



## 2011 Learn-To-Row

### Session 1

August 8 to August 12  
8:00 AM - 2:00 PM

### Session 2

August 15 to August 19  
8:00 AM - 2:00 PM

Cost per session \$250.00

Checks made payable to  
St. Anthony's Crew Team

Fee includes a water bottle and an official St.  
Anthony's Crew Camp T-Shirt.

Limited Space is Available.

Registration is on a first come basis.

St. Anthony's LTR program is only offered to incoming St.  
Anthony's High School Students & existing St. Anthony's  
HS students

### How to Register:

1. Registration Instructions may be found on our website:  
[www.stanthonycrew.org](http://www.stanthonycrew.org)
2. Bring forms below on first day.
  - Learn-to-Row Waiver
  - Signed Medical Clearance
  - Swim Waiver

# St. Anthony's Crew 2011-2012

## Learn-to-Row Questions & Answers

### Q. What if I have no experience?

A. Almost every freshman that joins Crew has never heard of rowing before. This sport is for boys and girls and our Novice coaches will teach you all you need to know. However, you must be able to pass a swim test to join.



### Q. Are there Try-outs for Crew?

A. We generally accept everyone who wants to join but due to equipment and space limitations, there

**C**rew is the sport of rowing. Athletes compete in boats called "shells". Generally these boats hold 1, 2, 4, or 8 rowers. An eight-man shell is about 62 feet long and 2 feet wide. The oars used in these boats are 12 to 13 feet long. Most boats also have a coxswain who steers and gives commands to the rowers.

Rowing is a year-round, full body conditioning activity. Attributes of a seasoned rower are the leg power of a speed skater, back strength of a weight lifter, endurance of a marathon runner, reflexes of a sprinter and the balance of a skateboarder. Rowing is also the ultimate team sport. Rowers have to work together in total unison as a team, to achieve victory. Crew teaches the importance of teamwork - an invaluable lesson for life.



may be try-outs. You should come to a Learn-To-Row session to see if this sport is for you.

**Q. How big is the team?**

**A.** The team ranges between 70 and 90 rowers varying each year. Crew is one of the larger sport clubs at St. Anthony's.

**Q. What kind of athletes are we looking for?**

**A.** Usually the fastest crews are made up of tall, lean and strong athletes but there are age, sex and weight categories that allow everyone to compete. Even the smallest girls and boys have a chance to be part of the team as coxswains.

**Q. What are the Crew seasons?**

**A.** Crew has two distinct rowing seasons consisting of the fall and spring. In the fall there are "Head Races", these are long timed races. In the spring the races are shorter; these are "Sprint Races". In addition we encourage all our athletes to participate during "winter training" if they are not involved in another sport.

**Q. Do I have to participate in all three seasons?**

**A.** You are not required to participate year-round. If you eventually feel that crew is the sport for you, year-round participation is the only way to meet your full potential.



**Q. Where and when do we practice?**

**A.** In the fall and spring we row from Dowling College in Oakdale on the Connetquot River. Practice is usually from 3:30 to 6:00p.m. In the winter we practice from 3:00 to 5:00p.m. indoors at St. Anthony's High School.

**Q. Where and whom do we compete against?**

**A.** We race locally and in such cities as Philadelphia, Boston, Camden and Saratoga. We compete against crews from the East Coast, Midwest and even Canada. Locally we compete against Chaminade, Manhasset, Huntington HS, Bay Shore, Cold Spring Harbor, Friends Academy, and Our Lady of Mercy.

**Q. How do I join the team?**

**A.** You can sign-up in June or September. However, the best thing to do is to make a preliminary application in June and attend one of our "Learn-To-Row" sessions in August. You can also obtain more information or sign-up by visiting our web site: [www.stanthonycrew.org](http://www.stanthonycrew.org) or by contacting us via email at [stanthonycrew@gmail.com](mailto:stanthonycrew@gmail.com). At school you can obtain an application from Sister Elizabeth, in the Attendance Office.

**Q. How much does Crew cost?**

**A.** Crew is a school, Varsity sport, but it also is a club sport. This means that it is supported financially by crew members through dues. A parents' committee determines annual dues. We also do fundraising during the year to help keep the dues affordable for everyone.

**Q. What is the "Learn-To-Row" Program?**

**A.** "Learn-To-Row" is designed to give St. Anthony's students an opportunity to actually try out rowing. There is no obligation and no pressure. If you like the sport, you can try-out in the fall. (All rowers try-out each year). Learn-to Row will be held at Dowling College in Oakdale on the Connetquot River. We offer two sessions in the month of August. Each five-day session will be limited to 24 students. If you are not able to attend the camp, you can still join the club in September if positions are available.

## Learn-to-Row Session Information

### What to Bring

Protection from the sun (hat & sunscreen), towel, water, bag lunch, sneakers, t-shirt & shorts (water and snacks provided).

### Daily Schedule

On the first day of camp, students should be dropped off and picked up at St. Anthony's High School. The first day will be spent in the new student center on the indoor rowing machines (ergometers) learning technique and safety rules.

The next four days will be spent at Dowling College learning basic skills about the sport. Students should be dropped off and picked up at Dowling College (unless otherwise posted on the St. Anthony Crew website due to bad weather). In that case, the learn-to-row session will be held at St. Anthony's High School. If inclement weather develops during the day, we may have to return to the school early. Please be aware we will not allow students to stay behind at Dowling waiting for rides.

**If you would like to be contacted to learn more about our program, please send an e-mail to [stanthonycrew@gmail.com](mailto:stanthonycrew@gmail.com).**

**We look forward to seeing you at the Learn-to-Row Program!**