

2026



# MANUAL

SPRING EDITION



## Table of Contents

Welcome to Riverside Crew: A Letter from the Board .....	1
General Information .....	3
Boat Structure.....	3
Boat Selection .....	4
Leadership.....	5
Board of Directors.....	5
Team Support .....	5
Coaches.....	5
Committees.....	5
Communications .....	6
TeamLinkt .....	6
GroupMe.....	6
Website .....	6
Social Media.....	6
Coaches.....	6
Mail .....	6
About the Season.....	7
Practices.....	7
Inclement Weather Policy .....	7
2026 Regatta Schedule .....	8
Line Ups.....	8
Athlete Arrival Times .....	8
Team Tent .....	8
Race Times/Results .....	8
Gear.....	9
Parking .....	10
Spectator Viewing (Grandstands) .....	10
Participation in Regattas.....	10
Post Season Competition Opportunities .....	10
Year-Round Rowing Opportunities .....	11



Traditions and Team Events .....	12
Dress Up Fridays .....	12
Team Pizza Party .....	12
Team Pasta Dinner .....	12
End of Season Awards Banquet .....	12
LCPS Registration Requirements .....	13
Riverside Crew Requirements .....	13
Tryouts .....	13
Swim Test .....	13
Parent Financial Obligations .....	15
Athlete Dues .....	15
Uniform .....	15
Post Season “Travel” Regattas .....	15
Registration Refund Policy & Process .....	16
Attendance Policy .....	17
Vacation .....	17
Spring Break Training Camp .....	17
Conflicts with Extracurricular Activities .....	17
Equipment Policy .....	18
Expectations .....	19
Athletes .....	19
Parents .....	19
Volunteer Requirements .....	21
Parent Volunteers .....	21
Athlete Volunteers .....	22
Fundraising Requirements .....	23
Rowing Terminology .....	24
Equipment Terms .....	24
Rowing stroke cycle terms .....	25
Other Terms of Interest .....	26
For More Information .....	27



## Welcome to Riverside Crew: A Letter from the Board

Hello and welcome!

If you're reading this, chances are you're about to embark on or are already deep into one of the most rewarding, challenging, and unforgettable experiences of your high school years: rowing with Riverside Crew. Whether you're new, a returning athlete, or a parent trying to decode what exactly a “coxswain” does (don't worry, we've all been there), we're thrilled to have you as part of this incredible community.

This manual is your go-to guide for all things Riverside Crew. But before we dive into the logistics of practices, regattas, uniforms, and snack sign-ups, we wanted to take a moment to say hello, share a bit about who we are, and let you in on what makes this team so special.

Riverside Crew was founded in 2020 by a small but mighty group of parents and students from Riverside High School. They had a vision: to bring the sport of rowing to our school and create a team that would be more than just a collection of athletes. They wanted a community. A place where students can push themselves, support each other, and grow—not just as athletes, but as people.

Today, Riverside Crew is a thriving, self-funded program that competes against some of the best high school teams in Virginia, Maryland, and D.C. We've raced in sunshine and sleet, on calm waters and choppy ones, and through it all, we've built something truly special.

We're not just about medals (though we do love a good podium moment). We're about effort. Commitment. Teamwork. Showing up when it's cold and dark and you'd rather be in bed. Cheering for your teammates until your voice is gone. Learning how to lose with grace and win with humility. We're about the parents who haul tents and snacks to regattas, the coaches who believe in every athlete, and the teammates who become lifelong friends.

To our athletes: You're about to learn a lot. About rowing, yes, but also about yourself. You'll learn how to push through when your legs are burning, and your lungs are screaming. You'll learn how to trust the people in your boat, how to listen, how to lead, and how to follow. You'll learn that the hardest rows often lead to the best memories. You'll also learn how to carry a boat without knocking someone in the head. (Pro tip: Communicate. Loudly.) You don't have to be the strongest or the fastest to be a great athlete. You just have to show up. Every day. Ready to work, ready to learn, and ready to be part of something bigger than yourself.

To our parents: Welcome to the wild, wonderful world of crew. You may not have signed up for 5 a.m. wake-up calls, endless carpool coordination, or learning what a “cox box” is but here you are. And we're so glad. This team doesn't run without you. Literally. From driving to practices and regattas, to volunteering at events, to cheering from the shore with cowbells and coffee in hand—you are the backbone of Riverside Crew. Thank you for your time, your energy, and your unwavering support.

We like to say that Riverside Crew is more than just a sport. It's a family. A place where everyone has a role, everyone is valued, and everyone is expected to give their best.

We celebrate effort as much as achievement. We believe in showing up for each other. And we know that the lessons learned on the water like resilience, discipline, teamwork will stick with our athletes long after they've rowed their last race.



As your Board of Directors, we're a group of parents, just like you, who believe in this team and what it stands for. We volunteer our time because we've seen firsthand the impact this program has on our kids. We're here to support the coaches, the athletes, and the families who make up this amazing community.

If you ever have questions, ideas, or just want to chat about rowing (or snacks, or tents, or how to get mud out of car upholstery), we're here. Don't hesitate to reach out.

Row Side!

So here we go. Another season. Another chance to grow, to compete, to connect. Whether this is your first year or your fourth, we're so glad you're here.

Let's make it a great one.

See you at the river.

—The Riverside Crew Board



## General Information

On November 1st of 2019, a small group of parents decided to start a crew team at Riverside High School. We had one goal, shells on the water in the spring. Without going into all the complexities, we were told the odds of pulling this off in fifteen months were slim. Getting it done in three months, impossible. We had no shells, no coaches, no launches, no rowers, no tools and no place to row. The icing on the cake; rowing is a tier 3 varsity sport, that means we get no financial support from the school. Every penny is funded via 501c3 corporation (nonprofit) run by parents.

Three months later, we had 5 shells, 4 coaches, 2 launches, 25 rowers, 4 toolboxes and a patch of dirt along the Potomac to put our shells. The four coaches and their families contributed hundreds of hours and close to 20 thousand dollars to get the program off the ground.

