



Parent Meeting and Team Information

Introduction: Coaches

Tyler Page: Head Coach and Varsity Boys Coach

Maria Brown: Varsity Girls Coach

Bruce Yarnall: Novice Girls Coach

Kate Ainsworth: Novice Boys Coach

Ed Bockowski: Assistant Coach

Sally Machin: Assistant Coach

John Thornell: Assistant to the Head Coach



Introduction: Friends of Stonington Crew (FOSC)

President, John Flaherty

Vice President, Jeff Anderson

Treasurer, Sharon Drago

Secretary, Rich Stern

Director of Rowing, Mike O'Neill

Apparel, Wendy Rhode

Equipment Manager, Rob Bunger

Chuck Wagon, Sue Bibeau

Parent Liaison, Christine Andrews

Development, Rick Larkin

Photography, C.S. Spencer

Communications, Christine Andrews/John

Thornell

Web Site, John Thornell

Friends of Stonington Crew (FOSC), a registered 501(c)(3), is a self funded non-profit organization

Join Us!

FOSC has board meetings the first Tuesday of each month at the Stonington High School library at 7:00pm.

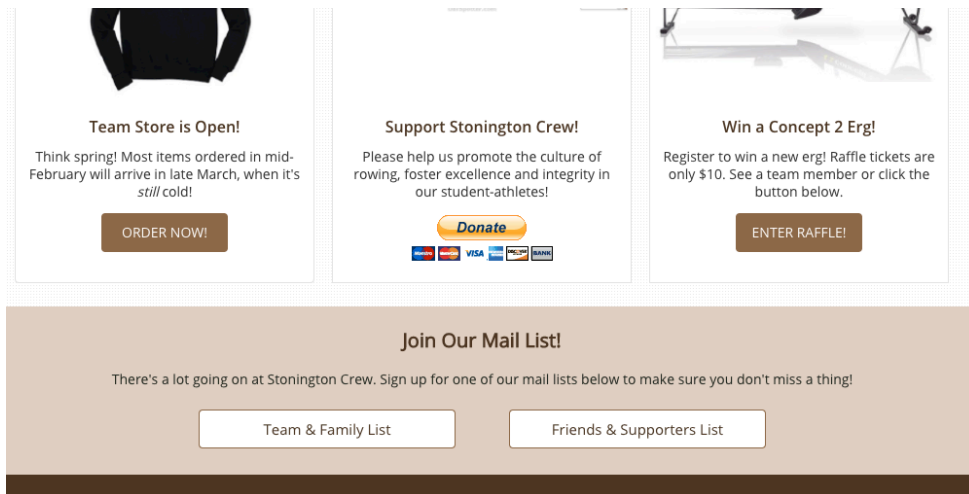
Please join our group and help us make a great experience for all of the members of the team.

Communication and Information: Website and Email

We try and cover all aspects of communication to make sure families and rowers have all the information.

Website: www.stoningtoncrew.org

Email: If you haven't done already please sign up for the emails.



The screenshot shows a website footer with three promotional cards and a mail list sign-up section. The cards are:

- Team Store is Open!**: A black silhouette of a rowing jacket. Text: "Think spring! Most items ordered in mid-February will arrive in late March, when it's *still* cold!". Button: "ORDER NOW!".
- Support Stonington Crew!**: Text: "Please help us promote the culture of rowing, foster excellence and integrity in our student-athletes!". Button: "Donate". Payment icons: Mastercard, Visa, American Express, Discover, PayPal.
- Win a Concept 2 Erg!**: Image of a Concept 2 rowing ergometer. Text: "Register to win a new erg! Raffle tickets are only \$10. See a team member or click the button below.". Button: "ENTER RAFFLE!".

Below the cards is a "Join Our Mail List!" section with the text: "There's a lot going on at Stonington Crew. Sign up for one of our mail lists below to make sure you don't miss a thing!". Two buttons are provided: "Team & Family List" and "Friends & Supporters List".

Communication and Information: Facebook and Blog

We do post pictures and information on our facebook page “Stonington Crew”

We have a blog that is updated constantly with both information but also more information about different parts of the team. It is found on our website www.stoningtoncrew.org



Communications and Information: Contact Info

If you have a specific questions to ask a member of our coaching staff or a member of a FOSC all our emails are listed on the website.

