

# Warwick Valley High School Varsity Crew



## Questions and Answers about Crew 2022-2023

### **What is Crew?**

Crew is a sport where long, slender boats, each with a “cox” (the boss of the boat) and a team of rowers, race against each other on a lake or river. The slender racing boats come in different lengths, each carrying a different number of rowers. The longest is used by a cox and 8 rowers, each using a single oar. A shorter boat is for a cox and 4 rowers. Other boats available are quads, doubles and singles, where each rower uses two oars. The Warwick team travels to race against teams from other high schools in the area.

### **What does the Parent Booster Club do?**

Our very active Crew Parent Booster Club handles many aspects of the club’s operation, including information communication, fund raising, organizing food for races, ordering uniforms, and much more. We welcome and encourage all parents’ participation! The Parent Booster Club is not just the Booster Club Board. All of the parents together make the club. Get involved, meet the rest of the families and have fun with us!

### **What are the costs to become a member?**

Warwick Crew dues are \$500 per year, payable half in the fall and half before starting spring practices. New members are required to purchase a 2-piece uniform top set plus a hat prior to race season in the spring – approximately \$60 in the past.

### **Are there any other requirements?**

Students are required to provide the High School nurse with a current physical exam. Each student is also required to pass a swim test. In addition, each member must maintain academic and behavioral eligibility as defined by the school district.

### **How much of a commitment is it?**

Our team is increasing water practice days to 4 days a week this year. Starting Monday, September 23, 2019, water practices will be held Mon/Tues/Thurs/Fri, for as long into the fall as the weather permits. Indoor practice will be 3 days a week, Tues/Thurs/Fri, as in past years. Just like any other sports team, practice is mandatory. With the exception of illness or a doctor's appointment, or an unforeseen emergency, students are expected to be at practice.

The race season, which runs from April to early June, is very short. But there are very specific rules and requirements for who can be placed in a boat for a race. For example, some races are novice races, meaning only first-year rowers are eligible (they can be any age, but they must be new to rowing). Some races are lightweight races meaning students have to weigh in to be eligible. Rowers also become skilled in a certain position in the boat, and they tend to master one side of the boat, making them either port side rowers or starboard rowers. Because of these rules and specialization, it's not possible to take simply a rower out of one spot and pop them into a boat in any position. This is why it's so important for everyone to be present at practices and regattas -- missing practice or races could result in other rowers being disqualified or unable to race.

### **Where does the team practice?**

Our water practices are held at the EARC boathouse on Sterling Avenue in Greenwood Lake. The boathouse and surrounding property house the various boats and equipment, and the docks are used to launch the boats.

### **When does the team practice?**

Students practice throughout the school year. Practices start immediately after school dismissal and end at approximately 5:00pm. During the winter, members practice at the high school on rowing machines (ergs) and in the weight room to maintain their strength and endurance. The winter practices also begin immediately after dismissal and end at approximately 5:00pm. Our primary race season is in the spring with races occurring mostly on weekends during April, May and the beginning of June.

### **Who is the Coach?**

Our Head Coach is Jim Cody, an international rowing champion, a resident of Greenwood Lake, president of the East Arm Rowing Club and Master Rower. Coach is assisted by Cate Cody, also a Master Rower and international rowing champion!! And our team is managed by Stef Poulson.

### **How do I learn to row?**

You will be taught all aspects of rowing as new members of the team. Coaches and experienced team members will teach you about the various parts of the boat and basic rowing skills during the first few weeks of fall practices. We will have on water practice as weather permits.

### **Do I have to be in a certain grade to join?**

Crew has male and female members in grades 9-12, and depending on the number of open spots available, accepts new members from those grades.

### **How do I get to the boathouse after school and then back to Warwick?**

There is a school bus route to Greenwood Lake that is available for students. Students that drive are able to park in a nearby parking lot when coming to practice. Some students/parents also make carpool arrangements.

### **Can I participate in another sport and be a member of Warwick Crew?**

A student who competes in a fall or winter sport is eligible for Crew only if approved by the Crew coach. Due to the time conflict, a student may NOT be a member of another spring school sports team.

### **Where and when are races held?**

The primary race season is in the spring with races taking place mostly on weekends in April, May and the beginning of June. A typical race day would require meeting at the high school at 4:15am and returning to Warwick mid-afternoon. The team competes in the scholastic Hudson Valley Rowing League, which includes several area high school Crew clubs and teams. Regattas are hosted by league member schools at their local lakes and rivers. Our team hosts a regatta on Greenwood Lake in the spring and other teams host races on the Hudson River, Lake Sebago and Rondout Landing in Kingston. We also participate in the NYS Championships in Saratoga Springs, New York in May (always on Mother's Day weekend).

### **What are the safety precautions on the water?**

Safety is an important consideration in Crew. A coach or qualified member of the EARC is always present when members are on the water. During practice, all students wear personal flotation devices (PFDs), and a coach is always nearby in a small motorboat. The coach, dock master, and one person in each boat each carry a walkie-talkie. In addition, all students are required to view a safety video at the beginning of each season. A copy of Warwick Crew's Safety Policy is given to each family.

**Do I need to be a good swimmer to join the club?**

For safety reasons, members must pass a basic swimming proficiency test, given at the beginning of the season. Plans will be made for the swim test to occur at the high school for new members. New rowers will not be permitted to participate in water practice until they have passed the swim test.

**How do I get regular information about the club and schedules?**

We rely on email and our website to communicate all information to members and families. For this reason, it is critical that valid email addresses are given when signing up for the team. Questions should be directed to the booster club email: [warwickcrewboosterclub@gmail.com](mailto:warwickcrewboosterclub@gmail.com) for Events and [warwickcrew@gmail.com](mailto:warwickcrew@gmail.com) for TEAM INFO! We have also established a website [www.wvhsrowing.org](http://www.wvhsrowing.org) where schedules, forms and other information is posted throughout the season.