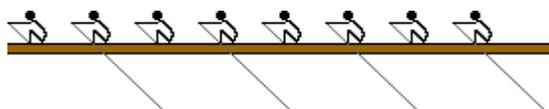




## 2015-2016 Handbook



Melbourne High School Crew  
 PO Box 974  
 Melbourne, FL 32901  
**Website:** [www.melhicrew.com](http://www.melhicrew.com)

### *Welcome to Mel Hi Crew's 38th Season*

#### MHS Rowing Coach:

Head Coach: Jon Lothian [jlothianrowing@gmail.com](mailto:jlothianrowing@gmail.com)

Assistant Coach: Emily Harrington [emilycmh0923@gmail.com](mailto:emilycmh0923@gmail.com)

Assistant Coach: Brady Powers – [bpowersyl@gmail.com](mailto:bpowersyl@gmail.com)

#### Assistant/Land Coaches:

Karen Franco [francok@brevard.k12.fl.us](mailto:francok@brevard.k12.fl.us)

Manny Franco [mfranco@sigmarep.com](mailto:mfranco@sigmarep.com)

#### Board of Directors:

President: Sean Klingler - [sklingler@gmail.com](mailto:sklingler@gmail.com)

Vice President: Lauren Hardman – [looking4surf@yahoo.com](mailto:looking4surf@yahoo.com)

Treasurer: Dana Edwards - [dedwards2076@gmail.com](mailto:dedwards2076@gmail.com)

Secretary: Susan DeVito - [dramamomsue@gmail.com](mailto:dramamomsue@gmail.com)

School Sponsor: Karen Franco [francok@brevard.k12.fl.us](mailto:francok@brevard.k12.fl.us)

# Introduction

Welcome to the Mel Hi Crew Handbook. This book contains rules, guidelines, and information for team members and their families. It was written to help ensure everyone is aware of their responsibilities, some rowing vocabulary, and the basic information behind some of the financial and time commitments. We hope you become one of the many volunteers who support our coaches and athletes of the team.

## MHS Crew Mission Statement

The MHS CREW is dedicated to provide the student athletes with the coaching and equipment necessary to train to compete at rowing regattas throughout the year. Racing focuses on competing at the Florida State Championships with a goal of qualifying for either the Scholastic or Youth National Championships. While training, student athletes are taught the importance of working together, setting goals, and working towards those goals both as an individual and as a team.

## The Benefits

Rowing is a total body workout. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.

- Rowers are probably the world's best athletes. Rowing looks graceful, elegant and sometimes effortless when it is done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.
- Teamwork is number one. Rowing isn't a great sport for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and blade work with one another. Excerpted from <http://www.usrowing.com>.

## Goal and Objectives:

- ⚡ To provide students the opportunity to participate in the sport of rowing at scheduled practices and in organized rowing events/regattas.
- ⚡ To provide rowers the best possible coaching staff and equipment
- ⚡ To provide the opportunity for all crew members to develop the necessary skills to compete competitively at Florida Scholastic Rowing Association (FSRA) and U.S. Rowing sponsored and organized regattas.
- ⚡ To provide training regarding the safe use of rowing equipment.
- ⚡ To provide a positive environment for all rowers to develop personal skills regarding teamwork.
- ⚡ To provide all rowers the opportunity to row on the water.



*"It's a great art, is rowing. It's the finest art there is. It's a symphony of motion. And when you're rowing well, why it's nearing perfection. And when you near perfection, you're touching the Divine. It touches the you of yous. Which is your soul."*

*-George Yeoman Pocock*

**row dawgs! ...row!**

## General Meetings:

Will be held the **1st Tuesday of every month at 7pm** at the Melbourne High School cafeteria, unless otherwise notified. We strongly recommend that members try to attend these meetings so that you can be part of the decisions that are made to support this program, to sign up and volunteer for upcoming events, and to be kept up to date on any changes. Special meetings may be called to order to discuss upcoming events or issues.

## Emails:

Emails are an important way for us to be in contact with everyone for information. Please keep us updated on parent / guardian email addresses.

## Jessica Lunsford Act - <http://www.brevard.ki2.fi.us>

More information can be obtained from the Brevard County School District Website. Please be advised that we comply with the Jessica Lunsford Act. Currently all coaches and most board members have been fingerprinted by the Brevard County School District.

## Fundraisers:

All monies from rower assessments fund the operating budget. Fundraising money is designated for equipment such as boats, oars, launches, engines, etc. This is an ongoing expense as the team grows, boats and equipment need to be replaced and/or added. Without equipment, the rowers would not be able to remain competitive or compete if we don't have enough equipment to support the team. **ALL FUNDS RAISED THROUGH FUNDRAISING** belong to the team and are non-refundable.



