


ROBINSON SECONDARY SCHOOL CREW PROGRAM



MEMBERSHIP HANDBOOK

NOVEMBER 2024



WHAT'S UNIQUE ABOUT [ROWING] IS THIS UTTER DEPENDENCE ON ONE ANOTHER - NO ONE [ROWER] CAN MAKE THE BOAT GO FASTER BY THEMSELF; ON THE OTHER HAND, ONE [ROWER] CAN SLOW IT DOWN A LOT. SO [ROWERS] REALLY DO LEARN TO TRUST ONE ANOTHER AND DEPEND ON ONE ANOTHER IN A PRETTY UNIQUE WAY.

Harry Parker, Penn & Harvard Crew Coach (1953-2013)

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General Information

The James W. Robinson Secondary School Crew Program includes two distinct but closely related groups: 1) Robinson Crew, which includes athletes and coaches; and 2) the Robinson Crew Boosters Club (RCBC), which includes families, friends, and supporters of Robinson Crew.

The daily operations of the team are the responsibility of the Program Director, while the daily operations of the RCBC are the responsibility of the Board of Directors (the Board). The Board is the governing body for the RCBC and supports Robinson Crew through the coordination of fundraising and parent volunteer support and the collection of membership fees.

Crew is a club sport in Fairfax County Public Schools (FCPS), but the program follows the same Virginia High School League (VHSL) rules as varsity sports at Robinson Secondary School (RSS). As a club sport, Robinson Crew receives no financial support from RSS or FCPS. All financial support for Robinson Crew comes from rower fees, donations, and RCBC fundraising efforts. The RCBC is an IRS 501(c)3, non-profit organization. The RCBC also supports the Robinson Athletic Boosters. The RCBC purchases, owns, and maintains equipment for the use of the team.

The Virginia Scholastic Rowing Association (VASRA) promotes scholastic rowing in the Washington metropolitan area. It is an association of booster clubs from over 35 member schools from Virginia, the District of Columbia, and Maryland. VASRA organizes and operates competitive rowing events for its member schools and guests on the Occoquan Reservoir and the Potomac River.

VASRA interacts with the Northern Virginia Regional Park Authority, the USRowing Association, and the Scholastic Rowing Association of America to promote scholastic rowing on a local and national level. VASRA works with the Coaches' Association to advise the Crew Council, which is composed of the principals or the athletic directors of high schools with rowing programs. VASRA also governs the rules and regulations of scholastic rowing in the Washington metropolitan area; the regulations of the VHSL and similar regulations of Maryland and DC also bind crew teams. Regattas are run according to the USRowing Rules of Racing with rules and regulations specific to local crew programs established by the Crew Council.

Robinson Crew is divided into boys and girls teams. Each team operates with a head coach and a supporting coaching staff.

Communications

- **Slack** — The Slack application (app) is the team's primary means of communication. Our team uses Slack to communicate amongst the coaches, rowers, and parents. Download the Slack app from the Google or Apple app store and request access to the Robinson Crew Team channel. Last minute practice cancellations will be sent via Slack. Parents should join the General

channel and the Fundraising channel. Parents participating in carpool should join the Carpool channel.

- **Email** — The At-Large Board member will send out a periodic newsletter called the “Quick Catch.” The Quick Catch contains announcements and information of upcoming events. An occasional additional email will be sent out containing urgent messages. All rower and parent email addresses are requested during the online registration through the Student Activities Office. Updates and changes to email addresses should be made in the online registration system AND sent to the Vice President for Membership at vpmembership@robinsoncrew.org.
- **Website** — Our [Robinson Crew Website](#) is a great source of information. In addition, the [VASRA Website](#), includes information about the current crew season and offers regatta training sessions, outside competitions, etc. Links to other organizations are also available on our website.
- **General Membership Meetings** — Robinson Crew General Membership meetings are held monthly from October through May. All members are strongly encouraged to attend in-person meetings and to participate in virtual meetings. Important information about upcoming RCBC activities, financial updates, and volunteer opportunities are shared at Membership meetings. Dates, times, locations or links for the meetings will be posted in the Quick Catch and in Slack. Members who are not able to attend meetings should review notes from the meetings when they are available on the Documents page of the Robinson Crew website.
- **Coaches** — All contact with coaches should be made through Slack. Additionally, you may reach the Program Director at: programdirector@robinsoncrew.org
- **Mail** — The RCBC mailing address is:

Robinson Crew Boosters Club
5616i Ox Road #7086
Fairfax Station, VA 22039

RCBC Board of Directors

Elected Officers

Position	Email Address
President	president@robinsoncrew.org
Secretary	secretary@robinsoncrew.org
Treasurer	treasurer@robinsoncrew.org
Vice President, Administration	vpadministration@robinsoncrew.org
Vice President, Membership	vpmembership@robinsoncrew.org
Vice President, Ways and Means	vpwaysandmeans@robinsoncrew.org
Vice President, Operations I	vpoperations@robinsoncrew.org
Vice President, Operations II	vpoperations_2@robinsoncrew.org
At Large Member	at-large@robinsoncrew.org
At Large-Finance Member	at-large-finance@robinsoncrew.org

A listing of current board members can be found on our website at:

<https://www.robinsoncrew.org/rcbcleadership>

Coaches

Position	Email Address
Program Director	programdirector@robinsoncrew.org
Girls Head Coach	girlsheadcoach@robinsoncrew.org
Boys Head Coach	boysheadcoach@robinsoncrew.org

A listing of current coaches can be found on our website at:

<https://www.robinsoncrew.org/coaches>

Useful Links

Robinson Crew Website: <http://www.robinsoncrew.org>

Robinson Secondary School Athletic Website: <https://robinsonrams.com/>

Regatta Schedule: Regattas listed under “Key Dates”: <https://www.vasra.org/home>

VASRA: <http://www.vasra.org>

Robinson Crew Membership Obligation (volunteer and fundraising requirements):

- [This document](#)
- <https://www.robinsoncrew.org/obligation>

Important Contact Information

In Case of Emergency: Dial 911

Other Non-Emergency Information:

- Northern Virginia Regional Park Authority: Sandy Run Regional Park, 10450 Van Thompson Road, Fairfax Station, VA 22039: 703-690-4392
- NOAA National Weather Service: www.nws.noaa.gov
- Sandy Run Weather: <http://www.weather.com/weather/today/USVA0571>
- Fairfax County Fire and Rescue: 703-246-2126
- Northern Virginia Regional Park Authority Headquarters: 703-352-5900
- Robinson Secondary School Athletic Director’s Office: 703-426-2125

Membership Requirements

Every student athlete must meet the following requirements to be a member of Robinson Crew. Detailed instructions associated with each item are provided in the subsequent pages.

1. Register online at [Robinson's Official Athletic Website](#).
2. Submit a completed [VHSL Physical Form](#) to the Robinson Student Activities Office.
3. Complete the FCPS online Concussion Education Program as part of the online registration process.
4. Pay the team registration fees upon receipt of emailed invoices.
5. Sign the USRowing online waiver.
6. Maintain personal health insurance.
7. Meet all VHSL and FCPS scholastic and disciplinary requirements.
8. Pass a swim test.
9. Sign and submit the Robinson Crew Code of Conduct.
10. Fulfill volunteer and fundraising membership obligations as set forth by the Board of Directors including participation in mandatory fundraising activities.

Step 1: Register Online

To be a member of Robinson Crew, you must register online as either a “Novice”, new to Robinson Crew even if you’ve rowed for another team, or an “Experienced/Returning” team member. The link to register online is posted on the [Robinson Crew Website](#) under the “Registration” heading and on the homepage. You can also access the registration system here [Robinson Official Athletic Website](#).

Step 2: Get a VHSL Physical

A Virginia Athletic Participation/Parental Consent/Physical Examination Form ("sports physical form") must be completed and filed with the Robinson Athletic Office for each athlete. An updated form can be downloaded from:

- [VHSL Physical Form](#)
- The physical must be dated after May 1st of the prior school year.
- A new physical is not required if previously submitted for the current school year.
- Write "CREW" on the top of the form.
- Keep a copy of the form for your records.
- NOTE: Physical form must be completed by a physician and will be reviewed by the Robinson Athletic Department’s Athletic Trainer. You may not participate in any practices until the physical has been approved by Robinson’s Athletic Trainer.

Step 3: Complete Concussion Course

All student athletes and one parent or guardian must complete the FCPS online Concussion Education Program annually. The program must be completed after May 1st

of the prior school year: <http://www.fcps.edu/sports> . Click on the “Concussion Education for Parents & Students” link to begin. Remember this will need to be completed once by the student athlete **and** by one parent or guardian, **yearly**. Upon successful completion of the program, the school will receive notification you have completed the program; you will NOT be required to provide a certificate of completion but should note the date you completed the program for future reference.

