.
- Address coaches and parents with appropriate titles (Coach, Mr., Mrs., Ms.).

Rower's Behavior

Unacceptable rower behavior includes, but is not limited to:

- Using, possessing, or distributing drugs of any kind including, but not limited to, chemicals, alcohol, steroids, tobacco, or any controlled substances.
- Acting in a reckless manner that could put the athlete, his/her teammates, or any others at risk for injury.
- Any behavior that is intimidating, hostile or offensive in any way. This includes, but is not limited to, the use of foul or abusive language, bullying or hazing whether verbal, written, electronic, or physical in nature.
- Theft of and/or damage to other's or club's property. Rowers will be held financially responsible.
- Romantic contact between rowers. Such behavior is not allowed at any organized team event and will not be tolerated. Exhibiting any of these behaviors will result in the coaching staff taking some disciplinary action. The severity and/or frequency of the behavior will affect whether a minor or major disciplinary action is taken.

Practice

To maximize productivity and efficiency at team practices within the equipment, time, facility, and coaching constraints which exist, the following guidelines and procedures will be enforced:

- Attendance at 80% of all practices is required to earn an SCC letter
- Rowers must be dressed appropriately and ready to participate at the start of practice.
- Rowers must tell their coach ahead of time if they plan to miss a practice. Last minute situations should be communicated to coach as soon as possible so that boats may be adjusted and a productive practice can be held.
- Rowers may not leave practice until the coach has dismissed them.

Disciplinary Action

- The coaching staff is responsible for administering disciplinary action. Most problems will result in a minor disciplinary action. Such actions include, but are not limited to:
 - ❖ Verbal warning
 - ❖ Extra workout/alternative workout
 - ❖ Make-up practice
 - ❖ Written/verbal apology
- Repeat violations may be considered a more significant problem and result in a major disciplinary action. Coaches must inform parents and the Board in writing of any major disciplinary action which would result in one of the following:
 - ❖ Loss of water privileges for a specified time
 - ❖ Loss of race privileges
 - ❖ Suspension from team
 - ❖ Expulsion from team
- The person affected must know the allegations against him/her and must be given a chance to respond to such allegations. Any disagreement with the implementation of any such actions should be appealed directly to the SCC Board of Directors

Complaint Procedure

- Rowers should address issues or complaints related to the team or a teammate(s) directly to their coach.
- If the rower does not feel the situation has been rectified, or if the concern involves a member of the coaching staff he/she, with his/her parent/guardian, should contact the SCC Board of Directors

Parent Guidelines and Code of Conduct

For your productive involvement with and contribution to the success of SCC and your rower(s), the information below is provided as a guide for Space Coast Crew (SCC) youth club member parents. Given the mission of this organization, you are asked to review and agree to the following:

General Matters

- I will remember that rowers participate to enjoy the sport and that the experience is for the student athletes, not the adults.
- I will emphasize skill development, practices and healthy competition, and that doing one's best is more important than winning.
- I will demand that my rower treat other athletes, coaches, officials, parents, chaperones, volunteers, and spectators with respect, regardless of race, creed, color, sex or ability.
- I will keep myself informed of team activities and issues by participating regularly in parent meetings, reading newsletters and information e-mails sent to me for this purpose by the team officers, and by familiarizing myself with information provided on the team website.
- I acknowledge that volunteering on the part of the parents is vital to the team as a whole and I will volunteer my time to the best of my ability.
- I will demand a sports environment for my rower that is free from drugs, tobacco, and alcohol. and I will refrain from their use at all regattas and practice sites.
- I will become familiar with the rules of the sport of rowing and the policies of Space Coast Crew.
- I understand that the use of team addresses, phone numbers and e-mail addresses is solely for the purpose of disseminating necessary team information. Use of this contact information for any personal matters is prohibited.

Practices and Competitions

- I and my guests will be positive role models for my rower and encourage sportsmanship by showing respect, courtesy, and positive support for my rower and teammates, all other competitors, coaches, chaperones, volunteers, officials and spectators at every practice, regatta or other sporting event. My guests and I will not engage in any kind of unsportsmanlike conduct such as booing and taunting, refusing to shake hands, or using profane language or gestures.
- I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my rower to win.
- I will refrain from coaching my rower or other rowers during practices and competitions unless specifically requested to do so by a coach.

