

# Haddonfield Crew Club Parent's Meeting

January 9, 2019



Welcome to our new parents and rowers, as well as  
our returning team members! We are looking

forward to a great spring season and are excited to  
continue the success of Haddonfield Crew Club!



# Coaching Staff

Head Coach (JV/Varsity Girls)

David

Reader

Assistant Coach (JV/Varsity Boys)

Allison Boehm

Assistant Coach (Novice Boys)

James

Keough

Assistant Coach (Novice Girls)



# Board Members

President/Food Tent

[williamlee071967@gmail.com](mailto:williamlee071967@gmail.com)

Bill Lee

Vice President/Fundraising

Tanya Genel

Treasurer

Charlie Chelotti

Secretary

Jordan Mersky

Apparel/Uniforms

Cindy McDonnell

Transportation

Kyle Griffith

Equipment

Dirk deKluyver

Equipment

Dan Tarditi

Food Tent

Elaine Zafiriadis

Fundraising

Sarah Williams

Webmaster

Mike Casale

[mike@infostreamsolutions.com](mailto:mike@infostreamsolutions.com)



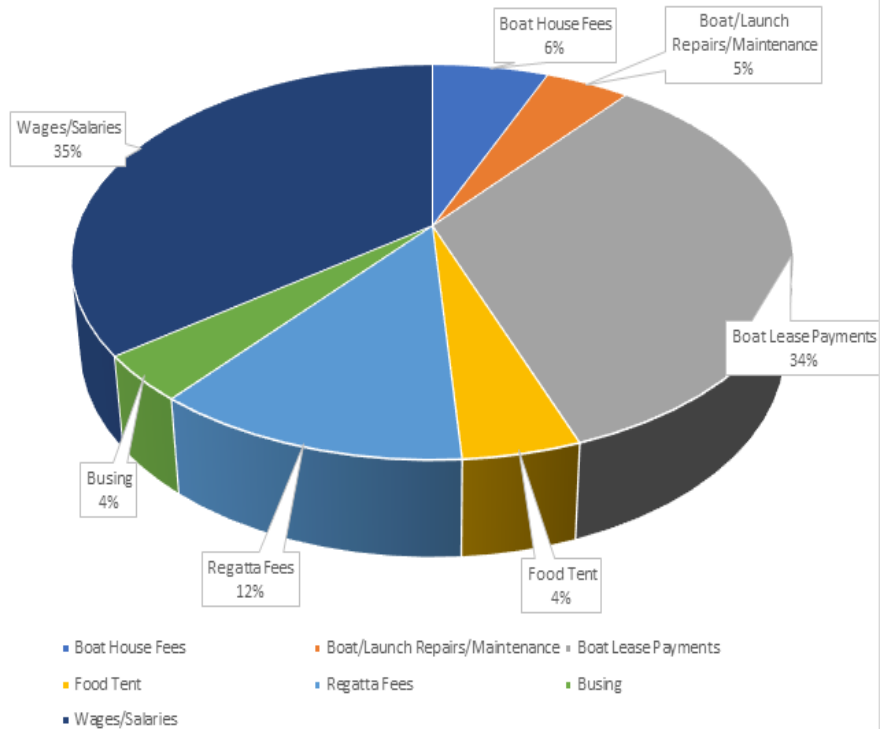
## Haddonfield Crew Club (HCC)

- HCC is a club team and while we are associated with HMHS, crew is not a school sponsored sport.
- Beyond insuring HCC through the BoE, HMHS and the BoE do not provide any financial assistance to us, so we are fully funded by our athlete fees and the fundraising we do during the year.
- The funds we collect have to cover the cost of:
  - Coaches
  - Equipment
  - Regatta Entry Fees
  - Uniforms
  - Bus Transportation
  - Maintenance/Repairs
  - Food Tent

