

PRINCESS ANNE CREW CLUB

HANDBOOK

FALL 2021



everything YOU NEED TO KNOW

Practice requirements, regatta procedures, pasta parties, uniforms, code of conduct, fundraising, work days, winter conditioning and much more...



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Welcome to the Princess Anne Crew Club (PACC)! This Team Handbook contains information to help student rowers and their families understand this exciting sport. It also outlines policies and procedures that govern the day-to-day activities of the PACC Program. Student rowers and their parents/guardians should familiarize themselves with the information contained in this Handbook. If you have questions, please do not hesitate to ask the coaches or team captains, as they will be eager to share their knowledge. Information is also posted on the PACC website at <https://www.pacrew.com/>.

ABOUT THE CLUB

Founded in 2006, PACC is a rowing program for high school youth from Virginia Beach, VA. Any Virginia Beach high school student can try out to join PACC. Ours is a competitive program and we expect commitment to improvement and the highest levels of teamwork, sportsmanship, and integrity from the student athletes who will represent PACC as ambassadors of the sport at local, regional, and national levels. In return, our athletes experience one of the most rewarding lifelong sports.

Who is eligible to participate?

Despite our namesake, we welcome boys and girls in grades 9 – 12 from any Virginia Beach high school, not just Princess Anne High School. Our club is not funded by Princess Anne High School, but rather, we are a non-profit club that falls under their supervision and we are, therefore, subject to their oversight. We do not actively recruit from schools that have their own rowing programs, but we will accept rowers from those schools, as well as homeschooled high school students who live in Virginia Beach. No prior experience is required; many of our participants start out new to rowing. Every team member will be able to participate in all practices and regattas – there is a “seat on the boat for everyone” who demonstrates commitment to the team. That being said, our club has limited ability to accommodate rowers with special needs due to the physical and mental demands of this sport and acceptance decisions are carefully made by our coaches on a case by case basis.

PACC abides by the standards of SafeSport, a set of guidelines and policies put in place by USRowing, the national governing body for the sport, and the the US Olympic Committee. SafeSport is designed to assure student athlete safety at our practices, team events and our sanctioned regattas, by promoting and enforcing policies and programs that address: bullying, hazing, harassment (including sexual harassment), emotional misconduct, physical misconduct and sexual misconduct (including child sexual abuse and/or grooming behaviors).

Is this a school sport?

PACC is not a school sport - we are not managed or funded by any school district or city recreation department. We share our name with Princess Anne High School (PAHS), however, who permits PACC to store some equipment on their school grounds, but we exist independently as a "club sport". We are 100% funded by dues, donations and fundraising.

Team members are eligible to receive a Varsity Athletic letter when they complete two seasons, but it is awarded by the Club and not PAHS. Princess Anne High School does, however, provide yearbook coverage for PACC and does include regatta results during morning announcements, when appropriate.

Where is the PACC practice site?

Since the club's formation in 2006, we have rowed from a practice site on private property in the Thalia neighborhood, adjacent to Princess Anne High School. This site allows student rowers to either walk or drive to practice, offers PACC with storage for our team shells, and also provides us with a guesthouse. *Specific information about the practice site is available through our secure communications app Band. The map below shows the general location of the practice site to Princess Anne High School.*



CLUB GOALS

PACC is a not-for-profit 501(c)3, volunteer run organization. The goal of PACC is to:

- Foster and maintain an environment which promotes physical and emotional well being, as well as encourages a healthy balance between family, school, and sport.
- Teach rowing skills and inspire commitment to improving these skills through focused training and opportunities to compete locally, regionally and nationally.
- Create and reinforce a culture of respect for the athletic community, team equipment, and safety guidelines.
- Build teamwork, sportsmanship and competitive integrity with a spirit of camaraderie and enjoyment.
- Maintain a well-managed club that can provide the necessary resources for rowing opportunities applicable to athlete abilities and team goals.
- Further the interest of youth amateur rowing and promote inclusive rowing in the Virginia Beach community.

The PACC Family

PACC functions best when we work collectively for the good of the club. Our student athletes are at the heart of our club.

We offer the following programs to our rowers:

Novice: open to high school students who are new to rowing; these athletes are on the Novice team through the spring competitive season.

Varsity: open to high school students who have competed as a Novice.

There may be times, however, when rowers may be moved from one level to another based on skill and team needs.

Parents

Parents are vital to our club! Unlike many local rowing clubs, PACC does not receive any funding from the city school system nor the state of Virginia. We are, therefore, 100% volunteer powered. Our parent volunteers provide all of the infrastructure that makes the PACC work for the students. **Without our parent volunteers, we would have no organizational structure, no Board leadership, we would not be able to participate in regattas, and many rowers would not be able to get to and from practices & regattas, as there is no activity bus for PACC.** Our parents also help PACC by paying dues and supporting fundraising activities. Parents of student rowers are expected to provide volunteer hours over the course of both regatta seasons. A novice rower brings with them novice parents and our Club understands that there is a steep learning curve during the first year of rowing. Parent volunteers will always be well trained and never assigned a task best performed by a more seasoned parent volunteer. Moreover, siblings over the age of 16 and extended family members may be eligible to help.

Our parent volunteers fill a variety of roles outside of PACC, too. During our Spring Regatta Season, the Eastern Virginia Scholastic Rowing Association (EVSRA) requires each team to provide a group of volunteers to help run regattas. These positions cover everything from parking attendants to stake boat holders and regatta office staff.

Board of Directors

The Board of Directors, with support from the Head Coach, ensures PACC's future and direction, financial solvency, and legal compliance. It is composed entirely of **parent volunteers** who fill the positions of President, Vice-President, Secretary, Treasurer, Fundraising Committee Chair and Safety Committee Chair. In addition, there are several non-voting committees that are chaired by parent volunteers: Uniform Coordinators, PR & Print/Social Media Coordinators, Business Subcommittee, Food Parents, and Recruiting Coordinator.

Coaches

Our staff of talented, committed, and experienced **coaches** have an enthusiasm for working with young people, a passion for rowing, and the knowledge needed to teach the techniques and qualities that make successful rowers.

Head Coach Jon Macy

Head Coach Jon Macy rowed the position of Port Stroke at the University of Kansas on their Varsity Squad and also trained novice rowers at the university. Coach Jon started coaching for PACC in the fall of 2018. He is also a Junior's and Master's coach for Coastal Virginia Community Rowing. He not only coaches sculling but continues to scull himself.



Assistant Coach Carol Downing, M.D.

Assistant Coach Carol Downing has been with PACC since 2007, when the team was first put together by Cass and Tessa Adair. She was a collegiate rower who started by helping to repair the team's first shells and paint oars and eventually went on to become head coach. To this day, she remains involved with the team acting as our assistant coach! She attends weekly practices and every regatta.

Safe Sport Training

In addition to our coaches' accolades and experience, they have both completed USRowing's SafeSport Training. SafeSport Training provides coaches, and other adults who may have contact with student athletes, six strategies for

creating a plan to recognize, reduce and respond to child physical and sexual abuse and other types of misconduct in sport. There is more expansive section on SafeSport training in a later section of this Handbook.