- I will respect the property and equipment used at all sports facilities, at home or away.
- I will refrain from criticizing coaches or other association leaders to my rower, as this displays disrespect on my part and encourages disrespect on theirs.

Interaction with the Coaching Staff

- I will immediately inform the coach of any physical disability or ailment that may affect the safety of my rower or the safety of others.
- I will encourage my rower to speak directly and courteously with the coach if he/she is having difficulties in training or competition, or cannot attend training or a competition. I understand that assuming responsibility for one's own actions – for better or worse - is an important part of maturation, and that ultimately my rower will benefit.
- I will never question or confront coaches at practices, competitions, or other team events, and will arrange to speak with coaches at an agreed upon time and place.
- If I need to contact my rower's coach regarding clarification of matters such as training schedules, nutrition and health and college recruiting, I will do so via the contact method designated by my rower's coach and at a time that is mutually convenient, anticipating a timely response.

Conduct and Conflict Resolution

- I will expect my rower to abide by the Space Coast Crew Rower Code of Conduct and to resolve conflicts without resorting to hostility or violence.
- If I believe there has been misconduct on the part of one or more rowers, coaches, parents or others, I will abide by the following guidelines for issue resolution:
 - During team trips, I will report any misconduct immediately to a member of the SCC Board of Directors. They will be responsible to investigate the issue and involve coaches and other SCC board members as needed.
 - During other team activities, I will report any misconduct to the coach immediately if urgent at that moment or immediately after the activity if not urgent. The preferred method for communication after the fact is via e-mail. The head coach will involve other coaches, board members or parents as needed.
 - I understand that the process of following up on my allegations is a matter of privacy between the accused party and the coaches or Board of Directors. Unless the matter directly impacts my rower or me, I will not be advised further.
 - I understand that any misconduct by any member of the coaching staff should immediately be reported to the SCC Board of Directors.

- I will support the coaches and chaperones when they deem that my rower or other rowers require discipline. I will not interfere in disciplinary matters. However, if I believe that the discipline required of my rower is unreasonable, I will express my concerns via e-mail to the coach. The coach and I will arrange a mutually convenient time to further discuss my concerns, if needed.
- If I have followed the processes outlined above and have not received a timely or appropriate response on an issue directly impacting me or my rower, I and/or the coach may contact the President of the Space Coast Crew Board of Directors.

Summary

- I recognize that membership in this association is a privilege, not a right. By paying my rower's dues and competition fees, I am supporting the club, its coaches and its athletes. However, paying these costs does not entitle me to be involved in decisions about competition schedules, training methodology or placement in boats. These decisions are the sole province of the coaches. If my rower has a question or concern, it is my rower's responsibility to discuss it in a respectful manner directly with his/her coach.
- Failure to abide by the guidelines listed in this document may result not only in my own discipline but also in the discipline of my rower. I recognize that my family and/or my guests may also be subject to disciplinary actions. Based upon the severity and/or frequency of offenses, disciplinary actions could include the following: verbal warnings, written warnings, and temporary or permanent suspension from team activities.

For The Team Member

Attendance

Crew is a sport that involves a big commitment of time and energy. It is imperative that all rowers and parents take this commitment seriously. Crew is a unique sport that requires tremendous teamwork. Continuity and consistency are key to creating effective boats. It is expected that team members will come to practice fully prepared to participate, which means wearing appropriate clothing for **BOTH** rowing and land training. If you are not prepared, you may be dismissed from practice and the next regatta. Missing practices is also a reason for dismissal from regatta participation. **No credit is given for missed days**, but the team expects the courtesy of advance notice of days to be missed.

The coach will announce changes to the published schedule. If you know you cannot attend a practice, it is your responsibility to tell, if at all possible, the coaches well in advance. This includes being sick (either not going to school or leaving school early). Not showing up without warning will be greatly frowned upon and will affect lettering requirements and participation in regattas. Missing practice will affect who rows in what boat and who will row at regattas. Your seat cannot be held for you if you miss practice.

