

T.C. Williams High School Rowing Program Rules and Expectations

Program Description: Rowing has been a sport in Alexandria since 1947. In 1974 the Women's rowing program joined the Men's program at T.C. Williams High School. Approximately 200 men and women student athletes from Hammond, George Washington, Minnie Howard, and T.C. Williams participate each year. The program provides rowing opportunities for a wide range of athletic abilities and can help a non-athlete become a highly trained and competitive athlete during 5 years of participating in crew.

We are the rowing development program. That is, we teach novices the basics of rowing, conditioning, and nourishment. Each year that you participate in rowing you will build your strength, endurance, and the confidence that comes with being an athlete.

The rowing program is rich with a successful history of Northern Virginia Championships, Stotesbury Regatta Championships (Philadelphia), U.S. Scholastic Rowing Association Championships, and Canadian National Championships.

The program is made up of a progression of crews.

Senior eight: This is the fastest crew. You are eligible to row in this shell as a sophomore if your strength and rowing skills qualify you. Training at the 1st eight level is very rigorous both on the water and in the weight training room. The training program is a slightly reduced version of that used by most major University programs. Some of the training is modeled after the US National Team training program. Members of this crew earn a Varsity Letter.

Lightweight eight: (women 130 max) (men: 150max). This crew is a weight class event allowing smaller athletes to race at a very competitive level. Eligible athletes typically weigh between 115 lbs. and 135 lbs. for the women's crew and 135 lbs. and 155 lbs. for the men's crew. Regardless of weight, all athletes must be certified by an athletic trainer according to our weight control program. You are eligible to row in this shell as a sophomore however very athletic freshman with excellent rowing skills could qualify for this crew. Training as a lightweight is on the same level as the 1st eight with the exception that additional running augments the land training. Members of this crew earn a Varsity Letter

2nd Eight: Typically this crew is composed of sophomores, and juniors, however very athletic freshman with excellent rowing skills can earn a seat in this shell. This crew will compete at the Stotesbury regatta, and may qualify to row at the Scholastic Rowing Championships as a Second Eight. Members of this crew may earn either a Junior Varsity or Varsity Letter.

Junior eight: Typically this crew is composed of sophomores, and juniors, however very athletic freshman with excellent rowing skills can earn a seat in this boat. This crew will compete at the Stotesbury Regatta, and may qualify to race at the Scholastic Rowing Championships as a Junior 8. The age restriction is approximately 17 years and 6 months on the day of the regatta. Members of this crew may earn either a Junior Varsity or Varsity Letter.

Senior, Light, and 2nd Four & Senior Double and Single: Because of the diversity of the athletes and numbers that join crew we do boat competitive fours and sculling crews in a variety of divisions.

These crews may compete at the Stotesbury Regatta and the Scholastic Rowing Championships at the Head Coach's discretion. Members of these crews earn a Junior Varsity or Varsity Letter at the Head Coach's discretion.

Freshman eight: Depending on the numbers of freshman athletes participating we may enter this event. This crew is composed of the freshmen who have best mastered the rowing skills and have the athletic capabilities to train at a very high level. Their training is a scaled down version of the training that the 1st eight practices. The Freshman Eight may compete in the Stotesbury Regatta and Scholastic Rowing Association Championships. These crews earn a freshman letter.

3rd, 4th & 5th eight: These crews consist typically of novice's rowers or the student athletes who require additional development. These shells can typically contain novice 8th, 9th, 10th, and 11th grade students. Members of these crews typically develop into very good athletes and compete for seats in the upper boats their next season. They will race in the local northern Virginia regattas. The head coaches may choose to break the 3rd 8 into a 4+ and/or a 4x to race in the Stotesbury Cup Regatta if we are not already boating those events. Student Athletes rowing in these crews will earn a JV or Freshman Certificate. At the head coaches discretion the 4th eight may be awarded a Freshman Letter.

League Requirements: Due to the increasing popularity of rowing in the Northern Virginia Area, high school regattas can grow to over 1000 athletes racing in a single day! Regatta Organizers recognize that this makes for a long day for everyone, thus limit the number of boats that each team may enter. T.C. Williams is always a strong contender for the state championship, thus coaches make the choices about which combinations to enter to maximize our teams performance. So, while everyone may participate and develop at TC Williams, not everyone will compete at every regatta.

How do the coaches select the crews?

The selection process is greatly aided by the use of the rowing ergometers. These machines allow us to measure overall strength and condition by having the student athlete row either set times or distances. The scores are then sorted on a computer and the initial groupings are developed. We do several of these "Erg Tests" and track the improvement through the season.

After the initial groupings are made, the coaches will base final seat assignments on a combination of rowing skills (how effective is that rower in the shell), strength, condition and commitment (**attendance**). This selection process may take up to 4 weeks depending on the amount of time we get on the water. The eighth and ninth grade coaches will take longer to set up the crews because they want to give every one a chance to develop their rowing skills. Time on the water is a major factor in this decision process.

Attendance

We expect the student athlete to attend every practice. If there is a need to stay after school for extra work with a teacher the student must inform the coach before hand so plans can be made to fill the seat or delay the water work until the student arrives. We understand that eighth and ninth graders may have more schedule conflicts. These conflicts can be worked out with the individual coaches.

Spring break: Practices are typically two a day for the 1st, Lt., and 2nd eights. For the 3rd, freshman, 4th and 5th eights practices are either one or two a day. Spring break is a very important time for the crew team because it allows us to potentially get large amounts of water time. **The rowing development during spring break is critical to the overall performance of the crews at the end of the season!** (It is also fun!)

