

**MANHASSET HIGH  
SCHOOL CREW**



**STUDENT ATHLETE  
AND  
PARENT HANDBOOK**

## ELEVEN INSIGHTS INTO THE SPORT OF ROWING

1. **ROWING** is a ***total body workout***. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the ***legs***. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a ***year-round***, full-body conditioning activity. It is a great aerobic workout and is a low-impact sport on the joints.

2. **ROWERS** are probably the world's best athletes. Rowing looks graceful, elegant and sometimes effortless when it is done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. ***The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.*** A seasoned rower has the leg power of a speed skater, the back strength of a weightlifter, the endurance of a marathon runner, the reflexes of a sprinter, and the balance of a snowboarder.

3. **SWEEP** (like a broom) and Sculling (with a "c"). There are two basic types of rowing: sweep rowing and sculling. In sweep rowing, the kind of rowing that the MHS Crew athletes do, athletes use both hands to hold a single oar about 12.5 feet long to propel the boat. In sculling, the athletes use two oars, each about 9.5 feet long, one in each hand.

4. **THE BOAT.** Although spectators see many different races at a regatta, there are only six basic boat configurations. Sweep rowers come in pairs (2s), fours (4s) and eights (8s). Scullers row in singles (1x), doubles (2x) and quads (4x). Sweep rowers may or may not carry a coxswain, the person who steers the boat. All eights have coxswains, but pairs and fours may or may not. In all sculling boats and sweep boats without coxswains, a rower steers the boat by using a rudder moved with the foot.

5. **THE CATEGORIES.** Rowers are categorized by sex, age and weight. There are two weight categories: lightweight and open weight.

6. **THE EQUIPMENT.** Today's rowing boats are called shells as they are made of lightweight carbon fiber and are only about 1/8" to 1/4" thick, in order to make the boat as light as possible. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide and approximately 30 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells.

7. **THE CREW.** Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.

8. **SPM not MPH.** Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high – 38 to 45, even into the 50s for an eight – and then "settles" to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews may call for a "Power 10" during the race – a demand for the crew's most intense 10 strokes.

9. **RACE WATCHING.** The crew that's making it look easy is most likely working the hardest and doing the best job. When watching a race, look for the following: a continuous, fluid motion from the rowers; synchronization in the boat and the bodies of the crew, good timing, all moving in unison; clean catches, *i.e.* oars entering the water with little splash; and the boat with the most consistent speed. An excellent "run" (the distance that a shell is propelled by one stroke cycle) is the effect sought by all crew coaches.

10. **TEAMWORK IS NUMBER ONE.** Rowing isn't a great sport for athletes looking for MVP status - There are no stars in rowing. It is, however, teamwork's best teacher as ***to achieve victory, rowers must work together in total unison as a team, making crew the ultimate team sport.*** The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and bladework with one another. Crew teaches the importance of teamwork, perseverance and discipline which are invaluable life lessons.

11. **ROWING IS THE ULTIMATE WALK ON SPORT.** It's easier to get started than you think.

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## INTRODUCTION

Welcome to Manhasset Crew!

Although run and organized as a “Club,” Crew is considered a Varsity sport and athletes are obligated to follow the same code of conduct as required in all other Manhasset High School Varsity sports. The Club status for Crew is not unique to the Manhasset schools, as Crew teams at other schools face similar challenges in providing the necessary resources and funding for their programs.

The **Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and Students** contains the governing principles of the crew program. The **Manhasset High School Crew – Student Athlete and Parent Handbook** and the **Manhasset Crew Team Athlete Code of Conduct and athlete Commitment Contract** do not replace the policies and procedures of Manhasset High School or of the Manhasset School District’s Athletic Department, but rather supplement it for aspects that pertain specifically to crew.

The purpose of the **Manhasset High School Crew – Student Athlete and Parent Handbook** (the “Handbook”) is to communicate the operating policies and procedures for the Crew Team to the athletes and to their parents, including the Coaches’ expectations and the requirements for an athlete to participate. While this Handbook will be especially helpful to introduce key concepts and rowing resources to freshmen Novice rowers, coxswains and their parents during their first season of Crew, the Handbook is also an important guide to reinforce this information for seasoned rowers and coxswains and their parents.

## PARTICIPATION

1. Manhasset Crew is open to athletes enrolled in Grades 7-12 at Manhasset High School.
2. Athletes must have clearance by the Health Office and must submit all requisite forms to the Manhasset High School Health Office prior to participating on the Crew Team.

## CREW SEASONS

1. The Crew Team operates both in the Fall and in the Spring, in conjunction with the Fall and Spring athletic seasons at Manhasset High School. In addition, the Crew Team operates an indoor training season in Winter to train athletes for Indoor Regatta competitions and prepare for the Spring season.
  - a. ***Fall season*** is traditionally a "training" season when rowers concentrate on technique and stamina. Races in the Fall are typically called "Head" races and are longer distances than races in the Spring. *Head races are approximately 2.5 to 3.5 miles long and boat starts are staggered so that crews race against the clock.* Crews do not know the results of the race until sometime after the race ends. Fall is also the season when college coaches show up at regattas to do recruiting.
  - b. ***Winter Season*** is probably the most influential season of the year, with athletes getting one on one coaching for rowing technique, race strategy, and overall fitness training. Athletes will develop team camaraderie and the program will maintain individual athlete's scores so that each athlete may track their overall progression throughout the season. Winter training will be spent predominantly on ergometers (indoor rowing machines) and will also consist of weight and body circuit training. Athletes will be able to improve times across all workouts and become fully prepared to race at the highest level over the Spring season. Athletes will participate in Indoor Regattas events in which they compete against their peers on multiple ergometers which are tracked on large projectors.
  - c. ***Spring season*** leverages off the preparation done in the Fall. Spring races are referred to as "*Sprint*" races, usually 1,500 meters (approximately 1 mile) to 2,000 meters long. Boats start off at the same time and race directly against each other in lanes on a marked straight (or nearly straight) course. The Spring Season is also the time when the team typically competes, if qualified, in more prestigious and competitive regattas such as the New York State Scholastic Rowing Championship, the Scholastic Rowing Association of American National Championship, and the USRowing Youth National Championship.
2. Serious Crew athletes are highly encouraged to participate in all three (3) seasons, but that is not required, as it is understood that some athletes may want to compete in other interscholastic sports.

