



**Saint Anthony's Crew Team
General Regulations
2010**

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INTRODUCTION

Welcome to the wonderful world of rowing with the St. Anthony's Crew Team! As a crew parent, you will be expected to absorb mysteriously meaning of a whole new language. (What's so bad about crabs? Why does "weigh enough" have nothing to do with dieting? Is first seat in the front or back? Which is the front or the back?) You will be asked to drive great distances and spend major amounts of time in unpredictable weather to observe perhaps one minute of a race--and that minute is neither the start nor the finish! You will be asked to provide some modest financial support, some elbow grease and lots of emotional support for a sport that mistakenly does not appear to be particularly difficult or demanding, or even that rewarding for the participants. Some rowers find pleasure in the coordinated and smooth movement of the boat through the water. Others find that competition is necessary, during which all must row as one, with individual rowers transcending their own limitations in order to support the crew. For many, the feeling of comradeship that develops on a team that has strained so hard in practices together is a major selling point. For nearly all rowers, however, the mystical feeling of "swing" seems to be the major reward of crew. Whether winning or losing a race or even just in a practice session, when everyone is rowing together in perfectly synchronized timing, and the boat is balanced properly and just gliding through the water, individual rowers can lose themselves in the perfection of the moment. These few moments are enough to justify the hours of practice, the physical exhaustion, and the personal relationship building that were needed to create them. In the end, you'll probably end up with a son or daughter who is physically fit and self-disciplined. They will probably have higher grades than if they did not participate in a sport. They will certainly have an unusual and attractive activity to list on their resumes. And they will be associating with a very fine peer group that will teach them an enormous amount about teamwork and their capacity to strive and achieve excellence.

HISTORY

St. Anthony's Crew can trace its roots back to 1992 when a handful of students took up rowing as a "Club" sport with the Sagamore Rowing Association. At that time there were no individual high school programs and the junior program run by Sagamore Rowing involved students from many different high schools.

This lasted until 1994 when there were enough rowers from St. Anthony's to fill a boat. It wasn't long after that St. Anthony's formed its own team. The club's birth takes place in 1995 when an official non-profit club was formed and the first Board of Director's met.

Sister Elizabeth became our club moderator in 1995. She became involved when she decided to try working out on the rowing machines one afternoon. Donald Buckley, St Anthony's Athletic Director, spied Sister Elizabeth working out and asked if she would become the club's moderator. She said yes and hasn't looked back. Sister Elizabeth has been a tremendous support to the club and you can expect to see her at almost every race

no matter how far away. She is without question our biggest fan and strongest team supporter.

During the 2009 school year, Mr. Christopher Farrell, a former rower and SAHS graduate, served as Moderator with Sister Elizabeth supporting the team as Moderator Emeritus.

St. Anthony's competes against crews from the East Coast, Midwest and Canada. Locally, we compete against Bay Shore, Cold Spring Harbor, Chaminade, Friends Academy, Half Hollow Hills, Huntington H.S., Our Lady of Mercy and St. John the Baptist. We race both locally and in cities including Philadelphia, Boston, Camden and Saratoga.

We have grown from a handful of rowers to a team of approximately 80 rowers, four Coaches, a fleet of ten boats and a large amount of support equipment. We have succeeded in winning the point's trophy at the Long Island Scholastic Championships for Ten years in a row and we are almost certain to win it this year. Since 1999, the team has won 19 - 1st place, 15 - 2nd place and 5 - 3rd place medals in the New York States. At the SRAA Nationals winning 2 2nd places, 1 3rd place medals, and twice winning HS Championship at the Head of the Charles in Boston.

TEAM OUTLINE

- St. Anthony's Crew (SAC) is a club sport sustained by the support of rower parents. The sport is open to all SAHS students in good standing (by definition of the school).
- Academics and safety stand paramount to the mission of St. Anthony's Crew.
- The crew team competes in both the Fall and the Spring seasons, with regular practice and regattas both on Long Island and on the eastern coast. The team also trains on land throughout the winter.
- A "novice" is a first-year rower, regardless of age or grade. Rowers with more than one year of experience row at the Varsity level. Rowers on each level must attend all tryouts, each year.
- Visit our website, www.stanthonycrew.org, to stay up-to date, contact the Board, get the latest information, dates, directions and requests.

