

Wappingers Crew Club Parent Guide 2024

This guide is to help new parents, as well as act as a handy reference for seasoned parents, to navigate participation in the Wappingers Crew Club.

Organization:

The Wappingers Crew Club is a club financially supported by member dues. It is not a sanctioned school sport which is why it is a school club, not a school sport. The Wappingers Central School District permits us to use the weight room for spring practice, provides a bus for one-way transportation to practice, and allows us to use John Jay and Ketcham High Schools for parent meetings. It is up to the WCC Coaching Staff, The WCC Parent Board, Committees, and parents to work together to ensure a successful program.

WCC Coaching Staff:

Matt Stufano	Head Coach / Varsity & JV Boys Coach	wccheadcoach@gmail.com
Jason Miller	Varsity & JV Boys Coach	
Liz Schlusser	Varsity Girls Coach / School Advisor	
Emma Nelson	Varsity Girls Coach	
Dom Scechitano	Novice Boys Coach	
Megan Smith	Novice Girls Coach	

WCC Parent Board:

Dawn Campbell	President	wccwinning@gmail.com
Crystal Marr	Vice President & Registration	wccenrollment@gmail.com
Marie Considine	Treasurer	wccreceiver@gmail.com
Kim Montes	Secretary	wccrecorder@gmail.com
Jackie Smith	Fundraising Chair	wccfundraise@gmail.com

WCC Parent Committees:

Carpool Committee: Create a spreadsheet of families interested in carpooling, and help find centrally-located pick up spots for parents to pick up rowers after practice.

Communication Committee: Responsible for promoting the club to the community and maintaining all areas of club communication.

End of Year Banquet Committee: Responsible for planning and running the End of Year Banquet in June.

Equipment Committee: This committee will work with the coaches and assist them in the storage, repair, maintenance, transport, and procurement of all rowing related equipment owned by Wappingers Crew Club.

Food Tent Committee: Works with the Food Crew Chairs (Karen and Will Carlin) to provide nourishment for all athletes during the Spring regatta season.

Fundraising Committee: Responsible for all fundraising activities by the Club and supports the Vice President of Fundraising.

Membership/Learn to Row Committee: Responsible for developing new members for Wappingers Crew Club, and offers support during school orientations and the Learn to Row program.

Novice Outreach Committee: Works with the Novice Outreach Chair (Orestes Mihaly) to support the novice rowers and families through mentorship, creating and maintaining a club handbook, and answering questions. Members will also work with the board to create opportunities to assimilate new members into our program. wccnovicehelp@gmail.com

Regatta Committee: Responsible for helping the team at both home and away regattas. This includes researching and securing hotel blocks for away races.

Sales & Sponsors Committee: Responsible for securing corporate sponsors and food tent sponsors for the club. They also help solicit donations for raffles and prizes as needed.

Storage Committee: This committee is responsible for the storage of the Club's property during the off season and maintenance of the storage unit.

Uniform & Apparel Committee: This committee is responsible for uniform and apparel sales for the club.

Communication:

Web Site: <http://www.wappingerscrewclub.org/>

WCC has a web site that hosts information such as Spring Registration, Fall Learn to Row, Coach and Board Contact info, New member info and Fundraising. Please visit and bookmark on your browser so you can access quickly for upcoming information.

TeamSnap: TeamSnap is an app that you need to download and set up on your phone. It is used for communications to the rowers as well as parents. We use TeamSnap for in the moment communications. It's very similar to a large group text. It is the best way to communicate before, during, and after races as we are usually spread over a large area. It works well and is a must to keep current with up to the minute information. Please be mindful during communications as it goes out to everyone. It is best not to communicate when rowers are in class, so as not to be distracted by their phones.

TeamSnap's scheduling feature will also be used. Please check the calendar on the app often for updates on events, races, important dates, and deadlines.

Google Classroom: Your rower should join the Wappingers Crew Club from their school Google Classroom account. Coaches will provide the code to rowers at the beginning of the season. Coaches' announcements and general information will be listed in the Google Classroom.

Coaches' and Board Members' contact information:

<http://www.wappingerscrewclub.org/coaches--board.html>

Your coaching Staff and Board members can be contacted through the WCC Website by clicking the Coaches & Board tab and then scroll down to the person you want to email and click the yellow email box.

Rowing 101:

Terms and Information The WCC website has a good beginner's guide to types of boats, positions on the boats and other terms used in this sport. It is recommended that you review and brush up on your crew knowledge.

<http://www.wappingerscrewclub.org/rowing-101.html>

Novice/JV/Varsity

Novice - All rowers/coxswains are considered Novice their first full year regardless of age. These athletes are learning the sport of rowing.

JV - Only the Boys team has a JV team.

Varsity - Boys and Girls with at least one year of rowing experience.

