

Mathews High School Crew 2018

East River Rowing

Physical Address: Williams Wharf (Route 614)

Mailing Address:

PO Box 1050

Mathews, Virginia 23109

Head Coach: Mr. Tim Ulsaker

Phone: 695-4916

Email:

crucoach53@3bubbas.com

OR:

tulsaker@vikingautomotive.hrcoxmail.com

Logistics & Operations:

Mrs. Christina Tomcany

Phone: 815-0650

Email: cptomcany@gmail.com

Asst. Coach: Mr. Vernon Rowe

Phone: 824-4759

Email: brodie_rowe@hotmail.com

Asst. Coach: Mr. Vas Dunston

Phone: 815-5710

dunstonfamily816@gmail.com

ATTENTION:
PARENTS AND CREW MEMBERS

- 1) Information in this packet covers the coming season for those involved with the Crew Program at MHS.
- 2) PLEASE read all of it, **NOW**, with your child and SIGN/FILL out the forms found at the back of the packet. Return them by or before Feb 19th. The student info form should be carefully completed so we can use the info to fill out entry forms, get uniforms and make up a phone/email roster.
- 3) Parents: please note that there is a Parent and Crew Fellowship/Info pot luck dinner immediately following practice on Friday, March 2nd, at 5:45 pm, location, Williams Wharf Community Building. Come find out about how the Crew Program works, how parents help with our home regattas, meet the coaches, and help feed HUNGRY kids. They are always ready to eat after practice!! Drinks, napkins, paper plates and cutlery will be provided. As to what item to bring: A Crew Parent will call you to coordinate what type of dish, salad, main meat or pasta dish, fruit/vegetable or desert for each parent/family to bring.
- 4) Please file this info packet in a safe place for future reference as it has maps and info, which avoids unnecessary questions and lack of information.
- 5) Please note that Physicals must be COMPLETE and SIGNED by Doctor, Parents AND Students before practice can be attended. Two (2) missed practices for lack of forms or physical results in dismissal from the team. GET THEM DONE NOW. PHYSICALS DUE to Athletic Director: Feb. 19, 2018. Do not turn them in to your coach! Turn them in to Mr. White!
- 6) Forms Needed: PHYSICAL, INSURANCE INFO FORM ON PHYSICAL, ATHLETIC POLICY, CREW STUDENT INFO FORM, U. S. ROWING WAIVER FORM, AND SWIM TEST FORM. (Student must bring enclosed form to swim test Signed and Filled out)
- 7) Fill out your online waiver at <https://membership.usrowing.org/> Your code for Mathews High School Crew is PZ7VP.
- 8) All forms are DUE to by Feb. 19, 2018!!!!
- 9) Thank you for your attention and your child's interest in Rowing. We all look forward to a smooth and orderly opening of the season and exciting racing.





Mathews High School Crew and
Mobjack Rowing Association
P.O. Box 1015
Mathews, Virginia 23109

February 12, 2018

Dear Parents and Budding Novice (1st year) Crew Members,

On behalf of myself, Mr. Vernon Rowe, Mr. Vas Dunston, and Mrs. Christina Tomcany, we would like to extend a hearty welcome to the Mathews H.S. Crew program for 2018. You have shown an interest in undertaking a very different, demanding, and highly disciplined sport. All returning crew members and the coaching staff are excited about our latest recruits and the upcoming season. We are looking forward to setting goals and building a team that will be very competitive in both Northern Virginia and national regattas. This year we are planning our 30th Annual MHS Crew Regatta on May 5th, and two smaller local regattas on April 7th and 21st for local and Tidewater crews. There is also a pot luck dinner/info meeting for parents and team members at 5:45 pm on Friday, March 2nd, location Williams Wharf. More information on the regattas, practice, the supper etc., can be found throughout your information packet.

All novice crew members will be introduced to rowing technique, physical training, and equipment care from the basic level. They will learn how to work and train as a team, dress for the weather, and be responsible to each other. They will also learn how to take great care in keeping their equipment and rowing facility clean, and how to pack for away races. We are here to help you learn how to train and maintain your body and row competitively with a carefully developed program that is designed to build strength and confidence slowly. As you train and learn how to row, you will discover the fun and satisfaction of strength and balance in groups. One of the most rewarding benefits of crew is the pride and confidence your boat team will develop as a group. There are no individual stars and our crew's performance is judged as a whole from the fastest Varsity boat to the newest, youngest, and tiniest boat. Collective wins show a team spirit that is very difficult to master in high school rowing...We have it!!!

A good pair of running shoes, foul weather and workout clothes that fit closely, a racing uniform, a daily water bottle and a mature attitude towards attendance and team rules are the basic requirements for all participants in the rowing program. Crew members will need cash for food, commemorative T-shirts, etc. on trips to regattas on each Saturday that we race in Northern Virginia. We leave for races at around 3:30 AM from behind the High School where the buses are kept. Team member racing uniforms are required and can be ordered through Coach Tomcany. T-shirts, sweatshirts and other Mathews Crew rowing clothing can be purchased through www.justrow.com. There will be a Boathouse rowing jacket order this year. Jackets cost around \$185-\$235 and are totally optional, but they provide effective protection in practice and racing and if your child is interested in rowing 4-5 years, it is a good investment.

The Crew account will pay hotel accommodations for all members who compete in the Northern Virginia Championships (if needed) and national level regattas. The crew also pays for all equipment and operating expenses. Insurance, the bus itself, fuel and two coaching stipends are paid for by the Mathews County School Board. The annual budget needed to fund MHS Crew is raised by your coach and funding sponsor. The majority of this funding comes from the community, local businesses, foundations, and out of town benefactors. This money pays our expenses, builds funds for shell and equipment maintenance, expansion, and replacement, and provides support for rowers who need economic assistance for expenses, uniforms, etc. All we ask in return is for your commitment to running the home regattas that we have at Williams Wharf.

Williams Wharf

A crew program is a carefully balanced activity that requires flawless attendance and commitment. If working or outside activities conflict with the crew practice and racing schedule (including AM's during Spring Break) then a decision must be made as to which activity the student and parents feel is more important. Conflicts to crew that will be considered are: health problems, family problems, and school problems. Please make dentist, hair, and other appointments at a time that does not conflict with practices as it is very hard to develop specific team boats and balance when someone is missing ; forcing other crew members to work with or adjust to someone not normally in their boat. The interruption of physical training due to absence also disrupts an athlete's physical progress. More than two unexcused absences will result in dismissal from the team. The incredibly short time we all have to teach a novice crew how to row and pick up speed does not permit the luxury of lost days when a crew can't row together.

The novice year is a great season for learning and developing. We look forward to developing this year's group and the foundation for great future boats and fine athletes. The prospects for collegiate scholarships are excellent in crew. Our crew has developed a good reputation and I receive constant requests from college coaches who recognize that our success comes from well trained athletes who have developed the drive and work ethic that comes from competitive rowing. The operative word here is "Developed". All the great rowers that have come from our crew started out as new novices like you. From our viewpoint, that is the magic of crew. It is a level playing field waiting for you to come and play and we are here to urge you on. Mathews and Mobjack rowers have earned close to \$10 million in college scholarship opportunities since 1994.

