



**NEWPORT AQUATIC CENTER**

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[newportaquaticcenter.com](http://newportaquaticcenter.com)

join us on social media at:



nacjrrowing



NAC Jr Rowing



nacjrrowing



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## NAC EXECUTIVE DIRECTOR

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## COACHES

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# IMPORTANT DATES

**SEPT 9, 2016** midnight

**LAST DATE TO ORDER THE TEAM UNIFORM AND GEAR**

The online store closes on this date. Your athlete will not have a uniform in time to compete if your order is not placed by Sept 9 from our supplier, JL Racing.

**JL uniform info:**

<https://www.jlracing.com/page.NAC.html>

## **ACT Test Dates**

September 10, 2016  
October 22, 2016  
December 10, 2016  
February 11, 2017  
April 8, 2017  
June 10, 2017

## **SAT Test Dates**

October 1, 2016  
November 5, 2016  
December 3, 2016  
January 21, 2017  
March 11, 2017  
May 6, 2017  
June 3, 2017

## **AP Tests Dates**

(Possible conflicts with SW Regional Championships May 5-8, 2017)

- Thursday, May 4, 2017—US Government & Politics, Chinese Lang. & Culture
- Friday, May 5, 2017—German Language & Culture, US History, Computer Science
- Monday, May 8, 2017—Biology, Music Theory, Physics “C”: Mechanics

# RACE CALENDAR

Team participation is subject to change

Oct 29 & 30	Head of the American – Lake Natoma All Varsity – Select crews for Novices
Oct 30	Oakland All Varsity
Nov 13	San Diego Fall Classic All crews
Dec 4	Xmas Regatta – Long Beach Probably select Varsity and all Novice
Dec 10-11	Winter Classic – San Diego All crews
Jan 14	Inner Squad – Newport Harbor TBD
Feb 18	President’s Day Regatta – Long Beach Select boats – Varsity and all Novice
Mar 4-5	Fault Line Face Off – San Pablo Reservoir All crews
Mar 18	Cal Cup – Long Beach All Crews
Apr 1-2	San Diego Crew Classic All Varsity and select Novice
Apr 23	Inner Squad – Newport Harbor TBD
May 5-7	SW Regional – Lake Natoma All crews
June 9-11	Nationals –Nathan Benderson Park, Sarasota, FL Select Varsity

# GET INVOLVED

## **The Junior Rowing Parents' Association**

This group of parents has been formed to support the coaches and the Director with Fundraising, Regatta Hospitality and Social events. Please get involved. It is a great way to get to know the families, athletes and coaches.

## **Parent Volunteers**

There are a variety of areas to help; including food, monetary donations, regatta hospitality volunteers, team-building events, team dinners, parent mixers, photography and fundraising.

## **Fundraising**

The team tuition payment does not pay for new boats and equipment costs. These purchases are paid for through fundraising. Fundraising is an important part of our program.

**Any fundraising ideas that would benefit the program are always welcome.**

Please Contact either Donna Warwick or Chrissie Emmel for more information.

Donna Warwick          djwarwick@roadrunner.com  
Chrissie Emmel          cemmel@roadrunner.com

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# COMMUNICATION

Information will be sent out by the NAC Junior Rowing Program via email and text messages. If you are not receiving text messages or emails, be sure to contact the office to make sure that you are on the distribution list. Please contact Kelly in the front office or Chrissie Emmel, parent volunteer in charge of Communication.

Kelly Thompson          admin@newportaquaticcenter.com      (949) 646-7725  
Chrissie Emmel          cemmel@roadrunner.com



This software will be the tool for Jr Rowing families to connect, post, and see schedules. Please expect an email to register and begin use.      <https://www.teamsnap.com>

# COURTESY AND CONDUCT

**Please drive slowly to keep our neighborhood safe.**

**The speed limit is 25mph**

Please be aware that the NAC is in a residential neighborhood.  
The safety and support of our neighbors is critical.