Step 4: Pay Team Registration Fees Upon Receipt of Invoices

Registration fees are typically payable in four installments. RCBC has a limited number of scholarships available to assist student athletes that would like to join the team but are unable to meet the financial requirements. Detailed instructions on how to apply for a scholarship are outlined under the heading “Scholarship.” Late Registrations will be accepted at the discretion of the Program Director. Payment due at time of late registration will include the initial payment plus any payments for which the deadline has passed.

Step 5: Complete US Rowing Online Waiver

Prior to participating in any USRowing sanctioned regatta, Robinson Crew is required to provide certification that all the team members and coaches have signed the USRowing waiver. An email containing the instructions and website link will be sent out by the VP Membership during the month of February.

Step 6: Obtain Or Confirm Health Insurance Coverage

FCPS, RCBC and VASRA do not carry insurance to cover student athletic injuries. Parents need to purchase school insurance or possess a family insurance policy.

Step 7: Comply with all VHSL & FCPS Requirements

- **Scholastic Eligibility** – In order to participate on a Robinson Secondary athletic team, each athlete must have satisfied all the VHSL scholastic eligibility requirements prior to participation. Each athlete must have passed five subjects for credit the preceding semester and be enrolled in at least five subjects for credit the current semester.
- **School Discipline Referral** – Any student-athlete referred to an administrator or the coach for a school rules violation may be denied the privilege of participation in all athletic activities for a period as determined by the Coach, Robinson Athletic Director, and or Principal. The RCBC also reserves the right to limit member access (athlete or guardian) to RCBC-owned equipment due to a member’s loss of “good standing” as defined in the RCBC Bylaws.

Step 8: Pass the Swim Test

Each first-year participant in Robinson Crew (i.e., “novice”) must pass the swimming requirement set forth by VASRA. Once the test has been passed, it does not have to be retaken in subsequent years.

Per [VASRA's Operations Manual](#),

"The principal and team authority shall both ensure that each member of its team has passed the swimming examination stipulated by the VASRA before taking part in any rowing related water activity, competition or practice. This examination needs to be passed only once in a student's high school rowing career. The test must be conducted by an adult designated by the Team Authority. It cannot be a student's parent."

Conduct of the swim test

Athlete will:

- Swim 100 meters;
- Tread water for 2 minutes; and
- Don a Personal Floatation Device (PFD) that is tossed to them while in the water.

Additional information about the swim test:

- All students will be in typical rowing/training attire (T-shirt, shorts and socks)
- The entire test must be completed without stopping,
- No touching the walls (other than to turn and go in the other direction) or touching the bottom of the pool.
- No break between portions of the test.
- No time limit or stroke requirement for completing the 100-meter swim.
- The test will be administered by the Board and parent volunteers.
- The Head Coach or their designee will make the final pass or fail determination.
- If a student fails the swim test, they may request a retest from the VP of Membership.
- Failure to pass the swim retest will result in a refund as outlined in the RCBC Refund Policy.

Step 9: Review the Robinson Crew Handbook and Sign the Robinson Crew Code of Conduct

Step 10: Fulfill the membership obligation (volunteering and fundraising) as set forth by the Board of Directors including participation in mandatory fundraising activities.

"ROWING IS NOT LIKE BASEBALL WHERE YOU CAN ARRIVE LATE, GRAB YOUR GLOVE, AND RUN ONTO THE FIELD. FOR ME, IT WAS THE DISCIPLINE OF HAVING TO BE AT A GIVEN PLACE AT A GIVEN TIME, SOMETIMES SEVEN DAYS A WEEK. AS TIME WENT ON, THAT VERY DISCIPLINE INFLUENCED OTHER DIMENSIONS OF MY LIFE." - FRANK SHIELDS, PENN. '63

Commitment and Participation

Robinson Crew is a club sport that has the privilege of being recognized by Robinson Secondary School as a Varsity sport. Team member commitment is a hallmark of Robinson Crew. Commitment is required to withstand the grueling physical demands of the sport, to raise the large amount of money needed to sustain the team, and to keep one of the largest Robinson sports thriving. Robinson Crew exists not only because the athletes are committed to their sport, but also because the parents are committed to their rowers. All crew families participate in fundraising and other club activities throughout the year and in so doing establish a bond and share unique experiences. Families participate with their rowers in fundraisers, workdays, and regatta support.

Membership Obligation (Volunteering and Fundraising)

The team needs support from all members to succeed. Families provide support in the form of volunteer points and fundraising contributions.

Volunteer Requirement

All functions necessary to maintain the operations of the team are performed by volunteers. Hundreds of hours of volunteer work are needed during a single crew season for the team to be successful. To ensure the burden is never too great for any single person or group of people, a Volunteer Requirement is part of being a member of the Robinson Crew Team. Families that are encountering an increased level of hardship may apply for an exemption or reduction of the Volunteer Requirement. Having more than one rower on the team is not considered a hardship. The Volunteer Requirement and its intricacies are outlined below. Instructions on how to apply for an exemption or reduction of the Volunteer Requirement are listed under our Scholarship section.

Each team member is required to accrue a set number of volunteer points between the months of July and June of each calendar year. The Board of Directors establishes the required number of volunteer points for each family. Any family with more than one (1) rower is required to earn full points for the first rower and half the points for additional rowers.

- **Calculation**

- Volunteer point values are set by the Board of Directors and are based on the amount of time and level of effort required for the specific volunteer job. There is not a 1:1 relationship between hours and points.
- Points will be awarded in the event of a cancellation announced less than 24 hours prior to the start of the event. For example, a regatta may be canceled due to weather. This decision may be made in the early morning hours prior to the start of the regatta with notification provided on the VASRA X account. Points may be earned by team members, family members of team members and friends of team members. To ensure

proper crediting of the service points earned, every volunteer must sign in and properly designate the team member for whom they are earning the points.

- Points will not be awarded when the Head Coach and/or Event Coordinator in conjunction with their supervising Director cancels an event more than 24 hours prior to the scheduled event time. In the case of the Head Coach, notification of the event cancellation will be made either verbally or via email to a Board Member with such notification time being the basis for determining the event cancellation time.
- Points do not carry over year to year.
- Points cannot be gifted to other members.
- **Deadline** - All Volunteer Requirements must be met by the date specified by the Board of Directors, generally mid-April of the current season.
- **Tracking**
 - Each Event Coordinator will have a sign in/out sheet on which all volunteers will enter their name and the name of the team member for whom the service points are to be assigned. **This is very important as any volunteer that does not sign in and out may not be credited with their service points.**
 - Points may not be transferred to another team member unless it is between siblings.
 - Coordinators will report the points earned during their event to the Vice President for Administration for recording in the Membership Obligation Tracker.
 - An updated Membership Obligation Tracker will be posted in the General Slack channel at least once a month.
 - All team members are highly encouraged to track volunteer points earned. All discrepancies should be brought immediately to the attention of the Event Coordinator(s). Any difficulties in resolving a service points discrepancy may be directed to the event coordinator's supervising Board of Director member or the VP for Administration. All contact information is listed on the Robinson Crew website.
 - Team members will have 14 days after the tracker that includes the event is posted to resolve any discrepancies. Direct all questions to the Vice President for Administration at vpadministration@robinsoncrew.org.
- **Penalty**
 - Any volunteer points not earned by the deadline set by the Board will result in a penalty of \$50 for each unearned point.
 - Team members will receive an invoice from the Treasurer with the balance due upon receipt.
 - Failure to make payment in a timely manner may result in a member's

loss of good standing and may result in athletes not being able to access RCBC-owned equipment until the member's account is up to date.

Fundraising Requirement

RCBC engages in many fundraising activities. While some of the activities are optional, a few of the larger income generating activities are only successful with the participation of the entire team and as such are mandatory. Full participation in these activities is mandatory for all team members. If a rower is not able to participate in a mandatory fundraising event, the rower must contact the RCBC President or the parent coordinating the activity to request an exemption to the mandatory participation requirement.

- **Tag Day**

Tag Day involves the student athletes going out into the Robinson community to solicit funds. The team members go out in groups of two or more with a parent volunteer driver as a chaperone. The groups go door-to-door requesting financial support for the program. With over 5,000 students attending Robinson, the community is very large, and contacting each home is only possible with a large number of team member participation. This event is typically held on two Saturdays in January or February. Participation on both days is required. Occasionally, an athlete will be unable to attend either day due to a prior school or family commitment. The team member must inform the TAG DAY Coordinator or the Board President.

