



JEB STUART CREW

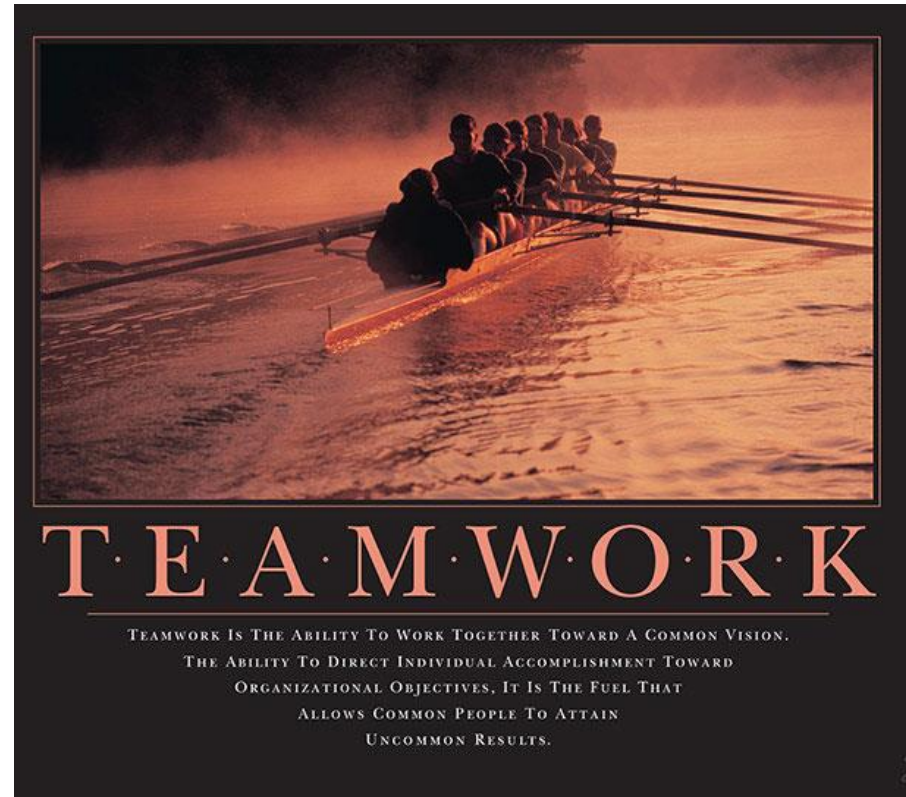
2016 Season





Program Goals

- Teach fundamental rowing and fitness skills
- Develop an appreciation for teamwork
- Compete well ... help rowers achieve their competitive potential





Team Expectations

- Attend all practices
- Take care of yourself (eat/sleep well)
- Work to improve (listen to the coaches)
- Be a good teammate
- Have fun





Racing Options

- Sweep (8+, 4+) & sculling (4X, 2X, 1X)
- Open weight & lightweight
- Junior boats (no seniors)
- Novice boats (first year rowers)
- Upper boats – “1st” and “2nd”
- Lower boats – “3rd”, “4th” etc

