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**THINK FAST. THINK CREW. THINK
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WELCOME ABOARD

2011-2012




CREW CLUB

FIRST COLONIAL CREW CLUB AUXILIARY, INC.
PO Box 8551 VIRGINIA BEACH, VA 23450-8551
INFO@FCCREW.COM
WEBSITE: WWW.FCCREW.COM

WELCOME

The First Colonial Crew Club Auxiliary, Inc. (FCCCA) is a 501(c)(3) charitable, non-profit organization dedicated to fostering amateur sports competition among student athletes from First Colonial High School in competitive rowing, or "Crew" as it is called. FCCCA sponsors two clubs: the First Colonial High School (FCHS) Crew Club whose competitive season is in the late winter and spring, and the Patriot Rowing Club in the fall and off-season. The FCHS Crew Club competitions are for First Colonial High School student rowers whereas the Patriot Rowing Club is open to all high school rowers. FCHS Crew Club is a member of the Eastern Virginia Scholastic Rowing Association (EVSRA) and an associate member of the Virginia Scholastic Rowing Association. FCCCA membership enables participation in both clubs throughout the school year.

HISTORY



Rowing has emerged from a basic means of water transportation centuries ago, to the competitive sport it has become today. Ancient Rome and Egypt held races and the longest running competition has been held annually on London's Thames River since 1715. Britain's inter-collegiate competition started with the Oxford/Cambridge race in 1829 which inspired the American Harvard/Yale rivalry in 1852, marking its place as the oldest intercollegiate event in America. At Wellesly American woman were the first to catch the rowing spirit in 1877 which lit the Olympic spirit to adopt rowing as a sport in 1900 (but waited until 1908 to incorporate it into the games - for men and 1976 for women!). FC Crew Club found the rowing spirit in the spring of 2001 with a handful of members and one rowing machine. By 2003, we had 48 members and in 2008 we had boats finishing in the top 10 in regional, state, and national championships. At least 3 FC crew alumni currently represent college level teams. Rowing is a lifelong sport that gives a total body workout. Is it any wonder that in a May 25, 2007 article, the Virginian Pilot noted "Women's rowing is the fastest-growing sport in the NCAA." Come make your mark in history - join FC Crew!

Points of Contact

2011-2012 AUXILIARY BOARD

Jim Petersen - President 486-2892
Mike Lewis - Vice President 486-7588
Tanya Olander - Secretary 340-4640
Mark Devlin - Treasurer 422-5917
Mark Hodges - At-Large 428-2670
Kerstin Devlin - At-Large 422-5917
Pam Whitley - At-Large 425-6817
TBD - School Sponsor/Advisor

COACHING STAFF

Kurt Snyder - Head Coach 201-3615
Thomas Rodgers - Asst. Coach 773-2931
Maria Marshall - Asst. Coach _____
Drew Webb - Asst. Coach _____

PRACTICE SITE HOSTS

Ed & Kathryn Vincze 481-9772
Chris and Kristin Inghram 631-1499

COMMITTEES AND ASSISTANTS

Parent Practice Volunteers – **(Vacant)**
Regatta Support – **(Vacant)**
Shells & Launches Maintenance – **(Vacant)**
Dock & Practice Site – **(Vacant)**
Trailer – **(Vacant)**
Fundraising – **(Vacant)**
Food/Beverage - **(Vacant)**
EVSRA – Jim Petersen 486-2892
Travel – Mark & Pam Hodges 428-2670
Website – Mark Hodges 428-2670
Membership/Recruitment – Kiki McGrath 631-2130
Uniforms/Spiritwear – **(Vacant)**

2011-2012 MEMBERSHIP DUES

\$650 STUDENT

UNIFORMS - \$100

(Discounts for siblings and payment plans are available)

Make Checks Payable to:

First Colonial Crew Club Auxiliary, Inc. (FCCCA)