- **Letter Writing Campaign**

The Letter Writing Campaign consists of team members sending emails to friends and family members to solicit donations. There is no minimum number of letters every rower must send. Rowers may participate in Letter Writing to fulfill the fundraising part of their membership obligation. In some cases, the Letter Writing Campaign may be combined with, or replaced by, a team event such as an Erg-a-thon.

- **Fundraising Shortfalls**

- Any member that has not met the fundraising requirement by the deadline set by the Board will be required to pay the remaining balance.
- Team members will receive an invoice from the Treasurer with the balance due upon receipt.
- Failure to make payment in a timely manner may result in a member's loss of good standing and may result in athletes not being able to access RCBC-owned equipment until the member's account is up to date.

Financial Information

Registration Fees

- Registration fees must be paid in full or in installments typically beginning with winter conditioning in November and before the start of the Spring sports season in February.
- This fee pays for coaching, equipment, insurance, and regatta participation fees **except for** away regattas.

Uniforms

VASRA provides oversight for competitive scholastic rowing regattas on the Occoquan Reservoir at Sandy Run Regional Park. The VASRA Representatives' Handbook, Article 3, Part B, Section 3 – 201 states the following:

“All Competitors in a Crew shall wear identical clothing. Such clothing shall cover the torso of the body and may include sweat gear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. An exception will also be granted to composite Crews. Individual Competitors in a Crew may choose whether or not to wear a hat or other headgear, which may be of the individual Competitor’s own choosing and need not be identical with those worn by other Crew members.”

Robinson Crew requires each rower to **purchase a designated team uniform**.

Uniform fees are not included in the registration fees. Purchasing and sizing instructions will be provided by the **Uniform Coordinator**, typically during the winter conditioning season.

We recommend rowers purchase the Robinson “splash jacket” for rainy days, but purchase is not required.

Away Regatta Trips (outside the National Capital Area)

RCBC and the coaching staff reserve the right to occasionally offer opportunities for qualifying rowers to participate in away regattas outside the normal rowing season. Away regattas include the Stotesbury Cup Regatta, Scholastic Rowing Association of America (SRAA) National’s Regatta, and the USRowing Youth National Championship Regatta for which rowers must qualify.

Rowers participating in away regattas will be invoiced separately for these events.

Scholarships

The RCBC strives to make crew accessible to all Robinson student athletes wishing to fully commit themselves to the sport. The RCBC makes every effort to ensure that each student athlete can fully meet all membership requirements, whether financial or volunteering. When financially able, the RCBC sets aside funds to aid student athletes that are experiencing financial hardships. RCBC may require families requesting a scholarship to also apply for financial assistance available from local rowing clubs.

The Board of Directors will review all member requests for scholarships or volunteer point reductions and vote to approve or disapprove the requests. To apply for a scholarship or volunteer points reduction and or waiver, members will fill out and submit the necessary form(s) contained at the end of this handbook. Applicants may request a scholarship to cover all financial requirements, a portion of their financial requirement, all volunteer points or a portion of the volunteer point requirement.

Registration Refund Policy & Process

- A refund request must be emailed to the RCBC Treasurer and Program Director. The email must include:
 - Name of the rower
 - Name of the responsible party
 - Reason for the withdrawal and refund request
 - Date of the withdrawal
- The amount of the refund will be calculated as follows:
 - After the first Friday of winter conditioning and training, but prior to the first Friday of the spring sports season, RCBC will refund all registration fees with the exception of a \$375 winter training fee.
 - After the first Friday of the spring sports season, RCBC will not refund any registration fees. If a rower is unable to pass the required swim test, RCBC will refund all registration fees with the exception of a \$375 winter training fee.

About The Season

Green Days

Green Days are out-of-season practices allowing for sport-specific training and are used as opportunities for prospective rowers to try out the sport on the water and experience what it will be like to compete during the spring season.

Pre-Season/Winter Conditioning (Land Training)

Winter Conditioning, sometimes referred to as Land Training, is a voluntary pre-season training program designed to prepare athletes for the physical demands of the spring rowing season. The coaching staff highly recommends that athletes participate in the winter training program or participate in another sport during the winter months. The accomplishments of winter conditioning set the stage for the team's level of performance in the spring season. Winter conditioning season typically starts the last week of November or the first week of December and continues right up to the beginning of the spring season water training in late February. Conditioning sessions are held after school at Robinson Secondary School

Spring Practice (on the water)

Spring practice means time on the water at Sandy Run Regional Park. Spring practices typically begin in late February and run through the end of May or early June, depending on the seasonal regatta schedule. Practice will be held each day after school with Saturdays being either a morning practice or a regatta. Practice times will generally be fixed, 4:00 to 6:30pm, throughout the season but may vary due to weather, sunset times, coaching staff decisions, and/or your designated boat. Actual practice times will be announced closer to the spring season and communicated on Slack.

All athletes are expected to be present on time and ready to practice. Practices are held daily during the school's spring break and are part of the normal season's practice schedule. Failure to attend practices over spring break will be treated as if a "regular" practice is missed. Please notify the coach well in advance if you intend to miss practices during spring break. All athletes are expected to be at each practice. Unexcused absences are unacceptable. The absence of one rower can impact not only the other eight athletes in his/her boat, but also those of other boats when athletes are shifted to cover for the absent rower.

Racing Season

Coaches will attempt to announce boat line-ups on the Wednesday before each regatta, however, given the nature of the sport boat line-ups may not be completed until Friday afternoon, especially for the lower or novice boats. The team attendance policy will remain in effect after line-ups have been announced. Each boat will be required to arrive at the race location at a specific time set by the coach. Be punctual, as your boat may not race if you are not on time or if a teammate from your boat does not show up. Robinson athletes are expected to exhibit the highest standard of sportsmanship on and off the water including bus rides, hotel stays, team meals, and banquets.

Participation in Regattas

Every effort is made to ensure that each athlete who has fulfilled team obligations and complied with the attendance policy has the opportunity to participate in the local regular season regattas prior to the State Championships. Boats are required to qualify for the Championship Regattas, and full participation in these events cannot be guaranteed due to the limitations placed on the coaching staff by the regatta organizers. Rowers who participate in regattas that involve missing school classes must submit the Excused Absence paperwork and make arrangements for missed assignments with their teachers ahead of time. This is particularly true if any Standards of Learning (SOL) testing periods are to be missed. Robinson will recognize these out-of-school trips as excused absences with prior parental notice.

Boat Selection

The strength of Robinson Crew is its depth of talent. Each year, the coaches are faced with the difficult decisions of which athletes to put into which boats. Below are just some of the attributes coaches assess during the selection process:

Rowers	Coxswains
Attitude	Attitude
Consistency/Attendance/Teamwork	Consistency/Attendance/Teamwork
Ergometer scores	Leadership and ability to motivate others
Racing skill, experience, and past performance	Race management skill, experience, and past performance
Seat racing results	Steering skill
Subjective analysis of boat moving ability	Technical knowledge of rowing
Physical conditioning	

Stotesbury Cup Regatta

The Stotesbury Cup Regatta (a.k.a., “Stotes”) is the largest high school rowing regatta in the world – think of it as the Superbowl for high school rowing. This is one of the most exciting regattas in which our rowers participate. The regatta takes place in Philadelphia on the Schuylkill River (‘SKOO-kəl’), usually mid-May.

Robinson Crew considers this an “away regatta” and a “post-season event.” Not all rowers will participate. The coaching staff determines the rosters, typically in March.

The historical cost for this regatta is ~\$500 per rower (this cost is in addition to RCBC registration fees). This additional fee includes transportation, hotel, and meals for two days.

RCBC will establish a Stotesbury Planning Committee, typically in February. Planning includes transportation, lodging, food, chaperones, and volunteer responsibilities.

Boat Structure

Competitive Focus

- The “UPPER BOATS” are the top of our program. Athletes who reach this status are typically experienced rowers with the talent and dedication to train and race at a high level. Upper Boats normally travel to away races, but the final decision rests with the coach. Success in upper boats requires year-round training. Categories constituting an upper varsity boat may change from year to year but can generally be described as:
 - Men and womens: Varsity Eight, Second Eight/Junior Eight, Varsity Four
 - Must earn the seat—competitive selection by coaches
 - Land training (ERGING, running) daily
 - On water practices daily (except Sunday), including Spring Break

Developmental Focus

- The “LOWER BOATS” are the starting point for all rowers. This is a developmental level where the basics are learned. There may not be events for these crews at the Championship Regattas. These boats will travel to away regattas at the coach’s discretion.
 - Maximum possible on-water participation in Saturday regattas through entrance of third, fourth, Freshman Eight, and possibly, fifth eights (may be limited during championship regattas)
 - Land training (ERGING, running) daily
 - On-water practices daily (except Sunday), depending on weather, boat, and coaches’ availability.

