

The logo features a large, stylized, red-outlined letter 'LA' in the center. Two rowing oars are positioned behind the 'LA', with their blades pointing upwards and outwards. The oars have a red outline and a white fill. The text is centered over the logo.

**Loyola Academy**  
**Rowing Association**  
**Handbook**

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# OVERVIEW OF LOYOLA ACADEMY ROWING ASSOCIATION (LARA)

## Mission Statement

Founded in 1985, Loyola Academy Rowing Association (LARA) provides a rare, highly desirable opportunity for Loyola Academy students to participate in the sport of rowing. Of fundamental importance, LARA believes that the arduous, demanding nature of the sport creates the ideal environment for the physical, mental, and spiritual development of student athletes. To this end, LARA endeavors to lead students toward recognition, appreciation and fulfillment of their true athletic potential through the shared pursuit of winning both the Midwest Championship and the National Championship. The teams, as constructed, strive toward excellence with dedication to Jesuit ideals including aspiring to become “Men and Women for Others.”

## Profile of the Organization

Loyola Academy Rowing Association is a not-for-profit 501(c)(3) organization that is funded exclusively through crew fees, fund raising and the generosity of its donors and sponsors. LARA includes two distinct but closely related groups—the Parents’ Organization and Crew. The **Parents’ Organization** includes parents, alums, friends and supporters of crew. This organization, governed by a Board of Directors, is responsible for the daily administration, long term planning, financial support and manpower for the program. The LARA Board of Directors selects the Head Coach and assistant coaches. **Crew** includes the rowers, coxswains and coaches. The Head Coach serves at the direction of the Board of Directors and is responsible for hiring a full coaching staff, managing practices and scheduling competitions. Crew is a competitive club sport at Loyola Academy and is not funded by the school.

The on-water home of LARA is the Dammrich Rowing Center in Skokie. The idea for the Center was conceived by Judge Dunne, LARA’s first President. We honor the memory of Judge Dunne and his many years of service to the program with the establishment of the Judge Arthur Dunne Memorial Fund and an annual regatta called the Judge Dunne Invitational.

## Organization

Contact information for the LARA Board is distributed via email. In addition, the list of Board Members and coaches, with email addresses, is provided on the website and phone numbers are available in the Loyola Academy Directory. Feel free to contact any Board member with questions about the program.

## Communication

LARA uses many forms of communication. First and foremost is the LARA website, [www.loyolaacademycrew.com](http://www.loyolaacademycrew.com). Please check the site frequently. The site contains information about contacts, practice/training, regattas, photographs, forms, links and more. Check it out!

In addition, LARA communicates through emails. Be sure that the Communication Coordinator (listed on the website) has your current contact information. An electronic list of contact information for the season’s crew members is distributed shortly after the Mandatory Parents’ Meeting. Finally, you may receive an occasional paper mailing from LARA.

The LARA mailing address is: LARA, P.O. Box 599, Glenview, IL 60025-0599.

# **REQUIREMENTS FOR PARTICIPATION**

## **Forms**

On or before the Mandatory Parents' Meeting at the beginning of each season, the parents and, when applicable, the students, must complete and return to the LARA Registrar the following forms. Forms are available on the LARA website and at the Mandatory Parents' Meeting.

### **Athlete Pre-participation/Physical Examination Forms and Permission Form**

Loyola Academy requires a yearly physical examination prior to participation in Crew. The physical form required for incoming students serves as the form for freshman. Freshman and their parents must also complete the parent permission form contained in the freshman packet. Sophomores, juniors and seniors must complete the physical and permission forms found at <http://www.goramblers.org/OnlineDocs/Athletics/SoJuSrPhysicalForm.pdf>.

### **Emergency Contact and Authorization Card**

Each athlete's parent(s) or guardian(s) must complete an Emergency Contact and Medical Authorization Card giving permission for treatment by a physician or hospital when the parent(s)/guardian(s) are not available and providing contact information. The forms are kept in the medical kit for availability at all practices and regattas.

### **Skokie Park District Liability Waiver**

Each year, parents must complete the Skokie Park District Liability Waiver.

### **US Rowing Regatta Releases**

At the start of each season, parents must complete the Release of Liability for each regatta for which their crew member is qualified to participate.

### **Crew Code of Conduct**

The crew member and one parent must review and acknowledge acceptance of the Crew Code of Conduct.

### **Swimming Proficiency Certification**

Every athlete must demonstrate that he or she can tread water for one minute before going on the water for the first time. A crew member who has taken swimming during gym at Loyola Academy may ask his or her gym teacher to complete the Swimming Proficiency Certification. All other crew members must pass the swim test that is scheduled prior to the first water practice.

## **Financial Information**

Crew fees, fund raising and volunteering are interdependent. Volunteers as well as fund raising are needed to hold down the costs of the program. Everyone's help is needed.