TEAM STRUCTURE

USRowing (the National Governing Body for the sport of rowing) recommends that rowers be categorized into the levels of **Novice** and **Varsity**. This is to ensure fairness and safety in competition between athletes of similar skill and experience levels. No prior experience is required to try out for PACC; usually, participation in one of our day-long Learn 2 Row Clinics provides both prospective rowers and our coaches with adequate time to decide if there is a mutually beneficial fit. Competition placement is based on years of competitive racing, not age, so participants who start in mid to late high school still have the opportunity to do well in this sport.

Novices

- Regardless of age, grade, or previous participation in Learn 2 Row or other crew programs, new high school rowers are placed on the Novice Team.
- Novice athletes participate in regattas and wear a competition uniform. Rowers are on the Novice Team through the spring competitive season before moving to the Varsity Team or at the next academic year boundary.

Varsity

- The Varsity Team is for high school students who have competed as a Novice.
- Varsity rowers participate in regattas and wear a competition uniform.
- Once an athlete is on the Varsity team, they remain there, even if they take one or more seasons off from rowing.
- Varsity rowers are encouraged to participate in a winter conditioning program.

Fall Practice

In the Fall, Novice and Varsity rowers do not practice together until the Head Coach has determined that it is safe for all rowers to have combined practice. As a result, the Novice Team will practice after school on certain days of the week, with the Varsity Team practicing after school on the other days of the week. Once the Head Coach has determined that it is safe for the two teams to practice together, usually sometime during the regatta schedule, he will combine the two practices into one. Guidance from the Head Coach as to which team will practice on which days of the week is usually provided during the first week of practice. Rowers are encouraged to attend as many of the scheduled practices as they can, with a minimum attendance rate of 60% to remain on the team. Practices that are cancelled due to inclement weather or as a result of VBPS guidance will not count against the 60% minimum attendance rate. Fall practices begin in the first week of school and continue until after the last fall regatta, usually in mid-November.

Spring Practice

Spring practices are combined Novice and Varsity practices and are held 5 days a week, after school. Rowers are encouraged to attend as many of the scheduled practices as they can, with a minimum attendance rate of 60% to remain on the team. **Practices are held over Spring Break, and rowers are expected to attend them.** Practices that are cancelled due to inclement weather or as a result of VBPS guidance will not count against the 60% minimum attendance rate. Spring practices start in mid-March and continue until after the last spring regatta, usually held toward the end of May.

Captains

At the end of each academic year, the Head Coach will nominate the top 3 qualifying male and female rowers on the team based on their attendance, attitude, and integrity. Nominees will present a speech to their team mates and answer questions from the team. Votes are cast secretly on Band and sent to the Board President and Head Coach. After all votes are tallied, the winners are announced.

In order to be considered as a captain, a rower must:

- Have one of the top 3 attendance records for the year, in either the men's or women's category.
- Be a strong leader by example; one of the hardest workers on the team, displaying a high level of commitment, focus, intensity, passion, and effort;
- Have great communication & motivation skills; one who will encourage, support, and hold all teammates accountable in a positive and encouraging manner.

The primary purpose of team captains will be to positively influence teammates on and off the water at practices and regattas, during fundraising events, at extra-curricular events and in the local community. Captains will report to the Head Coach.

College and Beyond

Most of our high school athletes find that rowing helps their grades and study habits. Although the time commitment is considerable, rowing is great stress relief and the kids learn to manage their time effectively. College admissions officers often view high school rowing as a sign of discipline, commitment, responsibility and excellent time management skills.

Rowing is the oldest intercollegiate sport in the USA and there are many scholarships available to student rowers. According to *eCollegeFinder*, rowing is the sport with the highest opportunity for college scholarships, for both rowers and coxswains. Of course, elite programs are very selective. Athletes with competitive college rowing ambitions should start

their research and planning in the spring of their sophomore year or no later than fall of junior year. In general, college coaches are interested in: a student's GPA, erg times, and coach-ability. Go to the US Rowing website

and type College Recruiting into their search bar. There is a wealth of information and guidance available. Many colleges have "club teams" or there may be opportunities to row with an adult club adjacent to a college / university.

COMMUNICATION

PACC uses a variety of tools to keep our rowers and their parents / guardians informed.

Band

Our main method of immediate communication is an application called Band. It is very important that each team member and their parent(s)/guardian(s) download this application onto their phone/tablet/iPad and that after receiving an invitation, each rower and all parent(s)/guardian(s) create an account. Band should be monitored regularly, and notifications **MUST** be enabled. For instance, if a practice is cancelled due to the weather, a Band post will go out to all members immediately to prevent anyone heading to the practice site.

Email

Email is another communication tool that allows PACC members to communicate with each. It is important that the PACC Secretary is given email addresses for each rower and all parent(s)/guardian(s) and is informed of any changes to these addresses. Student rowers **must provide a non-Virginia Beach Public School email address**. Email is often used as a back up to Band, not the other way around. As a result, **you should always check Band for the most current information**.

Website

The PACC website is also an important communication tool. We encourage you to visit the site often for general rowing information as well as updated information such as regatta plans, required forms, clinics and fundraising campaigns: <http://pacrew.com>

Social Media

PACC posts regularly to Facebook, Instagram and Twitter, but these are our not primary channels for communication. They are relied upon for sharing pictures, quick bits of timely information or promoting events. Do not use these platforms as a means of primary communication as they are not monitored daily.

Instagram: @pacrewclub

Facebook: <https://www.facebook.com/princessannecrew>

Twitter: @PaCrewOfficial

Newsletter

During the school year and regatta season, the Board of Directors also sends out a weekly newsletter, *The Rudder*. When regattas are not actively being organized/held, the Board may send out a monthly newsletter. This newsletter becomes an

important source of information. In it, you will find important dates and deadlines as well as reminders for the upcoming week such as deadlines to register for regattas, where the pre-regatta Pasta Party will be held, and boat loading times. It will also give you information about where the upcoming regatta will be held, directions, parking information, entrance fees, etc as well as critical volunteer positions to be filled. *The Rudder*, however, despite its importance, is not a substitute for Band. **[Always check Band for the most current information.](#)**

Team Roster

Each season, a team roster is distributed which includes rower and parent/guardian contact information as well as contact information for Coaches, Board Members, and other PACC volunteers.

Suggestion/Comment Box

This method of communication is available at the boathouse, found at the practice site, for anyone who would like to leave non-urgent comments or suggestions. It will be checked regularly throughout the active rowing season. Urgent communication should be done via email or phone to Jon Macy, Head Coach or the Board President at pacrew.web@gmail.com.

THE ROWING SEASON

The rowing season aligns with the academic school year. Athletes can participate in one or both seasons, but a full year commitment is preferred; we have athletes who participate in other sports during one of the seasons, and so we are as accommodating as we can be to their needs.