We practice rain or shine. Practice is almost never canceled. The only things that will keep us off the water are lightning or high winds. Unless you are told otherwise, there will be practice. **In the event we cannot practice on the water, land training will be conducted.**

Penalties for absences: Rowers who are absent from practice **with or without notification** to the coaches on 3 different occasions may be dealt with as follows:

- 1) Removal from current boat/seat.
- 2) Not allowed to row at practices.
- 3) Not allowed to row at regattas.

If a team member misses 5 consecutive days without contacting the coach or a Board member, it will be deemed the team member has quit, and therefore be terminated from SCC.

Keep things in their proper priority:

- 1) Family
- 2) School Studies
- 3) Crew
- 4) Other

Crew demands a large commitment of time and energy and your teammates depend on you! Furthermore, you are aware of how much time it takes you to meet your scholastic requirements. Learn to balance your time.

Swim Test

All novice team members must pass a swim test. Test(s) to be determined by the Coaches and approved by the Board of Directors. For the students' safety, if he/she does not pass the test(s), they will not be permitted to participate in crew.

Cell Phone Policy

Use of cell phones is not permitted by team members during practices, unless given permission by the coach.

Lettering

Lettering is not guaranteed for all participants. Participants are required to maintain 80% attendance at practices (85% for captains). Additionally, missed regattas can affect lettering. The following requirements shall apply in order to receive a letter:

1. Maintain a 2.0 or higher GPA through the year. Note: Your cumulative GPA will be checked each 9 week grading period at the coinciding booster meeting. A 2.0 is required to letter.
2. All rowers must complete the entire rowing season in order to be eligible to receive a letter.

It is the coach's privilege, subject to the Board of Directors approval, to award letters based on outstanding effort or accomplishments during the season. Anyone not receiving a letter will be awarded a certificate of participation.

Attire

- Rowers clothing should be clean and not offensive at practice and races.
- Athletic attire must be worn for all practices. No jeans should be worn for practice.
- Appropriate running shoes for running and other land workouts will be worn. No flip-flops.
- Uniforms should be clean for all races.
- Appropriate attire for weather (it gets cold and wet in winter and hot and humid in the spring). Be sure to wear layers of clothing in the winter.
- No bathing suit tops at practice or at regattas.
- At all regattas unisuits will be worn as intended (i.e. over shoulders) prior to handling the boat for launch, during the launch, racing, and the medal ceremony and pictures.

Coxswains

Coxswains will participate in **ALL** SCC workouts. This includes running, erg pieces, weights, group workouts and anything the coaches deem necessary. Coxswains will be assigned and responsible for a Cox box valued at \$600.

Captains

Captains are chosen according to the procedures established by the Coaches and the Board of Directors. Captains will demonstrate leadership by being encouraging, positive, and enthusiastic. Each captain will be presented with a sheet of responsibilities and expectations. Coaches reserve the right to, at discretion of the Board of Directors, remove the "title" of captain from any person who does not adequately live up to the prescribed responsibilities. Being a captain is an honor that carries with it a great many responsibilities. The selection of an individual to this position and the amount of work required of a captain should not be taken lightly.

For The Parents

Financial Commitment

The fiscal year for SCC begins on July 1st and ends on June 30th the following year. The financial commitment is kept to the lowest level possible by using a combination of dues, ad sales and donations. The financial commitment is as follows:

- \$125 Registration Fee per team member
- \$450 Dues
- \$300 Ad Book Sales

The financial commitment is necessary to facilitate maintenance of equipment, purchase of new equipment, compensation for coaches, transportation, insurance, regatta fees, boathouse utilities and a host of other miscellaneous expenses inherent to conducting SCC business.

Dues

The financial commitment incorporates two scheduled dues payments. A team member will have the opportunity to “buy down” dues with the sale of ads in excess of the required \$300 (see Ad Sales for further information). **Registration and dues are non-refundable.**

Due Date	Amount	Remarks
August 7th for Returnees August 28th for all others	\$125	Registration Fee (all forms due)
Sept. 23 th	\$225 \$175 2nd rower	1 st dues payment
January Booster Meeting	\$300	Ad Book Sales Due
February 24 th	\$225 \$175 2nd rower	Final Dues Payment

All fees paid are non-refundable

Rowing equipment and maintenance of rowing equipment is very expensive. Each team member contributes to the normal wear and tear on the rowing equipment and the SCC infrastructure in general. The SCC Board of Directors feels very strongly that each rower must be held accountable for his/her portion of the maintenance expenses incurred due to normal rowing activity.