### **Financial Obligations**

In order to participate in rowing, each crew member family must pay all fees and participate in fund raisers. LARA is not funded by Loyola Academy and therefore all costs of the program must be covered by the fees assessed to the crew families. Each season, the LARA Board calculates the crew fees by determining the anticipated costs of the season, less any fund raising, and dividing that balance by the number of students participating in rowing. The included costs are equipment repair and replacement, coaches' salaries, insurance, regatta fees, hotels, bus transportation, spring training (applicable only to the spring season), regatta food, administrative costs and Novice uniforms. Additional fees are assessed to crew members attending regattas in which the entire team does not participate. Varsity members also must pay the cost of the Varsity uniforms.

## **Financial Aid**

LARA does not want any crew member to be excluded from the sport for financial reasons. A limited number of full and partial scholarships are available to families that demonstrate financial need. This money is available due to the generosity of past and present crew members, their families and other supporters of LARA. Each family is expected to pay as much of the fees for their crew member as they are able. For further information about financial aid, please contact the LARA President and/or the head coach for confidential consideration.

## **Payment and Refund Policy**

Unless arrangements are made with the LARA President, payment of the entire crew fee is due on or before the season's Mandatory Parents' Meeting. Late fees are assessed if the fees are not paid at the meeting. A crew member whose fees are not paid and who has not made arrangements with the LARA President will not be able to enter any boat during practice or participate in a regatta until his or her fee has been paid or arrangements for payment have been made. That crew member, however, will be a member of the team and may participate in land training.

As explained in the Financial Obligation section above, Loyola Academy Crew is entirely funded by fees and fund raising and each season's fees are calculated based on the number of crew members participating in crew that season. As a result, refunds are only issued in limited circumstances.

- Any crew member who resigns prior to the Mandatory Parents' Meeting will not be assessed any fee and will be refunded any payment.
- Any crew member who resigns (other than for injury) from the program within the first week after the Mandatory Parents' Meeting will be refunded fifty percent (50%) of the payments made.
- If a crew member resigns within the first week following the Mandatory Parents' Meeting, and has not yet paid his or her fees, that crew member will be billed for fifty percent (50%) of the season's fees.

No refunds will be issued if a crew member becomes unqualified to participate due to academic ineligibility or violation of the policies of Loyola Academy provided in the Student Handbook or Athletic Training Code. Other than for injury, no refunds will be issued after completion of the first week after the Mandatory Parents' Meeting.

Any crew member who is injured and unable to compete for the remainder of the season, as determined by the Loyola Academy trainer, will receive a pro-rata refund. The amount of the pro-rata refund will be calculated by multiplying the amount paid to date and the fraction of the total number of days from the start of the season to the date of injury over the total number days in the season.

## **Fund Raising**

We are fortunate that past participants and sponsors have generously supported LARA. This generosity enabled LARA, together with the Skokie Park District, to build and equip the Dammrich Rowing Center and to purchase trucks, trailers, shells, launches and other equipment that our program continues to enjoy today. Each season LARA organizes several fund raising programs which offset the overall costs of the program and in turn reduce the crew fees that families pay.

## **Student Fund Raising**

Each crew member is required to participate in all fund raising programs established by LARA. In the past fund raising has consisted of raffle ticket sales and car washes. Crew members are required to sell a certain number of raffle tickets to raise money for the program. Prizes may be awarded to the top sellers.

## **Donations**

Cash donations to LARA are accepted at any time and are tax deductible. In-kind donations also may be made. Consult with the LARA Board President prior to making any significant in-kind donation. If requested, LARA will provide donors with a receipt letter for their records.

## **Donations through Online Shopping**

LARA may participate in fund raising programs that contribute a percentage of online purchases to LARA. Please consult the website for details about these programs.

## **Academic Eligibility**

Prior to participation and throughout the season a crew member must satisfy the academic eligibility requirements described in the Athletic Training Code. A copy of the Code is contained in the Loyola Academy Student Handbook. The Code also provides the consequences for failing to satisfy the academic eligibility requirements.

## **Loyola Academy Code of Conduct**

The Loyola Academy Code of Conduct contained in the Athletic Training Code applies to participation in Crew. The Athletic Training Code provides a description of the responsibilities and the consequences for violations of The Code.

## **CREW SEASONS**

### **Fall and Spring Season**

Loyola Academy Crew participates in two seasons: fall and spring.

The fall program for Varsity typically starts the first Tuesday after Labor Day. The Novice season begins at call outs in September. The fall program ends in November. Varsity members practice five to six days a week. Novices practice four weekdays immediately after school and most Saturdays.

The spring season for Varsity begins the first day of school after Christmas break. The Novice season begins with call outs in January. No practice is held from the Saturday before final exams through the end of semester break. The spring season ends in May or at the end of Nationals. Varsity and Novice members practice 5-6 days a week.

### **Training During Spring Break**

All crew members participate in a mandatory daily training program during spring break. Absence from this training may impact boat and seat assignments.

### **End of Season Banquet**

At the end of each season, LARA organizes a dinner banquet to recognize and celebrate the successes of the season as well as raise money. The cost of the crew member's dinner is included in the crew fee. Parents are encouraged to attend, but must pay an additional fee for their dinner. A monetary raffle is conducted at both banquets. A silent auction also is conducted at the spring banquet. Close to the end of the season, crew member families receive an invitation to the banquet.