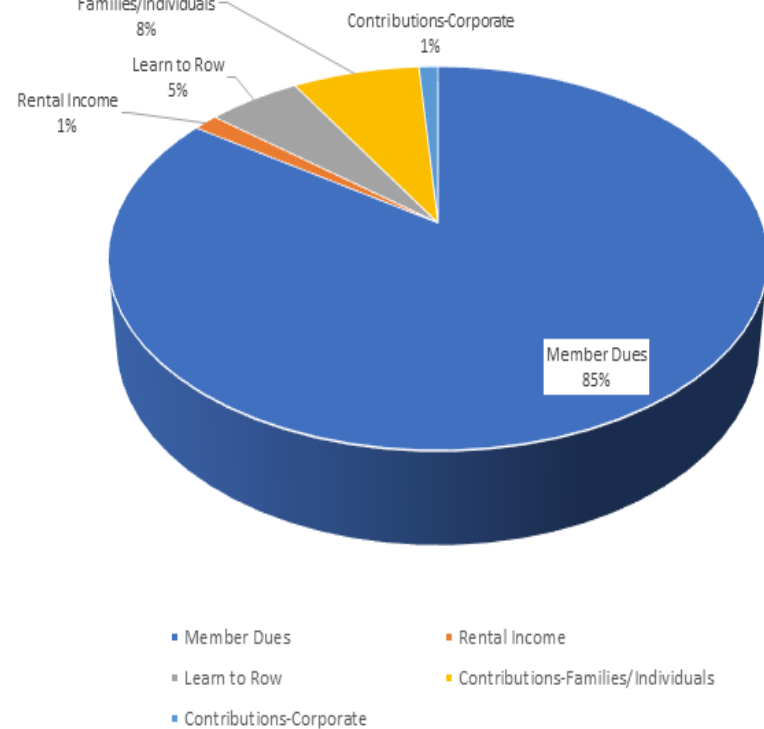


# Haddonfield Crew Club Income and Expenses Breakdown

HCC FY2017-2018 Expense Summary



HCC FY2017-2018 Income Summary



## Haddonfield Crew Club Financials

- As you can see from the pie charts, we spend most of our funds on coaching and boats (69%) with regatta entry fees (12%) second.
- We receive the lion's share of our funding from the dues you pay for your children (85%), with fundraising (9%) next.
- This year, the Board is looking to drive significant fundraising to ensure we can meet the needs of our rowers now and in the future.
- We are looking to develop a boat and oar purchasing program that allows HCC to stay on top of changes to boat and oar technology in order to remain competitive into the future.
  - That said, boats and oars are not cheap!
  - For example:
    - A 4+ boat costs about \$26,000.00
    - An 8+ boat costs approximately \$40,000.00
    - Oars range in price from \$400.00 - \$600.00 per oar
    - In addition, there are annual costs to maintain our equipment



## Practice Information

- Rowers are expected to attend all scheduled practices.
  - Practice may be canceled for inclement weather or at the coach's discretion. Rowers/parents will be informed via email, Twitter and the Remind app.
  - If you will be late, need to leave early or miss a practice, please notify the coach directly.
  - Rowers can be dismissed from the team after two (2) unexcused absences.
  - All rowers are held to the HMHS code of conduct. Inability or refusal to uphold these standards will result in suspension from a regatta/the team and/or dismissal from the team.
- Winter Practice is Tuesday to Friday from 3:30 to 5:30 PM at HMHS. On Saturday the girls practice 7:00 to 9:30 AM and the boys from 8:30 to 11:00 AM.
- Fall/Spring Practice is from 4:30 to 6:30 PM at Cooper River.
  - A bus will take athletes to practice at Cooper River each day.
  - The bus arrives at HMHS around 4:00 - 4:15 PM and all rowers should be present to board the bus quickly.
  - A chaperone will be on the bus.
  - Rowers will need to provide their own transportation home after practice.



## Practice Gear

- Avoid baggy clothing that may get caught in the boat slides. Most rowers wear spandex shorts, capris or tights depending on the weather. Athletic tops are generally best, as they wick sweat and move more comfortably for the rower.
- Sweatshirt or pullover for warmth before and after being on the water.
- Have running shoes, running is a major part of crew training.
- A warm hat that covers your ears, it is very cold on (and off) the water.
- Rain jacket that can also serve as a windbreaker.
- Towels are always good to have, since water is wet.
- Extra socks can be key, since wet socks are guaranteed while in a boat.
- Refillable plastic or metal water bottle. Camden County boathouse does not allow disposable water bottles.
- Coxswains need to dress even warmer since they are not rowing and exposed to the wind and rain as much as the rowers.