Crew is a club sport in Loudoun County Public Schools (LCPS), but the program follows the same Virginia High School League (VHSL) rules as varsity sports at Riverside High School (RVHS). As a club sport, Riverside Crew receives no financial support from RVHS or LCPS. All financial support for Riverside Crew comes from registration fees, donations, and fundraising efforts.

Riverside Crew is an IRS 501(c)3, non-profit organization and is governed by a Board of Directors (BOD) and supported by coaches, parent volunteers and committee chairs. More information can be found on the Crew website at [About Us | Riverside Crew](#). The BOD meets on the second Tuesday of every month in the Potomac Club Board Room. The first hour of the meeting is open to all. Contact [president@riversidecrew.org](mailto:president@riversidecrew.org) if interested in attending an upcoming meeting.

Riverside Crew is divided into men's and women's teams. Each team operates with a head coach and supporting coaching staff. Under each team there are subgroups – Novice, Junior, and Varsity. Riverside operates boats of 4 or 8 rowers plus a coxswain. Throughout the season, these boats race in competitive regattas under the direction and leadership of the Virginia Scholastic Rowing Association (VASRA).

VASRA promotes scholastic rowing in the Washington metropolitan area. It is an association of booster clubs from over 35 member schools in Virginia, the District of Columbia, and Maryland. VASRA organizes and operates competitive rowing events for its member schools and guests on the Occoquan Reservoir and the Potomac River. VASRA interacts with the Northern Virginia Regional Park Authority, the USRowing Association, and the Scholastic Rowing Association of America to promote scholastic rowing on a local and national level. VASRA works with the Coaches' Association to advise the Crew Council, which is composed of the principals or the athletic directors of high schools with rowing programs. VASRA also governs the rules and regulations of scholastic rowing in the Washington metropolitan area; the regulations of the VHSL and similar regulations of Maryland and DC also bind crew teams. Regattas are run according to the USRowing Rules of Racing with rules and regulations specific to local crew programs established by the Crew Council.

## Boat Structure

### Competitive Focus

The varsity boats are the top of our program. Athletes who reach this status are typically experienced athletes with the talent and dedication to train and race at a high level. Upper Boats normally travel to away races, but the final decision rests with the coach. Success in upper boats requires year-round



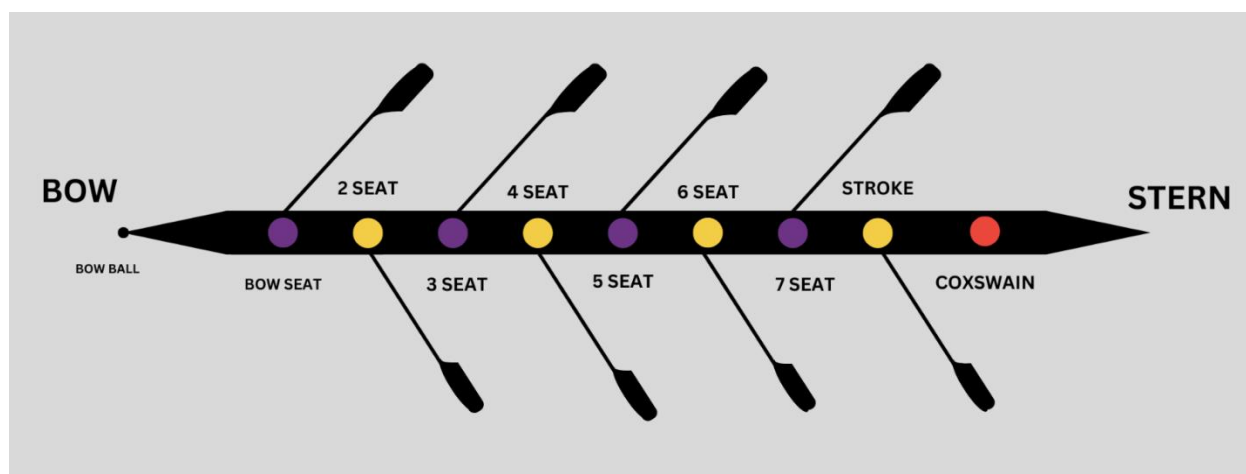
training. Categories constituting an upper varsity boat may change from year to year but can generally be described as:

- Men and Women's: Varsity Eight, Second Eight/Junior Eight, Varsity Four
- Must earn the seat—competitive selection by coaches
- Land training (ERGING, running) daily
- On water practices daily (except Sunday), including Spring Break

### Developmental Focus

The developmental boats are the starting point for all athletes. This is a developmental level where the basics are learned. There may not be events for these crews at the Championship Regattas. These boats will travel to away regattas at the coach's discretion.

- Maximum possible on-water participation in Saturday regattas through entrance of third, fourth, Freshman Eight, and possibly, fifth eights (may be limited during championship regattas)
- Land training (ERGING, running) daily
- On-water practices daily (except Sunday), depending on weather, boat, and coaches' availability



### Boat Selection

The strength of Riverside Crew is its depth of talent. Each year, the coaches are faced with the difficult decisions of which athletes to put into which boats. Below are just some of the attributes coaches assess during the selection process:

Rowers	Coxswain
Attitude	Attitude
Consistency/Attendance/Teamwork	Consistency/Attendance/Teamwork
Ergometer scores	Leadership and ability to motivate others
Racing skill, experience, and past performance	Race management skill, experience, and past performance
Seat racing results	Steering skill
Subjective analysis of boat moving ability	Technical knowledge of rowing
Physical conditioning	



## Leadership

Our team is dependent on a small cadre of paid coaches and most importantly a robust booster club staff of Parent volunteers. Because students graduate every year and new students join the team, we have a continuously revolving of willing parents to support our kids. Ways you can volunteer are available on the team website.