This entire presentation will be posted on the website if you miss anything

John Flaherty, FOSC President on president@stoningtoncrew.org or (860) 514-5148.

Board Members

Director of Rowing, Mike O'Neill
director@stoningtoncrew.org

President, John Flaherty
president@stoningtoncrew.org

Vice President, Jeff Anderson
vp@stoningtoncrew.org

Treasurer, Sharon Drago
treasurer@stoningtoncrew.org

Secretary, Rich Stern
secretary@stoningtoncrew.org

Alumni Relations, Constantine Macris
alumni@stoningtoncrew.org

Apparel, Wendy Rhode
apparel@stoningtoncrew.org

Equipment Manager, Rob Bunger
equipment@stoningtoncrew.org

Chuck Wagon, (Open)
chuckwagon@stoningtoncrew.org

Parent Liason, Alicia Luther

Development, Rick Larkin

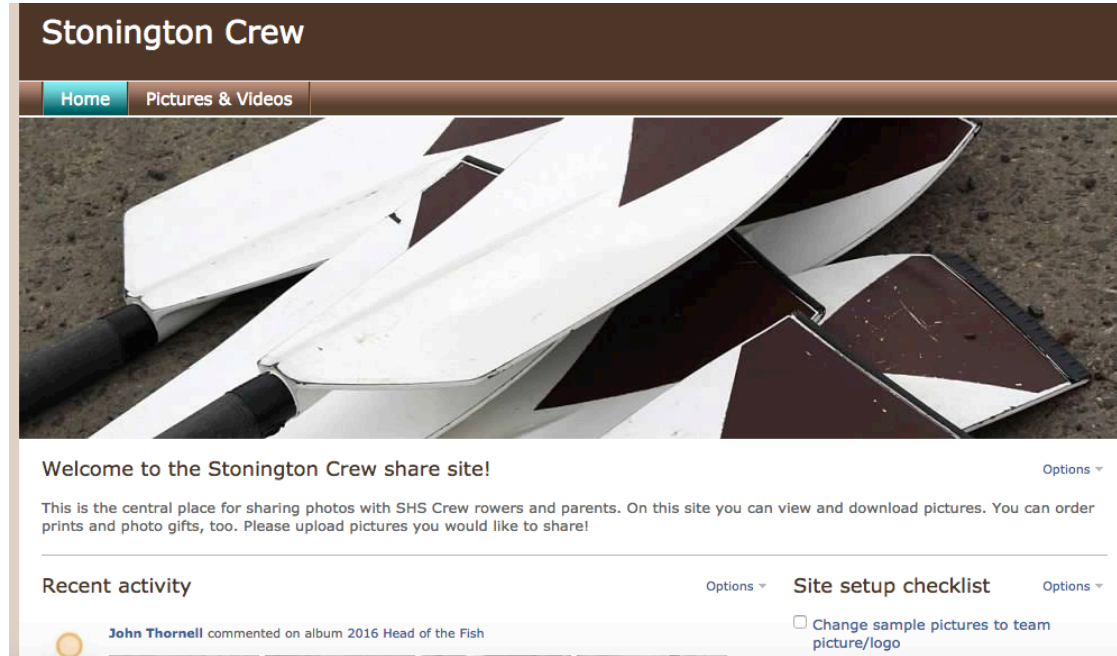
Photography, C.S. Spencer

Communications, Jennifer McCann
admin@stoningtoncrew.org

Web Site, John Thornell
webmaster@stoningtoncrew.org

Communication and Information: Shutterfly

We have a Shutterfly account for pictures of the kids that are rowing and racing can be posted. If you like to take photos at the race please feel free to upload them to the site and share with everyone