## SOCIAL MEDIA - CODE OF CONDUCT

This form is included in the enrollment package – for reference only

As a member and representative of the Newport Aquatic Center Junior Rowing Program, I agree to adhere to the following online and social media policies:

- 1) I will not post online or through any social media outlet photos, videos, or other representations of myself with drugs, alcohol, or participating in any activity that could be considered indecent or lude.
- 2) I will not be photographed or filmed wearing NAC branded clothing of any kind while engaging in any activity that demeans the value of the program or the NAC “brand.”
- 3) I will not engage in online “bullying” or other face-to-face activities that could be perceived as threatening or hateful, either in action or language, while representing the NAC.
- 4) I understand that violation or failure to adhere to any of these policies will result in either my suspension or termination from the NAC Junior Rowing Program.

Athlete’s Printed Name:

\_\_\_\_\_

Athlete’s Signature

\_\_\_\_\_

# ROWING OVERVIEW

Rowing, or Crew, is the ultimate team sport combining both individual performance with absolute teamwork. It is both mentally and physically demanding. The sport uses all the major muscle groups, and requires a great deal of aerobic ability, athleticism and dedication. There are two types of rowing: Sweep, where every rower has one oar and rows on either port or starboard side. Sculling, where every rower has two oars, one per hand. Sweep boats are called pairs, straight four (4-), coxed four (4+) and 8s (8+). The plus refers to the coxswain. Sculling boats can be singles, doubles or quads.

Rowing is a year round commitment with two seasons. The fall season runs from September to December, focusing on technical training and physical conditioning. Teams participate in Head Races, with boats racing against the clock typically over a 5K course. The crews begin with a rolling start at intervals of 10 to 20 seconds apart. The spring season runs from January to May, or June for Nationals. Teams participate in Sprint Races, with six or seven boats racing side by side over a 2K course, the Olympic distance. Heats determine which boats qualify for the Grand Final, places 1-6, or Petite Final, places 7-12. The races may take place on the same day or over the course of the weekend for larger regattas.

The team travels throughout California to various regattas in the San Francisco Bay Area, Sacramento, Long Beach and San Diego. School days are sometimes missed due to the travel requirements. In addition to the values of teamwork and shared accomplishment, athletes learn to prioritize and manage their time well.

## EQUIPMENT

### **Boat or Shell**

**Cost: \$20,000 - \$50,000**

Boats, or shells, are made of carbon fiber. Eights are typically 62' long and weigh approximately 221lbs.

### **Oar**

**Cost: \$500**

Also called a blade. They are never referred to as paddles. Oars are a 12' long hollow carbon with composite blade (the working part). Handles are polyurethane.

Equipment cont.

**Rigger**

**Cost: \$300**

Riggers are the aluminum devices that attach to the shell to hold the oar. They have an oarlock into which the oar is placed. The pin of the oarlock acts as a pivot point upon which the rower generates sufficient leverage to propel the boat. Riggers can be damaged by salt water, catching a crab or by hitting them against immovable objects.

**Skeg**

**Cost: \$45**

The skeg, or fin, is the tiny blade-like object beneath and to the stern of the boat. It sits directly in front of the even tinier rudder, and the combined efforts of the two give the boat steerage. Without either one the boat is uncontrollable.

**Cox Box**

**Cost: \$550**

Each boat has wired speakers so that the coxswain may plug in a Cox Box enabling the rowers to hear the coxswain's commands.

**Boat trailer**

**Cost: \$22,000**

Required for boat transportation to regattas.

**Boat launch with motor**

**Cost: \$17,000**

These are wakeless boats used for coaching.

**Erg (Ergometer) Concept 2**

**Cost: \$850**

Jr Rowing is in need of more ergs. The NAC currently has about 40 ergs and they usually only last two seasons. The current fleet of ergs is in their third season and will require replacement of many of them soon. Also, this year's teams' enrollment exceeds the erg fleet size.

**Row Perfect 3**

**Cost: \$3,500**

Row Perfect ergs focus on form and provide computerized technical feedback for the athletes.

**Replacement Parts**

**Cost: \$35,000-\$40,000**

Seats, rollers, shoes, riggers, spacers, hardware, outboard motors, handles, straps, erg parts, cables.

# EQUIPMENT NEED, WANT & WISH LIST

Team tuition payment does not include new equipment costs.

All new equipment is purchased through fundraising.