### Board of Directors

Position	Email
President	<a href="mailto:president@riversidecrew.org">president@riversidecrew.org</a>
Vice President	<a href="mailto:vp@riversidecrew.org">vp@riversidecrew.org</a>
Treasurer	<a href="mailto:treasurer@riversidecrew.org">treasurer@riversidecrew.org</a>
Secretary/Communications	<a href="mailto:secretary@riversidecrew.org">secretary@riversidecrew.org</a>
VASRA Representative	<a href="mailto:vasra@riversidecrew.org">vasra@riversidecrew.org</a>

### Team Support

Position	Email
Registrar	<a href="mailto:registrar@riversidecrew.org">registrar@riversidecrew.org</a>
Information Technology Issues/Questions	<a href="mailto:itadmin@riversidecrew.org">itadmin@riversidecrew.org</a>
VASRA Volunteer Coordinator	<a href="mailto:volunteers@riversidecrew.org">volunteers@riversidecrew.org</a>
VASRA Local Organizing Chair (LOC)	<a href="mailto:vasra@riversidecrew.org">vasra@riversidecrew.org</a>

### Coaches

Position	Email
Head Coach – Men's	<a href="mailto:coachdan@riversidecrew.org">coachdan@riversidecrew.org</a>
Head Coach – Women's	<a href="mailto:coachtrevor@riversidecrew.org">coachtrevor@riversidecrew.org</a>

### Committees

Committee	Email
Fundraising	<a href="mailto:fundraising@riversidecrew.org">fundraising@riversidecrew.org</a>
Hospitality	<a href="mailto:secretary@riversidecrew.org">secretary@riversidecrew.org</a>
Spirit wear/Team Store	<a href="mailto:info@riversidecrew.org">info@riversidecrew.org</a>





## Communications

### TeamLinkt

TeamLinkt is the team's primary means of communication. Our team uses TeamLinkt to communicate amongst the coaches, athletes, and parents. Download the TeamLinkt app from the Google or Apple app store and register for an account. Last minute practice cancellations will be sent via TeamLinkt.

The Crew Board Directors and other support staff will send out periodic emails for announcements, information of upcoming events and urgent messages. The Riverside Crew Secretary will send out a weekly newsletter called "The Catch." The Catch contains announcements and information about upcoming events. An occasional additional email will be sent out containing urgent messages. Athlete and parent email addresses are requested during the online registration process. Updates and changes to email addresses should be made in the TeamLinkt.

### GroupMe

GroupMe is used by the Coaches to contact the athletes for daily practices, line-ups and changes to location/time/day of practices. Athletes can download the app from the Apple or Android Marketplace stores. Coaches will provide information to your athlete once chosen for the team.

### Website

Our Riverside Crew Website ([www.riversiderowing.org](http://www.riversiderowing.org)) is a great source of information. In addition, the VASRA Website ([www.vasra.org](http://www.vasra.org)), includes information about the current crew season and offers regatta training sessions, outside competitions, etc. Links to other organizations are also available on our website. Both include information about the current crew season and offer regatta training sessions, outside competitions, etc. Links to other organizations are also available on our website.

### Social Media

Another great way to keep up to date with what Riverside Crew is doing and upcoming events as well as announcements is to join the team pages listed below.

- Facebooks: Riverside Crew
- Instagram: @riversiderowing
- X: @RVHSCrew

### Coaches

All contact with coaches should be made through TeamLinkt. Additionally, you may reach them through email at: Men's coach - [mcoach@riversidecrew.org](mailto:mcoach@riversidecrew.org), Women's coach - [wcoach@riversidecrew.org](mailto:wcoach@riversidecrew.org)

### Mail

The RVHS Crew mailing address is:

19226 Gooseview Ct  
Leesburg, VA 20176



## About the Season

Crew is a spring sport at Riverside. It is an intense 11 week on the water training and competition season. Spring practice means time on the water at Algonkian Regional Park. Spring practices typically begin in late February and run through the end of May or early June, depending on the seasonal regatta schedule.

### Practices

Practice will be held each day after school with Saturdays being either morning practice or a regatta. Practice times will generally be fixed, 5:00 to 7:00pm, throughout the season but may vary due to weather, sunset times, coaching staff decisions, and/or your designated boat. Actual practice times will be announced closer to the spring season and communicated to the team. All athletes are expected to be present on time and ready to practice.

Practices are held Monday-Wednesday during the school's spring break and are part of the normal practice schedule. Failure to attend practices over spring break will be treated as if a "regular" practice is missed. Please notify the coach well in advance if you intend to miss practice during spring break.

All athletes are expected to be at each practice. Unexcused absences are unacceptable. The absence of one rower can impact not only the other four to eight athletes in his/her boat, but also those of other boats when athletes are shifted to cover for the absent rower.

### Inclement Weather Policy

Safety for our athletes and coaches are a top priority when monitoring the weather. Coaches make decisions based on several factors and will communicate them as soon as possible.

- Riverside Crew follows LCPS policy for weather cancelations. In the event that school is cancelled, practice on the water will be cancelled.
- Coaches may shift indoors at Maverick Training Center.
- When the team is "on the water," coaches will follow recommendations by NOVA Parks.
  - When the air temperature is below 40 degrees or the water temperature is below 50 degrees, we cannot row unless accompanied by a launch that remains within 35 meters of our racing shells, with no more than 2 shells per launch.
  - Weather conditions can change quickly on the river. Listen to your coaches when announcements are made or air horns are sounded.
  - Practice may end early or may be relocated indoors at Maverick Rowing Center.
- Coaches will communicate their decisions via Teamlink for parents' awareness.



## 2026 Regatta Schedule

Date	Regatta	Boat Categories Included
March 28	Walter Mess	All boats
April 4	Darrell Winslow	All boats
April 11	Ted Phoenix	All boats
April 18	Ryz Obuchowicz	All boats
April 25	Al Urquia	All boats
May 2	VSRC Day 1	Novice, Freshman, V3 (eights/fours)
May 9	VSRC Day 2	V1, V2, Juniors (Eights/fours)
May 16 & 17	Stotesbury Cup	Selected boats only
May 22 & 23	SRAA Nationals	Qualifying boats only

## Line Ups

Coaches will attempt to announce boat line-ups on the Wednesday before each regatta. However, given the nature of the sport, boat line-ups may not be completed until Friday afternoon, especially for the lower or novice boats. The team attendance policy will remain in effect after line-ups have been announced.

