



JEB STUART CREW

Rowing Strong for 50 Years

2017 SEASON





Coaching Staff

Mike David (PWRC)



Rob Walker (Pitt)



Lexie Katz (UVA)



Al Wilson (PWRC)



Chip Shand (Stuart)



Sergio Jimenez (Stuart)





Captains

Men's Team

Markus Ferrell/Vince Gioseffi

Women's Team

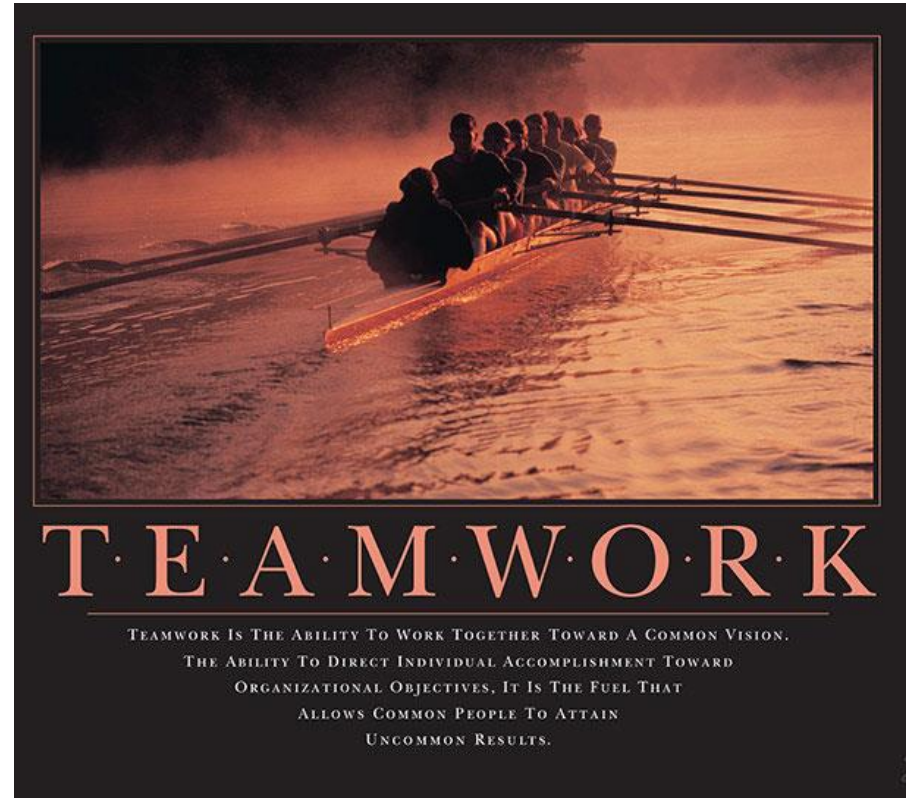
Erin Dubas/Pasha McGuigan





Program Goals

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





Before We Get On The Water

- Swim Test (one-time VASRA requirement)
- USRowing Safety Video & discussion
- Parent/Student Concussion Training
- FCPS Preseason Topics (Sportsmanship, etc)
- ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing)
- Lightweight Rower Assessments
- Personal gear/supplies
 - Layer-able, sweat-wicking clothes, sun glasses, sunscreen
 - Back pack – dry clothes, water, healthy snack



Launching the Season

- Equipment transport from Sandy Run & setup at Barcroft (Feb 18th)
- First practice – Feb 20th (~12-4 pm)
- Beach #4 training site operations
 - 2 on-water shifts
 - Land training
 - Technique focus
- Lineup experimentation
 - Novice vs experienced rowers
- Return equipment to Sandy Run (Mar 11th)

• Week 2 / Day 3

1 st Period		2 nd Period
4+	8+	CruShell
Emily (C)	Caroline (C)	Erin
Hannah	Emma	Stephanie
Brooke	Tucker	Marissa
Isabelle	Vivian	Pasha
India	Leilani	Shine On
	Giselle	Emma
	Jenna	India
	Allie	Hannah
	Alize?	Parker