# Girls and Boys Fall Practice Schedule

## Varsity and Novice Rowers:

Monday - Ballard Park 4:00pm - 6:45pm  
 Tuesday - Ballard Park 4:00pm - 6:45pm  
 Wed - Off (*optional/make-up*)  
 Thursday - Ballard Park 4:00pm - 6:45pm  
 Friday - Ballard Park 4:00pm - 6:45pm  
 Saturday - Ballard Park 7:00am - 10:30am  
 Sunday - Off

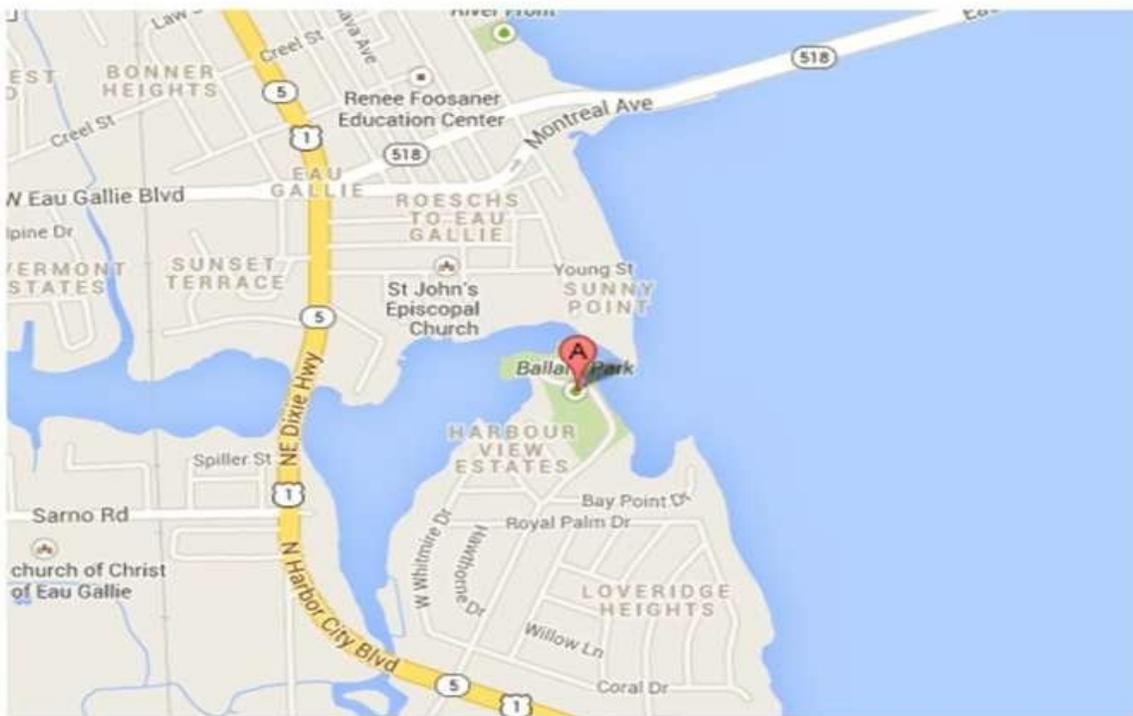
Some land practices will be held at Melbourne High School

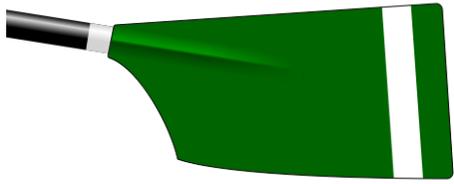


**Coach will advise rowers of any changes - Please email coach if you cannot make a practice. Rowers should listen to announcements at school for last minute cancellation due to weather. Rowers do practice in the RAIN but not during lightning storms.**

## Transportation:

Transportation to practice is not provided by the school. Each rower must find their own transportation from Mel Hi School to Ballard Park. Although carpooling can be done by parents or varsity rowers. Traditionally rowers meet at the Bell to organize rides.





# Rower Guidelines

## **Rowers Joining the Program Mid-Season:**

Rowers joining the program mid-season must pay the non-refundable \$120.00 registration fee on the day they begin practice. Assessments will be pro-rated to reflect amount due from the week the rower joins the team until the end of the semester season.

## **Rowers Leaving the Team Mid-Season:**

Rowers leaving the team mid-season that have paid their assessments in full for the semester may receive a pro-rated refund based on the assessment beginning the first day of the next month after leaving through the end of the season. The head coach must be notified that the rower is leaving the team. Assessments paid through fundraising are non-refundable.

## **Active Rowers:**

Our insurance company requires us to file and update the list of ACTIVE ROWERS on the team. Assessments and paperwork must be current and complete for a rower to be considered ACTIVE. Rowers will be removed from the ACTIVE LIST and be unable to participate if they are not up to date on assessments and paperwork and if alternate arrangements have not been made

## **Rowers Responsibility / Code of Conduct**

The rower, by signing this agreement, agrees to:

- Recognize that membership in this association is a privilege, not a right.
- Attend and participate in all practices and commit fully to the training and racing plan as designed by the coaching staff.
- Show respect, in both actions and words, for fellow rowers, coaches, race officials, chaperones, parent volunteers, and all others who volunteer their time.
- Recognize that in determining practice plans & boat line-ups the coaching staff acts in the best interest of the entire team, and that all practice plans & boat line-ups will be determined solely by coaching staff.