### **Winter Conditioning**

Winter conditioning is held in December to help Varsity rowers and coxswains stay in shape. These workouts include running, weight training, calisthenics, and ergometer work, and are conducted at the Dammrich Rowing Center.

## **PRACTICE**

Please consult the coaches and website for the practice schedule. Practice takes place in all types of weather. Crew members should have appropriate clothing. Practices occasionally may run later than scheduled and therefore drivers may have to wait at pickup.

Because practice takes place immediately after school, crew members should bring a healthy snack to eat before practice begins. Suggestions for this light snack are a non-carbonated beverage and peanut butter sandwich, nuts or fruit.

### **Location**

All practices are held at the Dammrich Rowing Center, located at 3220 Oakton Street (just east of McCormick), in Skokie, IL. The boathouse is located on the banks of the North Branch of the Chicago River. The center of the building contains the coaches' office and rowing tanks on the first floor and ergometers and a weight room on the second floor. The boathouse is flanked by two boat bays. The easternmost bay stores the LARA shells and oars.

### **Transportation to and from Dammrich Rowing Center**

LARA provides **school day** bus transportation for crew members from Loyola Academy to the Dammrich Rowing Center. The bus leaves from school promptly at 3:15 p.m. from door 8. If a crew member misses the bus, s/he should immediately contact his/her coach. During the week, students who do not take the bus and on weekends all students must arrange transportation to the rowing center. All crew members must arrange transportation from the rowing center after practice. The parking lot at the rowing center is small and crowded. We encourage the use of carpools. A crew roster will be distributed in order to facilitate carpool arrangements. A larger parking lot is accessible from Main St. at Sam's Plaza. Rowers may depart from the northeast side of the boathouse to meet rides there.

### **Suggested Gear for Practice**

Practice and regattas are held rain, shine, cold or hot. Consequently, a crew member should be equipped for all types of weather. Depending upon conditions, some of these items should be brought to practice. No loose clothing should be worn on the legs of the rower. Loose clothing may catch on the slides of the equipment.

- ❖ T-shirt
- ❖ Spandex shorts
- ❖ Under Armour (or the like)
  - Pants – long black to match the uniform
  - Tops – long sleeve black to match the uniform
- ❖ Socks: 100% cotton, cheap – 1 dozen
- ❖ Gym shoes
- ❖ Sweatshirt
- ❖ Sweatpants
- ❖ Knit hat for the cold
- ❖ Baseball hat for the sun
- ❖ Slaps – 1 pair Adidas (or the like) with just one strap across the toes
- ❖ Jackets
  - lightweight rain proof
  - polar fleece for the cold

## **REGATTAS**

Each season LARA participates in a number of weekend regattas or races. At the regattas other high school rowing teams, as well as college and master teams, compete. Some regattas are at the Dammrich Rowing Center or close enough to drive to early in the morning on the day of the race, while others require bus or even airplane

transportation and hotel stays. The website contains details about the regattas. LARA provides food for the crew members and their families at the regattas. Parent volunteers are needed to organize each regatta.

Regattas are conducted according to the US Rowing Rules of Racing or Midwest Scholastic Rowing Association, with rules and regulations specific to local crew programs established by the sponsoring clubs or associations.

## **Suggested Gear for Regattas**

In addition to the suggested gear for practice, crew members should bring the following to regattas:

- ❖ Uniform shirt
- ❖ Uniform spandex shorts
- ❖ Shell for Varsity, sweatshirt and pants for Novice
- ❖ Waterproof first aid tape 1" (white) – 2 rolls
- ❖ Mole skin for hands and heels
- ❖ Band aids for hands and heels
- ❖ Waterproof sunscreen
- ❖ Polarized sunglasses with strap to keep them from falling off
- ❖ Water bottle – Nalgene bottles are popular with the crew members
- ❖ Cards, books for down time

## **Transportation for Regattas**

For local regattas (held at the Dammrich Rowing Center and Chicago locations), each crew member is responsible for arranging his/her own transportation to and from the regatta.

For away regattas (held at greater distances), transportation is arranged by bus or parent carpooling. The crew members depart from and return to Loyola Academy. Crew members are not permitted to drive themselves to away regattas.

## **TEAM POLICIES, RULES AND REGULATIONS**

### **Practice Policies**

Rowers and coxswains must attend all practices. In Crew, the rowers are assigned particular sides and positions. If one crew member does not attend practice, then an entire boat may be unable to practice. Practices are planned to maximize boat time. When not assigned a team activity, crew members must show initiative and dedication to self-improvement. Conditioning is a key to successful rowing.

### **Absences**

Excused absences must be minimized and consist of the following:

- absence from school and practice due to illness- must provide your coach with a doctor's note stating that you cannot practice if ill for multiple days;
- absence due to injury- must provide your coach with a note from Loyola trainer advising that you are unable to practice and must provide a release from the Loyola trainer when you are able to return to practice or if seen by a medical doctor for any condition that holds him/her out of practice, a release from a medical doctor is necessary to return to practice;
- attendance at a funeral or wedding.

