

Guide to Crew

Orchard Lake St. Mary's Preparatory



The Mark of Rowing Excellence

Brought to you by:
OLSM Crew Booster Club
Edition: 2009-01



TABLE OF CONTENTS

Introduction & Overview

Welcome

Address to Novice

A History of Orchard Lake St. Mary's Crew

Crew Coaches

Parent's Booster Club

Fall Club & Pre-Season

Fall Crew, Club Sport

Winter Conditioning

The Rower

Erg-a-thon Q & A

St. Mary's Code of Conduct

Parent Information

Spring Training

Reach for Your Goals

Regattas

Clothing committee

Regatta Set-up

Food Committee

Regatta Watchers Guide

The Boats

Talkin' the Talk

The Rower

Personality Traits of an Eight

Frequently asked Questions

Information

St. Mary's Colors

Crew Jacket Tips

Transportation

Hospitals

Hotels

Websites

Welcome to Orchard Lake St. Mary's Preparatory Crew!



The Parent's Booster Club welcomes all visitors, new parents, and boosters to the St. Mary's Crew Team. St. Mary's has rowed on Orchard Lake for over 30 years. Our symbol, the script M with a crossing oar, is a mark of excellence in the State of Michigan and in the Midwest for High School Men's Crew. The men of St. Mary's Prep each year compete for the State of Michigan Title and Midwest Championship. Our team typically places several boats in the National Championship Regatta.



As your son's grow from boys to men, the OLSM Crew experience will instill in them the virtue of St. Mary's motto; God, Family, School. Bonds and friendships will be made.

It can be a trying sport. Requiring of you and your son long hours, early hours, and strength and perseverance you never thought they had. But in the end, the experience is worth it.

Remember to visit our website www.OLSMCrew.com. The site is updated with news, information, and pictures. Booster Club elected officers name and numbers are listed, should you have any questions.

To the men of OLSM, Aim High. To the parents, Welcome and we look forward to seeing you at the regattas.

ADDRESS TO NOVICES

Dear novice parents,

Welcome to Orchard Lake St. Mary's Crew. St. Mary's Crew needs you and your sons. Crew is not an easy sport. It requires sacrifice from the rower and from the parents. In the end, I believe the sacrifice to be worth it, and I believe you will too. Crew needs rowers who show up for every practice, who understand commitment and can stick to it. If one is missing, the boat cannot go out.

I plan each season around the Midwest Regatta. To fill every seat available at that regatta, I need twelve novices (freshmen or upperclassmen) and a couple coxswains; all athletes who are dedicated, motivated, and tough. If I have more, that is great, but I need people who are willing to put in the effort. To be successful, the athlete needs to participate in winter training regularly or be in a winter sport. Some potential rowers, I never see at winter practice or in a winter sport. Rowing is more than fall and spring. To have a great team, it requires a year-round commitment. It is time to decide, is this their year to start along the way to being an oarsman, or do they want to wait another year.

I say, there is no time like the present. That's just my style. They may be soft. So am I, at least compared to what I have been. They may have obligations. So have I, but I manage to keep the hours of 3 to 5 open for the work. God put me on earth to do this. This is my favorite time of the year. I get to work out with the boys and get into a little bit of the old shape. At 51 years +, it is surprising how much fun that is. I get sore. I hurt. I love it. I hope your son will.

Rowing involves a lot of commitment and sacrifice. Practice is every day after school and not negotiable. I need people who will show up; every day. The school provides attendance showing the absent and a nurse's list showing who is sick. If your son is not on these lists, I expect to see him at practice. And, detention is not an excuse. If your son can not behave, he can not row.

Time management is necessary to rowing. Your boy will have to practice and study among other things. I know rowing involves a lot of sacrifice, for you as well as your son. You are expected to give for spring training, rowing clothes, food, the Erg-a-thon, drive to regattas, and serve on the board. I can always add to the list, that's my job. Ask any parent whose son made four years if it was worth it. Ask any parent whose son has gone on to row in college if they think it's worth it. I believe the answer is **YES!**

Sincerely yours,

John Ray

Novice Coach and Head Coach
St. Mary's Crew



A HISTORY OF ORCHARD LAKE CREW

By Coach Jack 'Laddie' LeBlanc and Richard Philipiak

Detroit area boat/rowing clubs have been organized for well over 100 years on the Detroit River. In the early days, they custom crafted their equipment from specialized designs. As rum running declined, but legitimate racing challenges continued, a specialized boat builder began producing racing shells in Seattle, Washington, to meet the increasing demand within the world of rowing. His name was George Pocock and is synonymous with rowing shells and equipment. In 1954, Pocock built a racing shell for the University of Washington crew to train in for the Olympics of 1956 in Melbourne, Australia. It was an awesome racing shell and team!

The Destiny

Also in the 1950's at the Detroit Boat Club, a legendary coach by the name of Judson Ross was developing crews that were feared across the land. In 1960, Judson acquired the University of Washington shell used in the '56 Olympics in order to start a program with Wayne State University and started the Detroit Boat Club. He managed the program out of the old Detroit Beach and Bathing Club on Belle Isle and offered scholarships to many local athletes. When the bathhouse was demolished, he moved the program to the Ecorse Rowing Club. Judson had many friends among the rowing clubs along the river and one of his favorites was Jack "Laddie" LeBlanc. Judson moved the University of Washington's "Pocock 8" down to Ecorse and also held regattas on Wolverine and Union Lakes with his partner "Laddie" until his program at Wayne State lost support.

The Legacy

Undaunted, Judson hauled his equipment up to Orchard Lake in 1976 and offered to coach a prep program for St. Mary's. The Washington Pocock racing shell trained in for the 1956 Olympics had found yet another home at OLSM. For the next three years, Judson coached the crews, but with failing health, he finally turned to Jack with a silver-tongued plea to take over the program and passed across his earthly finish line to his Lord a few years later. In 1979, Laddie took over in earnest and continued with the old equipment. He developed hundreds of memories for hundreds of OLSM crewmen across the gunwales of the old Pocock 8. He certainly added his best to the legacy he was entrusted with by Judson. The shell was retired from active duty in 1988 as the program grew at St. Mary's and new funding and boosters support offered new and more modern equipment for the crew. The shell retired first, and then Jack retired as Head Coach in 1996. Neither being ready to be totally out of the picture, Jack assisted with coaching while the seats of the old Pocock 8 were reincarnated and converted into coffee tables - a bona fide piece of local rowing history.

The Legacy Continues

St. Mary's Rowing Booster Club was incorporated as a non-profit organization in 1989. Its purpose is to provide for maximum involvement of the parents and friends of the St.

Mary's rowing program, to develop fund raising activities and bring about better recognition of the St. Mary's Prep rowing program within the school and the surrounding communities. The rowing program has continued to grow and gain increasing prominence and recognition. In 1996, Kevin Van Houten took over as Head Coach and Jack LeBlanc's legacy of producing outstanding crews has continued. In recent years, St. Mary's has achieved many accomplishments. OLSM's crew may have had its finest year; spring of 1998. Not only did the team win the overall team Midwest Championship, the Senior 8 crew went undefeated. They won the prestigious Stotesbury Cup Regatta in Philadelphia, the Canadian Schoolboy Championships, the US National Championships and gained international recognition by taking second at the Henley Royal Regatta at Henley-on-Thames, England. In 1999, Kevin Van Houten handed the reigns of head coach over to Coach Mike German. Throughout Coach German's tenure, the crew continued to be a force every time they hit the water. He led the team to two Midwest Championships, seven Hebda Cup Championships and seven Wyandotte Regatta Championships; making him the most successful crew coach in St. Mary's history.

