



Spring Sports Night

March 11, 2020

Coaches, Captains



Bruce Yarnall

Assistant Coach

Sally Machin

Boys Varsity Coach

John Thornell

Girls Varsity Coach

Boys Captains:

Zach Pasquin

Ian Thornell

Girls Captains:

Leila Robarge

Una Schaffer

A PDF of this presentation is available on the [Info](#) page on the team's site.

Stonington Crew



- Est. 1998
- Varsity sport in 2000
- 60 – 80 students each season
- 2016 State Champions!
- 7 gold, numerous silver and bronze medals
 - 2019 BN gold, GV2 silver, BV2 bronze

Read the [20th Anniversary Blog](#) to learn more about SHS Crew's history.

Stonington Crew Alumni



- *Since 2017, 45% of alumni rowed or are rowing in college*
- *Since the program began in 1998, an average of 1.5 rowers earn college scholarships each year!*

Visit our [Blog](#) to read alumni posts about rowing in college!

Spring Season

- 8+ and 4+ shells
- Boys & girls 1V, 2V, 3V, novice crews
- 1,500m distance
- CPSRA, NEIRA leagues
 - 6 races
 - 2 championships



Watch our [Spring 2018 Video](#) on YouTube to see what the spring season is all about!

To learn more, download Rowing Quick Facts and Stonington Crew Info PDFs from the [Info](#) page on the team site.

Spring Practices



- Launch near Mystic Seaport shipyard
- Two shifts 2:30pm, 4:00pm
 - Sometimes, am practice
- Galley Restaurant study area before 2nd practice
- Bus from SHS to Seaport
 - From Seaport to SHS in am
- Pick-up, drop-off in Seaport south parking lot
 - Not gift shop parking lot

Spring Races



- Regular season racing
 - Dual meets, multi-lane races
- Championship racing
 - 6-lanes across
 - Heats, finals
- CPSRA seeding determines heats, lanes
- NEIRA seeding determines invitation
 - 18 1V, 18 2V, 12 3V

2020 Spring Race Schedule

- Details finalized mid-week before race
- Downloadable PDF on [Schedule Page](#) on team site

Fairfield Prep (boys)

Saturday, April 4, Fairfield, CT

East Lyme, Xavier

Sunday, May 3, Mystic, CT

Tabor-Simsbury Invitational

Saturday, April 11, Worcester, MA

Mahoney Cup

Saturday, May 9, Glastonbury, CT

Farmington, Xavier, Sacred Heart

Saturday, April 18, Farmington, CT

CPSRA Championships

Sunday, May 17, New Preston, CT

Guilford, Sacred Heart

Saturday, April, 25, Mystic, CT

NEIRA Championships

Saturday May 23, Worcester, MA

Team & Family Communications



stoningtoncrew.com



[SHS Crew class or @shsrowing](#)



[@crewshs](#)



[@stoningtoncrew](#)



[On home page](#)



[Stonington Crew channel](#)

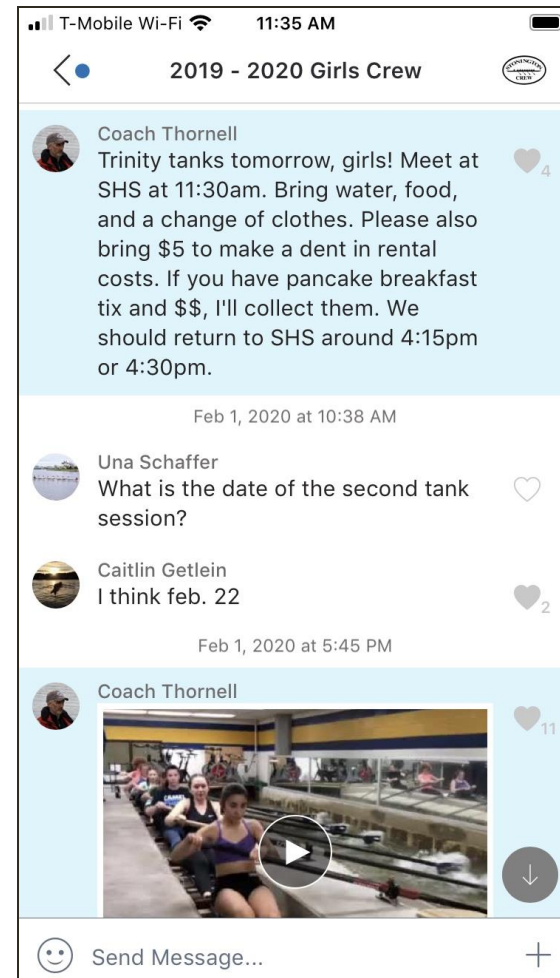
The Shutterfly logo, the word "Shutterfly" in white, sans-serif font on an orange rectangular background.