## Athlete Arrival Times

Athletes typically arrive at the team tent 2 hours prior to the start of the regattas unless otherwise stated by the Head Coach. Be punctual, as your boat may not race if you are not on time or if a teammate from your boat does not show up.

## Team Tent

Riverside Crew coaches will set up 3-4 tents with our name on them at the edge of the coaches/trailer parking lot before you proceed down the hill to VASRA HQ and the launch dock. Grab-n-go breakfast, lunch and snack items will be available for athletes. These items are from parent donations at the beginning of the season. A signup genius will be sent out requesting items and gift cards by the Riverside Crew Board of Directors Secretary.

Athletes are always encouraged to bring healthy food items to eat before and after races. VASRA has two concession stands. One is located next to VASRA HQ and the other is located by the Grandstands. Athletes can bring cash to purchase food, snacks and drinks from the stands.

NOVA parks prohibits the use of grills on regattas days. Dogs are also prohibited on regattas days.

Riverside Crew athletes are expected to exhibit the highest standard of sportsmanship on and off the water including when at the team tent, walking around the regatta grounds and during the bus rides.

## Race Times/Results

VASRA posts heat sheets on the VASRA homepage ([www.vasra.org](http://www.vasra.org)) on the Thursday evening or Friday mornings prior to reach regatta. The release and changes are announced on the VASRA x.com site (@VASRA\_SRRP).



## Gear

Race days can be long and sometimes the weather does not cooperate. Athletes need to dress accordingly based on the forecast. VASRA will announce the Thursday evening before the regatta whether the uniform rule is waived. An announcement will appear on the VASRA x.com account. The following is a list of suggestions.

### Rowers and Coxswain

Coaches recommend the following items:

- In Cold Conditions (you will get wet, and it will be cold)
  - Winter hat – (this is critical as most heat is lost through your head)
  - Gloves for training off the water (no gloves are worn during water practices)
  - Lined, long spandex or close-fitting fleece/lined athletic pants
  - Dry-fit or moisture-wicking inner layer (i.e., polypropylene, cool max)
  - Waterproof or water-resistant jacket (shells work better than large bulky jackets)
  - Fleece vest or jacket
  - Layers are important
  - Warm socks – polypro, fleece, or warm wool socks
  - Sunscreen (protect your face from the sun) – Sunglasses
- In Warmer Conditions
  - Baseball cap or visor to protect your face from the sun and to keep your hair in place
  - Sunglasses
  - Close-fitting shorts (baggy shorts can get caught in the seat tracks)
  - Cotton, dry-fit, or cool max T-shirt
  - Sunscreen (protect your face and body from painful burns)
- In General
  - Spare sneakers every day, good running shoes for land practice and old ones for water workouts.
  - An extra pair of socks or some extra clothes to replace wet clothes is essential.
  - Filled water bottle (at least 16 ounces). Water is always preferable to sports drinks or energy drinks
  - Towel to wipe off moisture after exercise or spraying in the boat.

Basic first aid items such as band aids and blister ointment

### Parents/Spectators

• Snacks/drinks	• Sports Chair	• Sunscreen
• Bug Spray	• Hat/Visor	• Sunglasses
• Camera	• Noisemakers	• Jacket/layers
• Binoculars	• Tissues/Wipes	• Cash

Do not bring firearms, animals, grills, drones, or alcohol to regattas.



## Parking

Coach Parking: D Lot – Look for designated area

Staff/LOC Parking: B Lot, second row from the back

Volunteer Parking: D Lot

Referee Parking: B Lot, back row

VIP Parking: B Lot – look for designated signs

Handicapped Parking: C Lot

Spectator Parking: South County High School or 123 Commuter Lot. VASRA provides a shuttle to/from this lot at \$40 round trip per person. TIP: To save money, drop passengers off at Sandy Run by C Lot and then go to the Spectator parking. This way only one person has to pay the \$40.

## Spectator Viewing (Grandstands)

From the parking lots, it is a 1.5 mile walk on hilly, rocky terrain to reach the grandstands. VASRA offers a shuttle from C Lot to the Finish Line for \$5 one way per person. This is an option for spectators that are have mobility issues. From the finish line it is a short walk on a paved road to the Grandstands. There is limited cement stadium sitting at the Grandstands. Spectators can sit there or in the grassy area in front of the Grandstands in their own chairs.

Please allow extra time to travel from the commuter lot to the Grandstands as there may be lines waiting for the shuttles.

## Participation in Regattas

Every effort is made to ensure that each athlete who has fulfilled team obligations and complied with the attendance policy can participate in the local regular season regattas prior to the State Championships. Boats are required to qualify for the Championship Regattas, and full participation in these events cannot be guaranteed due to the limitations placed on the coaching staff by the regatta organizers.

Athletes who participate in regattas that involve missing school classes must submit the Excused Absence paperwork and make arrangements for missed assignments with their teachers ahead of time. This is particularly true if any Standards of Learning (SOL) testing periods are to be missed. Riverside will recognize these out-of-school trips as excused absences with prior parental notice.

## Post Season Competition Opportunities

Athletes may have the opportunity to qualify for regattas outside of the regular spring season. Coaches will create line ups based on ability to make a boat move the fastest, attendance, attitude/teamwork, and erg times. Communications will be sent to athletes and parents via Teamlinkt.

## Stotesbury Cup Regatta

The Stotesbury Cup regatta is a two-day high school rowing competition that takes place annually on the Schuylkill River in Philadelphia, Pennsylvania. It is the world's oldest and largest high school rowing regatta, and is considered one of the most prestigious and competitive in the United States. Boats for



this regatta will be selected by coaches in April, based on expected performance. Not all boats for our team will row in this regatta.

### **Scholastic Rowing Association of America (SRAA) National Championship**

SRAA is a rowing event that determines North American high school rowing champions. The SRAA has been hosting this regatta since 1935. Boats for this regatta must qualify in their events during VSRC States Day 1 or Day 2.

