

Spackenkill Rowing Club

PO Box 1904

Poughkeepsie NY 12601

www.SpackenkillRowingClub.org

Dear Parents and Guardians,

Welcome to the 2020 Spackenkill rowing season!

The function of the Spackenkill Rowing Club (SRC) is to support the Spackenkill Rowing Team. SRC is a 501(c) (3) non-profit, separate from the school and district. Crew is a club sport and is not fully funded by the school district. The athletic department awards Varsity letters to athletes that practice and participate in varsity regattas. The Spackenkill School district pays coaches' salaries, team transportation to practices, regatta entrance fees, league fees, USRowing membership fees, HRRAs usage fees, and one quarter of the HRRAs lease fees. The Spackenkill Rowing Club provides everything else that is necessary to put the team on the water. We purchase, own, and maintain and insure the boats, oars, cox boxes, launches, launch motors, safety equipment, boat trailer, and food trailer.

With the help of fundraising and sponsors, the club has not raised dues in 7 years. Dues for the 2020 rowing season are:

- \$550 for rowers and coxswains (for families with more than one rower, dues are \$250 for additional rowers)
- \$250 for a first-year rower in High School.
- \$100 for a first-year rower in Middle School.

There is **no bus transportation to away regattas**. The district has agreed to apply this portion of the budget to pay the full cost of the HRRAs user fee and US rowing membership.

Registration for Spackenkill Rowing Club

1. **Register with the Athletic Department** FamilyID system.
2. **Join USRowing and Sign the Waiver.** Individual Basic Membership, there is a \$9.75 admin fee, and Club Code JGURG is required to join the Spackenkill Rowing Club roster. Must complete before any HRRAs activity.
3. **Pay Dues.** Check payable to "Spackenkill Rowing Club". Payment may be given to the club Treasurer or mailed to the PO Box. Please do not give any checks or money to the coaches. Due before March 23rd.

Swim Test – All first-time rowers must pass a swim test. Swim a short distance underwater, swim the rest of the length of the pool plus 3 more laps. Put a sweatshirt on, tread water for 5 minutes and put on a life vest in the water.

Racing Shirts – Required (except Novice who will wear team tee shirt). Shirt will be same as last year (JL Racing) details on fitting, order and cost to follow.

The club is only able to accomplish all that we do with the support and help of the parents and the community. Your involvement and ideas are critical to the success of our club and we hope that you will join us.

The club website www.spackenkillrowingclub.org has links for registration, announcements, forms, and information. Sign up for the newsletter (link at the bottom of the website). Join us on Facebook and Instagram.

Thank you,

Spackenkill Rowing Club Board

Joe Gagliardi, President

Karrie Brenner, Vice President

Catherine Monian, Treasurer

Christine Delgado-Vega, Social Media

Matt Rignanese, Head Coach, Varsity Women's Coach

Robin Ackerman, Varsity Men's Coach

Brittany Hart, Novice Coach

SPACKENKILL CREW PRACTICE INFORMATION

Coaches determine practice schedule and will communicate with the rowers. The information below is for planning purposes and **will change**:

Until the river is free from ice and the docks are in, practice will take place at the High School. Coaches may schedule a Tank practice at the Boathouse – this may be on a weekend.

Practice at HRRR Boathouse – **All rowers must be picked up at the boathouse.**

Bus to the boat house will pick up at the High School and Todd Middle School:

- 3:10 Leave High School
- 3:15 Leave Middle School
- 3:45 Arrive Boathouse

There is no return bus.

Practice Schedule

Varsity:

Monday thru Friday 3:45 – 6:00 PM

Novice:

2/26 – 3/11 > Monday & Wednesday 3:15 – 4:15 PM (Learn to Row at High School)

3/16 – 4/16 > Monday, Wednesday, & Thursday 3:45 – 5:00 PM

4/20 – 5/29 > Monday, Wednesday, Thursday, and Friday 3:45 – 5:00 PM

As the season progresses and we have more daylight and practices will be extended.

Varsity boats may also start weekday morning practices.

Checklist for every practice

- Snack/food** before & after practice – fuel for workout and recovery. Lunch period can be very early and it's not good to start practice with an empty tank.
- Warm clothes** – Sweatpants, Sweatshirts, Jackets. It's always colder at the river!
- Snug shorts/pants and shirts** – loose/long clothing can get caught in slides.
- Warm clothes** – Hats, gloves, socks. It's always windier at the river!
- Running Shoes** – expect to run every day!
- Re-usable water bottle** (Large) – can fill at boathouse water fountain.
- Slides, Crocs** – the boats have shoes, so rowers will wear socks in the boat; a slip on shoe while carrying the boat makes it quicker to transition.
- Change of clothes / socks / warm clothing** – you will get wet.
- Rain Gear** - you will practice in the rain.
- Security** - Boathouse has a limited number of lockers. Rowers leave backpacks, books, bags in the Spackenkill bay.