Club Expectations

Athletes are expected to:

- Work hard to improve and strive to achieve individual goals.
- Be supportive of the team by accepting coaching decisions.
- Participate fully in all aspects of the training.
- Seek feedback. If a team member doesn't know where they stand, ask.
- Realize team goals come before the needs or desires of any individual.
- Treat all teammates, opponents, coaches, officials and RCBC members with respect.
- Participate fully in all fundraising activities.
- Dress for the occasion.
- Enjoy being a member of a successful, competitive rowing team!

All members of the team must be appropriately dressed for current weather conditions. It is highly recommended that they have extra clothing with them. Clothing for water training should be close fitting and have basic water-resistant properties. Coxswains should be well covered with warm clothes that can withstand wind and water penetration. Coaches recommend the following:

- *In Cold Conditions (you will get wet, and it will be cold):*
 - Winter hat – (this is critical as most heat is lost through your head)
 - Gloves for training off the water (no gloves are worn during water practices)
 - Lined, long spandex or close-fitting fleece/lined athletic pants
 - Dry-fit or moisture-wicking inner layer (i.e., polypropylene, cool max)
 - Waterproof or water-resistant jacket (shells work better than large bulky jackets)
 - Fleece vest or jacket
 - Layers are important
 - Warm socks – polypro, fleece, or warm wool socks
 - Sunscreen (protect your face from the sun)
 - Sunglasses
- *In Warmer Conditions:*
 - Baseball cap or visor to protect your face from the sun and to keep your hair in place
 - Sunglasses
 - Close-fitting shorts (baggy shorts can get caught in the seat tracks)
 - Cotton, dry-fit, or cool max T-shirt
 - Sunscreen (protect your face and body from painful burns)

- *In General:*
 - Spare sneakers every day, good running shoes for land practice and old ones for water workouts. Also, an extra pair of socks or some extra clothes to replace wet clothes is essential.
 - Filled water bottle (at least 16 ounces). Water is always preferable to sports drinks or energy drinks.
 - A protein filled snack for the ride home.
 - Towel to wipe off moisture after exercise or spraying in the boat. Team members should make sure to take home whatever clothing or personal belongings they bring to team events.
 - Basic first aid items such as band aids and blister ointment

Coaches are expected to:

- Develop and discuss with the rowers a selection plan. It must be understood that circumstances may make it necessary for the coach to alter this initial plan.
- Provide direct feedback to the student-athletes about their strength(s) and/or weakness(s), and ways to improve. Be constructive in criticism.
- Make fair assessments to achieve the fastest lineups and communicate the results openly.
- When selections are made, hold individual conferences to explain decisions, if needed and deemed necessary.
- Share with the participants in the failures and many successes of this team!
- Provide clear communications from the beginning on all steps necessary to make Robinson Crew a successful program.

Parents are expected to:

- Support their athletes by fulfilling the RCBC Membership Obligation (volunteering and fundraising).
- Remember that the coaches have full responsibility for training the student athletes.
- Respect the coaches as the final authorities on boat selection and rowing matters.
- Remember, coaches seek to create the fastest possible lineups. While decisions are objective, they are not personal.
- Enjoy your athlete's growth and development through his/her commitment, dedication, and teamwork!
- Show up at regattas to watch and support the team.

Members should remind their athletes to remain engaged with their coaches regarding their development, areas needing improvement, and goal setting. Parents are welcome to speak with coaches when they are available about rowing and their athlete's progress, but parents should not question the coaches' authority regarding boat and seat placements and other coaching decisions.

Policies

Practice Attendance Policy

Teamwork is paramount to success in crew. Absences are extremely disruptive to the team's progress and overall success. All athletes are expected to attend each practice and report on time ready to work hard.

Unexcused absences are unacceptable. Absence from or early departure from school due to illness is considered an excused absence, and athletes are not permitted to attend practice on that day.

Conflicts between practice and official Robinson events **MUST** be presented to their respective coach via Slack or email no later than 48 hours prior to the missed day of practice.

Anyone who is unable to attend a scheduled practice for any reason must notify his/her coach of the relevant boat no later than 24 hours prior to the missed day of practice.

Failure to adhere to the above notification procedures may also result in exclusion from the following regatta. The final decision regarding regatta participation is at the discretion of the Head Coach.

Varsity Letter Policy

To earn a varsity letter, an athlete must meet all of the following criteria:

- Satisfies or exceeds school minimum grade and attendance requirements.
- Consistently attended practices, meetings, and fundraising events.
- Competes in at least four races in a competitive upper boat.
- Observes all club and park authority regulations.
- Free from any disciplinary action.

Coaches maintain the right to veto or waive requirements of letter awards under exceptional circumstances.

Disruptive Behavior Policy

Rowers, coaches and members of the Robinson Crew Team and the RCBC need to advocate and model the fundamentally positive aspect of athletics. In that regard, behavior while engaged in team and RCBC activities is always expected to be appropriate, respectful and epitomize good sportsmanship.

By Team Members

A coach may immediately suspend any team member whose behavior at the boathouse, during practice on the water, on school grounds or on regatta trips is deemed by the coaching staff to be disruptive. An athlete who willfully disturbs a

practice or disobeys the coach makes it difficult for the rest of the team to stay on task and continue to learn and may put others at risk. Disruptive behavior includes defying staff/coach authority, using offensive language or gestures, making threats and fighting. A suspension by the coaching staff may lead to termination from the team, depending on the circumstances and reason for the suspension. All suspensions will be immediately reported to the Robinson Director of Student Activities.

By Parents

Any interference by parents with coaching staff decisions regarding the nature of practices, rowing assignments at practices and regattas, or other coaching decisions will be deemed disruptive behavior. The coaching staff reserves the right to escort any disruptive parents from the practice and or regatta site and will report such disruptive behavior to the Robinson Director of Student Activities. Parents who represent themselves as having the apparent authority of the RCBC Board of Directors or who through actions and/or words impugn the reputation of the team will be deemed disruptive and reported to the Robinson Director of Student Activities.

Suspensions

Any rower, who has been suspended for any reason, will not be permitted to attend scheduled practices, regattas, or any crew event during the suspension. The Program Director or Head Coach shall notify the team member, the team member's parents, and the Robinson Director of Student Activities of the suspension. The RCBC Board of Directors has no involvement in rower suspensions.

Termination

Any team member who has been suspended may be terminated from the team, depending on the circumstances leading to the suspension. The Program Director, Head Coach and coaching staff in conjunction with the Robinson Director of Student Services will make the final determination of a team member's termination. The RCBC Board of Directors has no involvement in rower terminations or suspensions.