Failure to meet the above payment schedule without making prior arrangements with the SCC Board of Directors may result in the suspension of the team member until payment is made.

Ad Sales

Each team member must raise a minimum \$300 of solicited ads or personal advertisements. Any ad sales monies raised in excess of the \$300 requirement can be applied to your dues. All ad sales money is due at the January Booster Meeting. If the minimum ad sales of \$300 is not met, the team member will be assessed the difference. A team member also has the option of not selling ads and just paying the \$300 and submitting a personal ad.

- **Example:** Say you earn \$400 in ad sales. By surpassing your \$300 ad requirement, \$100 can be applied to your dues: $\$450 - \$100 = \$350$ owed along with your \$300 in ad sales, and the \$125 registration fee.
- **Example:** If you sell ads equal to the entire financial commitment of \$750 then you have 1) completed your \$300 ad requirement and 2) earned \$450 to cover the other part of your dues. All you owe is your \$125 registration fee.

Please note that monies in excess of your total financial commitment are not refunded to you nor can they be credited to the following rowing season.

Other Expenses

Additional out-of-pocket expenses will occur for uniforms (approximately \$70), hotel accommodations for the overnight regattas, bus transportation and associated travel expenses (gas/tolls if driving to regattas). Optional purchases include SCC jackets, bags, hats, SCC spirit shirts, parent polo shirts, and Awards Banquet. Abuse of property and/or equipment will also result in out-of-pocket repair/replacement expense.

Service Hours Commitment

In addition to your financial commitment, each team member is responsible for a specified number of hours in fundraising and/or community service activities. These may include: garage sale, car wash, crew site clean-up or any other fund raisers or miscellaneous services needed as determined by the Board of Directors and the Coaching Staff.

Returning rowers participating in Head Racing AND the Sprint Season will be required to perform 21 hours or pay \$175 in lieu of completing the commitment. Sprint Season participants and all novices will be required to perform 12 hours or pay \$100 in lieu of completing the commitment. Service hour commitments must be completed between June 1st and the Awards Banquet each calendar year.

NOTE: Returning rowers participating in the Head Race season will be required to perform 9 of the 21 service hours by October 8th, 2010 or pay \$75 in lieu of completing the commitment.

Time Commitment

Crew is a sport that involves a big commitment of time and energy. It is imperative that all rowers and parents take this commitment seriously. Crew, being a unique sport, requires a great amount of teamwork. Although it is possible to replace one rower with another in the event of an absence, this does not allow the boat, and team as a whole to learn, train, and compete at its highest level. Continuity and consistency are the keys to creating effective, competitive, winning boats.

Parents, when considering whether to keep your son or daughter home for whatever reason or to take your child on a trip, please be aware that this affects more than just your child. This affects the boat your rower is in as well as the entire team. It also affects your son or daughter's progress as a rower. A

student taken from one boat requires the shifting of another rower in another boat to fill their place and on down the line. Understand that we are not telling you how to organize your family or discipline your child, but rather to make you aware of the incredible teamwork this sport requires. Having one person suddenly, with or without notice, not be available for practice or a race when he/she is expected can disrupt eight other rowers and their coach, possibly leaving them stranded on land and unable to practice or compete at a regatta. This hurts everyone's chances of having the most positive rowing experience possible.

Other Responsibilities

Parents are needed to help in several different ways:

- Help set up and tear down tents at regattas
- Supervise the team members and their possessions when under the tent
- Supervise team members to and from out-of-town race sites
- Supervise team members on overnight trips
- In the event of an overnight stay a chaperone must be in every room

Grievance Procedures

During the season, you may have serious questions or concerns. In most instances, speaking with a Board member will hopefully alleviate your concerns. However, if this does not suffice you may elect to file a Grievance Form. The Grievance Form will help us to address problems that may be more complicated. In order to help us resolve your complaint or concern, we ask that you please complete the Grievance Form found under Club Documents on the web site. Please print out and complete the form, and mail it to **P.O. Box 372252, Satellite Beach, FL 32937** or give to any Board member. Our goal is to respond to each grievance within 14 days of receipt. We will do our best to explain or resolve each issue to your satisfaction. Your grievance will be presented during the first available Board meeting and the response will be communicated to you in writing. If it is appropriate and useful, we will share your concern or question during the next general meeting for everyone's benefit. We may not be able to resolve every issue or question completely, but please know that our mission is the success of the program and in this regard, your child is our first priority.

