



Welcome to
Central Crew Club
Information Packet
2020

Central Crew Club – Overview

Central Crew Club:

Central Crew Club is a co-ed and co-operative nonprofit rowing club affiliated with Central High School but with student athletes from 8+ area schools including; Central, Trinity, Pinkerton, Londonderry, Concord, Bow, Cawley MS, Hillside MS. The club was started in 2001.

Our primary mission is to provide a fun, safe and competitive rowing experience for local area middle and high school students in Southern New Hampshire.

- **Organization: Central Crew Club**
 - Club Type: 2 Season (Fall/Spring), Co-ed, Co-operative, Club Sport for Rowing
 - Co-Op: Accepting rowers from Southern NH area Middle & High Schools (G7-12)

- **Organization Type: Registered 501(c)(3) nonprofit organization**
 - Federal Employer Identification Number (EIN #): **56-2390237 (2013)**
 - NH Business ID#: **445072 (2013)**
 - US Rowing is our National Governing Org. / USR Club #: **1341 Central Crew Club**

- **Organization Management / Oversight:**
 - Crew Board: Volunteer/Parent Board making operational & capital purchase decisions
 - Coaches: 4> Paid Coaching staff facilitate weekly crew practices/races/team oversight
 - Coaches Certification: US Rowing Trained/Certified and MSD Background Checks
 - Central HS/MSD Affiliation: Central HS Principal is our default club lead & MSD Liaison

- **Crew Website:** www.centralcrew.org

- **Crew Mailing Address:**
 - Central Crew Club c/o Central High School, 535 Beech Street, Manchester, NH 03104

- **Crew Board Contacts:**
 - John Earnshaw – President
 - Bill Barry – Vice President
 - Jenna Pedone – Treasurer
 - Kierstead Gondin – Registrar
 - Diane Duhaime – Apparel
 - Adrian Veira – Fundraising
 - Alex Collins - Ergatta

- **Fees & Donations received by Central Crew Club support:**
 - Scholarships: Crew supports 5-7> scholarships per season (Full/Partial/Payment Plans)
 - Coaches: Salaries and Expenses for 4+ Coaches for (2) seasons; Spring & Fall
 - Insurance: We have distinct policies for Crew Equipment, General Liability & D&O
 - Capital Expenses: Boat / Equipment purchases - Shells/Boats can range from \$5K-\$40K
 - Operational Expenses: Boat / Equipment maintenance, Boathouse rental fees, etc.
 - Organizational Memberships: US Rowing Annual Organizational Membership
 - Regatta/Race Registrations: Race fees can average from \$250-\$1,500> per event

Central Crew Club - Contacts & Communication Info

Coaches

Central Crew Coaches	Primary Role	Cell	Email
Mike Shields	Head Coach	(603)496-7243	mikeshieldsrows@gmail.com
Alex Legere	Asst. Coach	(603) 391-5205	amlegere@wpi.edu
Anna O'Connell	Asst. Coach	(603) 391-9869	annaecoconnell@gmail.com
Charmie Curran	Asst. Coach	(603) 496-7411	kingcharmie@gmail.com

Digital Links

Check Central Crew website for general info & Central Crew Twitter for real-time practice updates!

- **Central Crew Club Website:** <https://centralcrew.org/>
- **Social Media:**
 - Twitter - <https://twitter.com/centralcrewclub> (Coach's primary update method!)
 - Facebook - <https://www.facebook.com/centralcrewclub>
 - Instagram - <https://www.instagram.com/centralcrewclub/>
- **US Rowing** – Website for USA's official rowing organization: www.usrowing.org
- **Amoskeag Rowing Club (ARC)** – Boathouse Central Crew rows out of): www.amoskeagrowing.org
- **Regatta Central** - Info on Regattas & Results: www.regattacentral.org
- **Row2K** – Great up-to-date rowing information & race results: www.row2k.com
- **Herenow** - Major Race Status & Results Tracking: www.herenow.com
- **Head of the Charles Regatta (HOCR)** – Premier Intl. Rowing Event in Boston: www.hocr.org