## NOVICE (JV) AND VARSITY DESIGNATIONS

1. The categorization of Novices is unique to the sport of Crew and is important because racing in a regatta is by category (*e.g.*,\_Novice, Freshman, Light-weight, Junior, Junior Varsity, Varsity).
2. **Novices.** Athletes who have not previously participated in Crew at Manhasset, regardless of their age, grade-level in school or skill, are designated by the sport of Crew as “Novices” during their first year of rowing.
3. Athletes may be deemed a Novice ***for one (1) calendar year from their first regatta.*** Because Crew is offered as a two-season sport at MHS, the participation category in the second season can vary for an athlete, based on whether or not they are rowing for two consecutive seasons.
  - a. If the athlete rows in both the Fall and Spring seasons, they would row as a Novice for the first two (2) seasons (*e.g.*, for one full school year) that they are on the Crew Team.
  - b. If an athlete participates in Crew for the first time during the Spring season and then participates in Crew the following Fall season, at the Coaches’ discretion based on skill level, team needs and boat assignments, they may row either as a Novice or as a Varsity rower. However, from the perspective of MHS, that athlete would receive JV or Varsity credit during his/her second season.
4. A Novice rower may be “moved up” by a Coach to compete in a Junior Varsity or Varsity event, however, athletes who have had one year or more Crew experience cannot row as a Novice and must row as Junior Varsity or Varsity.
5. Although Crew is run as a Club team, at the completion of each season:
  - a. Novices receive Junior Varsity credit, but do not receive an award, letter or pin.
  - b. Seasoned rowers and coxswains will receive Varsity credit.
  - c. In keeping with the policies of the Manhasset School District Athletic Department, first-time Varsity athletes (in any sport) will be awarded an eight-inch chenille Varsity “M” letter and pin insert for their sport. For subsequent Varsity seasons (in any sport), athletes will only receive a pin insert for that sport.
6. If an athlete is in violation of the attendance policy (refer to section on ***Attendance Policy for Practices***) or does not participate in a minimum number of the regattas, as determined each season at the discretion of the Head Coach and in consultation with the Athletic Director, the athlete may not be eligible for JV or Varsity credit.

## **TEAM CAPACITY, TRYOUTS AND CUTS**

*Please also refer to the “Tryouts and Squad Selection” section of the  
Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and athletes*

1. Each season, the team capacity will be based on factors including the number of coaches as well as functioning boats and launches. Depending upon the number of athletes who turn out for Crew, the Director of Rowing, in consultation with the Athletic Director may decide to make cuts, in their sole discretion, to ensure that the appropriate level of safety and coaching coverage on and off the water is in place.
2. The first week of practice each season will be a tryout period, where athletes will be evaluated to determine if they will remain on the team. Participating as a rower or coxswain in any one season does not automatically guarantee an athlete a place on the team in any subsequent season.
3. Each athlete will be given a fair amount of time during the tryout period. Based on requests from the Coaches, some athletes may participate in an activity for a longer period than others.
4. Evaluations will be made by the Coaches who will be observing the athletes as they erg and row:
  - a. **Erging** – 2K and other distances for time.
  - b. **Technique** – Erging and, if possible, rowing on the water in small rowing “pieces” which closely resemble training for an actual race situation and provide the coaches with the best opportunity to observe an individual’s rowing skills
5. The following criteria will be used to assess the athletes:
  - a. **Physical** – The physical portion of the evaluation is based on times, strength, speed, quickness and stamina. Time to weight will be considered using a weight adjustment calculation, if necessary.
  - b. **Technical** – This includes technique in the boats as well as on the erg. Coaches will be looking for the most basic components of rowing skills.
  - c. **Character** – Elements include Commitment, Respect, Dedication, and Attendance.
6. **Attendance**. Every athlete participating in tryouts is expected to attend each and every day of tryouts. College visits should not take place during the tryout period. If the athlete must be excused from a tryout day, he/she must receive permission from the head coach. If the athlete misses any day of tryouts, even if the absence would ordinarily be excused from MHS, that athlete, at the discretion of the coaching staff and subject to the coaches availability, may be given an opportunity to complete the tryout process on the Saturday immediately following the tryout period. Notwithstanding the discretion of the coaching staff to offer a make-up tryout day, if the athlete fails to come to all tryout days during the tryout week and/or fails to come to the extra tryout day if given the opportunity to do so, that athlete may be cut from the team altogether or suspended from the first regatta at the discretion of the coaching staff.
7. **A supplemental tryout will be provided only if deemed necessary by the Coaches.**
8. **Swim Test**. In addition to the evaluation period, any Novice athlete must pass the Swim Test prior to going out on the water in a boat. To pass the Swim Test, the athlete must be able to swim eight (8) consecutive laps and then tread water for ten (10) minutes.

## ESSENTIAL ITEMS FOR CREW ATHLETES

1. Essential items to wear or bring to practice and regattas include:

- a. **Water** – Athletes must be sure to drink plenty of water. Plastic water bottles cannot be used at the Boathouse and all athletes must bring a reusable water bottle.
- b. **Racing attire** - For regattas, a team issued race uniform/uni-suit is required. For practices, athletes should wear appropriate practice attire - no baggy shorts, no good t-shirts - as clothing may get soiled. If an athlete does not have the required uniform on race day they will not be permitted to race.
- c. **Footwear** - Each athlete is required to bring good running sneakers to each practice for land workouts and warming up, and to each regatta for land practice and warm-ups. Sandals are needed for going into the boats.
- d. **Extra clothing** - Athletes should bring extra clothing and extra socks in case they get wet, especially at the end of the Fall season and the beginning of the Spring season.
- e. **Dry towel**
- f. **Money** for food (e.g., on bus trip to and from a regatta)

2. Remember to write your name - with permanent marker - on the tags of all your gear and all of your clothing. In rowing, your uniform does not have a number to help you identify your gear. Each season, countless items become lost and unclaimed as everyone has the same uni-suits, JL tech shirts, sweatshirts, etc., **it is impossible to know to whom the items belong unless they are labeled.**



## SEASONAL FEES, REGATTA FEES AND REFUND POLICY

### 1. Fees.

- a. Information regarding seasonal registration fees to participate for the season will be provided to parents separately at the Parent/Coaches meeting at the beginning of each season.
- b. The Seasonal Fee is payable, in advance, at the beginning of the season, with a due date specified at the beginning of each season. Seasonal Fees are not payable until tryouts are concluded and an athlete knows that they have been accepted onto the team for that season. Failure to pay a Seasonal Fee by the due date will result in additional late payment charge.
- c. Rowers or coxswains who are not fully paid up on dues by the stated deadlines will not be allowed to compete in or attend regattas.
- d. Seasonal Fees do not include the cost of uniforms or the cost of attending regattas (*i.e.*, regatta entrance fees, overnight hotel expenses, security guard fees, transportation costs, food expenses and any other regatta related expenses, all of which are paid separately prior to each regatta).

