



HOLY SPIRIT HIGH SCHOOL GIRLS' CREW HANDBOOK 2014-2015

Information for rowers and parents

www.HolySpiritGirlsRowing.org

Contact information for the coaches and board members can be found on our website.

WELCOME

The main purpose of Holy Spirit High School Girls' Crew Parents' Association is to provide support for the girls' 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 girls' crew team practices out of the Brigantine Rowing Club boathouse, located at 501 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 School in Middletown, Delaware; and Lake Lenape in Mays Landing. Flick races (scrimmages) make up the first 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 website when it becomes available. Individual boat race times are usually posted 48 hours in advance. See regattacentral.com for race schedules and results.

TRANSPORTATION

Each year the team tries to provide 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 transportation available, rowers are responsible to arrange their own 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. **IMPORTANT:** Rowers are NOT permitted to drive themselves to races.

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 takes turns volunteering 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 team's fundraising efforts include:

- **SPONSORSHIP PROGRAM** – September 2014 to February 2015
- **FLOWER SALE** – February to May 2015
- **VACATION RAFFLE** – March and April 2015

TEAM FOOD TENT

Holy Spirit Girls' Crew team 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 by the team's food liaisons. Most food provided by the parents' association is purchased with funds from the team food fee.

PROGRAM COSTS

Please see the Program Information page under the "Row With Us" heading on our website.

UNIFORMS & TEAM CLOTHING

Team clothing is available for purchase through team parent, Patti Boyle. 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 girls' races for the day are complete.

BOATS

Rowers are assigned to boats by the coaches and boat assignments may change throughout the season.

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 midday. The format of the race day schedule varies from race to race. Sometimes, all the girls' 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 only leave the race location after they are 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. See the information under the "Race Information" and "Links" headings on our website.
- Sunscreen, 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 under the "Race Information" heading 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, with fewer passes allotted to each school every year. In the past, these few parking permits have been distributed first to the coaches, then to whomever tows the food trailer, those transporting heavy supplies, etc.
 - Anyone possessing his own handicapped-parking permit must also have a race day parking pass in order to be granted access to the Kelly Drive 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 a parking charge for the Flick Races, Stotesbury Cup and Philadelphia City Regattas.
 - 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.
- There are similar parking arrangements at the County, States, and Nationals Regattas.
- There is no fee for parking at St. Andrew's School, Delaware.

VISIT US ONLINE

Website – Holyspiritgirlsrowing.org
Facebook page - Holy Spirit High School Girls Crew