The MHS Rowing Program will give any student or parent a great source of pride and accomplishment. Every year we work to continue a winning tradition that our whole community has come to admire and the rowing community in general has come to respect. Please keep in mind that your child will be following a balanced and proven training program and undergoing a lot of physical training. Try to plan healthy meals and good breakfasts and additionally encourage the consumption of at least eight glasses of water a day.

Please look over the attached information packet. Put this packet where you can refer to it in future; IT SAVES A LOT OF QUESTIONS AND CONFUSION!! A roster will be coming out soon for your communication convenience. It has addresses and parents names and emails, as well as phone numbers of crew members, you will find it extremely useful and will refer to it often so put it in a convenient and safe location . If there are any questions please don't hesitate to call me, Mr. Rowe or Mrs. Tomcany; or ask any of our experienced team members or parents. We are looking forward to working with you. Remember, regular crew practice will start on Tuesday, February 20th, at 3:15 PM. (Team catches bus parked behind MHS Auditorium) We have provided coach's cell numbers below. Please do not call coaches during practice hours unless it is an emergency. We are happy to talk to you about any concerns or questions you may have, but need to give our full attention to our team during practice. Mrs. Tomcany is providing logistic and team management assistance this spring season and can be seen taking photographs of our rowers at practice and regattas. She has full authority with team operations and will be onsite regularly but will not be doing regular onsite coaching as she has in the past. Coach Vas Dunston, who has worked with Mobjack Rowing Assoc. over the past year will also be helping when needed.

We look forward to working with you and are keen on getting a good start and a jump on the competition!

Yours Truly,

Tim Ulsaker
Head Coach &
Sponsor
695-4916

Vernon Rowe
Asst. Varsity
Coach
824-4759

Vas Dunston
Asst. Coach
815-5710

Christina Tomcany
Team Logistics Officer
& Operations Manager
815-0650

2018 Mathews High School Crew

Start Up Information for All Rowers and Parents:

Head Coach:
Tim Ulsaker
804-693-5160 (home)
Crucoach53@3bubbas.com

Asst. Varsity Coach:
Vernon Rowe
804-725-3678 (home)
brodie_rowe@hotmail.com

Asst. Coach:
Vas Dunston
804-815-5710 (cell)
Dunstonfamily816@gmail.com

Logistics and Operations:
Christina Tomcany
804-815-0650
cptomcany@gmail.com

I. The Season:

Practice Starts- 3:15 PM Monday 2/19/2018 and daily onwards (Team members meet practice bus to Wharf behind Auditorium at MHS) Spring Break practice schedule is M-F April 2nd through April 6th and April 9th at 3:30 PM at the Wharf. Varsity may have some 6 AM practices, TBD. Last race for Novices who are not invited to continue practicing with Varsity- Saturday, May 5th.
***Note:** If a varsity level crew develops sufficient speed, they could go on to national level races, which would extend its racing season through the first of June for the Canadian Schoolboy Championships. This is very unlikely for a novice crew in their novice year but not impossible. Equipment Clean Up for varsity will take place after the varsity racing season is over.*

II. Daily Practices:

- A: All athletes must be ready to practice behind MHS by 3:15 PM. The bus takes all team members to the Wharf each day. THMS students ride a first load bus over the MHS.
- B: Once at the Wharf, different level crews (novice, JV, Varsity) are run through planned rowing, rowing machine, cross training, strength conditioning, and running routines.
- C: Once equipment is rinsed, dried, and put away the crew is bussed back to MHS after final running/cool down is done.
- D: Practices run from 3:15 to 6:30'ish. Some days we are able to finish earlier but due to the dynamics of weather, getting boats on and off the water, and rowing in large groups, it is not an exact science. **Please minimize picking up your child at the Wharf.** We are in the middle of a multi-million dollar boathouse project and in addition to rowers and boat traffic there is construction equipment. They will call you when practice is over.
- E: If your child cannot make it to practice, contact coach directly. Do not rely on email and Facebook as ways of contacting the coaching staff.

III. What Do You Need Before Practice Starts:

- A: Virginia High School League Physical: **GET IT NOW!!!!!!** Don't wait until the last minute. You cannot practice without a current physical. If you already had a sports physical this year for another sport it will apply to Crew. See the attached forms or you can get another from the MHS Athletic Director. DUE: Feb. 19, 2018
- B: MHS Athletic Policy: Must be signed by athlete and parents-
- C: Concussion Information: If not already on file for another sport this year, read and fill the form out.
- D: Emergency Form: Filled out, signed and turned in to Athletic Director.
Note: If you have already participated in a sport this year, your physical should already be on file with A. D., however, you must sign or fill out a new Athletic Policy and Emergency Form for each sport you play. Please have the correct health insurance information on the form.
- D: A good pair of running shoes, close fitting training clothes providing layers for colder days, a good daily water bottle.
- E: Swim Test: The swim test will be administered within the 1st two weeks of practice at the Gloucester Riverside Wellness and Fitness Center. Team bus will take crew members to the Wellness Center and back. You **MUST** have a Wellness Center Permission Slip **SIGNED BY PARENT OR GUARDIAN.**

IV. The Costs of Crew:

- A: Food on Trips to Regattas: There are local regattas in Mathews and all the rest of the VA Series are in Northern VA at Occoquan, VA. Athletes need enough money for breakfast and dinner as it is a full day starting at 4-4:30 AM and ending around 8:00 PM. Money can be saved by packing breakfast and lunch. At times food at regatta is provided by volunteer parents-a nominal fee is collected to cover the cost. You will be given more information about this as it come available.
- B: Team members at the Varsity level that achieve required boat speed will go on to National level competition in Philadelphia, at the site for Scholastic Nationals and possibly to Canada for the Canadian Scholastic Championships. The racing fees, transportation, hotel and travel expenses to these races are paid for by the MHS Crew fund. The money in the Crew Fund is raised by Coach Ulsaker through letter campaigns, foundation applications and funds raised through the help of parent volunteers at home regattas.