Proposed 2011-2012 Regatta

- Oct 8, 2011 - Head of the James River Race – (Richmond)
- Oct 15, 2011 - Fun Crewz & Picnic (Narrows - First Landing SP)
- Oct 30, 2011 - Head of the LaFayette Halloween Regatta (Norfolk)
- Nov 6, 2011 - Head of the Occoquan (Occoquan, VA)
- Jan 28, 2012 - Mid Atlantic Erg Sprints (TC Williams HS, Alex.VA)
- Feb 11, 2012 - Hampton Roads Ergathon (Waterside/Granby HS?)
- Mar 24, 2012 - EVSRA Season Opener (Norfolk Botanical Gardens)
- Mar 31, 2012 - EVSRA Spring Fling (NBG)
- Apr 21, 2012 - Little Mathews Regatta (Mathews, VA) or
- Apr 21, 2012 - EVSRA Regatta (NBG)
- Apr 28, 2012 - EVSRA Championship (NBG)
- May 5, 2012 - Big Mathews Regatta (Mathews, VA)
- May 12, 2012 - VA State Championships (Occoquan, VA)
- May 19 & 20, 2012 - Stotesbury Philly
- May 25 - 27, 2012 - SRAA Nationals (Post Season)
- Jun 9, 2012 - Row for the Cure (Post Season) LaFayette – Norfolk

(Schedule subject to change)

COMMITTEES

Parent Practice Volunteers: Members of this committee will work directly with Crew Club rowers and coaches at land and possibly water practices. Parent volunteers will lead land practices (training provided) when the coaches are on the water. Assisting at water practice and driving coach launches may be needed on occasion. Practice Committee members should be available one afternoon per week/year-round. Hours vary but are generally from 3:00pm – 5:15pm.

Regatta Support Committee: At each regatta, two people will be needed to provide oversight of rigging, safety and assisting the coaches. This committee also works logistics of regattas (ensure regatta registration, ensure trailer drivers assigned, ensure regatta schedules are posted at tents, etc.)

Shell & Launches Maintenance Committee: Fuel tanks need to be prepped before the beginning of water practice. Maintenance of and repairing the shells and launches are the primary responsibility of this group. This includes keeping a spare parts inventory. Routine work needs to be done before and after fall/spring water practice. Additional in season repairs may be needed to keep the shells in usable condition. Launches need to be cleaned, maintained, emptied and prepared for storage when water practice ends.

Dock & Practice Site: Keeping the floating dock, oar racks and the launch site in good repair and in safe/usable condition. Maintaining, repairing and replacing wore out structures. This must be done before Fall and Spring water practice start ups and occasionally during the year. Branches may need trimmed. The practice site needs to be cleared and cleaned for the off seasons. During expected severe storms this committee is responsible for securing launches, crew equipment and shells if required.

Trailer: Driving and tow vehicles: Get boats and food trailer where they need to be (practice, warehouse, and regattas). This includes enlisting and training drivers.

Maintenance and Repair: Keep both trailers maintained, repaired, cleaned and stored before and after the rowing seasons.

Fundraising: Take charge of fundraising. Manage fundraising events like carwashes, yard & bake sale, etc. We manage and sign up volunteers for these events, utilizing crew student board to assist. We also test new fundraising events for their profitability.

Food/Beverage: Provide food & drink for regattas. Assist with set up and breakdown of tents and serving tables.

Eastern Virginia Scholastic Rowing Association (EVSRA): Assist in the set up and breakdown of the NRB regattas, to include the racing course. The major preparation is usually done the afternoon (or weekend) before the regattas, and consists primarily of moving and anchoring platforms. The other responsibilities are completed the morning of the regattas, placement of race course buoys, setting up lane markers, and ensure proper orientation of the finish line. The breakdown of the course is done immediately after each regatta. There are EVRSA meetings throughout the year.

Travel: Take charge of planning for the out of town regattas by setting up accommodations and relay this information to the club.

Website: Maintain the website and updating information.

Membership/Recruitment: Recruit new rowers from within First Colonial High School and the Middle Schools which feed into FCHS, utilizing the crew student board's assistance. Prepare materials for, set up and run registration day, including communication, forms, physicals, etc to potential rowers and veterans throughout the year.

Uniform/ Spirit Wear: Initially the companies will need to be contacted to check on prices of all items to be sold. Once prices have been solidified an order form will need to be created, listing a description of each item, sizes available, and pricing. Be sure a deadline date for orders to be received is listed on the order form.

End of Year Party: Members - all 11th graders and their parents.

Team Rules

PRACTICE SCHEDULE –3:00p.m to 5:15 p.m. on all school days. (First day of practice is Sept 19, 2011. – Meet at First Colonial High School north front fence)

PRACTICE SITE/ETIQUETTE – Water practices are held at the private residence of Ed and Kathryn Vincze (1604 Duke of Windsor, dock, land and water location), or at the home of Chris Inghram (1801 Seddon Cir) for land conditioning. Please use manners, keep voices down, trash picked up, and remember to pick up personal items. When walking, driving, or parking in the neighborhood, please be respectful of private property and others.

