



**PHILADELPHIA CITY ROWING  
PARENT GUIDE  
FALL 2015**

# **TABLE OF CONTENTS**

- **INTRODUCTION**
- **OVERVIEW OF ROWING**
- **PARENT'S GUIDE**
  - **PRACTICES**
  - **ROWING ATTIRE**
  - **NUTRITION**
  - **PARENT BOOSTERS**
  - **RACE DAY**
  - **PARKING**
  - **RACE SCHEDULE**
  - **COACHES**

## INTRODUCTION

PCR is a year-round program that uses three components- competitive rowing, mentoring and academic support- to empower public school students to reach their full potential. The Fall and Spring are our main racing seasons; Winter is designated for erg and land training; Summer is used to introduce new athletes to the sport through Learn To Row.

### ***Competitive Rowing***

Rowing is a sport that instills self-discipline, perseverance and commitment. These are values that translate into success in all areas of life.

### ***Commitment***

Participants need to make a commitment to get to Boathouse Row on Kelly Drive for daily practices. Practices are **Mondays through Fridays from 4:00-6:15pm and on Saturdays from 9:30 to Noon**. Mondays are reserved for academics and allow the rowers to attend tutoring or to complete assignments and projects for school. Please set up any doctor appointments etc. for Mondays if possible.

### ***Mentoring***

Mentoring is an important part of our program. PCR mentors are adult professionals from the rowing community who have passed all background checks and our interviewing process, and who help guide our participants through their high school rowing careers.

### ***Academics***

One of our most important goals is to create the opportunity for our rowers to compete at the collegiate level. Rowing opens many doors, but even the best athlete must have solid grades in order to benefit from rowing scholarships, admissions support, etc.. PCR has contracted with JEVS Educational Services to provide SAT/ACT prep courses, small group subject tutoring, college guidance and other educational supports to our young people. Prep for Success Classes will be offered to juniors and seniors and any costs will be on a sliding scale basis.

## OVERVIEW OF ROWING

1. Rowing is a total body workout. Rowing only looks like an upper body sport. Although upper body strength is useful, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involve all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.
2. There are two basic types of rowing: sweep rowing and sculling. In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars, one in each hand.
3. The boat. Although spectators will see hundreds of different races at a rowing event, there are only six basic boat configurations. Sweep rowers come in pairs (2s), fours (4s) and eights (8s). Scullers row in singles (1x), doubles (2x) and quads (4x). Sweep rowers may or may not carry a coxswain (cox-n), the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In sculling boats and sweep boats without coxswains, a rower may steer the boat by using a rudder moved with the foot.
4. The categories. Rowers are categorized by sex, age and weight. For Junior Races, events are offered for men and women. There are two weight categories: lightweight and open weight. The lightweight category is for women 130 pounds or under, for men it is 155 pounds and under.

5. The equipment. Today's rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide and approximately 30 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells. Sweep oars are longer than sculling oars.

6. The crew. Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers. **Coxswain-** (pronounced "cox-n")-the person who steers the shell (boat) by using a rudder controlled by a cord controlled by the hands of the coxswain and calls the stroke count on the water.

7. SPM not MPH. Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high – 38-45, even into the 50s for an eight – and then "settles" to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews may call for a "Power 10" during the race – a demand for the crew's most intense 10 strokes.

8. Race watching. The crew that's making it look easy is most likely the one doing the best job. When watching a race, look for a continuous, fluid motion from the rowers; synchronization in the boat; clean catches, i.e. oars entering the water with little splash; and the boat with the most consistent speed.

9. Teamwork is number one. Rowing isn't a great sport for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and bladework with one another.

10. Rowing is the ultimate walk-on sport. (It's easier to get started than you think.) USRowing is a membership organization that serves rowers of every age and ability from the beginner to the experienced rower all the way to the national team. So, there's definitely a place for you.