VI. Mathews/Mobjack Rowing Programs Calendar of Events:

Feb. 19, 2018	<u>DEADLINE for Physical Forms and all required Crew Forms etc.</u> <u>Turn in Physicals & Athletic Policies to Mr. White</u>
Feb. 19, 2018	1 st day of Practice @ 3:15 PM - Regular Practice is 3:15 PM, M-F. Leave on bus from behind MHS Art Room.
March 2, 2018	Parent/Crew Pot Luck Info Dinner 5:45 PM – Location, Williams Wharf
April 2 nd – 6 th and 9 th	<u>MANDATORY</u> Spring Break Practice daily each afternoon with some 6 AM practices to be determined by your coaches.
April -June 2018	See MHS Crew Race Schedule attached in this Crew Packet
Post Racing Season	Equipment Clean Up Days for Varsity and Novice Rowers--Depends on which Championship regattas we go to. TBA at the discretion of your coaches.
June – August 2018	Start date for Mobjack Rowing Assn Summer Racing Program Mon-Fri 6AM to 9AM. Racing in DC, Phil, New Jersey, Canada Cost: Approx \$1000-\$1200
Sept. – Mid-Nov. 2018	Start date for Mobjack Rowing Assn Fall Head Racing Program Days TBD- 3:30 to 6:30 PM Racing in Occoquan and Norfolk Cost: Approx \$100-225 depending on MRA membership and uniform
Mid- November – Mid- February	Start of Mobjack Rowing Assn. Winter Erg Training season. Mon – Thurs- 3:30 to 5:30 with racing in Southside Virginia and Northern Virginia.

***** 2018 MHS Crew Spring Season Schedule*****

2/19/18 (Monday) All forms have been due!!! Practice @3:15 behind the Art room- We will leave from here daily.

FIRST or SECOND WEEK: Mandatory Swim Test- Date TBA- Transportation will be given to and from RWFC- Bring swimsuit, non-hooded sweatshirt, and sweatpants. NO SPANDEX LEGGINGS OR YOGA PANTS!

3/2/18- Parent/Crew Info Session and Pot Luck Dinner at Williams Wharf: Meeting will take place after dinner for parents to organize the home regattas, assign duties, and ask questions.

Date	Time	Race Time	What/Where
4/2 to 4/6 and 4/9/18	Times to be Announced		All Spring Break practices are MANDATORY . Varsity boats may also have additional 6AM practices
4/7/18	7:00 AM	8:50 AM	Williams Wharf Regatta Williams Wharf, Mathews, VA
4/14/18	3:30 AM	9:00 AM	Darrell Winslow Regatta Sandy Run Regional Park, Occoquan, VA
4/21/18	7:00 AM	8:50 AM	Williams Wharf Regatta Williams Wharf, Mathews, VA
4/28/18	3:30 AM	9:00 AM	Al Urquia Regatta Sandy Run Regional Park, Occoquan, VA
5/5/18	7:00 AM	8:50 AM	30 th Annual MHS Regatta Williams Wharf, Mathews, VA
5/12/18	3:30 AM	9:00 AM	VA State Rowing Championships Sandy Run Regional Park, Occoquan, VA
National/International Level Racing			
5/17 to 5/20/2018	(Leave Thurs. through Sat. PM)	TBA	Stotesbury Championship Regatta Philadelphia, PA
5/30 to 6/4/2018	3:30 PM (Wed. through Mon)	TBA	Canadian Secondary Schools Rowing Assoc. Championships- St. Catherine's, Ontario, Canada
(** Entry to these regattas depend on a crew's speed and performance **)			

Boat Cleanup and Repair Days will be assigned as each rower's spring season concludes. There is always a chance that some novice rowers will participate in varsity boats, so clean up will be assigned on a boat by boat basis and will conclude when ALL boats have been properly cleaned and repaired. Clean up will conclude at the discretion of your coaches.

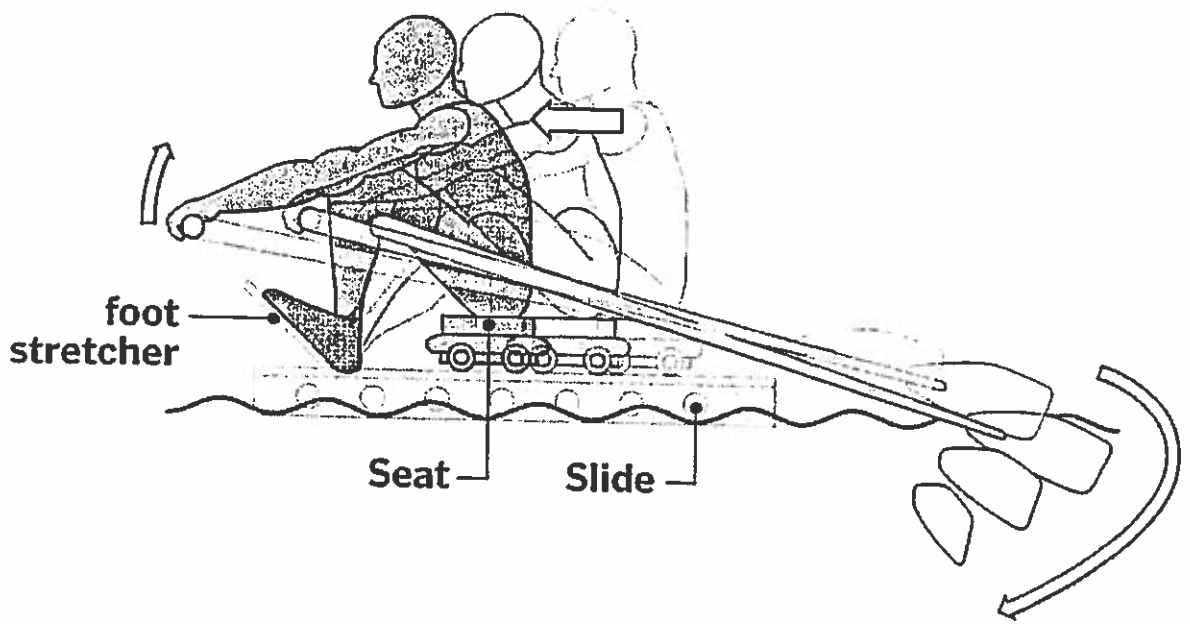


READY ALL? ROW!

There are four distinct phases in a rowing stroke:

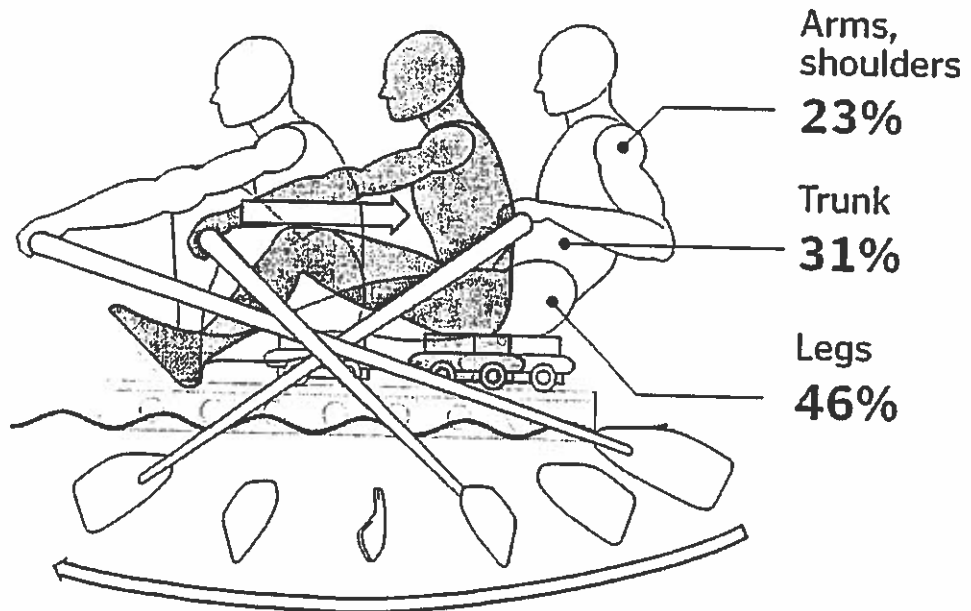
1 Catch

In this phase the rower's legs and back are fully compressed while the arms and shoulders are fully extended. With the blade perpendicular to the water, a quick upward movement of the handle allows the blade to "catch" water.