### 2. Regatta Fees and Expenses.

- a. It is extremely important that an athlete notifies the Head Coach at the beginning of the season if he/she is unable to attend a particular regatta. Unless in the case of an emergency, missing a regatta is an unexcused absence as attendance is essential for boat lineups and performance.
- b. In addition to the Seasonal Fee, prior to departing for each regatta, a separate flat fee (the "Regatta Fee") is determined for each regatta, based on total estimated expenses related to that regatta (*e.g.*, regatta entry fees, hotel, transportation, parking for buses, etc.). These expenses are divided evenly among all participants attending that regatta, including alternates (those who do not row during a weekend) who, at the discretion of the FOMC Board, will pay the fee.
- c. **Once the roster for a particular regatta has been finalized by the Coaches, all athletes included on that roster are responsible to pay the full Regatta Fee, regardless of whether they attend all or part of that regatta. Any athletes on the roster that cancel up to a week prior to the regatta entry deadline will still be responsible for the full Regatta Fee. Exceptions may be made in the case of serious illness or events beyond an athlete's control.**
- d. **Rooms and buses are reserved for the team. Even if prior permission is given by the Coach for extenuating circumstances and an individual does not ride on the bus or does not stay at the hotel, they are still responsible to pay the full Regatta Fee.**
- e. The athlete/guardian is responsible for payment of all Regatta Fees by the designated due date. Failure to do so will result in a "Late Fee" being assessed. The designated guardian will be sent an email before a regatta letting them know the final regatta fee. It is the guardian's responsibility to ensure that FOMC emails are being received and not otherwise blocked or spammed from their email folders. Not receiving an email notification is not an acceptable reason for late or non-payment.
- f. Failure to pay regatta or late fees will result in the athlete being prohibited from participating in future practices and regattas. If more than three (3) "Late Fees" are assessed during a season, the athlete will be dismissed from the team.

### 3. General Terms / Refund Policy.

- a. Payment of all seasonal fees and regatta fees must be made on the Manhasset Crew Website, along with an indication of the purpose of the payment (*i.e.*, Dues or Regatta Fee, noting the name of the regatta that is being paid for).
- b. If a parent is only able to pay a Regatta Fee by check, the arrangement must be pre-approved by the FOMC

President and Treasurer. Checks should not be given to other athletes and should only be submitted to the parent responsible for collections or the FOMC Treasurer. If payment by check is approved, payment must be hand delivered to the home of the FOMC Treasurer by the applicable return date.

- c. Due to the importance of confirming payments, cash will not be accepted, and your email receipt of payment received will serve as your receipt.
- d. If an athlete voluntarily quits the team they may be eligible for a partial refund (Cancellation and refund policy can be found at: <https://www.manhassetcrew.org/terms-policies>). If an athlete is suspended or is separated from the team for disciplinary reasons, he/she is ***not*** eligible for a refund of the Seasonal Fee, in whole or in part, and is ***not*** eligible for a refund of any other monies paid to Friends of Manhasset Crew ("FOMC").
- e. In circumstances where a family may be in need of financial support because payment of Seasonal Fees or any of the other items would be a financial hardship, the parent(s)/guardian(s) should notify the Crew Director, FOMC Treasurer, President or another FOMC board member. All requests will be handled in strict confidence.
- f. Individual tipping or "gifting" to your child's coach or coaches is not permissible at any time during the season or during the off season and will result in your child being barred from participating in a regatta or regattas in the subsequent season. Group tipping or "gifting" to your child's coach or coaches is also not permitted.

#### **4. Beginning of the Season Waivers, Releases & Forms.**

- a. At the beginning of every season, every athlete will be expected to complete a packet of forms via familyid.com, including but not limited to a general release and a power of attorney. These forms must be completed and returned by the respective due dates as communicated at the Parent Meeting. For every day the forms are late in being returned, the coaching staff, at their discretion, may send the athlete home from practice. If the forms are more than 3 days late, the athlete may be banned from participating in the following regatta.

#### **5. Underage Drinking.**

- a. Underage drinking, as well as any tobacco or any tobacco products, vaping pen, or drug use, during the season will not be tolerated. If it is determined that any athlete has been drinking illegally or is in possession of alcohol and/or drugs during the season, that athlete will be dismissed from the team for the remainder of the season, and possibly permanently suspended from the team, as warranted by FOMC. In order to return, the athlete will have to write a statement to the coaching staff describing what they have learned over their suspension, why they want to return to the team, and what they are going to do to avoid a similar situation in the future. Evidence of a violation of this rule shall include, but will not be limited to, a photograph or social media post. If a captain is discovered to have been drinking in season or in possession of alcohol, his/her captainship will be revoked, and a replacement captain will be named for the remainder of the season.

## ATTENDANCE POLICY FOR PRACTICES

*Please also refer to the “Conflicts with Extracurricular Activities” and “Observance of Religious Holidays” sections of the Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and athletes*

### 1. As with any MHS JV or Varsity Sport, all scheduled practices are mandatory.

- a. Rowing is a team sport and the absence of even a single athlete impacts the entire boat – this may mean that a boat will not be able to go out on the water for practice at all that day if even one athlete is absent.
- b. All athletes are required to attend every scheduled practice except if they are legally absent from school or absent for mandatory after school requirements or special events. Practice dates are run in conjunction with Manhasset High School policies.
- c. Practice is held even if the athletes cannot go out on the water – if the weather is not conducive to going out on the water, a land workout will be held at the Boathouse.