The screenshot shows the Shutterfly website interface for the Stonington Crew. At the top, there is a dark brown header with the text "Stonington Crew" in white. Below the header is a navigation bar with two tabs: "Home" (highlighted in teal) and "Pictures & Videos". The main content area features a large photograph of several white rowing oars with dark brown blades lying on a sandy surface. Below the photo, there is a welcome message: "Welcome to the Stonington Crew share site!" followed by a paragraph: "This is the central place for sharing photos with SHS Crew rowers and parents. On this site you can view and download pictures. You can order prints and photo gifts, too. Please upload pictures you would like to share!". To the right of the welcome message is an "Options" dropdown arrow. Below the welcome message is a "Recent activity" section with a dropdown arrow, showing a comment from "John Thornell" on an album titled "2016 Head of the Fish". To the right of the "Recent activity" section is a "Site setup checklist" section with a dropdown arrow, containing a checkbox for "Change sample pictures to team picture/logo".

Communication: Coaches to Athletes

The coaches need to communicate directly to the rowers on a regular, and sometimes time-sensitive basis. This communication is down between the coach and the captain. The captains will then relay the message through the Group Chat. . If an athlete will be late for or needs to miss a practice, he or she should notify the coach directly and in a timely manner.



SHS Crew Policies and Expectation

1. I will maintain a 2.0 GPA average at Stonington High for continued eligibility.
2. I will arrive on time for practice each day and be ready to row once arrived at the Seaport.
3. I will not allow participation in other extracurricular activities or employment to interfere with crew practice or participation in races.
4. During spring break, I will remain in the Stonington area and participate in all scheduled practices and races.
5. I will show proper respect for coaches, teammates and opponents at all times. I understand that any form of bullying or negative comments directed towards another teammate or competitor will be addressed with a zero tolerance policy with regards to discipline.
6. I will arrive at practice and races with proper clothing appropriate to the full range of potential weather conditions.
7. I will complete all waiver forms and other required forms and submit them prior to practicing on water
8. I will participate in all scheduled fundraising events.
9. I will contribute to the care and maintenance of the shells, oars and other equipment
10. As a member of the SHS Crew Team, I will always behave in an exemplary manner recognizing that I am a representative of the Town of Stonington, Stonington High School and SHS Crew.

Schedule Information: Crew Seasons

We are growing to make Crew available year round similar to the majority of teams in our league.

Fall Season: Head Race Season. Compete against Club and School Teams. Starts first week of the School year until the First Week of November.

Winter Training: Preparation for the Spring Season. Indoor Practices on the rowing machines and weight room. Essential for success in the spring. Starts December runs until March.

Spring Season: Our SHS Official Season. Begins Early March and Runs until late May early June.

Summer Season: With the growth of the program and the boathouse we are working to include a summer rowing options for junior rowers as well as a learn to row program for middle school ages.

Schedule Information: Winter Training

Boys: 2:30pm-3:30pm **Girls:**3:30pm-4:30pm

Sat Mornings 6 Days a week

Training Facility: Pawcatuck Roofing

Goal of this season to build the rowers fitness and technique in preparation for our racing season in the spring.

Practice Includes Ergs, Sliders, Rowing Simulators, Weights.



Schedule Information: Spring Season

2:30pm-4:30pm

Sat Mornings 6 Days a week

Location: Mystic Seaport

Transportation: Bus from SHS to Mystic Seaport

Study Hall: Due to the bus drop off times we do have space for the rowers who have later practice to quietly study and wait for their practice time.

Attendance



Schedule Information: Spring Race Schedule

- April 14h: Tabor Invite in Worchester MA
- April 21nd: Farmington and Glastonbury in Farmington
- April 29th: Home vs Guilford.
- May 6th: Home Vs East Lyme and Xaiver
- May 12th: Middletown and EO Smith.
Middletown CT
- May 13th: Novice Regatta. Middletown CT
(tentative)
- May 20th: CPSRA at Lake Warmaug Kent CT
- May 26: NEIRA at Worchester (Boats that
qualify no Novice races)



Spring Races

Regular Season Dual Racing

- 2-3 Schools Racing
- Hosted by “Home” Team
- Very important for Seeding
- CPSRA Seeding determines your rank and Heats for States Regatta
- NEIRA Seeding determines your invitation to regatta.
 - 18 First Boats
 - 18 Second Boats
 - 12 Third Boats

Championship Racing

- Entire League or those who Qualify
- 6 lane Racing
- Heats and Finals
- CPSRA, all CT Public schools, No Class S,M,L
- NEIRA, all New England Rowing schools. Public and Private.