Crew members must speak to the responsible coach not less than 24 hours prior to missing a scheduled practice session due to an anticipated excused absence. For other absences, advise your coach as soon as possible. Missed practices may impact boat and seat assignments. Repeated unexcused absences may result in demotion, suspension, or being dropped from the team. Missed practices may impact boat and seat assignments.

## **Injuries**

Injured rowers must consult with the Loyola Academy trainer during their lunch period to have their injury evaluated and/or treated. Early recognition and treatment of an injury ensures a speedy return. Training Room hours are 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> period until approximately 7 p.m.

The trainer may provide the athlete with a rehabilitation program. The athlete must follow the program prescribed by the trainer. Prior to returning to practice, the athlete must obtain a release from the trainer.

## **Regatta Policies**

Each crew member is required to arrive at the race location (local races) or travel departure site (away regattas) at the specific time set by the responsible coach. If a crew member has an emergency and cannot attend the regatta, he or she must notify his or her coach and the Contact Chaperone for the regatta (listed on the website) immediately.

Loyola Academy Crew members are expected to exhibit the highest standards of sportsmanship and support for the team at competitions. Exemplary conduct is expected at events and practices, including but not limited to bus rides, travel to and from events and practices, hotel stays, and team meals.

## **Dress Code**

Crew members are representatives of Loyola Academy and should be presentable at all times. During the school day, crew member attire should comply with the Loyola Academy Dress Code, unless otherwise directed by the coach.

### **FOR REGATTA**

Crew members should wear their uniform. If cool, warm up pants and jacket or sweatshirt may be worn over the uniform. If warm, appropriate shorts may be worn over the uniform.

## **Release from Class**

Athletes must consult their teachers at least one day prior to missing classes because of an athletic event. All work shall be made up according to the policies of the teacher.

## **Behavior at the Boathouse**

The boathouse is a shared and crowded facility. Crew members are expected to exhibit mature and polite behavior at all times. Demonstrate pride in the team, Loyola and yourself by avoiding horseplay.

Do not touch, move or handle things that do not belong to you. This includes personal items and other team equipment. Personal duffle bags and personal gear are private property. Do not open another crew member's bag or borrow his or her gear without permission.

## **SAFETY RULES**

### **Before going Out on the Water**

- All rowers must have passed the LARA swim test including putting on a life jacket while in the water.
- All rowers must have viewed the US Rowing Safety Video.
- Rowers will be trained in emergency situation response – see below:
  - All rowers must understand the following terminology: bow, stern, port, starboard, weigh enough, ready to row, back, tie-in, untie, stop, the stroke, bow person, seat numbers in between and what number/seat s/he is that day. The term “stop” should be used only when talking to a specific crew in a race. When a coxswain or coach wants a crew to stop immediately, the proper term is “Weigh enough! Hold water!”

- Know that your shell has been designed for flotation. Your boat is not a Personal Flotation Device (PFD); it is an emergency flotation device.
- Each rower is responsible for his or her own oar, rigging, foot stretchers, seat and slide. Check to make sure that all equipment is functioning properly before leaving the dock. If you aren't sure, ASK! Check the following:
  - a. *That nuts on the rigging are tight, position of your foot stretchers and the smoothness of your slide are acceptable.*
  - b. *That the forward end of the slide is blunt and will not gouge your calves.*
  - c. *That the persons in front and behind you have sufficient room for their complete stroke.*
  - d. *That the heel ties on your shoes are tied and in good condition.*
  - e. *That your seat fits your body. Adjust with seat pads or a different seat.*
  - f. *That your oar handle is properly sized.*
  - g. *That your oarlock height is proper.*
  - h. *That your clothing cannot become tangled in your seat or oar handle.*

## On the Water

- Rowers should always be attentive to the coach first and coxswain second.
- At no time should a rower let go of the handle of the oar.
- At no time should any rower be seated in a boat that doesn't have oars locked in the oarlock. This includes on the dock.
- No crews are to be on the water after sundown without the appropriate lights on the bow and stern of the boat.
- Stay clear of bridge abutments and other man-made or natural obstacles. Do not negotiate a turn near such an obstacle.
- The coxswain should make frequent checks on both sides. Listen for oncoming traffic.
- Try to minimize equipment damage, but remember that you are more valuable than the boat.
- Do not row in an electrical storm. If you are on the water and see lightning, hear thunder, or notice your hair standing on end with static electricity, head for the nearest shore. If the storm is upon you, take your boat ashore and wait for the storm to pass.

