

CONCORD CREW

www.concordcrew.org

HANDBOOK
for Rowers
AND FAMILIES

FALL 2015 – SUMMER 2016 SEASON

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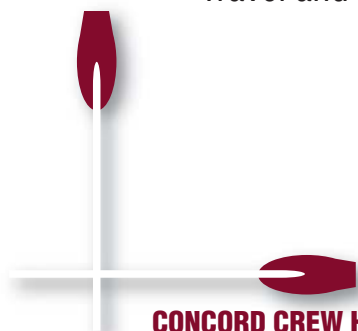
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Welcome and Background

The Spirit of Concord Crew: effort beyond talent, character beyond effort

Crew is a little different from other sports. All of the students – boys and girls, everyone from varsity first boat to sixth boat – train together, practice together, race together. Everyone helps with the launches. Everyone endures the same cold wet days on the Merrimack. Everyone shares the same pain, the same pleasure. **Everyone** will have the same joy and exhilaration as the boat starts to sync and the speed increases. There is no individual effort. There is no individual glory. Only one boat: eight rowers, one coxswain, one shell. A racing boat.

At Concord Crew we take enormous pride in a program that welcomes every rower regardless of school district, previous athletic experience or identified skill. With this open door we've built a program that has doubled in size since 2009, and simultaneously has increased its competitive success from top to bottom. Consistently winning seasons at regional regattas are the norm; even better, Concord Crew has been invited to participate in the Head of the Charles in recent seasons and has competed in the US Rowing Youth National Regatta with high schools from across the country twice in the last four years. We believe any youth who wants to row and is willing to make the commitment (and it's a big commitment) can be a strong part of this great team and will have a rewarding experience.

HISTORY AND ORGANIZATION

Concord Crew started as a rowing club in the fall of 2000 with borrowed equipment, two coaches, and more rowers than seats. In that year a group of parents organized to ensure the survival of the club. They formed "The Friends of Concord Crew" as a non-profit, IRS Section 501(3) (C) organization in February, 2002.

The Friends of Concord Crew is a membership organization. Each rower's family is a member and entitled and expected to vote at the annual meeting every fall. The membership elects the Board of Directors.

There are eleven volunteer members of the Board of Directors who serve rotating three-year terms. There is also one coaching staff representative seat on the Board. The Board directly manages all operations of our program in consultation with the coaching staff.

Volunteer Committees conduct all work related to fundraising, boathouse and equipment, communication, hospitality, and events. These committees draw from a wealth of volunteer expertise with the goal of the development of a successful and engaged youth rowing opportunity in the capital region.

The coaches make the day-to-day decisions about the rowing program, including practice times, boat placements, practice plans, and racing schedules.

Volunteers are the backbone of the organization. In addition to serving on the committees mentioned above, volunteers drive boats to regattas, operate the hospitality (food) tent, fix equipment – the list goes on (*see Volunteering on page 12*).

A few other things to know about Concord Crew...

We love to eat.

We have great food in our hospitality tent at every race.

We make a lot of noise cheering for our team.

We always need more volunteers.

We do almost everything by email.

We are very proud of the kids on the team.

Safety comes first!

COMMUNICATION

Concord Crew is in a continuous process of improving our communication systems. We hope these guidelines are helpful:

Web Site

The web site, <http://www.concordcrew.org/>, has general information about the sport of crew, recent photos and race results, and current information about the schedule and directions to upcoming regattas.

The web site is also where you register and donate to Concord Crew.

Email

Most communication to families comes via email to the address parents supply on registration forms. Parents should watch their email especially about 2 days before each race. Race times, directions, and food assignments for the hospitality tent will come by email. Why so late? Because that's when coaches get notified of the schedules too.

In addition, email addresses for all coaches and board members are on the Contact Us page of the web site. Please use them for feedback and for questions.

Facebook

Concord Crew has a private Facebook page. The Facebook page is mainly used to communicate immediate information. Many parents are also on the Facebook page, and some, but not all, of the coaches are also. Please join the Facebook page once you register — email facebook@concordcrew.org.

In-Person Meetings

There are several mandatory rower/family meetings at which important information is shared:

- Fall Season Start Meeting (weeknight in late August)
- Fall Season Annual Meeting (weeknight in November)
- Spring Season Start Meeting (weeknight in early March)
- Spring Season Awards Night (weeknight in June after season end)

Frequently coaches and board members make announcements at the end of daily practices. Feel free to draw near to hear these announcements first-hand.