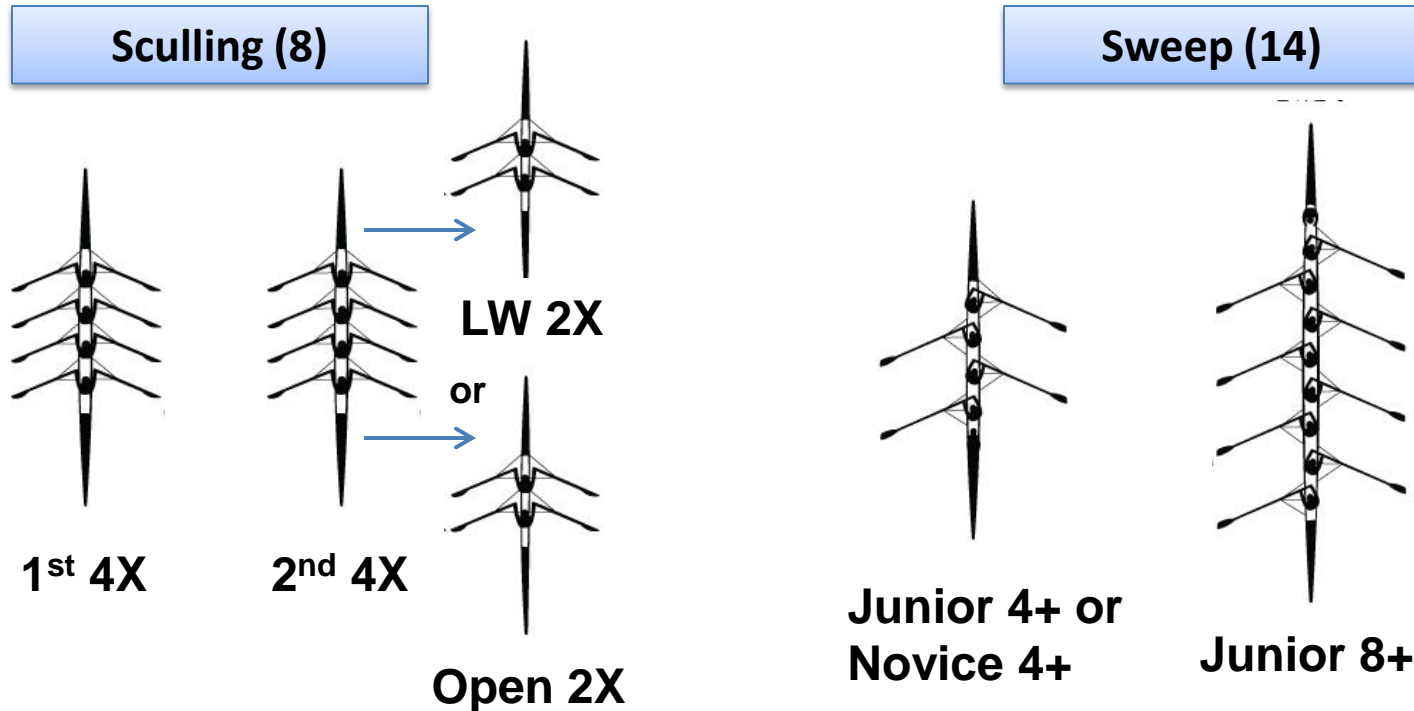


What categories will we compete in?



Women's Team Example

- Currently 22 girls (7 novices)



Other combinations are possible ...

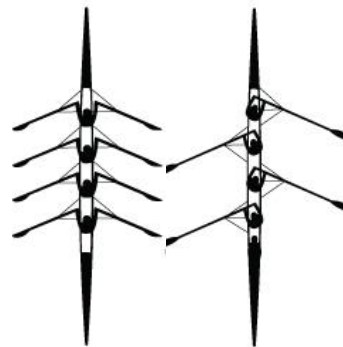
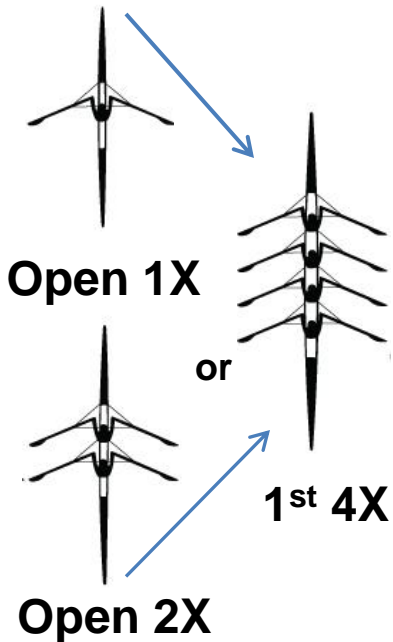


Men's Team Example

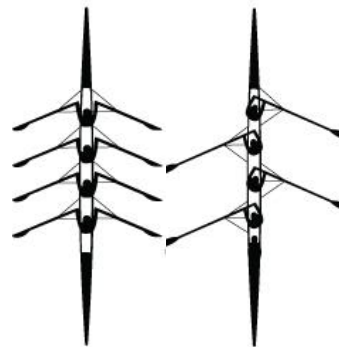
- Currently 23 boys (9 novices)

Sculling (9)

Sweep (14)



Junior 4+ or
2nd 4X



LW 4+ or
LW 4X



Novice 8+

Other combinations are possible ...



Lightweight Rowing

- Competitive Option

- ✓ Women – 130 lbs
- ✓ Men – 150 lbs

- Rowing Weight Control Program

- ✓ FCPS Mandated Program
- ✓ <http://www.fcps.edu/supt/activities/atp/crew/index.shtml>

- Initial Assessment – Feb 16th

- ✓ Done by Athletic Trainer
- ✓ Must be Hydrated for Assessment



What does it mean to be a lightweight rower?



Seat Selection

- Individual fitness
 - ✓ Erg scores
- Individual skill
 - ✓ Coach observation
- Ability to row well with others
 - ✓ Coach observation
 - ✓ Seat racing



How do the coaches decide who rows in a boat?



Coxing

- **Coxswain Responsibilities**

- ✓ Land & water safety
- ✓ Shell steering
- ✓ Coaching assistance
- ✓ Rower motivation

- **Selection**

- ✓ Size (typically smaller)
- ✓ Ability with respect to the above responsibilities



How are coxswains selected?



