



*Boosters, Inc.*

# ***PARENT / TEAM MEMBER HANDBOOK***

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*Space Coast Crew Handbook*

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## **Introduction**

This handbook contains rules and guidelines for team members and their families. It provides detailed information concerning payment of dues, time commitments, regatta basics, and other relevant topics. In order to ensure everyone understands the expectations for Space Coast Crew's upcoming season, ***both Team Members and their families*** need to read through the Parent/Team Member Handbook carefully.

If you have any questions about what is expected of you as a rowing team member, or parent, please contact one of the SCC Board of Directors. We look forward to another exciting and enjoyable rowing season.

Space Coast Crew Boosters, Inc.  
Board of Directors

## **Space Coast Crew Mission Statement**

To create a widely recognized youth rowing program capable of competing on the local, regional, state, and national levels while demonstrating the highest forms of sportsmanship, respect, and responsibility.

## **Goals and Objectives**

- To provide Central Florida students with the opportunity to participate in the sport of rowing at scheduled practices and in organized rowing events/regattas.
- To provide members with the best possible coaching staff and equipment.
- To provide the opportunity for all crew members to develop the necessary skills to competitively participate in Florida Scholastic Rowing Association (FSRA) and U.S. Rowing sponsored and organized regattas.
- To provide training regarding the safe use of the rowing equipment which is purchased and provided through member dues and fundraising activities.
- To provide a positive environment for all Team Members to develop personal skills regarding teamwork, leadership, discipline, and tenacity.
- To foster an environment that promotes integrity, fairness, and honesty.
- To provide all Team Members the opportunity to row on the water, subject to weather and equipment availability and attendance.
- To ensure each Team Member competes in no less than 50% of all scheduled events, provided the individual Team Member attends 90% of practices, demonstrates a positive attitude, is not the subject of disciplinary matters, and is capable to safely operate rowing equipment.

*These are our goals and are not to be held as a contract.*

***Rowing is perhaps the toughest of sports. Once the race starts, there are no time - outs, no substitutions. It calls upon the limits of human endurance. The coach must therefore impart the secrets of the special kind of endurance that comes from mind, heart, and body.”***

***- George Yeoman Pocock***

# **Requirements**

Crew is a sport that involves a big commitment of time and energy. It is imperative that all Team Members and parents take this commitment seriously. Crew is a unique sport that requires tremendous teamwork.

## ***Swim Test***

All new team members must pass a swim test. Team Members who previously completed camps with SCC and the required swim test are not required to repeat it. Test(s) to be determined by the Coaches and approved by the Board of Directors. For the child's safety, if he/she does not pass the test(s), they will not be permitted to participate on the team.

## ***Attendance***

Attendance at 90% of all practices is required. Failure to consistently attend practice may affect a Team Member's boat placement and regatta participation. Continuity and consistency are key to creating effective boats. Please read our [Attendance Policy](#) for more information.

## ***Registration and Dues***

Registration fees and dues must be up to date. You can elect to pay in full or make monthly payments. Please read the [Financial Commitment](#) for more information.

## ***Service Hours***

In addition to your financial commitment, each family is responsible for a specified number of volunteer hours per Team Member in fundraising and/or community service activities. Please read the [Service Hours Commitment](#) for more information.

## ***Code of Conduct***

All Team Members and parents must read the [Team Member Information](#) section and sign the Code of Conduct to be a member of the team. Forms will be handed out at practice, or you can print the Code of Conduct and give it to your coach.

## **Team Member Information**

Crew demands a large commitment of time and energy. Your teammates depend on you! Be aware of how much time it takes you to meet your scholastic requirements. Only you can balance your time.

### ***Team Member Responsibilities***

- Recognize that membership in this association is a privilege, not a right.
- Attend and participate in all practices and commit fully to the training and racing plan as designed by the coaching staff.
- Show respect in both actions and words, for fellow Team Members, coaches, race officials, chaperones, parent volunteers, and all others who volunteer their time.
- Recognize that in determining practice plans and boat line-ups the coaching staff acts in the best interest of the entire team, and that all practice plans and boat line-ups will be determined solely by the coaching staff unless responsibility for the practice plan has been delegated to the Team Captains.
- Discuss questions/concerns related to the rowing program including issues with other Team Members, training schedules, boat assignments, etc. directly with a member of the coaching staff.
- Properly handle and maintain all equipment as instructed by the coaching staff and immediately report damage to a coach or team captain.
- Report any injury to coaching staff as soon as possible. The Team Member's safety and well-being are paramount to the coaching staff. If an athlete will aggravate an injury or pose a safety issue if allowed to row, the coaching staff can refuse to let an athlete participate in practice or a regatta.
- Recognize the importance of team unity, cooperate with each other, demonstrate mutual respect and refrain from criticism of each other in any form.
- Dress in a modest and appropriate manner to best represent Space Coast Crew.
- Behave in a respectable manner that is always a credit to him/herself and Space Coast Crew, especially at club sponsored events and practice.
- Address coaches and parents with appropriate titles (Coach, Mr., Mrs., Ms.).