At the end of the spring season there is also a celebratory awards night held at the boathouse.

Future Communication Goals

Concord Crew communication systems are still evolving to serve the rapidly growing program. In the future we hope to have a more formal volunteer sign up system through the web site.

When You Want to Communicate to Others

Athletes and parents are welcome to discuss specific issues with the coaching staff at any time.

If you have a question or concern about how things are going for your rower, please start by contacting your rower's coach (contact information on the web site). If after talking to the coach you have continued concerns, please contact the board chair to discuss constructive next steps.

If you have a great idea for Concord Crew, please contact the board chair or another board member to relay it!

FINANCES AND FUNDRAISING

Concord Crew is an entirely self-funded organization. We do not receive any funding from any school districts. This means that all of our operating costs, including the purchase and maintenance of boats, docks, coaches' salaries, taxes, rent, and race entry fees must be covered by registration fees and fund raising. Participation in both the Fall and Spring fundraisers is required of all athletes and their parents. Occasionally, additional fundraisers may be added to ensure the financial health of the program.

You can view Friends of Concord Crew's tax returns at www.guidestar.org. You can obtain a copy of this year's budget by contacting the Treasurer (see web site).

Traditional Fundraising Events

Fall Wreath Sale

The largest single source of funding for Concord Crew is the annual wreath sale. Athletes take wreath orders from family, friends, neighbors and area businesses in late Fall, with delivery occurring on or about Thanksgiving weekend.

Spring Car Wash-A-Thon

Concord Crew depends on the Wash-a-Thon to bring in vital operating money. Athletes are asked to both wash cars and get sponsors and/or donations for every car washed.

Individual Donations

Parents of current and past rowers, rower alumnae, and rowing enthusiasts from the community make individual donations to the program. You can donate at the Concord Crew web site or mail a donation at any time.

Grants

Concord Crew has received grants from local foundations for equipment upgrades and other purposes. The Board of Directors is working on increasing this revenue for the Annual Fund.

Fundraising Participation Policy

Athlete participation is critical to the success of many of our fundraisers, particularly the fall wreath sale and the spring car wash. During the fall fundraiser every athlete must sell a minimum number of wreaths, as determined by the board. Athletes who don't meet the minimum have the option to pay a pro-rated fee of \$20 per unsold wreath, up to a maximum of \$400. These minimums (wreath sales or fee payment) must be paid before the athlete can register for another crew program or activity, or qualify for financial aid (please also see the Financial Aid Policy). Athletes and their parents are asked to attend mandatory meetings when fundraising packets are handed out in the fall and spring so that everyone fully understands team expectations.

How does the fundraising work?

Concord Crew enjoys enormous support from the local community because of the quality of its program for youth. It has a growing Annual Fund designed to raise the money needed to run a quality program. Every rower and his or her family participates in some way – usually multiple ways – to keep the program strong!

OUR SEASONS – PROGRAMS AND OPPORTUNITIES

Concord Crew operates throughout the year. We encourage our rowers to row in the fall and spring, but we realize some are involved in other sports or activities. We also train over the winter. Athletes can choose which seasons interest them. Our racing schedules pit our crews against the best crews in the Northeastern United States and Ontario, Canada. The serious competitive rower will avail him/herself of as many of these opportunities as possible.

Fall

Our fall season runs from mid- August through October. We accept returning and new rowers for our fall seasons. The fall provides an excellent opportunity to work on technical rowing skills and build an aerobic foundation. Racing is “head style;” long races (2.5 to 3.1 miles) against the clock. Typical race venues include Lowell, Massachusetts, Pembroke, New Hampshire and Saratoga Springs, New York. Frequently we are invited to participate in the Head of the Charles Regatta in Boston.

Winter

Concord Crew runs an ergometer (indoor rowing) program for experienced athletes. We train two to three days per week from November through mid-February. Interested rowers participate in indoor rowing regattas such as the Queen City Icebreaker and CRASH-bs. This is a critical piece of training for the serious rowing athlete who doesn't participate in a winter team sport (or even if you do!). For most, the ergometer training experience and resultant improvement in “2k” test scores makes the committed athlete hard to ignore for coaches and colleges.

