



www.bccrowing.net

ABC'S OF B-CC CREW **(...or at least to w...)**

Anacostia Waterfront – The Anacostia Waterfront is one of several sites for local scholastic regattas. Directions to the Anacostia Waterfront are on www.bccrowing.net.

Attendance – Team members are expected to attend all practices and regattas. Missing a practice or a race is unfair to other members of a boat and can weaken team performance. Team members are expected to contact their coach *in advance* if you will miss a practice for any reason. Team members who miss practice can expect their parents to be notified.

Away Regattas – B-CC Crew has traditionally sent its more competitive boats to two end-of-the-year championship regattas that are held outside the Washington area. Those regattas are the Stotesbury Cup Regatta in Philadelphia and the Scholastic Rowing Association of America's National Scholastic Rowing Championships (“Nationals”), which changes location each year. In addition, during the regular season, the team has traveled to St. Andrew's School in Delaware, to Baltimore, Maryland and to the Occoquan Reservoir in Virginia.

Boat Selection – Coaches select individuals for boats based on several factors. Physical ability is demonstrated on a rowing machine called an ergometer. Coaches also look for good rowing technique in the boat, which is learned over time and through practice. Attitude and attendance are also taken into consideration. Some rowers may be selected for a boat through a process known as “seat racing,” in which the coaches switch rowers among competing crews to determine which line-up will make the boat go faster. In all cases, the decision of who will be selected for a particular boat in a particular race rests with the coaching staff.

Captains – Captains are selected by the team at the end of each season for the following year's team. This year, for the men, there are two co-captains, and for the women, there are also two co-captains. The co-captains are listed on www.bccrowing.net.

Coaches – B-CC Crew has been very fortunate to have an excellent and dedicated coaching staff. These men and women bring tremendous expertise on rowing and

coaching to B-CC Crew and serve as exceptional role models and mentors for team members. Coaches and their biographies are on www.bccrowing.net.

Communications – The two key methods of communications methods to keep team members and their parents informed are the team’s Web site (www.bccrowing.net) and the team’s e-mail list service (bccrowing@yahoogroups.com). Team members and parents should subscribe to the list service by sending an email to: bccrowing-subscribe@yahoogroups.com. If you have difficulties subscribing to the list service, please contact the team’s webmaster listed on www.bccrowing.net.

Drug and Alcohol Policy – Crew team members must pledge in writing and their parents must witness the team member’s signed promise to abstain from drug and alcohol use during the entire season, from September to May. Any team member who violates that pledge will be dismissed from the team and his or her parents will be notified promptly. Refunds of fees will not be made nor will the dismissed individual be permitted to attend team functions. Parents will be required to honor their volunteer commitment or to find a substitute.

Dual Meets – Races against one other team.

Equipment – B-CC Crew currently owns 7 eight-person rowing shells, 2 four-person rowing shells, 4 motorized launches for coaches to oversee practices on the water, a 12boat trailer to carry our shells to regattas not held at Thompson Boat Center and many pieces of related equipment such as oars, cox boxes, outboard motors, gas canisters and boat slings. Team members are expected to treat all equipment responsibly and with care.

Erg-a-thon – See also **Fund-Raisers** below. An erg-a-thon is a classic type of fund-raising event for crew teams. Team members solicit funds from sponsors in exchange for their promise to “erg” or row on a rowing machine called an ergometer for a set distance or time.

Fees – For the 2009-2010 season, the Fall Team Dues are \$370 and the Winter Training fee is \$250. Spring Team Dues are \$700. Uniforms and away regattas fees are not included in the Team Dues. B-CC Crew Boosters wants all students to be able to participate, regardless of financial situation. Financial assistance is available to cover all or part of the expenses to families in need of help with team expenses. Contact the B-CC Crew president listed on www.bccrowing.net.

Friday Night Team Dinners – During the rowing season, team members attend dinners/pre-race meeting at the B-CC Cafeteria or a team member’s home, with food provided by team families. At the team meeting, coaches will discuss the next day’s race with the members of each boat. Attendance at the dinners is expected for team members.

Fund-Raisers – Crew is an expensive sport and everyone needs to help raise money! In addition, with many of the team's boats now more than ten years old, B-CC Crew

has begun to replace its aging shells and other essential equipment. In recent years, BCC Crew has raised money through the following events: an erg-a-thon in October; wreath sales from mid-November through mid-December; car washes in the fall and spring; restaurant nights at area eating establishments; team banner; the 15th Anniversary Event and Silent Auction; and the Boat Campaign, an annual request to parents.

Georgetown Waterfront – The Georgetown Waterfront is the viewing area for the home races of B-CC Crew. Saturday parking in Georgetown however can be a challenge.

Launch Driver Training – To participate in regattas, the team must supply trained parent volunteers to drive launch craft boats for officials and safety purposes. Training is scheduled in the fall and the spring for interested volunteers. All must have boating safety certificates.

Liaisons – The team liaisons are parents' communication link to the coaches. Parent concerns or questions involving their child, the coaches or coaching decisions should be addressed to the Men's Liaison or the Women's Liaison, who are listed on www.bccrowing.net.

