

What is hospitality and why do I need to sign up for food each week? Can't I just send food with my rower?

The Hospitality committee coordinates our families to provide good nutritious food for our rowers. Food is served under the hospitality tent. Although the priority is to feed our rowers, we try to plan for enough food to feed both our rowers and their families. This is why the Hospitality committee asks for "party size" as opposed to "family size" donations.

Parents can send food with a rower as long as the rower still arrives at the trailer at his/her appointed time.

Why do kids have to go back to the boathouse after a long day on the river?

The primary concern for putting the shells back is security and safety of the equipment. Our shells and related equipment constitute approximately \$320,000 of investment in the program. Putting the equipment in the boathouse removes the temptation for mischief as well as safeguarding it for use by our athletes.

Going back to the boathouse after most regattas provides the person--power to get our shells off the trailer in a timely manner. When the shells are in the boathouse our athletes can start their next practice fresh.

I'm sure people have things covered, do I really need to volunteer?

Many hands make light work. While we have a good core group of volunteers, more help is always welcome. Take a look at the Hospitality job list that is sent with the Food sign-ups. Jobs can be anything from chopping vegetables, assembling egg sandwiches, cooking on the grill, helping to setup or teardown the tent & tables, emptying garbages or making coffee.

What do parents bring to the regattas for ourselves? (Flashlight!)

Bring a chair. Early in spring and also during the fall season it can be cold, so it is good to dress in layers. Sunscreen is handy. Binoculars are good if you have them. Reading material can come in handy while you are waiting for your athlete's race.

What do families do at the regatta while waiting for our rowers?

Chat, read, explore the venue, help out in the Hospitality tent and of course cheer on our rowers.

Coaches often comment that the boat literally lifts out of the water when the kids hear cheering for them. This cheering energizes the rowers, increasing power, lifting the boat out of the water, decreasing drag on the hull – cheering matters!

Is it expected that we have a parent viewing gallery or can we be anywhere along the course?

Anywhere along the course is fine, though we tend to group together. The kids will benefit from the cheering at any point on the course.

Is it okay to visit the boat trailer area during the regatta to see our rowers, take pictures, etc?

Absolutely! If you want to hear what the athletes and coaches think about the boat's performance, attend the post-race debriefing that happens just as the kids put their hull into boat slings.

What are reasonable times for boats to complete a race course? Maybe a few words on technique - so we know what we're looking at as boats come through the finish.

Completion times depend upon the length of the course, the size of the shell (2, 4 or 8) the gender of our crews, the quality of our crews and the water/weather conditions. Fall races are 2.5 miles to 3.1 miles long taking 14 minutes to 19 minutes or so. Spring races are either 1500m or 2000m and will take 4.5 minutes to 7.0 minutes

Why do coaches mix up the boat lineups? Is there a methodology? Is this for the rowers? The Coxswain?

Each coach will answer this question a bit differently, but we are looking for combinations of rowers that move well together. Technical ability, technical ability when exhausted, strength, stamina and height all play a role in these switches. We measure strength and stamina on the ergometer and with 'seat racing' and we measure technical abilities with our 'eye', feedback from coxswains and the relative success of any group against other boats in practice. Each coach will start with his/her own set of assumptions and work with these evaluative tools a bit differently.

Coxswains, too, will be judged differently by coaches, but we are looking for steering ability first, ability to coach the rowers technically, the ability to motivate rowers, and small bodies. We don't talk weight much to HS kids (no good can come of that!), but the coxswain can't participate with an oar, so the smaller the better.

What/who is the board and what do they do?

There are 12 volunteer board members. The board is comprised of current and past crew parents, as well as a few community members who are enthusiasts of the program. The board generally meets monthly to discuss and decide on business issues.

The board's overall job is to ensure Concord Crew is organized and governed well, offers a quality program, and has adequate resources (money, people and systems) to achieve its mission.

Here are few things the board does regularly:

- *Develop and pass a budget for the year, monitor it monthly*
- *Make decisions about major purchases, such as purchasing a new boat*
- *Make decisions about staffing and recruiting for the program*
- *Plan larger scale events and programs such as the Concord regatta, Camp Bob Cooper trip, winter erging, etc.*
- *Coordinate the work of committees (see below)*

Are board meetings open to Crew parents?

Parents are welcome at meetings. We do occasionally change the time or location of meetings so it's best if you let the board chair know you might attend in advance - we'll keep you updated about any changes. In November, after the induction of new members, the newly constituted board will determine a regular meeting schedule and location and can post that to the group.

Is the budget posted anywhere?

The Support Us page has a link to Concord Crew's tax forms, which contain an accurate reporting of annual income and expense. We encourage parents to take a look to gain a better understanding of how the team budget works.

Are there committees that we can join?

Yes! We have committees and we hope you will be able to contribute your energy to the program through them. We are working on better communication systems for these volunteer opportunities but here is a short list. For now, email the board chair (Contact Us page on the web site) if you think you'd like to join one.

- *Fundraising Committee*
- *Hospitality Committee*
- *Communications Committee*
- *Recruiting Committee (recruiting new athletes and coaches)*
- *Boat House Committee (works on maintenance and other things related to the boathouse and all equipment)*

Who do I contact if my child can't make practice due to illness?

Contact your coach directly. Make sure to get your coach's preferred contact info at the start of the season. Please do not use the Facebook page (unless your coach told you to), or a reply to a Crew email on another topic.

Where do I get information on the race schedule? Is it available at the event or do I need to access online?