Winter Break

Concord Crew travels south to Summerton, South Carolina for a rowing training trip over winter break in February. The trip affords the best opportunity for reacquainting the athlete with increasingly intense water workouts as we anticipate the spring race season. It is the hardest thing your young athlete will ever love.

Spring

Our spring season runs from mid-March through early June and features “sprint style” racing opportunities (1500m or 2000m) at venues in NH, MA and NY. There is practice every day of April vacation. Spring also includes regional championship competition which, in turn, offers the opportunity to qualify for national championship races in early June. Concord Crews have competed in the nationals twice since 2009 and we look forward to more!

Summer

Concord Crew operates a summer introductory rowing program for those new to rowing, whether you are in 7th grade or 12th. This program is the best way for new rowers to get a taste of crew. We also offer a skill camp for experienced rowers who want to work on technique.

We will also refer rowers to off-site rowing camps often offered at colleges or private schools during summer or on break.

HOW to Become a Rower

REGISTRATION

Online registration, including payment of fees, must be complete one week prior to the first day of practice in order to row. If a rower has not completed registration, he or she will come to practice and help at the boathouse, but not row, until all forms and fees are in.

Please go to – www.concordcrew.org/registration to register. If you have any problems with the registration system please email registration@concordcrew.org for assistance. Again, rowers will not row on the water until registration is complete.

FINANCIAL AID

If you want to row, we want you to be able to row. We recognize that crew is an expensive sport and, in keeping with our mission, we strive to provide the opportunity to participate to all who are interested.

That said, Concord Crew is an entirely self-funded organization. We do not receive any funding from the Concord School District. This means that all of our costs must be covered by either registration fees or fundraising.

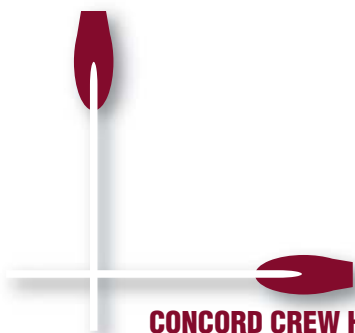
In order to make the sport accessible, we budget a limited amount each season for financial aid. Families requesting financial aid will be asked for an explanation of why the aid is needed, whether they can make a partial payment, and whether they can make full or partial payments over time. We ask for this information not to be intrusive, but in order to stretch the limited amount of financial aid to the greatest extent possible.

Families seeking financial aid are expected to be actively engaged in fundraising efforts and activities, which helps replenish our financial aid funds. Athletes must meet minimum fundraising participation expectations in order to qualify for financial aid. (Please also see Fundraising Participation Policy).

To request financial assistance please complete the financial aid process as indicated in the online registration system. The process is simple and confidential. If you have questions or concerns about financial aid, please email the board treasurer through registration@concordcrew.org. *A financial aid plan must be in place for registration to be considered complete. Rowers will not row on the water until registration is complete.*

SWIM TEST

All new registrants must pass a swim test before starting to row. Swim test dates and instructions will be given by coaches at the start of the season.



Rower Expectations and Preparations

PRACTICE RULES

1 Every team member has an important role to play and the coaches and your team mates expect your best in all things. We expect everyone to give an effort that is beyond their current talents. We expect everyone to exhibit the highest moral character as an athlete, student, family member and young citizen. You are a part of an organization known for exemplary conduct and you will contribute to that legacy.

2 Team members should arrive to every practice on time, mentally prepared for practice, and already dressed in weather appropriate clothing for both land and water practice. Tardy, ill-prepared arrivals communicate a lack of dedication to coaches and teammates. Likewise, athletes are expected to remain at practice until the entire team is dismissed.

3 Concord Crew does not favor disposable drink containers. Athletes should attend daily with a labeled, reusable, water bottle.

4 Bags and personal items must be stored in the shelves at the back of the boathouse. Cellular telephones, MP3 players, iPods and the like are not allowed during practice – leave them in your bag. Abandoned personal items will be thrown away or donated without warning; we cannot pick up after you. (By the way, you should pick up after yourself at home, too.)

5 Every team member is expected to help with all the work required to prepare for practice: staging oars, outfitting coaching launches, assembling warm up equipment, etc. Captains will assist with job assignments to rotate responsibilities; our athletes respond to their captains.

6 Horseplay is not permitted before, during or after practice.

7 Warm up, drilling, land training, on-the-water steady/race performance pieces all contribute – you cannot ignore some without limiting the effectiveness of the others.