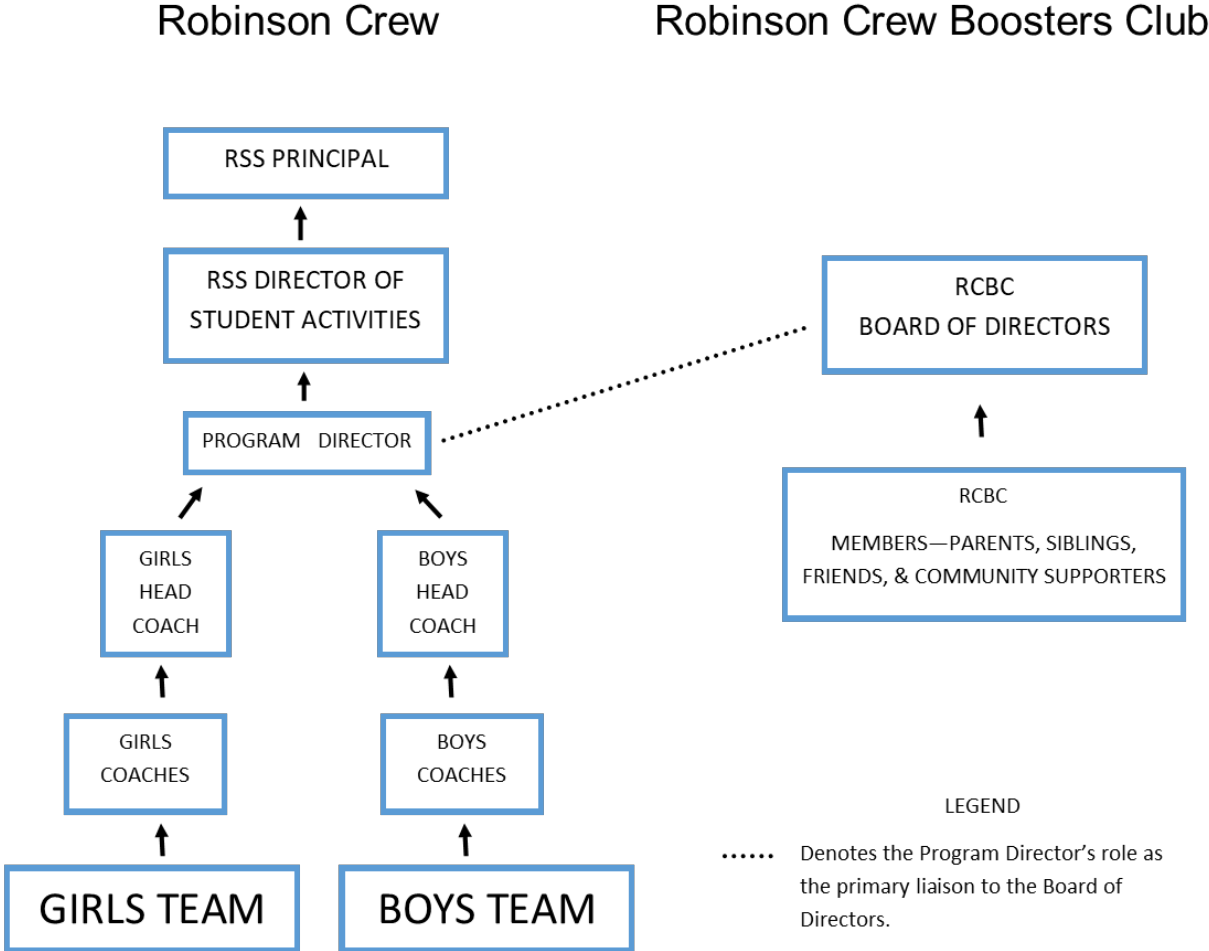
Appeals

Athletes and/or their parents may appeal actions pursuant to this policy taken by the coach. The first level of appeal is to the respective Head Coach. The second level of appeal is to the Robinson Crew Program Director. The third level of appeal is to the Director of Student Activities or other administrator designated by the Robinson Secondary School Principal. The final level of appeal is to the Principal. Decisions rendered under this policy cannot be appealed beyond the Principal, whose decision is final. The school administration will send a written decision to the parent within two (2) school days of the appeal hearing. The RCBC Board of Directors has no involvement in rower suspensions, terminations or appeals.

Comment and Complaint Procedure

The graphic shown below illustrates the chain of command for expressing concerns about the operations of Robinson Crew.

Escalation Plan for Conflict Resolution



Any parent or guardian of a team member with a comment or concern related to the daily operations of the team should first contact the coach associated with their athlete’s boat with a direct message on Slack to schedule a phone call or meeting.

Under no circumstances should a parent arrive at the school during conditioning or at Sandy Run during practice or a regatta to speak to a coach about their concerns. Coaches must give their full attention to student athletes during conditioning, practices, and regattas.

If additional support is needed after speaking with the coach associated with their athlete’s boat, a parent should speak with the respective Head Coach for their athlete. If the concern is not resolved in a manner satisfactory to the parent, the parent should speak with the Robinson Crew Program Director. If the concern is still not resolved, the

parent should speak to Robinson's Director of Student Activities using contact information available at [Robinson Official Athletic Website](#).

All input regarding safety issues will be reviewed as soon as reasonably possible. Parents should understand FCPS will not update RCBC or parents on the disciplinary actions taken against students out of a reasonable expectation for privacy for both the alleged victim and the accused. Complaints about coaching decisions or boat assignments based upon parent perception or comparisons of individual performances against that of other team members will not be entertained.

Carpool

RCBC works hard to ensure that all student athletes wishing to participate in the sport of crew can do so. To further assist the needs of the team, RCBC supervises and coordinates a parent volunteer driver carpool. The structure of the carpool may change from year-to-year based on families' preferences and needs, but, in general, the following guidelines will apply.

- The carpool departs for Sandy Run from Robinson's Entrance #5 (the middle school side door near the erg shed).
- All team members using the carpool must sign up via the designated tool.
- All drivers volunteering to drive must sign up via the designated tool.
- Drivers should arrive no later than 3pm to begin picking up the team members.
- Cars must be driven by an adult, not a student.
- All drivers must have a Field Trip Driver's License and Vehicle Insurance Information form on file with the Carpool Coordinator. All team members must have a signed permission form on file with the Carpool Coordinator.
- One seatbelt for each team member is required. All team members must wear their seatbelt for the entirety of the ride.
- Team members should not eat in the car without asking permission from the driver and should take all their belongings and trash when they exit the vehicle.
- All drivers must obey the posted speed limits and traffic laws.
- The last car will depart from Robinson at 3:30pm. The carpool will not wait for riders signed up to ride that haven't shown up by 3:30pm if the Carpool Coordinator has not been notified of the need for a late departure for a school-related reason.
- Using the carpool is a privilege. Any unsafe or disrespectful behavior will be brought to the attention of the Carpool Coordinator and may result in loss of the carpool privilege.

Team Captains

The role of team captain is not to be taken lightly. Team captains' leadership starts with the way they carry themselves. They lead by example. Teammates should see how much work team captains are putting in, motivating them to emulate their actions. Team captains set the standard for the other student athletes on the team. Captains are aware that it takes an enormous amount of work, heart, and determination to make it to the pinnacle of this mentally and physically challenging sport.

Captains must have good time management skills to balance crew and schoolwork. Captains help with recruiting, organizing events, building camaraderie, and assisting with team operations. Captains help the novice crew with technique and support all team members at regattas. Team captains' positive attitudes during competition will be reflected by the rest of the team. In addition to the responsibilities directly involved with training and competition, captains also play a role in helping novice team members adapt to the rowing environment.

Captains serve an important role in the communication between athletes and the coaching staff. Team captains also serve as the primary spokespersons and representatives of Robinson Crew at school assemblies.

Process for Choosing Captains


The selection process for Team Captains is at the sole discretion of the respective Head Coach. Any team member wishing to be considered for the role of captain is encouraged to speak with their Head Coach and current team captain(s). The captains will be announced at the Spring Sports Banquet or the Crew Awards Event.

Responsibilities

The following are the Team Captain's responsibilities:

- Be a team spokesman
 - Be a conduit between the coaches and team concerning team issues
 - Help articulate team goals for the team
 - Present team concerns to the coach
 - Help recruit and train novice team members
 - Serve as the primary spokesman and the face of Robinson Crew at school functions
- Generate Team Spirit
 - Organize social events outside of practice
 - Lead the team cheers at regattas
 - Provide end of the year awards to all teammates

- Other: locker notes, pep talks, fun runs, ice cream treats, team lunches, whatever you can think of to motivate the team members
- Lead warm-ups, stretches, and cool downs
 - Lead team in daily stretching and dynamics, making sure the team does them effectively, efficiently, and together
 - Gather entire team at regattas for warm ups and cool downs
 - Be a model when it comes to warming up and cooling down
- Be a role model for all team members
 - Be on time every day with all necessary equipment
 - Help coaches focus the team during team meetings
 - Attend all team events
 - Bring disciplined work habits to practice daily
 - Be knowledgeable about the sport, training, and equipment
- Encourage participation in summer athletics and activities
 - Inform team members of the different rowing camps and activities available during the summer
 - Stay in contact with rowers during the summer and follow-up on their rowing activities
- Know and support your teammates



“GLORY IS IN THE TEAM NOT THE INDIVIDUAL.”
-SEAN SULLIVAN

Coxswains

The coxswain is an essential part of the boat, just as essential as the rowers themselves. The coxswain's primary job is to keep the boat moving straight. In addition to steering the boat, the coxswain helps the crew keep the cadence, calls out instructions and the stroke rating. If the boat can't stay in its lane, it gets disqualified. Coxswains steer the boat by making minor corrections in the direction of the rudder. If a boat is leaving its lane, the official behind it will wave a flag at the coxswain. The coxswain is also responsible for the safety of all rowers and the equipment in the boat.

During the race, besides steering, the coxswains need to keep their wits about themselves and control the pace of the boat. They do this by using their cox-box, which tells them the current stroke rate. If it is off the race pace, then they will tell the stroke to control the rate and bring it back to race pace. A coxswain also needs to motivate the crew, especially in the last 500 meters of the race. When all the rowers are exhausted, it is the coxswain that the rowers depend upon for the motivation and the determination to win. The coxswain helps them find that little extra bit of strength down deep inside.

The coxswain must be a good communicator. A list of coxswain's commands used during a race and water training is given in the next section. All coxswains should know these commands before racing. Besides the basic commands, a coxswain must be able to motivate the crew. Tell them where they are in a race, "200 meters left to go, pick it up for ten!" Tell them where the competition is and give them encouragement, "[w]e're riding their stern, get me up there! Pull ahead, you have the ability!" And a coxswain must stay calm during the entire race and sound confident.

