

## SECTION 2

### SHS Crew, Information & Expectations

**The fall season starts the Thursday before school does. The spring season starts the 3<sup>rd</sup> Monday in March. To make the team, you must be at tryouts, ready to do fitness testing and erging, at the assigned time. A schedule will be emailed to you, so please make sure your email is correct when you sign up. Check your spam box for messages from Coach “pkrause”. The schedule may also be found on the SHS Crew website, under SHS Athletics. To try out, bring your Nalgene bottle of water with your name on it. Dress ready for a workout.**

- **Practices:** Normally Monday through Thursday 3-6pm, Friday 3-5:30. Pick-up in the boat ramp outside the DRC should be at 6pm, unless we finish our work early. Racing mid-week may mean a later time depending on where the visiting crew comes from. Please check our schedule for possibilities (usually spring season).
- **Weekends:** Weekend crew time is reserved for races. Unless there is a problem with a weekday practice, we do not practice on weekends. Weekends with no scheduled races are for family time. There will be no morning practice, unless there is a rare special circumstance.
- **Appointments/other commitments:** It is expected that all doctor and dentist appointments (unless, obviously, an emergency), jobs, music lessons and commitments, dance classes, Red Sox games, and other extracurricular activities will be scheduled outside of our 3-6pm practice time. If you cannot schedule outside of our time, please choose one activity or the other, not both. It is not fair to your team when one oarsman has to be “out of here by 5pm”, comes late, or “can’t make it today”. 3 tardys=1 absence; 3 absences=dismissal from the squad. Notes are needed if you are ill.
- **Clothing:** Spandex shorts, sox, and a T. You should also have sweats, jacket, and raingear available, for changing weather conditions. We always row, except in thunder and lightning, heavy rain/snow, or high winds. If called, indoor practice at the SHS weight room is from 3-4:30 (meet in Commons ready to work). For their 1st season, rowers will buy a crew t-shirt, and then, they will need to buy a uni. Everything else offered for sale is optional, but good for team spirit.
- **FOSC:** The parents group co-ordinates the uniform sales, team breakfasts, pot lucks, race foods, and **fundraising**, along with other important activities. Parents should plan on going to all meetings called by the Friends of Shrewsbury Crew board. Any fundraising efforts of the FOSC **MUST** be supported by all team members (\$30 dues for fall season, calendar raffle in spring).
- **Website:** Check our website through the SHS homepage for important data on our team, some great pictures, results, FOSC, important links, and other related information.
- **Swim test:** Students need to be able to swim well because of the danger of drowning if a boat capsizes, or they fall off the dock. Obviously we will do everything in our power to be reasonable and prudent, and not put your child in danger. However, the possibility still exists, so it is necessary that they can survive in the water. If we can test them at the DRC, we will do so the first week of tryouts. If not, we take your signature as proof that they are able to perform the following: back float for 1 min, treading with hands above water for 1 min, survival floating (minimal movement in face down jelly fish position, with gentle push up to get breath every 10-20 seconds) for 5 minutes, and freestyle swimming for 10 minutes non-stop. Rowers need to be comfortable in the water and not have to touch bottom- some parts of our lake are over 100’ deep.
- **Physical conditioning:** Oarsmen also need to come to us in top physical condition to row effectively. We will be doing a daily run and cali’s, starting the first day of tryouts. Running, up to 3 miles, will be done on the DRC grounds and in the boat ramp area, unless we stay at the high school track. If a rower is unable to run, daily ergs will be done. If rowers cannot do 20-minute pieces daily, they should not be rowing. If they need weekly therapy, please have them consider taking the season off. All medical problems have to be in writing and up to date, **with a copy to the coach**. Some problems may result in the inability to participate on the crew team. It is unsafe for a child with an injury to row- problems are usually exacerbated by the rowing process. We need kids in top shape to keep them safe, and to win against the teams we are rowing. Be ready.

**Any questions can be directed to Mrs. Krause at [pkrause@shrewsbury.k12.ma.us](mailto:pkrause@shrewsbury.k12.ma.us).**