- Discuss questions/concerns related to the rowing program directly with a member(s) of coaching staff.
- Properly handle and maintain all equipment as instructed by the coaching staff and immediately report damage to a coach or team captain.
- Recognize the importance of team unity, cooperate with each other, demonstrate mutual respect and refrain from criticism of each other in any form.
- Dress and behave in a manner that is a credit to him/herself and Mel Hi Crew.
- Address coaches and parents with appropriate titles (Coach, Mr., Mrs., Ms.).

## **Rower's Behavior**

### **Unacceptable rower behavior includes, but is not limited to:**

- Possession or sale of controlled substances, as defined in Florida Statutes, Chapter 893
- Using, possessing, or distributing drugs of any kind including, but not limited to, chemicals, alcohol, steroids, tobacco, or any controlled substances during any club sponsored event.
- Use or abuse of a controlled substance prior to any school sponsored event that could put MHC equipment, the athlete, his/her teammates, or any others at risk for injury. MHC Board of Directors & coaching staff, reserve the right to perform a drug test on any member that is suspected of either of the above infractions, this can lead to expulsion from team.
- Acting in a reckless manner that could put the athlete, his/her teammates, or any others at risk for injury.
  - Any behavior that is intimidating, hostile or offensive in any way. Including, but is not limited to, use of foul / abusive language, bullying / hazing whether verbal, written, electronic, or physical in nature.
- Theft of and/or damage to other's/club's property. Rowers will be held financially responsible.
- Romantic contact between rowers. Such behavior is not allowed at any organized team event and will not be tolerated. Exhibiting any of these behaviors will result in the coaching staff taking some disciplinary action. The severity and/or frequency of the behavior will affect whether a minor or major disciplinary action is taken.

## Practice/Attendance

To maximize productivity and efficiency at team practices within the equipment, time, facility, and coaching constraints which exist, the following guidelines and procedures will be enforced:

- Attendance at 80% of all practices is required to earn an MHC letter
- Rowers must be dressed appropriately and ready to participate at the start of practice. If you are not prepared, you may be dismissed from practice and the next regatta. Missing practices is also a reason for dismissal from regatta participation. No credit is given for missed days, but the team expects the courtesy of advance notice of days to be missed.
- Rowers must tell their coach ahead of time if they plan to miss a practice. Last minute situations should be communicated to coach as soon as possible so that boats may be adjusted and a productive practice can be held. This includes being sick (either not going to school or leaving school early). Not showing up without warning will be greatly frowned upon and will affect lettering requirements and participation in regattas. Missing practice will affect who rows in what boat and who will row at regattas. Your seat cannot be held for you if you miss practice.
- Rowers may not leave practice until the coach has dismissed them.
- The coach will announce changes to the published schedule. If you know you cannot attend a practice, it is your responsibility to tell, if at all possible, the coaches well in advance. We practice rain or shine. Practice is almost never canceled.

The only things that will keep us off the water are lightning or high winds. Unless you are told otherwise, there will be practice. In the event we cannot practice on the water, land training will be conducted.

### Penalties for absences:

Rowers who are absent from practice with or without notification to the coaches on 3 different occasions may be dealt with as follows: 1) Removal from current boat/seat. 2) Not allowed to row at practices. 3) Not allowed to row at regattas. If a team member misses 5 consecutive days without contacting the coach or a Board member, it will be deemed the team member has quit, and therefore be terminated from MHC.

Keep things in their proper priority:

1) Family 2) School Studies 3) Crew 4) Other

Crew demands a large commitment of time and energy and your teammates depend on you! Furthermore, you are aware of how much time it takes you to meet your scholastic requirements. Learn to balance your time.

## Disciplinary Action

- The coaching staff is responsible for administering disciplinary action. Most problems will result in a minor disciplinary action. Such actions include, but are not limited to:
  - Verbal warning
  - Extra workout/alternative workout
  - Make-up practice • Written/verbal apology
- Repeat violations may be considered a more significant problem and result in a major disciplinary action. Coaches must inform parents and the Board of any major disciplinary action which would result in one of the following:
  - Loss of water privileges for a specified time
  - Loss of race privileges
  - Suspension from team
  - Expulsion from team
- The person affected must know the allegations against him/her and must be given a chance to respond to such allegations. Any disagreement with the implementation of any such actions should be appealed directly to the MHC Board of Directors

## Complaint Procedure

- Rowers should address issues or complaints related to the team or a teammate(s) directly to their coach.
- If the rower does not feel the situation has been rectified, or if the concern involves a member of the coaching staff he/she, with his/her parent/guardian, should contact the MHC Board of Directors



## Swim Test

All novice team members must pass a swim test. Test(s) to be determined by the Coaches and approved by the Board of Directors. For the students' safety, if he/she does not pass the test(s), they will not be permitted to participate in crew.