- Learn to prioritize the important aspects of your life.
  - Family
  - School Studies
  - Crew
  - Other

### ***Team Member Code of Conduct***

As a member of Space Coast Crew:

- I will always act responsibly and respectfully to represent myself, my family, and my team in an honorable way to the best of my ability.
- I will not use, possess, or distribute drugs of any kind including, but not limited to, chemicals, alcohol, steroids, tobacco, or any controlled substances prior to or during any club sponsored event as defined in Florida Statutes, Chapter 893

The Board of Directors & Coaching Staff reserve the right to perform a drug test on any member that is suspected of any of the above drug-related infractions. Positive results from unauthorized or illegal drug use are grounds for expulsion from team.

- I will not act in a manner that breaks local, state, or federal laws that may cause me to be charged for a crime for actions outside the rowing team practices and regattas.
- I will not act in a manner that breaks my public or private school rules and regulations such that I would be expelled or suspended from schools due to violations of rules and policies.
- I will not act in a reckless manner that could put myself, teammates, or any others at risk for injury.
- I will not bully another teammate or act in a way that is intimidating, hostile or offensive in any way. Including, but is not limited to, the use of foul / abusive language, bullying / hazing whether verbal, written, electronic, or physical in nature.
- I will not behave in a way that is disruptive to the coach or team that interrupts the instruction or activity continuing or prevents the team from following the instruction or completing the activity.
- I will not steal and/or damage another's/club's property. My family and I will be held financially responsible.
- I will not take team owned equipment onto the water without having an SCC coach on the water with the team members and the permission of the Director of Rowing.
- I will not take an associate's boathouse member's equipment onto the water without the owner's written permission.



## ***Practice***

Given equipment, facility and time restraints, Team Members must abide by the following guidelines to ensure productive and efficiently run team practices:

- ***Attendance at 90% of all practices is required.*** Failure to consistently attend practice may affect a Team Member's boat placement and regatta participation.
- Team Members must be dressed appropriately and ready to participate at the start of practice.
- Team Members must tell their ***coach*** ahead of time if they plan to miss a practice. Last-minute situations should be communicated ***to the coach*** through the Communications app as soon as possible so that boats may be adjusted, and a productive practice can be held.
- As a matter of Team Member safety, Team Members may ***not*** leave practice until the coach has dismissed them.

## ***Disciplinary Action***

- The coaching staff and parent volunteers are responsible for identifying infractions or misconduct. The coaching staff will administer disciplinary action. Coaches will determine if a Team Member's behavior results in a minor disciplinary action. Minor disciplinary actions include:
  - Verbal warning
  - Extra workout/alternative workout
  - Verbal apology to team and coaches
  - Notify parents of behavior
- After 3 minor disciplinary actions in a season
  - Parent will be required to accompany Team Member at practice and regattas.
  - Team Member will not be able to ride the bus to regattas without a parent.
- After 6 minor infractions during a season, repeat violations, or actions rising to the level of criminal behavior will result in major disciplinary action such as:
  - Loss of water privileges for a 3 consecutive practices
  - Loss of race privileges
  - Loss of any scholarship provided by the Booster Club
  - Suspension from team
  - Expulsion from team
- Coaches reserve the right to impose disciplinary actions when they deem appropriate. Disciplinary actions may occur during a practice, a regatta or other organized event. Coaches must inform the Board and the Team Member's parent(s) either verbally or in writing before taking any major disciplinary actions. When possible, in cases involving potential suspension or expulsion from the team, notice will be provided to the parent(s) before notifying the Team Member.

- When allegations of misconduct are presented to a Team Member or their parent(s), the Team Member will be afforded an opportunity to respond to those allegations. Coaches will consider such rebuttal before deciding if disciplinary action is warranted. Any disagreement with the implementation of any disciplinary actions should be appealed directly to the Director of Rowing.