Questions





Backup Slides



Coaching Staff

- Full Time
 - Mike David (PWRC)
 - Rob Walker (Pitt)
 - Shannon Hoff (Stuart & JMU)
- Part time
 - Al Wilson (PWRC)
 - Chip Shand (Stuart)
 - Sergio Jimenez (Stuart)
 - Sam Garcia (Stuart)



Captains

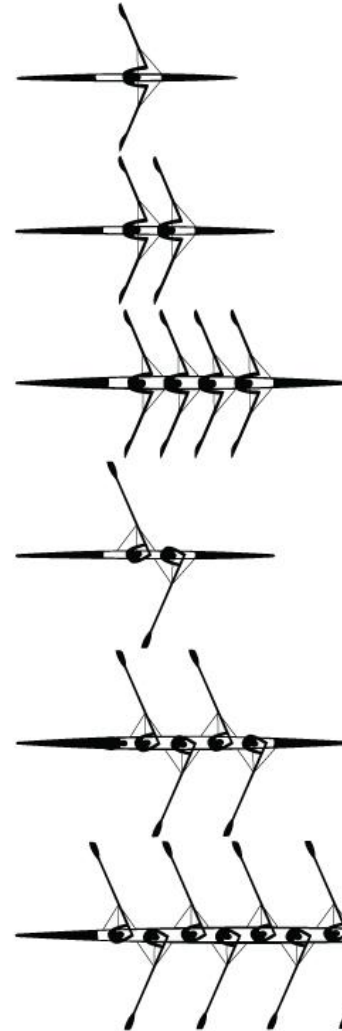
- ***Men's Team***, Vince Gioseffi
- ***Women's Team***, Marissa Shand and Emma Wiley





Types of Rowing

- Sculling
 - Two oars per rower
 - Smaller, uncoxed boats (1X, 2X, 4X)
- Sweep
 - One oar per rower
 - Typically larger, coxed boats (4+, 8+)



Sculling Boats

Single (1x): Approximately 26 feet long, 11 inches wide, and about 30 lbs. Rowed by one person using two oars.

Double (2x): Approximately 32 feet long, 13 inches wide, and about 60 lbs. Rowed by two people using two oars each.

Quad(4x): Approximately 42 feet long and about 115 lbs. Rowed by four people using two oars each.

Sweep Boats

Pair (2-): Approximately 32 feet long, 13 inches wide and about 60 lbs. Rowed by two people using one oar each.

Four (4+): Approximately 42 feet long, 21 inches wide and about 112 lbs. Rowed by four people using one oar each. Coxswain can be in the bow or the stern.

A **Straight Four (4-)** is a similar boat but without a coxswain.

Eight (8): Approximately 60 feet long, 26 inches wide and about 210 lbs. Rowed by eight people using one oar each. Coxswain sits in the stern.

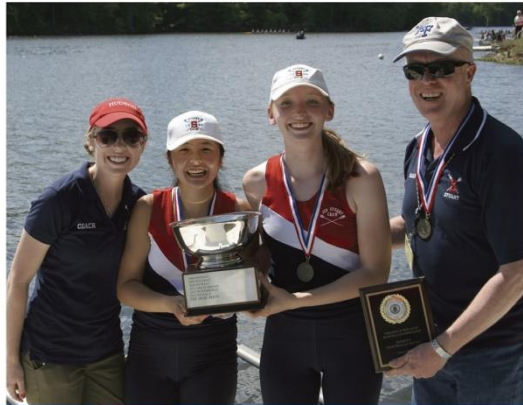


2015 State Championship

A Winning Tradition

Virginia State Championships 2015

Gold Medal
Women's Varsity
Double LWT



For more information, visit
www.jebstuartcrew.org



Contact us at
stuartcrewinfo@gmail.com

A Winning Tradition

Virginia State Championships 2015

Bronze Medal
Women's Varsity
Double LWT



For more information, visit
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Contact us at
stuartcrewinfo@gmail.com

A Winning Tradition

Virginia State Championships 2015

Silver Medal
Men's Varsity Quad



For more information, visit
www.jebstuartcrew.org



Contact us at
stuartcrewinfo@gmail.com

A Winning Tradition

Virginia State Championships 2015

Bronze Medal
Women's Varsity Quad



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Regattas

- March 26 - April 30: 5 Occoquan Events (see www.vasra.org)
- May 7: Mathews Regatta (away)
- May 14: VSRA State Championship
- May 19-21: Stotesbury Cup Regatta, Philadelphia, PA
- May 26-28: SRAA Nationals, Dillon, OH
- June 11 NSRA Nationals, Camden, NJ



Parent Support Opportunities

- Booster volunteers
- VASRA volunteers
- Work with the coaches
 - Equipment maintenance
 - Trailer driving
 - Land training help

Booster Board Discussion Topic





Typical Rowing Practice

- 3:30 PM – Bus pickup at Stuart
- 4:15-4:30 – Arrive at Sandy Run
- 4:30-4:45 – Warm-up and move equipment
- 4:45-5:00 – Launch shells
- 5:00-6:15 – On water practice; drills & planned workout
- 6:15-6:30 – Recover shells
- 6:30-6:45 – Back on the bus; depart Sandy Run
- ~7:30 PM – Back at Stuart

What is a typical practice like?