## Lettering

### M

Lettering is not guaranteed for all participants. Participants are required to maintain 80% attendance at practices (85% for captains). Additionally, missed regattas can affect lettering. The following requirements shall apply in order to receive a letter:

1. Maintain a 2.0 or higher GPA through the year. Note: Your cumulative GPA will be checked each 9 week grading period at the coinciding booster meeting. A 2.0 is required to letter.
2. Maintain school attendance in accordance with Brevard County requirements. School attendance will be checked each 9 weeks.
3. All rowers must complete the entire rowing season in order to be eligible to receive a letter.
4. When a rower has competed in at least 1 varsity category race in that school year.
5. When a rower has no behavioral issues for the school year, recorded or pending with the team or at school at the time Varsity letters are awarded

It is the coach's privilege, subject to the Board of Directors approval, to award letters based on outstanding effort or accomplishments during the season. Anyone not receiving a letter will be awarded a certificate of participation.

## Attire

- Rowers clothing should be clean and not offensive at practice and races.
- Athletic attire must be worn for all practices. No jeans should be worn for practice.
- Appropriate running shoes for running and other land workouts will be worn.
- Uniforms should be clean for all races.
- Appropriate attire for weather (it gets cold and wet in winter and hot and humid in the spring). Be sure to wear layers of clothing in the winter.
- No bathing suit tops at practice or at regattas.
- At all regattas **unisuits will be worn as intended** (i.e. over shoulders) prior to handling the boat for launch, during the launch, racing, and the medal ceremony and pictures.





## Coxswains

Coxswains will participate in ALL MHC workouts. This includes running, erg pieces, weights, group workouts and anything the coaches deem necessary. Coxswains will be assigned and responsible for a Cox box valued at \$600.

## Coxswain Expectations

- ⚔ Coxswains record attendance of all team members at the beginning of practice.
- ⚔ Coxswains ensure rowers take down oars when a water practice day, or get out ergs when a land practice day.
- ⚔ While rowers take down oars, coxswains get cox boxes, tools, sunscreen, water, etc. for their boat.
- ⚔ While rowers take out ergs, coxswains retrieve the necessary materials to record erg scores of rowers.
- ⚔ Coxswains ensure rowers clean ergs and put them away.
- ⚔ Coxswains participate in warm-ups, stretches, and workouts unless otherwise directed by a coach.
- ⚔ Coxswains never yell at rowers or demand respect.
- ⚔ Instead, coxswains command the respect of rowers as a result of their model behavior, knowledge of the sport, and the implicit authority that their position affords them.

## Captains

Captains are chosen according to the procedures established by the Coaches and the Board of Directors. Captains will demonstrate leadership by being encouraging, positive, and enthusiastic. Each captain will be presented with a sheet of responsibilities and expectations. Coaches reserve the right to, at discretion of the Board of Directors, remove the “title” of captain from any person who does not adequately live up to the prescribed responsibilities. Being a captain is an honor that carries with it a great many responsibilities. The selection of an individual to this position and the amount of work required of a captain should not be taken lightly.



## Expectations of MHS Rowing Team Captains

- ⚔ Captains are THE model student athlete.
- ⚔ A captain’s grades, behavior and attendance are never in question.
- ⚔ Captains show a vested interest in the progress and success of everyone on both women’s and men’s teams.
- ⚔ Captains are encouraged, but not required, to organize at least one social event outside of practice each season (Fall and Spring)
- ⚔ Captains encourage all rowers to follow directions, and to behave appropriately in and out of practice.
- ⚔ Captains are on time and prepared every day. They lead stretches at practice.
- ⚔ Captains attend all team events.
- ⚔ Captains are knowledgeable about the sport (outside reading and research is encouraged!)
- ⚔ During summer months, captains periodically (at least once a month) check up on teammates and organize group workouts when possible. These should be fun, engaging activities to help rowers stay active out of season - nothing too grueling.
- ⚔ Captains are nurturing and encouraging.
- ⚔ A captain reports misconduct to a coach but never carries out disciplinary actions with rowers.
- ⚔ Captains are the medium of communication between rowers and the coaches for non-urgent information, suggestions, concerns, questions, etc.
- ⚔ A captain attends all parent meetings and provides a verbal report of the team.
- ⚔ Captains help organize end of the year banquet and are prepared to give a reward to every rower.



# Coach's Notes

This set of rules and guidelines were written to make sure everyone on the team, and in the rowing family, knows what is expected of them. These are in addition to the High School Student Handbook. Rowing is the ultimate team sport that is as much about athletics as it is about life and the choices you make. Our goal is to promote an atmosphere of competitiveness through inclusion and personal responsibility. And to compete with as many rowers/coxswains as possible at the FSRA Sweep Champs and qualify for the SRAA National Championships.