- Athletes in boats that advance out of heats into finals by beating at least two other boats or place in two regular season regatta categories in straight finals.
- Generally, the top 3 (First, Second, Third place) in VSRC will earn bids to SRAA.
- Accepting bids to SRAA happens on Monday following the 2<sup>nd</sup> Saturday of the VSRC regatta.

### **Year-Round Rowing Opportunities**

Riverside Crew, in partnership with Maverick Rowing, provides Fall, Winter and Summer opportunities for our student athletes. These are subject to additional fees per season paid directly to Maverick Rowing.

### **Open House Green Days**

Green Days are out-of-season open house days allowing prospective rowers/coxswains to try out the sport on the water and experience what it will be like to compete during the spring season.

### **Fall Club Rowing**

Riverside provides an off-season rowing opportunity in the Fall as allowed by RVHS and VHSL. Fall Club Rowing starts in early September and runs until mid-November. It offers on-the-water practice along with Maverick training. In the Fall, there are Fall-On-the-Water (FOTW) Days after school for several weeks, where interested students, who are new to the sport or returning to the sport, can learn about rowing through active participation. Student-Athlete participation is strictly voluntary in accordance with FCPS Out-of- Season policy letter. FOTW Days are held weather permitting at Algonkian. Athletes are responsible for watching for announcements that could cancel an event or alter the location of the event. Transportation to and from Sandy Run is not provided by the team. Individually arranged carpools are recommended. Athletes enrolled in the Fall get to experience additional regattas that are not sponsored by VASRA such as Head of the James in Richmond, VA.

### **Winter Conditioning**

Winter Conditioning is a voluntary pre-season training program designed to prepare athletes for the physical demands of the spring rowing season. The coaching staff highly recommends that athletes participate in the winter training program or participate in another sport during the winter months. The accomplishments of winter conditioning set the stage for the team's level of performance in the spring season. Winter conditioning season typically starts the last week of November or the first week of December and continues right up to the beginning of the spring season with water training in late February. Conditioning sessions are held before or after school at Maverick Rowing.



## Summer Rowing

Summer Training runs June through August each year at Maverick Rowing. Due to the water table, on-the-water sessions are only offered in June and July.

## Traditions and Team Events

Throughout the season, the Riverside crew team enjoys a variety of events that foster camaraderie and community spirit. We kick off the year with a welcome pizza party and a Tag Day fundraiser. The events continue throughout the season with honoring our seniors on Senior Night, celebrating with a pasta dinner before VASRA States Day 1 and wrap up with an unforgettable end-of-season banquet. Be on the lookout for announcements of upcoming events from TeamLinkt and on social media.

### Dress Up Fridays

A crew tradition to show team spirit is to wear dress clothes to school the Friday before a regatta (boys wear khaki or dress pants, nice shirt, and even a tie. The girls usually wear a nice dress or a blouse and skirt). The 8th graders can also participate in this. Have your athlete ask an experienced team member about this custom at practice.

### Team Pizza Party

On the Friday before the first regatta, the entire team gets together for a pizza dinner. The dinner is typically held at Algonkian Park in Pavilion #3 right after practice.

### Team Pasta Dinner

On the Friday before Day 1 of States, parents of athletes/coxswains get together on a beautiful spring evening for a buffet style mingle.

### End of Season Awards Banquet

After the last post season regatta, typically the last week in May the team and their families get together for a buffet style dinner to celebrate the team's success. The event is typically held at then Belmont Country Clubhouse. During the dinner, thanks and awards are given out and the graduating seniors are celebrated.



## LCPS Registration Requirements

All Riverside High School Crew athletes must comply with LCPS rules and regulations for participation as described in the Student Activities Handbook. A copy of the handbook is available in PDF format when new athletes are registered for Crew. Required information must be submitted to LCPS for all athletes in order to tryout and be a part of the team. Detailed instructions are [available online](#).

1. **Register the student with LCPS for Crew** – [Registrations are online](#)
2. **Submit completed LCPS sports physicals** – Please scan and email the physical to Matt Oblas (the Riverside Athletic Director) at [Matt.Oblas@LCPS.org](mailto:Matt.Oblas@LCPS.org).
3. **NO LCPS ATHLETIC FEE** is payable to the school for Crew participants.
4. Athletes are required to have all LCPS requirements completed BEFORE tryouts.
5. Interested athletes **MUST** participate in all three days of try outs.

## Riverside Crew Requirements

### Tryouts

Athletes must register with the team for tryouts, to receive team communications and pay dues in the team management portal – [TeamLinkt](#) - using the team's registration code: **RVLO6958**. In addition, download the TeamLinkt app from Android Marketplace or Apple Store and sign into it.

No payment of team dues is required until you make the team. Payment, however, is due by 11:59pm on the announcement day.

The team roster will be announced at the end of the tryout period by the head coach. Each athlete will be personally notified before school. More details will be communicated closer to the announcement date.

### Swim Test

Each first-year participant in Riverside Crew (i.e., "novice") must pass the swimming requirement set forth by VASRA. Once the test has been passed, it does not have to be retaken in subsequent years.

Per VASRA's Operations Manual, "The principal and team authority shall both ensure that each member of its team has passed the swimming examination stipulated by the VASRA before taking part in any rowing related water activity, competition or practice. This examination needs to be passed only once in a student's high school rowing career. The test must be conducted by an adult designated by the Team Authority. It cannot be a student's parent."

Conduct of the swim test Athlete will:

- Swim 100 meters
- Tread water for 2 minutes





Additional information about the swim test:

- All students will be in typical rowing/training attire (T-shirt, shorts and socks)
- No touching the walls (other than to turn and go in the other direction) or touching the bottom of the pool.
- No break between portions of the test.
- No time limit or stroke requirement for completing the 100-meter swim.
- The test will be administered by the Board and Head Coaches.
- The Head Coach or their designee will make the final pass or fail determination.
- If a student fails the swim test, they may request a retest from the Head Cach.
- Failure to pass the swim retest will result in a refund as outlined in the Riverside Crew Refund Policy.