Fall of 2006, brings a change of the guard. Coach John Ray accepted the challenge to lead the Eaglets in their quest to regain the Hebda and Wy-Hi championships. Coach Ray's credentials are second to none. He began his rowing career in high school at Central Florida, and has rowed for Johns Hopkins University, the Wilmington Rowing Club in Delaware and at the Lookout Rowing Club in Chattanooga, Tennessee. John Ray has coached at Duke University, Atlanta Rowing Club, Western Reserve Rowing Association, the Groton School in Massachusetts, and University of the South before coming to St. Mary's in 1997. He holds a Level I Coaching Certification and teaches Chemistry and German at the Prep. As we compete in the 21st century, we hope to pass on the history, the destiny and the legacy that Judson Ross started in 1976.

Recognition Summary

The following is not all inclusive. Please visit our website for an updated list.

Championship Team Titles

Midwest Scholastic Rowing Championships ~ 1994 through 1999, 2001

Hebda Cup Championships ~ 1994 through 2005

Wyandotte Regatta Champions ~ 1994 through 2005

Lindamood Cup ~ 2002

Stotesbury Cup ~ 1998

U.S. Nationals ~ 1998

Canadian Schoolboys ~ 1998

Championship Team Significant Finishes

Midwest Scholastic Rowing Championships ~ **Second** 2000, 2002

Lindamood Cup ~ **Second** 2004

Henley Royal Regatta, Henley-on-Thames, England ~

Second in the World 1998

CREW COACHES

The Orchard Lake St. Mary's Crew Team, though one team, has 3 distinct groups; Novice, Heavyweight, and Lightweight. Each group has a Coach and an Assistant Coach. Coaching details are provided below:

Team Head Coach: Responsible for the overall Crew Team, a member of the Crew Booster Club, and has primary responsibility to and for Orchard Lake St. Mary's Preparatory. The Head Coach will typically assume the coaching responsibilities for one of the squads; Novice, Heavyweights or Lightweights.

Novice Coach: Has responsibility for the first year rowers, typically Freshmen. The Novice Coach's primary responsibility is to teach proper technique.

Heavyweight Coach: Has responsibility for the 2nd year and greater rowers who compete in the open category. As there is no minimum weight requirement, the Heavyweight Coach may train Lightweights as part of the Heavyweight squad. This group typically competes in all race categories; 1x, 2x, 2-, 4x, 4+, 8+.

Lightweight Coach: Has the responsibility for the 2nd year and greater rowers whose weight does not exceed 150 Lbs. This group typically competes in the 8+ and 4+ categories.

PARENTS BOOSTER CLUB

All parents of St. Mary's rowers are members of the St. Mary's Crew Booster Club. The primary purpose of the Booster Club is to assist the school and coaches, allowing them to focusing on training and racing.

The Booster Club's primary functions are fundraising, regatta logistics, and team capital improvement. The Board is comprised of an Executive Committee; President, Vice-President, Treasurer, Secretary and Head Coach; and the Board of Directors.

The Executive Board prepares the annual budget, selects regattas for the fall and spring season, and assists the Head Coach in prioritizing capital improvements. The Board of Directors acts as the approving body, subject to St. Mary's guidance, for funds and activities. Additionally, the Board of Directors is responsible for the Booster Club committees.

The Board has several standing committees; identified below:

Food: Arranges all meals at the regattas from creating the menu, managing the pot-luck, purchasing club provided items, preparation, serving, and clean-up.

Transportation: Responsible for regatta transportation, housing and logistics.

Clothing: Crew clothing is not available through the bookstore or athletic department. This committee procures and sells St. Mary's Crew clothing.

Fundraising: Responsible for all fundraising activity.

Alumni: Primary conduit to the St. Mary's crew graduates.

Novice: Primary conduit to the Novice parents from the Board and Head Coach.

Website: Maintains the OLSM Crew website; www.OLSMCREW.com

Members-at-Large: Board members which support all activity.

Board positions are elected at the Spring Annual Banquet with terms lasting one year. All parents are welcome to attend Board meetings and are encouraged to participate.



Fall Club Sport & Pre-Season



The Mark of Rowing Excellence

FALL CREW, CLUB SPORT

The fall Crew season is a Club sport. Only the spring season is a Varsity sport. As such, Athletic Letters are not earned in the fall.

The fall regattas follow a Head Race format. This means it is a timed race where the fastest boat to cover the distance wins. The boats start one-at-a-time about 5-10 seconds apart. The boat with the fastest time over the course (approx. 2.5 miles) wins.

For spectators, these regattas can be as exciting as watching paint dry. But every now and then, a special boat makes things exciting as it catches and passes the slower boats. Though each boat starts at a separate time, it is not uncommon to see several boats bunch up, and sprint to the finish.

The primary purpose of the fall season is strength, form and endurance.

WINTER CONDITIONING

One thing Crew parents discover is that your son's involvement is a year-round commitment. Typically, the rowers will receive two weeks off after the fall season and then begins winter conditioning.

Each coach determines the winter conditioning routine and schedule for his squad. The men may train in the morning or in the afternoon, though twice a day is rare. This is a time for the rowers to build muscle and endurance on the ergs. Often the coaches may enter into erg-races, visit indoor crew rowing centers, or visit colleges.

The coaches also understand that this is the time for the men to improve their academics. Grades come first, and rower academic ineligibility does not help the squad. Some coaches have required mandatory study sessions to improve grades.

All rowers, not in winter sports, are encouraged to participate in winter conditioning.

THE ROWER

Physically, rowers resemble collegiate basketball players; tall, but not bulky. When you watch the sport, you might get the impression that upper body strength is most important, but actually, the legs are of equal significance, since that is where the stroke begins.

Physiologically, rowers are superb examples of excellent conditioning. They have to be. Few sports are as physically demanding to the entire body as rowing. Only cross country skiing and long distance speed skating ask as much from an athlete. And, since rowing a mile and a quarter in approximately six minutes places huge demands on the body's aerobic system, rowers utilize oxygen better than almost any other athlete.



What is the Erg-a-thon? The Erg-a-thon is the OLSM Crew annual fundraiser. The crew holds a 9-hour Erg-a-thon to help raise money to pay for regatta expenses and repairs on current equipment. Every team member is responsible for participating in the Erg-a-thon.

When is the event? The event is on a Saturday, typically in March, prior to Spring Training. Please check the website for the specific date.

What time is the event? The Erg-a-thon will run from 8:00 a.m.-5:00 p.m. Each participant will be assigned a time to arrive to row on the erg machine.

What is my son's responsibility? Each student will erg for 60 minutes and the coaches will determine spacing of each round. Each team member is responsible for obtaining a minimum of pledges as indicated in the annual Erg-a-thon package. Pledges can be made as a straight dollar amount or by donating a certain amount per 1000 meter (i.e. A pledge of \$1.00 per 1000 meters where the rower ergs 15,000 meters results in a \$15.00 donation).

Each year, prizes or discounts are provided to rowers based upon their performance. The specifics will be provided with an Erg-a-thon Fundraising Package.

Following the Erg-a-thon a Banquet is held at St. Mary's to kick-off the season. This allows parents to meet other parents, rowers to brag about their scores, and recognition given to the top performers.

What is the easiest method for collecting pledges? The easiest way is to obtain straight pledges, which saves time. Please keep pledge money in the envelope provided. On the day of the Erg-a-thon, turn in your pledge envelope containing pledge money and pledge form at the check-in desk. All pledges are to be turned in the day of the Erg-a-thon. Anyone not turning them in on that day must get them to Coach Ray ASAP.

All donations are tax deductible. Make sure to give every donor one of the receipts provided in the Erg-a-thon Package.