**The expectations of the year are to strive for excellence in:**

1. All the work we do on the water and on the land
2. How we work as individuals and as a team
3. What we expect from both ourselves and others
4. How we approach each practice with the end goal in mind
5. How we help each other reach the goal together through purposeful and productive practices

**There will be some long and tough practices along the way, plus lots of chances to be distracted from the end goal. Help each other stay on track.**

1. Complete and turn in all required forms by the deadlines.
2. Stay current with all financial obligations.
3. If you do not have any of the forms, please see your coach or the Vice President in charge of forms or download them from [www.melhicrew.com](http://www.melhicrew.com).

*We practice rain or shine. Practice is almost never canceled. The only things that will keep us off the water are lightning and high winds. Listen for announcements at school. If you do not hear an announcement over the PA then there is practice. If we cannot get the message out quickly, or if the weather turns very quickly, it will be canceled at Ballard Park.*

**row dawgs! ...row!**



# Coach's Notes

## Moving Forward...



1. Please try to schedule ACT/SAT/FCAT tests away from regatta times if possible. If not, please inform your coach as soon as it has been scheduled.
2. The Junior and Senior year are busy times, especially at the end of the season/school year. Please think ahead and know that you will have a lot of work from teachers, and high intensity workouts with the crew. You must still practice and prepare for races.
3. Plan for papers and exams, don't wait till the last minute to study and get stressed out because of them and crew practice. Think ahead, budget your time, and get things done early.
4. Detention! ...don't get one. You represent the team and have an obligation to make sure you do well in school and attend practice. Detention does not allow you to meet this goal and it gives the team a bad reputation.
5. Giving blood - please do not give blood during the racing season! Although we admire your desire to help others, giving blood automatically prohibits you from practicing that day and weakens you for the next day or two. If you cannot practice, your boat can not practice. In essence, your boat loses close to a week of practice that is extremely valuable for preparing for your race at the end of the week!
6. Illness - if you are sick, please contact a coach if at all possible. In most cases we'd prefer you stay home and get well. This lessens the chances of you getting worse, and giving it to others. But, as mentioned above, please try to contact any member of the coaching staff to let them know and they can advise you.
7. Excessive school absences. Skipping school days is NOT ACCEPTABLE. Stay current with your school work and classes. If you have an excessive number of school absences you may not be boated in states or an overnight regatta.
8. Regattas are over when the trailer is fully loaded and ready to pull out and any post regatta awards/announcements are completed. You are expected to attend the entire regatta to cheer on your teammates and to put away equipment at the end of the day.



# Coach's Notes

## Boat Selection Methods

Boat selection tends to produce most of the stress and questions during the racing season and in particular the Championship regattas. Although it may seem like more voodoo and guesswork, there is a progression and logic to the entire process which is outlined below. The end goal is to produce the top (varsity) boats first, then move towards the JV, and downwards. There is a top-down progression for most regattas.

### Fall:

- Fall racing tends to provide more options of events and gives us a chance to be a little more “relaxed” in boat selections and try out more things. As the fall progresses the higher end boats tend to sort themselves out but it also offers us a chance to row in events we may not get as many chances as we do in the spring.
- Since the races are over 5000m the demands of the race differs greatly from a 1500m sprint. The smaller, lighter, more efficient rowers tend to have an advantage over heavier and less efficient rowers as mistakes get magnified over distance and time.

## Boat Selection Process

- Boat selections follow a basic process which includes the issues below:
- There is a start of the selection process and it continues until the final regatta.
- Unlike most sports that have initial try-out and cuts, our team has a continuous process as individuals progress and learn at different rates and as such crews can change from race to race as improvements need be tried out if they have shown potential through testing, racing and normal practices.



row dawgs! ...row!



# Coach's Notes

## Rower Expectations (including Coxswains and Captains)

### *Rowers come to practice EVERY DAY:*

- On time.
- With all necessary clothes (including workout shoes).
- With a water bottle.
- With sunscreen.
- With a good attitude!
- Rowers follow instructions promptly.
- Rowers listen attentively when being instructed and given directions.
- Rowers ask questions, when something is not fully understood.
- Rowers respect everyone on the team and understand the roles of rowers, coxswains, captains, and coaches on the team.
- Rowers take down oars after stretching and retrieve them after putting their boat away.
- Rowers will use appropriate language whenever representing the team.
- Rowers clean their boat, oars, and ergs after using them.
- Rowers respect each other, the equipment and the facilities used at practice.
- Rowers throw away any trash in or around the boathouse, regardless of to whom it may belong.
- Coaches will dismiss rowers from practice.

## Progress Reports:

- If necessary, progress reports will be collected. They are to be taken home, signed by a parent and returned to practice on Saturday.
- There will be NO practice (land or water) until the progress report is returned to your coach and signed by your parent.
- The intent of the progress report is to stay on top of all your classes and show responsibility for what you do and how you behave at school.
- If the report is unsatisfactory the rower will not practice or race until the standard is raised.
- The schedule and days for the progress reports will be posted at both Ballard and on the team website. Exceptions will only be authorized by the head coach with consultation with the entire coaching staff, and be done on an individual basis.