### 2. There will be a limit of 3 unexcused absences per season.

- a. Unexcused absences are defined as absences that are not reported to both the Director and the athlete’s coach by email, text or phone call before noon on the day of practice. For each unexcused absence by an athlete, the following four steps will be taken:
  - 1<sup>st</sup> unexcused absence: Director and coach will meet with the athlete regarding the absence. The athlete will be suspended from water time for one (1) practice day and be required to ride in the launch.
  - 2<sup>nd</sup> unexcused absence: Director and coach will meet with the athlete and notify the athlete’s parent(s) regarding the absence. The athlete will be suspended from water time for two (2) practice days and be required to ride in the launch.
  - 3<sup>rd</sup> unexcused absence: Director and coach will meet with the athlete and notify the athlete’s parents(s). The athlete will be put under suspension from the team for one week and be ineligible to row in any Regatta that week.
  - 4<sup>th</sup> unexcused absence: The athlete will be dismissed from the team for the remainder of the season
- b. Only absences due to illness, school field trips, school academic contests, excused absences under the Manhasset School District’s category of “*approved college visits*” that are approved by Manhasset High School as a legal absence from school, and personal matters (*i.e.*, funerals and weddings) are excused absences. Athletes must be excused from practice with no penalty for religious reasons or for “extra help” sessions with classroom teachers. Coaches have the discretion on whether or not to excuse athletes from practices or games for all other reasons. If within a season an athlete does not attend 80% of practices, they will not receive a varsity letter for that season. Attendance is extremely important throughout each season because of the team dynamic involved in the sport of rowing, where one absence can hinder the efficiency of practice and boat lineups.
- c. In accordance with Manhasset High School policies, any athlete who visits a college while in season must hand in a note from the admissions office of the college to the attendance office and to the Director of Rowing and coach in order for the absence to be “excused.” During any season, the coaching staff recommends keeping all official visits to a minimum during the season since repeated absences, even for valid reasons, disrupts boat line-ups and practices. Given the unique dynamics of the sport of rowing, athletes are encouraged to attend college visits during the off season or on their scheduled day off from practice.
- d. ***In accordance with Manhasset High School policies, any athlete who is absent from any period of school for a non-school related reason on a given day may not play in or practice for a sports event on that same day.***
- e. Each athlete is required to be in attendance for their **entire school day** in order to participate in practice.

Additionally, on a day preceding a weekend or a holiday, the rule applies to attending or participating in a regatta during the upcoming weekend or holiday. In other words, any athlete who is absent from school for a non-school related reason and does not attend school **for the entire day** on the day prior to the weekend or a holiday may not attend or participate in a regatta during the upcoming weekend or holiday. Any athlete who does not meet these criteria is ineligible to practice or compete.

- f. Missed practices that are unexcused may affect seat/boat assignments and participation in regattas. Athletes not in compliance with the Attendance Policy or who have excessive absenteeism (whether excused or unexcused) will lose their position in a boat and will be subject to suspension from participating in regattas.
- g. Parents are expected to ensure that athletes attend all practices and are requested to schedule doctor and other appointments on days off and outside of practice hours. Parents are encouraged to schedule appointments during the Mondays after Sunday regattas which will usually be off days.
- h. The athlete (and not the parent) must provide an acceptable excuse in writing or (email) to the Coaches prior to missing practice.
- i. If known in advance, athletes must notify Coaches of future absences, especially if an athlete will be unable to attend a regatta (i.e., SAT exams). Although academic excellence is strongly encouraged among our athletes, missing a practice to study for a test or be tutored for a test will be treated as an unexcused absence.
- j. If an emergency arises and a practice must be missed, the Coaches should be promptly advised by email or TeamSnap.
- k. If an athlete is sick due to illness, that athlete should immediately email their coach to let him know of the absence and the reason. When the athlete returns to practice, he must return with a note from his/her parent, his doctor or the school nurse explaining why the child was absent.

### 3. **Come to practice ready to practice.**

- a. **Do not arrive late** – Athletes are expected to arrive at the Boathouse on time, ready to practice at the beginning of practice! If you are late to practice, you may jeopardize the ability of your entire boat to row that day.
- b. **Be organized** – Show up at practice ready to get to work - do not socialize for the first 20 minutes you are there. With a large number of athletes, it takes clockwork precision to get boats on and off water for meaningful rowing time during practices.

### 4. **Practice is not over until all the boats, launches and oars are all put away.**

- a. All boats must be washed and all equipment must be stowed before any athletes can leave practice. **Parents** - please do not ask your son/daughter to leave before they have finished storing their boat and oars.
- b. Be aware that practices occasionally run a bit late. It is the athlete's responsibility to work efficiently during practice to ensure that practice ends on time.
- c. Parents are expected to arrive at the Boathouse promptly at the end of practice to pick up athletes.
  - i. If for some reason you are unable to pick up your child after practice, please make alternative arrangements in advance to have your child picked up.
  - ii. While it is Crew Team policy that at least one Coach will stay behind until all athletes are picked up, Coaches should not be expected to wait unreasonable amounts of time waiting for parents to arrive.

## BOAT AND SEAT ASSIGNMENTS

1. The Coaches determine the selection of rowers for a particular boat line-up for each regatta. Their selection is based on their assessment of many factors including a rower's ability - rowing technique, physical ability, attitude, and work ethic - and his or her overall contribution to the team.
2. Coxswains are not assigned by gender. Any gender can be assigned to boats based on the Coaches evaluations.
3. In determining boat assignments, factors may include:
  - a. The team that works best together and has the best chance of medaling at a regatta, or qualifying for future regattas e.g. the Head of the Charles Regatta, SRAA National Championship, and USRowing Youth National Championship, which all require previous results in order to enter.
  - b. Physical ability which may be measured and demonstrated by performance on rowing simulators ("Ergs"). Erg scores provide a guideline of a rower's strength and endurance, but this is not the sole determinant.
  - c. Coaches also look at a rower's ability to "pull" on the water and for good rowing technique in the boat, which is developed over time and with concentration at practice.
  - d. An athlete's attitude, commitment, and reliability also factor into boat assignments.
  - e. Crew Coaches often look for tall athletes, as taller rowers can apply additional leverage. However, size is not everything, especially in the absence of other prerequisites such as timing, form, power and condition.
  - f. Line-ups may not remain the same throughout the season, and may change regularly.
  - g. Seat racing (switching rowers between boats to assess the impact on boat performance) may be used to determine which rower moves a boat faster.
  - h. A rower will also be assessed in their ability to fit in with the rest of the boat in terms of technique, size, strength, and attitude.
4. All athletes and parents are required to abide by the Coaches' decisions regarding boat and seat assignments and are not permitted to question the Coaches' decisions on these matters. At times the Coaches' decisions may be unpopular for one reason or another, but please understand that Coaches do their best to make choices for the good of the overall team and the rowing program.
5. No athlete is entitled to a seat on a boat, no matter how long that athlete may have practiced in a particular boat, and a coach may switch seat assignments up to and including just before a boat launches at a regatta. Parents and athletes are expected to abide by the decisions of the coaches. Poor parent or athlete behavior with regard to seat assignments, seat changes and boat line ups will not be tolerated. Poor sportsmanship behavior by an athlete or improper behavior or outbursts by parents will not be tolerated and will result in the athlete being barred from competing in the next regatta.
6. **Coxswains**. Throughout the season, the Coaches will let the athletes know which position they think would suit them for the future with the team. The Coaches may ask certain rowers to become coxswains, and vice versa.
7. **Lightweights**. The Coaches will record the weights of rowers to determine the possibility of a lightweight boat. The maximum weight for *each individual rower* in a lightweight boat is determined by the individual regatta host and/or organization, which may change at the determination of the regatta host and/or organization from time to time. The typical weight for high school competition is 150 lbs. for males and 130 lbs. for females. Some regatta hosts allow entries of lightweight boats on an "honor system." In these regattas, the coaching staff will honor the lightweight requirement and only place a rower in the lightweight boat if he/she makes weight safely on the date of the regatta.
8. **Lightweight Certificates**. If during any season a lightweight certificate is required to be filed with an appropriate rowing organization, a certified trainer will conduct lightweight certifications for all athletes who are interested on a given day. If an athlete misses that certification, the athlete will not be considered lightweight for the remainder of the season and the length of time the certification is in effect.