2 Drive

Rowers propel shells with many muscle groups, transferring power to the oars, then the boat. Power sources:

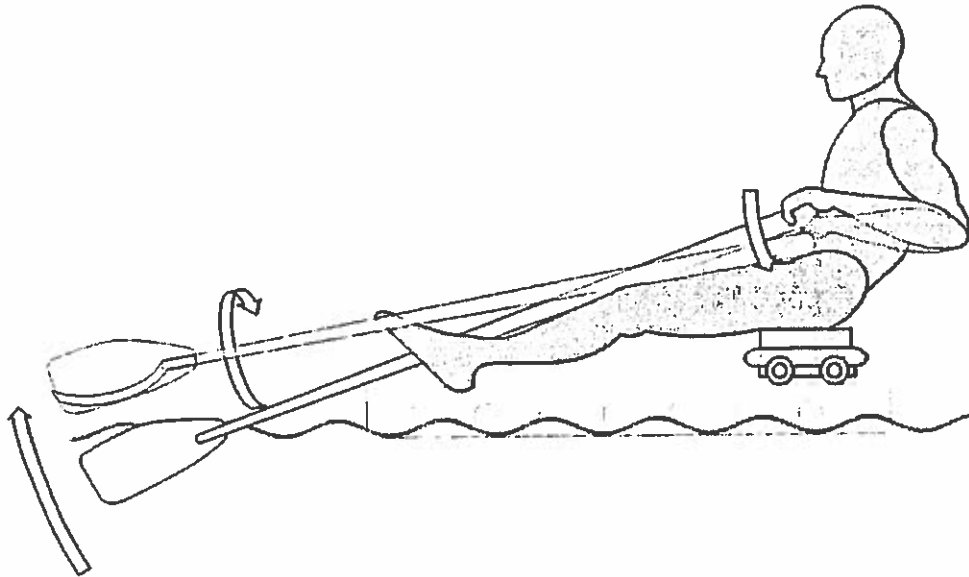


3 Release (finish)

At the end of the stroke, the buttocks exert maximum pressure through the feet; the trunk is strong.

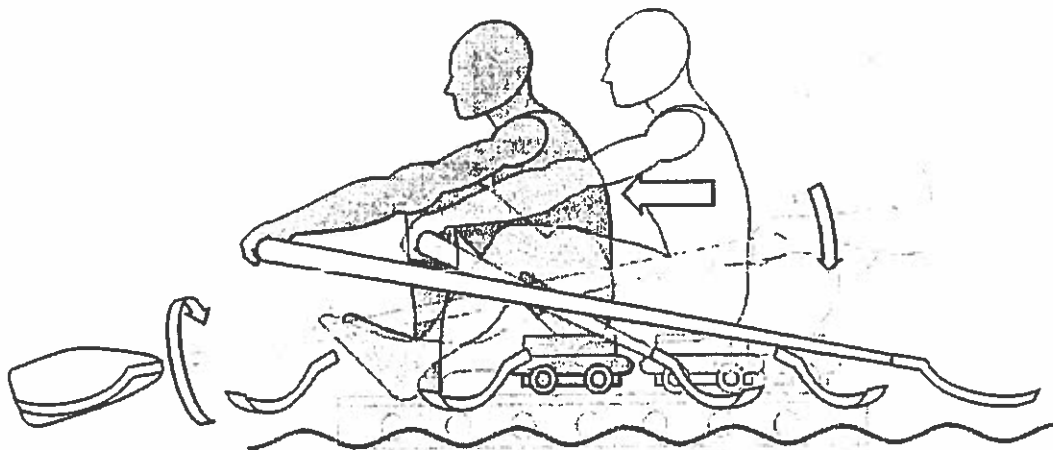
In a swift motion, rowers brush their abdomens as they tap the oars down.

Finally, a turn of the wrist is done to lay the blade flat.



4 Recovery

Drawing the oarblade out of the water, the rower "feathers" the oar — turns the oar handle — so that the oarblade is horizontal. With the oar out of the water, the rower moves the hands away from the body and past the knees. The body follows the hands, until the rower is ready for the next catch.



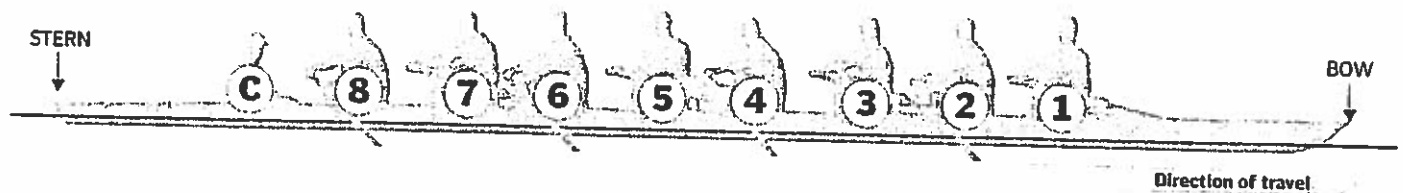
Making a turn

Rowers turn by driving harder with the oars on one side while easing up on the other and with the help of a rudder.

ROWING AS A TEAM

No one oarsman will win a race through an individual performance. The eight rower shell rows as a unit with each member playing an important, slightly different, role.

Eight rower shell



Bow pair

Two and Bow (1) make up the Bow Pair. As the first blades to catch the water at the front of the boat, they must be the sharpest members of the crew at the beginning of the stroke. Together they keep the boat balanced in the water.

Engine room

3,4,5, &6 The most powerful and heaviest rowers row are here. Being closer to the boat's center of mass and buoyancy, the rowers focus more on pulling as hard as they can than on balancing the boat.

7 seat

The translator for the front rowers on the boat, seat seven takes Stroke's rhythm and acts. The rest of the crew responds to his actions.

The stroke

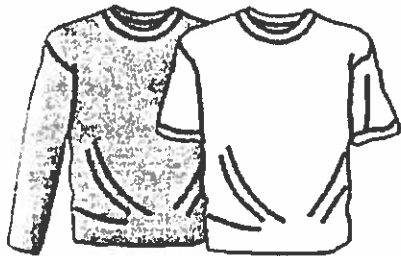
(8) A strong rower with good technique, this rower sets the rhythm and number of strokes per minute the rest of the crew must follow.