Girls (22)	
(S) Erin	Emily C (cox)
(S) Pasha	(S) Caroline (cox)
(S) Marissa* (L)	(S) Norah (cox)
(S) Emma*	(S) Isabelle
(S) Stephanie*	(S) Brooke
(S) Parker (L)	Tucker
(S) India	Jenna
(S) Mackenzie	Giselle
(S) Hannah	Vivian
Alize (L)	Leilani
Allie	

Red = no rowing on Thu

Shine On rowers will need to double row; they'll launch the Shine On after they recover

Injured
Mackenzie



... on to Sandy Run

- Bus transportation (3:30 pm pickup; ~7:30 return)
 - Impact of late arrivals; early departures
- Cold weather limitations
- Practice
 - Launch riders (rowers, parents)
- Regattas
 - Expected attendance
 - Entry process
 - Pre-race meetings
- Equipment use



Season End Game

- Competitive lineups take shape
- Impact of missing practice greater
- Tailored equipment adjustments
- VASRA Championship Regatta
 - Change this year
 - Mathews option
- Stotesbury Regatta
 - Philosophy
 - Rower availability
- SRAA Championship Regatta



Questions



Robert Walker @CoachWalker91 · May 7

2nd place for the Women's Novice 8+!
Grats Tucker, Jenna, Isabelle, Valeska,
Giselle, Vivian, Brooke, Leilani, Renzo



Additional Info

&

Slides used at the November Membership Meeting



Varsity Letter

Earning a Varsity Letter is a privilege and an honor; competing in a varsity boat does not automatically entitle the student athlete to a Letter. The Varsity Letter represents a commitment to the sport and to the team ...

- Participate in a minimum of 5 upper boat/Varsity Level regattas (1st 4+, 1st 4X, 1st 2X, LW 4+/X, LW 2X, Junior 4+/8+);
- Have no more than two unexcused absences and overall attendance of at least 80 percent;
- Routinely support mandatory and non-mandatory activities, such as de-rigging for a regatta, work days, recruitment activities, etc;
- Be on time, as determined by the coaches, for all practices and regattas;

Any member of a boat that medals in the Virginia Scholastic Rowing Championship regatta will earn a varsity letter.



Target Erg Scores

Lightweight



<150
lbs.



7:20–7:30
Min.



A male rower who weighs under 150 lbs. should pull about a 7:20–7:30 minute 2K time.

Open Weight



A male rower who weighs 150–175 lbs. should pull between a 7:05–7:15 minute 2K time.



150–175
lbs.



7:05–7:15
Min.



<175
lbs.



7:20–7:30
Min.



A male rower who weighs under 175 lbs. should pull about a 7:00 minute 2K time.

A male rower who weighs more than 175 lbs. should pull under a 7:00 minute 2K time.



>175 lbs.



< 7.0 Min.





Target Erg Scores

Lightweight



A female rower who weighs <130 lbs. should pull between an 8:20–8:30 minute 2K time.

Open Weight



A female rower who weighs 130–150 lbs. should pull between an 8:05–8:15 minute 2K time.



A female rower who weighs about 150 lbs. should pull about an 8:00 minute 2K time.