Expected Behavior: When you are at the boathouse, in the bus traveling to the boathouse or a regatta, or driving to the boathouse, you are expected to be courteous, and act responsibly in every way. You will be representing T.C. Williams High School. It is important to the rowing program, T.C. Williams, and the City of Alexandria that you are responsible and act in a very sportsman like manner at all racing events.

Care and treatment of the Boathouse and the Equipment: As a member of the Rowing Team at T.C. Williams High School you will be expected to treat the boathouse and the equipment with utmost respect and care. The shells, which cost in excess of \$20,000, must be treated with extreme care. Running, or any behavior, which could inadvertently cause damage to the shells, is prohibited.

The Facility and the Equipment:

As a member of the T.C. Williams rowing program you will have access to one of the best rowing facilities in the United States and be using equipment that is equal to or better than most collegiate rowing programs in the United States. In many cases you will be using the exact same equipment used by our U.S. Olympic Rowing Team.

The Boathouse:

The Dee Campbell Rowing Center was completed in the fall of 1985. T.C. Williams rowed the first scholastic rowing season from this facility in 1986. It was funded by the City Council as a part of the City agreement when the Torpedo Factory Rowing Facility site was redeveloped into a restaurant. The construction cost was about 1.4 million dollars.

The Boathouse is a two-story facility. The first floor is the boat storage level with three boat bays. Each bay can rack approximately 8-eight oared shells or combination of eights and fours.

The second floor contains the locker/shower room and a very large weight training room. Along with the free weight equipment, the weight room houses 48 Concept II Model D rowing ergometers. These machines are the state of the art training devices, which allow us to train indoors on foul weather days and to quantitatively test performance and improvement of the student athletes.

Shells:

The T.C. Williams rowing program is equipped with Resolute and Vespoli USA eights, fours, quads and doubles. The shells our upper crews row are ultralite carbon fiber/honeycomb construction. They are 60 feet long and weigh just less than 200 pounds! They cost between \$25,000 and \$35,000 each. The oars are constructed by Concept II Company. They are all ultralite carbon fiber construction and are used by national teams worldwide. The current inventory of equipment, 95% of which was purchased by the Alexandria Crew Boosters, is worth in excess of \$400,000.

Alexandria City Public Schools Eligibility Requirements:

- The student shall not have reached the age of 19 on or before the first day of August of the school year in which he or she wishes to compete.
- The student shall have submitted the Virginia High School League Form 2 (Athletic Participation Parental Consent Physical Examination Form), completely filled in and properly signed, attesting that he has been examined and found to be physically fit for athletic competition, and that his /her parents consent to his /her participation.
- The student shall be currently enrolled in not fewer than five subjects, or their equivalent and shall have passed at the end of the semester immediately preceding that in which he/she desires to compete, not less than five subjects, or their equivalent.
- An average of "C" (2.0 GPA) or better of all courses combined in the preceding grading period is necessary for a student to participate.
- One grading period below (2.0GPA) will render a student ineligible until the student is eligible under the above C average requirement.
- The student will have successfully completed all portions of the Virginia Literacy Passport Test (LPT) by the end of eighth grade.
- Athletes must adhere to all school rules and regulations. Violations of these rules may lead to immediate dismissal from the team.

School and Athletic Conduct

You are expected to conduct yourself in a responsible manner at all times. Good sportsmanship is expected without exception. Profane language will not be tolerated. You are expected to be alcohol, drug and tobacco free—24 hours a day, 7 days a week, 52 weeks a year. Any use of these substances is destructive and will prevent you from becoming the BEST athlete you can be. Use and/or involvement with drugs, alcohol or tobacco by our student athletes will result in dismissal from the team.

Post Season Qualifying Requirements

Stotesbury Cup Regatta, and Scholastic Rowing Association Championship Regatta:

The following Men's and Women's crews qualify to compete at the Stotesbury Cup Regatta and the Scholastic Rowing Association Championship Regatta.

Senior 8, and Senior 4+ or Senior 4x
Light weight 8, and Light weight 4+
Second/Junior 8s, and Junior 4
Freshman 8s

The head coaches may choose to break the third 8 into a 4+ and a 4x to race in the Stotesbury Cup Regatta if we are not already boating those events. In this case the third 8 must place 1st, 2nd or 3rd at the Virginia Championship Regatta to qualify.

Canadian Secondary Schools Rowing Association Championship Regatta:

The following crews are eligible for recommendation to participate in the CSSRA regatta. Head Coaches may recommend these crews only if they make the finals at the Virginia State Championship Regatta (top 6). There is no appeal to this qualification standard.

Senior 8, and Senior 4+ or Senior 4x
Light weight 8, and Light weight 4+
Second/Junior 8s, and Junior 4
Senior 2x and 1x

The Royal Henley Regatta/Henley Women's Regatta:

To qualify for consideration to compete in the Royal Henley Regatta/Henley Women's Regatta in Henley England, senior eights must win the Virginia State Championship. (note: There are currently no lightweight or junior events for the Royal Henley Regatta).

PERMISSION TO PARTICIPATE

MY signature indicates that I have read the T.C. Williams Interscholastic
Crew _____ rules and regulations and agree to abide by them.
Sport _____

Student /Athlete Name (please print)

Student/Athlete Signature

Date

My signature indicates that I have read the T.C. Williams Interscholastic
_____ rules and regulations and agree that my son/daughter will
will abide by them.

Parent/Guardian Name (please print)

Parent/Guardian Signature

Date

Approved by:



Principal



Athletic Director



Coach



Coach

**Please sign and return to your coach by the first day of
tryouts/practice!**