### *Issues and Concerns*

- Team Members should address issues/complaints related to the team or teammate(s) directly with their coach or the Director of Rowing.
- If the Team Member does not feel the situation has been rectified, or if the concern involves a member of the coaching staff, the Team Members, with his/her parent/guardian, should contact the SCC Board of Directors.

### *Coxswains*

Coxswains will participate in **ALL** SCC workouts. This includes running, erg pieces, weights, group workouts and anything the coaches deem appropriate. Remember, coxswains must understand what Team Members can do and there is no better way to do so than to fully participate in all SCC practices. Coxswains also have the added responsibility of caring for assigned Cox Boxes.

### *Captains*

Being a Team Captain is an honor that carries many responsibilities. Consequently, high school team Captains will be chosen by the coaching staff and approved by the Board of Directors. The Director of SCC will be sure to provide Captains with an agreement outlining all of the duties and responsibilities expected of our Captains. Being a Captain requires an additional commitment of time such as leading by example, being positive, and enthusiastic. Team Members must consider what is being asked of them before accepting this position. The Coaching staff reserves the right, with Board approval, to remove a Team Member from the position of Captain if they fail to uphold the responsibilities outlined in the Captains' Roles and Responsibilities Agreement or if they are prone to absenteeism or disciplinary infractions.

## **Parent Information**

Rowing is a team sport and requires commitment not only from the individual athlete but their families. Without the support of one's family an athlete would not be able to contribute to winning regattas let alone attend practice. It is a commitment for both the parents and Team Member.

### ***Parent Responsibilities***

- Parents will remember that Team Members participate to enjoy the sport and that the experience is for the student athletes, not individuals or the adults.
- Parents will emphasize skill development, practices, and healthy competition, and that doing one's best is more important than winning.
- Parents will demand that their Team Member treat other athletes, coaches, officials, parents, chaperones, volunteers, and spectators with respect regardless of race, creed, color, religion, sexual affiliation, or ability. At no time will a Parent ask a Team Member to disregard or ignore the coaching staff, especially when the safety and well-being of the team or my Team Member are concerned.
- Parents will ensure that their Team Member follows the Code of Conduct
- Parents will stay informed of team activities and issues by participating regularly in parent meetings, reading newsletters and informational e-mails sent to me by the Board of Directors or the Coaching Staff. Parents will join the team's Communications app and regularly monitor the team's website for updates.
- Parents acknowledge that volunteering is vital to the team as a whole and will volunteer time according to the service hours requirement.
- Parents understand that the Board of Directors are all volunteers and most have full-time occupations. As a result, their ability to respond to my inquiries or requests may be outside normal working hours.
- Parents will demand a sports environment for their Team Member that is free from drugs, tobacco, and alcohol and will refrain from their use at all regattas and practice sites.
- Parents will become familiar with the rules of the sport of rowing and the policies of Space Coast Crew.
- Parents understand that the use of team addresses, phone numbers and e-mail addresses is solely for the purpose of disseminating necessary team information. Use of this contact information for any personal matters is prohibited.

- Parents and their guests will be positive role models for all Team Members and encourage sportsmanship by showing respect, courtesy, and positive support for all Team Members, all other competitors, coaches, chaperones, volunteers, officials and spectators at every practice, regatta or other sporting event. We will not engage in any kind of unsportsmanlike conduct such as booing and taunting, refusing to shake hands, or using profane language or gestures.
- Parents will promote the emotional and physical well-being of the athletes ahead of any personal desire they may have for my Team Member to win.
- Parents will refrain from coaching all Team Members during practices and competitions unless specifically requested to do so by a coach.
- Parents will respect the boundaries established around the equipment and boathouse. Parents will also respect boundaries around other teams' equipment and facilities.
- Parents will refrain from sharing criticism of the coaches or the Board of Directors to any Team Members, since this displays disrespect and encourages disrespect by our Team Members.

### *Communication with the Coaching Staff*

- I will immediately inform the coach of any physical disability or ailment that may affect the safety of my Team Member or the safety of others.
- I will encourage my Team Member to speak directly and courteously with the coach if he/she is having difficulties in training/competition. I understand that assuming responsibility for one's own actions is an important part of maturation, and that ultimately my Team Member will benefit.
- I will never question or confront coaches at practices, competitions, or other team events, and will arrange to speak with coaches at an agreed upon time and place.
- If I need to contact my Team Member's coach regarding clarification of matters such as training schedules, nutrition and health, and college recruiting, I will do so understanding that most coaches have other occupations, and they will respond as time permits.