FALL SEASON: Late August - Mid November

Both Novice and Varsity athletes begin practice in early September. Fall regattas consist of longer-distance “head races” of between 4 – 6 km. In a Head Race, boats row through the starting line one at a time, about 10-15 seconds apart, and the boat with the shortest time from start to finish wins. A Head Race typically takes ~20 minutes from start to finish; it’s very exciting when a later-starting boat gets to pass an earlier-starting boat, guaranteeing a better time. Our fall regattas are held in a variety of locations, ranging from Norfolk to the Williamsburg area.

WINTER CONDITIONING: January - March

Maintenance of fitness levels during the winter is essential to the team’s success in the spring. Winter conditioning sessions are held prior to the start of the Spring season for varsity and novice rowers by Coastal Virginia Community Rowing (CVCR). CVCR’s winter conditioning consists primarily of land workouts on ergs, but can also include using free weights and cardio equipment. If you are interested in learning more about CVCR’s winter conditioning program, you can visit their website at <https://www.cvcrowing.org/classes> or ask Coach Jon, who also coaches for them.

SPRING SEASON: Late March - Late May

The spring is our most competitive season, where our winter conditioning is put to the test and many championships take place. Spring regattas are organized by the Eastern Virginia Scholastic Rowing Association (EVSRA), which is the local coordinating body for high school level rowing. All PACC rowers begin water practice in late February or early March.

Spring regattas at the junior level are typically short and consist of 1500 – 2000 meter “sprint” races. Depending on the venue, two to six boats race side by side, in lanes marked with buoys. Sprints typically take under 8 minutes start to finish and are very exciting, especially when you have multiple boats sprinting to the finish side by side. The winner is often only ahead by a few hundredths of a second.

Our Spring Regattas are held at the Norfolk Botanical Garden and a Championship Regatta, the final regatta of the spring season, is held in Matthews County in late May.

SUMMER SEASON: June - August

PACC offers multiple day long summer "Learn 2 Row" clinics for prospective athletes who wish to tryout for the team. There may be other local clubs that offer a variety of summer rowing experiences. Contact the Board President at pacrew.web@gmail.com for more information or refer to our website for more information/links.

Additionally, summer practice for our returning rowers begins in June and carries through the summer until late August. Our Head Coach will usually post an invitation to practice on Band the night before a practice if he determines the weather is amenable. Practices are entirely dependent upon two factors - 1) the weather and 2) a minimum number of 2 confirmed attending rowers. Depending on the number of rowers, the Head Coach will either conduct sculling practice or possibly be able to take out a 4 person boat. All summer practices are voluntary and do not count against or apply toward attendance requirements.

CLUB DUES & FINANCIAL RESPONSIBILITIES

PACC is a non-profit club. All costs (equipment, facilities, insurance, etc.) are covered by member dues. We work to keep fees as low as possible and similar from year to year. **Dues must be paid no later than 5 days before the first fall/spring regatta and do not include uniform costs.** Four-piece uniforms bundles, which include short and long sleeved shirts, a tank and racing compression shorts, cost \$185.

Payment Options

Payments, for either the full year, which includes Fall and Spring seasons, or for either the Fall or Spring season, can be made by credit card via PayPal by using the following link <https://www.pacrew.com/dues-fees>. Please be aware that you will be charged a small processing fee for this convenience. **Also, please be sure to list the name of your student rower in the comments section.**

Checks should be made payable to Princess Anne Crew Club Auxiliary and mailed to:

Treasurer

Princess Anne Crew Club Auxiliary

4001-117 Virginia Beach Blvd

PO Box 134

Virginia Beach, VA 23452

Please be sure to list your student rower's name in the memo section of your check.

Refunds and Credits

If a student rower is asked to leave the program due to disciplinary or account-payable issues, then refunds (if any) are at the discretion of the Board. The treasurer will process the withdrawal, and if applicable, will send a check.

If a student rower decides to leave the program based on his or her personal preference, they will receive 80% of any paid dues if that decision is made within the first 2 weeks of that season's practices.

If a student rower must suspend his or her practices with the club due to a significant injury or because of a public health mandate, their dues may be suspended and applied to the following season or returned to them according to the above schedule.

ATTENDANCE POLICY & ABSENCES

Rowing is the ultimate team sport. Athletes are expected to attend and be on time for all practices and regattas unless cleared well in advance with the head coach. Just one person missing practice or a regatta has a domino effect on all boats and negatively impacts the entire team. Athlete absences or tardiness require coaches to re-work lineups, change training plans, and delay the start of practice, which results in less time to practice and prepare for regattas. When athletes do not attend regattas, boat assignments and racing lineups must be changed, which may result in disqualifications, missed racing opportunities for team members, and extra regatta fees.

Individual and family schedules may need to be adjusted accordingly. After-school commitments, medical appointments, family trips, etc. should be planned around practice times and regattas. Practices are typically scheduled Monday - Friday after school, regardless of school holidays (e.g. Columbus Day) or early dismissal days. The regatta schedule for each season is posted on the PACC website at the very beginning of each season.

What is EXPECTED

- Rowers will attend at least 60% of available scheduled practices (practices cancelled due to weather/VBPS guidance do not count as missed practices).
- Rowers will attend scheduled practices and regattas, arriving on time, dressed in weather-appropriate clothing, with running shoes (in case of land practice or erging) and a full water bottle as well as a mask to wear while in the Guesthouse.
- All rowers will assist with practice/regatta set-up including, but not limited to un/loading and de/rigging boats, carrying oars, boats, and safety launches to the dock, and ensuring their own seat, foot stretcher, oarlock, and rigger are correctly adjusted.
- The head coach will maintain an attendance log for all practices and regattas.
- Rowers will try to plan individual and family commitments around practice times and regattas.
- Rowers will inform head coach of any unavoidable conflicts (e.g. religious observance), including any exceptional circumstances that require an athlete to arrive late or leave early.
- Rowers will remain at practice until all equipment is secured and the team is dismissed by the Head Coach.

What is UNACCEPTABLE

- Rowers arriving to practice late or leaving early, shirking their responsibility to help the team with equipment.
- Last minute text messages from a rower to excuse him/herself from practice.
- Asking a fellow rower to report their absence to the coach.
- Attending practice, but asking to be excused from rowing due to minor aches and pains. If a rower or parent has any concerns about the athlete's medical fitness for rowing, discuss this with a physician. Please provide a medical excuse from rowing or have the rower cleared to row by the physician.

Consequences

- After 3 unexcused absences, the rower may be suspended from the next race.
- If the athlete is absent during any of the 2 practice days prior to a race, the athlete may be suspended from that race.
- Rowers/families will remain financially responsible for all races, regardless of suspensions.

Absence from Practice - At least 1 week in advance

It is the responsibility of the rower to email the Head Coach regarding a planned absence with a specific reason. It is the Head Coach's prerogative to determine if the absence is considered excused or unexcused. In the event of last minute illness, sick day from school, or family emergency, the rower should text the Head Coach on Band immediately. As a reminder, rowers are expected to attend a minimum of 60% of scheduled practices.