	Qty	Item Cost	Total Cost
<b>NEED</b>			
<b>Equipment purchased over the last 2 years:</b>			
Hudson Eight	3		\$92,000
Small Boat Four	3		\$66,000
Launch	6	\$17,000	\$102,000
Oars	24	\$500	\$12,000
Row Perfect Erg	2	\$3,500	\$7,000
Cox Box	4	\$550	\$2,200
		Subtotal	\$281,200
		Paid	\$133,200
		<b>Owe</b>	<b>\$148,000</b>
<b>Equipment to purchase:</b>			
Concept 2 Erg	20	\$850	\$17,000
Launch	2	\$17,000	\$34,000
			<b>\$51,000</b>
		<b>TOTAL NEED</b>	<b>\$199,000</b>
<b>WANT</b>			
Small Boat (Four)	4	\$30,000	\$120,000
Cox Box	4	\$550	\$2,200
Launch	1	\$17,000	\$17,000
Oars	16	\$500	\$8,000
		<b>TOTAL WANT</b>	<b>\$147,200</b>
<b>WISH</b>			
Hudson Eight	2	\$49,000	\$98,000
Oars	16	\$500	\$8,000
Cox Box	2	\$550	\$1,100
		<b>TOTAL WISH</b>	<b>\$107,100</b>

# PRACTICE AND REGATTAS

## **PRACTICE**

Practice is Monday through Friday. It is important for the athletes to be on time and be ready to go at the start of practice. Practice is mandatory. Coaches create the line-ups prior to each day's practice.

## **ABSCENCES**

Communication for absences must be between the athletes and the coaches. Coaches are willing to speak with the parents, but the first communication must be from the athlete to the coach. Please contact the coach before 2pm on the day of practice. Each coach will communicate to their team their preferred form of notification. Ninety percent attendance is required to be eligible to race. An athlete should not come to practice if they are too ill to row.

## **REGATTAS**

Check the racing schedule website the night before and print out a copy of the race schedule to have at the regatta to follow all of the different races.

Be there on time. Parking can sometimes be an issue. Most regattas start at 7:00 a.m. and they last for several hours. Look for the blue NAC pop-up tents. This is a great meeting spot and hospitality area. There will be coffee available for the parents. Food and water are supplied for all of the NAC athletes. There are not always a lot of food options for parents at the venues, so plan accordingly. There are NAC t-shirts, hats, visors and other parent gear available to show your team spirit. Spirit Wear is available to purchase at the NAC office and regattas.

Most of the time, the athletes are required to be at the regatta for the entire event. Athletes may be racing in one or more events. When not racing or preparing to race, they are expected to be available to unload and rig boats, help cheer, fill in for other injured or missing teammates, help de-rig or load trailers.

## **Overnight Regattas**

The rowers will attend overnight regattas in the fall and spring. Commercial buses are chartered and athletes stay as a team in hotels. Athletes are sometimes required to miss a day of school for travel. Athlete rosters are submitted to schools for absent excuse.

Regattas cont.

### **For the rowers**

Your rower should bring:

- Healthy post workout snacks
- Hat, sunglasses and sunscreen
- Gear bag: all kids need a securely closeable bag that can hold all extra clothes
- Jackets, sweats that they wear in the morning and between races
- Plastic bag for wet items

**Please label all clothing and gear:** Uniforms and gear all look alike!

### **For the spectators**

Here are some items parents may want to bring to a regatta:

- Small cooler for snacks
- Chairs
- Binoculars
- Sunglasses, hat and sunscreen
- Book or iPod
- Camera – We need photos for our end-of-season team banquet
- Rain gear
- Bicycles work well at many venues so you can see more of the race

### **Southwest Regional Championships**

The vast majority of rowers race at the Southwest Regional Championships held in Lake Natoma, Sacramento. Some parents stay at The Lake Natoma Inn and rent bikes. The Hilton Garden Inn is also popular because it is a 10-minute nature walk to the venue. The Marriott is a 5-minute drive. There are other accommodations in the city of Folsom or Rancho Cordova.

**Book your hotel beginning in January to get the room you want.**

### **Youth National Championships**

Qualifying Varsity boats will continue to Nationals, which is held in June at different locations throughout the country. National competing athlete selection will occur in the two weeks after Southwest Regionals.