Section I- Student-Rower Responsibilities

1. All rowers/coxswains have the right to use club equipment. The boats are very expensive pieces of equipment which should be treated with the utmost respect. Immediately notify coaches of any damage to the equipment.
2. All student-rowers are required to follow the Student Code of Conduct found in the St. Anthony's High School Friar Handbook as well as the rules outlined by the Athletic Department in the Interscholastic Athletics Handbook for Parents and Students. The Head Coach in cooperation with the Athletic Director, reserve the right to suspend and/or dismiss a student-rower for disciplinary violations.

3. All rowers will register in early September at www.regattacentral.com. See website for information.
4. All rowers must hand in the required "Blue Card" to the Health Office and a "Yellow Card" to their respective Coach at the start of each season. Rowers are required to hand in all forms, waivers and payments on time. Rowers with outstanding waivers will not be permitted to practice or compete.
5. Any student member who misses a regatta, in which he/she has been entered, without good reason, may be suspended from participating in the next regatta.
6. Novice rowers must pass a swim test in the first two weeks of the season. The test consists of 8 consecutive laps and the ability to tread water for ten minutes.
7. All rowers are required to attend the Strong Island Sprints hosted at SAHS in February and other activities/events required by the Coaches and/or Board of Directors.
8. Respect for other teammates, coaches, competitors, chaperones, parents and property is always a requirement
9. Your best behavior, exemplifying the character of St. Anthony's High School as its representatives, is always required; especially while traveling, at hotels and at regattas.
10. Crew Uniform: At cost, all rowers are required to have a team unisuit, team T-shirt, team shorts, team waterproof jacket, team travel polo shirt and Khaki pants outlined by the Coaching Staff.

Section II- Coaches Responsibilities

1. It is the responsibility of the Head Coach in cooperation with the Coaches to outline to the rowers the expectations and requirements for the athletes in order to participate.
2. It is the responsibility and discretion of the Head Coach in cooperation with the Coaches to make line-up decisions, equipment and boat assignments, rowing time and regatta participation for rowers and coxswains though extensive, evaluative and fair criteria, including but not limited to teamwork, behavior, attitude, technique, attendance, erg scores and seamanship.
3. It is sole responsibility and discretion of the Coaches to select the team captains, the team MVPs, the Dan Petillo Award Winner and the Maggie Fischer Award Winner.
4. Regatta policies, attendance, participation and discipline are determined by the Coaches.
5. The Coaches make all decisions regarding tryouts and/or cuts. The Board and/or Moderator have no influence in this regard. All cuts are final
6. Ensure that all boats and equipment meet all safety regulations.
7. Consult appropriate authority if there are any safety concerns to be addressed.
8. Stand down in fog, lightning, or during small craft warnings.
9. Enforce all United States Rowing Association rules and regulations.

Section III- Coaching Staff

- The Head Coach: The Head Coach, or in his/her absence a Coach, shall attend all regular Board and General Meetings and shall have the right to vote on measures taken up by the Board.
- Coaches
- Administrative Coach

Section IV- Practice/Attendance

1. All practices are mandatory. Missing practices is a *serious* problem and one absence will affect the entire boat and it is very likely that the boat will not go out on the water. Coaches are responsible for monitoring attendance and lateness. Excessive absences can result in suspension/termination. Notice of absences should respectfully be made in person and/or e-mail requesting permission for the absence.
2. If water conditions do not allow for safe rowing, practice still is held on land.
3. Easter Recess: The team practices through Easter Recess and all practices are mandatory.
4. If you are absent from school or have an early dismissal from school due to illness, you are **NOT** permitted to attend practice in accordance with St. Anthony's High School policy.
5. Athletes will always be excused for religious reasons, "extra help" sessions and doctor's notes. However, advanced notice of missing any practice is required. Be sure to have the Coaches' telephone number and email for emergencies.
6. Unexcused absences: It is the rowers' responsibility to communicate well in advance of any anticipated absence from practices or regattas. It is however the Coaches' discretion to excuse the rower from practice and/or regattas without penalty or consequence.
7. No baggy shorts, "good" T-shirts, jewelry should be worn to practice. Any Ipods or valuables brought to any practice/event/Regatta shall be at your own risk. Running sneakers are required everyday at practice and at all regattas. Flip-flops are optional for going into the boats only.
8. Arrive on time for practice, be organized, help out, and listen to coaches and captains. No one is done until everyone is done at the end of practice. Coaches are in total charge from the moment a rower arrives at practice until dismissed by the Coaches.