## REGATTAS

### 1. Before the Regatta.

As a way of demonstrating pride in the team, it is a tradition at MHS that athletes “dress up” for school on the day of or, in the case of a weekend competition, on the Friday before an interscholastic athletic competition, regardless of whether it is a home or away competition. For boys, that would mean wearing a collared shirt and tie to school and for girls, that would mean wearing a skirt/dress.

### 2. At the Regatta.

- a. All team members are expected to remain on site at a regatta for the entire event.
  - i. Not every team member will necessarily be able to row at every regatta, but every team member will compete in at least one regatta during the season.
  - ii. If a boat advances to a semi-final and/or a final event on the second day of a regatta, everyone is required to stay through their final event.
- b. While at the regatta site, all athletes are required to wear Manhasset attire. At a minimum, all tops (tanks, shirts, jackets, etc.) should have Manhasset or a Manhasset emblem on them. Athletes are representing the school and should dress accordingly. Secondly, for safety purposes, it is necessary to identify all MHS crew members at a regatta site.
- c. Athletes are responsible for rigging and de-rigging their own boats.
  - i. When arriving at the regatta site, the athletes must rig all boats. When leaving the regatta, all boats must be de-rigged and loaded back onto the trailer by the athletes.
  - ii. If more than one team uses a boat, the first team rowing is responsible to rig the boat and the last team rowing is responsible to de-rig the boat.
  - iii. Athletes should voluntarily assist each other with these tasks.
- d. Upon completion of each individual event, the rowers and coxswain should bring their boat back to the trailer and carefully place it on the boat slings.
  - i. The coxswain should check with the Coach to determine whether the boat will be raced again. If not, the crew should de-rig the boat and load it on the trailer. If it will be used again, the Coach may need it to be placed on the trailer fully rigged in order to free up the slings for other boats coming off the water.
  - ii. Boats should not be left on the slings while the crew runs back to the tent to eat and/or relax. The team has a limited number of slings - and often a very limited amount of space around the trailer.
- e. A regatta is an opportunity for you to test your boat's rowing skills against the competition, but it is equally important for you to be there to support the other boats, which make up your team.
  - i. When a Manhasset boat is rowing, the rest of the team should be cheering them on.
  - ii. As your teammates' boat returns to the dock, there should be Manhasset team members to meet them and help them with their oars so they can quickly remove their boat from the water.
- f. At the end of the regatta, all athletes and parents should help load items such as the tents, tables, chairs, and coolers onto the trailer.
- g. The competitive atmosphere at a regatta site can heighten emotion for athletes, coaches and parents. If parents have questions about their child's race performance or position in a boat, parents should take at least 24 hours to approach the coach to initiate a conversation. The athlete should initiate and speak to a coach first, however if a parent feels more conversation is necessary, they should wait 24 hours after the completion of the regatta to initiate a discussion.

### 3. Unloading the Boats.

- a. The races may have ended, but our regatta is not over until the boats are back at the Boathouse at Bar Beach and unloaded from the trailer.
- b. After a regatta, whatever time the team arrives back at the Boathouse, all team members are responsible for returning to the Boathouse at Bar Beach and unloading the trailer, unless excused by a Coach.

### 4. Athletic Code of Behavior. - Please also refer to the “Athletic Code of Behavior” section of the *Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and Athletes*

- a. The athletes are traveling as a Manhasset High School team and at all times are to exhibit appropriate behavior. At all times, and especially on all trips, the Crew Team is to abide by the **Manhasset High School Code of Conduct**, the **Athletic Department Code of Behavior**, the **Manhasset Crew Team Athlete Code of Conduct and Athlete Commitment Contract**.
- b. Drugs, alcohol and/or tobacco or tobacco products are not tolerated in an athlete’s room or possession at any time. If a athlete is found with contraband, he/she will not be permitted to row and he/she will also be subject to disciplinary action by the Crew Coaches and the Manhasset School District.
- c. An athlete is at all times expected to be respectful to every chaperone, parent and hotel staff member. Any Profanity or disrespect to any of these parties will result in the athlete's parent being called to the hotel to pick up the athlete and take him/her home.
- d. An athlete is not permitted to call room service to complain or comment on any problem with the room or hotel absent an emergency situation. The athlete should contact a chaperone if there are minor concerns with the room.
- e. If there is reason to believe that any one of these rules may have been violated, a Coach or a parent Chaperone may need to enter the athlete’s room and/or check his/her belongings.
- f. In most regattas, the Coaches are required to specify the names of the rowers in each boat. If an athlete is removed from a regatta for a code of conduct violation, this will also affect every athlete in that boat, as that boat will likely be unable to compete.