Service Hours Opportunities

You will be informed of these activities via YahooGroup emails and/or the calendar.

For the Rowers:

- SCC Summer Camp (invited by the coaches)
- Row-For-Free Clinic (invited by the coaches)
- Parent Learn-To-Row Day (invited by the coaches)
- Car Washes

For the Parents:

- Food Tent Committee
- Boat Towing
- Projects that benefit the club (i.e. building something for the boathouse)
- Volunteering at Regattas (stake boats, finish line, etc.)
- Hosting a spaghetti dinner
- Organizing and/or supervising fundraising events (i.e. carwashes)
- SCC Annual Awards Banquet committee (usually begins meeting Feb/March)

For the Both/Either:

- School registrations
- SCC Kick-Off Picnic set-up and clean-up (late September)
- Space Coast Runners Marathon (Thanksgiving Sunday)
- Garage Sale (January)
- Boathouse maintenance and cleaning, as awarded by the coaches
- New rower referral

Forms

All forms must be completed entirely and notarized (as applicable) before any student will be allowed to participate in any SCC activity. Any team member that has incomplete forms will not be allowed to practice.

Injuries

Space Coast Crew reserves the right to require any rower who incurs an injury requiring a physician's care to have the written approval of a physician prior to the rower's return to participation. Space Coast Crew shall assume no liability for any rower with a health condition who has been authorized to participate in the crew program by the parents and their physician.

Medications

Coaches must be notified of all medical conditions and required medications rowers are using at all times. Included are asthma inhalers and Epi-pens or other allergy medications.

Communication

All SCC communication is done through various means:

- 1) SCC Website: spacecoastcrew.org
- 2) Yahoo Group E-Mail
- 3) Announcements at Booster Meetings
- 4) Announcements at Practice

The Web site has a wealth of information: the regatta schedule, regatta directions, forms, this handbook, and upcoming events, just to name a few. It is important that you check the site regularly. **In order to receive SCC e-mail, you must subscribe to our Yahoo Group.** There are two ways to join. From our SCC home page select Yahoo Groups. If you currently have a Yahoo ID, then sign on as usual in the box with your ID and password and follow the instructions to join our group. If you are new to Yahoo select "Sign up now" and follow the on-line directions to create your ID and password. Once that is done follow additional directions to join our group.

Transportation

Travel

- Rowers arrive and leave as a team at all regattas.
- Parents are responsible for transporting rowers to races.
- Carpool arrangements should be made prior to race day with other parents.
- If a rower needs to leave a regatta early, approval from the Coach must be granted prior to race day.
- Bus transportation may be offered for some regattas at an additional cost to the rower.

Overnight Out of Town Travel

- If a parent is not able to travel to and/or attend an out of town regatta or event, parents are responsible for obtaining an adult chaperone for their rower. The parent must complete and turn In the Parent Permission and Chaperone Responsibility Statement form before the event.
- Rowers are not permitted to travel to or from an out of town regatta or event without a parent or designated chaperone.
- Male rowers are not permitted in female rower's hotel rooms and female rowers are not permitted in male rower's hotel rooms without parent/chaperone supervision.

Regatta Rules/Guidelines

ARRIVE AS A TEAM, DEPART AS A TEAM

- Upon arrival at the race site, rowers will help rig the boats and set up the tents.
- Team members put their boats in the water up to one hour before your race starts.
- Team members cheer on their fellow team members in their races (what goes around comes around).
- Team members help their fellow team members in and out with their oars.
- Team members will wear unisuits at all times during the regatta. Do not roll unisuits below your waist.
- Bathing suits are NOT permitted.
- Team members will de-rig boats and load onto trailer.