**Book your hotel early in the year if you believe your athlete may have a chance of qualifying.** Hotels near the venue sell out.

## HELPFUL LINKS

**Official site for the USA National and Junior National Rowing Teams**  
[www.usrowing.com](http://www.usrowing.com)

**HereNow racing schedules and live results - [www.herenow.com](http://www.herenow.com)**

**Nationwide Race Schedules and Results**  
[www.regattacentral.com](http://www.regattacentral.com)  
[www.row2k.com](http://www.row2k.com)

**Rowing Related – Racing Training Analysis – [www.RowingRelated.com](http://www.RowingRelated.com)**

**[www.oarspotter.com](http://www.oarspotter.com) – Learn which boats are from which club**

**[www.concept2.com](http://www.concept2.com) – Training videos showing erg techniques**

**[https://en.wikipedia.org/wiki/Rowing\\_\(sport\)](https://en.wikipedia.org/wiki/Rowing_(sport))**

**[https://en.wikipedia.org/wiki/Coxswain\\_\(rowing\)](https://en.wikipedia.org/wiki/Coxswain_(rowing))**

**[http://www.rudern-ooe.at/fileadmin/wru23ch2013/Website-Fotos/Sonstiges/Boat\\_Classes-1.pdf](http://www.rudern-ooe.at/fileadmin/wru23ch2013/Website-Fotos/Sonstiges/Boat_Classes-1.pdf)**

**NCAA Eligibility**  
**[https://web3.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](https://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)**

# JR ROWING Q&A

## PRACTICE

### **1. Why shouldn't I ask my athlete what boat or seat he was placed in, in a daily practice?**

The coaches frequently use mixed boats with various lineups in practices enabling rowers to learn from each other and become more adaptable to rowing with different teammates making the entire team better. Also it is easier to coach boats with similar speed on the water as they stay closer together while rowing.

### **2. Why isn't my athlete ready to go at the scheduled end time of practice?**

The coaches try hard to end practice on time, but sometimes the coach will want to talk to the athletes after practice as a group to discuss an issue or prepare them for something coming up later in the week. Sometimes your athlete may have a particular issue that s/he needs to talk to the coach about. When they are practicing on the water – unexpected trouble, getting a boat docked or onto a boat rack may delay not only the athletes in that boat, but also anyone in a boat behind them.

### **3. Why is it such a big deal to miss or be late to practice?**

Unlike most sports that high school athletes participate in, most athletes are rowing for the first time and are trying to go from learning basic skills to being competitive at a regional and national level in a couple of years. Missing building blocks can cause an athlete to fall behind. Coaches plan the line-ups in the boats carefully and one unexpectedly missing rower can mess up the line-up or in the worst case, keep the other rowers in a boat from being able to practice on the water. It is a good idea to have your athlete ready to go and be warmed up by the time practice begins.

### **4. My athlete is sick – whom do I tell?**

It is your athlete's responsibility to let the coach know if s/he is missing practice – so ideally your **athlete** will **TEXT, EMAIL or CALL** the coach as early as possible in the day (to give the coach time to adjust line-ups). If your athlete is too sick, you should text or call the coach. If you have a vacation or appointment scheduled you should have your child tell the coach in advance and you should follow-up with text or email to the coach.

### **5. What should my athlete wear to practice?**

Rowing trou. It is important not to order your athlete's trou too big; it is designed to be worn snug fitting. Some rowers wear shorts over their trou for running and weightlifting. They will also need a comfortable shirt and running shoes. Remember, your athlete does not know for certain whether they will be inside or outside on any given day so they need to always be prepared.

### **6. What else should they bring with them?**

Besides layers to stay warm, they should bring a water bottle. Nalgene bottles are popular, but need to be wrapped in a rubber band or sock to protect the inside of the carbon fiber boats.

### **7. Why is the parking lot so crazy?**

Please remember to drive slowly and cautiously in the parking lot. There are over 200+ athletes arriving about the same time for practice with many inexperienced, young drivers. Park in the dirt lot and have your athlete meet you there.

### **8. Why is the speed limit on the access road 25mph?**

The NAC is in the middle of a residential neighborhood.