Special circumstances will be taken into account only if:

- a. Prior progress for a varsity letter has been satisfactory (as shown by prior history).
- b. Progress reports have shown exceptional results and there have been no complaints about the respective student by their teachers.



# Parent/Guardian Guidelines and Responsibilities

## Code of Conduct

**For your productive involvement with and contribution to the success of MHC and your rower(s), the information below is provided as a guide for Mel Hi Crew parents. Parents are asked to review and agree to the following:**

### General Matters

- I will remember that rowers participate to enjoy the sport and that the experience is for the student athletes, not the adults.
- I will emphasize skill development, practices and healthy competition, and that doing one's best is more important than winning.
- I will demand that my rower treat other athletes, coaches, officials, parents, chaperones, volunteers, and spectators with respect, regardless of race, creed, color, sex or ability.
- I will keep myself informed of team activities and issues by participating regularly in parent meetings, reading newsletters and information e-mails sent to me for this purpose by the team officers, and by familiarizing myself with information provided on the team website.
- I acknowledge that volunteering on the part of the parents is vital to the team as a whole and I will volunteer my time to the best of my ability.
- I will demand a sports environment for my rower that is free from drugs, tobacco, and alcohol.
- I will become familiar with the rules of the sport of rowing and the policies of Mel Hi Crew.
- I understand that the use of team addresses, phone numbers and e-mail addresses is solely for the purpose of disseminating necessary team information. Use of this contact information for any personal matters is prohibited.

### **Practices and Competitions**

- I and my guests will be positive role models for my rower and encourage sportsmanship by showing respect, courtesy, and positive support for my rower and teammates, all other competitors, coaches, chaperones, volunteers, officials and spectators at every practice, regatta or other sporting event.
  - My guests and I will not engage in any kind of unsportsmanlike conduct such as booing and taunting, refusing to shake hands, or using profane language or gestures.
  - I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my rower to win.
  - I will refrain from coaching my rower or other rowers during practices and competitions unless specifically requested to do so by a coach.
  - I will respect the property and equipment used at all sports facilities, at home or away.
  - I will refrain from criticizing coaches or other association leaders to my rower, as this displays disrespect on my part and encourages disrespect on theirs.
- Interaction with the Coaching Staff
- I will immediately inform the coach of any physical disability or ailment that may affect the safety of my rower or the safety of others.
  - I will encourage my rower to speak directly and courteously with the coach if he/she is having difficulties in training or competition, or cannot attend training or a competition. I understand that assuming responsibility for one's own actions – for better or worse - is an important part of maturation, and that ultimately my rower will benefit.
  - I will never question or confront coaches at practices, competitions, or other team events, and will arrange to speak with coaches at an agreed upon time and place.
  - If I need to contact my rower's coach regarding clarification of matters such as training schedules, nutrition and health and college recruiting, I will do so via the contact method designated by my rower's coach and at a time that is mutually convenient, anticipating a timely response.

## Parent Conduct and Conflict Resolution

- I will expect my rower to abide by the Mel Hi Crew Rower Code of Conduct and to resolve conflicts without resorting to hostility or violence.
- If I believe there has been misconduct on the part of one or more rowers, coaches, parents or others, I will abide by the following guidelines for issue resolution:
  - During team trips, I will report any misconduct immediately to a member of the MHC Board of Directors. They will be responsible to investigate the issue and involve coaches and other MHC board members as needed.
  - During other team activities, I will report any misconduct to the coach immediately if urgent at that moment or immediately after the activity if not urgent. The preferred method for communication after the fact is via e-mail. The head coach will involve other coaches, board members or parents as needed.
  - I understand that the process of following up on my allegations is a matter of privacy between the accused party and the coaches or Board of Directors. Unless the matter directly impacts my rower or me, I will not be advised further.
  - I understand that any misconduct by any member of the coaching staff should immediately be reported to the MHC Board of Directors.
- I will support the coaches and chaperones when they deem that my rower or other rowers require discipline. I will not interfere in disciplinary matters. However, if I believe that the discipline required of my rower is unreasonable, I will express my concerns via e-mail to the coach. The coach and I will arrange a mutually convenient time to further discuss my concerns, if needed.
- If I have followed the processes outlined above and have not received a timely or appropriate response on an issue directly impacting me or my rower, I and/or the coach may contact the President of the Mel Hi Crew Board of Directors.

### Summary

- I recognize that membership in this association is a privilege, not a right. By paying my rower's dues and competition fees, I am supporting the club, its coaches and its athletes. However, paying these costs does not entitle me to be involved in decisions about competition schedules, training methodology or placement in boats. These decisions are the sole province of the coaches. If my rower has a question or concern, it is my rower's responsibility to discuss it in a respectful manner directly with his/her coach.
- Failure to abide by the guidelines listed in this document may result not only in my own discipline but also in the discipline of my rower. I recognize that my family and/or my guests may also be subject to disciplinary actions.