Crew Club – Volunteer Board of Directors

Crew Club Board	Primary Role / Title	Cell	Email
John Earnshaw	President	(603) 867-9031	john38@comcast.net
Bill Barry	Vice President	(603) 703-1904	dbl.barry@comcast.net
Alex Collins	At Large	(603) 490-7810	alexcollins@comcast.net
Diane Duhaime	Apparel Lead	(603) 759-2109	dianeduhaime@comcast.net
Kierstead Grondin	Registrar	(603) 953-3477	bkggrondin@gmail.com
Jenna Pedone	Treasurer	(603) 361-2634	jennapedone@gmail.com
Adrian Viera	Fundraising	(603) 512-8912	adrian.e.viera@gmail.com
Julie LeBlanc	ARC Liaison	(603) 998-2798	4leblancs66@gmail.com

Season Logistics – Spring 2020

- **Key Dates:**

- Season Registration Night: 3/12 (Thu)
- Season Start Date: 3/16 (Mon)

- **Practice Info:**

- **Indoor Practice (Ergs):**

- **Start:** 3/16 (Mon)
- **Location:** Central High School - Band Room in PA Bldg.
 - Central Main Office is facing Beech St. (535 Beech St., Manch-NH)
 - Band room entrance/exit door is off Amherst St. (*1-Way Street*)
 - Crew members who drive, usually park on Beech near Amherst St.
- **Days/Time:** Mon, Tue, Thu, Fri (Wed off) @ 3:30 – 5:15 pm
 - Wed off so Crew members can study/tutor/work/rest/attend Doctor appts.

- **Outdoor Practice (Boats on Water)**

- **Start:** TBD (based on water/river conditions)
- **Location:** Amoskeag Rowing Club (ARC) Boathouse
 - GPS: 101 Merrimack St. Hooksett, NH 03106
 - Past Hooksett Courthouse & the Dog Park @ ARC Boathouse
- **Days/Time:** Mon, Tue, Thu, Fri (Wed off) @ 3:30 – 5:45 pm
 - Wed off so Crew members can study/tutor/work/rest/Doctor Appts.

*** Juniors & seniors with vehicles from respective High Schools try to facilitate carpool rides for underclassmen at their schools, please communicate with Coach Mike if your child needs ride to practice.*

Regattas (Races):

- Season Regatta Schedule, Dates & Directions on Crew Website:
 - www.centralcrew.org
- **Crew Banquet: TBD**
 - Date: End of Spring season, Crew Banquet Dinner to recognize Seniors & Team
 - Location: Puritan Backroom – Backroom Event Center, 245 Hooksett Rd, Manch-NH

Attendance Policy

When a student joins the club, it is expected that the student will be on time for every practice and attend all regattas (races). Poor attendance and unexcused absences affect the entire team and will also affect seat and boat selections for races.

Reporting absences well in advance is important, as coaches have workouts and line-ups planned. Last minutes changes will delay the entire crew from accomplishing their goals, getting on the water in a timely fashion and obviously improving. The boat crew depends on each member!

Definition of Excused Absences

1. Due to illness, the student does not attend school. *
2. The student leaves school early for illness. *
3. The student is sick at the end of the school day. *
4. The student has a short notice doctor appointment for a current illness. *
5. The student reports an absence 2 weeks prior to a planned regatta.

* A text should be sent to Coach Mike by 12:00 noon notifying him of the absence.

Definition of Unexcused Absences

1. The student does not show up for practice.
2. Notification is given, but without acceptable reason for absence.
(e.g. simply saying " I won't be at practice", regardless of how far in advance, is unacceptable)
3. Last minute (after 12:00 noon) notification due to a routine doctor's appointment, homework, projects, teachers meetings, social events, etc., ARE NOT excused. This involves time management and can be scheduled around crew.

NOTE: The coaches recognize that things happen which are out of an athlete's control (e.g. family emergency, etc.). Please contact Coach Mike ASAP should something unexpected occur.

Late Arrivals: Late arrivals must be kept to a minimum. The coaches need to know if you'll be late. No arrangements will be made to pick you up at the launch ramp if your boat is already on the water when you arrive.

Early Departures: In most cases, early departures cannot be accommodated and are not an option, other than family or other emergencies. Please notify the coach ahead of time to see if it can be accommodated and if you should attend practice that day

Central Crew Club Boat Selection Methods

Rowing is an athletically challenging sport with a long history of competition in races called regattas, some regattas are local or regional and others, like The Head of The Charles, are International. Central Crew Club strives to ensure each rower participates in at least one race at each regatta. However there may be times when this cannot be accomplished (e.g. odd numbers, rowers not ready to row safely, rower/equipment conflicts, etc.). In all cases, the decision of who will be selected for a particular boat remains with the coaching staff.