Section V- Regattas

1. Rowers should obey all instructions given by Coaches (See S.III) and chaperones with regard to transportation to and from regattas (including rest-stops), presence at the regatta site, the trailer, rigging, boat and equipment loading, cheering on other crews, assisting other crews and unloading the trailer upon return to the boathouse at any hour. Exemption from any aspect of the regatta is at the discretion of the Coaches.
2. Appropriate behavior at Regattas is under the discretion of the Coaches in accordance with St. Anthony's High School policies.

3. A special note: Drugs, alcohol and/or tobacco are **not** tolerated. A student-rower will be immediately expelled from the team, the parent will be notified and required to pick up the student from the regatta and the school informed with the potential for further disciplinary action.
4. Be fully prepared with proper attire, extra money for food, extra clothing- especially for warmth and large plastic bags to keep clothing dry and store wet clothing. Listen to all instructions given before the regatta from the Coaches regarding time-lines, curfews and requirements.
5. All rowers **MUST** stay with the team in the designated hotels, in rooms assigned by the Coaches at regattas. Absolutely **NEVER** any girls in boys' rooms or boys in girls' room.
6. Remember, you are mature, young men and women representing St. Anthony's H.S.. Your excellent behavior is expected at all times when at regattas.
7. No Parents or team member are ever to approach Regatta Officials at any time for any reason.
8. For safety purposes, parents are not allowed at the trailer, child's hotel room, or bus site during the regatta or during team meetings
9. Membership in St. Anthony's Crew does not guarantee participation in regattas. Rowing in a regatta is a privilege that must be earned by each rower.

Section VI - Parent Responsibilities

1. Parents are "members" of the club but do not have the right to use club equipment.
2. Communication with Coaching Staff should be done via email through the posted email address on the Crew website. No parent should ever directly contact or confront any Coach regarding their son/daughter.
3. Parents should be on time to pick-up your child from practice. From time to time practice may run late. Parents should not expect their son/ daughter to leave before all boats are stored. Parents are to stay at the Dowling College Performing Arts parking lot. **This is strictly enforced by Dowling College and can be reason for Saint Anthony's Crew to permanently lose access to these facilities.** NO parent is permitted anywhere else on Dowling College campus.
4. Parents are expected to attend the general meeting(s). (September, March, May)
5. Parent chaperones are needed for regattas for hotel monitoring, room checks, curfew checks, etc.. Chaperones work in direct contact with the Coaches. In the absence of the Coach or when the Coach(es) are unreachable, they have ultimate authority for the safety of the student-athletes. Chaperones are entitled to free bus transportation and 50% payment of hotel rate, including taxes.
6. Parental involvement is **ALWAYS** needed. Volunteering for committees and attending regattas is **NECESSARY**. The team can always be found under the yellow St. Anthony's tent! You are asked to chaperone regattas; buy, transport and cook food; set-up and clean-up regattas; assist in coordination and implementation of events at the request of the Coaches and/or Board of Directors.
7. It is the family member's responsibility to arrange and manage transportation for all rowers when transportation is not provided by the team. Students are not

- permitted to drive themselves to away regattas. Notice should be given to the coaches one week in advance if transportation cannot be arranged. The Coach shall attempt to obtain alternate means; however, if transportation cannot be arranged, the coaching staff will replace the student member on the Regatta roster.
8. When transportation is provided, all rowers **MUST** travel with the team to and from Regattas and in travel uniform attire. See the "Transportation Waiver" regarding driving to practice.