**It is important to be cautious and respectful to our neighbors by driving within the speed limit. If your athlete is riding a bike to practice, please encourage them to wear their helmets.**

### **9. Is it ok to come in the boathouse to get my athlete after practice?**

Not really, and not unless the other members of your athlete's team have left. The coach is probably talking with him/her and your presence can be disruptive and/or embarrassing.

### **10. Is there a lost and found?**

Yes, in the boathouse. Encourage your athlete to put his or her name on everything s/he wears to practice. The NAC gear all looks alike.

### **11. I need to talk to the coach – should I just grab a few minutes before or after practice to talk to him/her?**

The coaches are available for questions, but a lot is going on at the end of practice and you will probably be waiting for a while before the coach is free – and s/he may or may not have much time. It is usually best to e-mail the coach and ask when would be a good time to talk.

**Also, ask yourself, if your athlete should handle whatever you want to talk about by themselves. Give your athlete the chance to address it directly with the coach, before you get involved.**

## **PRACTICE: ON THE LAND**

### **12. How can rowing practice be on the land?**

Rowing involves stamina, strength and technique. Running, weightlifting and rowing on a rowing machine help to build these. The work done on land helps to maximize the experience of being on the water. Also, a lot of the team bonding happens during these on-land activities.

**13. Why do kids roll their eyes if I mimic rowing by moving my arms back and forth or comment on how they must be building up their arm muscles?** Although it is not obvious when you are watching someone row, rowing is a *pushing* sport not a *pulling* sport. Most of the power comes from the rower's legs (about 60%), followed by the core muscles (about 30%) and the arms (about 10%). Since only rowers know this, they feel much smarter than you when you talk about their arms.

Q&A cont.

#### **14. What is an erg?**

An ergometer or “erg” is a rowing machine. Erging is rowing on a rowing machine. The rowing machine measures the time you rowed and how much power you generated and calculates a presumed distance rowed from that information.

#### **15. Can you really learn to row on a machine?**

You can't learn everything but you can learn a lot. The erg allows you to get a feel for how the parts of the stroke fit together without having to worry about the motion of the boat or coordinating your actions with another rower. Also, erging builds stamina and strength.

#### **16. How come when I ask my child about practice, s/he starts spouting off random strings of numbers?**

You may be confused when your child probably says something like:

*“We did 2 by 3K and for the last 500 of the second piece I pulled a 2:15:8.” Or “we did 5 by 5’s and I broke 2”.*

When the athletes practice indoors on the erg, the coaches instruct them to do sets of exercises (called “pieces”) that are either to see how fast (s) he can do a preset distance or how much distance(s) he can cover in a given amount of time. Usually a piece is done multiple times in a single practice with short rests in between.

The first number is the number of times the piece is done. When a number has a “K” in it – the piece is a test of how fast your child can row a certain number of kilometers (rowing always measures in kilometers or meters). So in the example above the kids rowed three thousand meters two times. When there is not a K after the second number – the piece is a test of how far your child can row in a certain number of minutes. In the case above they are rowing for five minutes five times. The last number represents the time it takes to row 500 meters (also called a “split”). The time is measured in minutes, then seconds, then tenths of a second. In the first example, it took the rower 2 minutes, 15.8 seconds to row the last 500 meters. In the second example, the rower had some portion of the piece where s/he was rowing at a pace at which s/he would complete 500 meters in less than 2 minutes.

#### **17. What is a 2K test and why is my athlete FREAKING out about it?**

A 2K test is the standard method of comparing the power of various rowers; it is sort of the SAT of rowing. It is a test of how fast a rower can go 2000 meters on a rowing machine. Although a good 2K time does not guarantee that someone will be a good rower on the water – it is indicative of their power which is a very critical element of rowing. Rowers often dread it because, first, it is HARD. Rowers are expected to give it everything they physically have – imagine sprinting for seven to ten minutes! Second, it is fairly public – your teammates know how well or poorly you do. Finally, it is a key element in how coaches evaluate rowers and is used by them to help determine what boats rowers will be placed in.

#### **18. What’s a PR?**

PR is an abbreviation for Personal Record. It refers to the best time a rower has gotten on the erg for a particular type of piece. A PR is always good news. A PR on a 2K is great news!

