



Parent Meeting and Team Information

# Introduction: Coaches

Tyler Page: Varsity Boys Coach

Maria Brown: Varsity Girls Coach

Bruce Yarnall: Assistant/ Novice Girls Coach

Sally Machin: Assistant Boys Coach

John Thornell: Assistant/ Novice Boys Coach



# Introduction: Friends of Stonington Crew (FOSC)

President, John Flaherty

Vice President, Jeff Anderson

Treasurer, Patty Harriman

Secretary, Rich Stern

Director of Rowing, Mike O'Neill

Apparel, Wendy Rohde

Chuck Wagon, Brenda and Eric Hultgren

Parent Liaison, Christine Andrews

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.

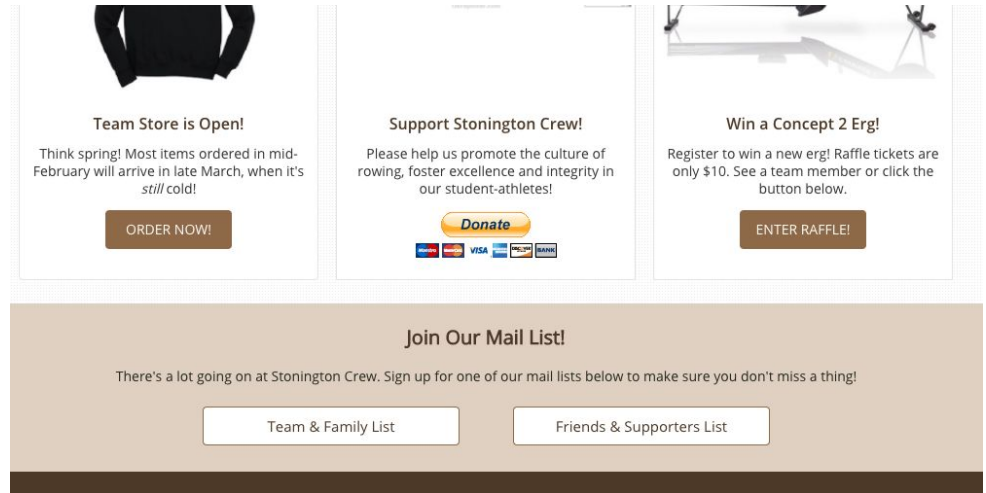
Please join our group and help us make a great experience for all of the members of the team.

# 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](http://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 first card, titled "Team Store is Open!", features a black silhouette of a rowing jacket and text stating that items ordered in mid-February will arrive in late March. It includes an "ORDER NOW!" button. The second card, "Support Stonington Crew!", encourages donations to support rowing culture and includes a "Donate" button with logos for Mastercard, Visa, American Express, and PayPal. The third card, "Win a Concept 2 Erg!", offers a raffle for a new ergometer and includes an "ENTER RAFFLE!" button. Below these 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!" and two buttons: "Team & Family List" and "Friends & Supporters List".

# 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](mailto:president@stoningtoncrew.org) or (860) 514-5148.

## Board Members

Director of Rowing, Mike O'Neill  
[director@stoningtoncrew.org](mailto:director@stoningtoncrew.org)

President, John Flaherty  
[president@stoningtoncrew.org](mailto:president@stoningtoncrew.org)

Vice President, Jeff Anderson  
[vp@stoningtoncrew.org](mailto:vp@stoningtoncrew.org)

Treasurer, Sharon Drago  
[treasurer@stoningtoncrew.org](mailto:treasurer@stoningtoncrew.org)

Secretary, Rich Stern  
[secretary@stoningtoncrew.org](mailto:secretary@stoningtoncrew.org)

Alumni Relations, Constantine Macris  
[alumni@stoningtoncrew.org](mailto:alumni@stoningtoncrew.org)

Apparel, Wendy Rhode  
[apparel@stoningtoncrew.org](mailto:apparel@stoningtoncrew.org)