Coxswain

(C) The coxswain or "cox," steers the boat, encourages the crew, and monitors the stroke rate.

ROWING basics

for cold weather



MOISTURE WICKING SHIRT(S)
a good workout on the water will make you sweat. You need clothing that wicks away any moisture to keep your body dry.



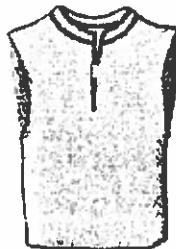
FLEECE PULLOVER or SWEAT SHIRT
wear over a moisture wicking shirt will help keep you warm on the water.



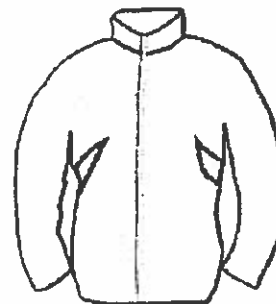
WATERPROOF SOCKS
thankfully this product exists. You can find them from many different manufacturers on the internet. Wear over a pair of **WOOL SOCKS**



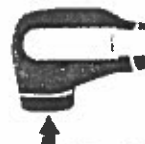
MOISTURE WICKING TIGHTS
a pair of spandex pants are great. If you need more wear a pair of sweatpants over these.



VEST
a good alternative to a jacket or outer-shell and provides extra warmth to your core.



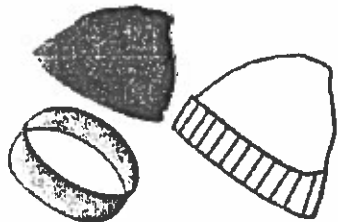
OUTER SHELL JACKET
an outer shell can be very helpful on days where there is a change of weather.



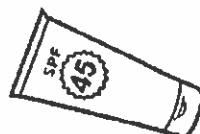
hand goes through openings



POGIES
are great for keeping your hands warm while you row.



CAP/HAT or HEADBAND
It is important to wear anyone of these to keep your head and ears warm. It is preferable to have something that will not fly off when you are out on a windy day.



SUNSCREEN
always use. Just because it is cold out don't think the sun's rays are weak.



SUNGLASSES
protect your eyes from glare and wind.



WATER
it can never be said enough—always bring it with you.



IMPORTANT: Most rowing clubs have a temperature rule for safety reasons. It is not advisable for smaller boats, singles and doubles, to go out when the air temperature is below 40°F (4°C) and/or water temperature below 50°F (10°C). If you go out you should have a launch within 100 yards of all shells.

NOTE: Most items can be found at your local bike or ski shop. Other items can be found by doing a search on the internet. You will want to layer your clothing. If you get too warm you can start removing layers until you are comfortable.

Join your local Rowing Club!



ROWING basics

What Rowers Wear



SINGLET
for competitive



SOCKS
a must for rowing



SLIDE-ON SANDALS
since you have to wear socks these are comfortable



T-SHIRT



SHORTS
nothing baggy

**Warm
Weather
Training**



SUNSCREEN
always use



SUNGLASSES
always use



WATER
always bring



BASEBALL CAP

Learning to Row

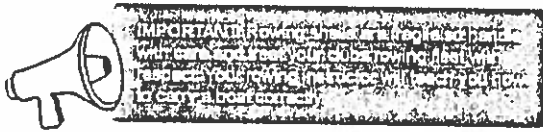
A "learn-to-row" program is a great way to meet people who will share in the learning experience with you. You can find many clubs that offer this and other rowing programs. Another excellent alternative is a rowing camp. Learn to row and you will soon be on your way to the many positive benefits of being a rower. Whether you want to compete or for recreation, rowing is a great workout that can be enjoyed by all ages.

Rowing Terminology

Blade(s) - term refers to an oar or oars
Bow - front of the boat (although it seems like the back of the boat because rowers are facing the stern when rowing). The bow will have a bowball
Coxswain - person in boat that give the crew members commands. Coxswains do not row. They either sit facing stroke seat or in the bow on a bow-loaded shell
Gunwale - top rail on a shell
Port - (as viewed facing bow) left
Starboard - (as viewed facing bow) right
Sculling - Rowing with two oars.
Stern - back of the boat. When rowing you will be facing the stern
Sweep - Rowing with one oar
Sling - stationary device used to place boats on
Weigh-enough - stop rowing

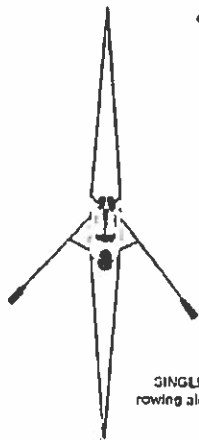
Equipment

No need to run out and buy anything yet. Clubs usually provide equipment for their members.

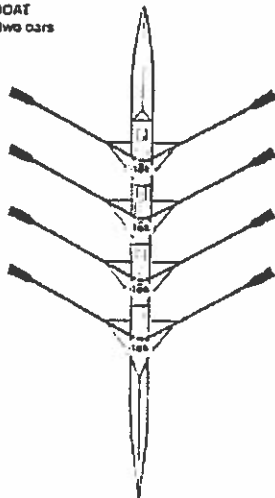


SCULLING

SCULLING BOAT
each rower has two oars

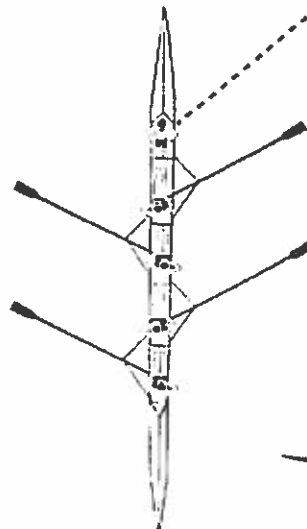


SINGLE
rowing alone



SWEEP

SWEEP BOAT
each rower has one oar



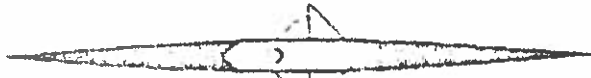
COXSWAIN
commands the boat,
sets the boats pace,
steers the boat

SWEEP BOATS
with more than two rowers will
have 3 coxswain

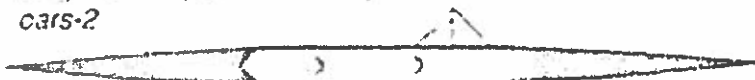
Join a Club Today!