For most races, the Wappingers Crew Club enters one 8 boat and two 4 boats in the Varsity division. All other boats are JV or Novice. Not all races are for all levels of rowers. The schedule will state if a particular race is a Novice race or Varsity/JV race. Per the coaches, "Not all athletes will compete at all regattas, however, they should attend all races to cheer on their teammates and help out with equipment. Lineups will be determined by the coaches based on skill, strength, weight, attendance, behavior, improvement, and other factors."

Spring Registration:

The registration process is simple, and all the information is on the WCC website. There are four steps to complete. <http://www.wappingerscrewclub.org/spring-registration.html>

- Registration forms for new and returning members, which includes WCC Registration, Code of Behavior, and Concussion Acknowledgement Form.
- Medical form which must be completed by the rower's Physician. Only the WCC form will be accepted.

- You must sign up with the US Rowing Association so you can participate in sanctioned events.
- The link to TeamSnap. Please follow the directions carefully, and note that it takes about 24 hours to process your registration before you receive the invite in your email to use the app.

Swim Test for New Rowers Only New rowers must pass a swim test to join WCC. It is a mandatory safety issue and consists of swimming 2 laps in the pool, treading water for 10 minutes and putting on a life vest while in the water. This test is administered at ALLSport in Fishkill, NY. The date and time is listed on the registration site. Once you take this test you never have to take it again.

Costs:

Registration

For 2024, registration fees for Varsity are \$650 and for Novice they are \$580. Families with multiple participants receive a discount. First athlete pays full price and each additional sibling receives a \$50 discount.

US Rowing

\$25 annual fee (subject to change), and kids get a magazine in the mail 😊

Uniforms

Unisuits (or unis) are the uniform athletes wear at regattas. Last year's cost was \$71 and they are usable for several years (barring any major growth spurt)! The Sew Sporty Team Shop and our apparel options through Arlington Ink opens for a 2-week time frame for hoodies, sweaters, rowing jackets, t-shirts, etc. This is where you will order swag and a Uni. The only required purchase is the uni, though splash jackets and/or sweatshirts are recommended for the cold/rainy practice days on the water.

Expected Travel costs

Saratoga/Syracuse: Hotel rooms (blocked out at a specific hotel for team building and bonding), food tent and snacks, other food/meals besides food tent, and money for swag tents at the regattas. Parents are responsible for transportation to and from regattas.

HRRA (Hudson River Rowing Association)

Optional off-season summer, fall and winter leagues and training are available for the athletes. Pricing is according to the HRRA website and registration. There is a parking fee for home races (more on this in the racing section).

Fundraising:

The club has several opportunities for fundraising throughout the year. Most go toward the costs of regatta fees and equipment maintenance, except for sponsorships, which go directly toward a rower's individual equipment/registration fees. We do most fundraising off-season so as not to interfere with training and the busy race season. Here are some of the fundraisers we have done in the past, which may be subject to change. We are always open to new ideas.

Clothing Drive (Fall and Spring) - The club spends 3 weekends twice per year collecting gently used clothing to be donated to those in need through ClothingDriveFundraiser.com. 95% of all donations are either reused as apparel here and abroad, repurposed, or recycled. We are compensated \$0.17 for every pound of donated items we collect. While this doesn't sound like a lot, in the past we have collected over 4,000 pounds of items which yield a profitable amount to our fundraising efforts. In addition to clothing, we will take shoes, toys, accessories, and other household items such as towels and blankets, so if you are cleaning out your closets, please save these items for one of our drives in the fall or spring. Rowers and parent volunteers are needed at the collection site (usually Guardian Storage in Wappingers) and for transport.

Restaurant Give Back Days - On designated days, local restaurants will donate a percentage of all sales to the club (usually 20-33%) when you mention our name or show the flier. Previous restaurants have included Chipotle, Five Guys and Red Robin. This is a great opportunity to socialize with other members while supporting the club!

Krispy Kreme Doughnut Sale (Fall) - Rowers collect local orders for boxes of Krispy Kreme Doughnuts (dozen or half dozen options). On delivery day, a very kind WCC parent rises bright and early to pick up all the FRESH doughnuts, and rowers hand deliver them to their customers. These are typically an easy sell and the club makes back 50% of all sales!

Hour-A-Thon (March) - Rowers create a contact list of family and friends they can call during the designated date and time of the Hour-A-Thon. They will receive a sample script of what they can say to their potential donors when they call (telling them about the club and what the funds go toward), and even a sample thank-you to follow up with. Rowers meet at one of the Wappingers schools for an hour and make their calls, while the company keeps a live tally of the donations coming in. This proved to be a very exciting and highly profitable fundraiser in the past and actually got our kids talking on the phone! The club receives 80% of all donations, while a 20% fee goes to the Hour-A-Thon company for managing the fundraiser.

Sponsorships (yearly) - Rowers have the option and are encouraged to find sponsors to help cover the cost of their registration dues. Sponsorship letters and forms can be found on the WCC website under "fundraising". Depending on the level of sponsorship, the vendor will get their business name printed on the back of the club t-shirt and/or linked on our website. Please note there is a "do not contact" list of current sponsors who are already supporting a rower. Sponsorships must be submitted by the registration deadline.