**NO TEAM MEMBER WILL BE PERMITTED TO LEAVE UNTIL THIS IS DONE
AND DISMISSAL HAS BEEN GIVEN BY THE COACH!**

Who Rows at Regattas

Rower boatings for races will be based on demonstrated rowing skills on and off the water, attendance at practices, leadership, follower-ship, and a positive/cooperative attitude. The best combination of rowers will be placed in the “A” boats based on the above criteria. “B” and “C” boat rowers will be boated also on the above criteria until all participating rowers are placed in a boat or designated as “alternates”. Coaches will make rowers aware of boatings prior to scheduled regattas.

Training and Conditioning

Training and conditioning are important for each rower's performance. All aspects are equally important; nutrition, rest, and exercise.

- All rowers need plenty of sleep. Sleep is important to rowers because it gives their muscles time

to recover and rebuild. A consistent amount of sleep each night is more important than one long night before a race.

- If a late night is necessary, it is crucial that it does not fall on Thursday or Friday, since the sleep two days prior to a race is most important to race day performance.
- Diet should be high in protein and carbohydrates, including lots of fruits, vegetables, white meats (chicken and fish) and complex carbohydrates like pasta, potatoes, and rice. A good breakfast and lunch is a must. A healthy snack low in protein and fat before practice is recommended for energy.
- Diet should be low in sugar since it tends to lower the body's tolerance for pain and doesn't provide the long-term energy supply needed for endurance workouts.
- Since carbohydrate loading is only effective one to two hours before an event, the most effective strategy is carbohydrate storage during the entire week throughout the rowing season.
- The night before a race it is important to avoid heavy, greasy foods and heavily sugared, caffeinated drinks.
- Lightweight should only maintain their weight. **NO CRASH DIETING!!!!** Lightweight categories are for women weighing less than 130 lbs and men weighing less than 150 lbs.
- **DRINK PLENTY OF WATER!!! ALL DAY, EVERY DAY!!!**

Race Day Nutrition

Nutrition on race day is especially important to the rower's performance and the guidelines below should be followed:

- Rowers should be awake and active at least three hours before their race so the body is prepared for the demands soon to be placed on it.
- Eat a high fiber breakfast of whole-wheat toast, juice, muffins, pancakes, waffles, etc.
- Bagels/muffins, fruit and juice will be available at regattas for the rowers.
- Avoid greasy food, sugared cereals, caffeine, and dairy products.
- **DRINK PLENTY OF WATER!!!!** Bring refillable water bottles to regattas.
- Food intake is limited prior to the race, but not afterwards. Rowers can bring money to purchase food from concession stands after the race or bring along a lunch (since not all race sites have concessions).

What to Bring to Regattas

Team members should bring items to help pass the time between races:

- Books, cards, magazines, portable stereo with headsets.
- A pillow and sleeping bag/blanket to rest.
- Suntan lotion/block and medicines (meds to be turned in to the coach).
- A change of clothes to have something dries for the return trip home.
- Food and drinks (water!).
- Parents should bring folding chairs, binoculars, cooler with drinks (water!) and snacks.
- Any medications, including prescriptions that your rower may need. You may also wish to bring first aid medications such as Benadryl for insect bites, etc.

Money:

- To purchase regatta T-shirts (\$15-\$20) and other novelties if desired (\$5 and up).
- To buy food after races or a meal on the return trip home.

General Information

Booster Meetings

Booster meetings are specifically designed for the parents and are crucial informational meetings. Attendance at these meetings is required by all parents to keep updated on current activities. Meetings will be held the third Thursday of every month at 7:15 PM. A schedule will be posted on the SCC Web Site and Yahoo Groups calendar. These meetings are open to the entire membership. Reminders through e-mail will be sent to all SCC Yahoo group subscribers.

Spaghetti Dinners

Team spaghetti dinners will be held on Friday night for all races except those races that require an overnight stay. This is to ensure a good carbohydrate meal and an early night.

- Rowers' families on a voluntary rotating schedule will host the parties
- Dinners begin at 6:30 p.m. and end by 8:30 p.m.
- Please remember to always respect other people's homes and property as your behavior reflects SCC's image.
- Since rowers sometimes leave for races the following morning by 3:00 a.m., they are to go home after the dinner, and any further activity is highly discouraged by the coaches such as sleepovers or any other late night activities. Remember your teammates depend on you to be alert and motivated. Proper rest and nutrition is a must.