Absence from a Regatta - At least 2 weeks in advance

It is the responsibility of the rower to email the Head Coach regarding a planned absence with a specific reason. It is the Head Coach's prerogative to determine if the absence is considered excused or unexcused. In the event of last minute illness, sick day from school, or family emergency, the rower should text the Head Coach on Band immediately.

Fall and Spring Work Days

Each fall and spring, prior to the start of the regatta season, the Head Coach will designate a mandatory work day - usually on a Saturday - to clean all boats, test all the equipment and clean the practice site. The shells are scrubbed inside and out, oar locks are cleaned, adjusted and greased and all electronics (cox boxes) are verified to be in working order. Everyone, including rowers' parents/guardians, is expected to participate in these work days, as there is a lot of work to do and they are also a lot of fun. They usually last from 9 am - 1 pm and lunch is provided if health metrics permit.

Guesthouse Cleaning Roster

Rowers are required to help clean our host parent's Guesthouse, which they very generously allow PACC to use, at the end of each practice session. Blank copies of the cleaning roster are printed up and made available to the team inside the Guesthouse and each week, rowers sign up for particular jobs. Eventually everyone rotates through the chores. Chores include sweeping, gathering lost and found items, bagging up garbage and placing in trash can, wiping down countertops /sinks/door knobs/light switches and notifying the Board President when cleaning supplies need to be restocked. Parents are asked to volunteer to clean the toilet and help replenish cleaning supplies.

PRACTICES

In the fall, team practices are held separately for safety reasons; novice rowers need more experience before they can row alongside or with varsity rowers. As a result, the Novice team rows on specific days of the week after school and the Varsity team practices the other days of the week after school. All practices, regardless of the day are held from 3:00 - 5:30 pm. Practice schedules continue over most school breaks, holidays, and early dismissal days. Check the calendar on Band for the most current information.

Practice Cancellations

Practices (and regattas) are **very rarely canceled**. We row in rain, cold, and sleet. If electrical storms, wind, tides, river current and/or debris make the water unsafe, the Head Coach will cancel practice and post it on Band. If the VBPS system cancels after school/extra-curricular activities for any reason, we are obligated as a school club to follow their guidance.

What To Wear

The boathouse has limited changing facilities and there is not space for rowers to leave extra clothing. Rowers should arrive to practice already dressed to exercise. Synthetic, technical fabrics are best because they are lightweight, durable, and wick moisture away from the skin; the fabric's heating/cooling properties are not diminished when wet. Bottoms should be tight-fitting to avoid catching in the boat's moving parts; running/cycling shorts or leggings are ideal. Layers on top allow easy adjustment for variable weather or exertion levels. Rowers may also wear a snug but breathable hat in cold weather or one with a visor for sun glare, which could be useful in any weather. Street shoes get left on the dock because the boat has special shoes built in to it, so consider boating shoes that are easy to get on and off and not valuable. Socks help prevent blisters, and rowers with small feet may want thicker socks to help fill out the boat shoes; consider wool or synthetic socks as feet will likely get wet.

What To Bring

There is no reliable source of drinkable water at the boathouse. Hydrate before arriving, and bring a full water bottle. PACC does not allow single use plastic water bottles on the practice site; reusable plastic and metal water bottles are fine. Regardless of what material a reusable water bottle is made, when it is in one of our boats, it must be wrapped in a thick sock to prevent it from rolling around and damaging the inside of the boat. Also, be mindful of sun exposure, and bring sweat-proof sunscreen as needed. If a rower requires an asthma inhaler, epi-pen, or similar item, be sure it is brought to practice and into the boat.

Belongings and Valuables

Belongings are left in the boathouse during practice. The boathouse is not locked, and neither it nor the parking lot are patrolled and it is a publicly accessible area. We recommend that you avoid bringing valuables to practice. Fragile items

such as smartphones may get dropped or stepped on, and as a result a protective case is helpful. Only the Coach takes a cell phone on the water for emergency purposes, which goes into a waterproof container.

Transportation

Transportation to/from practice and local regattas is each family's responsibility. Car pools are recommended and to facilitate this, our team roster, which is provided at the beginning of each season, identifies rowers' neighborhoods as well as their home addresses. Furthermore, there is a chat room set up on Band to help rowers who attend Princess Anne High School carpool and/or walk as a group to the practice site.

REQUIRED FORMS, TESTS & POLICIES

Required Forms

Each year, all PACC student rowers must complete and submit the following forms:

- Code of Conduct
- PACC General & Covid Liability Waiver
- Combined EVSRA Waiver (for spring season)
- Photo / Video Consent
- Rower & Parent / Guardian Information Sheet
- Swimming Ability & Acknowledgment Form
- A valid Virginia High School League (VHSL) Physical

Please note that many of these forms must also be signed by a parent/guardian unless the rower is 18 years of age or older. All forms, and any others which the Coaches and/or Board of Directors may deem necessary for any particular reason, may be found on our website at <https://www.pacrew.com/services-4> as well as on Band. They are also emailed to all rowers and parents/guardians due to the nature of their importance.

Once forms have been completed, new rowers must scan and email their forms to pacrew.web@gmail.com

USRowing Membership

All rowers are required to have at least a basic membership with USRowing, which allows them to compete in USRowing sponsored regattas and also provides them with insurance coverage while on the water, whether at a club practice or a regatta. Information on obtaining this membership is provided later in this handbook.

Swim Test

All in-coming novice rowers must pass a swim test before they will be permitted to begin water practice. The swim test consists of swimming the length of a pool and back using any stroke without touching the bottom, treading water for 10 minutes and putting a life vest on in the water and climbing out of the water.

Information about the date and time of the swim test is usually provided at the Fall Information Night are generally held at one of the Virginia Beach Recreation Centers.

- Wear a bathing suit and sweatshirt (bring a towel and dry clothes to change into after the swim test).
- A PACC Parent Volunteer or the Head Coach will supervise the swim test at the beginning of each season.

- If you are unavailable on the date of the swim test, please contact the Head Coach to schedule a make up test.

Novices moving up to Varsity do not need to be retested. Rowers who can provide an alternative form of proof of swimming ability do not need to take the test. Acceptable alternate proof may be 1) a swimming club/program certificate of completion or 2) life guard training certification. Rowers must provide a copy of their certification to the Head Coach or the Secretary to be placed in their swim test file.

Rowers may also opt out of the swim test if they have a religious exemption. An addendum to the Swimming Ability Form is available from the Board, in the event it is needed. To qualify for the religious exemption, a parent/guardian must certify that the rower can meet all the requirements of the swim test.