Mid-Atlantic Erg Sprints – Held the first weekend in February and hosted by T.C. Williams Crew in Alexandria. The Mid-Atlantic Erg Sprints attract teams from up and down the East Coast.

Nationals – Nationals is a regatta organized by the Scholastic Rowing Association of America (www.sraa.net) every May to determine the North American champions. This regatta rotates to different venues including Oak Ridge, Tennessee; Mercer Lake, New Jersey; and Saratoga Springs, New York. B-CC Crew sends selected boats to this highly competitive regatta.

Novice Rowing Program – The Novice Rowing Program is a three-week rowing program for B-CC High School students interested in learning more about the sport. The program is held three or four days a week from late September to mid-October.

Occoquan Reservoir – Occoquan Reservoir, located in Sandy Run State Park in Fairfax County, Virginia, is one of several sites for local scholastic regattas. Directions to the Occoquan Reservoir are listed on www.bccrowing.net.

Potomac River – The Potomac River between Fletcher's Boat House and National Airport is the "practice field" for B-CC Crew. Our 1,500 meter races start just north of Key Bridge and end at Washington Harbour, just north of Thompson Boat Center. Although most spectators view practices and races from the east side of the Potomac

River along the Georgetown Waterfront, Theodore Roosevelt Island is a great, albeit more remote, alternative spot.

Practice – Land practice begins on December 1 at a local gym or health club. On-water practice at Thompson Boat Center usually begins the first week of March, depending upon weather and river conditions. Practice is Monday through Friday and is mandatory unless excused in advance by a coach. See **Attendance**.

Picnic – The B-CC Crew picnic is an end-of-season awards celebration in late May or early June.

Regattas – A regatta is an organized boating competition among many teams. All team parents must volunteer in these regattas over the course of the season.

Safety – Safety is the No. 1 concern of everyone associated with B-CC Crew. Although rowers do not wear life preservers, the shells float, oars can be used as emergency floatation devices, and the boat is followed closely by a small motorized craft called a launch, which contains both safety equipment and coaching staff. At all regattas, a trained safety officer must be on site.

St. Andrew's – St. Andrew's in Delaware is home to the St. Andrew's School and one of the sites of an away, but not overnight, scholastic regatta for B-CC Crew. Directions to St. Andrew's are posted on www.bccrowing.net.

Stotesbury Cup Regatta – The Stotesbury Cup Regatta is oldest and largest high school regatta in the United States, held continuously since 1927. This Philadelphia regatta on the Schuylkill River is held in mid-to-late May. B-CC Crew sends selected boats to this highly competitive, two-day regatta. Over the years, B-CC Crew has won bronze, silver and gold medals. Most recently, in 2007, B-CC's women freshman 8 won a bronze medal and in 2009, B-CC's men freshman 8 competed in the finals and finished sixth. For more information on the Stotesbury Regatta, visit the Schuylkill Navy's Web site at www.boathouserow.org.

Spring Break – Spring Break is in the middle of the scholastic rowing season. Practices are held every day during the break. Team members who are not available to train that week may not be able to race on the following Saturday.

Swim Test – A swim test is required of all students participating in the Introduction-to-Rowing Program or joining the team during Winter Training. All team members must be able to swim 100 meters without stopping and tread water for five minutes.

Thompson Boat Center – B-CC and many other high school teams, as well as several collegiate teams, train out of and store their boats at Thompson Boat Center (referred to as Thompson's or TBC). TBC is also the site of B-CC's "home" racing. The boat house

is owned by the U.S. Department of Interior National Park Service and operated by its concessionaire, Guest Services, Inc. (GSI). For more information on TBC, visit www.thompsonboatcenter.com.

Transportation – The Varsity members form their own carpools with the assistance of the team captains. Novice team members take the Metro to practice and will be assigned (or form their own) carpools and Novice parents will be required to drive once a week to bring team members home from the Thompson Boat Center when on-water practice begins. For safety reasons, no team member will be allowed to drive himself or herself or a group of team members to an away regatta. When the team does not have a private bus for an away regatta, then parents will be required to car pool team members to the away regatta.

Triple Meets – Races against two other teams.

Uniforms – Team members are responsible for purchasing and wearing their uniforms as decided by the captains and coaches. The uniforms have generally consisted of a unisuit and long-sleeve shirt. The uniform costs about \$115 for Novice and \$125 for Varsity. Varsity members may also order B-CC Crew windjackets for approximately \$170. Please note that exact uniform details will be provided by the volunteer parent in charge of uniforms. Team Logo Wear coordinator and Team Uniform coordinator are listed on www.bccrowing.net.

Volunteering – An essential (and fun!) part of the crew team is volunteering. All parents and team members (new and returning) must plan for a substantial volunteer commitment, whether it is serving on the board of directors, participating in fundraising events, or helping with regattas, or transportation. So everyone must get involved and help the team! Volunteer coordinator is listed on www.bccrowing.net.

Web Site – A key source of information is the B-CC Web site, www.bccrowing.net. This site is maintained by a parent volunteer and contains information about the team, including practice dates and times. It also includes photographs of team practices and races. If you have photographs that you would like to see posted, please contact the team webmaster who is listed on www.bccrowing.net.