ST. MARY'S CODE OF CONDUCT

At All Regattas

Remember that you represent your school and thirty years of rowing tradition. Men of St. Mary's are expected to conduct themselves in the best possible manner.

This includes:

- No swearing,
- No running around like idiots,
- Helping teammates on and off the docks,
- Loading the trailer,
- Helping the coaches when asked
- Helping parents when asked, and
- Unloading trailers when arriving back in Orchard Lake after regattas.
- Alcohol use of any kind will result in severe disciplinary action.

Transportation

If you ride to an event with someone, you will ride home with the same person. The only exception is drivers may hand off students to their parents. Students may not change vehicles mid-event unless approved by the Head Coach.

Food and Drink

Nutritional food and drink is provided at the regattas by the Booster Club. The menu has been pre-approved by the coaches. Additional food is not recommended, and students are **not allowed** pop on crew trips. Coaches recommend no pop during the season. *Carbonation and caffeine rob your blood of oxygen, causing you to fatigue faster.*



PARENT INFORMATION

OLSM athletes are **NEVER** allowed to drive to or from a regatta. Please make appropriate arrangements. It is recommended that your son is able to reach you and knows your cell phone number. Many times the logistics and timing of events will change.

Medical Release Forms and Physical Forms **MUST** be completed and returned to the coaches at the beginning of each school year in order for your son to participate. If your son is allergic to anything (medications, insect bites, food, etc.), it is **VERY** important that you notify the coach so they can be aware of it. If your son is taking any regular medications (including acne medication, aspirin or other over the counter medications), or if they carry epi-shots with them, they need to let the coaches know this as well.

Food and drinks are provided for the boys at the regattas by the Crew Booster Club. Parents are requested to help with the site set up, meal preparation, pot-luck donation and the tear down of OLSM tents for each regatta.

CAUTION: At the regattas, please be aware of the need for great room when the rowers are maneuvering boats on land. Please give the rowers, coaches and regatta officials your cooperation in keeping out of their way when they are moving the boats to and from the water.

Here is a list of items you may want to pack in your “regatta bag” ...

- Lawn chairs, umbrella, blanket
- Camera, binoculars
- Sun screen, bug spray
- Hat, windbreaker, raincoat, layered clothing
- Pens, paper, highlighter, a good book or magazine
- Snacks, beverages
- **O.L.S.M. Spirit!**



Melton Hill Lake, Oak Ridge, Tennessee

***** Mandatory for All Crew Team Members *****

The team typically leaves on Good Friday around 5:00 am from the Dombrowski Field House for Oak Ridge, Tennessee. The cost is collected at the Erg-a-thon with funds covering transportation, meals and lodging. Please return permission slip and payment at Erg-a-thon check-in table. All checks are payable to *St. Mary's Crew Booster Club*.

Accommodations:

The team, coaches, and chaperons will lodge as a team at a local hotel. Specific arrangements are made each season and provided to the parents with the permission slip. Transportation is by chartered bus, and meals are prepared by the chaperons. All students will attend Easter Sunday mass as a team. The normal daily schedule will include two practices on the water. Exception: Easter Sunday, the team will attend Easter Mass at St. Mary's Catholic Church in Oak Ridge, and practice in the afternoon.

What to Bring:

- Running shoes
- Rowing clothes (T-shirts, rowing shorts), sweats and long pants
- TONS OF SOCKS ... and more socks; no kidding!**
- Waterproof clothing
- Sunglasses, sunscreen, hat/visor
- Casual clothing for the evening
- A nice golf shirt & khaki shorts/pants for Easter Mass
- Enough money for lunches for ten days & entertainment (Bowling, Movies, Video Arcades, Museums)
- Books, cell phones
- Sleeping bags

What NOT to Bring:

Large items (storage space is very limited!)

Carbonated beverages (**NO POP during training; NO POP during season!**)

Weapons, alcohol, drugs, pornography

We like to say, if you can't tell your grandmother, don't bring it.

Hotel Rules

Everyone will be in their room at 10:00 pm without exception. If anyone is caught out of their room after this time, as a minimum penalty, his entire boat must run to the next practice. Rooms must be kept relatively clean (no garbage on the floor, etc.). Rooms will be inspected daily by the coaches. Because the hotel has other guests, there will be no running, loud music, water fights, or horseplay of any kind in the hallways or parking lots. The only people allowed in our rooms will be St. Mary's rowers, coaches and chaperones. Big trouble will result if anyone else is in our rooms. Long-distance phone calls should be made from a pay phone, cell phone or by using a calling card. Using the in-room phone for long-distance calling is very expensive. Any charges assessed to the room will be taken care of by the residents of that room. In-room movies are NOT allowed.

Oak Ridge, Tennessee

Oak Ridge is a city with approximately 28,000 residents located 12 miles northwest of Knoxville and just minutes off I-40 and I-75. Oak Ridge is within a day's drive of 2/3 of the U.S. population. Established in 1942 as part of the top secret Manhattan Project in World War II, Oak Ridge remained closed to the public until 1949. The city has become a technological hub boasting Oak Ridge National Laboratory, the US Department of Energy's largest research and development laboratory, as well as numerous other DOE facilities and programs. Oak Ridge is world famous for its advancements in energy research and development. The city has earned a reputation for its outstanding school system and unparalleled quality of life for its residents.

The Oak Ridge Rowing Association

The association is a membership organization of rowing enthusiasts. The Boathouse, located on Emory Valley Road, is leased and operated by the ORRA. Chris Ludden, a former Syracuse University rower who trained in Oak Ridge during spring break is the ORRA Manager Coach.

Rowing Facilities

The Melton Hill Rowing course opened in 1978. Since that time, Oak Ridge has hosted the Southern Intercollegiate Rowing Association Championships for 19 consecutive years, the 1995 US Pan Am Games Team Selection Trials, and the Men's, Women's and Master's Nationals. The US Women's Olympic Rowing Team and the Swiss National Team trained on Melton Hill Lake prior to competing in the 1996 Olympic Games in Atlanta.

The course is also used by numerous college and high school teams each year as a spring training site. The 2000-meter course meets all standards set forth in the Rules of Rowing. It is straight and wide and can be fully buoyed for up to seven lanes. The lake, which is fed by the Clinch River, is part of the TVA waterway system. TVA regulates flows during competitions so that the flow is less than .06 meters per second. The course is protected by hills on each side, which limits the wind problems and the river permits training to be conducted 16 kilometers upstream and 32 kilometers downstream from the Marina. The water comes from the bottom of Norris Lake at Norris Dam and is very cold. This fact inhibits recreational water activities on the lake. While the water is very cold, in the winter it is unusual to see more than a skim of ice lasting more than a day or two. The prevailing good weather, excellent water conditions and the nearly unlimited rowing water make Melton Hill Lake the ideal rowing venue for learning and training.

Health Care & Sports Medicine Facilities

Methodist Medical Center is a regional medical facility licensed for 301 beds and staffed by more than 165 physicians representing 30 medical and surgical specialties.

Pierce Sports Therapy Clinic is located less than two miles from Melton Hill Lake adjacent to the Paragon Athletic Club. Ray Pierce, P.T., is a member of the USRowing Sports Medicine and Research Society. All rowing injuries can be assessed, evaluated and treated.

Places of Interest

- American Museum of Science and Energy; 300 S. Tulane Avenue
World's largest energy exhibit; live demonstrations with audience participation, interactive exhibits, computers, and films.
Open 9-5 daily, (865) 576-3200
Free.
- The Graphite Reactor; Bethel Valley Road
Visitors can view this nuclear reactor and exhibits and use remote manipulators in a mock-up of a hot cell.
Open 9-5 daily
Free.
- The Oak Ridge Art Center; 201 Badger Avenue
Modern & Contemporary Art Exhibitions.
Open Tuesday-Friday, 9-5
Free.

