

**HOLY SPIRIT GIRLS CREW  
HANDBOOK  
2011-2012**

*Information for students and parents*



**EXECUTIVE BOARD**

Mary Alice Vesper - President  
Jim Hogan - First Vice President  
Deb Widmann- Second Vice President  
Deb Distefano - Treasurer  
Paul Bainbridge - Treasurer-Elect  
Renee Stone - Recording Secretary  
Rose Worton - Corresponding Secretary  
Sharon Pennington - Vice President Alumnae

**COACHING STAFF**

Joe Welsh – Head Coach  
Ed Rehill – Assistant Coach  
Gary Baca – Assistant Coach  
Tim Welsh – Assistant Coach  
Chuck Brennan – Assistant Coach  
Kay Papandrew – Assistant Coach  
Rory Roberts – Assistant Coach

*Contact information for the board members and coaches can be found on our web site.*

**[www.HolySpiritGirlsRowing.org](http://www.HolySpiritGirlsRowing.org)**

## **WELCOME TO HOLY SPIRIT GIRLS CREW 2011-2012**

The main purpose of Holy Spirit Girls Crew Parents Association is to provide support for the girl's crew program both fiscally and in volunteer efforts. Most team expenses pertain to boats, equipment, maintenance costs, regatta fees, boathouse and food expenses. Fundraisers are conducted each year and 100% parent participation is a primary goal. Parent meetings are held, periodically as needed, either in the school cafeteria or at the Brigantine boathouse.

### **PRACTICES**

The girl's crew team practices out of the Brigantine Rowing Club boathouse, located on Bayshore Avenue in Brigantine. Voluntary practices and workouts are held in the off-season and mandatory practice begins in February. Practice schedule is determined by the coaches and are usually 5-6 days per week. Sneakers, comfortable layered clothing and an extra set of clothing are recommended.

### **SWIM TEST**

All first-time rowers are required to take a swim test. This test requires the rowers to tread water in a pool for five minutes while fully clothed. The coach will announce the test date in January.

### **FLICKS & REGATTAS**

Crew races are held on Saturdays and/or Sundays between mid-March and the end of May. Race locations vary between the Schuylkill River in Fairmount Park, Philadelphia, the Cooper River in Camden, St. Andrew's Prep in Delaware, and Lake Lenape in Mays Landing. Flick races (scrimmages) make up the firsts several weeks of the season, followed by the Regattas (medal races). The premier races are the Stotesbury Cup and the Nationals Regattas, which hold qualifying heats on Fridays. The complete race schedule for the season can be viewed on our web site when it becomes available. Individual boat race times are usually posted 48 hours in advance.

### **TRANSPORTATION**

Each year the school tries to provide bus transportation for rowers from the school to the boathouse for any after-school practices during crew spring season. Availability varies from season to season. In the event that there is not a bus available, rowers are responsible for transportation to the boathouse. Transportation home is the responsibility of the rowers. Transportation to and from all weekend practices and races is the responsibility of the rower. Carpooling is strongly encouraged.

### **BOAT DINNERS**

Boat dinners are a great way for rowers to bond with the other members of their boat and build team spirit. Traditionally, boat dinners are held on the evening before a race. Each rower in a boat volunteers to host the dinner at their home for the other members of their boat. This meal is usually a simple pasta or high-carb meal. Often boat members will attend mass together before the boat dinner.

## FUNDRAISERS

This year our fundraising efforts include:

**GOLF TOURNAMENT** Saturday, October 15, 2011 Mays Landing Country Club

**FLOWER SALE** – February to May 2012

**SPONSORSHIP PROGRAM** – September to February 2012

## TEAM FOOD TENT

Holy Spirit Girls Crew owns a trailer, including tents and a large grill that is brought to most races and set-up by parent volunteers. Food & beverages are provided in the tents for both rowers and their families. Donations for specific items will be requested periodically from your class food liaisons. Most food provided by the parent's association is purchased with funds from the team food fee. Scott & Cathy Clark are coordinating the food tent this year.

Boat House. This year's fee is \$150 per rower; \$75 for each additional family rower.

## PROGRAM COSTS

Fee Type	Amount	Due	Notes
Fall Program	\$100.	Sept. 12, 2011	Club Program – Brigantine Rowing Club
Winter/Spring Program	\$300.	\$100 January \$200 March	Less any credits described below
Fund Raising Fee	\$350.	May 1, 2012	Less credits earned by participating in our fund raising programs
<b>TOTAL</b>	<b>\$650. - \$750.</b>		

Other Possible Costs	Estimated Amount <sup>1</sup>	Estimated Date Due	Notes
Tenn. Regatta	Bet. \$300. - 400.	Early Nov 2011	Only IF participating and invited rowers
Unisuit	\$85.	Early Feb 2012	New Rowers Only
JL Racing Shirt	\$45.	Early Feb 2012	Optional New Rowers
Crew Jacket	\$180.	Early Feb 2012	Optional for rowers 2 <sup>nd</sup> yr and up
Kickoff Dinner	\$10.	March 2012	Rowers are free; parent & guest amount
Nationals Hotel	\$90.	Late May 2012	Rowers only; parents extra
Banquet	\$30.	Early June 2012	Rowers are free; parent and guest amount

## FALL PROGRAM - \$100.00

- **Payment due by September 12, 2011**
- This is a non-refundable fee to cover the cost of the Fall Program.
- Make checks payable to “Brigantine Rowing Club”
- Includes all of the planned fall races. Additional cost for Head of the Hooch in Tennessee, if participating.