8 Everyone is expected to perform all assigned warm-ups and workouts with a positive attitude, to the best of their ability with full attention and focus. Anything less than your best limits your improvement and holds back your boat-mates.

9 You will respect, listen to, and follow all commands given by the Cox! The Cox speaks for the coach and is responsible for the safety of the crew and management of the practice.

Note

The Coaches expect all team members to ask questions and ask for feedback or clarifications. HONEST and OPEN communications are vital to maintaining a positive productive team. Rumors, talking behind people's backs and negative talk are not acceptable. Talk to your captains and coaches with any issues.

Report any injury or illness to your coach immediately.

ATTENDANCE – PRACTICE AND REGATTAS

All Team Members are expected to attend every practice and every race. (See *Practice Rules* on page 8).

- In the early weeks of the fall and spring seasons, plan to row Monday through Friday, 4 pm to 6:45 pm, plus Saturday for 2.5 early morning hours.
- Once race season starts, we race on either Saturday or Sunday (occasionally some boats travel for racing on a weekday afternoon). If we are racing Sunday, there will be Saturday practice and you may get one weekday afternoon off the following week. If we race Saturday, usually we have Sunday off.

Crew is a uniquely team sport and every absence interferes with the coaches' planning and evaluation as well as the experience of eight other athletes. Consistency and dependability are important attributes of the successful crew athlete.

Types of Absences

- The coaching staff will consider home emergencies, injury, sickness, death of family member, and religious commitments as rare but valid excuses.
- The coaching staff will take an extremely dim view of absences requested for academic reasons. "I have a lot of homework" will not be well received. We expect every athlete to use his/her time wisely and efficiently to meet or exceed all academic requirements. In short, we expect the athlete to do both school and crew efficiently and well. Student-athletes that begin to experience academic stress can be paired with a team member for tutoring and support – don't delay if you are in this situation.
- College visits, except in the most extraordinary cases, should take place outside of the practice/racing schedule.
- Standardized, college-preparatory testing (SAT, ACT) is offered so often that it should not interfere with practices or races. AP course exams cannot be avoided.

In case of absence

Your coach must be notified as soon as possible if you will be absent. Planning and execution of practices depend upon the earliest possible notice of an absence. The worst scenario is a coach learning of an absence as practice starts. Talk to your coach – each will have their own preference for the form of the notice – email, text, verbal. Remind your coach of an impending absence if time permits.

If you are excused from practice due to injury or illness, you may be required to have a doctor's note explaining the absence, as well as a doctor's note stating that you may safely return to practice.

The effect of absences on your rowing

Though absences may be excusable, your seat in the boat line up may not be held for you. To be blunt, one athlete's absence is another athlete's best opportunity for recognition and advancement. An absence for a race for reasons other than emergencies will likely result in placement in a lower boat for the next race. An unexcused absence from practice may also have negative consequences on your position in the boat for the next race. Excessive unexcused absences could subject a rower to dismissal from the program. As we consider this to be within the athlete's control, no refund of participation fees will be made in such an event.

Regatta expectations

Rowers are generally expected to arrive at a regatta two hours before their first race time. Several days before a regatta, coaches will give specific arrival times to rowers.

All rowers stay to the end of the last race at all regattas. After the regatta, all rowers drive back to the Whittemore Boathouse to put shells and equipment away. This makes for a long day! There are a lot of really good reasons for this practice:

- 1. We are good teammates.** The last racers of the day need the support and cheering of the team and parents just as much as the first racers. The entire team's results matter equally!
- 2. We are good neighbors.** At the end of every regatta, all rowers participate in de-rigging and loading shells on trailers. We then clean the entire area in which we've been "camped" for the day, to be sure we leave it better than we found it.
- 3. Many hands make light work.** At the end of every regatta, we need to clean up the hospitality tent which has served close to 300 people, put away 9-12 hulls with 72-96 sets of rigging and oars, and get all our equipment back to Concord and tucked away safely. Imagine how long this would take with only a few! It's more fun and it's fairer to share the work as a team – rowers and families. Once boats and equipment are put away in Concord, coaches will share important announcements about upcoming activities.