*For larger regattas the race schedule is usually available online. If the race schedule is known before the regatta it is usually pointed to from the **Regatta & Events** section of our [website](#). At smaller regattas we usually get that information from the regatta organizers via our coaches. It will come to you by email as soon as we have it, which is often last minute..*

Can the schedule be posted at hospitality tent or somehow made available at the event?

Yes, we always try to post the race schedule under the Hospitality tent.

When, where and how do results get posted? Just online?

*Most regattas usually post results at a spot near the officials. Results are usually available online and via Twitter for most larger regattas. Final results are usually posted after on our site in the **News & Results** section of our website as well.*

Since we can typically see a small portion of the course, I would love a rough map which shows distance and turns so that I have a better sense of the course and its challenges.

For larger regatta course maps are usually available from the sponsors website. Unfortunately at smaller races this is not available to us.

Are courses rated in terms of their difficulty?

Not officially but experienced racers will voice opinions about this. Examples – the Charles is hard to steer, the Head of the Merrimack is too long (4 miles), Northfield Mount Hermon was upstream.

What are the levels (masters, varsity, novice) and why do novices often compete with varsity? Is that just due to limited numbers.

For Juniors (under 19) and HS athletes there are a few categories: modified (seen in NYS, means middle school), lightweight (130 lb max for girls, 150 lb max for boys), novice (defined differently at each regatta, but, generally, within the first calendar year of rowing), and then first boat (or varsity) and 2nd, 3rd, so on. Novices will row as juniors when the regatta doesn't break out a novice event, or when coaches are feeling positive about the quality of the novice crew.

Understanding the sprawling venues, announcements are probably not possible, but it would be great if races could somehow be announced as they start.

Yes indeed. A good volunteer job if someone wants to do it? They would need to find the timing tent and then communicate it somehow

Or, perhaps announced at the finish line: who is crossing and related times. Unless it your child, I generally cannot tell which school/club is finishing.

Yes, that would be great. At each race there is a timing official (sometimes more than one). It takes them a bit of time to check, double check, and calculate total times for each boat. They post results near wherever they are as soon as that's done, but it is often at least 30 minutes after the end of a particular race. The quickest place for parents to get race times is at the timing tent or timing official, but bear in mind they are extremely focused on getting times recorded quickly and try to stay focused by not chatting during their work shifts.

Practice time info, especially for weekends. When are practices cancelled or times changed? Where are they posted? Website? Facebook?

Generally we practice the same time every weekday as a team. The schedule usually set at the beginning of the season. Saturday's are usually 2 ½ hours and sometimes can be different for girls/boys, novices/varsity. Practice is usually only cancelled in case of very high water or lightning. Last minute notification is coach specific but is usually communicated via facebook.

Regatta drop off info . . . should be easier to access. I still struggle with tracking down this info.

*For most regattas there isn't a separate drop off spot. We generally try to provide this info in the **Regattas & Event** section of the website.*

What time should my rower show up for the regatta given the different race start times, shifts in the hospitality tent, etc.?

Generally, our rowers show up about two hours before their first race of the day. This varies by regatta and is generally communicated by the coaches at practice before regatta day.

If I can't attend a regatta, is there a ride-share or food-share board to coordinate?

Here are the resources for race communication if you can't attend:

- *Athletes should tell (or have told) their coaches directly about their own attendance*
- *You can post on the Facebook page that your athlete or food needs a ride to a regatta*
- *You can use the parent/ athlete contact list to find someone who lives near you or might row with your athlete and contact them directly about coordinating*

Parent/child contact list might be helpful.

Yes! We started this in Spring (2014). It was initially distributed to Crew families mid-Fall 2014 season. The goal is to send it right after all registrations are complete on a per season basis. Due to privacy concerns, the list will not be posted on the website. We are looking at alternatives to providing this information electronically.

Are parents allowed to eat the food at the hospitality tent? I have heard rowers complaining about this . . . Still don't know the correct answer.

While feeding our rowers is the priority, the intent is to provide enough food for the families of our rowers as well as the rowers themselves. Sometimes at the end of the day there might not be the selection of food for the last rowers off the water. Hospitality has added pre-made sandwiches to the regattas so that all rowers who are last off the water and not able to get back to the food tent receive something to eat.

If we need to leave regatta early for another appointment, who do we tell? Coach? Hospitality? Who?

Make sure your rower explains the situation to your coach. If your plans are known before the regatta, please inform the coach ahead of time as it may influence boat assignments after your family has left for the day.

Pairing up experienced crew families with new families - especially at the regatta. Offer to explain the ins and outs, make introductions.

Great idea. We are working to develop more volunteer jobs and coordination - this can go on our list for the future. A meeting just for new parents would be helpful. Often too much is on the agenda at beginning of the season meetings.

When is the season officially over? After Head of the Fish? Are there any meetings/boathouse cleanup days after that?

Both seasons typically finish up with a season wrap up meeting in the week following the last regatta. On a Saturday shortly after the fall season ends, we will gather at the boathouse to take the dock out, stow all equipment in the boathouse and prepare the trailer for South Carolina.

How can I help out in the Tent?

Sign up on the Hospitality jobs signup sheet (sent before the regatta) online or just offer assistance to anyone under the tent during the regatta. We're always looking for help.

Do we practice in the rain, is there a practice the day after a regatta?

Rain, yes. Lightning, no. Usually, there is no practice the day after a regatta, but this is a coach judgement call which will be made at the end of the regatta.

Can expectations for the NH Champ volunteer jobs be more transparent?

We are working with Amoskeag Rowing Club (ARC, which organizes NH Champs) to improve volunteer job descriptions. Each year there is some improvement and we hope the same will be true for next fall.