### *Financial Commitment*

The financial commitment is necessary to facilitate maintenance of equipment, purchase of new equipment, compensation for coaches, transportation, insurance, regatta fees, boathouse utilities and a host of other miscellaneous expenses inherent to conducting SCC business.

### *Dues and Registration Fees*

The financial commitment incorporates monthly dues payments as explained at [spacecoastcrew.org](http://spacecoastcrew.org) registration documents online. **Registration fees and dues are non-refundable.**

*All fees paid are non-refundable. In the event of a disruption of the season due to unforeseen circumstances, the Board of Directors will review financials to determine if adjustments can be made.*

Monthly dues not remitted by the 15th of each month, are subject to a \$15/week late fee until the installment is paid in full.

Failure to meet the above payment schedule without making prior arrangements with the SCC Board of Directors may result in the suspension of the team member until payment is made.

### ***Uniforms***

Uniforms are not provided. Each Team Member must purchase a uniform to participate in regattas.

### ***Other Expenses***

Additional out-of-pocket expenses will occur for hotel accommodations for overnight regattas, bus transportation, and associated travel expenses (gas/tolls if driving to regattas). Optional purchases include SCC jackets, hats, SCC spirit shirts, parent polo shirts, and Awards Banquet tickets. Abuse of property and/or equipment may also result in out-of-pocket repair/replacement expense.

### ***Service Hours Commitment***

In addition to your financial commitment, each family is responsible for a specified number of volunteer hours per Team Member in fundraising and/or community service activities. Volunteer hours should be reported online at [spacecoastcrew.org](http://spacecoastcrew.org) via the volunteer link.

Since SCC is a parent-volunteer run organization, ***each high school Team Member FAMILY will be required to perform 25 volunteer hours per Team Member between August 1st and May 1st or pay \$25 per hour not served. The middle school commitment is 20 volunteer hours or pay \$20 per hour not served.*** You have the option to buy out your volunteer hours during the registration process.

These hours are easy to obtain by working on committees, helping at regattas, and other opportunities. A list of various service opportunities will be frequently communicated by the SCC Board of Directors or Committees.

- Parents are responsible for self-reporting their hours monthly. Hours are encouraged to be reported no less than monthly to assist SCC reporting to the City of Indian Harbor Beach.
- The hours volunteered are expected to support the entire team, therefore, hours will not be counted for carpooling or driving individual Team Members to regattas.

In addition, as good community members, Team Members will be given opportunities to participate in team building / fund-raising events such as picnics, maintenance days, Summer Learn to Row camps and row-for-free days. Hours may be recorded and signed off for their school requirements but will not be

tracked with Space Coast Crew. The time and date of these events will be announced through team e-mails, Communications app, and/or the head coach.

### ***Issues and Concerns***

- I will expect my Team Member to abide by the Space Coast Crew Team Member Code of Conduct and to resolve conflicts without resorting to hostility or violence.
- If I believe there has been misconduct on the part of one or more Team Members, coaches, parents, or others, I will report any misconduct immediately to a coach. They will be responsible for investigating the issue and involve others as needed.
- Parents will address issues/complaints related to the team or teammate(s) directly with their coach.
- If the Parent does not feel the situation has been rectified, or if the concern involves a member of the coaching staff, the Parent will contact the Director of Rowing.
- Parents should only escalate issues and concerns to the SCC Board after the issue has been escalated to the Director of Rowing and remains unresolved.

# **Policies**

## ***Attendance***

Attendance at 90% of all practices is required. Failure to consistently attend practice may affect a Team Member's boat placement and regatta participation. Continuity and consistency are key to creating effective boats.

We practice rain or shine. Practice is almost never canceled. The only things that will keep us off the water are lightning or high winds. In the event we cannot practice on the water, land training will be conducted. In extreme cases if practice is cancelled the coaching staff will send notice as soon as possible via the Communications app.

It is expected that team members will come to practice on time and fully prepared to participate, which means wearing appropriate shoes and clothing for both rowing and land training. If you are not prepared, you may be dismissed from practice and the next regatta.

The coach will announce changes to the published schedule.

Coaches must be notified of all absences.

## ***Excused Absences***

- Team Members who are sick should not come to practice and expose the team.
- Team Members who need to spend more time on their academics.
- Health related appointments
- School related commitments or activities
- Family emergencies

## ***Unexcused absences***

- Vacations
- Non-health related appointments
- Failure to attend practice without notifying a coach.