### 5. Regatta Transportation.

- a. Transportation to regattas on team provided transportation is a privilege and not a right.
- b. Prior to boarding the bus for a regatta, an athlete’s bags are subject to search by a Coach or parent to ensure that an athlete is not in possession of any prohibited substances, such as alcohol.
- c. Before you board the bus, make sure you have all of your belongings with you.
- d. Before you get off the bus, make sure all garbage is picked up and that you have all of your belongings.
- e. All athletes must take the team bus to and from regattas. Exceptions to this policy may only be made in the event of an emergency or other exigent circumstances and must be communicated to the Director of Rowing at least one day before the regatta. If an athlete does not travel back with the team the “Alternate Transportation Form” must be completed online and submitted before the regatta. This is required by the school.
- f. No athlete will not be permitted to drive themselves or a teammate to a regatta.
- g. A request to transport your athlete other than with the team must be made to the athlete's coach and head coach at least 2 weeks prior to the regatta. The athlete is still expected to return to the boathouse and unload boats with his/her teammates even if the athlete has not traveled back to Manhasset with the team by bus.

### 6. Regatta Hotels.

- a. The use of team provided lodging is a privilege and not a right.
- b. A block of hotel rooms will be reserved for all out of town regattas that require an overnight stay.
- c. All athletes must room with the team.
- d. Room assignments are determined by the coaches. athletes may not change from their assigned rooms.
- e. Females are not allowed in males rooms at any time. Males are not allowed in females rooms at any time.
- f. Hotel pools are not to be used by the team.
- g. Athletes have a curfew to ensure they are well rested for the races the following day.
- h. Parent Chaperones are required to accompany the team on overnight stays as they are needed for hall monitoring, bed checks, and bag checks (*Chaperone's Responsibilities* will be sent to all chaperones a few days before the regatta).
- i. Athletes are expected to conduct themselves as mature, responsible individuals. The Coaches and Chaperones should not be hearing complaints from other hotel guests or the front desk that team members are running around the halls, slamming doors, talking loudly, using profanity or misbehaving in any way.
- j. Please be considerate of the other guests. We want these hotels to welcome our team's business in the future.
- k. Any athlete who takes part in activities that may affect their well-being or which demonstrate a lack of commitment to these rules, the coaching staff, Manhasset High School or their teammates, will be subject to review and potential suspension or dismissal from the team. If you are an athlete who has committed to row at the college level and are suspended or dismissed from the team during your time at Manhasset High School, the coaching staff has the right to notify the University's coaching staff of the dismissal.



## ATHLETES COMMITMENT

1. All team members must abide by the **Manhasset High School Code of Conduct**, the **Athletic Department Code of Behavior**, the **Manhasset Crew Team Athlete Code of Conduct and Athlete Commitment Contract**. An athlete may be suspended or dismissed by a Coach for improper behavior.
  
2. Rowers and coxswains are expected to:
  - a. Give 110% of yourself to your sport and your team.
  - b. Be completely dedicated.
  - c. Load and unload the trailer before and after regattas.
  - d. Respect Coaches and Chaperones.
  - e. Maintain and respect the team's equipment.
  - f. Attend all practices and regattas.
  
3. Attendance at regattas is mandatory. Parents are encouraged to resolve conflicts where possible to ensure attendance at regattas. Notwithstanding this, if you are unable to attend a particular regatta, you need to promptly give the Coach notice, *well in advance of the regatta*.
  - a. Be fair to your teammates! Your absence affects boat line-ups! Boats need to be registered for regattas well in advance of the regatta date.
  - b. Hotel and travel arrangements are also based on the number of athletes participating.

## BOATS

1. Our boats are beautiful, expensive (up to \$40,000+ each) pieces of equipment - ask some of the college rowers what clunkers they have to row in. They are your team boats; your parents or your teammates' parents generously donated these boats so you and your team would have the best equipment in which to row.
2. Boats should be washed down after EVERY practice.
3. Take pride in the boats; protect them from getting scratched and banged around.
4. When you load a boat on a trailer, be sure it is resting securely. Be careful that your riggers do not push against the riggers of the boat on the other side of the trailer, which can push that boat off.
5. The boats are very fragile. Mishandling can cause holes, cracks and deep scratches (or worse) that cost thousands of dollars - which we do not have - to repair.
6. When loading before and after a regatta, be sure the boat is tied down securely.
7. If something is not working properly on your boat - seat, oarlock, cox box wiring, etc., let one of the Coaches know right away so it can be repaired.
8. In keeping with the words and the spirit of **Manhasset School District Policy #5680 (Athlete Fees, Fines and Charges)** whether it pertains to property owned by the school district or owned by FOMC:
  - a. Crew athletes are to be responsible to exercise reasonable care when using or moving the boats and equipment.
  - b. Crew athletes may be required to reimburse the school or FOMC for any loss or damage to team property caused by his/her misuse, negligence, or misconduct of, or failure to exercise reasonable care.
  - c. Damage should be reported to the Coaches and the Crew Director, who will determine if negligence or willful action on the part of the athlete caused the damage. If so, the athlete will be required to pay for such damage.

## HEALTH AND SAFETY

1. **Safety is paramount.** Coaches are to carefully supervise all athlete activity, on and off the water.
2. **Boat Safety.** Prior to going out on the water in a boat, both the Novice and Varsity athletes will receive a lesson on boat safety. This lesson will include, among other things, how to properly use the equipment, what to do in the event a boat flips over, and how to avoid dangerous situations.
3. Prior to each practice, the Coaches will make a decision on whether the conditions on the water are acceptable to row in. If the conditions are not safe, the team will do a land workout by or in the Boathouse.
4. **Swim Test.** Rowers and coxswains do not wear life preservers while rowing. Incoming rowers and coxswains are required to show they can swim and tread water.
5. Coaches are to ensure that all boats and equipment meet safety regulations
6. The Manhasset Crew Team is a Club sport of the Manhasset High School. We follow the **Manhasset High School Code of Conduct, the Athletic Department Code of Behavior** and mandates stipulated in the **Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and Athletes** as well as the **Manhasset Crew Team Athlete Code of Conduct and Athlete Commitment Contract**.
  - a. As with all sports at Manhasset High School, alcohol or other drug use is cause for being dropped from the team.
  - b. Use of tobacco or any tobacco product (vaping) is forbidden, and will result in suspension as indicated in the **Manhasset High School Code of Conduct and the Athletic Department Code of Behavior** and **Manhasset Crew Team Athlete Code of Conduct and Athlete Commitment Contract**.
7. Manhasset High School Policy requires various health forms, including the following, to be duly signed by parents (or guardians) and/or athletes by the relevant deadlines (These forms will be distributed to your athlete at the start of the season. The forms themselves are accessible: on the Athletics tab on the Manhasset School District website).
  - a. A yearly physical (Health Appraisal Form), preceding each school year.
  - b. A Code of Behavior Letter.
  - c. An updated Health History Form – Sports Candidate Re-evaluation, not before 30 days preceding each season.
  - d. Emergency medical authorization and information.
8. **Medicine.** If an athlete uses any medicine regularly (to treat asthma, diabetes, bee stings), it should be carried with him/her at all times: running and on the water. The coxswain can carry it while on the water. Alternatively, athletes can speak to their respective Coach on whether they can store any medicine or an epipen at the Boathouse.
9. There is always at least one Coach's boat on the water with the team during practice and life preservers are stowed in the Coach's launch boat.