Being Part of the Team

Attendance is very important for a rowing team. Rowing is mainly practiced in crews of 8, 4, or 2 people. Learning how to row requires mastery of specific skills, practicing them in crews until they are automatic, and performing them effectively as part of the boat line-up. In rowing, the line-up of a boat needs to be thought of as a unit. When one person is missing from the line-up, the boat is not able to practice.

Boat Selection

Line-ups do not stay the same from season to season or even week to week. Boat selection decisions are not made through seniority or popularity, but rather through demonstrated ability to make the boat go faster. Working to earn a seat is how athletes build their skills and improve their performance. Each athlete demonstrates their ability and commitment throughout the season in the following ways:

Central Crew Club boat selection factors:

1. Attendance
2. Ergometer and fitness tests
3. Time trials or head to head racing
4. Coach-ability - Open to constructive criticism, Constant effort to improve
5. Physical Traits - Stamina, physical conditioning, able to row effectively entire race
6. Mental Traits - Discipline, grit, never-quit mindset, focused, good sport, team-oriented
7. Technical Rowing Ability – Good technique & ability to blend with boat crew effectively

Regatta Survival Guide for Rowers and Parents.

Here is a helpful list of things to bring with you to Regattas. Regattas can be all-day events, check the weather and plan accordingly. We can start the day in the 30's and finish in the 50's!

Check List for Rowers

1. Central Crew Uniform
2. Hat
3. Suntan Lotion / Sunglasses
4. Variety of Clothes – For cold & hot weather
5. Rain Gear (Boots / Poncho or Jacket)
Jacket)
6. Change of Shoes -flip flops / crocks / etc.
7. Blanket
8. Personal Entertainment: cards, music, games,
9. Cell Phones & Chargers (Waterproof Sleeve recomm.)
10. Money (some venues sell clothing, keychains, etc.)
clothing, etc.)

Check List for Parents

1. Chairs (Foldup/Lawn Style)
2. Hat / Gloves
3. Suntan Lotion / Sunglasses
4. Variety of Clothes - For cold and hot weather
5. Rain Gear / Umbrella (Boots / Poncho /
Jacket)
6. Comfortable walking shoes
7. Binoculars
8. Personal Entertainment: Books, Mags, Tablet
9. Cell Phones & Chargers
10. Money (Parking, some venues sell
clothing, etc.)

ARRIVING AT REGATTAS:

Plan to arrive early! Parking can be challenging, sometimes it will require walking a fair distance, Coach Mike will give the rowers the times that they have to arrive (Coxswains and Captains arrive earlier then the rest of the team), please plan accordingly.

THE FOOD TENT

The Food Tent is set up at every major Regatta, it supplies Rowers plus parents/guests food for the day, it serves Breakfast and Lunch as well as snacks and drinks throughout the day. This is home base for the day, rowers will come back to the tent to eat and relax and parents usually hang out and socialize here when they are not watching their rower's race.

The Food Tent is Parent / Volunteer run. We ask that all parents volunteer to work the Food Tent at least 1 Regatta, and we like to have about 4 people for the day. We use Sign-Up Genius to coordinate the menu items for the day. Watch your email the Tuesday before the event for the link for the menu and to sign up for food items to bring. The Volunteers must arrive early (time will be on the Sign-Up Genius) to set up the tent, grill, tables and cook and prep food. Also at the end of the day, parents breakdown the Food Tent and pack the trailer – we ask that ALL parents stay for breakdown and packing.

WATCHING THE REGATTA

Fall Season: These are called "Head Races". Races are longer usually 3,000 to 6,000 meters long. Boats are started single file in about 15-30 second intervals. Depending on the course, you may only get to see a small portion of your rower's race. You will not know how they are doing, so be loud and cheer them on! We provide cow bells for cheering!

Spring Season: These are called "Sprints". The course is usually 1,500 to 2,000 meters long. Boats are aligned in lanes and start at the same time. These races are exciting to watch as it is true head to head competition.