Parent Support

Parent involvement is vital to support our athletes and the Club. Please be aware of parent expectations below:

- Rowing is a physically demanding sport, requiring high levels of cardiovascular output, especially within a competitive High School program such as ours. If a parent/guardian has any concerns about their child's medical fitness for rowing, it is advisable to discuss these concerns with your child's physician. Each parent/guardian must provide proof of their child's ability to participate in this sport by providing PACC with a fully executed sports physical from the Virginia High School League (VHSL). This form, along with all of the required registration forms, can be found on our website at <https://www.pacrew.com/services-4>, is available on Band and will be emailed as pdfs to all parents/guardians.
- As there is no school provided activity bus for PACC rowers, it is imperative that parents/guardians are aware that they must arrange transportation to and from the practice site as well as to regattas. Failure to support the transportation to and from these events may result in expulsion from the team.
- Parents/guardians should also be aware that required registration forms, payments of their child's dues/insurance coverage, and purchase of seasonally appropriate competition uniforms must be completed in a timely manner. If financial assistance is needed, please don't hesitate to contact our Treasurer at pacrew.web@gmail.com
- Lastly, it is vital to the success of our student rowers that all parents/guardians are aware of and participate in volunteering activities throughout the school year. For more information on volunteer opportunities, please refer to our website <https://www.pacrew.com/general-5>.

All parents/guardians must read this PACC Handbook with their rower to ensure they understand and agree to play an active role in PACC.

Safe Sport Policy

PACC has a Safe Sport Policy, as required by USRowing, to promote an environment free from bullying, hazing, harassment (including sexual harassment), emotional, physical, and sexual misconduct (including child sexual abuse). Coaches and rowers aged 18 or older are required to complete an online Safe Sport tutorial. To read our full SafeSport Policy, please visit our website at www.pacrew.com (still under construction - should be functional soon). Highlights from the policy include:

Screening - Our Coaches have successfully completed an application, interview, reference check, and criminal background check.

Reporting Procedure - Volunteers, athletes, and parents may report concerns to any Board Member or Coach.

Disciplinary Actions - Consequences for violations of the SafeSport Policy and/or the PACC Code of Conduct will be proportionate and reasonable under the individual circumstances. In addition, PACC may take the following disciplinary actions:

- Inform the youth's parent or guardian
- Provide the individual with guidance, redirection and or instruction
- Temporarily suspend the individual
- Issue a verbal warning
- Issue a written warning
- Suspend or terminate membership

FUNDRAISING

PACC does not receive any funding from the Virginia Beach Public School System, any of its affiliate schools, the state of Virginia, nor from any other public entity. We are entirely funded from the dues that we collect from rowers and funds we raise on our own, and the occasional donation. As a result, rowers are expected to participate in fundraising events throughout the year.

Each year, our club must make repairs to a variety of physical equipment, including but not limited to:

- Boat shells
- Oars
- Our dock
- Electronic equipment
- Coach boat

In addition, we must occasionally entirely replace shells and pieces of equipment. A racing shell can cost tens of thousands of dollars. We can not do this from dues alone and so we turn to fundraisers.

Fall Fundraising

Our fall fundraiser has been with Florida Indian River Groves, which is ideal in that it promotes the sale of healthy fruits, can be done virtually, as well as face to face, and runs for a relatively long time (5 weeks). Rowers are expected to sell a minimum number of boxes or dollar amount and incentives and awards are gifted by the Head Coach and Board along the way. PACC's Coaches and Fundraising Chair are very sensitive to the extra work fundraisers place on our talented, hardworking rowers, so goals are manageable even though they are mandatory. Moreover, participating in fundraisers helps the team bond with one another through collaboration and the creation of marketing and sales strategies.

Spring Fundraising

Spring fundraising is usually limited to "cashola" nights or weekends at various local restaurants, as our rowers tend to have extremely challenging academic schedules in the the spring semester. If the fall fundraiser is a big success, it will lessen the need to have a spring fundraising event.

Kroger Community Rewards

Every quarter, Kroger Community Rewards sends PACC a check simply because parents link their loyalty card to our Club. Each time they shop, Kroger donates a portion back to PACC. Be sure to visit the Customer Service counter at any Kroger to link your card to PACC so that you can help support us every time you shop!

Amazon.Smile. Rewards

Few people know about an amazing program offered by Amazon called Amazon.Smile.com. It is a program that donates back to PACC a certain percentage of eligible purchases made through their sister website amazon.smile. You simply type Amazon.smile.com into your browser and you will be taken to the site. From there you log in as normal and then search for "Princess Anne Crew Club Auxiliary" and designate us as your charity of choice. Once a quarter, Amazon sends us a check for .5% of all eligible purchases! We all use Amazon, so why not use Amazon.smile.com?

PayPal Giving Fund

Did you know that you can support us with every purchase you make through PayPal? PayPal Giving Fund allows you to donate \$1 or more to PACC each time you use PayPal to make an online purchase. To designate PACC as your charity of choice, log into your PayPal account and toward the bottom right of the landing page, you will see a section labeled "Make an Impact" and "Set Your Favorite Charity". You can search for us as Princess Anne Crew Club Auxiliary. Once you designate us as your charity of choice, each time you check out online with PayPal, you will have the option to donate \$1 or more to PACC. Every little bit helps and adds up over time!

REGATTAS

Regattas are crew races for the Novice and Varsity teams, similar to track meets, with events scheduled throughout the day. The larger ones feature a festival-like atmosphere. They are a big commitment, but the racing season is short, and regattas are the icing on the cake after all that practicing. Novice and Varsity athletes need to be at the regatta all day, which typically begins at 6 - 7 a.m., and will probably have responsibilities even when they are not racing. When rowers aren't racing, or performing team duties, they are usually lounging at the team tent, eating, checking out the vendor stalls, or watching the action. You might even spot one reading or doing homework!

Boat Loading

The afternoon prior to a regatta, the team gathers at the practice site to load the boats that are being raced at the upcoming regatta onto the trailer. Boat loading is mandatory and usually only takes about 30 - 45 minutes. It is often timed so that rowers can leave from boat loading and head straight to the Pasta Party. It is, however, occasionally held on Friday evening after practice.

Pasta Party

The night before each regatta, all the rowers get together at one of their teammate's homes for an informal pasta party. This is typically done after boat loading and is intended to allow the rowers to have some fun and fuel up on lots of carbohydrates in anticipation of the next day's races. The host provides the venue, and the rest of the team rotate through providing carbohydrate rich entrees such as pizza, pasta dishes, desserts, drinks and disposables. They are coordinated well in advance of the regatta through Band and typically last from 6-8:30 pm.

Attendance

Regattas are **NOT** optional. Please plan your family calendar around the regatta schedule, which is posted well in advance on the [PACC website](#) and on Band. We understand that there may be unavoidable conflicts or family/medical emergencies that arise. If an athlete cannot attend a regatta, or can't row due to an injury, **notify the Head Coach immediately**. Don't back out at the last minute, letting your whole boat and team down! Deadlines for entering line-ups are scheduled weeks before the event and making changes in line-ups can be difficult. Sometimes boats have to be scratched and this means the other rowers in the boat may not get to participate because of the conflict of one rower.

