



www.bccrowing.net

FREQUENTLY ASKED QUESTIONS ABOUT B-CC CREW

What is Bethesda-Chevy Chase Crew?

B-CC Crew is Bethesda-Chevy Chase High School's rowing team. B-CC Crew is a "club sport" at B-CC that was started in 1993 with a group of 26 students (13 boys and 13 girls). In 2009, B-CC Crew was our high school's largest co-ed sport with more than 80 athletes, equally divided between boys and girls. B-CC Crew Boosters, Inc., a 501(c)(3) nonprofit organization, runs the team. It is a member the US Rowing Association.

Why is B-CC Crew a club sport?

Despite its popularity at B-CC, rowing in the Montgomery County Public School system is a "club sport," meaning that the team receives no financial support or assistance from the school or the county. To receive financial support from the Montgomery County Public School system, a sport must have the participation of two-thirds of the schools in the county. As of 2009-1020, only four public high schools in Montgomery County have rowing teams: B-CC, Walt Whitman, Walter Johnson, and Montgomery Blair.

Why row for B-CC Crew?

Rowing is an excellent all-around strength and conditioning sport. It is a non-contact sport, so injuries are very infrequent and usually quite minor. Anyone of any size can be a very good rower. Since there is almost no opportunity to become a competitive rower prior to high school, it is difficult to get a "head-start" in the sport. Rowing also presents unique opportunities for possible college scholarships.

Will I get a varsity letter?

Since the B-CC Crew team is the largest co-ed sport at B-CC High School, the team has been recognized and approved by B-CC High School for receipt of varsity letters for its varsity members. Any B-CC student who completes any one or more seasons on the varsity squad will receive a B-CC High School varsity letter.

What is rowing all about?

Crew is the sport of rowing a lightweight boat, called a shell, as fast as it will go. The shell is generally made of lightweight fiberglass, carbon fiber or kevlar, but it can also be of wood. There are types of shells reflecting the two types of rowing: sculling boats (each rower uses two oars) and sweep boats (each rower uses one oar). In sweep boats, there can also be a coxswain (pronounced cox'n) who steers the shell and directs the pace of the rowers. B-CC Crew races sweep boats that have four rowers and a coxswain (Coxed Four), and eight rowers with a coxswain (Eight). Each rower uses both hands to pull a single oar to move the shell forward. Competitions are called regattas, and in high school the race course is generally 1,500 meters in length.

What makes a good rower?

Crew is a sport where teamwork is more valuable than individual brute strength. Thus, a rower's size is not as important as his or her ability to work in unison with his or her teammates in the boat. A rower uses his or her legs, back, upper torso and arms to row the boat. So, each rower trains to increase stamina, balance, timing and power through a combination of strength and conditioning exercises and cardiovascular activity.

Why are coxswains important?

A coxswain is usually light in weight and small in height. He or she is in charge of the boat during practice and during a regatta race. His or her job is to steer the boat straight and to motivate the rowers to row as fast as they can in unison. Excellent communication and motivational skills, focus, self-confidence and assertiveness are vital for a good coxswain.

What are the different levels of boat racing?

Freshman and novice boats are made up of rowers who are just starting out in their first year of rowing. A freshman boat consists of rowers who are both in 9th grade and in their first year of rowing. A novice boat consists of rowers who are in their first of rowing, but who might be in any grade in high school. Varsity rowers are rowers who have been rowing for more than one year and are usually upperclassmen in school. Although B-CC Crew is a co-ed sport, each shell consists of only boys or only girls. A female coxswain, however, can direct an all-male boat and vice versa.

Can I try out if I don't have experience or didn't attend a novice rowing program?

Yes! In fact, in the Washington area, there is almost no opportunity to become a competitive rower or coxswain prior to high school. A B-CC novice rowing program in the fall is not a requirement to try out for the B-CC Crew team.

How do I try out for the team?

Students and parents should attend a B-CC Crew informational meeting in early September to learn about the Novice Fall Rowing Program and B-CC Crew. A sign-up meeting is held in early November. Registration materials are distributed at that meeting. Those who wish to try out and who join the team must:

- Provide proof of a recent physical exam;
- Provide all other forms as required by B-CC Crew;
- Pass a swim test of swimming 100 meters and treading water for five minutes;
- Comply with academic requirements consistent with those of MCPS and B-CC Crew eligibility rules;
- Adhere to B-CC Crew membership requirements;
- Adhere to B-CC Crew's strict ban on the use of drugs and alcohol; and
- Attend all scheduled practices and participate fully in those practices (only those absences approved by the coaches will be excused and absences from practice will affect team status).

When is Winter Training?

For varsity and novice, Winter Training starts December 1. It is held Monday through Friday after school in staggered shifts at a local athletic facility in Bethesda. Under coach supervision, training consists of running, strength and conditioning exercises, and working out on an ergometer (rowing machine). Coaches evaluate each athlete during this period before selecting the team in late January.

Are there cuts from the team?

Cuts for experienced rowers are made if necessary based on ergometer testing and the coaches' knowledge of a rower's previous performance, personal attitude and behavior. New team members, although not exempt from cuts, are the foundation for the future.

When does the rowing season begin?

The team roster is finalized the last week of January. A mandatory team evening meeting for athletes and parents is held in late January/early February. At that meeting, parents pay team dues and sign up for volunteer jobs for the season, and students order their uniforms.

What does it cost?

The 2009-2010 fee for Winter Training is \$250. Team dues are \$700. Uniforms are approximately \$115-\$125. The fees for overnight out-of-town regattas (Stotesbury Cup in Philadelphia and Nationals at a rotating venue) are collected from students who participate in those regattas and are calculated based on the actual expenses. In the past, fees have been approximately \$300-\$350 per student for two-day, out-of-town regattas.