OTHER PARTICIPATION REQUIREMENTS

In addition to practice and regattas, all rowers are expected to participate in a number of important meetings and fundraising activities that support the costs of operating the team. They include:

- Fall Season Start meeting (weeknight in late August)
- Fall season Annual Meeting (weeknight in November)
- Fall/Winter Wreath Sale Fundraiser (October-December)
- Spring Season Start meeting (weeknight early March)
- Car Wash Fundraiser (a Saturday in May or June)
- Spring Awards Night (Weeknight in June just after season end)

WHAT TO WEAR AND BRING

There is only one required purchase for clothing, a Concord Crew race tank. Coaches will make these available at the boathouse early in each season. The cost is about \$25.

Once per season the online Crew Clothing Store will be open for optional purchases. These clothes are great quality and are a fun way to show team spirit! Order when the store is open – there won't be another chance until the following season.

You will also find many opportunities to purchase race-specific t-shirts and clothing at some of the bigger races.

Rowers:

You will need spandex shorts or long spandex to wear in the boat. This is because regular shorts will get caught in the tracks of the seats. Don't worry- everyone wears them! You can wear a pair of sweatpants or warm-up pants over the spandex on cool days or to change out of right before practice begins. Wear layers on top, such as a short and/or long-sleeved t-shirt, sweatshirt or windbreaker. Shirts and jackets shouldn't be too long, since they will need to be tucked into the back of your spandex. Bring one with you even if you think it is warm- it is always cooler on the water and you won't be rowing 100% of the time. Bring a pair of good, comfortable socks that you never want to use again (they will get unforgettably muddy). Wear shoes that you can wear into the water. You will sometimes be walking into the water. Bring at least one water bottle (and two if it's going to be hot) to keep in the boat and drink during practice. Wear sunscreen!

Coxswains:

You will be sitting still for an hour to 90 minutes. Wear comfortable clothing and bring extra layers because you will be cold. If you will be in a bow-coxed boat, you may want to wear waterproof clothing because you may get wet. Wear a hat and sunglasses. You should also always wear a watch, not just carry your cell phone. You will not be allowed to carry your cell phone in the boat for races. Bring a water bottle and wear sunscreen!

BOAT AND SEAT PLACEMENT

Concord Crew is a club and the team is comprised of a variety of strengths and abilities of rowers. The coaches pride themselves in training novice with experienced rowers. This means mixing rowers around and looking for the most optimal and broad winning team. This shifting of rowers builds strength, commitment, character and respect among the individual rower and as a team. Families can support this ethic by respecting coaching decisions and supporting the team as a whole group.

How Seating Works

The most common boat size at Concord Crew race is an eight-person shell (referred to as “an eight.”). A boat’s membership is sorted by a number of factors: gender (boys vs. girls), experience (novice vs. varsity), capacity for speed, and weight class (lightweight vs. open weight).

Coaches will frequently add four-person shells to the race mix where races allow it. Occasionally rowers will also be offered the opportunity to try a two-person boat.

Moving from Novice to Varsity

For purposes of sorting within our program, every first-season rower is a novice rower. Coaches will endeavor to keep novices together for their first season. After one’s first season with us every athlete will be considered a “varsity” rower. Some regattas define “novice” in such a way that our newer varsity kids can still compete as novices and we will avail ourselves of these opportunities (it’s not a demotion!).

How Rowers are Selected for Boat Seats

All rowers will be tested for speed and strength capacity with an erg test (test on a rowing machine at the boat house) near the beginning of each season and occasionally thereafter during the season. Rowers are also weighed at the same time for proper classification into lightweight boats and efficiency comparisons.

Coaches will use erg data combined with observation of the rower’s practice work and consistency of presence at practice and races (see Attendance) to place rowers in boats. This is not a science! Coaches look for combinations of rowers who can work together ways that maximize the chances of producing a winning combination. Because of the intentional diversity of the team, Coaches consistently explore new combinations of successful rowers. Expect to experience different seats in different boats over the course of a season. Each coach may approach this task in a slightly different way and should be able to explain this approach if asked. Each coach is looking to do the best he/she can for the entire program.

The Role of Experienced Rowers

Experienced rowers have a special role in Concord Crew. They are often racing in highly competitive, successful boats. In addition, Concord Crew is unique in its commitment to developing its novices through periodically mixing experienced rowers in their boats during practice. This gives novice rowers the experience of rowing with skilled rowers and helps them sharpen their skills. This is one of the reasons Concord Crew novice boats tend to experience high levels of success in races! Experienced rowers should take pride in being selected for this role from time to time in practice as it is a tremendous benefit to the team as a whole.