## Emergency Situations

- Under no circumstances should a rower in the water leave his/her shell. Even if a swamped boat is within a swim able distance from the shore, the rower should swim the boat to the shore. So do not leave your flotation even if you consider yourself a strong swimmer.
- Should someone give the command "Weigh enough! Hold water!" don't ask questions; just respond immediately by stopping all forward body movement. Square the blades in the water and bring the boat to a halt.
- Use these distress signals to communicate to other boats: wave the arms or a shirt above your head or raise one oar in the air.
- Man overboard - Immediate command "Weigh enough! Hold water!" If the safety launch can get to the victim first, allow the launch to rescue the victim. If the launch is not in the immediate vicinity, back the shell to the victim and have him/her hang onto the shell until the launch arrives. Another rower may have to enter the water to assist if the victim is injured.
- Rower injured - immediate command, "Weigh enough! Hold water!" Signal launch if first aid is needed.
- Shell damaged but afloat and not taking on water - Immediate command "Weigh enough! Hold water!" Make adjustments or signal launch for assistance.
- Shell swamped - Immediate command "weigh enough! Hold water!" A shell is swamped when the interior water reaches the gunwales. If rowers stay in the boat, the flotation ends may cause the boat to break apart. Take the following steps:
  - Coxswain directs rowers to untie, and by seat number rowers should carefully, but quickly, slip overboard.
  - If the boat is taking on excessive water, signal the launch and unload rowers by pairs - starting in the middle of the boat - as soon as possible in order to avoid damage to the boat. Pairs should form "buddies" and keep watch of each other. The cox should buddy with the stern pair.
  - If rescue is not imminent, take the following steps: 1) Remove oars and place them parallel to the shell. All persons should move to the two ends of the shell. It is dangerous to roll a shell when near riggers.

- 2) Then roll the boat to form a more stable floatation platform so rowers can either lie on top of the hull or buddies can hold onto each other across the hull. 3) Remember that body heat loss occurs 25 times faster in the water. Do not attempt to roll the boat if rescue is on the way.
- A launch can shuttle rowers to the nearest shore. Be careful not to overload the launch.
  - When the boat has been brought to the shore, remove the oars. If the ends of the shell have filled with water, they must be drained before the boat can be removed from the water. Lift the shell carefully to avoid injury or damage. A boat full of water is very heavy, so try bailing first, then roll the boat slowly and lift it from the water.
- Shell capsized - Immediate command “untie!” This rarely happens except in small boats. Be sure that all rowers and cox are accounted for. Stay with the boat until assistance arrives.
  - Shell broken and sinking - Immediate command “unite!” Get out of the boat and follow the same procedures as for a swamped shell. Do not leave the floating boat. Swim boat to shore if launch is not immediate.
  - Another boat in distress - If a distress signal is seen and insufficient assistance is near that craft; maneuver your shell to the distressed shell. Assist in any way that does not jeopardize the lives in your shell.
  - Shells should stay within hailing distance of their safety launch. The launch has been outfitted to provide assistance to rowers and/or their shell in the event that it is needed. Most frequently, the toolbox and coach’s expertise is available for small equipment adjustments or breakdowns, which allow the shell to continue rowing after a short stop. If more serious needs arise, the launch is there for rapid transportation.

## **Equipment Rules**

Rowing equipment is very expensive and must be handled with care. Boats and oars are very long--watch their swing while moving them. Follow all directions regarding the handling of equipment.

Unnecessary talking and horseplay are not permitted when handling equipment. Always focus on the task at hand.

All crew members must participate in routine cleaning and maintenance of equipment. Report any equipment problems to a coach immediately.

## **BOAT AND SEAT ASSIGNMENTS**

Crew is a competitive sport. Everyone rows, but only a limited number of crew members are placed in the upper boats. Ability, seat racing and erg times, conditioning and attitude all play a part in determining the makeup of a boat. Illness or injury may be a factor from week to week. Coaches aim for fast boats that can win on a given day.

### **Earning a Seat**

The selection of a crew is the first major hurdle of the season. There are some general guidelines used by the coaches in the interest of finding the fastest crew in the fairest way. The assignment of seats and coxswains within a crew is a balance of intuition and common sense. The seats at either end of the shell (bow pair and stern pair) have a disproportionate influence on the balance of the shell. Generally, the most technically sophisticated rowers are put there. The stroke (who looks at the coxswain) is responsible for establishing the rhythm and intensity of the entire crew -- often a coach sets this leadership seat first because of its importance. An ideal stroke of a crew has an addictive rhythm and is one whose rowing improves when there is a great deal of pressure. The center seats of the shell are the heart of the crew and one generally finds a little more horsepower there. Each seat makes a certain contribution, and some rowers row some seats better than others. This is where the coach uses his or her experience and intuition. In rowing, the fastest crew is always more than the sum of its parts.

### **Boat Selection**

A major strength of the Loyola Academy Crew is the depth of our talent. Each year the coaches struggle with the difficult decisions of which athletes to put into which boats. Here are some of the assessments that coaches make in the selection process:

## **Rowers**

- Attitude
- Consistency
- Attendance
- Ergometer scores
- Racing experience and past performance
- Seat racing results
- Subjective analysis of boat moving ability

## **Coxswains**

- Attitude
- Consistency
- Attendance
- Leadership and motivation
- Racing performance and past performance
- Steering
- Technical knowledge of racing
- Tactical knowledge

## **Seat Racing**

Seat Racing is one of the most effective ways for a coach to determine which athlete makes the boat go faster. Two boats race against each other. Upon completion of the race, rowers are switched to the other boat and the identical race takes place. The coach then compares the results.

# **INFORMATION FOR PARENTS**

## **Parent Meetings**

Shortly after the start of each season LARA holds an Open House and a Mandatory Parents' Meeting.