## **PRACTICE: ON THE WATER**

Rowing shells (boats) are called by the number of rowers in the boat. Most rowers row in an eight-person boat (“an eight”) so all the following answers refer to that size of boat.

### **19. What does it mean that my athlete is a “starboard”? or “port”?**

Starboard is a nautical term that mean the right side of a boat from the boat’s point of view. Because rowers sit backwards in the boat, this can be confusing since the starboard side of the boat is on the rower’s left. Port is the term for the left side of the boat (on the rower’s right). Each rower uses one oar. Rowers whose oars extend from the right side of the boat are called starboard rowers or “starboards”. Rowers whose oars extend from the left side of the boat are called port rowers or “ports”. Most rowers feel more comfortable on one side or another and usually settle into being a port or starboard rower. It is not uncommon for a coach to switch a rower from one side to the other – especially when the rower is a novice.

### **20. I was watching practice and only six of the rowers were rowing. Why?**

The rowing stroke is a highly precise and technical set of movements and can be challenging to learn. It is more difficult to learn if the boat is leaning to one side or the other. For this reason, one or more pairs of rowers may be asked to sit out for a period of time to “set” the boat – i.e., help stabilize it - while the others work on their stroke. The people sitting out are rotated so everyone gets more or less the same amount of time rowing.

### **21. Why does my athlete row in a different seat every day?**

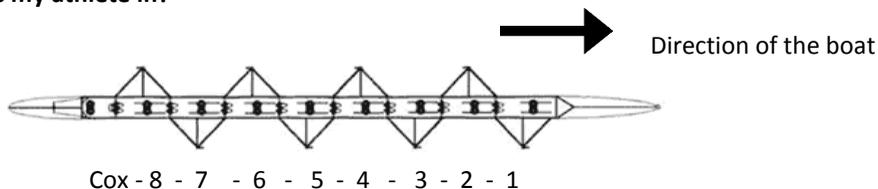
In rowing the idea is for all eight rowers to be rowing in perfect unison, with no motions that interfere with the forward motion of the boat. That being said, the different positions in the boat have slightly different roles to play. Although, any rower should be able to row any position, the coaches will switch the rowers among seats to find out which rowers excel in which positions and which combination of rowers can move the boat fastest. All the rowers need a combination of strengths: technique, rhythm, power, balance, and the ability to adapt to the motion of others. Each seat makes slightly different demands on the strengths of the individual:

- Eight seat, also called stroke, sits in the rear of the boat (or “stern”) nearest the coxswain (see below). Since everyone sits backwards this is the rower that all the other rowers must follow in order to row together. The stroke must have strong technique (since the others are matching his or her motion) and a good sense of rhythm (since s/he is responsible for adjusting the stroke rate in response to instructions of the coxswain).
- Seven seat rows on the opposite side of the boat as stroke (i.e., if the stroke is a starboard, seven seat will be a port and vice versa) and, like stroke, needs strong technique plus the ability to mirror the motions of the stroke (but on the opposite side). All the rowers on who row on the same side as the seven seat mirror his or her actions. Stroke and seven seat together are called stern pair.

Q&A cont.

- The four middle rowers (six, five, four and three seat), while still demonstrating the combination of strengths, are generally the most powerful rowers, with six and five the stronger pair. You will sometimes hear the middle rowers referred to as the "engine room."
- Bow pair is made up of two seat and bow seat (who is for some reason not called one seat) and amongst the pair's other strengths, excel at "setting" or stabilizing the boat to ensure effective forward motion.

## 22. What seat is my athlete in?



## 23. How come my athlete is working out on land today and many of the others are on the water?

There are many reasons why a rower may not be "boated" (assigned to a boat) on any given day. First, there is only certain number of seats and not everyone can go out every day. Coaches try to be fair in making sure that everyone gets their share of time on the water. Second, for safety reasons, there needs to be a certain number of coaches out on the water per number of boats. With brand new novices, there are fewer rowers on the water per coach. Finally, the coaches will use their discretion in whom to place in a boat and someone who misses practice, is chronically late or slacks off during practice is less likely to get put on a boat.