## Rower/Parent Membership Financial Requirements

Melbourne High School Crew and MHS Rowing Association is committed to providing a competitive rowing program with quality equipment, experienced coaching staff and the opportunity to compete at state and national levels. MHS is the only high school in Brevard County with a rowing team. However, MHS Crew is not funded by the School District and therefore requires the support of the parents, coaches, alumni, and the local community for funding through dues and fundraisers. Without the volunteer support of the rowers and their parents the crew program is not possible.

### Assessments:

\$120.00 non-refundable registration fee/capital fund - due at registration or at any such time a rower joins MHS Crew.

### Dues:

#### Fall Season Payment Schedule:

##### Four payments as follows:

\$155.00 - due by September 1<sup>st</sup> (second sibling discount rate: \$130.00)

\$155.00 - due by October 1st (second sibling discount rate: \$130.00)

\$155.00 - due by November 1st (second sibling discount rate: \$130.00)

\$155.00 - due by December 1st (second sibling discount rate: \$130.00)

#### Spring Season Payment Schedule:

##### Four payments as follows:

\$155.00 - due by January 1st (second sibling discount rate: \$130.00)

\$155.00 - due by February 1st (second sibling discount rate: \$130.00)

\$155.00 - due by March 1st (second sibling discount rate: \$130.00)

\$155.00 - due by April 1st (second sibling discount rate: \$130)

\$155.00- Due by May 1<sup>st</sup>(second sibling discount rate \$130)

Rowers who have not fulfilled the above financial commitments on a timely manner will not be able to attend practices or regattas.

### Other Expenses Not Included:

New Rower Apparel package is \$150 which includes Unisuit, MHC cap, MHC polo shirt, MHC bag. Additional out-of-pocket expenses will occur for accommodations for the overnight regattas, bus transportation and associated travel expenses (gas/tolls if driving to regattas). State and National Regatta's will also result in out of pocket funding.

Optional purchases include MHC jackets, hats, MHC shirts, parent polo shirts, and End of Year Awards Banquet. Abuse of property and/or equipment will also result in out-of-pocket repair/replacement expense.

## Volunteer / Service Hours Commitment

In addition to your financial commitment, each team member & family is responsible for a specified number of hours in fundraising and/or community service activities.

A) All rowers will be required to participate in team building / fund-raising events such as picnics, retreats, car washes, maintenance days and row-for-free days. If rower cannot attend an event, then a note of excusal is required from the rower's parent(s). The time and date of these events will be announced.

B) Because MHC is a parent-volunteer run organization, each rower FAMILY will be required to perform 27 volunteer hours by May 1<sup>st</sup>. These hours are very easy to obtain by working on committees, such as helping with the food tent, hosting pasta dinners, building tents at the regattas, or many others. A list of various service hour opportunities will be communicated by the MHC Board of Directors.

❖ ***\*PLEASE NOTE:** It is not our desire to pull rowers off the water and we will use every effort to work with families that may need help. It is only when families do not communicate with the Treasurer that this unfortunate action will take place.*



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## GLOSSARY OF ROWING TERMS

**BLADE:** The end of an oar opposite the handle. The blade is the broad, flat part of an oar that helps the oar lock into the water and leverage the boat.

**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 (seat “one”), who crosses the finish line first.

**BOWBALL:** The rubber ball attached to the very tip of a boat to provide protection for both the boat and anything it may bump.

**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 head is visible. Having the coxswain virtually lying down in the bow reduces wind resistance, and the weight distribution is better.

**BUTTON:** A wide collar on the oar that keeps it from slipping through the oarlock. Usually referred to as the collar.

**CLUB:** A rowing program not affiliated with any one school, but rather a region, town, or city.

**COXSWAIN:** Person who steers the shell and is the on-the-water coach for the crew.

**CRAB:** A crab occurs when an oar remains in the water at the finish of a stroke and is not removed. Such an occurrence destabilizes, and often stops the run of a boat. Though occasionally the mistake of one rower, crabs are most often the result of poor rowing by a crew. See also “run.”

**CREW:** A boat of rowers, and possibly a coxswain. Also, “crew” can refer to an entire rowing program. Though often said, no one “does crew”. That is like someone saying, “I do baseball team.” Appropriate use of the term would be: “I am on the crew.” Rowers do not “play crew” or “row crew”. While other athletes may play a sport (“I play football”), rowers simply row (“I row”). “Crewing” is not a word; “Rowing” is a word. The fastest way to sound intelligent about rowing is to master these terms.

**DECK:** The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic. Also the part of a boat between the gunnels on which rowers sit.

**DOUBLE:** A two-rower boat in which each rower uses two oars.

**EIGHT:** An eight-oared shell in which each of the eight rowers uses one oar. Also the eighth seat from the bow, or “stroke” seat. The fastest of all commonly rowed boats. Symbolized as: 8+ (the “+” indicates a coxswain in the boat.)