### **Open House**

Take a tour of the Dammrich Rowing Center. Meet the coaches, watch demonstrations of the ergometers, rowing tank and, weather permitting, Loyola Academy Crew members on the water. See the shells up close.

### **Mandatory Parents' Meeting**

Coaches, Board members and our moderator share vital information at this meeting. All payments and forms are due by the end of the meeting. Uniforms and LARA apparel for crew members and parents are sold.

## **Parent Commitment: We Need Your Help!**

The success of the LARA is dependent on the commitment of the crew members and their parents/guardians. Parental involvement contributes to the rowing experience that LARA provides to the student crew members. It also provides parents with an opportunity to see their student row in competition and to meet teammates and other parents.

Come out and cheer on the boats. Join the fun!

1. Every parent/guardian is expected to volunteer in some capacity during LARA sponsored regattas. Volunteers are especially needed for the Judge Dunne Regatta and other home events. For details of the volunteer positions for the Judge Dunne Regatta, please refer to the volunteer sheet posted on the website and available at the Mandatory Parents' Meeting.
2. In addition, every parent/guardian of a crew member is expected to volunteer at away regattas in the following areas. More detailed descriptions of the positions are provided in the paragraphs below –
  - a. Bus Chaperone – on regattas utilizing a team bus

- b. Driver– on regattas relying on parental drivers
- c. Lodging Chaperone – on overnight regattas
- d. Food – organizing donations, shopping, preparation, serving and clean-up
- e. Regatta Site Set up and Take down

You will be notified of your volunteer assignment for the regatta by email. Information also may be posted on the website [www.loyolaacademycrew.com](http://www.loyolaacademycrew.com).

3. In addition, prior to each regatta parents are asked to donate certain food items such as bagels, granola bars, fruit, water and Gatorade to supplement the food purchased and prepared by the team cooks.

## Volunteer Job Descriptions

### Bus Chaperone:

For regattas involving an overnight stay, LARA rents buses to transport our crew members. We need two adult chaperones per bus. Bus chaperones are responsible for seeing that the crew members are accounted for going to and from the regatta and seeing that crew members get to the regatta site. If you want to attend an overnight regatta and do not want to drive, this is a good volunteer opportunity.

### Drive to/from Regatta:

For one-day regattas, we rely on parents/guardians to drive the crew members. The parent/guardian drivers are assigned 4 – 5 crew members to take to and from the regatta. Drivers pick the crew members up and return the crew members to Loyola Academy. If you are planning to attend a regatta this is a good way to volunteer. Please note Loyola Academy prohibits team members or coaches from driving other crew members to regattas.

### Lodging Chaperone:

For regattas involving an overnight stay we arrange for hotel or other accommodation for the crew members. We need two to three adult chaperones for each overnight regatta. Lodging chaperones are responsible for checking crew members into the hotel, making sure wake-up calls are established and overseeing lights out (normally 10:30 p.m.).

### Food:

At each regatta we provide crew members and their parents with breakfast and lunch.

**Serving:** Volunteers unpack and arrange meal items, slice bagels and fruit, make sandwiches, prepare Gatorade, assist with the grill or stove, and clean up and repack supplies. We also welcome any parents who wish to supplement the regatta lunches with homemade food.

**Food Assistant:** Help plan, shop, and organize the preparation of nutritious meals for the regattas. Organize the donation of food items.

### Regatta Site Set up and Take down:

At each regatta LARA sets up tents for food and the crew. We need several parents/guardians to arrive early and help set up and take down the tents and the tables used for serving food.

## What Crew Means for the Parents

Crew is an opportunity to experience all sorts of weather you would never normally get to experience in person. It means few family mealtimes and rarely even seeing your offspring in-season. It means never taking a spring vacation or having time on spring or fall weekends to visit colleges. It also means you'll have a son/daughter who is physically fit and self-disciplined. S/he will probably have higher grades than if s/he did not participate in a sport. S/he will certainly have an unusual and attractive activity to list on her or his college application and resume. And s/he will be associating with a very fine peer group that will teach her or him an enormous amount about teamwork and the capacity to strive and achieve excellence.

## A Coach's Advice for Parents

Prior to a race, the crew members are getting themselves mentally prepared for the physical effort soon to be required of them. Please try not to disrupt their concentration at this time. If you would like to have the crew members pose for a picture, please do so after their race. Please do not attend coach's meetings with the team

unless you have been invited by the coach. No parent should be anywhere near the trailer or the team prior to a race or immediately afterward without the permission of the Head Coach.

Many of our competitions are away. Since this makes it hard for other students to support the team, your support is all the more important. Please try to attend at least some of the team's regattas. Unless there are specific reasons requiring early departure, we expect all crew members to stay to support all boats throughout each regatta and to assist with packing up and readying to leave.

Rowing is one of the most physically demanding of all sports. It demands high effort from all the major muscle groups (arms, back, shoulders, legs) and burns energy about twice as fast as running does. Naturally, the crew members need adequate rest and healthy diets, high in carbohydrates and low in fats. As with all sports at Loyola Academy, alcohol or other drug use is cause for being dropped from the team. Refer to the Athletic Training Code for details. A copy of the Code is contained in the Student Handbook.