## 24. What does a coxswain do? It looks pretty easy.

It is NOT easy. The coxswain or "cox" is the person in charge of the boat and the rowers, who sits in the stern (back) of the boat and is the only person without an oar and the only person facing forward. Coxing is hard because there are so many varied responsibilities:

Steering – an eight person boat is almost 60 feet long – longer than anything most of us have ever driven. Now imagine driving something that long where there is a delay in the steering, may have more power on one side (which pushes your vehicle to the opposite side), is greatly affected by wind and tide, and instead of an accelerator and brakes you have to control speed by telling your vehicle to speed up/slow down and use more/less power. Oh, and did I mention that you are probably short and can't see the front of your vehicle over the heads of the eight people in front of you but must avoid hitting logs and other debris at all costs? Running drills – At typical drill in a boat will be to have six rowers do one part of the stroke for X strokes, then add in another part of the stroke for X strokes, until the rowers are doing the full stroke. Pairs of rowers are switched in and out so that every rower does the drill three times and sets the boat one time. The cox (while still steering) has to keep track of the number of strokes and switch rowers in and out of the drill. Alternatively, a drill will be for rowers to row at a set rate (e.g., 20 strokes per minutes, and after X strokes increase the stroke rate to 22 strokes per minutes.) In this case the cox (still steering) is counting strokes and watching the monitor to keep track of the stroke rate. "Coach in the boat" the coxswain is also responsible for giving

feedback to the rowers. S/he can tell whether they are moving together, whether they are at the correct stroke rate, whether one side of the boat is rowing more powerfully, etc. Additionally, the coxswain is expected to be able to motivate the rowers – knowing what to say when they are ready to give up, or bringing them back into a unified motion when they lose focus. In a race, the coxswain is responsible for the execution of the race plan and for making adjustments to reflect the actions of his or her own rowers and that of the competitor boats. Safety of the Boat – the coxswain has overall responsibility for the safety of the boat when it is on the water, coming into dock and being moved on land. The cox is the person you will see walking by the boat when the other are carrying it, giving instructions to the rowers to make sure they are all moving together.

**25. My athlete has gotten terrible blisters. What should s/he do?**

Blisters are part of rowing and comparing blisters is a common rower activity. We have found the best thing is to keep them clean, leave them uncovered during the school day so they dry out and then put blister tape on them while rowing. Blisters turn into calluses and are not a frequent issue once your athlete has been rowing for a while. If a blister is raw and open, try to keep it dry and put antibiotic ointment on it to keep it from becoming infected, a great but painful treatment is called New Skin (can find at any drug store), it burns while going on but creates a new layer of skin and it will feel better almost instantly.

**26. My athlete said a teammate caught a crab today.**

When a rower says that someone “caught a crab” they are describing a miss-stroke in which the rower is unable to release the oar blade from the water and the oar blade acts as a brake on the boat. Because the boat is still moving the handle of the oar tends to come back with some force and the rower will often end up lying flat in the boat. It can be difficult for the rower to get the oar back into position until the boat has slowed sufficiently and reduced the pressure on the blade.

**27. What is “seat-racing”?**

Seat racing is one input that coaches use in figuring out the final line-up for a boat. By having two boats race during practice, then switching one rower at a time and racing again, the coach can see what impact a specific rower in a specific “seat” has on a boat and what combinations of rowers are most effective. Seat racing most often occurs in the lead up to a regatta.

**REGATTAS**

**28. How do I know what time my athlete’s race is?**

First, your athlete’s coach will tell them the approximate time they are expected to race. Times can move around depending on competitor no shows, weather and other factors outside the coaches’ control – so be prepared to be flexible. Second, most regattas have websites and they usually allow you to download and PRINT a “heat sheet” before the regatta. The heat sheets list the times of the races, as well as the lane assigned to each boat. Wait until the night before or the morning of the regatta because these can change.

Q&A cont.

**29. Why does my athlete have to get to a regatta so much earlier than the start time?**

In addition to time for you to get lost or otherwise delayed on the way to the race site, there is a lot to do. If the boats have been brought to the race by trailer the athletes need to reattach the riggers (the part that has the oar lock and that sticks out from side of the boat). For both home and away races, the athletes check over the boat and make sure it is ready to go. The athletes also need to warm up, get final instructions from the coach and get into a racing frame of mind.