## **PARENT PARTICIPATION AND VOLUNTEERING**

1. The nature of competitive Crew entails a great deal of parental involvement and support. A successful Crew team requires a significant commitment and effort from rowers, coxswains, Coaches and parents.
2. **Every parent is required to volunteer approximately 15 hours during a season**. Most of this is accomplished by volunteering at our regattas. FOMC is built upon a family atmosphere and without this the regattas would not run smoothly and our costs would be extremely high. Many volunteer choices are available, but there is always a need for chaperoning, our team chuck wagon to be packed up before every regatta with food, chuck wagon set up the morning of a regatta and our chuck wagon to be loaded up at the completion of a regatta. Without sufficient parent help for these tasks, regattas will not run smoothly.
3. Parents are expected to attend the general Parent/Coaches meeting at the beginning of each season, where sign-up sheets for various committees will be available. We understand that parents have work and other responsibilities; however, there are many ways to volunteer your support for the team.
4. Parents are encouraged to attend regattas! Your support is important to your child and to the team. We hope you will try to attend as many of the team's regattas as possible.
5. Parents are expected to volunteer, preferably for at least two regattas during the season, to assist in:
  - a. Chaperoning at regattas
  - b. Food buying, transporting, cooking
  - c. Regatta set-up and clean up
  - d. Regatta coordination and planning
  - e. Novice parent welcome
  - f. Equipment maintenance
6. Manhasset Crew is a Club sport. The Coaches are paid a portion of their salaries by the school district. A large portion of coach's salaries, as well as all other funds - funding required for capital outlays and maintenance of the shells and oars – are paid and supported by the Friends of Manhasset Crew organization and parents through the Seasonal Fees and fundraising efforts. Without this support, the rowing program could not exist.

## COMMUNICATIONS PROTOCOL

*Please also refer to the “Parent Participation” section of the Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and Athletes*

1. Although parents volunteer in many ways, it is important to remember that interference by parents in Coaches’ decisions regarding the nature of practices and/or rowing assignments at practice and/or regattas is considered to be disruptive and is not tolerated. Such interference may include pressuring, lobbying, or otherwise attempting to inappropriately influence the Coaches’ decisions.
2. Similarly, parents are requested to refrain from contacting the media, other than local publications such as the *Manhasset Press*, regarding team or individual performance or regatta results. The Coaches will be responsible for providing information to or interviews for the media. Parents should be aware that violation of this protocol may result in diminished participation at practices and/or regattas for your child.
3. Consistent with the policies and procedures outlined in the *Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and Athletes*, issues should be brought to the attention of and discussed with the Coaches. Parents are encouraged to adhere to the following protocol:
  - a. Athletes should first address any issues directly with their Coaches. Team Captains may be helpful in this process.
  - b. If matters are not resolved, the parent of that child should email the Coach and schedule a meeting to speak directly with the Coach outside of practices or regattas.
    - c. If the issue still has not been resolved, athletes and parents should speak with the Rowing Director.
  - d. If the parent needs further assistance after speaking with their Coach and the Rowing Director, they should seek advice from the Athletic Director.

## APPENDIX A

### CHAPERONE'S RESPONSIBILITIES

Thank you for volunteering to Chaperone. The Crew Team appreciates that you are offering your time so they can participate in regattas requiring overnight stays. Chaperoning is a tremendous opportunity to get to know our rowers and coxswains, Coaches, and other team parents.

The following guidelines and Chaperone reminders have been prepared to ensure a safe regatta:

1. You will be provided with the following lists/information:
  - a. A list of all the room numbers indicating the assigned athletes.
  - b. Hotel address and phone number.
2. Please be at the hotel at the designated time. For certain regattas, chaperone coverage may also be required during mealtime or when the athletes return to the hotel after competing for the day.
3. Introduce yourself to the athletes (some may not know who you are).
4. Chaperones will be notified ahead of a scheduled regattas who will be chaperoning and their respective mobile numbers. It will be the responsibility of the chaperones to contact each other to organize and coordinate arrival times and duties.
5. No athletes of the opposite sex are allowed in each other's rooms.
6. Athletes may not change their assigned rooms.
7. Swimming in hotel pools is prohibited.
8. If required, Chaperones should assist the Coaches in assembling the rowers/coxswains for their individual boat meeting the evening before the regatta.
9. When it is time for everyone to be in their room, Chaperones should go to the rooms and make sure all rowers/coxswains are present. Athletes are to stay on their floor unless you give them permission to leave the floor. Make sure they check back with you when they return.
10. For safety reasons, show the athletes where the hallway exits are. Tell them where to meet outside the hotel and the times for both wake up and departure. If the fire alarm rings or in case the hotel is evacuated, they are to exit the fastest way possible and meet you at the predetermined meeting place.
11. Make sure the rowers/coxswains know the time and meeting place for the next morning. Chaperones should ensure that wake-up calls are arranged for the athletes. They should remind the athletes of the time of their wake-up call and to set a back-up alarm.
12. Please keep the rowers/coxswains in your assigned rooms informed of any schedule changes. If wakeup times vary for rooms, please ensure you know what time each room needs to meet and where they need to meet.
13. The Coaches will advise you when lights must be out. Please make sure the athletes cooperate. They usually leave the hotel very early in the morning and have a busy day, so it is important they sleep.