For additional information on rowing:

[www.philadelphiacityrowing.org](http://www.philadelphiacityrowing.org)

[www.phillyflicks.com](http://www.phillyflicks.com)

[www.boathouserow.org](http://www.boathouserow.org)

[www.usrowing.org](http://www.usrowing.org)

## PCR PARENT'S GUIDE

### PRACTICES

Practices will be held Tuesdays through Saturdays.\* Tues-Fri practice begins after school (4:15-4:30PM) and on Sats 9:30am-11:30am. Each practice begins with a warm-up before the boats go onto the water. Typically practices are over by 6:15-6:30pm. All athletes are expected to be at scheduled practices. Monday is the day we ask student-athletes to do anything they need to take care of such as doctor's appointments, tutoring, homework projects etc. PCR is very concerned about the academic achievement of our rowers and if tutoring is needed, please contact one of the coaches. Any practices that are missed must be done by notifying the coach in advance. Three unexcused absences may result in dismissal from the team. Ten total absences may lead to dismissal. Students are expected to communicate with the Director of Rowing for any potential conflicts. Missed practices will also mean the athletes may be moved to boats with athletes of less experience.

**PCR is a FREE PROGRAM and all we ask is for the student-athletes to be committed.**

*\*DUE TO THE PAPEL VISIT PCR MAY NEED TO ADJUST OUR SCHEDULE AND PRACTICE A FEW MONDAYS*

***Individual commitment to a group effort, that is what makes a team work, a company work, a society work, a civilization work. -Vince Lombardi***

### ROWER ATTIRE

As with anything, weather determines how one should dress. It is suggested that the rowers bring extra clothing along as weather is often unpredictable. The importance is to stay warm when it is cold out and to avoid sunburn in the warmer months. It is important to keep the heat in, so hats are often helpful. Socks are especially important to keep the feet warm and dry. It is recommended to wear a uni-suit or lycra/spandex shorts. Rowers need to be able to move freely without having clothing get in the way.

***Practices will be held in bad weather UNLESS schools are Closed***

Here is a brief video on how to dress:

[http://www.ehow.com/video\\_2353653\\_wear-competitive-rower.html](http://www.ehow.com/video_2353653_wear-competitive-rower.html)

### NUTRITION

Rowing requires a mixture of technique, power and endurance, utilizing both anaerobic and aerobic energy systems. Rowers have a very high energy and carbohydrate requirement to support training loads and meet body weight and strength goals. This summary is intended to provide general information on sports nutrition for pre-exercise, during exercise, and recovery.

#### **1 hour before event**

- Fruit or vegetable juice such as orange, tomato, V-8 and/or
- Fresh fruit such as apples, watermelon, peaches, grapes, oranges, and/or

#### **2-3 hours before event**

- Fresh fruit
- Fruit or vegetable juices
- Bagels, bread

- Low-fat yogurt,
- 3-4 hours before event**
- Fresh fruit
  - Fruit or vegetable juices
  - Bread, bagels
  - Pasta with tomato sauce

### Recovery Nutrition

“Recovery” refers to the time after the event or training. The goals of recovery nutrition are:

- Restore the muscles and liver with glycogen
- Replace fluid and electrolytes lost in sweat
- Manufacturing of new muscle protein, red blood cells and other cellular components as part of repair and adaptation process.

Inadequate recovery can lead to chronic fatigue and a gradual decline in your performance. Be selective in what you eat after exercise, wise choices will help you recover quickly.

Additional helpful information:

<https://www.healthiergeneration.org>

<http://www.choosemyplate.gov>

### THE COURSE

Races start just west of the Strawberry Mansion Bridge and the finish line is just west of the Columbia Avenue Bridge on the Schuylkill River. Kelly Drive will be closed for almost all of the regattas during the spring. Make sure to plan your driving route accordingly so your son/daughter can make it to the PCR boathouse on time for his/her race. There is seating in the grandstands at the end of the course and often the Booster Club sets up a tent at the 500 meter mark at the end of Peter’s Island.

### PARKING

Kelly Drive is often closed during some regattas.

Usually the drive is closed around 6 am. (from Strawberry Mansion Bridge to Grant’s Statue)

You can only enter the Kelly Drive by car from the Northern End when it is closed to regular traffic.