Rowers can help the coxswain by being attentive and keeping their heads and minds in the boat. When rowers are looking around, oftentimes they tend to react to what they perceive to be a judgment error on the part of the coxswain. It is also important for rowers to keep their heads physically in the boat as well. Swinging those 5lbs of weight around can disrupt the set of the shell. Rowers need to trust their coxswain to tell them where the other crews are positioned. On the rare occasion the coxswain finds the boat in a dangerous position, he/she needs to know that the crew trusts them and will respond immediately to his/her calls.

After a race, congratulate the winner, and thank the losers for a good race.



Maintenance

- Make sure all trash and personal items are removed from the boathouse after each practice.
- Coxswains are responsible for the proper care of the equipment by all rowers.
- All boats must be wiped down after each row and all equipment returned to the boathouse.
- The coxswains must immediately report damage to any equipment (boats, oars, parts, etc.) to their Head Coach.
- Parts must not be removed from any boat. If a boat is discovered that needs repairs before it can be rowed, it must be placed on slings and repaired or placed back on the racks with a sign describing the damage and stating it must not be rowed.
- The coxswains are responsible for assessing the safety of the equipment (e.g., bow balls, riggers tightened, shoe safety straps, etc.) and reporting any infractions to the head or assistant coaches. Unsafe boats are not to be rowed.

Practice Checklist

- Pick up and return the assigned cox box for plug in every practice.
- Have boat-specific tools and med kit onboard.
- Have rowers check nuts and bolts before every launch.
- Notify Head Coach of repairs needed.

Race Checklist

The following checklists covers most of the things that a coxswain and team captains need to remember.

- *Launch and Warm up:*
 - Check in with the dock master or control commission; if there is a problem, report it at once and write down the official's name to which you reported the delay.
 - Recheck bow number one last time and make sure the bow ball is okay.
 - Carefully follow normal warm-up pattern
 - Be very conscious of races on the course; stop to let them pass if you are near them to avoid a warning.
 - Follow traffic pattern religiously.
- *Start of Race:*
 - Know the various starting commands.
 - Be at the starting area 5-8 minutes before the race and, if possible, get there with time to spare and focus.

- If you are late and permission has been given, don't panic your crew on getting to the line.
 - If possible, listen to the starter's voice and cadence for the previous race to get a sense of how he or she will call your race.
 - Check in with the referee or marshal; identify yourself and race; this is very important in large regattas.
 - Be locked on to stake boats with three minutes to go, if possible; get sense of wind at start.
 - On raising hands: vigorously wave bow hands only.
 - Check the position of your rudder especially after you have backed in.
 - Know exactly how to scull bow around; check on where you want blades depending on current/wind.
 - Acknowledge any warnings from the starter.
 - Remember, the movement of the flag starts the race, not the voice of the starter.
- *During the Race:*
 - Know your own lanes and others on buoyed and non-buoyed courses and when you are out of your “home” water.
 - Interference and fouls; leaving your lane; others leaving theirs
 - Be mindful of the referee's commands and flags: white and red flags.
 - Be careful with steering and avoid oversteering.
- *The Finish:*
 - Make sure you have crossed the line; finish buoys or flags are usually beyond the line.
 - Be aware of the things the referees need to do at the finish: safety, weights, time, look for protests, certify race with white flag.
 - Check the rower's well-being and look for trouble signs.
 - Understand when to leave the finish; filing a protest on the water; withdrawing of a protest.
- *Filing a Protest:*
 - Understand all the actions necessary to file a protest.
 - File a protest, if and only if you have given verbal notification on water to the referee of your race; A signed written form of the protest must follow usually within an hour of your reaching land stating the problem and remedy sought.
 - After the filing of a valid protest, the jury can accept, reject, order a new race, or order a change in the finish order.

Rowing Terminology

Equipment

Blade	The wide flat section of the oar at the head of the shaft. The two types of blades are called hatchet and spoon.
Button	A plastic or metal fitting tightened on the oar from slipping through the oarlock.
Foot Stretcher	Adjustable brackets in a shell to which the rower's feet are secured in attached sneakers or similar footwear.
Gunwale (or Gunnel)	Top section on the slides of a shell, which runs along the sides of the crew section where the rowers are located. The riggers are secured to the gunwale with bolts.
Keel	The centerline of the shell. The term refers to the extent to which the boat is balanced from side to side while rowing. A "good keel" is where the shell is rowed with little or no continual dipping to port or starboard.
Oar	The piece of equipment that each rower uses to propel the boat. In sweep rowing, each oar is approximately 12 feet long, lightweight and well designed.
Oarlock	A U-shaped swivel that holds the oar in place. It is mounted at the end of the rigger and rotates.
Rigger	The device that connects the oarlock to the shell and is bolted to the body of the shell.
Rudder	Steering device at the stern. The rudder is connected to cables (tiller ropes) that the coxswain uses to steer the shell.
Scull	A shell configured so that each rower uses two oars. The term is also used interchangeably when referring to the oars in a sculling shell, the shell itself, or to the act of rowing a sculling shell.
Shell	The racing boat. Shells come in configurations and sizes for single rowers, pairs, fours and eights. An eight is approximately 60 feet long, narrow (about two feet wide at its widest point), and weighs about 280 pounds.
Skeg (or Fin)	A small fin located along the stern section of the hull. This helps to stabilize the shell in holding a true course when rowing. All racing shells have a skeg. The skeg should not be confused with the Rudder.
Slings (or Boat Slings)	Collapsible/portable frames with straps upon which a shell can be placed temporarily.
Sweep	A shell configured so that each rower has one oar. Oars on a sweep shell are normally alternated from side to side.

Rowing Cycle Terms

Catch	The start of the rowing cycle at which the blade enters the water. This is accomplished by an upward motion of the arms only. The blade of the oar must be fully squared at the catch.
Crab	“Catching a Crab” refers to when an oar gets “stuck” in the water, usually right after the Catch or just before the Release and is caused by improper squaring or feathering. In extreme cases, the rower can actually be ejected from the shell.
Drive	That part of the rowing cycle when the rower applies power to the oar. This is more or less a blended sequence of applying power primarily with a leg drive, then the back, and finally the arms.
Feathering	The act of turning the oar blade from a position perpendicular to the surfaces of the water to a position parallel to the water. This is done in conjunction with the Release.
Finish	The last part of the Drive before the Release when the power is mainly coming from the back and arms.
Rating	The number of strokes per minute. Also known as Stroke Rating.
Recovery	Part of the rowing cycle from the release up to and including where the oar blade enters the water.
Release	A sharp downward (and away) motion of the hand, which serves to remove the oar blade from the water and to start the rowing cycle.
Squaring	A gradual rolling of the oar blade from a position parallel to the water to a position (almost) perpendicular to the surface of the water. This is accomplished during the Recovery portion of the rowing cycle and is done in preparation for the Catch.
Stroke	One full motion to move the shell. It is also used as a term referring to the stern-most (eighth seat) rower who sits nearest the coxswain.

Other Terms of Interest

Bow	The forward end of the shell.
Check	Any abrupt deceleration of the shell caused by some uncontrolled motion within the shell; an interruption in the forward motion of the shell.
Course	A straight racecourse for rowers that normally has 4-6 lanes. In high school, the course length is 1500 meters.

Cox Box	A small electronic device, which aids the coxswain by amplifying his or her voice, and which gives a read out of important information such as stroke count.
Coxswain	Person at the stern of the shell, steers, gives commands, calls the ratings, and urges the rowers on in a race. Relatively light in weight, a good coxswain will have a competitive spirit and can make a considerable difference in a race.
Ergometer	A rowing machine. An “erg” allows beginning rowers to learn the basics of the stroke before going on the water, and is used by rowers to develop their conditioning.
Port	The left side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the port side.
Starboard	The right side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the starboard side.
Stern	The rear end of the shell.
The Stroke	The rower sitting nearest the stern (and the coxswain). The stroke is responsible for setting the stroke length and cadence for the rest of the crew, following the commands and encouragement of the coxswain.
Weigh-Enough	Actually, it sounds like “way-nuff”. This is the coxswain’s call to have all rowers stop rowing.

***"A RACE IS NOT WON IN THE RECOVERY. A RACE IS NOT WON ON RACE DAY.
THE RACE IS WON FROM WHAT IS ACCOMPLISHED IN PRACTICE."***

-UNKNOWN

General Regatta Information

By far, the most exciting part of crew participation is the Saturday regatta racing. We generally race on our “home” water at the Sandy Run Regional Park. If your son/daughter knows their boat assignment the night before you can look at [VASRA's Website](#) for the schedule of events and print out the “Heat Sheet” to take with you. The schedule of races is fluid and often changes will be made as late as the morning of the race. As a team sport we look for the parents and the rowers to support every event entered by Robinson Crew, not just the event in which your son or daughter competes. The team stays for the entire regatta. Parents are encouraged to do the same.