Information for Rower Families

Rower families have many critical roles in making the program work. The core role is supporting your rower as he or she commits an immense amount of time, focus and energy to this wonderful sport. Usually this means a significant amount of time from family members driving, acting as number one fans at races, and volunteering at and in between races. It also really helps to take the time to understand what's going on and supporting your rower by exemplifying good communication skills when there are questions or concerns.

The Concord Crew Board of Directors understands that crew is intense and you have many things going on in your family. The Board both needs your help, and hopes to support you in making this a manageable commitment. We hope this information is helpful for your family in planning for the season.

VOLUNTEERING

Concord Crew is an all-volunteer organization. The board has a number of standing committees and we always need fresh volunteers for them. Volunteers also help with transporting boats and trailers for regattas, taking photos, and doing other vital tasks. We invite you to volunteer to support the team.

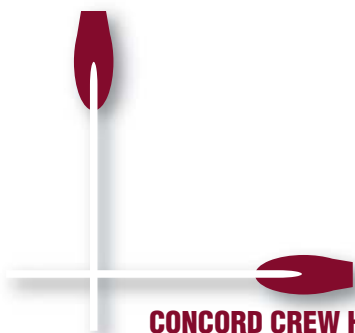
Contact a Concord Crew board member about volunteering (www.concordcrew.org)

COMMUNICATING WITH THE COACHES

Every day our coaches, all of whom have other full-time jobs, work with over 70 high school rowers of all skill levels. In a single afternoon this will include challenging extremely talented athletes while bringing out new confidence in a rower doing a sport for the very first time. It includes remembering rower scheduling conflicts, coaching both rapidly advancing and struggling rowers, and juggling daily boat lineups accordingly. At the same time coaches are receiving regatta schedules for the upcoming weekend and are monitoring lineups for successful boat combinations.

Coaches do their best to explain seating and boat changes to rowers during practice. However, with all this going on, sometimes there are communication gaps. If your rower is unclear about what's happening at practice or with his or her placements, encourage him or her to communicate directly with the coach. Parents are also encouraged to communicate with coaches when they have questions or concerns.

Contact information is on the web site.



ABOUT REGATTAS

A regatta is a race. It usually is a full day event, sometimes two. It takes many parents to have a successful race day.

Directions to the regatta are posted on the Concord Crew website a few days ahead. Parking is always available, often for a fee. Please be respectful of parking guidelines.

Support your rower in arriving at the time his or her coach asks, and plan for both you and your rower to stay through the end of the regatta and then travel back to Concord to unload boats before going home. Rowers are expected to stay to the end of the race to support their teammates, listen to announcements, and load boats and clean up the race site. Please try to drive your rower or arrange for a ride for them, as rowers are tired after races.

Rowers will be occupied with their boat and their team for most of the day. They will emerge for food after their race and will be available for visiting then. Parents can find a comfy place to view the race. Bring chairs, sunscreen, bug spray, books, a camera, or work to do. Parents are an important part of the cheering squad! They review and decode the race schedule together as well as visit the hospitality tent and meet friends, families and enjoy the day.

Regattas are a great time for volunteering too. Every family is expected to participate in the food/ hospitality system at every race (see below). In addition parents drive the boats and trailers to and from races, take pictures for use in publicity efforts, and volunteer in other ways. If you have time and/or skill, please jump in!

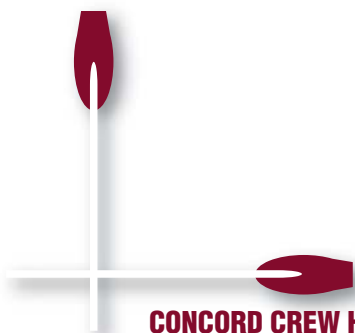
HOORAH FOR HOSPITALITY!

Cold, wet and hungry – three words that describe the typical Crew parent as we spend hours alongside a body of water, catching occasional glimpses of rowers through the trees and encouraging every rower wearing the Concord colors. Cold, wet, hungry, and burning a thousand calories – words that describe our athletes.

The Hospitality Committee is committed to making the regatta experience as pleasant as possible for rowers and their families. We do this by providing shelter (large canopies), stoves, grills, tables and utensils, all delivered in the Hospitality trailer. This equipment allows us to provide hot and cold beverages and nutritious pre-and post-race food even in locations remote from stores and restaurants. The canopies provide a nice place to socialize, get out of the weather, and pass the day while we wait for our boats to come down the course.