## ***Penalties for absences***

Penalties for repeated absences will depend on whether the reason for missing practice is excused and will be at the discretion of the coaches and the Director of Rowing

If a team member misses 5 consecutive days without contacting the coach, it will be deemed the team member has quit and will therefore be terminated from SCC team.

## ***Cell Phone Policy***

Use of cell phones is not permitted by team members during practice. This is a safety issue since Team Members can be easily distracted from the dangers of rowing. Places to store the cell phones are provided to Team Members and they are asked to leave their phones in that storage once they have arrived at practice.

They can retrieve their phone at the end of practice. No exceptions. A Team Member found in violation of this policy will be subject to minor disciplinary action. Habitual or repeat violations will be addressed as a major disciplinary action. In the event of an emergency where a Team Member must use their phone, the Team Member must secure permission from one of the coaches before doing so.

### ***Dress Code***

- Team Members' clothing should be clean and free of any offensive, derogatory, or political statements. Remember, as Team Members you are representatives/ambassadors of the SCC team at practice and at all races/regattas.
- Athletic attire must be worn for all practices.
- No jeans should be worn for practice.
- Appropriate running shoes for running and other land workouts will be worn. No flip-flops.
- Uniforms should be clean for all races.
- Appropriate attire for weather. Be sure to wear layers of clothing in the winter.
- No bathing suit tops at practice or at regattas.
- At all regattas unisuits will be worn as intended, over shoulders, always, including prior to handling the boat for launch, during the launch, racing, the medal ceremony and pictures.

### ***Lettering***

Lettering for high school athletes will be awarded to team members in good standing with the team and at school. Team members must complete the entire rowing season to be eligible. With the exception of documented medical direction from a doctor, quitting before the end of the season forfeits all awards and other entitlements.

## **Forms**

All online forms must be completed entirely before any student will be allowed to participate in any SCC activity. Any team member that has incomplete forms will not be allowed to practice. For missing or incomplete regatta and US Rowing waivers, team members will not be allowed to compete at such events. This is primarily a safety issue. If we do not have an EKG or a physical, we do not know if your child can handle the rigors of rowing.

## **Injuries**



Space Coast Crew reserves the right to require any Team Member who incurs an injury requiring a physician's care to have the written approval of a physician prior to the Team Member's return to participation. Athletes are expected to always be open and honest with parents and coaches regarding any injury. Space Coast Crew shall assume no liability for any Team Member with a health condition who has been authorized to participate in the crew program by the parents and/or their physician.

## **Medications**

Coaches must be notified of all medical conditions and required medications Team Members must use. This includes asthma inhalers, Epi-pens, or other allergy medications. If, for some reason, a Team Member has not taken their required medications, please notify the coaching staff.

## **Communication**

All SCC communication is done through various means:

- Communications App
- SCC Website: [spacecoastcrew.org](http://spacecoastcrew.org)
- Announcements at Booster Parent Meetings
- Announcements at Practice
- Email

The website has a wealth of information. It is important that you check the site regularly.

## **Transportation**

### ***Travel***

- Team Members arrive and leave as a team at all regattas.
- Parents are ultimately responsible for transporting Team Members to races. Occasionally, a bus will be chartered for a race/regatta at an additional cost.
- Carpool arrangements should be made prior to race day with other parents.
- If a Team Member needs to leave a regatta early, approval from Coach must be granted prior to race day.

### ***Overnight Out of Town Travel***

- If a parent is not able to travel to and/or attend an out-of-town regatta or event, parents are responsible for obtaining an adult chaperone for their Team Member. The parent should complete and provide a copy of the "Parent Permission and Chaperone Responsibility Statement" form to the adult chaperone.
- Team Members are not permitted to travel to, or from, an out-of-town regatta/event without a parent or designated chaperone. Team Members may *not* drive to out-of-town regattas. Regattas at C54 canal are in-town regatta and athletes may drive themselves.
- Male Team Members are not permitted in female Team Member's hotel rooms and female Team Members are not permitted in male Team Member's hotel rooms without direct parent/chaperone supervision.
- Coaches may hold boat meetings after dinner to prepare athletes for racing.



# **Regatta Rules/Guidelines**

## **ARRIVE AS A TEAM, DEPART AS A TEAM**

- Upon arrival at the race site, Team Members will help rig the boats and set up the tents.
- Team members put their boats in the water up to one hour before your race starts.
- Team members cheer on fellow team members in their races.
- Team members help their fellow team members in and out with their oars.
- Team members will always wear unisuits during regatta.
- Bathing suits are NOT permitted.
- All team members will help de-rig boats and load them onto the trailer.
- No Team Member will be permitted to leave until dismissed by the coach.