<sup>1</sup> Based on 2011 costs and subject to change

### **WINTER/SPRING PROGRAM - \$300.00**

- **\$100.00 per rower due by January 20, 2012**
- **Full Balance due at the Kickoff Dinner in March, 2012**
- This is a non-refundable fee.
- Make checks payable to “Holy Spirit Girls Crew”
- This Program Fee covers the Membership Cost for the Brigantine Rowing Club which allows us to use the boathouse for boat storage and practices. The program fee also covers the family food fee. This provides the basics like breakfast sandwiches, hamburgers, chicken, hotdogs, and drinks for the races at the river.
- **Program Fee Credits:**
  - \$120. food fee credit for 2<sup>nd</sup> rower in the family
  - \$60. food fee credit for 2<sup>nd</sup> rower in the HSHS Boys Crew Program (You pay ½ of the Food Fee to both the Girls and Boys Crew Programs)
  - \$50. boathouse credit for 2<sup>nd</sup> rower in the family

### **FUND RAISING FEE - \$350.00**

- The Fund Raising Fee is \$350.00 per rower and can be paid outright or earned through participation in our Fund Raising “Credit” Programs.
- **The Fund Raising Fee is due in full by May 1, 2012.**

### **FUND RAISING “CREDIT” PROGRAMS**

- **Crew Program Sponsorships – Names of Sponsors displayed on our Tent Banner and Website**
  - Platinum Sponsor \$500.00 Donation - Rower Credit \$125
  - Gold Sponsor \$300 Donation – Rower Credit \$75
  - Silver Sponsor \$200 Donation – Rower Credit \$50
  - Bronze Sponsor \$100 Donation – Rower Credit \$25
- **Flower Sale**
  - 50% of all sales are credited towards your fund raising fee
    - Example: If you sell \$700 in flowers, your credit equals \$350. and your entire fund raising fee will be covered
    - PRIZES: Top 3 Sellers will receive Gift Cards for \$200, \$100, and \$50 respectively

### **OTHER FUND RAISING PROGRAMS**

- **Annual Golf Tournament for both Boys and Girls Crew Programs**
  - October 15, 2011 at Mays Landing Country Club
  - See Informational Brochure
- **Coin Drops**
  - Planned for Shop-Rite in Absecon, Saturday November 12<sup>th</sup>.
- **Other Fund Raising Events to be announced!**

## UNIFORMS & TEAM CLOTHING

Team clothing is available for purchase through team parent, Renee Stone. Team uniforms are required for all rowers. Orders are placed at the beginning of the season. Cost is the responsibility of the rowers.

## VOLUNTEERS

Volunteers are always needed to help with the tent set-up and breakdown as well as to cook in the food tent throughout the day for rowers and their family. On race days, parent volunteers drive the trailer to the race site and are on site by 6am to set-up the team Food Tent. Breakdown takes place after all the girl's races for the day are complete.

## BOATS

Rowers are assigned to boats by the coaches and boat assignments may change throughout the season. Boats are categorized as follows:

Varsity Eight	Varsity Four	2 <sup>nd</sup> Varsity Eight	Varsity Lightweight Eight
JV Eight	Freshman Eight	Novice Eight	Varsity Doubles

## RACE DAY INFORMATION

Generally, the first race of the day begins around 8 am and the last race of the day can begin about 5 pm or later. Races at St. Andrews Prep in Delaware usually begin mid-day. The format of the race day schedule varies from race to race. Sometimes, all the girl's races are scheduled in the morning and the boys' races are held during the afternoon or visa versa. Occasionally, the girls and boys races are inter-mixed.

- Rowers are usually instructed to arrive at the race location 2-3 hours prior to the scheduled race time for their boat. Their coach determines this arrival time.
- After they have raced, rowers may not leave the race location until dismissed for the day by their coach.
- Rowers should always bring a complete extra set of clothing to every practice and race. Rain gear, a blanket, and waterproof shoes are also good to pack.
- Spectators may want to print out and bring a copy of the race schedule in order to keep track of the boats. Binoculars, a camera and good sunglasses are also good tools for race day.
- Most race locations provide port-a-pots. It is suggested that rowers bring their own toilet paper and any other personal items that they may need.
- Most spectators bring their own chairs to races.
- Directions to all race locations can be found on our website.
- For Regattas, medals are awarded to the boat members at the finish line, so position yourself accordingly if you want to see the awards and take pictures of your winning rower.
- Parking - Philadelphia Races: The parking area on Kelly Drive is by accessible by permit only. Parking permits are very limited and are obtained by the parents association. In the past, these few parking permits have been given first to the coaches, then to whoever tows the food trailer, followed by the board members, then what is left is distributed to senior parents, then junior parents, and so on.

Anyone who has his or her own handicapped parking permit is also granted access to this parking area. The alternate parking area does not require a permit and is located in Fairmount Park above the race area. Cars will be directed appropriately. There is no charge for parking for the Flick Races in Fairmount Park. There is a parking charge for the Stotesbury Cup and Philadelphia City Regattas.

There are similar parking arrangements at the County, States, and Nationals Regattas.

There is no fee for parking at St. Andrew's Prep, Delaware.

- The walk between the Fairmount Park parking area and the spectator area on Kelly Drive can take approximately 10-15 minutes. You can walk along the side of the road or there is a frequently used dirt path that cuts down the walking distance. This path is usually muddy and wet. Be sure to wear appropriate footwear. For the Regattas, a free shuttle service is provided between this parking area and the spectator area on Kelly Drive.