Boat Assignments

Athletes are assigned to boats based on a complex set of factors that include: size, power, endurance, skills, port/starboard proficiency, teamwork, attendance, and dedication. Assignments are also influenced by the number of rowers and available boats, the timing of different events, and developmental goals the coach sets for individual athletes and the team overall at each regatta. We aren't always trying to make the fastest boats at every regatta - sometimes we are trying to build toward

longer term goals. As a result, athletes may be “boated” with others of similar strength and skill, or placed in key positions to provide pacing or stability for less-experienced athletes. If athletes or parents have questions or concerns about boat assignments, they should feel free to speak with the coaches.

Races

There are different events based on experience/gender, size of boats, and the style of rowing. Different regattas may categorize events using a variety of terms: novice, junior varsity, varsity, club, scholastic, lightweight, mid-weight, heavyweight etc. Depending on the size of the regatta, there could also be heats, semi-finals, and finals for each event. Prior to a regatta, the Head Coach will send out boat line ups and race times. Your rower will know the event(s) in which they are scheduled to row. PACC may have multiple boats in the same event. Medals are awarded separately for each event. If a boat wins their event, everyone on that boat gets a medal.

Regatta Details

Always check Band! Be sure that your notifications are enabled so that you can get the most up to date information about the date, time, location, driving directions, reminders about food donations you’ve signed up for...it is all stored on Band. For a general schedule of regattas during a given season, check the regatta schedule page on the PACC website [here](#) which will include the name, date and location of those events.

Do all High School Rowers Race in Regattas?

We strive to have all members of our Novice and Varsity athletes race in each regatta. There is a “seat in the boat for everyone” who demonstrates commitment and capability to the team. A few regattas are Varsity only, or selected Varsity only. Regattas are selected to provide a range of fun and competitive experiences, and keep the travel schedule and costs manageable.

Should Parents Attend Regattas?

Parents and other spectators are strongly encouraged to attend regattas. Athletes appreciate your presence and support, even if they don’t admit it, or prefer to spend time with their teammates. The regattas are typically held in attractive waterfront settings, with opportunities for spectators to walk, read, or socialize at our hospitality tent, as well as get away from your inbox and household routine and relax enjoying the outdoors, cheering as our boats pass by. We always need parents to help out at the hospitality tent too.

Arrival at & Departure From Regattas

As you enter the regatta location, parking attendants or signs will direct you where to drop off rowers and where to park. Rowers typically report to the boat trailer upon arrival. Coaches will inform rowers of the general location of the trailer, but

rowers should plan about 15 minutes to find the trailer. Parents usually start their day by gathering at the PACC Hospitality tent - look for it among the other team tents. At the end of the day, the Hospitality tent gets broken down and supplies packed up. Parents will usually meet their rower near the trailer area at the end of day. **Note that rowers are not free to go until all equipment is loaded and they have been dismissed by their coach. Also, after the regatta, rowers must return to the practice site to unload the shells from the trailer.** This work is faster and easier with as many hands as possible.

Hospitality Tent & Parent Volunteers

PACC volunteers operate a Hospitality Tent at each regatta, which serves as the social hub during the regatta. Our dedicated Food Parents coordinate light snacks for all the rowers throughout the event. The tent also provides protection from the weather for kids and families. All of the light fare/snack items provided in the tent are donated by our rowers' families. In advance of each regatta, our Food Parents will send out via Band a sign up sheet for snack / drink donations.

The Hospitality tent is busy all day and requires many hands to keep it functioning. There is a lot that happens at the Tent during a regatta and **we need your help!** You don't have to commit to the entire day, just a few hours in the morning or afternoon depending on your schedule. We have divided the responsibilities into two teams, staffed by parent volunteers, and overseen by the Food Parents:

Morning Hospitality Team:

- Put up tents at the hospitality location
- Set up tables, trash & recycling cans
- Unpack hospitality containers
- Serve snacks & coffee - when health metric permit
- Maintain snacks throughout the morning - when health metric permit

Afternoon Hospitality Team:

- Refresh disposable items
- Maintain snacks throughout the afternoon - when health metrics permit
- Pack hospitality equipment into appropriate container at the end of the regatta
- Clean tables & equipment
- Take down trash & recycling cans and tables
- Fold up tents and return to storage cases

- Return all items to the Host Trailer

What to Bring to a Regatta

Remember you will be out all day and the weather may change suddenly. Be sure to check the forecast and be mindful of the season.

Everyone should consider:

- Wearing a hat, sunglasses and sunblock
- Bringing a chair or other seat
- Bringing bug spray
- Bringing an umbrella/raincoat
- Bringing food/drink for themselves and any other family members
- Dressing in layers for sudden changes in weather
- Bringing a travel blanket to keep legs warm

Rowers must:

- Wear the seasonally appropriate uniform
- Wear layers on top of uniforms such as warm up pants, sweatshirts, jacket
- Bring extra socks
- Water safe shoes suitable for carrying the boat and leaving at the dock and are easily put on/removed
- Bring water bottles wrapped in thick socks
- Bring emergency medications such as an epi-pen or inhaler
- Bring appropriate food items/drinks
- A backpack or other bag to keep all of their personal belongings together
- Consider bringing homework to do in between races and regatta responsibilities

- Not bring anything that is sentimental or irreplaceable as there is no secure place to store these items at a regatta

*Note that PACC cannot be responsible for cell phones, iPods/iPads, cameras, clothing, etc. left at the tent, and that items left loose are likely to get wet or stepped on. Please keep your items packed together and pick up your belongings from the tent before it gets broken down at the end of day.

Schedule of Races

At spring regattas, which are hosted by EVSRA, their Regatta Office will create a Race Schedule to help rowers, coaches, volunteers, and parents stay on time and aware of the order of races. Most event schedules are also available ahead of time at [Regatta Central](#); just go to the specific regatta and, on the left-hand menu bar for that regatta, click on “event list” to see the start times for each event. Be aware, however, that schedules often shift during the day.

Where Can I Go to See My Rower Racing?

You need to decide whether you want to see the Start, Middle or Finish of a given race, and position yourself accordingly. Ask an experienced varsity parent at the hospitality tent to direct you to good viewing and cheering spots for this particular regatta. If the course passes under bridges, many people enjoy viewing from the top of the bridge, or underneath where you get close to the crews passing by and your cheering is amplified. Depending on the regatta, the Hospitality tent may not have a view of the race course and you will need to walk to a viewing area. It is also interesting to watch the action at the dock, as long as you stay well out of the way.

Can Parents Visit the Boat Trailer Area?

The boat trailer area is quite crowded, has periods of intense activity when multiple crews are trying to load and unload boats, and contains a lot of fragile, expensive equipment. It is also where coaches will hold pre-and post-race meetings with the team. We ask that the trailer remain a “rowers and coaches only” zone during busy times. If you are near the trailer area during quieter times, please be alert for teams moving boats and for equipment stored on the ground or in low slings. Pets and small children are not appropriate for the trailer area at any time.

Travel

Families arrange their own transportation, as there is no school provided activity bus. Car pools are a popular approach. When planning transportation, bear in mind that athletes are expected to be at the regatta for the entire day and must return to the practice site to help unload the boats and put away equipment. Coaches will post to Band an estimated pick up time at the practice site. Athletes will be dismissed when the last boat has been de-rigged and loaded, typically around 5 or 6 pm. **If athletes leave early, then those who race last are stuck doing everyone else’s work.** If you know that your child has to leave early, please communicate that to the coach in advance and have your child ask their team mates in advance to cover for them.