Some Basic Regatta Day Tips

- Plan on a full day from early morning to late afternoon. Concession stands are available if you prefer not to bring picnic meals. Parents, if you have to arrive later, give yourself plenty of time because it is easy to miss a race if you are not in the park, out of your car, at least an hour before scheduled race times. (On big regatta days at Sandy Run, satellite parking is provided down Route 123 and/or at the new South County High School with bus service to/from Sandy Run so please recognize that this can add additional time to your commute, and you will need to plan accordingly.)
- Athletes will be required to arrive at the race location at a specific time set by the coach. It is important to be punctual. A boat will not row if members are not there on time.
- Athletes must wear their uniforms. Occasionally in the colder weather, VASRA will waive the uniform requirement allowing rowers to dress in layers.
- Regatta participants are responsible for “rigging” the boats at the regatta and also for de-rigging the boats after the event.
- Healthy food, snacks and drinks are provided for the team members during the long regatta days. Volunteers are always needed to “man” the food tent. Setting up/taking down the food tent, unpacking/packing up the supplies are always good ways to volunteer and earn service points while getting to know our outstanding athletes.

The Venue of Sandy Run Regional Park

A park dedicated to rowing enthusiasts, Sandy Run is a rowing-only marina and is set up solely as a practice site and regatta location. On regatta days, you should plan to arrive early to ensure you will get to the viewing area in time for your planned race. Failure to observe the 15 MPH speed limit in the park may result in your parking privileges being revoked.

The athletes need to help set up the boats in the morning before each regatta. Coaches will let team members know when they need to arrive at Sandy Run. It is important coxswains participate in the Thursday evening coxswains meeting facilitated virtually by VASRA. Important information regarding the course, uniform requirements and guidance from officials is shared during these meetings.

Sandy Run has limited parking available on-site. It is generally reserved for coaches,

officials, regatta volunteers and student athletes. VASRA arranges off-site parking at South County High School and the Woodbridge Park and Ride Lot with shuttles bringing family members and friends to Sandy Run. VASRA charges a fee for use of the shuttle. Payment must be made in cash when boarding the shuttle at the off-site location. Shuttle information can be found on the VASRA website.

It is important to understand that there are two primary areas at Sandy Run. The first area is the marina area/regatta headquarters, which is where most participants wait for their race to be called. (Note: This is where our boats and equipment is located.) This area is located at the end of the main road going into the park area. Parents who are not volunteering are not permitted in this area on regatta days as it is very congested with hundreds of athletes, their equipment, the coaches and regatta staff. A predetermined meeting location for parents and their athlete after the regatta is advised. The second area at Sandy Run is the actual grandstand or viewing area, which is the best place to see the boats finish their race. The grandstand or viewing area is a 20-25 minute walk along dirt trails that start at the upper left parking area (as you enter the park) or behind the boathouses.

Competitors leave the marina area when their race is called and row downriver, along the Prince William County side of the Occoquan River, outside the race lanes well beyond the race area to the holding area. The boats are then started from that location and race upriver to the finish line. After completion of the race, they row back to the marina.

Grandstands/Viewing Area

There are three main options for getting to the grandstand/viewing area to watch races:

- A shuttle van departs about every 10 minutes from Parking Lot C. A nominal fee, approximately \$5.00 per person, for each one-way trip to/from the viewing area is charged.
- Follow the trail from Parking Lot C to the grandstand/viewing area. This trail is clearly marked, but it is unpaved and quite hilly in places. It is about a 15-20 minute walk.
- Follow the trail from the marina/regatta headquarters area to the grandstand/viewing area. This is about a 20-25 minute walk and the trail joins up with the path from Parking Lot C.

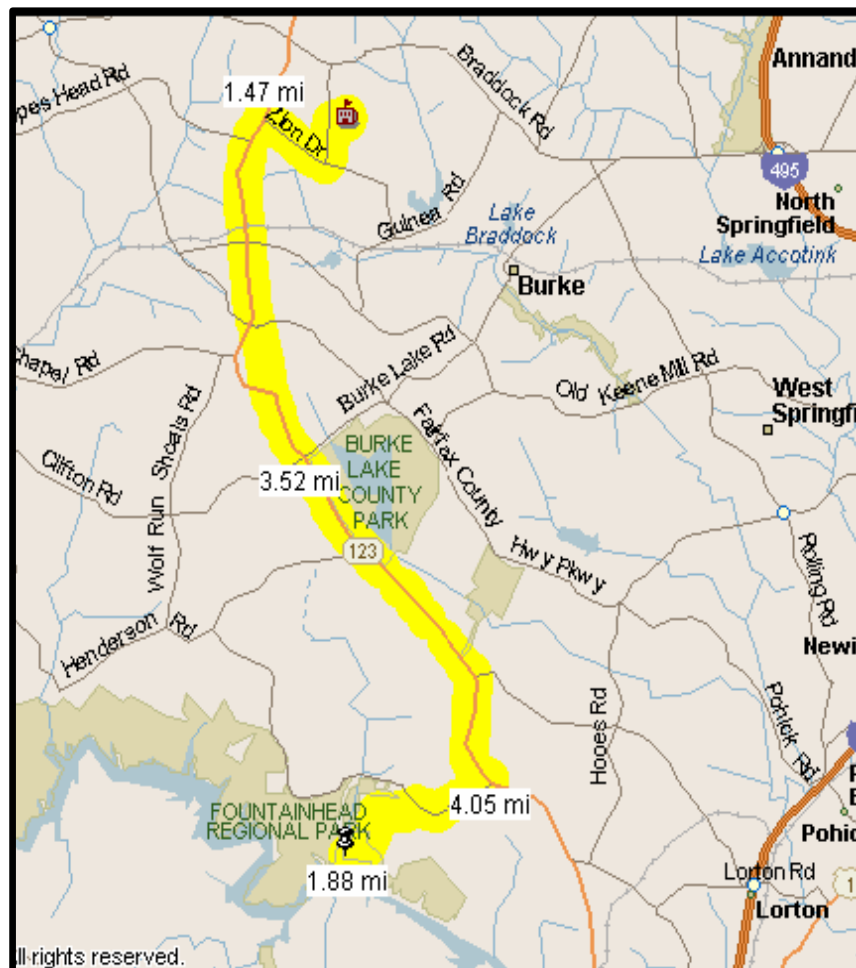
Handicapped parking is available in Lot C. Regatta volunteers can assist with arranging transportation to the grandstand for people who are not able to ride the shuttle vehicle. As a spectator, you should expect delays in reaching the grandstands until you become familiar with the park layout; most parents have experienced the thrill of watching their child row and quite a few have also experienced the agony of being a few minutes, even seconds too late. It can easily happen if you don't arrive early in the morning (or park an hour before the scheduled race) because you must walk through the woods after parking your car or wait for a shuttle ride to the grandstand.

More details on regatta schedules, race results, and general information/directions can be found at the general [VASRA Website](#) and also on the [Robinson Crew Website](#).

Directions to Sandy Run

- 1) Proceed west from Robinson.
- 2) Turn left onto Sideburn Road.
- 3) Turn right onto Zion Drive.
- 4) Turn left onto Ox Road (Route 123S).
- 5) Follow Route 123 South past Burke Lake Park.
- 6) Turn right onto Hampton Road. There is a stop light at the intersection.
- 7) Turn left onto Van Thompson Road.
- 8) Follow Van Thompson Road to the Sandy Run Rowing Center parking lot.

It is about 11 miles from Robinson to the Sandy Run Rowing Center.
Be particularly careful of your speed on Hampton and Van Thompson Roads.