By Larry S. Chengges

Whatever the goal we're pursuing.

No matter how rugged the climb.

We're certain to get there

By trying our best

And taking one day at a time.

"Forever" is hard to imagine

"the Future" may seem far away

But every new dawn brings

A wonderful chance

To do what we can on that day.

As you reach for the goals

You would like to achieve,

May you find all the strength

You will need-

To meet every challenge one step at a time

Till the day when you proudly succeed!

Regattas & Racing



The Mark of Rowing Excellence

CLOTHING COMMITTEE

Greetings from the Clothing Committee!

The St. Mary's Booster Club has many items for sale to fit-out your rower during the season and for family and friends to show their Eaglet spirit. There are three primary selling times: Homecoming, before Christmas and at the Erg-a-thon. For Novice parents, we make an effort to arrange a time after an afternoon practice early in the season.

For updated items and pricing, please visit our website at www.olsmcrew.com.

One note: unitards are worn by the boys during all spring regattas and by the upperclassmen at the fall regattas. Unis are available through the Booster Club. Parents should allow 4-6 weeks for ordering, and sizes are custom.

All the Best
Clothing Chair

REGATTA SET-UP

At each regatta, the Booster Club supports the team through necessary accommodations, food, drink, and transportation of boats, equipment and athletes (at times). Any assistance parents can give to setting up and tearing down the St. Mary's Camp will be greatly appreciated.

The Booster club typically arrives at the regatta with the team between 6:30 – 7:00 am. For travel regattas, camp is typically set-up the night before. Set-up entails erecting one to two tents, lawn chairs, table, and grills. Once completed, the grills are fired up and turned over to the Food Committee.

Tear-down typically starts after the last meal. Tents will be last as the final race is completing. St. Mary's Boosters has a trailer for all supplies.

Hope to see you at the next regatta, and look for St. Mary's Crew tent.

Go Eaglets
Transportation Chair

FOOD COMMITTEE

Dear Crew Parents,

Welcome to St. Mary's Crew from the regatta food committee. Below is a brief explanation of how our meal system works when the team is competing in a regatta. Typically, we prepare breakfast and lunch at each regatta. Breakfast is usually eggs, sausage, pancakes, fruit, cereal and breakfast breads. The lunch menu varies from hamburgers to chicken to macaroni and cheese accompanied by a variety of salads. Regattas which are held out of town also may include a pasta dinner.

Each year, the rowers are required to pay a food fee which covers all of the main dish food, beverages, and condiments for the entire season. The Booster Club makes every effort to keep the cost to a minimum, and if you consider the cost to feed your son; it's a good bargain considering there are in excess of 25 meals.

Accompanying salads, desserts, and breakfast breads are donated by crew parents. On the Sunday preceding a regatta, a mass e-mail will be sent asking for these donations and for volunteers to help with meal preparation, serving and cleanup. Please make sure we have your e-mail address. It's a lot of fun to work at the food tent as you quickly get to know the boys and their parents.

After the boys have eaten, there is usually enough food for the parents and siblings to join in. Families are always welcome to eat after all of the boys have finished. It is sometimes hard to tell if all the boys have had a chance to eat as they often come off the water at different times. Just ask someone working behind the tables. Also, there are concession stands at every regatta where parents can get something to eat or drink.

Again, welcome to the crew program. I look forward to seeing you at the regattas.

Sincerely,
Food Committee Chair

REGATTA WATCHER'S GUIDE

From Hanwell Rowing Club

If you are new to the sport of rowing, this Viewer's Guide will give you the basics for watching rowing.

The Races

Events are divided into categories based upon rowing; sweep or sculling; skill and weight; lightweight, open (heavyweight), and novice; and with or without cox.

Sculling and Sweep Rowing

Athletes with two oars – one in each hand – are *scullers*. There are three sculling events: the single – 1x (one person), the double – 2x (two) and the quad – 4x (four). Athletes with only one oar are *sweep rowers*. Sweep boats may or may not carry a *coxswain* (pronounced cox-n) to steer and be the on-the-water coach.

In boats without coxswains, one of the rowers steers by moving the rudder with his or her foot. Sweep rowers come in pairs with a coxswain (2+) and pairs without (2-), fours with a coxswain (4+) and fours without (4-) and the eight (8+), which always carries a coxswain.

The eight is the fastest boat on the water. A world level men's eight is capable of moving almost 14 miles per hour. The pairs and fours with coxswain are sometimes the hardest to recognize because of where the coxswain is sitting. Although the coxswain is almost always facing the rowers in an eight, in pairs and fours the coxswain may be facing the rowers in the stern or looking down the course, lying down in the bow, where he or she is difficult to see.

Athletes are identified by their seat in the boat. The athlete in bow is seat No. 1. That's the person who crosses the finish line first (which makes it easy to remember – first across the line is No. 1 seat). The person in front of the bow is No. 2, then No. 3, No. 4, No. 5, No. 6, No. 7 and No. 8, a.k.a. the stroke. The Stroke of the boat must be a strong rower with excellent technique, since the stroke sets the rhythm and number of strokes per minute, the rest of the crew must follow.

Lightweight and Open Weight

An athlete of any weight can enter the open categories, although the average woman in an open race will approach 6' in height and an average open weight man 6'6". High School Lightweight Men is generally 150 pounds, though this is not universally standard. In some regattas, the weight is increased to 160 pounds with a boat average not exceed 155 pounds. Lightweight Women cannot weigh more than 130 pounds and the average weight in the entire boat cannot exceed 125 pounds. Lightweights row the same events as open weight athletes.

Heavyweights and Open Weight are considered the same category.

The Race

All events at the FISA World Championships and Olympic Games are 2,000 meters or approximately 1.25 miles. The racecourse is divided into six lanes and each 500-meter section is marked with buoys. The race begins with both boats aligned at the start in the lanes they've been assigned. Individuals in each lane hold the stern of each boat steady while an official, known as the aligner, ensures that each boat is even with the others and squarely facing the course.

Each crew is allowed one false start; two means disqualification. If within the first 100 meters there is legitimate equipment breakage (e.g., an oar snaps in two), the race will be stopped and restarted with repaired equipment. The stroke rate (the number of rowing strokes per minute that a crew is taking) is high at the start – maybe 45 to even 50 for an eight; 38 to 42 for a single scull. Then, the crew will "settle" into the body of the race and drop the rating back – 38 to 40 for an eight; 32-36 for a single. The coach and the way the race is going determine when the crew will sprint but finishing stroke rates of 46+ in the last 200 meters aren't unheard of. However, higher stroke rates are not always indicative of speed. A strong, technically talented crew may be able to cover more water faster than a less-capable crew rowing a high stroke rate. Unlike canoe/kayak competitions, rowers are allowed to leave their lanes without penalty, so long as they do not interfere with anyone else's opportunity to win.

An official follows the crews to ensure safety and fairness. Despite the exhaustion of the race, the crew will row for five to 10 minutes afterwards in order to cool down. In rowing, the medals ceremonies include the shells. The three medal-winning crews row to the awards dock, climb out of their shells and receive their medals before rowing away.