**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 fly-wheel and a digital readout so that the rower can measure his “strokes per minute” and the distance covered.

**FEATHER:** Turning the handle of the oars so that the blade is parallel (flat) to the water.

**FIN:** The triangular shaped piece that extends down from the “hull” to help in the steering and stabilization of a boat.

**FISA:** Short for Federation Internationale des Societes d’Aviron. The international governing body for the sport of rowing in the world, established in 1892.

**FIRST VARSITY:** The top fastest combination of rowers and a coxswain in a four-oared or eight-oared boat. Plant primarily rows eights, so the top boat is the “First Varsity 8” or “1V”.

**FOOTBOARD:** The footboard is the platform against which rowers push with their feet and legs when leveraging an oar to move the boat.

**FOOT STRETCHER:** The foot stretcher holds the footboard, which hold the shoes.

**FOUR:** A four-oared shell in which each of the four rowers uses one oar. Also the fourth seat from the bow. Symbolized as: 4+ (with a coxswain) or 4- (without a coxswain).

**FSRA:** The Florida Scholastic Rowing Association. This organization governs high school and junior clubs rowing in Florida.

**GATE:** The bar across the oarlock that keeps the oar in place.

**GERMAN RIGGING:** A different way of setting up which side of the boat the oars are on in a sweep boat. Instead of alternating from side to side, in a German rigged boat two consecutive rowers have oars on the same side.

**GUNNEL:** The side of a boat that is out of water. The sides of a boat that are in the water is the “hull.”

**HANDLE:** The end of an oar, by which a rower grips and manipulates the shaft and blade.

**HEAD RACE:** A long race (over 2 miles) in which crews are started one at a time. Winners and the place of a crew is determined by the time it takes a crew to cover the course.

**HULL:** The sides (and bottom) of a boat in the water. The gunnel, or gunnels, are the sides of the boat out of the water.

**JUNIOR:** A rower 18 years of age or younger.

**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.

**NOVICE:** A new rower who has been rowing less than one year. A novice can be any age or grade.

**OAR:** Used to drive the boat forward: rowers do NOT use paddles. Paddles are for people who have not figured the mechanical advantage of using a lever, and also one's entire body, to move a boat.

**OARLOCK:** An oarlock is attached to a pin. The oarlock holds the oar against the pin so that together they can act as a lever and fulcrum.

**PIN:** The pin is held in place by the rigger. The pin is the fulcrum used, with an oar as a lever, to move a boat.

**PORT:** Left side of the boat, while facing forward, in the direction of the movement.

**PR:** "PR" stands for "personal record". Athletes also use "PB" for "personal best". PR refers to one's best time on an erg test of 2000 or 6000 meters.

**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 pin, oarlock and oars.

**ROWING:** The physical act of moving a boat across water using an oar in an oarlock as a lever. An oar "blade" is placed in the water with oar "shaft" resting in the "oarlock" (and against the "pin") midway down the "shaft". With the "pin" acting as a fulcrum, the oar is pulled by the oar "handle, thereby using the mechanical advantage of a lever and fulcrum system to move the boat. Rowing is NOT paddling; paddling does not employ the efficiency of mechanical advantage.

**RUDDER:** The rudder steers a boat. It is most often directly adjacent to the fin (or "skag").

**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.

**SCHOLASTIC:** This term refers to rowing teams whose athletes come from one high school (public or private). See also "Club".

**SCULLING:** One of the two disciplines of rowing – the one where scullers use two oars or sculls.

**SEAT:** The moveable platform on the deck inside a boat on which rowers sit. The moving nature of the seat allows rowers to use their legs as well as their back and arms. **SHAFT:** A long, cylindrical part of an oar. **SHELL:** Can be used interchangeably with "boat".

**SHIRT:** The traditional uniform of rowers is the racing shirt. Among established or traditional crew, shirts are bet at races and then won or lost.

**SHOES:** Shoes hold rowers feet against the "footboard".

**SINGLE:** A boat rowed by one rower with two oars. The slowest of all boats commonly rowed. Symbolized by: 1x SKAG: See "fin."

**SLIDE:** The set of runners for the wheels of each seat in the boat.

**SPRINT RACE:** A standard rowing race. Like a swimming or track race, crews are placed in lanes next to each other. The crews start at the same time and race in a straight line to the finish. Sprint races are usually 1500m or 2000m.

**SQUARE:** A blade in perpendicular position to the surface of the water. A blade must be “square” in the water for the oar to leverage and move the boat. A blade that is “feathered” is good out of the water, but useless in leveraging a boat. See also “feather.”

**SRAA:** The Scholastic Rowing Association of America governs and facilitates national rowing among high school programs. Clubs do not participate in SRAA events. See also “Club” and “Scholastic.”

**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 FOOTSTRETCHER:** 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.

**USROWING:** The governing body of rowing in the United States.