Robinson Crew Standards of Conduct

Team Responsibilities and Training Rules

- Athletes will follow all rules and regulations outlined in the FCPS Participation Policy, the FCPS Student Rights and Responsibilities (SR&R), and the Virginia High School League Handbook.
- **The following behaviors are prohibited by FCPS SR&R and negatively impact the Robinson Crew training environment.** Any athlete found to be in violation of these standards – at any time – during the season may lead to automatic suspension or dismissal from the team without any financial refunds.
 - Hate speech
 - Dishonesty
 - Gambling
 - Misuse of portable communication devices
 - Use or possession of nonprescription drugs
 - Unauthorized presence on school property
 - Tobacco violations (including e-cigarettes or “vapes”)
 - Use, possession, or being under the influence of alcohol, inhalants, or nonalcoholic beer
 - Being under the influence of marijuana or other controlled substance
 - Possession of drug paraphernalia
- Athletes of Robinson Crew watch out for each other. Athletes have a responsibility to each other and to the team to keep themselves and their teammates eligible to compete.
- Athletes will bring to the attention of their respective head coach or Robinson Crew Program Director any conduct by a rower or rowers that discredits Robinson Crew, other rowers, or James W. Robinson Secondary School. The Program Director is responsible for contacting the James W. Robinson Secondary School Director of Student Activities to apprise them of the situation. Disciplinary procedures will align with the guidelines set forth in the FCPS SR&R.
- Athletes or guardians will direct unresolved matters of concern regarding decisions and activities of the coaches or Program Director to the James W. Robinson Secondary School Director of Student Activities.

Safe Sport Requirements

- The US Center for SafeSport was created as part of the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017. The Safe Sport Code and Minor Athlete Abuse Prevention Policies (MAAPP) establish policies and provide training on best practices to help ensure the safety of all athletes. Training is available to everyone via the [SafeSport Website](#).
- Robinson Crew coaches, board members, and athletes must adhere to US Rowing's Safe Sport policies and programs addressing bullying, hazing, harassment (including sexual harassment), emotional misconduct, physical misconduct and sexual misconduct.
- All coaches, board members and athletes aged 18 and older must complete Safe Sport training on an annual basis.

Rules at the Boathouse

- The boathouse is the property of Sandy Run Regional Park. Robinson Crew pays for access to this shared storage facility. The rules and regulations outlined in "Team Responsibilities and Training Rules" above always apply to athlete conduct at the boathouse.
- Do not touch, move, or handle things that do not belong to you. This includes personal items, Robinson Crew equipment, and equipment belonging to other teams. Personal duffle bags and personal equipment/clothing are private property. Do not open another team member's bag or borrow their equipment/clothing without permission.
- A coach must always be at the boathouse with you. If you arrive early, wait outside the boathouse until one arrives.
- When training on land, stay in groups. Complete the assigned workout in the designated area.
- If you have a conflict with anyone at the boathouse, report it immediately to a coach, the Robinson Crew Program Director, or race official.

Safety Rules

- Everyone must pass a swim test administered by Robinson Crew before going on the water for the first time.
- All boats will be accompanied by a coaching launch after moving out of the designated launching and docking area. It is the coxswain's responsibility to ensure a coach is always in sight.

- If a boat swamps or turns over, stay with the boat. It will keep afloat until you can be picked up by the coach's launch. Only leave the boat when directed by a coach.
- When the boat is being moved on land or is in the water, follow the directions of the coxswain and the coach. On a professional boat, only the coxswain talks.
- If you or someone else is injured, notify a coach immediately. Those who are seriously injured must report to the Robinson Athletic Trainer at the first opportunity. If you are held out of practice or a regatta because of an injury, you may not return without prior clearance from the Robinson Athletic Trainer.

Equipment Rules

- **Rowing equipment is very expensive and must be handled with care.** Boats and oars are very long– watch their swing while moving them. Follow all directions regarding the handling of equipment.
- Unnecessary talking and horseplay is not permitted when handling equipment.
- All athletes must participate in routine cleaning and maintenance of equipment. Report any equipment problems to a coach immediately.
- Athletes are expected to clean up after themselves after practices and regattas; this includes proper storage of equipment when finished. It is the responsibility of both the coaches and rowers to properly secure all equipment on the trailer before traveling to out of area regattas. All participating rowers and coxswains are likewise expected to return to the boathouse to help unload the equipment after completing an out of area regatta.

In addition to FCPS disciplinary action, athletes who do not adhere to these standards of conduct may face administrative action by Robinson Crew Boosters Club to include loss of access to Robinson Crew-owned or leased equipment and insurance coverages.

I agree to follow Robinson Crew Standards of Conduct.

Athlete's Printed Name

Athlete's Signature

Date

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date

Registration Fee Scholarship Application

Robinson Crew Season 20___ – 20___

The Robinson Crew Boosters Club (RCBC) is committed to providing educational and character-building programs for the benefit of the community through the teaching and promoting of an interest in the sport of rowing at Robinson Secondary School (RSS). RCBC desires that crew be accessible to every student athlete that wishes to fully commit themselves to the sport. In keeping with that spirit, the RCBC offers a limited number of full and partial financial support scholarships to those students that wish to participate in the sport of crew by joining the Robinson Crew Team.

To be eligible for a scholarship, a rower must meet the following requirements:

- They are a student currently enrolled at RSS.
- They are a student in the 9th – 12th grade.
- They currently meet all the Virginia High School League eligibility requirements.
- They have submitted an application for a scholarship offered by the Occoquan Boat Club. Information about the OBC scholarship can be found here at the [Occoquan Boat Club Website](#).

Financial Support Scholarships will be awarded by the RCBC on a case-by-case basis and at the sole discretion of the RCBC Board of Directors. All information contained in this application will be kept confidential and shared only with the RCBC Board of Directors.

Instructions

The deadline for this application is the first day of the Spring sports season as defined by RSS. Because student athletes are unable to participate with the Robinson Crew Team until they have submitted all of the FCPS required forms and registration fees have been paid or waived, the RCBC encourages early submission of this application. Complete all sections of the application and email to treasurer@robinsoncrew.org.

- Every effort will be made to notify the applicant within 15 business days.
- RCBC reserves the right to request further information.
- Questions may be submitted to president@robinsoncrew.org

Complete All Sections

Email to: treasurer@robinsoncrew.org

Athlete Information

Last Name	First Name	Boys or Girls Team?	Date of Birth	Age
Home Address		City	State	Zip Code
Home Phone	Email Address		GPA (most recent quarter)	
Current Grade () 9 th () 10 th () 11 th () 12 th	No. Years on Crew Team (including this year)		() Coxswain () Rower	

Parent(s)/Guardian(s) Information

1 st Parent/Guardian Last Name	First Name	Home Phone		
Email Address		Work Phone		
Home Address		City	State	Zip Code
2 nd Parent/Guardian Last Name	First Name	Home Phone		
Email Address		Work Phone		
Home Address		City	State	Zip Code

Scholarship Request

Reason for request (*please briefly explain why you require assistance; please be specific in communicating financial need*).

How do you, athlete and/or family, contribute or intend to contribute to Robinson Crew Boosters Club and the team (*i.e. fundraising, volunteering*)?

The following information is not required; however, it does help the RCBC Board of Directors determine the level of financial need.

Household size: ()2 ()3 ()4 ()5 ()6 ()7 ()8 ()9 ()10+	
Household Income	
	Up to \$25,000
	\$25,001 - \$40,000
	\$40,001 - \$55,000
	\$55,001 - \$70,000
	\$70,001 - \$85,000
	\$85,001 - \$100,000
	Over \$100,000

Please feel free to attach any further notes, recommendations or information you feel will assist the RCBC Board of Directors in determining your scholarship need.

I certify that the information contained in this application is accurate and true to the best of my knowledge.

Parent/Guardian Signature

Date

Volunteer Points Reduction or Exemption Request

Robinson Crew Season 20__ – 20__

Complete All Sections

Email to: vpadministration@robinsoncrew.org

Athlete Information

Last Name	First Name	Boys or Girls Team?	Date of Birth	Age	
Home Address			City	State	Zip Code
Home Phone		Email Address		GPA (most recent quarter)	
Current Grade () 9 th () 10 th () 11 th () 12 th		No. Years on Crew Team (including this year)		() Coxswain () Rower	

Parent(s)/Guardian(s) Information

1 st Parent/Guardian Last Name	First Name	Home Phone		
Email Address		Work Phone		
Home Address		City	State	Zip Code
2 nd Parent/Guardian Last Name	First Name	Home Phone		
Email Address		Work Phone		
Home Address		City	State	Zip Code

All functions necessary to maintain the operations of the crew team are performed by volunteers. Hundreds of hours of volunteer work are needed during a single crew season for the team to be successful and many more out of the spring season. To ensure the burden is never too great for any single person or group of people, a service points requirement is part of being a member of the Robinson Crew Team. Each team member is required to earn at least the minimum number of points defined as the membership obligation by the Board of Directors.

Reduction from ____ to ____ Service Points

Waiver of all Service Points

Reason for Service Points Reduction or Exemption Request (*please explain, briefly, why you require assistance; this should be specific*). Please note the Board of Directors will not reduce the service points part of the membership obligation solely based on one family having more than one athlete on the team.

I certify that the information contained in this application is accurate and true to the best of my knowledge.

Athlete Signature

Date

Parent/Guardian Signature

Date