Selection of crew members for a particular boat is the coach's job, not the team's, not the stroke's, not the coxswain's, and not the parents'. Please respect the coaches as the final authorities on boat selection and rowing matters. The decision about which boat any one crew member is on is a complicated one, incorporating the member's strength, personality, technique, which side s/he rows on (port or starboard), attitude, and the nature of the event (whether entering a four or an eight, whether it's a "youth" or lightweight event, etc.). Sometimes a coach's decision is unpopular, especially if changes are made late in the season, after a crew has gotten used to each other. Please credit the coaches with doing their best to make choices for the good of the overall team and rowing program. Remember, coaches seek only to create the fastest possible lineups. While decisions are subjective, they are not personal.

Plan to attend as many regattas as possible. They are a lot of fun and a great way to connect to other parents and help keep the program strong.

## **Regatta Advice for Parents**

### **Before the Regatta**

- Make sure that you volunteer to help.
- ALWAYS check [www.loyolacademycrew.com](http://www.loyolacademycrew.com) and [www.regattacentral.com](http://www.regattacentral.com) before you leave.

### **Suggested Items to Bring to a Regatta**

- **Lots of spirit and enthusiasm!!** The Loyola Academy Crew program has been around since 1985. We have a wonderful successful history. We have a lot to be proud of and the crew members throughout the years have worked very hard to achieve and maintain this history.
- Clothing....The races start early and the mornings can be damp and cold. Layer your clothes. It could end up being a beautiful sunny and hot day or it could rain. Wear shoes that can handle the rain/mud. Bring hats for sun and/or warmth. Wear LARA apparel, if possible, to show your school spirit and to help identify you to other LARA parents.
- Map site and directions. Race schedule printed from Regatta Central.
- Charged cell phone.
- Folding canvas chairs.
- Still and video cameras.
- Binoculars, it is a very long course and you want to see how the kids are doing!
- Umbrella(s). Plastic tarps to put on the ground if it is wet. Plastic bags for chair and camera equipment.
- Blanket(s), an old towel
- Cards, books, newspapers, needlepoint etc. during down time between races.
- Sunscreen lotion
- Sun glasses
- Lip balm
- Water.
- Money. The main thing to buy is the regatta t-shirts. Other clothing items like sweatshirts and crew jewelry also may be sold. Food is sometimes available for purchase.
- FYI: The restroom accommodations are usually port-o-potties.

## At the Regatta

- Be sure to allow plenty of time to get to the site. Often there is a great distance between the parking lot and the viewing area.
- The Food Chair and helpers are the first at the tent site. They make sure the crew members have food and beverages when they get to the site.
- When you arrive, you will see that the event area is divided into three sections: boat staging area, team tent section, and headquarter/food section. Look for your crew member at/near the maroon and gold LA tent.
- The boat section is off limits to parents. The coaches are working with crew members before and after the races and they need the crew's total attention.
- Regattas can be all day events starting early morning and ending around dinner.
- The Novice races are usually the first events of the day. Therefore, the Novices, the coxswains and the first of the Varsity rowers go out to the race site first.
- Parents set up their chairs in front of our two tents. When we have a boat in a race, we walk down to waters' edge and watch the race.
- The Novice uniforms are easy to spot on the racecourse. They are a maroon T-shirt with a big gold strip across them on an angle.
- The Varsity uniforms are not as easy to spot in the distance. Therefore, it is the oars that help you spot your boat. The Loyola oars are maroon with one chevron of gold. Several other Jesuit schools row as well so the maroon and gold uniform you see out on the water might not be our team. Look for the oars!!!
- There is a lot of down time while the races are action-packed exciting minutes. At times we have boats in consecutive heats and other times there is nothing to do but wait and help out.
- An Award Ceremony may be held at the end of the races. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals are handed out on a platform. Great photo opportunities.
- At the end of the regatta all pitch in to take down the tent and load up the food trailer.
- The crew members dismantle and load up the boats.

## Day after the Regatta

- The day after the race the entire team meets back at the boathouse to unload the boat trailer. The coaches will inform the crew when they need to be back at the boathouse.

## CREW CODE OF CONDUCT

As representatives of Loyola Academy, you will be held to the highest standard of behavior. The policies regarding student conduct contained in the Loyola Academy Student Handbook and the Athletic Code of Conduct will be in effect during all Crew functions, including but not limited to practices, meetings, regatta trips and social events.

Crew members are expected to:

- Maintain high ideals of sportsmanship
- Understand and abide by the rules of the sport
- Treat all teammates, opponents, coaches, officials, parents and members with respect.
- Work hard in order to improve and strive to achieve individual goals.
- Be supportive of the team by accepting coaching decisions.
- Realize team goals come before the needs or desires of any individual.

Crew members should refer to policies contained in the Loyola Academy Student Handbook and the Athletic Code of Conduct to understand the specific behaviors expected of them.