For major races, you can follow results on your smart phone at; www.herenow.com

Volunteer Opportunities

The essence of a successful crew team is participation! Club tasks are voluntarily conducted by parents and guardians of the team members, the only exception is salaries paid to coaches. There is a tremendous amount of work that is necessary for the crew club to be successful, having all members and their parents/guardians contribute to the effort helps make the required tasks manageable.

BOARD MEMBERS

We are always looking for new board members to help ensure the success of our club. Currently we have the following positions open:

- Secretary
- Marketing / Communications (Website / Social Media)
- Food Tent Coordinator
- Recruitment Lead
- Members at Large

REGATTA'S

- Food Trailer Towing
- Boat / Shell Trailer Towing
- Boat / Engine Maintenance Support (We use Green's Marine as primary)

PUBLIC RELATIONS

- Photographer
- Sports Writer to submit articles to newspapers and news sites
- PR Assistants to help recruiting efforts at local middle / high schools & events

EVENTS

- Old Home Day / Town Events
- Ergatta Committee (Fundraising indoor rowing event – donation solicitor)

GLOSSARY

General Rowing Terminology

BOW: The forward section of boat. Also refers to the first part of the boat to cross the finish line & the person in the seat closest to the bow, who crosses finish line first. Since seats in boat are numbered bow to stern, this is the 1-Seat

BOW-COXED BOAT: A shell in which the coxswain is near the bow instead of the stern. It's hard to see the coxswain in this type of boat, because only his head shows. Having the coxswain virtually lying down in the bow reduces wind resistance and the weight distribution is better.

COXSWAIN: aka a 'Cox', person who steers the shell & is the on-the-water coach for the boat crew. The only crew member faces forward in direction of movement. Generally small in stature but decisive & strong personality

ERGOMETER: Rowers call it an 'erg'. It's a static rowing machine that closely approximates the actual rowing motion. The rowers' choice is Concept II, which utilizes a flywheel and a digital readout so that the rower can measure his/her stroke-rate, split and the distance covered. Central Crew has (17) Ergs for indoor practice

FISA: Short for Federation Internationale des Societes f'Aviron. The international governing body for the sport of rowing in the world, established in 1892.

LIGHTWEIGHT: Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average. Coaches will weigh rowers to ascertain if they're lightweight or not

PAIR PARTNER: In all boats with more than one rower, the rowers are divided into pairs: bow pair (1 and 2 seats), 3 and 4, 5 and 6, and stern pair (7 and 8 seats).

PORT: Left side of the boat, while facing forward, in the direction of movement.

POWER 10: A call for rowers to do 10 of their best, most powerful strokes. A strategy used to pull ahead of comp

RATE OR STROKE-RATE: The number of strokes per minute a rower is taking.

SCULLING: One of the two disciplines of rowing – sculling is where each rower uses two oars simultaneously

SHELL: Boat

STERN: The rear of the boat, the directions the rowers are facing.

SPLIT: Refers to how long it would take the crew (or on erg) to cover 500m. This is the unit of measurement used to describe the speed of a crew. For example, if a crew finished a 2k race in 8 min., their average split was 2 min.

STARBOARD: Right side of the boat, while facing forward, in the direction of movement.

STROKE OR STROKE SEAT: The rower who sits closest to the stern. The 'stroke' sets the rhythm for the boat; others behind s/he must follow her/his cadence. Also called the eight-seat.

SWEEP: One of the two disciplines of rowing - the one where rowers use only one oar. Pairs, Fours and Eights are sweep boats. Pairs and Fours may/may not have a coxswain but eights always have a cox to help steer/call

Boat Types and Abbreviations

- A sculling boat is denoted by 'x'
- A coxed boat is denoted by '+'
- A straight/coxless boat by '-'

- **Single (1x):** A boat with single/one rower
- **Double (2x):** A boat with two rowers
- **Pair (2-):** A sweep boat with two rowers
- **Quad (4x):** A sculling boat with four rowers
- **Coxed-Quad (4x+):** A sculling boat with four rowers and a coxswain
- **Four (4+):** A sweep boat with four rowers with a coxswain
- **Four (4-):** A sweep boat with four rowers without a coxswain
- **Eight (8+):** A sweep boat with eight rowers and a coxswain.