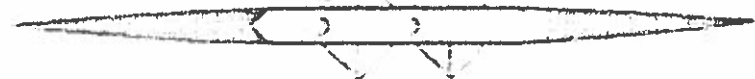
Boat Terminology 101



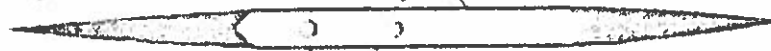
Single sculls (men & women): length 27', crew-1, oars-2



Uncoxed pairs (men & women): - length 34' - crew-2, oars-2



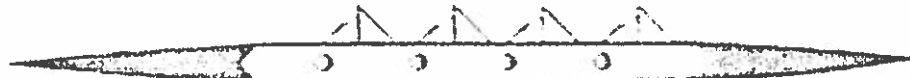
Double sculls (men & women): - length 34', crew-2, oars-4



Coxed pairs (men): - length 35', crew 2 + cox, oars-2



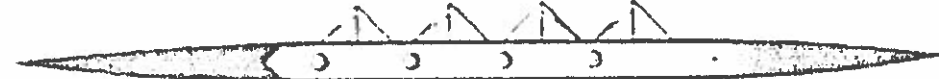
Uncoxed fours (men): length 44', crew-4, oars-4



Quadruple sculls (men): length 44', crew-4, oars-8



Coxed fours (men & women): length 45', crew-4 + cox, oars-4



Quadruple sculls (women): length 45', crew-4 + cox, oars-8



Eights (men & women): length 62', crew-8 + cox, oars-8



Eights (men & women): length 62', crew-8 + cox, oars-8

Crew Participation Checklist
All Forms To Be Turned In
Before Or By 2/19/18

- VHSL Physical, Dated 6/2017 or after, OR obtained through MHS last May.
- NOTE REQUIREMENT: Concussion Info. for Parents, Athlete & Coaches given by Athletic Dept. read and waiver SIGNED.
- Academically Eligible!
- Read ALL info and letters in packet WITH parents-FILL OUT FORMS.
- Swim Test Form filled out and SIGNED BY PARENT on bottom left. Bring Sweat Pants (with draw string) Sweat Shirt and Swimsuit. All OTHER FORMS are also DUE! NO SPANDEX OR YOGA PANTS.
- Student Information Form filled out
- Pay Athletic Fee (\$40- \$100 Cap)
- US Rowing Waiver signed by parents and returned.
- US ROWING WAIVER COMPLETED ONLINE!!! (See directions in Packet)
- Extracurricular and Academic Policies signed by Parents and Athlete.
- Swim Test Passed.
- Obtain good running shoes. It is **VERY** important to have good shoes.
- Close fitting workout clothes that won't get caught in the moving parts of the boat.
- Foul weather clothes for the start of the season. Better to have close fitting light layers with good insulating and weather repelling qualities than one heavy coat or sweatshirt.
- GOOD ATTITUDE!
- Strong Work Ethic or Willingness to learn one!
- Post schedules, Maps, Info Sheets and Roster where you can find them. You will refer to them more than you think and they will save you a lot of needless questions and information frustration.
- Use www.row2k.org, vasra.org (VA Scholastic Rowing Assoc.), usrowing.org, roninracing.com and boathouserow.org for loads of info on crew and regattas.
- Bring a REUSABLE water bottle with your name on it every day.



If your rower completed this during Winter Erg Season they DO NOT have to sign their USRowing Waiver again. Their information and membership will transfer to MHS Crew

In order for your child to row and compete in races, they are required to sign the US Rowing online waiver. This waiver can be found at:

<https://membership.usrowing.org/>

You and your child must look at the Individual section and either:

1. Click on "Sign Waiver" or
2. Click on "Join" if you are a novice rower who has not signed a waiver at US Rowing.

For returning rowers, when it asks for your Member Number click on "Forgot Member Number" if needed and it will prompt you to give your information and an email address that they can send you your number at and you can continue to log on and sign your waiver.

At some point you will be asked to search for the club you are signing the waiver for. Look for Mathews High School. If you do not pick the correct high school it will not show up on your coaches records at US Rowing. You will then be asked for a code. The code for Mathews is:

PZ7VP

Type that in and proceed to sign your waiver. You will choose basic membership. If you are a novice who has not signed their waiver, or a rower who has not signed a waiver for this year, **there is a \$9.75 processing fee to sign the online waiver that will have to be paid.** Please sign this waiver ASAP. If you are 18 years of age, you can sign your waiver on your own without your parents. Your coaches will see when the waiver has been signed online. **You will NOT be allowed to race unless this waiver is signed.** See your coaches if you have a problem.

**Mathews High School Crew
Parents Letter of Understanding**

Dear Crew Parents and Families,

Your child's participation on MHS Crew is basically FREE. However, the School Board does NOT fund MHS crew. Now, you may be asking yourself, where does the money come from for a Spring budget that runs between \$5,000 to \$10,000? Many clubs around us have mandatory Spring dues that start at the low end with \$400. We are so fortunate that our operating funds are raised from the community, foundations, and proceeds from home regattas. This is accomplished because of a universal belief that learning how to work hard breeds success.

Our fund sources are impressed by the Mathews rowing team and its "Little Engine That Could" spirit. Rowers from Mathews and Mobjack have now approached close to \$10 million in college scholarship opportunities and for these reasons, people think Mathews Rowing is worthy of their support. With that in mind, parents have come to understand this and generously helped and donated to our rowing programs for the past 30 years. Many have discovered it is a small price to pay for the hard work ethic and success their child experiences and in some cases, \$100,000 to \$250,000 in scholarships.

We are so proud we have the support to offer spring rowing without dues, but we must have your help and cooperation in exchange for the opportunity that the program provides for your rower. Each home regatta is not only a fundraiser for us, but an occasion for great racing without traveling to Occoquan. We need you to help us run these regattas. A potluck is being organized for March 2nd at 5:45. This is a mandatory meeting that Mathews High School dictates we must hold and a necessary meeting to review duties and info for upcoming regattas. Both parents, or in difficult circumstances, an adult representative of your family must attend, learn how our regattas and crew works and sign up for jobs to do at our upcoming home regattas.

Running regattas is not difficult if it is cooperatively organized. No individual has to stay at the regatta or pull duty all day unless they choose to. Regatta duties start as early as 5:30 am but usually are finished by 1 to 3 pm, depending on the size. This is also a great opportunity to show your child support in their team, your pride in their efforts and a way to take part in the process.

Please sign below that you understand what is needed and that you will arrange your schedule accordingly to come to this important meeting and fulfill what is needed. If you are unable to do so, we would appreciate you contacting us with an explanation as with such a small team this year, we need all the help we can get and will have to get outside help if we don't have enough parent volunteers. We need this form signed and returned by tomorrow so we can start important planning.

Signatures of Parents or Guardians

Date

Tim Ulsaker, Vernon Rowe, Vas Dunston, and Christina Tomcany

MHS Crew Coaches and Staff

MHS Rower Info Sheet

Name: _____

Birthdate: _____

Parents Name(s): _____

Address: _____

City: _____ Zip Code: _____

Parent's Info:

Father Cell: _____

Mother Cell: _____

Other: _____

Parent Email (Best to be reached at): _____

YOUR Cell Phone: _____

YOUR e-mail address: _____



Emergency Information Sheet: FILL OUT ALL AREAS INCLUDING INSURANCE!!!