**30. How early should I get to a regatta to see my athlete compete?**

For away regattas, most people come with their athlete and spend the entire day. The coaches will tell them what time to arrive. Home regattas or if you are coming separately to an away regatta, you will want to get there at least 30 minutes before your athlete's scheduled start time. It is fun to watch the rowers launch their boats and row up to the starting line.

**31. How do I know if my athlete is going to compete in the regatta?**

Most of the time the whole team will be attending regattas, but some regattas are mainly for just varsity or novice. The coaches may be working on the line-ups until a few days before the race. They will let your athlete know as soon as possible.

**32. What is the difference between a sprint and a headrace?**

There are two main types of races – sprint and headraces. A sprint is what you think of as a race – everyone lines up at the start and the first one to cross the finish line wins. Sprint races are most often in the Spring and are 2K distances. A headrace is a race in which the rowers all start at the same place, but at staggered start times. Generally, spectators do not know who wins until the end when the times are announced. Headraces take place in the fall and are 5-6K distances.

**33. What is the difference between first, second and third boats?**

The first boat is made up of the eight rowers (and the coxswain) that the coaches believe can together row faster than any other potential combination. Second boat is the made up of the eight rowers out of the remaining rowers that can row fastest together. Third boat is the next eight.

**34. My athlete is in second boat but has a better erg time than an athlete in first boat. Why?**

Erg score is only one of the considerations that a coach uses to determine the line-up in a boat. In order to be good, a rower needs not only strength and stamina, but also good balance and the ability to move in unison with his or her teammates. Superior strength can make up for some weakness in form; the ability to follow the movements of teammates can make up for some degree of lesser strength – the ability to consider the strengths and weakness of each rower and put together the fastest boat possible is one of the core jobs of the coaches. Additionally, the coaches are looking for athletes that they and the athlete's teammates can depend on. An athlete who misses practices or slacks off during practice may not get placed as highly as their skill level would otherwise warrant.

**35. Is it okay to go over to the boat trailer to wish my athlete and the team good luck?**

No. The athletes and the coaches are busy before the race and the area around the trailer is generally very crowded. Although you stopping by will only take a few seconds, there are eight other rowers in that boat and several other boats – a parade of well-meaning parents is not really helpful. Also, the same applies for congratulating the athletes after a race – the rowers will return to the food tent as soon as they are through with the post-race activities.

**36. The boats are really far away – how can I tell which one is the NAC boat?**

Look for the white NAC oar blades, also print out the heat sheet from the regatta website prior to the race, you can check a specific race to see which lane NAC is in.

**37. Should I yell out my athlete’s name when they go past?**

Probably not. Rowing is a team sport and the athletes learn to take pride in their accomplishments as a team. Generally, there will be groups of NAC parents, siblings, grandparents and friends in groups along the shoreline, screaming, “GO NAC,” “Let’s go, boys /girls and similar sentiments.

**38. If I don’t know what time my athlete is racing – how do I know what time to sign up for volunteer work?**

This can be a challenge since generally you sign up before you know what time your athlete is racing. Generally, the coach will give your child some idea of the time and the regatta website will have a general schedule. Also, all the other parents understand that you want to see your athlete race and are generally flexible about covering for you briefly if you need to step away to watch your athlete.

**39. Is it ok to eat the food at the NAC tent?**

Typically no, it is just for the athletes. However, there will be a few regattas where parents will be able to pre-orders meals. A healthy lunch is provided for the whole team and there is a constant supply of chocolate milk, PB&J, bagels & cream cheese, nuts, power bars, fruit and plenty of water. Water and Coffee are provided for parents. Please come and hang out with the other parents at the food tent – it is one of the real pleasures on regatta days!

**40. Do parents attend the end of season banquet?**

Yes! You will not be sitting with your athlete, since the teams generally sit together at a table. It is an enjoyable evening – the athletes get dressed up and it is always impressive to listen to the graduating seniors talk about what rowing has meant to them and to witness the camaraderie that has grown within the teams. Your athlete works hard all season – come celebrate with them.



**CHARACTER THROUGH COMPETITION**