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stoningtoncrew.shutterfly.com

Athlete Communications

- Athletes should notify coaches about absences and tardies well before races, practices
- Coaches provide athletes details and updates on practices, races, and other activities



Stonington High School Policies

- Athlete Code of Conduct
 - Athletes should properly represent their team and Stonington High School. This is not just when they are with the team, but how they represent the school within the community.
- School Attendance Policy
 - Students must attend school 3 of 4 blocks to be eligible for afternoon participation
- Physical Education Policy
 - Students must take PE class (if on schedule) to be eligible for afternoon participation
- Contact Athletic Personnel
 - Prefer student-athlete advocating for themselves first
- Alcohol and Substance Abuse Policy
 - 3-Tier penalty system if in violation; Tier 1 = 20% of season, Tier 2 = season suspension, Tier 3 = year suspension

Download the SHS Student-Athlete Handbook on the [Info](#) page on the team site.

Stonington Crew Team Policy

- Minimum 2.0 GPA
- Arrive on time for practice
- Other activities not interfere with practices, races
- Spring break practices, races
- Respect for coaches, teammates and opponents
- Appropriate clothing practices, races
- Waivers, forms and other requirements
- Fundraising participation
- Care and maintenance of shells, oars, equipment
- Representative of the Town of Stonington, and Stonington High School

Download the full Stonington Crew Policy on the [Info](#) page of the team site.

Absences, Spring Break



Absences

- Affect your boat and other boats
- Plan activities before or after season

Spring Break

- Practice up to 2x per day
- Valuable water time
- Farmington race on April 18 caps-off week

What to Expect on Race Day

Away races:

- Load trailer after practice the day prior
- Rowers wear team polo. Represent!
- Early am bus to/from races, chaperoned
- Unload trailer when return to Seaport



*If a rower is not taking the bus, a **Transportation Form** must be given to AD Morrone 24 hours prior to event. Download the form on the [Info](#) page on the team site.*

What to Expect on Race Day

At racecourse:

- Unload trailer, rig boats
- Food tent available for rowers
- “Trailer is our locker room”
- Bring change of clothes
- De-rig, load trailer after racing



Food Tent/Chuck Wagon

- Ensures rowers have food and drink
- Box lunches provided by Latitude 41
- Contact [Jen Obrey](#) with questions
- Many hands make light work!



Rowers can place orders for **box lunches** and parents can **volunteer** on the [Schedule](#) page on the team site.

Clothing for Practices

- Form-fitting, flexible, breathable, layers
- Shell in early spring, windy & rainy days
- Slip-off shoes, sandals
- Running shoes
- Coxswains, gloves, hat, waterproof pants
- Change of dry clothes after practice



To learn more, download the Stonington Crew Info PDF on the [Info](#) page on the team site.

Uniforms & Clothing for Racing

- Tank & trou
- Team polos
- Long sleeve @ CPSRA
- Shell in early spring, windy & rainy days
- Contact [Catherine Getlein](#) with apparel questions



Apparel can be purchased on the [Team Store](#) page on the team site.
Contact [Catherine Getlein](#) about team polos.

Safety Information

- Wear layers, hats
- Midday coaches decide if weather forces us to train indoors
- Head Coaches are CIAC Certified
- All coaches are CPR and First Aid certified
- Life jackets in boats, first aid kit at seaport
- Two coaches on water at a time with radios
- Mandatory USRowing safety video



Spring Registration

Five steps listed on [Registration](#) Page on the team site:

1. USRowing Membership (3/14)
2. USRowing Waiver (3/14)
3. FamilyID Registration (3/21)
4. Rower Fee (4/11)
5. Physical (3/21)