Section VII - Financial Commitment

1. Dues are paid in advance, on time at the beginning of each season. Families have the option to pay in full in the fall or pay in two installments (September and March). Rowers with outstanding crew dues and fees and/or outstanding school tuition are not permitted to practice or compete.
*Novice Rowers pay novice dues for the months of September to November at the September General Meeting. A second installment if the novice continues with the sport will be collected at the March General Meeting.
2. Rowers are eligible for pro rata refund in the case of medical circumstances or being cut from the team after the tryouts. Rowers are not eligible as a pro rata result of voluntary withdrawal from the team OR the result of disciplinary removal.
3. Uniforms are a fee in addition to the club dues and regatta fees.
4. For regattas: Regatta Fees (entrances fees, bus transportation, overnight hotel stays) are separate costs from the dues and are paid prior to regattas. All Rowers pay equally. Extra money should be brought for food.
5. In unusual circumstances, the Board may determine that an assessment or a special fee is required for the Club to meet its financial obligations. In the event that such special fees are required, the assessment/special fee amount and due date shall be determined by the Board upon approval of at least two-thirds (2/3) of the Board. All current full year members shall be obligated to pay such special assessments.
6. If any assessment fee is overdue for a period in excess of fifteen days, the delinquent member shall be summarily suspended from the Club until payment occurs.
7. A late payment penalty fee, the amount to be determined by the Board, may be assessed for each payment due but not received on schedule. (Including but not limited to regatta fees, dues, assessments, uniforms fees, etc.)
8. The team recommends the use of the "Credit Card Authorization" Form.
9. If payment of fees, etc. presents a financial hardship please contact the SAC Treasurer

Section VIII – Concerns

1. Students should be proactive and address concerns with their Coaches and/or Captains. After that if concerns are not resolved, concerns should be directed to the Board.

2. If a student rower has a concern regarding his/her position on the team, they should first seek the advice of their team captains. The captains can support the rower when discussing issues with the Coaches.
3. If the problem is not resolved, parents are advised to speak to a member of the Board of Directors.
4. The Board of Directors/Head Coach, working in conjunction with the Athletic Director, will arrive at a resolution if all else fails.
5. Parents should never directly address the Coaches and/or Administrators of St. Anthony's High School. Rather, they should use the means outlined above.
6. If an election or ratification is to be conducted, ballots will be sent out via mail to the club membership along with the return deadline. An announcement of the time and location of the tally shall be included, giving the membership the right to observe both the opening and tally and the right to examine the ballots.

Section IX - Board of Directors

1. The Board shall consist of up to fifteen Directors of which five shall serve as Executive Board members
2. Election: If there are more than fifteen nominees for the Board, an election will be held at the May General Membership meeting, with the newly elected members assuming office immediately. The newly elected members will meet immediately after the general meeting to elect the Executive Board.
3. Parents are asked to nominate themselves prior to the May Membership meeting to serve in the following leadership roles.

| Executive Board: | Board Members: |
|-------------------------|--|
| President | Moderator Liaison |
| First Vice-President | Logistics/Chaperone Liaison |
| Second Vice-President | Membership Coordinator |
| Treasurer | Food and Chuck Wagon Coordinator |
| Secretary | Website Coordinator |
| | Learn-to-Row Coordinator and Strong Island Sprints Coordinator |
| | Novice Liaison |
| | Budget Committee |
| | By-Laws Committee |

4. The following is a basic outline of the above stated positions:
 - President- Oversees the day-to-day participation of the parents in support of the Head Coach and Coaches. The President coordinates all meetings and serves as a point person for the Moderator. The President has the right to authorize expenditures of \$1,000.
 - Co-Vice Presidents- Both directly support the President and fulfill necessary duties asked for by the President. In cooperation with the Head Coach, the Vice Presidents oversee Club Registration.