Schedule Information: What to Expect on Race Day

Away Races: Prepare for a long Day

Day Before: Typically Friday Practice. Clean Boats and Load the Boat Trailer after Practice. Typically a longer practice than usual.

Race Day Attire: Uniform for races, Attire while at the regatta. We represent SHS and Stonington Crew.

Morning of Race: We have Bus transportation for the rowers. Typically Race around 9-10 am so we load the bus between 6-7am. Bus leave from the Mystic Seaport. Bus will be chaperoned by coaches. If you wish to drive your rowers to the race or home from the race it is allowed but a transportation form has to be filed with the school. Rower is still expected to help unload the trailer.



Schedule Information: What to expect on Race Day

Arrival at the Racecourse: Rowers will arrive at race and begin unloading trailer and rigging boats. Coaches and Coxswain meeting. The boat trailer and dock is our sidelines and a very busy place.

At the Racecourse: Food Tent and Chuck Wagon. Parent Volunteers set up a tent and have food and drink to feed the rowers for the whole day.

Racing: Dual Races, 6 Lane Races. Boats 1st-3rd and Novice race. Some venues are great for spectators other are not.

After Racing: De-rig and Load the trailer. Buses will depart and return to the seaport. Once back at the Seaport all rowers are required to unload the boats and return them to the docks.



Chuck Wagon/Food Tent

The Chuck Wagon isn't a fundraiser, it is a way to ensure we have food and drink for the rowers throughout the long day of racing.

Tremendous Help from Latitude 41. Sign up Genius for your order

Many Hands Make Light Work!

Sue Bibeau is our Chuck Wagon Coordinator



Uniforms: Practice and Race.

Race Uniform: In the past we have worn unisuits, which were an expensive cost. This year we will be again using Tank Tops and Trou. This will allow us to have matching uniforms between the boys and girls and will be a help with the cost.

Practice Uniform: The best clothing for rowing is soft, stretchy, breathable, and fairly form-fitting. Loose shorts can get caught in the slides under the moving seats, so avoid basketball style shorts or warm-ups. Loose tops can get caught in the oar handles, so avoid bulky jackets or sweatshirts. In general, athletes should dress as though they are going running in the elements

Coxswains: Should invest in some waterproof pants, jackets and Gloves. Since they are less active and just as likely to get wet during practice they should be prepared.



All Uniform orders are due by Feb 22 in order to have them ready for the Spring Season.
Questions: contact Wendy_apparel@stoningtoncrew.org

Uniforms: Practice

Dry Clothes on Land: VERY IMPORTANT!!! On especially wet days, athletes should have dry clothes to change into when they get back on land.

Feet: Athletes should have a pair of rubber sandals (or slip on or off shoes) for rowing on the water days. Keep in mind that these shoes will need to be put on and taken off very quickly, and be left on the dock where they will most likely get wet. (On dry land days – or any day the weather turns and water practice is impossible – rowers should have running shoes handy.)

Hands: Hands can get cold while rowing. However, you will not see athletes rowing with gloves. The reason for this is that rowing requires a tactile feel of the handle. On cold Days we have poagies which act as mittens which go over the rower's hands and keep them warm.



Safety Information:

We are a water sport and we go on the water in March so this is something we take seriously.

Attire: Please come prepared. Layers, Hats. Clothing still has to be snug and not baggy or loose fitting. Please avoid cotton or any Down Jackets. When they are wet they no longer are useful with heat. If the coach feels the rower isn't dressed appropriately they won't be able to go on the water.

Rough Water: We do our best to assess the water prior to rowers leaving school, practices may be moved to indoors. Boat depending based on ability of crews.

Coaches: Head Coaches are CIAC Certified. All coaches are CPR and First Aid Certified, We have VHF radios in the launches for communication. Life Jackets and Space Blankets in all the launches. Two coaches on the water at a time.



Schedule Information: April Vacation

The week of April Vacation falls in a crucial part of our spring season.

We take advantage of the ability of row twice a day. This is our training trip.