# Winter Regattas

<b>Date</b>	<b>Name</b>	<b>Location</b>
2/2 (Saturday) School Alexandria VA	Erg Sprints	TC Williams High
2/3 (Sunday)	Haddon Hammers	Haddon Township High School
<b>2/9 (Saturday)</b> <b>PA</b>	<b>Center City Slam</b>	<b>33rd Street Armory Philadelphia</b>
2/17 (Sunday) Boston MA	Crash B Sprint	E



# Spring Regattas

Date	Location	Name	
March 17 (Sunday)		Manny Flick 1	Schuylkill River
<b>March 24 (Sunday)</b>		<b>Manny Flick 2</b>	<b>Schuylkill River</b>
March 31 (Sunday)		Manny Flick 3	Cooper River
April 6 (Saturday)		Steve Neczypor	Cooper River
April 7 (Sunday)		Manny Flick 4	Schuylkill River
April 14 (Sunday)		Manny Flick 5	
April 27 (Saturday)		Garden State Championships	
April 28 (Sunday)		Cooper Cup	
May 4 & 5 (Sat/Sun)		City Championships	
May 17 & 18 (Sat/Sun)	Stotesbury Cup		
May 24 & 25 (Sat/Sun)	SRAA Nationals		
TBD		Youth Nat'l Championships	Sarasota FL



Dillon Lake OH

# Regatta Information

- **Schedules:**
  - Race schedules are set up by regatta organizers and are generally available one or two days prior to the regatta.
  - Schedules will be provided to parents/rowers via email and Twitter (@HaddonfieldCrew) as soon as they are available.
  - You can also find race schedules on Regatta Central ([regattacentral.com](http://regattacentral.com)) and/or Rowtown ([rowtown.org](http://rowtown.org)).
- **Lineups:**
  - HCC coaches set the lineups for the races and we will do our best to communicate this information to parents as soon as we have it.
- **Rowers:**
  - Are expected to arrive two (2) hours before their race time.
  - A bus is provided to regattas held on the Schuylkill River. The bus makes a continuous loop to and from the river and is scheduled to ensure rowers are there within their two hour window.
- **Parents:**
  - You are welcome to ride the bus to regattas, but please give priority to rowers and food tent volunteers. The early buses are usually the most crowded.
  - Bring a chair! There is a lot of down time at a regatta.



## Regatta Information

- Early spring regattas are COLD!
  - Rowers should wear layers as they spend much of their time rigging the boats pre-race, then waiting to get into their boats for the race, then de-rigging the boats after the races are done for the day.
  - Having a rain jacket is also important, as 2018's regattas were very wet and windy.
- There is a lot of waiting around for both rowers and parents!
  - Regattas are complicated to run and they generally run behind schedule, so be ready to wait.
- Races are quick!
  - You will only see your rower for maybe a minute of race time, depending on the length of the race and where you are watching.
- There are two types of races:
  - Head races:
    - Usually held in the fall season
    - Have a longer length (5,000 meters)
    - Head races are for time, with boats being sent down the river one at a time at intervals
  - Sprint races:
    - Usually held in the spring season
    - Have a shorter length (1,500 to 2,000 meters)
    - Head to head and up to 6 boats may be racing at once



# Regatta Information

- **Food Tent:**

- A food tent is provided at every regatta.
- We rely on parent volunteers to supply and staff the food tent.
- Each family is expected to volunteer and work one regatta per season.
- If you sign up and cannot work your shift, it is your responsibility to find a replacement
- HCC uses SignUp Genius to enable parents to register for a regatta.
  - The link is posted on the HCC website on the front page.
- A more detailed breakdown on food tent duties will be provided separately.