Equipment Manager, Rob Bunger  
[equipment@stoningtoncrew.org](mailto:equipment@stoningtoncrew.org)

Chuck Wagon, (Open)  
[chuckwagon@stoningtoncrew.org](mailto:chuckwagon@stoningtoncrew.org)

Parent Liason, Alicia Luther

Development, Rick Larkin

Photography, C.S. Spencer

Communications, Jennifer McCann  
[admin@stoningtoncrew.org](mailto:admin@stoningtoncrew.org)

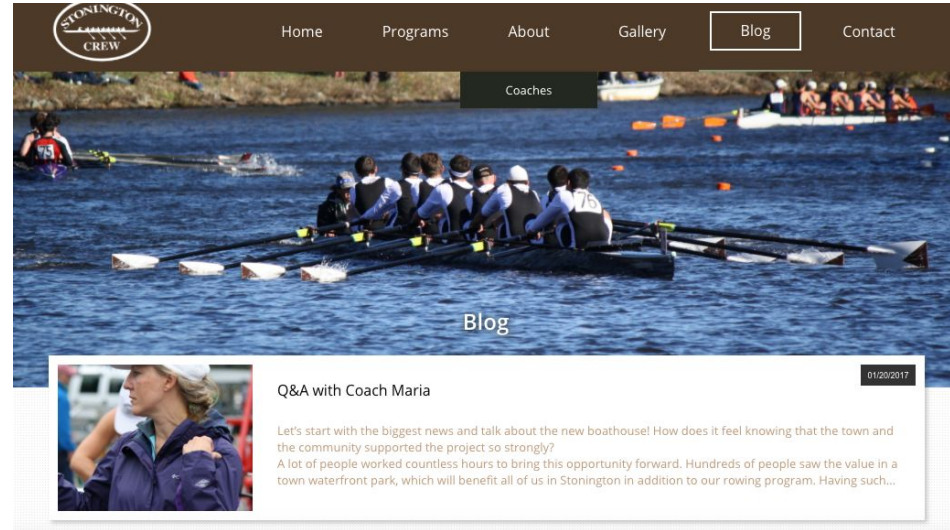
Web Site, John Thornell  
[webmaster@stoningtoncrew.org](mailto:webmaster@stoningtoncrew.org)

# Communication: Facebook, Instagram and Remind

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

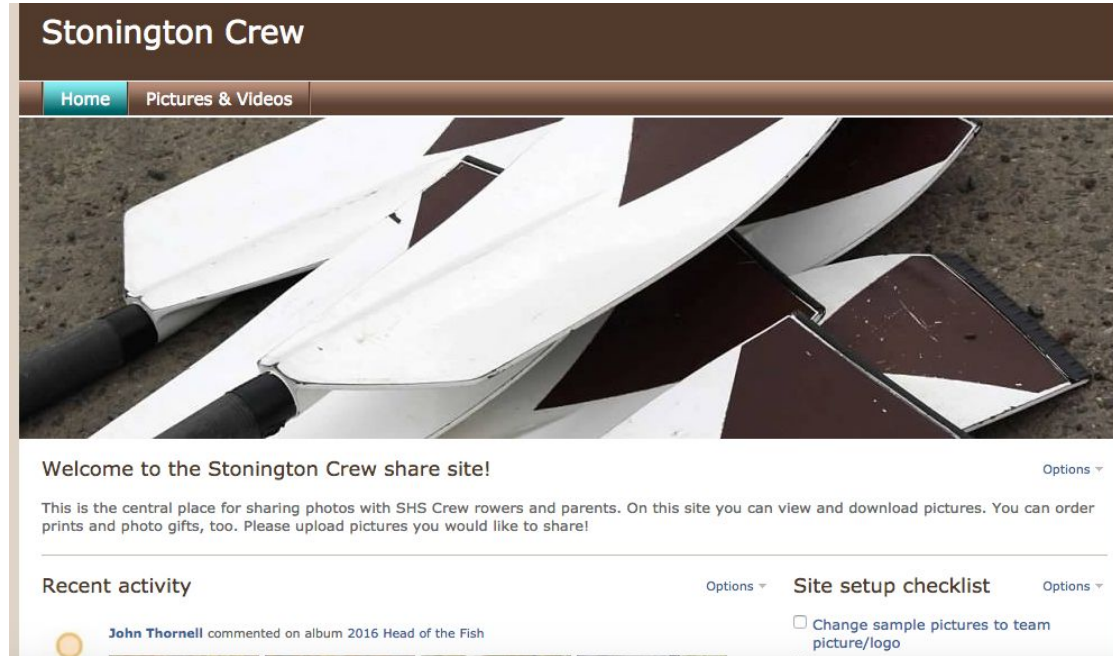
Instagram: “Stoningtoncrew”