Spring regattas are held at Norfolk Botanical Garden and parking is very limited as they have closed the parking lot at the Duck Pond. As a result, it is a good idea for parents and rowers to consider caravanning over to the site together, thereby minimizing our impact on parking spaces.

UNIFORMS

PACC Competition Uniforms can be ordered during Fall Information Night. The cost of uniforms is \$185 and is not included in the season dues. There are 2 competition uniforms: one seasonally appropriate for the Fall Regatta Season and one seasonally appropriate for the Spring Regatta Season. There are 3 ways to purchase a uniform:

1. During the Fall and Spring Information Nights, there will be full sets of uniforms for male and female rowers to try on before ordering. All parts of the uniforms are custom items and may be purchased at full price from our vendor, and therefore, **correct sizing is imperative**. For this reason, PACC will provide pop up changing rooms for rowers to try on samples. Order forms will be available for rowers who choose this option.
2. At times, there may be gently used uniforms for sale in our *Swap & Sell Marketplace* on Band (yet to be posted). It is possible that new rowers may be able to find items there to purchase at a mutually agreed upon price from current rowers who may be sizing up or down, and sometimes from rowers who are no longer on the team. A condition of use for rowers purchasing from other rowers via the *Swap & Sell Marketplace* is that they will mutually set and agree to their own prices for any uniform pieces purchased. Neither the PACC Board nor its Coaches are involved in this private transaction. We do, however, provide guidelines for wear: *New* (unworn, never used), *Gently Used* (some wear but very good condition, and *Used* (worn but no rips, tears, or fading).
3. A combination of purchasing full priced custom pieces from our uniform vendor and purchasing used pieces through the *Swap & Sell Marketplace* on Band may be used to obtain a complete uniform.

	Fall Competition Uniform	Spring Competition Uniform
Men	Unisex Longsleeve ½ Zip	Tank Shorts Short Sleeve Compression Shirt
Women	Womens' LS ½ Zip	Tank Shorts Short Sleeve Compression Shirt

ARE YOU READY TO ROW WITH PACC?

Registration Checklist

Make sure you have done the following tasks to be ready to practice on the water. All forms are available on Band and our website for download.

- Complete a Virginia High School League Physical - this document must be completed by a physician and provides coverage spanning the year during which a rower will be rowing. This document must be scanned and emailed to pacrew.web@gmail.com. A VHSL physical can be performed by any qualified pediatrician or urgent care physician.

- Complete all required forms for the season and scan and email them to pacrew.web@gmail.com.

- Sign an electronic waiver with USRowing and pay \$10 membership fee. Important login information will be provided on Band and via email.

- New rowers must also order their uniforms from Boathouse. Uniform samples will be available to try on at Fall Information Nights (FIN). Information on dates for FIN is provided on Band and via email.

GLOSSARY FOR CREW PARENTS & ROWERS

The Commands:

“(#) At the catch”

Command to tell the rowers to put their oars in the water in preparation to start rowing.

“(#) Fall in/out”

These commands tell the rower(s) either to stop rowing or to start rowing with everyone else. (#) indicates the seat number of the rower(s) who should start or stop. eg “Bow pair fall-out, stern pair fall-in in two, Three fall-out.”

“Ahead” or “Look Ahead”

Command shouted by a crew about to be overtaken by another crew, telling the overtaking crew of their presence.

“(#) tap it” or “(#) row on”

Tells the rowers to row until told to stop. Eg “Two, hit it.”

“Back it Down”

To have the rowers place their blades at the release position, squared, and push the oar handle towards the stern of the boat. The motion causes the shell to move backwards.

"(#) Back Stroke"

The rower turns the oar 180 degrees from the normal squared position with the blade backwards in the water. The rower pushes the oar handle towards the stern of the boat.

"Blades Down" or "Drop"

Used to tell the rowers to place their blades back on the water after performing an easy-all.

"Blades In (side)"

Tells the rowers on one side to pull their blades in, in order to prevent hitting an object or another boat in the water, or to let another crew pass on a narrow river.

"Can't it upriver/downriver"

While carrying the shell, the athletes are commanded to hold the shell in a diagonal position, the high side as stated.

"Check it/her down"

Square the oars in the water to stop the boat.

"Count Down"

Tells the crew to call out their seat number, starting at the bow, when ready.

"Down on port/starboard"

Means that the boat is leaning to one side or the other. Rowers on the side that is down must raise their hands and the other side must lower their hands.

"Easy" (or "ease up")

Tells rowers to stop rowing hard.

"Even it out"

This command tell the rowers to pull with even pressure on both sides. This is a complement to ease-up.

"Firm up"

Tells the rowers to apply more pressure as needed.

"Gunnel"

A command by the coxswain, where the rowers hit the gunwales (sides) of the boat with their oar handles and hold. Used in setting exercises.

"Hands on"

Tells the rowers to grab the boat next to their seats so the boat can be moved.

"Hands out"

Tells the rowers to grab the dock in preparation for shoving off or landing the boat.

"Hard on port/starboard"

The rowers on that side of the boat must row harder and the opposite must row slightly easier in order to facilitate a sharper turn.

"Head" or "Heads Up"

Off the water, a shout to alert others to watch out for a boat being carried.

"To Heads, ready, up"

Tell the rowers to press the boat above their heads.

"Hold the boat"

Tells the rowers to hold the boat at the dock by the rigger using two hands and keeping the boat off the dock.

"Hold Water"

Emergency stop, also used after the command way enough. It instructs the rowers to square their blades in the water to stop the boat.

"In 2...."

Most water commands are appended prior to the command to take place after two strokes. For example, "In 2 Power 10" or "In 2 way enough."

"Inside Grip"

A command used when lifting the boat. Grab the boat so that you can lift it over your head. Grab only the gunwale or hull structure. Do not lift by the foot stop assembly.

"Lay Hold" (or "hands on")

Command given telling the athletes to go to their stations and grab a hold of the boat.

"Let it/her run"

To stop rowing after a given piece of on the water rowing length, but to put the handles of the oars either to the gunwales or out in front of the rower, in such a manner that the oar blades are parallel to the water and not touching the water. This allows the boat to glide for a distance leaving no paddle wake in the water. Similar, but not exactly the same is the command "Gunnel", where rowers push the oar handle down until the handle touches the boat's gunwale.

"One foot up & out"

The command for exiting a team boat.

"On the square / Square blade rowing"

To row without feathering the blades on the recovery.

"Paddle"

Tells a crew to row with just enough pressure to move the boat. The paddle command is also used to bring a crew down from full pressure at the end of a workout piece or race.

"Pick it/Picking"

A rapid stroke where the rowers use only their arms with minimal pressure.