14. Chaperones will place tape on each room door so he/she will be able to determine if any athletes left their room during the night.
15. In the morning, Chaperones should ensure the athletes are awake and ready at the required times. When checking out of the hotel in the morning, Chaperones should do a quick inspection of the rooms for which you are responsible to make sure the athletes did not forget anything (usually cell phones left in chargers, iPods, etc.) and also make sure the athletes have not left their room damaged or excessively dirty. Athletes should place all garbage in appropriate waste containers in the room.
16. The athletes are traveling as a Manhasset High School team and at all times are to exhibit appropriate behavior as outlined in the **Manhasset High School Code of Conduct**, the **Athletic Department Code of Behavior** and the **Manhasset Crew Team Athletic Code of Conduct and Athlete Commitment Contract**. If there is reason to believe that any one of these rules may have been violated, you may need to enter the athletes' room and/or check his/her belongings; however, you should only do so along with either one of the Coaches or another parent.
17. If athletes do not adhere to the rules in the **Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and Athletes**, the **Athletic Department Code of Behavior** and the **Manhasset Crew Team Athletic Code of Conduct and Athlete Commitment Contract**, they will be disciplined accordingly, and their parents may be called to pick them up from the regatta and take them home at their own expense.
18. We remind the Chaperones that, like the Coaches, they should be setting a good example for our athletes. Chaperones should not use alcohol, tobacco or tobacco products until his/her Chaperone duties are completed.

*Thank you from the Manhasset Crew Management Team!*

## **APPENDIX B**

### **SUMMER TRAVEL TEAM AND ROWING CAMP**

As with any sport, a week spent devoted to honing your rowing/coxing skills and technique can make a huge difference. Coxswains should book early as those spots fill early (only 1 coxswain for every 8 rowers).

If your crew athlete has an interest in a particular college/university, Summer crew camp is a good way to become more familiar with the school, the rowing facilities and coaches from various rowing programs. If you are interested in a particular school, you should check out their athletics website to see if they offer a crew camp.

It is recommended that Manhasset High School rowers who wish to participate in a Summer program to support the Manhasset Crew team Summer programs and to build strength as a squad and camaraderie for the upcoming seasons.



**APPENDIX C**  
**WINTER TRAINING**

As mentioned at the beginning of the handbook, the Winter season is a great opportunity for athletes to improve their conditioning and performance on the erg and to prepare for the Spring season.

**Training:** A Winter training program will be developed and implemented by the coaching staff each year. The location, dates and times of the program will vary from year to year based on the number of participants and available space for training.

**Coxswains:** Coxswains are encouraged to participate in Winter training where they will continue to work with the coaching staff to develop their crew acumen and leadership skills, as well as work out with the rowers in order to get a better understanding of what they are experiencing in the boat while racing.

**Regattas:** Regattas conclude the Winter season just like the Fall and Spring seasons and are great ways for the athletes to take their training to the inter-squad competitive level. These indoor regattas are great ways for the athletes to show their successes over the course of the Winter season and represent Manhasset Crew outside of our Boathouse. Athletes may be afforded an opportunity to compete at indoor regattas on Long Island.

## APPENDIX E

### BRIEF HISTORY OF MANHASSET CREW

**Rowing as a team sport traces its roots back to the 1800's, notably at Oxford and Cambridge in England, and at Yale and Harvard in the United States. First held in 1852, the Harvard-Yale race is the oldest intercollegiate athletic event in America and continues to this day. The first amateur sports association in the US was Philadelphia's Schuylkill Navy in 1858, and the first national governing body for an American sport was the National Association for Amateur Oarsmen founded in 1872.**

1. MHS Crew started ~1999, when some parents acquired a used shell for eight rowers, donated from the Booster Club. 12 athletes formed the first MHS Crew Team.
2. By 2001, the team had grown to about 20 members, and then doubled to over 40 athletes the following year. A small group of six or so families began what was to become today's Crew Club, Friends of Manhasset Crew, Inc. (FOMC).
3. The popularity of the sport has continued to grow, and over the past few years, there has been an average of over 80 athletes in each of the Fall and Spring Varsity seasons.
4. The Manhasset School District pays only for a portion of the coaching of the Crew Team.
5. Through FOMC, all other items are either paid for by the parents (*e.g.*, uniforms) or donated by the parents (*e.g.*, boats and oars). To give an idea,
  - a. Each "four" with oars and cox box costs approximately \$30,000 (used: \$25,000)
  - b. Each "eight" with oars and cox box costs approximately \$45,000 (used: \$35,000)
6. The Boathouse was a joint effort between FOMC and the Town of North Hempstead ("TONH"). FOMC paid for the Boathouse (building and materials) and construction and the TONH laid the foundation and the concrete slab. The Boathouse is FOMC's most expensive and biggest accomplishment to date.
7. The TONH owns the Boathouse, the docks which the Crew Team has the right to use under a lease. The boats and equipment used by team members are the property of FOMC (in the early years of the crew team, some of the original boats were owned by the school district).
8. The Boathouse serves many purposes from protecting our physical assets (boats, trucks, equipment etc.) to providing athletes space to do land workouts, especially during inclement weather.

## **APPENDIX F**

### **FORMS**

*All forms listed here are for your information and reference.*

*The forms are accessible: on the Athletics tab in the Manhasset School District website **1. Required for MHS Clearance - Prior to Participating in Crew Team Practices : In “www.familyID.com” System***

- a. Manhasset Public Schools – Health Appraisal Form (Annual Physical).
- b. Manhasset Public Schools – Code of Behavior Letter.
- c. Health History Form – Sports Candidate Re-evaluation (Manhasset Public Schools).

#### ***2. Crew Waiver: Basic Data and Emergency Forms – To Be Completed Promptly at the Beginning of the Season: [www.familyid.com](http://www.familyid.com)***

- a. Manhasset Crew Team Athlete Code of Conduct and Athlete Commitment Contract.
- b. Emergency Information Form (Manhasset Public Schools, Athletic Department).
- c. Health Form and Power of Attorney (Manhasset Interscholastic Athletics).
- d. Photo Permission & Release Form - FOMC.
- e. Handbook Acknowledgement that you (as the parent or guardian) and the athlete have read and will adhere to any guidelines as outlined.

#### ***3. Permission Forms, Release Forms - Required Prior to Participating in Regattas***

- a. On-Line USRowing Registration at <https://rosters.usrowing.org> (valid for one calendar year) (the club code for Manhasset High School is: VAD6J (REQUIRED: Prior to the first away regatta for the season)).
- b. Manhasset UFSD Athletics - Alternate Transportation Request Form (as needed for a specific regatta if the athlete does not return on the bus with the team)  
<https://www.familyid.com/programs/2022-23-alternate-transportation-request-form-manhasset-ufsd-athletics>