### ***Who Rows at Regattas***

Team Member lineups for races will be based on demonstrated rowing skills on and off the water, attendance at practices, leadership, and a positive/cooperative attitude. Racing categories vary by regatta but usually include 1V, 2V, 3V, 4V, F/N and Middle School.

For high school, the best combination of Team Members will be placed in the “1V” (1<sup>st</sup> varsity) boats based on the above criteria. “2V or JV” (2<sup>nd</sup> varsity or junior varsity) and “3V” (3<sup>rd</sup> varsity) boat Team Members will be raced also on the above criteria until all participating Team Members are placed in a boat or designated as “alternates”. There may be multiple SCC entries in a race, where they will be designated as A, B, C, etc.

Novice, less than one year of rowing on high school team, categories may be raced in the fall. The Spring races add Freshmen (9<sup>th</sup> grade or below) and U15, U17 categories as well. The U17 for example, indicates the Team Member is under 17 years old by December 31 of that year.

Coaches will make Team Members aware of lineups prior to scheduled regattas. Don't be afraid to ask experienced parents if you aren't sure.

### ***Training and Conditioning***

Training and conditioning are important for each Team Member's performance. All aspects are equally important: nutrition, rest, and exercise. As our recent Nationals experience taught us, many teams practice more than once a day or require their athletes to perform another workout each day on their own.

- All Team Members need plenty of sleep. Sleep is important to Team Members because it gives their muscles time to recover and rebuild. A consistent amount of sleep each night is more important than one long night before a race.
- If a late night is necessary, it is crucial that it does not fall on Thursday or Friday since the sleep two days prior to a race is most important to race day performance.
- Diet should be well balanced in protein and carbohydrates, including lots of fruits, vegetables, white meats (chicken and fish) and complex carbohydrates like pasta, potatoes, and rice. A good breakfast and lunch are a must. A healthy snack high in carbohydrates and low in protein and fat before practice is recommended for energy.
- Diet should be low in sugar since it tends to lower the body's tolerance for pain and doesn't provide the long-term energy supply needed for endurance workouts.
- Since carbohydrate loading is only effective one to two hours before an event, the most effective strategy is carbohydrate storage during the entire week throughout the rowing season.
- The night before and the day of a race it is important to avoid heavy, greasy foods and heavily sugared, caffeinated drinks.
- DRINK PLENTY OF WATER!!! ALL DAY, EVERY DAY!!!

### ***Race Day Nutrition***

Nutrition on race day is especially important to the Team Member's performance and the guidelines below should be followed:

- Team Members should be awake and active at least three hours before their race so the body is prepared for the demands soon to be placed on it.
- Eat a balanced breakfast of carbohydrates, protein, and healthy fats. Choose foods that you know your stomach can handle during an intense race.
- Bagels/muffins, fruit and juice will be available at regattas for the Team Members.
- Avoid greasy food, sugared cereals, caffeine, and high fat dairy products.
- DRINK PLENTY OF WATER!!!!!! Bring refillable water bottles to regattas.

- Food intake is limited prior to the race, but not afterwards. Team Members can bring money to purchase food from concession stands after the race or bring along a lunch, since not all race sites have concessions.

### ***What to Bring to Regattas***

Team members should bring items to help pass the time between races:

- Books, cards, magazines, portable stereo with headsets.
- A pillow and sleeping bag/blanket to rest.
- Suntan lotion/block and medicines. All medicine must be given to the coach.
- A change of clothes to have something dry for the return trip home.
- Food and drinks (water!).
- Parents should bring folding chairs, binoculars, cooler with drinks (water!) and snacks.
- Any medications, including prescriptions that your Team Member may need. You may also wish to bring first aid medications such as Benadryl for insect bites, etc.

Money:

- To purchase regatta T-shirts (\$20-\$40) and other novelties if desired (\$5 and up).
- To buy food after races or a meal on the return trip home.

## **General Information**

### ***What is Rowing?***

In rowing, boats—also called *shells*—are divided into two categories, *sculls*, and *sweeps*. In a scull, each Team Member has two oars, each about 9.5 feet long. Sculls can be *singles*, *doubles*, or *quads*. In a sweep, each Team Member has only one oar, 12 feet long. Sweeps come in *pairs* and *fours*, with or without a coxswain, and *eights* with a coxswain.

In both kinds of racing boats, Team Members can take long and powerful strokes with the oars because their feet are tied into shoes. They move back and forth on seats that roll on a track about 2.5 feet long and they have swivel oarlocks.