The Stroke

The whole body is involved in moving a shell through the water. Although rowing tends to look like an upper body sport, the strength of the rowing stroke comes from the legs. The stroke is made up of four parts: Catch, Drive, Finish and Recovery. As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. At the catch, the athlete drops the oar blade vertically into the water. At the beginning of the drive, the body position doesn't change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades through the water. Continuing the drive, the rowers move their hands quickly into the body, which by this time is in a slight "layback" position, requiring strong abdominal muscles. During the finish, the oar handle is moved down, drawing the oar blade out of the water. At the same time, the rower "feathers" the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins recovery, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward, until, knees bent, the rower is ready for the next catch.

The Equipment ~ Oars

Oars move the boat through the water and act as balancers. Sweep oars are longer than sculler's oars and have wooden handles instead of rubber grips. The shaft of the oar is made of extremely lightweight carbon fiber instead of the heavier wood used years ago. The popular "hatchet" blade – named because of its cleaver-like shape – is about 20 percent larger than previous blades. Its larger surface area has made it the almost-universal choice among world-level rowers.

The Boats ~ Sculls and Shells

All rowing boats can be called shells. Rowing boats with scullers in them (each person having two oars) are called sculls, e.g., single scull, double scull, quadruple scull. So, all sculls are shells but not vice versa! Originally made of wood (and many beautifully crafted wooden boats are made today), newer boats – especially those used in competition – are made of honeycombed carbon fiber. They are light and appear fragile but are crafted to be strong and stiff in the water. The smallest boat – the single scull – is approximately 27 feet long and as narrow as 10 inches across. At 58 feet, the eight is the longest boat on the water. The oars are attached to the boat with riggers, which provide a fulcrum for the levering action of rowing. Generally, sweep rowers sit in configurations that have the oars alternating from side to side along the boat. But sometimes, most typically in the 4- or 4+, the coach will rig the boat so that two consecutive rowers have their oars on the same side in order to equalize individual athlete power.

Race Watching

The crew that makes it look easy is most likely the one doing the best job. While you're watching, look for – continuous, fluid motion of the rowers. The rowing motion shouldn't have a discernible end or beginning. Synchronization. Rowers strive for perfect synchronization in the boat. Clean catches of the oar blade. If you see a lot of splash, the oar blades aren't entering the water correctly. The catch should happen at the end of the recovery, when the hands are as far ahead of the rower as possible. Rowers who uncoil before they drop the oar blades are sacrificing speed and not getting a complete drive.

Even oar blade feathering. When the blades are brought out of the water, they should all move horizontally close to the water and at the same height. It's not easy, especially if the water is rough. The most consistent speed. Shells don't move like a car – they're slowest at the catch, quickest at the release. The good crews time the catch at just the right moment to maintain the speed of the shell. Rowing looks graceful, elegant and sometimes effortless when it's done well. Don't be fooled. Rowers haven't been called the world's most physically-fit athletes for nothing. A 2,000-meter rowing race demands virtually everything a human being can physically bring to an athletic competition – aerobic ability, technical talent, exceptional mental discipline, ability to utilize oxygen efficiently and in huge amounts, balance, pain tolerance, and the ability to continue to work when the body is demanding that you stop.

More Race-Watching Tips

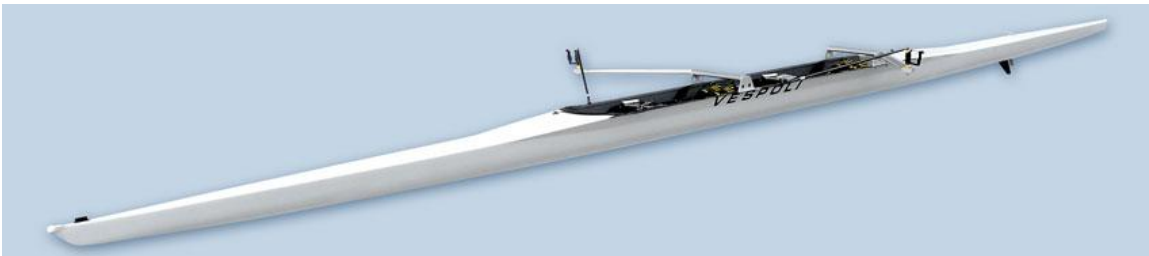
Race times can vary considerably depending upon the course and weather conditions. Tailwinds will improve times, while headwinds and crosswinds will hamper them. If a crew "*catches a crab*," it means the oar blade has entered the water at an angle instead of perpendicularly. The oar blade gets caught under the surface and will slow or even stop a shell. A "*Power 10*" is a call by the coxswain for 10 of the crew's best, most powerful strokes. Good coxswains read the course to know how many strokes remain for their crew to count down to the finish. Crews are identified by their oar blade design. It doesn't matter whether you win an Olympic medal or don't make the finals – each crew still carries their boat back to the rack. Coxswains from first-place boats worldwide are thrown into the water by their crews. Coxswains don't now and probably never did yell "stroke! stroke!" Similar to a jockey, their job is to implement the coach's strategy during the race, in addition to steering and letting the rowers know where they stand in the race and what they need to do to win.

THE BOATS

Orchard Lake St. Mary's Crew competes in three categories; Novice, Open (Heavyweights), and Lightweights. Within these categories are different boat types. This section will explain the boats and the particulars about the category.



Single (1x): Single rower uses two oars, scull style. There is no coxswain



Double/Pair (2-, 2+, 2x): Shown here is the sweep row set-up, but this event can also be scull similar to the Quad and Single. Rarely is this event with cox. Two rowers navigate the course. Some boats are equipped with foot steering, but not OLSM. We count on oar pulling to steer with the Bow rower as lead.



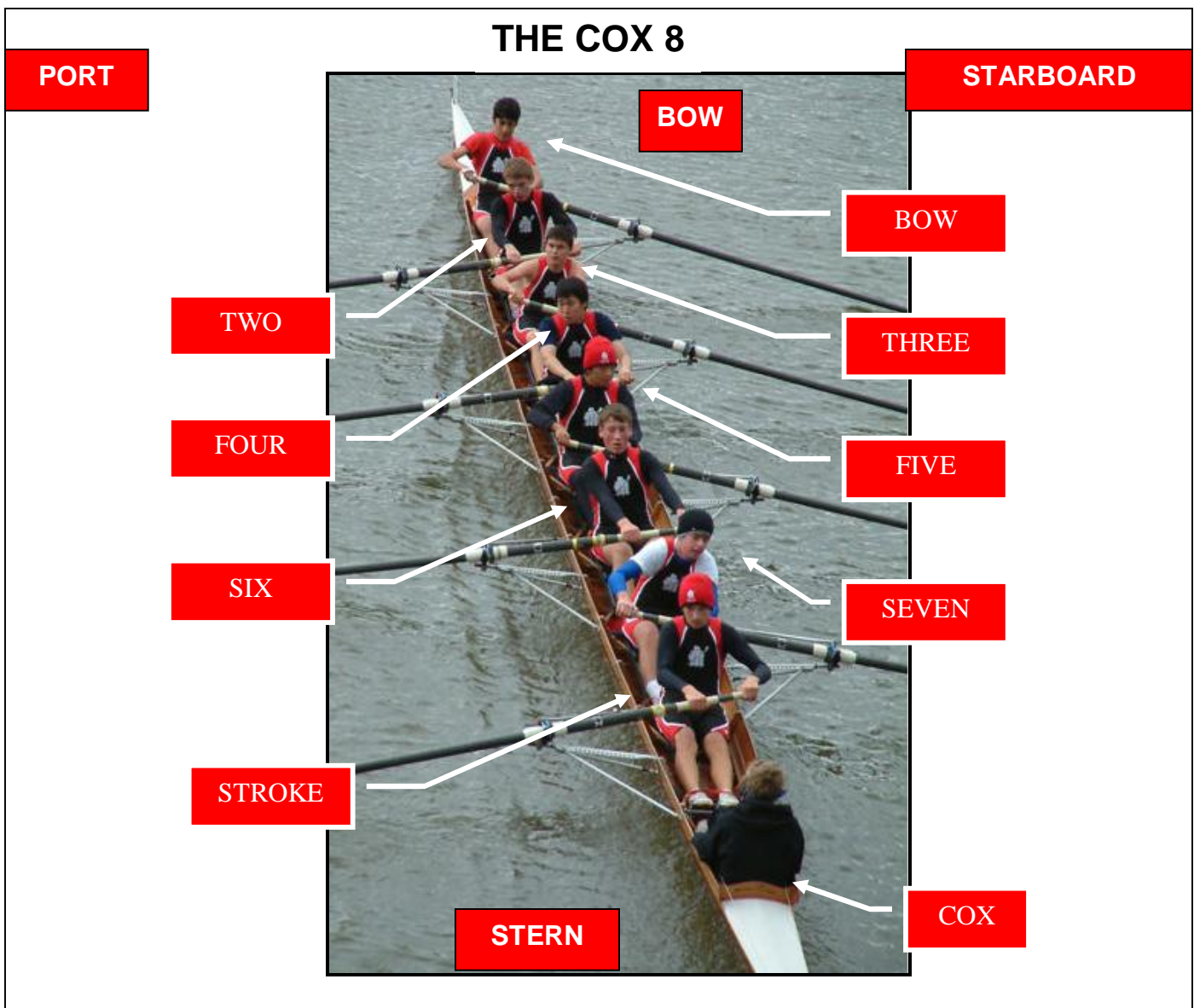
Quad (4x): Scull rowing where four rowers pull two oars. This event may be either coxed or coxless. High school competition is always coxed.