Awards Banquet

The final event of the season is an awards banquet. The banquet recognizes the efforts of the crew, the coaches, and their families. The banquet is open to all rowers and their families, alumni, honorary guests, and SCC sponsors. Highlights of the evening include:

- Recap of SCC season successes.
- Special recognition will be awarded to rowers for outstanding performance and varsity letters will be distributed to those who qualify.
- Special recognition of sponsors and to volunteers who have contributed to the club's success.
- Seniors are recognized and receive a fond farewell.
- Election of next season's Board of Directors.

What is Rowing?

In rowing, boats—also called *shells*—are divided into two categories, *sculls* and *sweeps*. In a scull, each rower has two oars, each about 9.5 feet long. Sculls can be *singles*, *doubles*, or *quads*. In a sweep, each rower has only one oar, 12 feet long. Sweeps come in *pairs* and *fours*, with or without a coxswain, and *eights* with a coxswain.

In both kinds of racing boats, rowers are able to take long and powerful strokes with the oars because their feet are tied into shoes. They move back and forth on seats that roll on a track about 2.5 feet long and they have swivel oarlocks.

Racing shells are light and streamlined, made out of a thin carbon fiber composite less than an eighth of an inch thick. For example, an *eight* (a boat with eight rowers, each rowing one oar) is about 60 feet long, weighs less than 250 pounds, and can carry a crew weighing as much as 1,800 pounds.

The common racing distance for collegiate rowers is 2,000 meters, or about 1.25 miles. Under good conditions, a world-class eight crew can row this distance in less than five minutes at an average speed of just over 13 mph. High school (junior) races are typically 1,500 meters.

Boat Positions

There are eight rowing positions in the largest racing shell. Seats 1 and 2 are referred to as the bow pair. This pair is special, as they "set the boat." Rowers in these positions must have smooth and fluid technique. Seats 3, 4, 5 and 6 are referred to as the power, or "engine room" seats. Rowers in these positions must be large and strong. Seats 7 and 8 are referred to as the stern pair. They set the stroke rate for each side of the boat. It's important to remember that all three sections of the boat are equally important. A winning boat consists of eight people rowing together as a team under the direction of their coxswain.

The coxswains are team members who are often overlooked, receiving little praise or encouragement (other than being thrown into the water to celebrate a boat's victory). The coxswain is the eyes and ears of the boat. The coxswain has to be a good motivator because, once the race begins, the coxswain is the only one who can talk to the rowers.

The coxswain must guide the boat to the starting line and get the boat lined up. Once the race begins the coxswain talks to the rowers, telling them where they are in relationship to the other boats and how much farther they have to go. A coxswain must know rowing technique, so that if a correction is necessary, he or she will know what to do and why to do it. It is vital that the coxswain communicates with the rowers in a motivating way. The coxswain steers by giving directions to the rowers, watches for competing boats ahead and behind, and keeps the boat in proper lane to avoid penalties.

What We Do - Our Rowing Seasons

Summer (June, July):

This is the off-season for SCC team rowing, although the highlight of this season is our Summer Camp program. Our Summer Camp introduces prospective team members from local schools to SCC and teaches the basic skills of rowing and handling of the shells. Some of our experienced returnees may be invited to assist during the Camp.

This is also the time for equipment maintenance. Team members are invited to come to the boathouse to help with boat and general boathouse cleaning and maintenance as required.

Fall (August – November):

This is the time when all SCC team members come together as a unified team. Get ready for that practice commitment. New team members are provided with the basic instructions. Returnees will be reviewed on the basics of rowing. This is comprised of land training and limited on-the-water workouts. Individual attention is provided as required. Practice is 4 days a week (Saturday's included), but can be more at the coach's discretion. This allows the coaches to calibrate the team.

This is also the Head Racing season for returning team members. These races are approximately 3 miles in length (5000 meters), so endurance work plays a large part in this training. Team members will be evaluated regularly on weight training, running and various erg pieces. The Head Racers compete over the same courses as collegiate crews. This gives them the opportunity to compare their results and establish goals to which to aspire for future college rowing.