Remind App: Text “Byarnal” to 81010



# 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 shells with dark brown accents, 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 menu. Below the welcome message is a section titled "Recent activity" with an "Options" dropdown. It shows a comment from "John Thornell" on the album "2016 Head of the Fish". To the right of the "Recent activity" section is a "Site setup checklist" with an "Options" dropdown, 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 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.

# SHS Policies Cont'd

- Athlete's code of conduct, Athletes should properly represent your team and Stonington HS. Not simply when they are with the team, but how they represent the school within the community.
- School attendance policy – Must be in school for 3 out of the 4 blocks to be eligible for afternoon participation.
- Physical education policy - Must be take PE class (if you have PE on the schedule) to be eligible for afternoon participation.
- How to Contact Athletic Personnel – Preference the student-athlete advocating for themselves first.
- Alcohol and Substance Abuse policy – 3 Tier penalty system if found in violation. Tier 1 – 20% of season, Tier 2 – Season Suspension, Tier 3 Year suspension.

# Schedule Information: Spring Race Schedule

## **Stonington Throwdown**

Sunday March 17th Mystic YMCA

## **Fairfield Prep (Boys only)**

Saturday, April 6th, Mystic, CT

## **Tabor Simsbury Invitational**

Saturday, April 13th, Worcester, MA

## **Farmington, Avon**

Saturday, April 20th, Farmington, CT

## **Glastonbury, Guilford**

Sunday April 28th, Mystic, CT

## **East Lyme, Xavier**

Sunday, May 5th, Mystic, CT

## **E.O. Smith, Middletown**

Saturday, May 11th, Middletown, CT

## **CPSRA Championship Regatta**

Sunday, May 19th, Lake Warmaug State Park, New Preston, CT

## **NEIRA Championships**

Saturday, May 25th, Worcester, MA (Boats must qualify)



# Schedule Information: Spring Season

AM and PM Shifts as well as Saturday Mornings

Location: Mystic Seaport

Transportation: Bus from SHS to Mystic Seaport for Afternoon Practice. Bus to SHS from Morning Practice.

Attendance



# 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:** 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.



- Transportation form is on the Rower Info page (<http://stoningtoncrew.org/rower-info>) of team site

# 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!

Erik and Brenda Hultgren coordinate our Chuck Wagon



**Signup Genius can be accessed on schedule page of team site**



# 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.



Questions: contact [Wendy apparel@stoningtoncrew.org](mailto: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.

Race Tabor Invitation on the first weekend of the break  
Farmington and Avon at the end of the break.



# Forms: Registration

All registration can be filled out online.

[www.stoningtoncrew.org](http://www.stoningtoncrew.org)

Click the tab Programs>Registration.



Click to join USRowing and complete waiver



Click to register on FamilyID

## 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](http://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 \$225.00 per rower

Breakdown of funding to run Stonington Crew

- 60% of income is fundraising,
- 30% is fees,
- 10% is school

Financial Assistance is always available:

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

Thank you for the tremendous support  
and continued work with our  
fundraisers

- Frostbite Road Race
- Pancake Breakfast
- Erg Raffle
- Oktoberfest
- Buy-a-boat
- Sponsorships

# Thank you

Any Questions?