2020 SPACKENKILL CREW SCHEDULE

03/07/2020 Saturday – **HRRR Indoor Sprints**, Poughkeepsie HS, Varsity/JV

03/09/2020 Monday – **Varsity/Freshman Season Starts**

03/16/2020 Monday – **Novice/Learn to Row Season Starts**

03/23/2020 Monday – **Dues payment deadline**

TBD – **Swim Test**

TBD – **Team Photo**

04/19/2020 Sunday – **Erg-a-thon**, Poughkeepsie Galleria Mall

04/25/2020 Saturday – **Car Wash**, Spackenkill High School, 1:00 – 3:00 PM

04/25/2020 Saturday – **Arlington Crew Race**, HRAA, 6AM, Varsity/JV

04/25-26/2020 Sat & Sun – **Saratoga Invitational**, Varsity/JV

04/29/2020 Wednesday – **Dutchess Cup**, HRAA, After School, Varsity/JV

05/01/2020 Friday – **Triangulars**, HRAA, After School, Novice/Freshman

05/02/2020 Saturday – **Triangulars**, HRAA, 3PM, Varsity/JV

05/03/2020 Sunday – **O'Neill**, Westpoint, 6AM, Varsity/JV/Novice (**or**)

05/03/2020 Sunday – **Tiangulars**, HRAA, 3PM, Varsity/JV (Wind date)

05/9-10/2020 Sat & Sun – **NYSSRA Championships**, 6AM, Saratoga

05//15-16/2020 Fri & Sat – **Stotesbury Regatta**, Philadelphia, PA (**or**)

05/16/2020 Saturday – **Syracuse Chargers Invite**, Syracuse, NY

05/17/2020 Sunday – **Novice/Freshman Championships**, Pinecliff Lake Club, West Milford, NJ

05/19/2020 Wednesday – **W.A.R.S.** Regatta, HRAA, 3PM, Varsity/JV

05/22-23/2020 Fri & Sat – **SRAA Nationals**, Cooper River, Camden, NJ

05/27/2020 Wednesday – **HVRL Sculling Championship**, Kingson, NY

05/30/2020 Saturday – **HVRL Championships**, HRAA, 6AM

05/31/2020 Sunday – **Row for the Cure**, HRAA, 6AM

SPACKENKILL CREW TEAM RULES

1. Everything you do and say will reflect only favorably upon yourself, your teammates and the coaching staff.
2. You will treat everyone associated with this team with the highest respect. If you have any difficulties with anyone or the way in which the program is run, please attempt to resolve it directly with the person involved or see a coach.
3. You will work hard in school.
4. You will treat your mind, body and soul with respect, in a fashion consistent with your role as a member of this team.
5. You will work hard all the time unless told to go easy, even during drills.
6. You will adhere to the **5P** rule:
 - **P**reparation: You will be ready for practice on time (with proper clothes, shoes, water, snacks) and you will eat a healthy diet.
 - **P**oise: You will maintain composure on and off the water; you will demonstrate relaxed and calm effectiveness under all conditions.
 - **P**recision: You are personally accountable for your craft from the erg to the boat & will put into practice what your coaches & coxswains tell you
 - **P**ower: Your commitment and effort will be relentless. You will train, & therefore will recover well.
 - **P**rogress: You will always improve and have measurable progress.

SPACKENKILL CREW ROWER'S CONTRACT

1. Rowers need to be at the river 15 minutes prior to practice to change, get the launches in, place oars by the docks, etc.
2. To have an excused absence, you must let your coach know one day in advance. Acceptable excuses include academic reasons and religious events. (Your cousin's birthday party is NOT an acceptable excuse.)
3. If you are absent from practice without informing your coach, you will not row the next day. This jeopardizes your boat's chances of doing well throughout the season.
4. Crew is a sport that consists of teamwork, commitment and hard work. Individual attitudes will not be tolerated in this sport. Teamwork is paramount.
5. **Boathouse rules and guidelines are to be strictly followed.**
6. All rowers will clean up the bay after EVERY practice. There will be no bottles, wrappers or trash left in or outside our bay.
7. All rowers will show respect for each other, all coaches, and their HR Boathouse neighbors.
8. Remember to enter and exit the bay through the river door. You are to be dropped off in the parking lot at the south end of the building.
9. If a rower is suspended from school for any reason or is deemed academically ineligible to either practice and/or participate in competitions, reinstatement of his or her prior position/seat in a boat will be up to the discretion of his or her coach. This is not a suspension from the team; the rower can row and practice with the team but not necessarily in the same prior capacity.

SPACKENKILL CREW PARENT GUIDELINES

Due to the large number of athletes who practice and row out of the HRRRA Community Boathouse, and for safety reasons, we respectfully request the following guidelines are followed during practice times as well as races:

1. Please pick up your rower at the end of practice and on time.
2. Please drop off & pick up your rower at the designated areas only. The drop off and pickup area is at the south end of the boathouse by the parking lot (drive slowly past the boathouse). **DO NOT** drop off or pick up in the back/front of the boathouse by the main entrance or by our bay back door.
3. No parents are allowed in the bay, outside the bay on either end, near the launching area or the docks.
4. During away meets, no parents are allowed in the Spackenkill Staging Area, which includes the boat trailer and launching areas. Rowers will come to the Spackenkill Tent when they are able.
5. Please do not pick up your rower early as the entire team is responsible for putting equipment away, cleaning up and meeting with coaches for end of practice/race notices. The coach will dismiss the team.
6. Please be mindful of scheduling appointments during the season. If your rower is absent, his or her boat cannot row and his/her seat in the boat is jeopardized. Rowers can be excused for religious or academic commitments and medical reasons.
7. In the event a rower must miss a practice, please have your rower, call, text or email her/his coach as soon as possible.
8. Please support your rower in her/his responsibilities to the team. We understand it is a large commitment of time. Crew is a true varsity TEAM sport and we expect commitment and dedication from all the team members.

The coaching staff thanks you for your support and understanding.