Name: _____ Date of Birth: ____/____/____

Social Security#: _____ (optional, may be needed for hospital registration)

Father Name: _____ Mother Name: _____

Home Address: _____ Home Address: _____

Home Phone: () _____ - _____ Home Phone: () _____ - _____

Email: _____ Email: _____

Work Phone: () _____ - _____ Work Phone: () _____ - _____

Cell Phone: () _____ - _____ Cell Phone: () _____ - _____

Emergency Contact Person (Other than Parents): _____

Relationship: _____

Phone: () _____ - _____

Allergies:

Other Medical Problems:

Medications:

INSURANCE INFORMATION

HMO PPO

Company: _____

Policy#: _____ Group #: _____

Policy Holder: _____ Social Security#: _____ - _____ - _____

Medical Treatment Authorization

Permission is hereby granted to Mathews High School and its authorized representatives to proceed with any needed medical or minor surgical treatment, x-ray examination, and immunization for the above named individual. In the event of serious illness, the need for major surgery, or significant accidental injury. I understand that an attempt will be made by the attending physician to contact me in the most expeditious manner possible. If said physician is unable to communicate with me, the treatment necessary for the best interest of the above named individual may be given.

I hereby release Mathews High School and members of its athletics staff including, but not limited to, its coaches, athletic trainers, administrators, and others connected with school athletic activities, and any attending physicians or surgeons, from any and all injuries sustained by my son/daughter while participating in any sports activity connected with Mathews County Public Schools, and do hereby agree to indemnify and hold harmless any and all of the above from any and all damages which they may suffer as a result of injuries sustained by my son/daughter while participating as above stated.

Parent/Guardian (Print) _____ Date: ____/____/____

Parent/Guardian (Signature) _____ Date: ____/____/____



MATHEWS HIGH SCHOOL EXTRACURRICULAR ACTIVITIES POLICY

Introduction

Extracurricular activities and interscholastic athletic programs are part of the total school program and provide opportunities for students to supplement their classroom experiences. Participation in extracurricular activities is a privilege, not a right. School administrators may suspend student participation in extracurricular activities and athletic programs for inappropriate conduct regardless of whether that conduct occurs during the school day, evenings, weekends, or holidays. All participants in Virginia High School League (VHSL) activities will abide by the rules established in the Extracurricular Activities Policy, the Mathews County School Board, Mathews High School, the VHSL, and any team rules established by the coach or activity sponsor. Coaches and activity sponsors will distribute activity rules and policies at the beginning of each season to student participants and parents and will discuss and clarify their expectations regarding school-wide participation policies.

Athlete Participation Regulations

In addition to the rules and regulations outlined in the VHSL Handbook and the Mathews High School Handbook, all participants in extracurricular activities shall abide by the following:

1. **Conduct of Participants**- Mathews High expects all students to conduct themselves properly and be aware that they are representing Mathews High School when participating in VHSL activities. Participants shall practice good citizenship and respect property rights of others. Any participant, who exhibits unsportsmanlike conduct or any form of inappropriate conduct before, during, or after an event, is subject to suspension for a minimum of one contest.
2. **Academic Eligibility** – Students must abide by VHSL participation guidelines in order to maintain academic eligibility and must pass 5 classes in the semester preceding the activity to be eligible. Students failing two or more classes during the posting of grades during the 4th and 9th week of a grading period in which the activity occurs, will be immediately suspended from participation in that activity (practice and play) until a passing grade is obtained.
3. **Attendance** – Students must be in attendance the entire school day in order to practice or participate in an event. Students arriving to school after 8:30 am or leaving before 2:50 pm must have an excused absence per School Board Policy in order to participate in practice or a scheduled interscholastic activity.
4. **Sports Seasons** – A transfer from one activity to another activity during the same season is subject to administrative review. Students who try out for one activity and quit after participating for two weeks or more, will not be allowed to be involved in any subsequent activities until the original activity of involvement has ended for the season.
5. **Awards Program** – All Mathews High School students who participate in VHSL activities must attend the awards program for their sport or activity in order to maintain eligibility for any awards or letters unless excused by the coach.
6. **Out-of-Season Conditioning** – Mathews High School and Thomas Hunter Middle School students who will be involved in a VHSL activity may participate in off season conditioning programs if a current physical is on file. Students already involved in an existing activity are excluded from pre-season conditioning programs.
7. **Criminal Charges**- Any student charged with a criminal offense will be suspended from all extracurricular activities until adjudication of charges. Conviction of a criminal offense will result in suspension from the activity for the remainder of the school year.
8. **Other Rules and Procedures** – All students participating in VHSL sports or activities are required to follow any additional rules established by the head coach or sponsor of the activity.
9. **Activity Participation Fee** – All students who participate in a VHSL activity will be required to pay a fee of \$40, not to exceed the amount of \$100 per student/per year for multiple participation.

Use of Tobacco

Any student found to be using tobacco of any type during the sports or activity season will be suspended from that sport or activity for the remainder of the season.

Use of Alcohol and Drugs

Any student found to be using or in possession of alcohol or drugs in school grounds or at any school event, will be suspended from all VHSL activities for the remainder of the school year. Coaches who are made aware of and confirm the use or possession of drugs or alcohol by a student off-campus, will dismiss the student from that sport or activity for the remainder of the season.

Signature Athlete _____ Signature Parent _____





Mathews High School

Toni L. Childress
Principal



Alexis E. Foster
Assistant Principal

9889 Buckley Hall Road
P.O. Box 38
Mathews, Virginia 23109

Phone: (804) 725-3702
Fax: (804) 725-5778
Website: <http://www.mathews.k12.va.us/mhs/resource113.html>

Mathews County Public Schools/Virginia High School League Concussion Policy Guidelines

Dear Mathews High School Athletic Parent or Guardian:

Effective July 1, 2011 the Code of VA Section 22.1-27.5 & Senate Bill 652 "*The Student Athlete Protection Act*" states "Virginia school divisions need to develop and distribute guidelines for policies dealing with concussions in student athletes". It also requires that each school district obtain written acknowledgement of information regarding the identification and care of a suspected concussion in student athletes.

A concussion is defined by the CDC as "a type of Brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth.

Timely and accurate diagnosis is critical for every student athlete to help insure athletic, cognitive and academic success. Most student athletes will recover from a concussion completely and can return to play following an appropriate period of recovery. It is critical to understand when it is safe to return to play to avoid any further brain injury.

Any student athlete that is suspected of having a concussion will be removed from practice or competition and will not be permitted to return to play that day. The athlete can only return to play when symptom free, cleared by a medical professional, and have successfully completed the return to play protocol.

Please review the concussion facts, and the signs & symptoms handout provided and sign the acknowledgement form and return it to the Head Coach as soon as possible. Student athletes will be withheld from participation until the form is turned in.