## CODE OF CONDUCT FOR COACHES

The Loyola Academy Rowing Association believes that high school athletic competition should be fun, but that it must also be part of a sound educational program. We believe that those who coach our sons and daughters are, first and foremost, teachers who have a duty to assure that their coaching promotes important life skills and the development of good character. We believe that the essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and

good citizenship. We further believe that the highest potential of sports is achieved when coaches consciously teach, enforce, advocate and model these values and are committed to the ideal of pursuing victory with honor. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of this Code will improve the quality of our program and the well being of our sons. This Code of Conduct applies to full and part-time coaches involved with Loyola Academy Rowing.

The LARA website contains the full Code of Conduct for Coaches.

## **HEALTH AND WELLNESS GUIDELINES**

*Disclaimer: Nothing written here is intended to be a substitute for the advice of your personal physician or other health care professional. Please consult your student's health care provider with any questions you have about your student's particular needs.*

Crew is strenuous physical activity and, as such, it burns a considerable number of extra calories and causes the rowers to lose water through perspiration. Rowers need appropriate nutritional intake and adequate hydration.

Athletes need to fuel their muscles with stored carbohydrates so they have the stored energy to sustain athletic competition. They need to prevent low blood sugar, or severe hunger, from occurring during intense exercise.

Athletes also need to avoid fluid imbalances by drinking plenty of fluids before and after intense exercise. Adequate nutrition and hydration help athletes to feel well prepared and well nourished for races, and ensure they feel less "wiped out" afterwards.

### **Race preparation**

#### Dinner the night before races

High carbohydrates and low-fat protein sources help lay in the carbohydrate stores the rowers need for the next day's race. Pasta is popular, topped with low fat ground turkey or beef and spaghetti sauce. Low fat cheese or cottage cheese can be substituted. Low fat salad dressings are the salad toppings of choice. Add bread and plenty of juices and water, and you have a great meal for the night before a competition.

#### Eating on the day of the race

Timing for meals can be tricky on regatta day. Eating before the race, especially carbohydrates, ensures that muscles get the energy they need for powering a good row, and the whole body, including the brain, gets the energy it needs for normal daily functioning. Studies have shown that athletes who eat before a workout, as compared to those who fasted for 12 hours, had better endurance and felt better after exercising. They tended to report that their workout felt less rigorous than those who fasted.

Eating too close to race time can make a rower's stomach feel crampy and uncomfortable, and can bring on queasiness and even vomiting when exercise diverts the body's blood flow away from the stomach to the muscles.

Experts recommend eating two to four hours before a race. If it's an early race, a light breakfast of toast or bagel and jelly, cereal, juice or fruit can provide easy to digest carbohydrates. Some experts recommend that athletes eat from 400 to 800 calories before their workout, an amount that provides the rower with adequate fuel for the race without making him or her feel uncomfortable.

Rowers also need to think about the amount and timing of water intake. Drinking 10 ounces of water two hours before exercise, helps offset losses due to sweating and gives their kidneys time to rid the body of excess fluid before exercising.

Rowers need to use some common sense and experience in selecting their pre-race diet. If a particular food causes them discomfort, it might be best to avoid it. Before an event, it is best to avoid fatty food and very sweet food. Some people find they should avoid dairy foods. If it's going to be a while before the rower's next race and s/he needs another snack, a small, light, high carbohydrate snack can be eaten an hour or so before the race.

## After the race

After the race, the crew members will find a variety of food and drinks made available to them under the Loyola Academy Crew tent. Replenishing fluids is extremely important, especially when it's very warm.

## **Dietary Guidelines**

For an athlete, a low fat, low sugar and high protein diet can be very important to achieve optimal performance. Below are some suggestions for a healthy diet.

### Foods high in protein and low in fat

Lean baked, grilled or boiled fish, chicken, turkey, and red meat  
Egg whites  
Natural peanut butter (be sure to drip off excess oil before mixing)  
Soybeans (including tofu)  
Beans (including chickpeas, navy beans, kidney beans)  
Cottage cheese  
Nuts  
2% or skim milk

### Vegetables

Vegetables are also very low in fat and sugar. All vegetables are great for the body, but the darker the vegetable, the more nutritional value it contains. This would include:

Green leafy vegetables  
Broccoli  
Sweet potatoes  
Tomatoes

It is also essential to consume a colorful variety of vegetables including purple, yellow, and red.

Whole Grains: Having carbohydrates in your diet is important to sustain energy while performing. Be sure to stick with whole grain products such as:

Whole wheat or rye bread (look for bread that has  $\geq$  3g of fiber per slice)  
Whole wheat rice  
Whole wheat pasta  
Whole grain cereals  
Oatmeal

Fruits: Consuming fruit is necessary to incorporate fiber as well as antioxidants to help fight infection and keep well. All fruits fit in this category. If eating canned fruit, be sure to pick fruit packed in water or light syrup.

Fats: A certain amount of fats are needed in an athlete's diet. The trick is picking the right fats. Some good choices are avocados, low fat cheese and low fat ice cream.

Look for polyunsaturated and monounsaturated fats found in fish, nuts, vegetable and olive oils while avoiding trans and saturated fats, fried foods, sweets, and potato chips.

## **Blisters**

Blisters are an inherent part of rowing. Rowers should ensure that the blisters are kept covered during practice and kept clean.



# Go Ramblers! Row Hard!