Four (4+, 4-): Sweep rowing event with four rowers pulling one oar each. This event may be either coxed (4+) or coxless (4-). High school is always coxed.



Coxed 8 (8+): The big boat; sweep rowing. Always coxed and produces the fastest time on the water. 8 rowers pull one oar each.



A Few Rowing Terms You May Hear Along the Way

Bow: The forward section of the boat; first part of the boat to cross the finish line.

Bow Coxed Boat: A shell with the coxswain near the bow instead of the stern.

Bowman: The person in the seat closest to the bow; crosses the finish line first.

Catch: That point in a stroke cycle at which the blade enters the water.

Check: Amount of interruption of forward progress of shell, which commonly occurs at the catch and sometimes at the release. It is also a split in the thin wooden skin of a shell.

Coxswain: Most people think that the coxswain just yells “stroke, stroke, stroke!” Nothing could be further from the truth. Their responsibilities include steering, strategy and motivation. Must weigh at least 100-110 pounds.

Crab: Upsetting action caused by turning the oar blade in water so that release is either forced or impossible to make. Some crabs result in an oarsmen being thrown out of a shell.

Deck: Sections of a shell at bow and stern covered usually by varnished silk or nylon; Bow Deck extends about 12 feet back from prow to washboard; Stern deck extends from back of coxswain’s seat to tiller post.

Ergometer: Called an “erg” by rowers, it is a rowing machine that closely approximates the actual rowing motion. The rower’s choice is the Concept II, which utilizes a flywheel and a digital readout so that the rower can measure strokes per minutes and distance covered.

Feathering: Action of turning the oar blade parallel to surface of water during recovery; used to cut down wind resistance of blade and aid in releasing.

Finish: As part of stroke cycle, the last part of the drive before release; also, when prow of shell reaches end of course; also, manner in which crew rows final portion of race.

Gate: The bar across the oarlock that keeps the oar in place.

Heavyweight: An oarsman or sculler or crew, which is too heavy to qualify as a lightweight entry. Usually an individual weighing over 150 and 155 lbs.

International Distance: 2,000 meters (approx. 1 ¼ miles).

Junior: An oarsman or sculler who has not reached his 18th birthday.

Leg Drive: Power applied to stroke by force of legs against stretcher pushing sliding seat toward box.

Length in Water: Term describing arc in water through which blades move on drive – actually, amount of forward motion of shell while blades are anchored in water.

Lightweight: An oarsman, sculler or crew which weighs 155 lbs. or under.

Missing Water: Faulty catch in which oar blade is not anchored properly, resulting in missing part of initial drive.

Port: Left side of shell, facing forward (from stern forward, stroke, 6, 4 and 2.)

Power 10: A call for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.

Puddles: Whirlpools left in water by action of oar.

Recovery: Part of stroke cycle in which oar is returned to position for the drive during which oarsman's seat is returned to stern and of slide.

Repechage: The second chance race given those crews which fail to qualify from their opening heat in international rowing. All the losers are drawn again and the repechage winners usually move on into the overall entry and the duration of the regatta.

Rigger: The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Rigging: Adjusting and altering accessories in shell such as outriggers, boot stretchers, tracks, sliding seats, etc.

Scull: Smaller counterpart of sweep oar used in singles, double and quads.

Senior: An oarsman or a sculler who has won a race at a qualifying regatta.

Shell: A boat built for racing; usually 61 feet long, 24 to 26 inches wide at the widest point (approximately at the number 4 seat) and tapering to either end. Fully rigged weighs 250 to 260 pounds.

Starboard: Right side of shell, facing forward. Oars on the starboard side of a standard-rigged boat are Bow, 3, 5, and 7.

Starting Gate: A large steel structure at the starting line from which crews start their race. Boat boys lie on their stomachs at the end of a board protruding from the gates proper and grasp the sterns of the shell to assure an even start.

Stretcher: Where the rower's feet go. The stretcher consists of two inclined foot rests which hold down the rower's shoes, which are bolted into the footrests.

Stroke: Oarsman in Number 8 Seat, farthest astern facing coxswain, who sets beat for the rest of the crew to follow.

Sweep: One of the two disciplines of rowing, the one where rowers use only one oar. Pairs, fours, and the eight are sweep boats.

Swing: The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing performance and speed.

Washing out: When the oar blade comes out of the water during drive - creating surface wash, losing power, and unsteading shell.



PERSONALITY TRAITS OF AN EIGHT

Adapted from Mike Sullivan

From the stern ...

Cox: A Leader and a little Napoleon, but he cannot drive a car. He takes 10 miles to change a lane. He oversteers, can't find the brakes, and yells to the car a lot. **Coxes** squint a lot; no loss in vision, they just squint.

Stroke: "It's a tough job, but only I can do it." **Strokes** are born and made to be the most competitive person in the boat. The only one who can beat him to the chow line is **Three**, because **Stroke** was delayed trying to put more oars away in the rack than anyone else.

Seven: A Big Mouthed Complainer. A Mother Theresa would do a personality reversal if she rowed at **Seven**. The longer on rows at **Seven**, the more sophisticated the complaining becomes.

Six: The Gentle Giant. He absorbs **Seven's** complaining and protects the rest of the crew. **Six** mediates, nods, and agrees a lot. A **Stroke** could learn something, rowing at **Six** sometime.

Five: Gets Special Treatment. **Five** has the greatest delta between image and reality. He's the only one who always takes a great picture. **Five** is spoiled – but only on the water.

Four: The Amnesia-seat. Photographic memory? Row **Four** and you'll forget. **Four** is why racing shirts are handed out on race day.

Three: Always Late. Late in the water, to practice, to class, to work. Late out of the water. Late for everything but chow line; he'll be first there through tricks or distractions. **Three** generally gets assigned a sitter.

Two: A Cheerleader. Sit at **Four** or **Five** and listen to **Seven** whine and complain. Then hear **Two**, "ALL RIGHT, GUYS! LET'S DO THAT AGAIN!" If he says something funny, he repeated something he heard from the **Bow**.