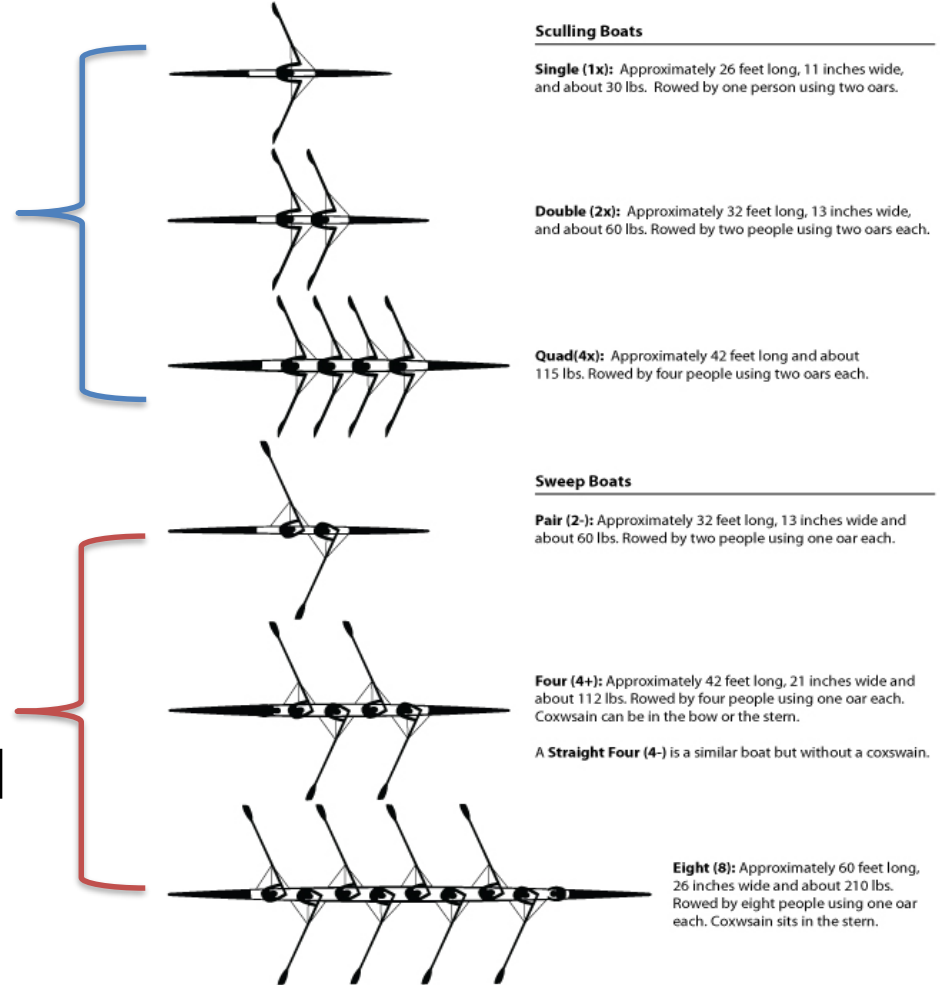
A female rower who weighs more than 150 lbs. should pull under an 8:00 minute 2K time.





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+)



What kind of boats do we row?



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?



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 14th
 - ✓ 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?



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?



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



STUART CREW 2016 NATIONALS TEAM



MATHEWS MAY 2016 REGATTA



Regattas

- March 25 - April 30: 6 Occoquan Events
(see www.vasra.org)
- May 6: VASRA or Mathews Regatta (Tidewater area)
- May 13: VASRA State Championship
- May 18-20: Stotesbury Cup Regatta, Philadelphia, PA
- May 25-27: SRAA Nationals, Camden, NJ
- June 10 NSRA Nationals, TBD



Winter Conditioning



- Open to all students (no charge)
- Primarily for those not doing a winter sport
- Includes erg and weight use instruction
- Held in the Dance Studio and Weight Room (Nov 17th)
 - Mon/Tue/Thu/Fri
 - 3:45 – 5:45 PM



What can I do to get ready to row?



Paperwork/Forms

Required before rower starts winter conditioning:

- Physical — return to Stuart trainer
- Concussion training — online
- Registration form — return to Crew mailbox in FRONT office
- Emergency Care form — return to Crew mailbox
- Additional paperwork due before on-the-water

All forms available at jebstuartcrew.org/forms



Parent Support Opportunities

- Booster volunteers
- VASRA volunteers

Booster Board Discussion Topic

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