- **Team Dinners:**

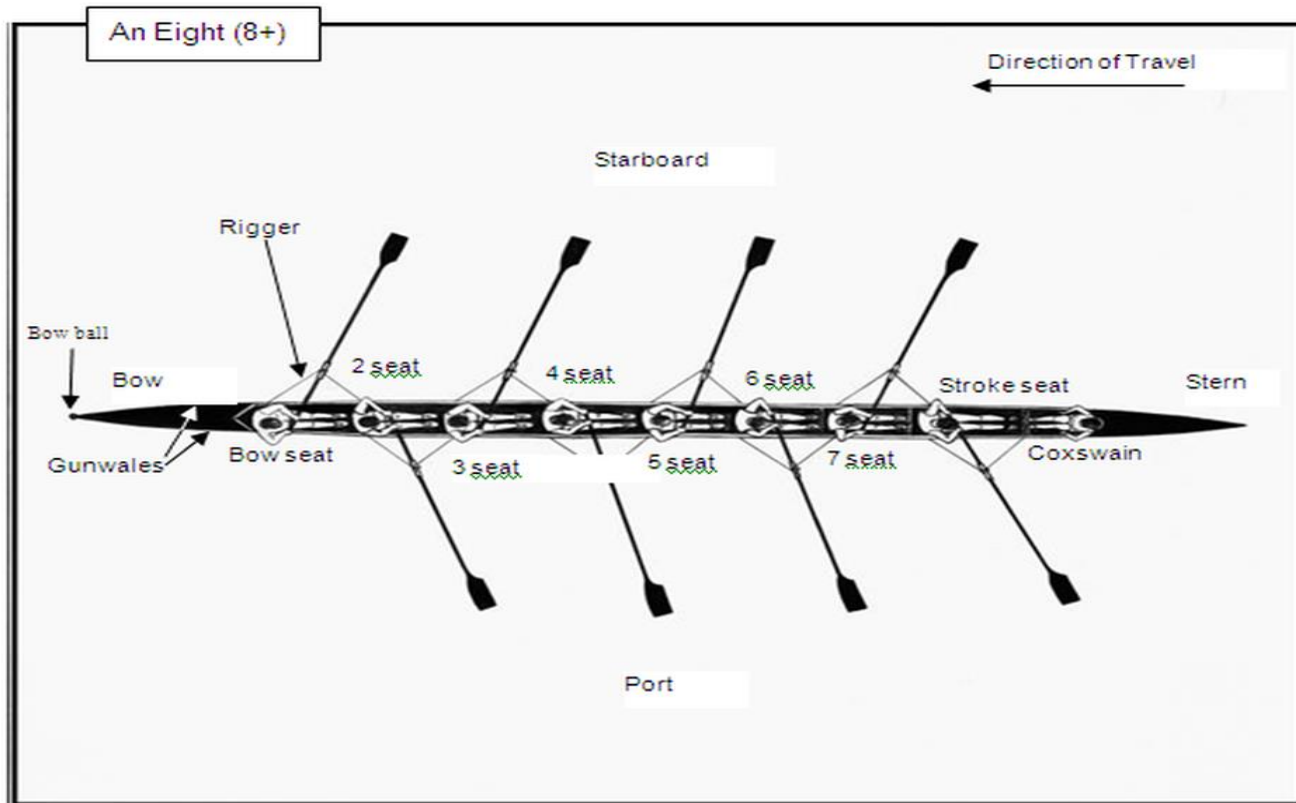
- In lieu of food tent duty, a family may host a team dinner held the night (or 2 nights) before a regatta.
- You are expected to provide the main food for the evening (pizza, pasta, etc.)
- Expect up to 60 athletes, with the rowers providing water and desserts.



## Boats in a Regatta

- There are two types of boats, **Sculling** and **Sweep**:
  - Sculling boats have two oars per rower and can be with or without a coxswain.
  - Sweep boats have one oar per rower and can also be with or without a coxswain.
- **Sculling Boats:**
  - Single (1x) - one rower, no coxswain
  - Double (2x) - two rowers, no coxswain
  - Quad (4x+ or 4x-) - four rowers, + is with a coxswain, - is without a coxswain
- **Sweep Boats:**
  - Pair (2+ or 2-) - two rowers, + is with a coxswain, - is without a coxswain
  - Four (4+ or 4-) - four rowers, + is with a coxswain, - is without a coxswain
  - Eight (8+) - eight rowers, always has a coxswain





## Rowing Glossary (General Terms 1)

- **Bow:** The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow, who crosses the finish line first.
- **Bow coxed boat:** A shell in which the coxswain is near the bow instead of the stern. It's hard to see the coxswain in this type of boat, because only his/her head is visible. Having the coxswain virtually lying down in the bow reduces wind resistance, and the weight distribution is better.
- **Bow Seat:** The rower in the seat closest to the bow, he/she crosses the finish line first. Also known as #1 seat.
- **Button:** A wide collar on the oar that keeps it from slipping through the oarlock.
- **Coxswain:** Person who steers the shell and is the on-the-water coach for the crew. *Traditionally, the coxswain is thrown in the water after winning a race.*
- **Deck:** The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.
- **Ergometer:** Rowers call it an “erg.” It's a rowing machine that closely approximates the actual rowing motion. The rowers' choice is the Concept II, which utilizes a flywheel and a digital readout so that the rower can measure his “strokes per minute” and the distance covered. *No one likes ergs...no one.*
- **Gate:** The bar across the oarlock that keeps the oar in place.
- **Head Race:** Timed race with boats being sent out one after another after predetermined intervals. Head races are longer, generally 5,000 meters.