- Treasurer- The treasurer is directly responsible for the monetary matters of the club including the maintenance of accounting records and the development of the budget. The treasurer oversees the collection of the yearly dues.
 - Secretary- The Secretary maintains up-to-date roster and rower information; records and files meeting minutes; maintains a club e-mail and is responsible for all club correspondence.
 - Moderator- Liaison between Saint Anthony's High School and the Club.
 - Logistics/Chaperone Liaison- In coordination with the Head Coach arranges hotels, transportation and chaperoning for regattas.
 - Learn-to-Row Coordinator- Supports the Head Coach in coordinating the annual summer camp for incoming freshman of St. Anthony's High School interested in the crew team.
 - Strong Island Sprints Coordinator- Supports the Head Coach in coordinating the annual indoor rowing competition in February.
 - Membership Coordinator- Supports the Head Coach in the yearly membership registration; works with the Secretary to maintain up-to-date rosters, etc.
 - Food and Chuck Wagon Coordinator- Coordinates the weekly purchase and transport of food and trailer to the regatta site during regatta season.
 - Website Coordinator- Maintains the St. Anthony's Crew Website with up-to-date information at the request of the President, Moderator and Head Coach
 - Novice Liaison- This Varsity Parent serves as a seasoned member of the team to answer the questions and concerns novice parents may have during the first year. Disseminates important information to the novice families.
 - Budget Committee – This Committee will provide tracking, reporting and manage the Club's finances under the guidelines and approval of the Saint Anthony's Crew Board.
 - By-Laws Committee – Reviews and maintains the Club's rules of governance under the approval of the Board of Directors or Membership, which ever applies.
5. Terms for each position last one year. A director may continue in office until his or her term expires, unless the Family Member's child is terminated from the Club.
 6. The Board meets once every month to discuss and maintain the continuity of the program. The Board may convene upon special request of the President to resolve exigent circumstances. Meeting times and locations will be given in advance.
 7. Board Member vacancies will be filled immediately by the Board. Executive Board Member vacancies will be voted on by the Board. Non-Executive Board Member vacancies will be designated by the Board. The number of Board of Directors shall be set to the number of seats elected or appointed by default for the following season after May General Meeting election.

8. All measures must pass by a vote of two-thirds of the Board. When appropriate, voting may be conducted by telephone or e-mail.

Section X- Board Responsibilities

1. The Board is called upon to execute their duties in good faith and with prudence and responsibility
2. If a conflict of interest arises with a Board Member, it is their responsibility to announce such interest and abstain from voting thereupon.
3. Removal: A Board member can be removed upon petition of two-thirds (2/3) of the full membership or upon the vote of two-thirds (2/3) of the Board of Directors.

Section XI- Moderators

1. Moderator: The Moderator is an ex officio member of the Board of Directors. This person is a faculty member of St. Anthony's High School, appointed by the Athletic Director, acting as a liaison between the team and the school administration. The Moderator will attend all Board and General Membership meetings, but shall not have the right to vote on measures taken up by the Board.
2. Moderator Emeritus: The Moderator Emeritus is an ex officio member of the Board of Directors. The Moderator Emeritus is encouraged to attend all Board and General Membership meetings, but shall not have the right to vote on measures taken up by the Board.

Section XII- Safety

1. Safety stands paramount to the mission of St. Anthony's Crew Team.
2. The necessary precautions are always taken to ensure the safety of each of the rowers on the team, including fully stocked first aid-kits, launches and skiffs with life jackets and warmth blankets, trained CPR and First-Aid Coaches, safety lights, flares, etc..
3. The trained Coaches instruct all rowers on safety procedures.
4. The Executive Board and the Moderator are designated as Safety Officers of the team. They have the right to suspend all practices and/or crew activities if the conditions risk the safety of the student-athletes.
5. If the concern regards a safety issue, alert a team authority immediately and an appropriate Club officer shall take such immediate action as the circumstances dictate.

Section XIV- Common Crew Terminology/Etiquette

Air Horns - Do not use air horns to cheer on your team, these are used strictly by the judges to start and stop races

Blade - The wide part of the oar that is used to move the boat through the water. "The blade is painted with the school's colors to distinguish among boats at a distance.

Bow/Stem - The front of the boat is the back of the boat.

Button - A wide collar on the oar that keeps it from slipping through the oar locks

Catch - The "catch" is the point in the stroke where the oar blade enters the water. The catch is supposed to happen at the very end of the recovery, when the hands are as far ahead of the rower as possible. Rowers who begin to uncoil before they drop the oar blades are sacrificing speed by not getting a complete drive. "Lunging at the catch" means the motion is not smooth. If you see a lot of splash at the catch, assuming the water is relatively smooth (or "flat"), the oar blades are not entering the water properly.