At the end of the fall season the entire team will participate in the Sunrise Sprints Regatta. Sunrise

Sprints committees an approximately 850-meter race. This is the first race for the novices and a fun end-of-season race for the returnees. It gives the novices a taste of what all that hard work at practice has been for.

Winter (December – February):

Team members can look forward to a nice 3-week break starting in December, timed to coincide with school exams. Upon return, training will target the goal of low weight training with high repetitions. One of the early regattas in the schedule challenges the team member in just that discipline. It is performed indoors on rowing machines for a 2000-meter piece. Comparatively speaking, it really provides an up-close view to the physical and mental state of our team members, and allows our coaches to review results and establish additional training goals, as we get ready to transition to the next season.

Spring (March – May):

This is our **competitive rowing season** against other high schools and youth teams throughout Florida then culminating in the State Championships typically held in May. These regatta races are usually 1500-meter sprints, and the training emphasis will be towards high output for short periods. At this time, all our team members should be able to return an effort commensurate with their training investment that has been developing during the previous seasons. Team members will be evaluated regularly in all aspects of conditioning and rowing ability to ensure that SCC provides the best competitive edge possible in these regattas.

Committee Descriptions

It doesn't happen by accident. It's hard work that puts Space Coast team members on the water. Under the direction of the Board of Directors, the work committees accomplished by crew boosters (parents of the team members) and the team members themselves. The crew team committees not funded through the school. It draws support from the family and friends of crew members and the surrounding community. Before the first boat splashes into the water, hours of work and fundraising are done entirely by crew parents and team members.

Examples of some committees are:

- Ad Book
- Awards Banquet
- Equipment Maintenance
- Fundraising Activities (Except Garage Sale)
- Garage Sale
- Photography
- Publicity/PR
- Regatta Food Tent
- Spaghetti Dinners Scheduling
- Team Apparel Assistant
- Team Lodging

Emergency Plan

An emergency plan has been created to ensure a safe environment for everyone. The following shall apply: In case of serious accident or crisis, NO public statements should be made. All inquiries should be referred to the SCC Board of Directors.

- 1) In case of **first aid treatment and minor illness**, the adult in charge will administer treatment for minor injuries or illnesses *not requiring* hospitalization or emergency room care. First Aid Kits are located in the boathouse, in all launches, and on the boat trailer. First aid will not include administration of any medications.
- 2) In case of **injury or illness requiring** hospitalization or emergency room care, the adult in charge will:
 - a) Contact 9-1-1 to request appropriate medical personnel.
 - b) Follow standard first aid procedures in treating the injured or ill person(s) until appropriate medical personnel arrive.
 - c) Notify parents/guardians and SCC emergency contact person.
- 3) In case of **fire, flood, storm or severe lightning** the adult in charge will:
 - a) Move the rowers to a safe location.
 - b) Call SCC emergency contact person, who will notify parent/s guardians where and when to pick students up.
 - c) Determine when conditions are safe for travel for students driving their own vehicle.
- 4) In case of **accidental or natural death**, the adult in charge will:
 - a) Contact 9-1-1 to request appropriate medical personnel and authorities.
 - b) Follow standard first aid procedures if appropriate.
 - c) Retain a responsible adult at the scene who will see that the victim and the surroundings are not disturbed until the proper authorities have assumed control and dismiss all unnecessary bystanders.
 - d) Notify the SCC emergency contact person or ANY SCC Board member. This person will contact the family in the case of a fatality or where death is imminent.
- 5) In case of **unusual suspicious activity, or intrusion**, the adult in charge will:
 - a) Contact 9-1-1
 - b) Remove the group from the scene if the safety of any member is ever in question and notify the SCC emergency contact person of any change at the site.
 - c) Personal safety takes priority over equipment safety.
- 6) In case of **a lost rower**, the adult in charge will:
 - a) Contact 9-1-1
 - b) Organize a search of the area in teams starting with the student's last know location. Notify the SCC emergency contact person if the student is not located within a reasonable amount of time. The emergency contact person will notify the parents and the Board of Directors.

Board of Directors Contact List

Space Coast Crew 2010-2011 Board of Directors and Coaches

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*No one ever attains the pinnacle of success simply doing what is required of him.
It is the amount of dedication and excellence over and above the required,
that determines the greatness of ultimate distinction.*