The screenshot shows the registration page for the Stonington Crew team. The page has a dark header with the team logo and navigation links: Home, Schedule, Info, Events, About, Blog, Sponsors, and Contact. Below the header, the word "REGISTRATION" is centered. The main content area is titled "2020 Spring Season:" and contains five numbered steps with corresponding icons on the right. Step 1 is USRowing Membership, Step 2 is USRowing Waiver, Step 3 is FamilyID Registration, Step 4 is Rower Fee, and Step 5 is Physical. At the bottom of the page, there is a footer with the team logo, a celebratory message "Celebrating 22 years of excellence, teamwork and integrity!", social media icons for Facebook, Instagram, and YouTube, a "Donate!" button, and copyright information for the Friends of Stonington Crew.

Stonington Crew

Home Schedule Info Events About Blog Sponsors Contact

REGISTRATION

2020 Spring Season:
There are five steps to register for varsity rowing in the spring. Following the steps below, participants must join USRowing, sign the USRowing Waiver, register with Stonington High School Athletics, pay the fall rower fee, and have a current physical on file with the SHS nurse.

Step 1:
An annual USRowing membership is required. Existing USRowing members may need to renew their membership. If rowers are not currently a member, please join as an Individual on the [USRowing member site](#). Fill in your details, choose Stonington High School Crew Team (USRA #924) in the Club or Team Name field. Enter our club code (SFLWT). This will bring you to the USRowing Stonington Crew roster and waiver portal. Follow the instructions to register as a Basic Membership (\$9.75/year) or Championship Membership (\$45/year).



Step 2:
Complete the USRowing waiver and you will be set for a year of racing!

Step 3:
On the [FamilyID site](#), simply log in to your existing account or create an account. Select or search for Stonington High School (CT) Athletics. On the next page, select 2018-19 Spring Athletic Registration, select Boys Crew or Girls Crew, and complete the rest of the form.



Step 4:
Stonington Crew relies on rower fees and fundraising to operate. Spring Season fees are \$225 per rower. Fees can be paid by check or online. To pay online, visit our [Square page](#), click on the Spring Rower Fee item and follow steps to pay by credit card. If you prefer to pay by mail, checks should be made payable to "FOSC" and sent to P.O. Box 242, Stonington, CT 06378. Please include your rower's name. FOSC wants every student to have an opportunity to experience the wonderful sport of rowing. Payment plans and financial assistance are available. Please email, in confidence, Geoff Bosse our FOSC Treasurer (gbosse@stoningtoncrew.org) to learn more.



Step 5:
All rowers must have a current physical on file with the SHS nurse. Rowers must update their physical if it expires during the season. Alternatively, the rower's doctor can fax a bridge note specifying the upcoming appointment date to the school nurse.



Be sure to also join our [Team & Family email list](#) and SHS Crew class (@shsrowing) on the [Remind smartphone app](#) to receive important updates on the team including practices, race info, announcements, events, fundraising, and more!

Stonington Crew

Celebrating 22 years of excellence, teamwork and integrity!

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Donate!

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“Blue Cards” for CPSRA Champs

- Lack of cell phone coverage in New Preston
- *Permission to Treat* cards required to provide medical assistance, if needed
- Cards given to rowers prior to CPSRAs



Friends of Stonington Crew (FOSC)

- Friends of Stonington Crew (FOSC), a 501(c)(3) non-profit organization, supports the team
- Join us! FOSC board meetings are the first Tuesday of each month, 7:00 pm in the SHS Library

John Flaherty

President

Jeremy Main

Secretary

Jennifer Obrey

Chuck Wagon

Tom Robarge

Vice President

Mike O'Neill

Director of Rowing

Kerry Phelan

Parent Liaison

Geoff Bosse

Treasurer

Catherine Getlein

Apparel

John Thornell

Web Site, Social Media

Rower Fees, FOSC Fundraising

Program Support

- 56% Fundraising
 - Frostbite Road Race
 - Pancake Breakfast
 - Erg Raffle
 - Sponsorships
 - Oktoberfest
 - Name-A-Boat
- 27% Rower Fees
- 17% SPS

Spring Fee: \$225

- Every student should have the opportunity to row!
- Contact FOSC Treasurer, [Geoff Bosse](#), regarding payment plans, assistance

Thank You!



Sally Machin, Boys Varsity Coach
John Thornell, Girls Varsity Coach