## Parent Financial Obligations

### Athlete Dues

The Riverside Crew registration fee of \$1650 must be paid in full on the first day of practice. This fee includes team uniform, use of equipment, regular season regatta entry fees, team T-shirt and the hospitality tent at races. It DOES NOT include the cost of post-season regattas or other team gear.

### Uniform

VASRA provides oversight for competitive scholastic rowing regattas at the Occoquan Reservoir at Sandy Run Regional Park.

The VASRA Representatives' Handbook, Article 3, Part B, Section 3 – 201 states the following:  
“All Competitors in a Crew shall wear identical clothing. Such clothing shall cover the torso of the body and may include sweat gear. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. An exception will also be granted to composite Crews. Individual Competitors in a Crew may choose whether to wear a hat or other headgear, which may be of the individual Competitor's own choosing and need not be identical with those worn by other Crew members.”

Riverside Crew requires each athlete to wear a designated team uniform. The team uniform and long sleeve compression shirt are included in the registration fees. Riverside Crew will also provide a T-shirt for each athlete. This T-shirt is included in the registration fee. All athletes must wear it for the Spring Sports Picture Day.

Optional fees include purchasing the Riverside Crew “splash jacket” for rainy days, hats, visors and other team gear. Pay attention to the sizing charts when trying to determine what size to order.

### Post Season “Travel” Regattas

Additional costs for regattas such as Stotesbury Cup (Philadelphia, Pennsylvania) and SRAA Nationals (Camden, New Jersey), which take place after the end of the regular season, are calculated based on the number of athletes and boats selected for participation and other costs for transportation, lodging, and meals. The Crew Board will reserve a block of rooms for athletes and their parents at the beginning of each season and will transfer the reservations over to Parents once boat line ups are finalized.

Qualifying athletes will miss two days of school (Thursday and Friday) for each event. These are excused absences. Parents will need to submit an absentee notice via ParentVue for both days.



## Registration Refund Policy & Process

A refund request must be emailed to the Riverside Crew Treasurer and Registrar. The email must include:

- Name of the athlete
- Name of the responsible party
- Reason for the withdrawal and refund request
- Date of withdrawal.

The amount of the refund will be calculated as follows:

- After the first day of practice for the spring sports season, Riverside Crew will not refund the registration dues nor any transaction fees.
- Prior to the first day of practice, Riverside Crew will refund the registration dues minus \$150 processing fee.
  - If you paid by credit card, Riverside will NOT refund the credit card transaction fees added onto your total by TeamLinkt, PayPal or Venmo.
  - If you paid by check, Riverside will issue you a check within 45 days.
- If a athlete is unable to pass the required swim test, Riverside Crew will refund the registration dues you have paid up to that point (no processing fee).
  - If you paid by credit card, Riverside will NOT refund the credit card transaction fees added onto your total by TeamLinkt, PayPal or Venmo.
  - If you paid by check, Riverside will issue you a check within 45 days.
- If a athlete is removed at any point during the season due to an attendance issue, recklessness, fighting or failure to keep their grades up, Riverside Crew will NOT refund the registration dues nor any transaction fees.

By signing below, you have read and agree to the above refund policy.

---

Parent Signature

---

Date



## Attendance Policy

Attendance is critically important to the success of the athletes and the team as a whole. One athlete missing a practice or regatta impacts his/her boat, the team and that athlete's position on the team.

**Riverside Crew observes the Loudoun County Public Schools attendance policies and rules regarding practice schedules and absences from practice.** Students are expected to abide by these rules and are required to attend all practices and regattas. Page 20 of the LCPS Student Activities Handbook contains detailed information.

- **To participate in an activity or practice on any given day**, a student must report to school on time each day and must remain in school that entire day.
- **Exceptions may be made for doctor or dental appointments or reasons excused by the principal.** (A doctor/dental note is required for this exception.) At the time of notification, a determination will be made as to whether the absence will be considered excused or unexcused, based on the reason for the absence.
- **Unexcused absences 1-3 may result in disciplinary action**, as deemed appropriate by the coach or the Athletic Director.
- **On the 4th unexcused absence**, an athlete may be dismissed from the team with no refund of the athletic dues.
- **Any scheduled absence should be communicated to the coaching staff as far in advance as possible.**

## Vacation

It is the expectation that athletes make a commitment to a team when they try out. Athletes are required to attend all practices/games. Vacations by team members during a sport season are discouraged and each day missed may result in another athlete being moved into your position or your boat may not race.

## Spring Break Training Camp

The Saturday prior to spring break as well as the Saturday at the end of spring break we usually have a race. We also practice during spring break. We try and do double practice each day. A bus will be provided to and from Riverside HS. Do your best not to book a vacation during spring break.

## Conflicts with Extracurricular Activities

**Crew comes before any other club just like other sport teams at Riverside.** If you do not show, your boat may not row. Students have the responsibility to reduce the likelihood of frequent conflicts by being cautious about joining too many organizations.

By signing below, you have read and agree to the attendance policy.

---

Athlete Signature

---

Date



## Equipment Policy

Rowing equipment is very expensive and must be handled with care. Boats and oars are very long.

- Athletes should watch their swing while moving them.
- Athletes should follow all directions regarding the handling of equipment.
- Unnecessary talking and horseplay are not permitted when handling equipment.
- Athletes should always focus on the task at hand.
- Athletes must participate in routine cleaning and maintenance of equipment.
- Coxswain are responsible for their cox box. Before leaving for or after a regatta, Coxswain should check to ensure they have their cox box with them.
- Athletes should report any equipment problems to a Coach immediately.

By signing below, you have read and agree to the above equipment responsibilities.