Racing shells are light and streamlined, made from a thin carbon fiber composite less than an eighth of an inch thick. For example, an *eight* (a boat with eight Team Members, each rowing one oar) is about 60 feet long, weighs less than 250 pounds, and can carry a crew weighing as much as 1,800 pounds.

The common racing distance for collegiate Team Members is 2,000 meters, or about 1.25 miles. Under good conditions, a world-class eight crew can row this distance in less than five minutes at an average speed of just over 13 mph. High school (junior) races are typically 1,500 meters.

### ***Boat Positions***

There are eight rowing positions in the largest racing shell. Seats 1 and 2 are referred to as the bow pair. This pair is special, as they "set the boat." Team Members in these positions must have smooth and fluid technique. Seats 3, 4, 5 and 6 are referred to as the power, or "engine room" seats. Team Members in these positions must be large and strong. Seats 7 and 8 are referred to as the stern pair. They set the stroke rate for each side of the boat. It's important to remember that all three sections of the boat are equally important. A winning boat consists of eight people rowing together as a team under the direction of their coxswain.

The coxswains are team members who are often overlooked, receiving little praise or encouragement (other than being thrown into the water to celebrate a boat's victory). The coxswain is the eyes and ears of the boat. The coxswain must be a good motivator because, once the race begins, the coxswain is the only one who can talk to the Team Members.

The coxswain must guide the boat to the starting line and get the boat lined up. Once the race begins the coxswain talks to the Team Members, telling them where they are in relationship to the other boats and how much farther they must go. A coxswain must know rowing technique, so that if a correction is necessary, he or she will know what to do and why to do it. It is vital that the coxswain communicates with the Team Members in a motivating way. The coxswain steers by giving directions to the Team Members, watches for competing boats ahead and behind, and keeps the boat in proper lane to avoid penalties.

## *What We Do - Our Rowing Seasons*

### *Summer*

*(June, July):*

This is the off-season for SCC team rowing, although the highlight of this season is our Summer Camp program. Our Summer Camp introduces prospective team members from local schools to SCC and teaches the basic skills of rowing and handling of the shells. Some of our experienced returnees may be invited to assist during the Camp.

This is also the time for equipment maintenance. Team members are invited to come to the boathouse to help with boat and general boathouse cleaning and maintenance as required.

### *Fall*

*(August – November):*

This is the time when all SCC team members come together as a unified team. Get ready for that practice commitment. New team members are provided with the basic instructions. Returnees will be reviewed on the basics of rowing. This is comprised of land training and limited on-the-water workouts. Individual attention is provided as required. High School practice is 5 days a week including Saturdays. Middle School practice is 3 days a week including Saturdays. This allows the coaches to calibrate the team.

This is also the **Head Racing** season for returning team members. These races are approximately 5 kilometers in length (or 3.1 miles), so endurance work plays a large part in this training. Team members will be evaluated regularly on weight training, running and various erg pieces. The Head Racers compete over the same courses as collegiate crews. This gives them the opportunity to compare their results and establish goals to which to aspire for future college rowing.

Occasionally at the end of the fall season the entire team will participate in a sprint style race. This is the first sprint race for the novices and a fun end-of-season race for the returnees. It gives the novices a taste of what all that hard work at practice has been for and a look at the upcoming Sprint Season.

### *Winter*

*(December – January):*

Practice will be shortened for exam week to allow athletes to study. Team Members can look forward to a nice week break starting sometime around the holidays. We will hold practice over the holiday break either organized by coaches or team captains. Athletes who are missing practice over holiday break are highly encouraged to continue to cross-train while gone. With racing beginning in early February, the Team will need to stay in shape but still enjoy the holiday season.

### *Spring*

*(February – May):*

This is our **Sprint or competitive rowing season** against other high schools and youth teams throughout Florida then culminating in the US Rowing Southeast Regionals, typically held in May. These regatta races are usually 1500-meter or the standard 2,000-meter sprints, and the training emphasis will be towards high output for short periods. At this time, all our Team Members should



be able to return an effort commensurate with their training investment that has been developing during the previous seasons. Team Members will be evaluated regularly in all aspects of conditioning and rowing ability to ensure that SCC provides the best competitive edge possible in these regattas. The season officially ends after the East Florida District Championships for the Middle School team although they may be invited to the state and regional championships. The high school Team Members continue training and compete at the FSRA State Championships and then the US Southeast Regional Championships and hopefully a berth to the National Championships.