## Rowing Glossary (General Terms 2)

- **Lightweight:** Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.
- **Oar:** Used to drive the boat forward: rowers do not use paddles.
- **Port:** Left side of the boat, while facing forward, in the direction of the movement.
- **Power 10:** A call for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.
- **Repechage:** The second-chance race which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.
- **Rigger:** The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.
- **Run:** The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.
- **Sculls:** One of the two disciplines of rowing – the one where scullers use two oars or sculls.
- **Shell:** Can be used interchangeably with boat.
- **Slide:** The set of runners for the wheels of each seat in the boat.
- **Sprint Race:** Head to head racing over a shorter course (1,500 to 2,000 meters).



## Rowing Glossary (General Terms 3)

- **Starboard:** Right side of the boat, while facing forward, in the direction of movement.
- **Stern:** The rear of the boat; the direction the rowers are facing.
- **Straight:** Refers to a shell without a coxswain i.e. a straight four or straight pair.
- **Stretcher or Foot-stretcher:** Where the rower's feet go. The stretcher consists of two inclined footrests that hold the rower's shoes. The rower's shoes are bolted into the footrests.
- **Stroke:** The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.
- **StrokeCoach:** A small electronic display that rowers attach in the boat to show the important race information like stroke rate and elapsed time.
- **Sweep:** One of the two disciplines of rowing – the one where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.
- **Swing:** The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.



## Rowing Glossary (The Action)

- **Catch:** The catch is the point in the stroke where the blade enters the water.
- **“Catching a Crab”:** This happens when a rower’s blade is turned in the water and cannot be easily removed. It significantly slows the boat. If you ever see a rower thrown from a boat, this is probably due to a crab.
- **Drive:** After the oar enters the water, the rower pulls it through the water using his/her arms and legs, pulling with the arms and pushing with the legs, moving the seat towards the bow.
- **Feathering:** Turning the blade parallel to the water during the recovery part of the stroke.
- **Finish:** Part of the stroke cycle, it’s the last part of the drive before the oar is released from the water.
- **Power 10:** A call for rowers to pull hard with 10 of their best, most powerful strokes. Generally used to catch up to or pass another boat.
- **Recovery:** The slide back to the initial part of the stroke, with the oar out of the water, the reverse of the drive.
- **Stroke Rate:** Number of strokes per minute being rowed by the crew. This varies during a race, with a high rate at the start (42-50), settles in the middle (28-40) and picks up again at the end (40-48).



# HCC Parent Regatta Responsibilities

## **General Information:**

1. Athlete/Parent numbers (i.e. - # of mouths to feed)
  - a. 120 people: 60 athletes + parents
2. If you are one of the families purchasing food:
  - a. You can donate the cost of the food or
  - b. You can be reimbursed, just give your receipt(s) to one of the HCC board members
3. Not everyone is going to eat everything, but it is better to have more than less

## **Locations:**

1. Schuylkill - the parking lot by the grandstands under the Columbia RR bridge (it is the finish line for non-head races)
2. Cooper - varies; "Week of the Regatta" email will indicate location

## **Race Times:**

1. Usually available on the Friday before the regatta
  - a. Unfortunately, this means some AM families may have their athletes in afternoon races or PM families in the morning; regardless of how this works out, AM and PM families are expected to be there for their shift

## **Websites to check:**

1. Regatta Central - [www.regattacentral.com](http://www.regattacentral.com)
2. Rowtown - [www.rowtown.org](http://www.rowtown.org)
3. Both websites have search functions, so once you are in the right regatta, search for Haddonfield Crew Club and you will see the races/times we are entered in

# HCC Parent Regatta Responsibilities

## **Arrival/Set Up time - 6:00 AM (unless otherwise indicated):**

1. AM trailer driver and AM families are required to be there to set up the tent, tables, etc.
2. BAGELS with spreads and FRUIT are the REQUIRED food for the AM families

## **Departure/Breakdown time - 5:00 - 6:00 PM (dependent upon final race time):**

1. After the final race of the day for HCC athletes, there is usually a delay of about an hour before they get back to the food tent, as they are required to de-rig the boats and assist on loading the boat trailer
2. PM trailer driver and PM families are required to be there to break down
3. HOAGIES are the REQUIRED food for the PM families

## **Tent Responsibilities:**

1. AM/PM families are responsible for maintaining the tent during the day
2. Restock drinks, snacks; gather trash; work the grill (if in use), etc.