Crabs - When an oar blade enters the water at an angle, instead of perpendicularly, it can get caught under the surface. The oar handle drives into the stomach and has the potential to throw a rower out of the boat entirely! Even if not that disastrous, "catching a crab" will certainly drastically interrupt the flow of the boat through the water

Cox-box - An electronic amplifier for the coxswain's voice that plugs into a speaker system built into the boat, so that each rower can hear his or her instructions. It also contains a stroke meter that works from the magnet under the stroke's seat and measures the cadence or strokes rowed per minute.

Deck - That portion of the bow and stem that are covered with fiberglass cloth or thin plastic.

Drive - Just after the catch, the rower begins pulling back on the oar. Initially, the body position should not change the legs are doing all the work, then the upper body begins to uncoil, and the arms start their work of pulling the oar through the water. Finally, the rower pulls his or her hands quickly to the body, finishing in a "layback" position.

Ergometer - Also called an "erg," it's a rowing machine that closely approximates the actual rowing motion. The verb "to erg" means to work out on an ergometer. An "erg piece" is a particular set of work on the ergometer, such as rowing 2000 meters. Erg tests are used by coaches to ascertain an athlete's aerobic and endurance capabilities. There is even a World Indoor Rowing Championship event, held annually during February in Boston.

Feathering - When the blades are brought out of the water, they should all move horizontally at the same height, just above the water. The rower is "skying" if the hands are dropped too low before the catch causing the oar blade to rise before it drops into the water. Perfect feathering is always difficult, but becomes extremely challenging in choppy water.

Finish - After the drive, the oar handle is moved down, drawing the oar blade from the water. At the same time, it is turned horizontal to the surface ("feathered").

Gate - The bar across the oarlock that keeps the oar in place.

Oars - Oars propel the boat through the water. Sweep oars are about 12-13 feet long and made of wood (sturdy) or graphite (lighter). They cost about \$250 each.

Pressure - The amount of effort a rower puts into the stroke. Races, of course, are conducted at full pressure, but practices and warm-ups may entail a series of strokes at half or three-quarter pressure.

Races - There are two types of races: Head races, and sprints. Head races are usually held in the Fall and sprints in the Spring. Sprints are 1500 meters for high school and 2000 meters for college.

Recovery - The oar remains out of the water as the rower first pushes his or her hands away from the body and past the knees. Then the body follows the hands and the sliding seat moves forward until, knees bent the rower is ready for the next catch.

Rigger - The triangular-shaped metal device that is bolted onto the side of the boat and holds the oars.

Run - Is what all crew coaches look to achieve in a crew. Run is the distance the boat travels after one stroke. The crew that looks like it is working the easiest, is the one that is most likely getting the most run.

Set - The balance and feel of the boat. The most efficient boats are balanced evenly over the center line and remain so throughout the strokes. If rowers are not aligned properly, or a rower swings off center as part of his or her motion during a stroke, or if rowers on one side of the boat are pulling with more or less force than the other side, the set of the boat can be altered, introducing drag.

Slide - The little tracks in which the seats are set to allow the seats to move back and forth as the rower complete his or her movement.

Stretcher - Where the rower's feet go. The stretcher consists of two inclined footrests which hold the rower's shoes. The shoes are bolted into the footrests.

Stroke Rate - The number of strokes per minute at which the team is rowing. At the start of the race, the rate is high perhaps 40 for an eight boat ,then settles to the low 30's for the body of the race, then may move back to the low 40's for a finishing sprint.

Swing - The inexpressible "feel" of a boat that is moving together as a single unit
"Heads Up!"- An eight boat is 58 feet long, so it takes a lot of room to maneuver it. If you hear "Heads Up," someone is trying to move a boat in your vicinity, and you are expected to make way.

Records - Do not ask about record times since they so influenced by weather conditions as to be virtually meaningless.

Regatta - Any rowing event involving competition. Any race is a regatta, however, large or small. Races are never called "meets" or "games" and rowers do not "play crew" A popular crew slogan is "Athletes row. Others play games."

Statement of Reading:

I/We hereby declare that we have read through the "Crew Regulations" and fully understand the policies hereinabove stated.

Signature: _____ Date: _____

Printed Name: _____

Rower Name: _____