"Power 10"

The command to take 10 stroke at more than full pressure. Used for passing and gaining water in a race. (sometimes "Power 5", "Power 20" or "Power 30")

"Ready all, Row"

Begin rowing.

"Roll it"

Tells the crew to flip the boat over, in unison, from above their heads.

"Set it up"

Reminds the rowers to keep the boat.

"Settle"

A command and a part of the race. This tells the rowers that the crew is going to bring the stroke rate down for the body of the race, but still maintain the pressure. This usually occurs in the middle of the race.

"Shoulders, ready, up"

Tells the crew to lift the boat from any position below their shoulders, up to shoulder height. Can be reversed to lower the boat from heads to shoulders. eg "Shoulders, ready, down"

"Sit in"

Tell the crew to get into the boat.

"Sit ready"

Commands the crew to move to the catch, blades in the water, and be ready to start the race.

"Scull"

A command used if the stern is held by a stake boat. "Port scull" usually means Two seat takes Bow's oar in front of him/her and rows lightly with it. Likewise, "Starboard scull" means Three seat takes Two seat's oar and does the same. This is easier than having on seat take a stroke since it can move the boat in a more parallel direction.

"Swing it"

A command used when carrying a boat to start turning either bow or stern.

"Take the run off"

To stop rowing and hold the blades at a 45 degree angle in the water to slow the boat down.

"Touch it/Touching"

A stroke where rowers use only their arms and back.

"Waist, ready, up"

Tells the crew to lift the shell to their waist.

"Watch your blades (side)"

Tells one side to look out at their blades and take action to prevent them from possibly hitting something.

“Way enough”

The command to stop rowing or, in some cases, whatever the rower is doing, whether it be walking with the boat or rowing.

The Stroke:

Air stroke

To take a stroke without the blade having been placed in the water, resulting in a complete lack of power.

Backsplash

Water thrown back toward the bow direction by the blade as it enters the water. Less is best. This indicates the blade has been properly planted before the rower initiates the drive.

Backwater

To propel the shell backwards.

Body angle

Amount of forward lean of the rower's body from the hips at the catch.

Bury the blade

Submerge the blade totally in the water.

Catch

The part of the stroke at which the oar blade enters the water and the drive begins. Rowers conceptualize the oar blade as 'catching' or grabbing hold of the water.

Catch point

Where the blade enters the water.

Check

The amount of interruption of the forward movement – usually occurs at the catch and sometimes at the release.

Cover

The distance between one set of puddles and the next set of puddles.

Crab, or Catch a crab

A rowing error where the rower is unable to timely remove or release the oar blade from the water and the oar blade acts as a brake on the boat until it is removed from the water. This results in slowing the boat down. A severe crab can

even eject a rower from the shell or capsize the boat (unlikely except in small boats). Occasionally, in a severe crab, the oar handle will knock the rower flat and end up behind him/her, in which case it is referred to as an 'over-the-head crab.'

Drive

The propulsive portion of the stroke from the time the oar blade enter the water ('catch') until it is removed from the water ('release').

Drunken octopus / drunken spider

The poor technique evident when and Eight(8+) is rowed with no two oars moving in the same time or position in the stroke.

Feather

To turn the oar so that the blade is parallel with the water (opposite of square). The feather is performed with the inside hand.

Finish

The portion of the pull-through just as the oar is removed from the water.

Hands away

At the close of the drive phase, the hands move away from the body.

Hanging at the catch

The blade is hesitating at the catch point, before entering the water.

Hot seating

When two crews share the same shell, during a regatta, sometimes it is necessary for the crews to switch at the finish line without taking the boat from the water.

Inside hand

The oarsmen's hand nearest the oar lock. This is the feathering hand

Jumping the slide

A problem where the seat becomes derailed from the track while rowing.

Keel

The balance of the boat. Good keel means that the stability of the boat is good. "keep keel" is a command often heard from the coxswain when the boat start to sway.

Lay-back

What the rowers have when they sit with their legs flat and lean towards the bow of the boat with their body.

Leg drive

Power applied to the stroke, at the catch, by the force of driving the legs down. Often heard being yelled from the coach boat.

Lock-on

The moment the blade finds full resistance in the water.

Missing water

A technical fault where the rower begins the drive before the catch is complete.

Outside hand

The hand of the rower that is placed on the end of the oar handle. The outside hand is used push down on the oar handle to remove the blade from the water.

Over reach

Fault done by an oarsman when he comes to his full reach forward and then attempts to obtain even greater length by releasing his grasp on the handle with his outside hand or by bringing his outside should further forward.

Pause paddling

Rowing with a pause between each stroke. The coxswain or rower giving commands will indicate where in the stroke this pause should be taken.

Pitch

The angle between a "squared" blade and a line perpendicular to the water's surface.

Puddles

Disturbances made by an oar blade pulled through the water. The farther the puddles are pushed past the stern of the boat before each catch, the more "run" the boat is getting.

Pull through

The portion of the stroke from the catch to the finish (when the oar is in the water). This is the propulsive part of the stroke.

Ratio

The relationship between the time taken during the propulsive and recovery phases of a rowing action.

Recovery

The non-work phase of the stroke where the rower returns the oar from the release to the catch.

Release

At the end of the drive portion of the stroke. It is when the oar blade(s) is removed (or released) from the water.

Run

Distance a shell travels during each stroke.

Rushing

When rowers move too quickly along their tracks into the catch. The boat will lose the feeling that is gliding or "running out."

Set

The balance of the boat. Affected by handle height, rowers leaning, and timing, all of which affect the boat's balance, after which the coxswain tells the rowers to "set the boat". (see keel)

Shooting your slide

When an oarsman's seat moves toward the bow faster than his shoulders.

Skying

A blade that is too high off the surface of the water during the recovery. The rower's hands are too low causing an upset to the balance of the boat (the "set").

Spacing / Run

Distance between bowman's puddle on one stroke and the point at which the No. 7 rower catches water on the next stroke.

Split time (split)

Amount of time it takes to row 500 meters. Displayed on all ERGs and on cox boxes installed on boats with speed coaches.

Square

To turn the oar so that its blade is perpendicular to the water (opposite of feather).

Stroke

1. One complete cycle through the process above.
2. The rower in the stern of a multi-person shell, whose timing is followed by the other rowers.

Stroke Rate

The number of strokes executed per minute by a crew.

AwersSwing

A feeling in the boat when the rowers are driving and finishing their strokes strongly and getting good layback.

Three-quarter/Half/Quarter slide

Shortened strokes, often used during the start of a race or in a warm-up.

Walking

When passing a boat, the coxswain announces each seat as it is passed.

Washing out

When an oar blade comes out of the water during the drive and creates surface wash that causes the shell to lose power and become unsteady.

For more information on strokes, coxswain training and common mistakes in rowing, please visit the Princess Anne Crew Club's [reference material](#) page on on our website.

Thank you

to the the Princess Anne Crew Club's Team Handbook Subcommittee for its efforts in creating and editing this living document! The team is indebted to...

Karyn Bernas

Will Foley

Sita Topalli

Leslie Walters