As registration fees are spent on equipment and basic program costs, Hospitality relies on families to contribute food and paper goods to our regatta “pot luck” events.

Here is how it works: each week, Hospitality will develop a menu for that week’s regatta. Most regattas typically involve at least two meals, with nutritious snacks available throughout the day. Families will be asked to sign up for particular dishes. Please keep in mind that we are feeding a hungry horde of rowers and parents and that our goal is to provide nutritious food. **Homemade is preferred over store bought and more is preferred over less.**



Here is what a typical regatta looks like from the Hospitality perspective – all parent-volunteer-driven and we welcome you to participate!

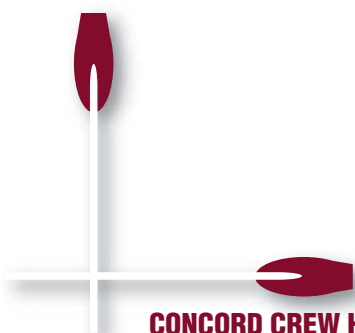
- Early AM: trailer arrives
- Canopies unpacked and set up
- Tables, grill and cook stoves unloaded and set up
- Coffee and hot water on the stove
- Beverage table set up with coffee, tea, hot chocolate and water. The club provides large water containers and rowers/parents will be assigned to bring water. To cut down on plastic bottles and cups, we ask rowers and parents to bring a Nalgene-type water bottle that you can refill throughout the day. Parents should bring a coffee mug.
- Breakfast foods set out (baked goods, fruit, and oatmeal)
- Grill fired up for egg and cheese sandwiches (a Concord Crew tradition)
- Set out snack foods (fruit and energy bars)
- Begin heating/setting out lunch foods
- Replenish beverages and snacks
- Set out desserts
- Begin clean up
- Take down canopies and repack trailer

At each regatta, Hospitality must be up and running before the first boats launch. As the coxswains are the first to arrive at each venue, we would appreciate if coxswain families would volunteer to help unpack the trailer and sign up to bring breakfast items. The Hospitality Committee will train you!

Be thoughtful about the type of food you sign up to bring and the time you will be arriving for the day. Hospitality volunteers appreciate early arrival of food so they have time to prepare.

Throughout the day, parents are asked to volunteer their time manning the grill or stove, restocking the food tables, and helping to keep the area clean—but don't forget to take time to cheer for our boats! At day's end, all families are asked to pitch in take down the canopies, clean up the area and repack the Hospitality trailer. Remember—the traditional “Hoorah” at the end of each practice and regatta recognizes not only the efforts of the rowers, but also of the families that make their participation possible and who keep them dry, fed and hydrated on race days.

Please see Fundraising Participation Policy, page 5



PLANNING FOR THE COSTS OF CREW

Crew is a wonderful sport. The Concord Crew registration fee is \$450.00. Registration fees cover about 2/3 of the daily cost of the club and the all the race entries. In addition to registration fees, there are other costs rower families should be prepared for during the season. Examples include the cost of food contributions to the hospitality tent, gas to get to races, overnight stays (usually one per season), parking fees at regattas, (we encourage carpooling) and rower clothes.

TRAVEL AND LOGISTICS

Concord Crew does not have a bus for transporting rowers to and from races and practices. Rowers need to find a ride to practice or the races whether it be their parent, carpooling, or driving themselves.

Young drivers may get tired easily especially after a long day of racing; rowers **may not** drive themselves home, except from the nearby Hooksett and Concord races.

Parking at the boat house for practice is very hectic as cars come in and leave for drop off or pick up. Please do not park on the tarred area nearest the boat house. By our lease agreement with the City, these areas are reserved for the Arena and the Concord Fire Department. Thank you for your cooperation in this matter.

Each season, Concord Crew attends a regatta in Saratoga Springs, New York – our largest regatta. Saratoga is a full weekend commitment that requires hotel reservations. In the fall it is toward the end on the season (October) and in the spring it is in the beginning of the season (April). It is a fun and full weekend.

Thank you for joining the Concord Crew family. We hope that you will enjoy your experience with us as a family team member and support your child in this wonderful sport.

**Please feel free to visit our
website for more information.**

www.concordcrew.org