## **Week of the Regatta:**

1. Email sent to volunteer families reiterating:
  - a. Arrival time for the AM/PM volunteers
  - b. Food requirements for the day including restocking needs (e.g. - water jugs, propane, etc.)
  - c. Pertinent regatta information (if any)

# HCC Parent Regatta Responsibilities

## Week of the Regatta (con't.):

1. Families will be expected to use the email string (or cell numbers, if you feel comfortable sharing this info) to communicate amongst the group
2. Determine who will be purchasing food, fruit, ice, water, etc.
3. Determine who will be the drop off point for non-perishables (water bottles, snacks, etc.)
4. Determine who will be responsible for purchasing the non-perishable items (as required)
5. Indicate if anyone will be bringing non-required food (e.g. - someone chooses to make breakfast sandwiches instead of bagels or wants to grill burgers and dogs)

## Regatta Day:

1. AM Trailer driver brings the food trailer to the regatta spot
  - a. Assists in setting up tent, tables, etc.
  - b. Is excused from additional work once the trailer is unloaded

## AM Families:

1. Assist the AM trailer driver in unloading and setting up
2. Food tent - it takes 4 people to open it properly, the group should include the AM driver
  - a. Open tent roof first
  - b. Install sides of tent
  - c. Make sure to check the zippers, the broken zippers should be used on the front panel and towards the open side

# HCC Parent Regatta Responsibilities

## AM Families (con't):

- a. Use large pins to secure tent legs to the ground
- b. Use straps and steel pegs to secure tent corners to the ground, especially on windy days
- c. Tables - cover with tablecloths
- d. Layout utensils, plates, napkins, etc.
- e. Coolers - fill with water, Gatorade and ice
- f. Make coffee and a pot of hot water for tea
- g. Coffee and hot water urns are in the trailer, along with coffee, filters & tea
- h. Generator - set up and start the generator to run the coffee pot, etc.
- i. Set up propane heater (IF NECESSARY)
- j. Layout food, snacks, fruit, etc.
- k. Set up grill (IF NECESSARY) - the regatta families for that week have the option of bringing/making hot food for the team/parents
- l. Manage supplies in tent
- m. Refill water, Gatorade, snacks, etc.
- n. Pick up trash and dispose of properly

# HCC Parent Regatta Responsibilities

## PM Families:

1. Set up lunch spread when food arrives (if not already there)
2. Manage supplies in tent
  - a. Refill water, Gatorade, snacks, etc.
  - b. Pick up trash and dispose of properly
3. Break down (all items should go into the trailer except leftover perishables)
  - a. Drain and empty coolers
  - b. Repack all leftover non-perishables, utensils, napkins, etc.
  - c. Dispose of all trash in trash bags, take it to the trash cans at the river
  - d. Shut off and pack generator
  - e. Rinse out coffee and hot water urns
  - f. Fold tables
  - g. Remove and fold tent sides
  - h. Close tent roof and put into bag
4. Update non-perishables list in trailer (hanging on inside of side door in the trailer)
  - a. This is easier to do when reloading the trailer as it is fully packed once all materials are stowed

# HCC Parent Regatta Responsibilities

## **PM Trailer driver takes food trailer from the river to:**

1. Clean up family's house for cleaning
2. Returns cleaned trailer to Crows Woods when clean up family is done

## **Clean up family:**

- a. Ensures coolers, grill, utensils, etc. are clean and ready for the next regatta
- b. Please check the coolers to ensure they are empty, utensils can sometimes end up in coolers
- c. The water and iced tea buckets and coolers should be emptied and rinsed
- d. Checks the inventory checklist for accuracy
- e. Take a picture of the completed inventory list and send it to Bill Lee
- f. Contact PM trailer driver to return trailer to Crows Woods