We have a big race the Saturday of that week. Farmington and Glastonbury.

Our Spring Gala is Saturday April 21st



Forms: Registration

All registration can be filled out online.

www.stoningtoncrew.org

Click the tab Programs>Registration.



Subscribe to our mailing list

* indicates required

Student Email Address *

Student First Name *

Student Last Name *

Student Address *

Forms: Registration

We have SHS School insurance as well as US Rowing Coverage. All of the Information and the Forms have to be signed prior to the rower being able to compete/step into a crew boat.

Register at www.familyid.com, search for Stonington High School and register for the Spring Athletic Season.

- i. Remember your user id and password for future registrations, you'll just need to update any new information and check that you understand the policies associated with joining Stonington Athletics.
- ii. If you are having trouble accessing FamilyID or do not have Internet access please call Mr. Morrone's office and he can arrange to take you through the process on his office computer.
- iii. It's new and will take a little time to set yourself up initially, but is ultimately the future of registration for HS athletics.
- iv. FamilyID Electronic Signatures will be required for:
 1. Stonington High School Athletic Handbook/Consent to Participate Agreement, which Includes:
 - o SPS Drug and Alcohol Policy
 - o SHS Academic Eligibility policy (2.0 GPA at the mid quarter and end of quarter)
 - o Protocol for contacting Athletic Personnel (Proper times, who to talk to first)

Forms: US Rowing Registration

<https://membership.usrowing.org>

Club Code: SFLWT

New Rowers: Step by Step

1. Under Individuals Click “Join”
2. Fill out information and Type “Stonington High School Crew Team”
3. Click “Search”
4. When asked about RegattaCentral Click “Not Now”
5. Membership Level “Select Basic Membership”
6. Fill out basic information
7. Answer the Questions to the best of your ability
8. Read Waiver and Agree to Terms, Select “no” on second page
9. Submit Payment and Complete Registration

Returning Rowers: Step by Step

1. Under Individuals click “Renew/Upgrade”
2. Follow instructions
3. If your membership is paid you will be prompted to sign the waiver.
4. If your membership is due you will be prompted to renew your membership as well as sign waiver.

Forms: Blue Cards for States

Similar to the years in the past at our State Championship Regatta we have to provide “Blue Cards” prior to being able to compete in the race. The cards have to be signed by a parent/guardian and act as a “Permission to Treat” if medical attention is needed at the regatta. The Race is fully staffed with a large medical staff due to the fact we are a distance from the closest hospital.

Cards will be distributed at a later time



Registration: Cost. FOSC President

Stonington Crew requires fees and fundraising to operate
Spring Season Cost is \$200.00 per rower

- SHS pays for 3 partial coaching stipends
- Typical funded sports receive \$350-750 P/P
- Crew receives less than \$180 per rower
- Responsible for all equipment purchases, equipment upkeep, Fuel for coach boats and Truck
- FOSC organizes fundraisers to keep crew affordable
- **FOSC relies on a Team effort to make fundraising work!**

Financial Assistance is always available:

- Program fee deferment or elimination
- Waive uniform fee
- Confidential: between FOSC treasurer and parent
- Contact: treasurer@stoningtoncrew.org

Fundraisers: Upcoming Events.

Pancake Breakfast - Our annual pancake breakfast will be on Sunday Feb 25th at Latitude 41 from 7:30AM - 11:30AM. The drawing for the erg raffle will take place at 11AM during the breakfast. Anyone who wants tickets, please contact a member of the team or admin@stoningtoncrew.org. This is one of our biggest fundraisers!

Erg raffle - We are selling raffle tickets for a Concept2 Model D rowing machine (erg) with PM5 performance monitor. Tickets are \$10 each. The erg is valued at \$900 and would be a great step toward a New Year's resolution. The erg will be shipped to the winner as soon as possible after the drawing. Anyone who wants tickets, please contact a member of the team or admin@stoningtoncrew.org or use the link on our home page to order online.

Annual Crew Classic Social - The Crew Classic Auction & Social will be Saturday April 21st at Latitude 41. We anticipate a great turnout!

Thank you

Any Questions?