---

Athlete Signature

---

Date



## Expectations

### Athletes

Athletes are expected to:

- Attend every practice and regatta.
- If you are sick, notify your coach immediately.
- A missed practice or regatta means your boat may sit out or another crew team member may fill your position permanently.
- Four missed practices will result in dismissal from the team.
- Maintain a C or higher-grade point average.
- Work hard to improve and strive to achieve individual goals.
- Be supportive of the team by accepting coaching decisions.
- Participate fully in all aspects of the training.
- Seek feedback. If a team member doesn't know where they stand, ask.
- Realize team goals come before the needs or desires of any individual.
- Treat all teammates, opponents, coaches, and officials with respect.
- Participate fully in all fundraising activities.
- Enjoy being a member of a successful, competitive rowing team!
- Dress for the occasion/weather.
  - All members of the team must be appropriately dressed for current weather conditions. It is highly recommended that they have extra clothing with them.
  - Clothing for water training should be close fitting and have basic water-resistant properties.
  - Coxswains should be well covered with warm clothes that can withstand wind and water penetration.

### Parents

Parents are expected to:

- Sign up to volunteer at VASRA workdays, regattas and team events. Each parent is required to sign up for at least one event per season. More is better as we and VASRA need your help.
- Support their athletes by fulfilling their selected volunteer commitments at regattas.
- Remember that the coaches have full responsibility for training the student athletes.
- Respect the coaches as the final authorities on boat selection and rowing matters.
- Remember, coaches seek to create the fastest possible lineups. While decisions are objective, they are not personal.
- Show up at regattas to watch and support the team. Bring noise makers!
- Enjoy your athlete's growth and development through his/her commitment, dedication, and teamwork.



---

Athlete Signature

---

Date

---

Parent Signature

---

Date



## Volunteer Requirements

All functions necessary to maintain the operations of the team are performed by volunteers. Hundreds of hours of volunteer work are needed during a single crew season for the team to be successful. To ensure the burden is never too great for any single person or group of people, a Volunteer Requirement is part of being a member of the Riverside Crew Team.

### Parent Volunteers

**Each athlete's parent, however, is REQUIRED to volunteer with the club at least TWICE during the season.** This includes team events and post season regattas.

VASRA regattas cannot run without parent volunteers. As such, they set the volunteer requirements each crew team must meet in February each year. Last season, Riverside Crew had to provide 63 parent volunteers. VASRA does not allow anyone under 18 years old to volunteer. Failure to fill a position may result in the team getting fined by VASRA.

Other volunteer opportunities are available such as:

- VASRA Local Organizing Chairs (Typically need 2)
- Assist the team fundraising committee and take part of fundraising events
- Organizing, setting up, working during and cleaning up from team events
- Setup and takedown of the hospitality at a regatta
- Setup and food server at team pizza party or pasta dinner.
- Volunteer to drive launches, work concessions and numerous other positions at regattas
- Take professional quality photos and videos for the team at practices and regattas
- Join the Board of Directors
- Point person to organize or cook for post-season regattas
- Set-up and clean-up of End of Season Banquet

No coaching or rowing experience is necessary to help out. Reach out to [volunteers@riversidecrew.org](mailto:volunteers@riversidecrew.org) for further information and be on the lookout for communications on volunteer opportunities to include sign up geniuses.

### Deadline

All Volunteer Requirements must be met by the end of the current crew season.

### Tracking

The Volunteer Coordinator will send out a sign-up genius listing all the volunteer positions assigned by VASRA for the season. At the regattas, our weekly volunteers will need to go the VASRA HQ to sign in. This is very important as any volunteer that does not sign in and out may not be credited for their service. An updated Membership Obligation Tracker will be posted in the Volunteers section of the website at least once a month. All discrepancies should be brought immediately to the attention of the Volunteer Coordinator(s). Team members will have 14 days after the tracker that includes the event is posted to resolve any discrepancies.



**Penalty**

Failure to show will result in a fine per infraction. Our Treasurer will reach out to you to make payment arrangements.

**Athlete Volunteers**

Riverside Crew needs athlete volunteers at team events that happen pre and post season each year. These events include our Pancake Breakfast, Open House/Green Days, Student Interest Meetings and the Riverside High School Club Fair and other fundraising efforts. The Volunteer Coordinator will send out sign up genius to current team members through TeamLinkt.

---

Athlete Signature

---

Date

---

Parents Signature

---

Date



## Fundraising Requirements

Riverside Crew engages in many fundraising activities. While some of the activities are optional, a few of the larger income generating activities are only successful with the participation of the entire team and as such are mandatory. Full participation in these activities is mandatory for all team members. If a student athlete cannot participate in a mandatory fundraising event, the athlete must contact the Volunteer Coordinator to request an exemption to the mandatory participation requirement. Missing a Crew event due to another club activity is not considered an excused absence. Remember, Crew comes before any other club just like other sport teams at Riverside.

- **VerticalRaise Campaign**

This fundraising campaign consists of team members sending emails/texts to friends and family members to solicit donations at the beginning of the season. This will be done through the VerticalRaise platform. Athletes must come to the first practice with a list of 20 emails or cell numbers to be entered into the platform. Athletes' participation is integral to this fundraiser.

- **RaiseRight Gift Card Campaign**

This fundraising campaign consists of team members sending emails to friends and family members to solicit donations to purchase gift cards through RaiseRight. This is a year-round fundraiser and can be sent out multiple times throughout the year.

- **Spirit Nights**

This fundraising campaign consists of us partnering with a local business. On the date selected, a portion of all sales at the restaurant will be shared with our crew team. This is another year-round fundraiser. We request team members help us promote these events.

### Deadline

End of the current crew season.

### Penalty

**Failure by your athlete to participate in the VerticalRaise fundraiser will result in a \$500 fee per athlete paid via the website or by check.**

By signing below, you have read and agree to the above fundraising requirements and financial obligations.