No parking on the grass! Do Not move cones so you can park. Don’t park before the drive is closed.

Handicapped parking permit passes can be requested. They are limited. Your own handicap-parking pass does not count.

### Parking Passes

You can only park if you have a parking pass

Parking Passes are limited and are distributed by the team

The people setting up the tent or tables need parking passes

Parking is from the grand stands north-Parking in on the diagonal

Please allow room for the person next to you to get into their car

The parking lot by St. Joe’s Boathouse is for boat trailers not cars

Good to carpool.

Parking lots and trolley (spring only)

There are two parking lots in Fairmount Park that cost \$12

The trolley makes a loop from the parking lots to Kelly Drive

## **TABLE/FOOD CREW**

While your kids might think they are the only crew member in the family, you can give them a run for their money when you tell them that you are part of the parents' table/food crew!

Ensuring that all of our participants have enough to eat after their races, and there is enough food left for the kids who are racing last in the day, is no small feat. It takes time and assistance.

**THE PARENT'S BOOSTER CLUB organizes the schedule for food and races. In the past SIGN-UP GENIUS has been used to get parent participation. In addition to needing to supply food for our hard working rowers, we need a few parents to set up and a few to tear down and clean up for every race. If you cannot bring a food donation, please consider sending a small cash donation so the Booster Club can purchase the items needed. REMEMBER-PCR is FREE for your child.**

Please keep in mind the on-going importance of healthy nutrition for our student-athletes. We ask parents to bring fruits, veggies, cheese and crackers, peanut butter, granola, water, milk, chocolate milk, bagels, and other healthy options for race day.

## **PARENT BOOSTER CLUB**

**What is it?** The booster club will be to benefit PCR Team. The funds raised will be utilized to impact the mission of empowering youth through rowing. This means that all proceeds will go directly toward benefitting the team ie. Purchasing tents, team jackets, etc. The Booster Club will operate under the PCR 501 3c tax exemption and have a separate account line in the budget.

## **RACE DAY**

In the spring, we participate in the Manny Flick Regattas which are held on Sundays. The Philadelphia Scholastic Rowing Association (PSRA) allows PCR to compete against other local high schools. These races typically begin between 8am and 10am and end around 4pm. The schedule for the races can be found on the PSRA website. In the event of extreme weather (snow, high winds, torrential rain...) please check the website regarding the status of the races. PCR will also try to post any cancellations on Facebook.

## **FALL SCHEDULE**

Regattas in the fall are mostly head races. This means that the boats race head to head to the finish line.

### TENTATIVE SCHEDULE:

October 10 (SAT)	NAVY DAY REGATTA
October 25 (SUN)	HEAD OF THE SCHUYLKILL
NOVEMBER 7 (SAT)	FROSTBITE REGATTA
NOVEMBER 8 (SUN)	BRAXTON REGATTA

## **STAFF CONTACT INFO**

Terry Dougherty	267-474-0437	<a href="mailto:terry@philadelphiacityrowing.org">terry@philadelphiacityrowing.org</a>
Sarah Pivonka	916-690-7803	<a href="mailto:sarah@philadelphiacityrowing.org">sarah@philadelphiacityrowing.org</a>
Tom Thomas	703-926-6460	<a href="mailto:tom@philadelphiacityrowing.org">tom@philadelphiacityrowing.org</a>
Zach Mondesire	610-348-8390	<a href="mailto:zach@philadelphiacityrowing.org">zach@philadelphiacityrowing.org</a>
Ryan Rickus	267-266-1567	<a href="mailto:ryan@philadlephiacityrowing.org">ryan@philadlephiacityrowing.org</a>
Alycia Kime	609-315-7449	<a href="mailto:kimealycia@gmail.com">kimealycia@gmail.com</a>
Gabby Arondel	631-219-9125	<a href="mailto:arondelg@gmail.com">arondelg@gmail.com</a>
Jaleel Uqdah	267-456-7720	<a href="mailto:uqdah@sas.upenn.edu">uqdah@sas.upenn.edu</a>