### ***Parent (Booster) Meetings***

Our monthly parent/guardian meetings, also known as Booster Meetings, are specifically designed for the parents and are crucial informational meetings. Attendance at these meetings is required by all parents to keep updated on current activities. A schedule will be posted on the SCC website calendar. These meetings are open to the entire membership. Reminders through e-mail will be sent through the team email platform. A family gets a credit of 1.0 hour of volunteering for attending and signing-in at the meeting.

### ***Awards Banquet***

The final event of the season is an awards banquet. The banquet recognizes the efforts of the crew, the coaches, and their families. The banquet is open to all Team Members and their families, alumni, honorary guests, and SCC sponsors. Highlights of the evening include:

- Recap of SCC season successes.
- Special recognition will be awarded to Team Members for outstanding performance and varsity letters will be distributed to those who qualify.
- Special recognition of sponsors and -volunteers who have contributed to the club's success.
- Seniors are recognized and receive a fond farewell.
- Election of next season's Board of Directors.

# Emergency Plan

An emergency plan has been created to ensure a safe environment for everyone. The following shall apply:

- In case of serious accident or crisis, NO public statements should be made. All inquiries should be referred to the SCC Board of Directors.
- In the case of **first aid treatment and minor illness**, the adult in charge will administer treatment for minor injuries or illnesses *not requiring* hospitalization or emergency room care. First Aid Kits are in the boathouse, in all launches, and on the boat trailer. First aid will not include administration of any medications.
- In case of **injury or illness requiring** hospitalization/emergency room care, the adult in charge will:
  - Contact 9-1-1 to request appropriate medical personnel.
  - Follow standard first aid procedures in treating the injured or ill person(s) until appropriate medical personnel arrive.
  - Notify parents/guardians and SCC emergency contact person.
- In case of **fire, flood, storm or severe lightning** the adult in charge will:
  - Move the Team Members to a safe location.
  - Call SCC emergency contact person, who will notify parent/s guardians where and when to pick students up.
  - Determine when conditions are safe for travel for students driving their own vehicle.
- In case of **accidental or natural death**, the adult in charge will:
  - Contact 9-1-1 to request appropriate medical personnel and authorities.
  - Follow standard first aid procedures if appropriate.
  - Retain a responsible adult at the scene who will see that the victim and the surroundings are not disturbed until the proper authorities have assumed control and dismiss all unnecessary bystanders.
  - Notify the SCC emergency contact person or ANY SCC Board member. This person will contact the family in the case of a fatality or where death is imminent.
- In case of **unusual suspicious activity, or intrusion**, the adult in charge will:
  - Contact 9-1-1
  - Remove the group from the scene if the safety of any member is ever in question and notify the SCC emergency contact person of any change at the site.
  - Personal safety takes priority over equipment safety.
- In case of **a lost student**, the adult in charge will:
  - Contact 9-1-1
  - Organize a search of the area in teams starting with the student's last known location.
  - Notify the SCC emergency contact person if the student is not located within a reasonable amount of time.
  - The emergency contact person will notify the parents and the Board of Directors.

## Committee Descriptions

It's hard work that puts Space Coast team members on the water. Under the direction of the Board of Directors, the committees consist of parents of the team members and sometimes the Team Members themselves. The Crew committees draw support from the family and friends of crew members and the surrounding community. Before the first boat splashes into the water, hours of work and fundraising are done entirely by Crew parents and Team Members. The following committees make SCC happen and parent help is greatly appreciated.

<b>Food Tent:</b> -Plan Meals -Organize Food Tent Helpers -Oversee Tents Up & Down -Food Trailer Packing -Food Trailer Towing	<b>Maintenance:</b> -Boathouse maintenance    -Erg Repair -Boat Repair                    -Cox Box Repair -Trailer Maintenance        -Tent Maintenance -Launch Motor Service      -Paint/Stripe Oars
<b>Marketing / Publicity:</b> -Contact Area Media -Signs / Banners -Newsletter -Recruiting	<b>Fundraisers:</b> -Schedule Fundraisers -Sponsors
<b>Dinners / Socials:</b> -Welcome Back Picnic -Team Breakfasts -Christmas Party -Awards Banquet	<b>Rowing Events:</b> -Parent Learn to Row -Summer Camps
<b>Team Apparel:</b> -Order Team Apparel -Manage sales of apparel -Arrange for storage of apparel	



**“All were merged into one smoothly working machine; they were, in fact, a poem of motion, a symphony of swinging blades.”**

**- Daniel James Brown**

**(The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics)**

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