---

Athlete Signature

---

Date

---

Parents Signature

---

Date



# Rowing Terminology

## Equipment Terms

- **Oar**  
The piece of equipment that each rower uses to propel the boat. In sweep rowing, each oar is approximately 12 feet long, lightweight and well designed.
- **Blade**  
The wide flat section of the oar at the head of the shaft. The two types of blades are called hatchets and spoons.
- **Hatchets**  
These oar blades have a bigger surface area than the standard or spoon blades and have a hatchet or meat cleaver shape.
- **Shell**  
The racing boat. Shells come in configurations and sizes for single rowers, pairs, fours, and eights. An eight is approximately 60 feet long, narrow (about two feet wide at its widest point), and weighs about 280 pounds.
- **Scull**  
A shell configured so that each rower uses two oars. This term is also used interchangeably when referring to the oars used in a sculling shell, the shell itself, or to the act of rowing a sculling shell.
- **Sweep**  
A shell configured so that each rower has one oar. Oars on a sweep shell are normally alternated from side to side.
- **Foot Stretcher**  
Adjustable brackets in a shell to which the rower's feet are secured in attached sneakers or similar footwear.
- **Rigger**  
The device that connects the oarlock to the shell and is bolted to the body of the shell.
- **Oarlock**  
A U-shaped swivel that holds the oar in place. It is mounted at the end of the rigger and rotates around a metal pin.
- **Button**  
A plastic or metal fitting tightened on the oar to keep the oar from slipping through the oarlock.
- **Slide (or Track)**  
Two tracks on which the seat moves. The seat moves forward and backward on the slide, enabling the rower to compress his or her body at the start of the stroke and then use the combined power of the legs, back, and arms when executing the stroke.



- **Gunwale**  
Top section on the sides of a shell hull. The riggers are secured to the gunwale with bolts.
- **Keel**  
The centerline of the shell. The term refers to the extent to which the boat is balanced from side to side while rowing. A “good keel” is where the shell is rowed with little or no continual dipping to port or starboard.
- **Rudder**  
Steering device at the stern. The rudder is connected to cables (tiller ropes) that the coxswain uses to steer the shell.
- **Skeg (or Fin)**  
A small fin located along the stern section of the hull. This helps to stabilize the shell in holding a true course when rowing. All racing shells have a skeg. The skeg should not be confused with the rudder.
- **Rigging**  
The configuration of accessories (riggers, foot stretchers, oars, etc.) in and on the shell. Examples of rigging adjustments that can be made are the height of the rigger, location of the foot stretchers, location and height of the oarlocks, location of the button on the oar and the pitch of the blade of the oar.
- **Slings (or Boat Slings)**  
Collapsible/portable frames with straps upon which a shell can be placed temporarily.
- **Launch**  
A powered boat operated by Coaches on the water to observe racing shells and give instructions.
- **Trailer**  
A hot dipped, galvanized steel frame on wheels used to transport our racing shells safely to regattas
- **Chuck Wagon**  
A small enclosed trailer for transporting team supplies to/from away regattas and other events as needed.
- **Ergometer (aka Erg)**  
A piece of fitness equipment designed to simulate the action of rowing a boat.

### Rowing stroke cycle terms

- **Stroke**  
One complete cycle of the oar through and above the water. It is also used as a term referring to the stern-most rower who sits nearest the coxswain.
- **Catch**  
The start of the rowing cycle at which the blade enters the water. It is accomplished by an upward motion of the arms. The blade of the oar must be fully squared at the Catch.



- **Feathering**  
The act of turning the oar blade from a position perpendicular to the surface of the water to a position parallel to the water. This is done in conjunction with the Release.
- **Release**  
A sharp downward (and away) motion of the hand, which serves to remove the oar blade from the water and to start the rowing cycle.
- **Recovery**  
Part of the rowing cycle from the Release up to and including where the oar blade enters the water.
- **Squaring**  
A gradual rolling of the oar blade from a position parallel to the water to a position perpendicular to the surface of the water. This is accomplished during the Recovery portion of the stroke cycle and is done in preparation for the Catch.
- **Drive**  
That part of the rowing cycle when the rower applies power to the oar. This is a more-or-less blended sequence of applying power primarily with a leg drive, then the back, and finally the arms.
- **Finish**  
The last part of the Drive before the Release where the power is mainly coming from the back and arms.
- **Rating**  
The number of strokes per minute. Also known as Stroke Rate.
- **Crab**  
“Catching a Crab” refers to a problem encountered by a rower when his or her oar gets “stuck” in the water, usually right after the Catch or just before the Release and is caused by improper squaring or feathering. The momentum of the shell can overcome the rower’s control of the oar. In extreme cases, the rower can be ejected from the shell by the oar.

### Other Terms of Interest

- **Regatta**  
A sporting event consisting of a series of boat races.
- **Bow**  
The forward end of the shell.
- **Stern**  
The rear end of the shell.
- **Port**  
The left side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the port side.



- **Starboard**  
The right side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the starboard side.
- **Coxswain (or Cox, or Cox'n)**  
The person who sits at the stern of the shell (although this may be in the bow of some 4s), steers, gives commands, calls the ratings, and urges the rowers on in a race. A knowledgeable coxswain will generally serve as an "onsite/in-the-shell" assistant to the coach. Usually light in weight, a good coxswain will have as much competitive spirit as the rowers and can make a considerable difference in a race.
- **The Stroke**  
The rower sitting nearest the stern (and the coxswain). The stroke is responsible for setting the stroke length and cadence for the rest of the crew, following the commands and encouragement of the coxswain.
- **Check**  
Any abrupt deceleration of the shell caused by some uncontrolled motion within the shell, an interruption in the forward motion of the shell. Also used as a command ("check it!") to stop a shell as fast as possible by jamming the blades into the water as brakes.
- **Course**  
A straight racecourse for rowers that normally has 6 lanes. In high school, the course length is 1500 meters, while in college and Olympic events; the course length is 2000 meters.
- **Cox Box**  
A small electronic device, which aids the coxswain by amplifying his or her voice, and which gives a readout of important information such as stroke count.
- **"Way-Enough"**  
Actually sounds like "way-nuff". This is the coxswain's call to have all rowers stop rowing and let the boat come to a stop.
- **"Row Easy" or "Paddle"**  
A command to use very light strokes to move the boat through the water at a slow speed. Usually used when approaching a dock.

### For More Information

More rowing terms can be found at the [Wikipedia Rowing Terms](http://en.wikipedia.org/wiki/Rowing_terms) ([http://en.wikipedia.org/wiki/Rowing\\_terms](http://en.wikipedia.org/wiki/Rowing_terms)) page.