Concussion Facts:

- **Concussion**-a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. An athlete ***does not*** have to lose consciousness to suffer concussion.
- Concussion symptoms may last from a few days to several months, every case can be different. Unfortunately, some symptoms may not show up until many years later.
- A concussion can affect a student athlete's ability to do school work as well as other activities.
- A student athlete ***may not*** return to play or practice while still having symptoms from a concussion as they are at higher risk for prolonged symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while other may develop over the next several months or weeks.



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Possible Short Term Side Effects:

Not all symptoms must be present for a student athlete to have sustained a concussion

- Headaches or dizziness
- Dazed, stunned or confused
- Balance & coordination (moves clumsily)
- Sensitivity to light or noise
- Blurry or double vision
- Concentration or memory problems
- Behavior or personality changes
- Nausea or vomiting
- Loss of consciousness
- Forgets plays
- Can't recall the hit or events right before it
- Can't recall the hit or events after it

Possible Long Term Side Effects:

- Chronic headaches
- Sleep difficulties
- Impaired sensations (touch, taste, smell, etc.)
- Language impairment (communication and understanding)
- Anxiety
- Personality changes or aggression

Repeated concussions can lead to long term memory loss, psychiatric disorders and other neurologic problems

Actions if a student athlete suffers a suspected concussion:

- Immediately remove the student athlete from participation (game or practice).
- Student athletes may not return to play or practice the same day after suffering a possible concussion.
- Student athlete must be evaluated by a licensed health care professional: certified athletic trainer, physician, physician assistant, osteopath, neuropsychologist, or nurse practitioner all licensed by the appropriate licensing board.
- Once cleared by a licensed health care professional, the student athlete may start the return to play protocol (see below). If symptoms occur during any of the return to protocol steps, the student athlete must stop and be reevaluated.

What must be done by student athletes, parents and coaches:

- All parties must learn to recognize the "Signs & Symptoms" of a concussion.
- Teach student athletes to immediately inform the Athletic Trainer and coach if they experience concussion symptoms and notify someone if they think a teammate has a concussion.
- Monitor the student athlete closely, watch for symptoms to worsen and seek further medical attention.



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MCPS Graduated Return to Play Protocol

Return To Play Stage	Functional Exercise(s)	Goal for Stage
1. No activity while symptomatic	Physical and cognitive rest	Recovery
2. Light aerobic exercise after being released by the physician	20 minutes of stationary cycling at 10-14 mph	Increase heart rate
3. Sport-specific exercise	*Interval Bike ride: 30 second sprint (18-20 mph)/30 second recovery (10-14 mph) x 10 *Body weight circuit: Squats/Push-ups/ sit-ups x20 second x 3	Add Intensity, Movement, and change of body position
4. Non-contact training drills <i>May begin Resistance training</i>	*60 yard shuttle run x 10 with 40 second rest *Plyometric workout: 10 yard Bounding/10 medicine ball throws/10 vertical jumps x 3 * Non-contact, sport-specific drills	Exercise, coordination, and cognitive load
5. Full contact practice	With medical clearance, participate in normal training activities	Restore confidence and functional assessment by medical staff and coaches
6. Return to play	Normal Game Play	



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Mathews County Public Schools/Virginia High School League Concussion Policy Acknowledgment

Please acknowledge your receipt, understanding and agreement with this important concussion information by filling out and signing the section below.

I, the Parent/Guardian of _____ have read and fully understand the Mathews County Public Schools/Virginia High School League Concussion Policy and return to play protocol. I have also reviewed and understand the short and long term effects of sports related concussion and am committed to ensuring the safety of this child. I fully understand that the certified athletic trainer or coach has the final say of the student athlete's return, even with other medical clearance.

Printed Name of Parent/Guardian

Date

Signature of Parent/Guardian

Date

I, the student athlete have read and fully understand the Mathews County Public Schools/Virginia High School League Concussion Policy and return to play protocol. I have read and understand the short and long term effects of sports related concussions and I am committed to ensuring the safety of myself and those student athletes around me.

Printed Name of Student Athlete

Date

Signature of Student Athlete

Date

Mathews High School Crew Swim Test

Taken within the first 2 weeks of practice- Date and Time will be announced at practice.

Test will be taken by the ENTIRE team at the SAME time and SAME place.

You MUST bring a Wellness Center permission slip SIGNED on the bottom LEFT by a parent or legal guardian. (Use form attached below)

This is a MANDATORY swim test for all crew members, beginning and experienced, given within the first 2 weeks of practice.

Mathews High School Crew members will be transported by bus to and from the Gloucester Wellness Center.

The test consists of 2 full laps of the pool in full sweats without shoes, without stopping or touching the sides or bottom. Any style of stroke is permitted. Bring a swimsuit, sweatpants WITH DRAW STRING, and a sweat shirt (NO HOODIES). Yoga Pants, Track Pants, or any other type of pants besides sweats are not permitted.

At the end of 2 laps you must tread water for 2 minutes.

GUEST

I accept full responsibility for my use of any and all apparatus, appliances, Facility privilege or service whatsoever, owned and operated by this Center at my own risk and shall hold this Center, its directors, officers, employees, representatives and agents harmless from any and all loss, claim, injury, damage, or liability sustained or incurred by me resulting therefrom.

Signature:

Name _____ Age _____ Date _____

Address _____

House Phone _____ Business Phone _____

Guest of _____ Member # _____

How did you hear about RWFCMP?
This is my _____ visit to RWFCMP

I am interested in membership.

Employee Initial _____

Mobjack Rower Info Sheet

Name: _____

Birthdate: _____

Parents Name(s): _____

Address: _____

City: _____ Zip Code: _____

Parent's Info:

Father Cell: _____

Mother Cell: _____

Other: _____

Parent Email (Best to be reached at): _____

YOUR Cell Phone: _____

YOUR e-mail address: _____



USRowing Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/17 – 12/31/18, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Release named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

5. I agree to be familiar with, comply with, and be bound by the Rules and Regulations of USRowing, including but not limited to the USRowing Rules of Rowing (www.usrowing.org), the World Anti Doping Code (www.usada.org), and the codes, rules, policies and procedures of the U.S. Center for SafeSport (the "SafeSport Rules," www.SafeSport.org), including with respect to the exclusive authority and jurisdiction of the U.S. Center for SafeSport to investigate and resolve reported sexual misconduct and the discretionary authority to investigate and resolve reports of other misconduct. I further agree that arbitration pursuant to the binding arbitration provisions of the SafeSport Rules shall be the exclusive method to resolve any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation (the "Arbitration Procedure").

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant's Signature:

Organization:

PARENTAL CONSENT

(If participant is under the age of 18)

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law. I agree to be bound by the Arbitration Procedure with respect to any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation.

Printed Name of Parent/Guardian:

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Parent/Guardian Signature (only if participant is under the age of 18):

This is THE USRowing Release of Liability, which should be copied for your use.