Bow: A Comedian. If anything should go wrong, **Bow** is the first to go. This creates a constant stream of one-liners. **Bow** can be humorless off the water, but on the water any listener can catch a chuckle. This trait disappears if there is a front **Cox**.

Conclusion: There's no possible use for this info. You don't necessarily stick your most competitive athlete at stroke. Stick anyone there and they'll get competitive. It takes a long time for some of these seat traits to manifest themselves in personality disorders, but you can usually catch subtle differences the first day.

FREQUENTLY ASKED QUESTIONS

We hope this assists in answering your questions, if not, please ask.

How do the rowers get to the regatta and return home?

In the fall, we depend upon a combination of parent volunteer drivers, or a chartered bus. Trips greater than 100 miles will be by bus. For the local regattas (Hebda and Wyandotte) we count on a parent caravan downriver. Transportation is coordinated by the Head Coach and the Booster Club transportation chair.

Under no circumstances are students allowed to drive to regattas. This is school policy and we request all parents to abide.

What does a rower wear for a regatta?

Rowers need to prepare for all the possible extremes at a regatta. Regattas tend to attract unseasonably cold or warm weather, rain, snow, sleet, hail, sun and any and every other weather phenomenon. Occasionally, the weather is beautiful at a regatta. A weatherproof jacket is often helpful (like the Gore-tex team jacket that the booster club offers) as is lots and lots of socks (wet socks can leave the rowers miserable all day.) They should bring their uniform.

What is an erg?

An erg is the shortened name for a rowing ergometer, or rowing machine. It is a demonic device (ask any experienced rower) that provides a great workout. It looks much like a seat in a rowing shell, with a sliding seat, foot stretchers, and a handle. The handle is attached to a chain which turns a flywheel. There is a "performance monitor" that judges just how hard the rowers are pulling. St. Mary's Crew owns 26 + ergometers, and we use them extensively as part of our winter training.

How do I get involved? What can I do to help?

The number one way to help out the team is to join the St. Mary's Crew Booster Club. This is an organization of parents whose mission is to support the rowing program. The boosters provide a tremendous amount of support to the coaching staff. They organize fundraisers, food at regattas, transportation, banquets, and seemingly innumerable other tasks. Each year, new board members are needed. Contact the president for more information. Others ways you can help would be to volunteer to drive to a regatta or assist with one of the fundraisers.

What do the different classifications mean? Lightweight, Heavyweight, Junior, Senior, Novice?

Regattas have divisions to allow rowers of similar size and experience levels to compete against each other. Lightweight rowers are generally less than 150 pounds. There use to be a Midweight (160 pounds), but Midweight has been discontinued. Heavyweight rowers may be any weight. They are often divided as well, but this time by age: a senior rower may be of any age, but a junior rower must be in the 11th grade or younger (or, and I know this must seem confusing, at some races a junior rower must be under 17.5 years old). A novice rower is in his first year of rowing. At some regattas, there are Lightweight and Heavyweight categories for novices.

When, and from whom, will I find out the schedule for a Regatta weekend?

On Monday or Tuesday of a regatta week, the rowers will receive a handout at practice. They are supposed to take it home and show it to their parents. However, it doesn't always work out this way. Ask your son and by Wednesday he should have some information about the weekend.

Where do the boys stay at away regattas and what do they bring?

Accommodations at away regattas usually involve sleeping on the floor in a large room. Therefore, a sleeping bag and pillow are necessary. Because of the generosity of the rowing world, most away regattas or home teams provide visiting crews with gym space for a minimal cost. Whatever the accommodations, the rowers must stay with the team.

What should my son eat before a regatta?

Traditional pre-regatta food is easy on the stomach: bagels, juice, fruit, Gatorade, etc. At most regattas, a healthy breakfast is provided for the rowers. One team policy is that athletes do not drink pop on a regatta trip, so that is one thing to definitely avoid. Drinking carbonation and caffeine rob blood of oxygen causing quicker fatigue. These should be avoided during the entire rowing season.

What is the schedule like on a regatta morning?

Generally, the rowers arrive at the course at about 6:30 a.m. Those with early races will begin preparing their boat. Coxswains and coaches have a meeting with regatta officials in the 7o'clock hour. Racing usually starts at round 8:00 a.m. Parents will be notified of the schedule as soon as the coaching staff is able to obtain it. You may pick up a regatta program from the host site when you arrive. This will give you the schedule for the day and the race rules. You can also check www.regatacentral.com just prior to the event for post times.

Are parents expected to go to out-of town regattas?

No, parents are not expected to go, but a large number of parents do. The parents have a great time relaxing on the shore and cheering wildly when the boys of "Orchard Lake" come down the course. It's always great to see a large group of red-and-white clad fans at a regatta. The booster club makes group reservations for hotel accommodations for parents.

Does the crew practice in the winter?

Yes, the team holds winter workouts. Much time is spent in the weight room, gym and on the ergs improving the rowers' strength. Rowers not involved in a winter sport are expected to attend.

What is spring training and what is involved in it?

Spring training is a trip the team takes over Easter break. Because conditions on Orchard Lake are usually unfavorable over the break, we travel south to Oak Ridge, Tennessee, where there are many miles of great, flat water and balmy weather. The team stays in a hotel, practices twice a day, and eats two meals per day together. The rowers pay for their own lunches. The spring training trip is mandatory for all spring rowers. There is a charge for the trip. The boys generally leave the Thursday before Easter and come home the following weekend. They attend church on Good Friday and Easter Sunday. Some coaches have been known to do some tutoring in their subject.

How long are practices?

Practice times vary, but usually, rowers are finished by 5:15 p.m. Varsity Rowers that have morning practice in the spring are usually dismissed to go to class by 7:20 a.m.

Are the rowers allowed to drive to regattas on their own?

No, under no circumstances should a rower drive himself to a regatta. This is consistent with the school's athletic policy.

What determines which boat a crew member will be placed on?

Size, weight, experience level, strength, and technique all play a role in determining where an oarsman will row. There is often fierce competition for a seat in a particular boat. The coaches make their decisions based on both on-the-water performance and erg scores.

What determines if a crew goes to Henley?

There is no set determining factor on this issue. The 1998 crew that participated in the Henley Royal Regatta in England established themselves as the fastest boat in North America by winning the Stotesbury Cup, the Canadian National Championship, and the USRowing Junior Championship. But each year and each crew is different, and the coaching staff takes no set position or criteria for the possibility of future trips to Henley.

What is the difference between a “head race” and a “sprint race”?

A head race is a race against the clock on a long (2.5 to 3.5 mile course). The boats line up single file, and when a boat reaches the start line, its time is started. The boats are separated by a 10-second gap. The idea is to pass as many boats as possible, and not allowing anyone to pass your boat. The boat with the quickest time is the winner and is crowned “head of the river”. A spring sprint race is a shorter (1500 or 2000 meter) race with up to seven boats racing side-by-side. Sprint racing is the more traditional format of racing.

What type of crew scholarships are available for college and where can we find out that information?

Crew scholarships are rare, but are available at some schools. Even if a particular rowing program doesn't offer scholarships per se, the admissions and financial aid process can be made easier with the help of an interested college coach. Getting in contact with the college coaches, and fall head races are also a good place to meet college coaches.

How does the scoring system work at a regatta?

Seemingly every regatta has a different scoring system, and the Regatta program usually explains it. But all scoring systems are somewhat similar in that there is a point value for the size of the boat (8, 4, 2-, 2x, 1x) and the place it finishes (1st, 2nd, 3rd). For example, the point value for an eights race may go like this: 30 points for first 15 for second and 8 for third. A fours race might be: 15 for first, 8 for second and 4 for third.