ATTENDANCE - Rowers should attend all practices. Attendance will be taken at each practice. A single individual's tardiness and absence affects the entire training and racing schedule. Emphasis will be placed on attendance record, as well as skill level and erg (ergometers – commonly known as erg's) times, for coaches when assigning boats. You should let the coaches know at least 24 hours in advance if you cannot attend a practice or a regatta. Please get the message to them via phone call, e-mail, or a note or message from your coxswain or teammate. Communication is important!! If you are home sick or leave school sick, please call the coach as soon as possible that day to let him/her know.

ATTIRE – Each rower should have a good pair of running shoes and tight fitting shorts. Clothing should be clean and not offensive at practices and races. Uniforms should be clean for all races. Appropriate attire for weather (hot/cold), always dress in layers.

WEATHER – We will row everyday unless there is lightning, extreme wind, or extreme cold. Do not assume practice is cancelled, listen for school announcements. The coach will notify the school by noon.

CLEAN-UP - Both the land practice site and the water practice site must be neatly secured at the conclusion of each practice. No one can leave practice until all boat and oars are secured and everything else is put away. This includes emptying the launches, cleaning the dock, tying down the boats, and putting the life preservers away.

COXSWAINS - Like the coach, the coxswain is to ensure safety of the rowers and the boat on and off the water and in charge of all aspects of practice that are not personally being handled by a coach. Rowers are to respect the coxswain's authority and perform the required tasks when asked. Coxswains need to make their commands in a respectful manner. They are responsible for motivating the crew in a positive manner, provide leadership, direct rowers, and assist and communicate with the coach in practice management.

HEALTH – Bring Water!! If you are sick or injured, report to your coach immediately.

DRUGS – Use of illegal drugs, alcohol, or tobacco will not be tolerated. Any infraction of this rule will result in immediate suspension from the team.

REGATTAS - Coaches and the Auxiliary Board of Directors will determine the regatta schedule at the beginning of each season.

CONDUCT – You represent our team and school. Your actions during practices and regattas should reflect good sportsmanship, win or lose.

- Do not argue with coaches, coxswains, teammates or regatta officials. Do not criticize or degrade teammates or opponents.

-Treat everyone with respect at all times.

-Do not use profanity.

-Take proper care of equipment and uniforms.

-For all races, rowers are expected to remain at the race site until the event is concluded and all equipment is packed and loaded.

-Rowers may not leave the race site, hotel or planned activity without permission from the head coach or head chaperone. Also, parents may not give their child permission to leave the race site, hotel or planned activity without consulting the head coach or head chaperone. When coaches are not present the head chaperone is in charge.

DRIVING- Students may not drive to regattas unless accompanied by a parent or chaperone.

OVERNIGHT TRIPS/HOTELS - Rowers may be asked to stay overnight as a team with team/rower assigned rooms.

-Room assignments will not be changed without the permission of the head coach/head chaperone/travel coordinator.

-Team members may stay NOT in a room other than their team assigned room or a room with their parent or chaperone.

-Visitation of other FCCCA members will be allowed PRIOR to curfew. No one other than a FCCCA member is allowed to visit rooms.

-The curfew time will be at the discretion of the head coach on overnight stays. Under no circumstance will a team member be allowed to leave their assigned room AFTER curfew.

-Team members must have permission from their parent or chaperone) before leaving the hotel, and must check in with them regularly. Team members must have either an adult or 3 other students accompany them if they venture anywhere other than hotel.

-Be respectful of other hotel guests, competitors and regatta hosts.

-Foul language or disruptive behavior will not be tolerated anywhere while traveling; especially at regattas or in hotel hallways.

-Confirm your early morning ride to the regattas the night before.

-When you leave the hotel for the regatta, take everything with you if you are checking out.

-In case of an emergency, contact coach or chaperone.

-In the event a rower displays non-compliance with conduct guidelines for an overnight trip, that rower may be asked to room with their parent(s). If the parent(s) are not in attendance, the rower may be assigned to a coach or chaperone's room. The rower may be removed from competition.

-Parents will be responsible for their own room.