Why is it so expensive?

As a club sport, B-CC Crew receives no financial support from the school or the county school system. Thus, the responsibility to run a safe, well-supervised and competitive program for students rests with B-CCC Crew Boosters. Its annual operating budget is approximately \$180,000. Boat (\$35,000 per shell), launch (\$8,000-\$10,000 per boat) and other equipment purchases are significant expenses. Expenses also include: coaches' salaries; fixed costs such as rack space rental fees, storage fees, and insurance; boat and equipment repairs; required dues and other regatta expenses; and team expenses such as the handbook, varsity letters. Revenue comes from novice and varsity fall program fees, Winter Training fees, team dues and fund-raising activities.

Is there financial assistance?

Yes! B-CC Crew wants every student athlete who is serious about the sport of rowing to be able to join the team. Financial assistance is available to cover all or part of the expenses that parents must pay for a student athlete's uniform and team dues for the operation of the team. If you have questions about financial assistance, please contact the B-CC Crew Boosters President whose name and e-mail can be found on www.bccrowing.net.

Where and when does B-CC Crew practice during the season?

Once the team is selected, B-CC Crew continues to practice after school Monday through Friday at B-CC. When Thompsons Boat Center (TBC) opens, generally in late February or early March, the team begins water training at TBC. TBC is located along the banks of the Potomac River in Georgetown, between the Kennedy Center and Francis Scott Key Bridge.

Practices are after school, Monday through Friday and generally run from 3:00 pm to 6:00pm. Practices for the various squads are staggered during that time period and set depending on coaches' schedules. Practices are not optional. Since each boat must have four or eight rowers and a coxswain to practice on the water, every member of the team is expected to attend practice. School bus transportation is

prohibitively expensive, so parent carpools and public transportation are the way in which the students get to practice at TBC.

Who does B-CC Crew compete against?

Approximately 50 public and private high schools in Montgomery County, Washington, D.C. and Northern Virginia have rowing teams. During the racing season, which is from late March to mid-May, B-CC Crew competes almost every weekend (including over Spring Break) in dual and triple meets/races against one or two teams or in larger racing venues against multiple teams. Races take place on the Potomac River, the Anacostia River and the Occoquan Reservoir in Fairfax County, Virginia. B-CC Crew also travels to compete against high school rowing clubs in Delaware, Pennsylvania and New Jersey. In mid-May, selected boats race at post-season championship regattas. The schedule is posted on www.bccrowing.net.

What are the team expectations of the athletes?

B-CC Crew expects all athletes to embrace the team concept; represent B-CC High School with the highest degree of integrity; take responsibility for your performance; and, train like a champion.

Drugs and Alcohol

B-CC Crew requires that each athlete adhere to the team's strict ban against the use of drugs and alcohol. Each athlete must pledge in writing and their parents must witness the team member's promise to abstain from drug and alcohol use during the season. Any use of drugs or alcohol compromises the strength and competitiveness of the athlete and his/her boat and will result in the immediate dismissal of the athlete from the team.

Conduct

Each athlete is expected to follow team rules with regard to appropriate conduct and respect for fellow teammates, coaches, competing teams, referees, and equipment. Each athlete is expected to display modesty in victory and graciousness in defeat. These expectations and guidelines are outlined in the B-CC Crew Handbook which is updated yearly and distributed at the mandatory team meeting in late January/early February. Coaches make the final decision concerning the status of all rowers and coxswains.

Safety

Each athlete is expected to be aware of and to follow the safety rules outlined in the B-CC Safety Guide.

Academics

B-CC Crew requires that each athlete adhere to the Montgomery County Public School High School athletic eligibility requirements by achieving a minimum of a 2.0 grade point average and have no more than one failing grade in the previous nine week marking period.

What are the team expectations of the parents?

Volunteerism

Volunteerism is the cornerstone of B-CC Crew's 15-year success. Parents must jump in and get involved quickly. Without parent involvement, competitive scholastic racing would not exist. B-CC Crew has a number of volunteer needs, whether it is for practices, regattas, serving on the board of directors, or organizing fund-raising events. Contact the team's Volunteer Coordinator whose name and e-mail address are posted on the website at www.bccrowing.net.

Communication

The B-CC Rowing List Serve (bccrowing-subscribe@yahoogleroups.com) and the B-CC Crew website are the two primary means of communication. B-CC Crew has a parent liaison for the men's team and a parent liaison for the women's team. If a parent has a question or concern about a coach matter or his or her child's placement in a boat, the parent should contact the liaison, not the coach. If a parent has a question or concern about the organizational structure of the B-CC Crew team, the parent should contact a member of the board of directors or the appropriate committee chair. This information is posted on our team's website at www.bccrowing.net.

Conduct

Like each athlete, each parent is expected to show appropriate conduct and respect for athletes, coaches, competing teams, referees and equipment at practices and races.

Safety

Each parent is expected to be aware of and to follow the safety rules outlined in the B-CC Safety Guide.

What are team fund-raising expectations of athletes and parents?

The purchase and maintenance of equipment, coaches' salaries, athlete scholarships, TBC fees and insurance come from parent dues, donations and fund-raising events in the community. Fund-raising is key to the financial success of B-CC Crew. There are three required fund-raisers: the Erg-a-Thon; holiday wreath sales in December; and car washes in spring and fall. 100% team and parent participation in each of the fund-raising events planned for the season is essential. The fund-raisers are posted on www.bccrowing.net.

Where can I learn more about B-CC Crew?

Visit B-CC Crew's website at www.bccrowing.net. Board members are listed on the website and would be happy to answer more questions about the sport.