What are the fundraising expectations for the rowers and their parents?

Fundraisers are run by the Booster Club, and all rowers and parents are expected to do their part. It is only through fundraising that the team is able to purchase quality, top-of-the-line equipment, and cover food, transportation, and lodging expenses.

What equipment, clothing, etc. does my son need in order to row?

The basic clothing for rowing is pretty simple: a quality pair of running shoes, a pair of black spandex shorts, and athletic clothing (t-shirts, sweats, wind-pants, etc.). As for equipment, a strong set of lungs and powerful muscles help. If your rower does not currently have this equipment, the coaches will do their best to make sure that he will. Athletes need to get their own black spandex shorts. Clothes to stay warm are often necessary. Check the Booster Club website (www.olsmcrew.com) to view available crew clothing.



Information



The Mark of Rowing Excellence

ST. MARY'S UNIFORM

The St. Mary's Preparatory Crew Team wears a black, red and white accented unitard from J.L. Racing. The uni is purchased by the parents, and each rower must be in St. Mary's colors as directed by the coaches. Novice rowers during the Fall Season are granted an exception.

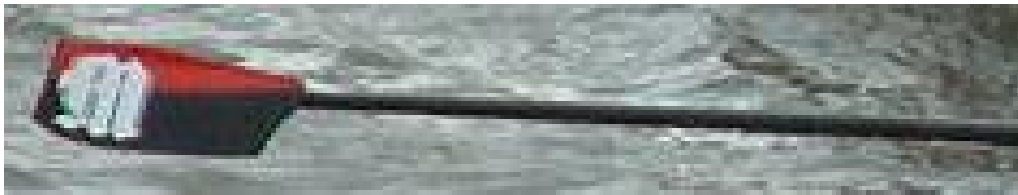
The uni is a tribute design to the heritage of our school and features a "Script M" logo on the front with a crossed oar. The back is plain.



Please contact the Clothing Chair to order your uni. Allow at least 4-6 weeks for order and delivery. Please note: the uni is custom made to your son's dimensions. The Clothing Chair will need to know the measurements.

ST. MARY'S OAR

St. Mary's has a distinctive oar color proudly displaying the script M. Look for it on the water to be certain it is an OLSM boat.



CREW JACKET TIPS



Purchasing

Crew jackets are purchased through the Clothing Committee. A great time to place your order is either at the Fall Homecoming Regatta or at the Erg-a-thon. Each jacket has the rowers name embroidered on the front. Orders take 4-6 weeks to process.

General Care

Always remember to hang up your jacket to dry. Do not leave a wet jacket balled-up in bag or locker.

Washing

Wash and rinse in cold water with mild detergent. Do not use chlorine bleach, whitener, brightener, or booster. **Do not dry clean.**

Drying

Hang or simply tumble on "air" setting.

Restoring Water-Repellency

If water is not "bleeding" on fabric, the Teflon HT finish is not gone - - it is simply absorbed into the fabric. To restore water-repellency, place a dry jacket in the dryer on medium temperature for 10 minutes or iron your jacket at a very low setting with a towel between the jacket and the iron.

Questions

Call 1-800-875-1883 or Info@Boathouse.com

TRANSPORTATION

The Crew Booster Club arranges transportation and lodging for all regattas outside a 100 mile radius. This typically includes Chicago, Midwest, St. Catharines, Nationals, etc. The provided transportation is for the rowers and coaches. It is expected that all rowers will travel to and from regattas with the team. Exceptions need to be approved by the Head Coach.

Parents, family, and friends are encouraged to attend all regattas. The Transportation Chair typically provides directions and a list of recommended hotels. This transportation and lodging is not provided.

If you have any questions, please contact one of the coaches or a member of the Booster Club Board.

HOTELS

This information is for families and friends of St. Mary's Preparatory Crew. All reservations are under St. Mary's Crew Boosters. Specific contact names and hotel rates will be provided prior to each regatta.

- **Midwest Championship**

Midwest Scholastic Championship Regatta ~ Cincinnati, Ohio

Doubletree Guest Suites
6300 East Kemper Road
Sharonville, Ohio 45241
(513) 247-6011

Continued. . . .

• **National Championship**

*Scholastic Rowing Association of America Camden ~ Oakridge, Tennessee
(Only winning crews from Midwest will qualify for this regatta.)*

It is recommended that families wishing to travel to SRAA call individually to book their reservations, as hotels will not block a group reservation for this event. When making your reservation, we recommend you **NOT** identify yourself as a crew family.

Days Inn
206 South Illinois Avenue
Oak Ridge, Tennessee 37830
(865) 483-5615

Doubletree Hotel
215 South Illinois Avenue
Oak Ridge, Tennessee 37830
(865) 481-2468

• **Canadian Championship**

Canadian Secondary School Rowing Association ~ St. Catharines, Ontario

Comfort Inn
St. Catharines
(905) 687-8890

Days Inn
Niagara Region
(905) 562-4104

Highwayman Inn
(905) 622-1646

Holiday Inn
(905) 934-8000

Howard Johnson Hotel
(905) 934-5400

Travel Lodge
(905) 374-7171

Read House
(905) 934-7648

Regatta View
(905) 934-6593

Springbank House
(905) 641-1713

Wooten House on the Water
(905) 937-4696

Camp Dressel's Jordan Valley Campground (905) 562-7816

3058 21st Street, RR#1

Jordan, Ontario

B&B's Hayhocks
(905) 934-7106

Highbourne House
(905) 938-1252

Old Port
(905) 934-5761

It is our sincere hope that no rower every needs medical assistance. The Booster Club, however, feels it is better to be safe than sorry. The following list contains medical center information in the areas we typically row. Should assistance be need, a coach shall contact you.

Please be aware, the safety of your son is foremost in the minds of the coaches and Booster Board Members.

Methodist Medical Center of Oak Ridge

990 Oak Ridge Turnpike
Harriman, Tennessee
(865) 481-1190

Henry Ford Wyandotte Hospital

2333 Biddle Street
Wyandotte, Michigan
(734) 284-2400

Hotel Dieu Health Science Hospital

155 Ontario Street
St. Catharines, Ontario
(905) 682-6411

St. Catharines General Hospital

142 Queenstown Street
St. Catharines, Ontario
(905) 684-7271

Please make sure medical release forms are turned in at the beginning of the season.

WEBSITES

www.Row2K.com

Articles, classifieds, bulletin boards, regatta information

www.PotomacRowing.com

Rowing apparel, jewelry, posters, books, gift items

www.RowersWorld.com

Olympic diaries, coxswain tales, training articles, free classified ads, e-postcards, racing photos, books

www.RowingNews.com

Magazine featuring rowing articles, supplies, classified ads

www.SewSporty.com

Custom rowing apparel

www.Coxing.com

Videos, instruction books

www.NavyRowingCamp.com

Navy rowing camp information

www.RegattaSport.ca

Rowing specialty shop

www.RowCamp.com

Northeast Rowing Center information

www.RowingLinks.com/USA/Colleges/

Information on colleges with rowing teams

www.TrueSport.com/Row/Index.htm

Regatta information, classified ads

www.RowAlden.com

Rowing art, apparel, books, gifts

www.TheManagers.com/Rowing.Center

Rocky Mountain Rowing Center information

www.Craftsbury.com

Craftsbury Sculling Center

www.Vespoli.com

The boat builder. Site contains Information on boats, and a rower's page for College recognition.

www.Powertiming.com

Regatta results, updated during the races.

WWW.OLSMCREW.COM

The home of Orchard Lake St. Mary's Crew Team