Parent meetings:

Parent meetings occur monthly, typically at 7 p.m., during the spring rowing season. They give us a chance to discuss past events and go over upcoming events/regattas. Meeting locations are either Roy C. Ketcham H.S. cafeteria, John Jay H.S. cafeteria or, when the weather gets warmer, outside at the HRRRA (Hudson River Rowing Association) Boathouse. Meetings may be held virtually as well.

Meetings dates this season are as follows:

Wednesday, January 10, 2024 @ JJ (following the WCC ice cream social)

Wednesday, February 7, 2024 @ RCK

Wednesday, March 20, 2024 @ JJ (drop in Q & A with the Board outside of cafeteria)

Wednesday, April 17, 2024 @ TBD (may be virtual via Google Meet)

Wednesday, May 15, 2024 @ Boathouse

June 2024 (TBD) End of Year Banquet @ Boathouse

Hudson River Rowing Association (HRRRA) Boat House:

Wappingers Crew Club does not have its own boathouse. We use Bay 4 at the HUDSON RIVER ROWING ASSOCIATION (HRRRA) boathouse. WCC shares HRRRA's boathouse with 7 other teams. Once the ice melts and the docks go in the water, this is where our team meets to practice for the rest of the season and where a few regattas are held.

HRRRA Boathouse is located at 270 N Water St, Poughkeepsie, NY 12601

Directions to HRRRA: Going north on Rt. 9 into Poughkeepsie, get off on Main Street. Turn left at the bottom of the ramp. Turn right on Water Street, in front of River Station Restaurant. Go past the Children's Museum, continue along the railroad tracks, go down the hill, through the fence past the Vassar College boat house. Make the U turn and continue to the HRRRA boathouse.

There are a few rules for rowers and parents at HRRRA:

- Do not stop, park or slow down in front of the Vassar boat house.
- Do not park behind the building. Those spots are for the coaches.
- Only athletes should be near the bay / dock / tarmac. Parents **need** to stay in the parking area, especially during regattas.
- Pickup / drop off is on the north side of the building. Always at the grass lot and never on the pavement in the front of the building.
- Please do not speed on boathouse grounds, no faster than 10 MPH.
- Always pack for the weather (rain gear/windy, running shoes, socks, etc.)

- Be respectful around the 7 other teams who also row at the boathouse- that includes their equipment, coaches, athletes and parents.
- Always be aware of equipment and pay attention to your surroundings while in the bay, on the tarmac or on the dock. Rowing equipment is very expensive.
- Treat the bathrooms with respect. Bathrooms are on the first floor through the doors facing the water. Parents can use the bathroom and must return to the parking lot. Please don't stay inside the boathouse.
- Athletes should stay in / around Bay 4 (our bay). Don't go into other teams' bays.
- Put your backpack / belongings ***IN*** the shelves that we have, not on the floor.
- Be ready to go when practice time begins. Change, eat, go to the bathroom, etc. well before practice starts.

Spring Practice:

Spring Practice starts immediately after tryouts end, this year beginning Tuesday, February 27, 2024. Athletes are supervised after school and then transported by bus from their school (Van Wyck, Wappingers Junior High, John John Senior High) to Roy C. Ketcham High School, where practices take place in the weight room and outside on school grounds. Students practice in and outdoors, and they should bring weather-appropriate clothing, sneakers, water, and a pre-workout snack. Upon arrival to RCK, students are expected to sit and quietly complete homework while waiting for practice to begin. Any after school or bus behavior issues can lead to disqualification from the team.

Practice will take place at RCK until around April 1st, when the ice melts on the Hudson River. Once practice begins at the boathouse, buses will bring athletes from their schools to the Hudson River Rowing Association Boathouse. Carpooling is available and encouraged for pickup; buses are only provided to practice, and athletes/parents are responsible for transportation home. During spring break, athletes will practice twice a day, morning and afternoon, with times determined and posted by the coaches. Parents are responsible for transportation both ways during spring break as there is no school bus service.

Attending practice in the spring is vital to a boat being able to gel. There are no substitutions during races, which is why it is important to attend practice every day. Athletes who do not attend every day are at risk of losing their seat in their boat and/or their boat not being able to row that day.

Racing events:

Erg Race – this is a race that takes place indoors on the ergs. Many local schools will participate in this event. The athletes are divided by age and weight (not experience) and compete for the fastest 2k times. This year's indoor erg race is on Saturday, March 16th.

Hudson River Regattas – Several races throughout the season take place on the Hudson River. For these events, you can park in the HRRRA parking lot for a fee. There are volunteer opportunities through HRRRA for free/reduced parking at the boathouse. Check their website for details. Parents set up their own camping chairs along the riverbank to watch the races. The same boathouse rules above apply to all races. Parents are not allowed in the staging area between the front of the boathouse and the river. You can use the bathrooms in the boathouse, but you cannot hang out in that area. Look for the Wappinger Crew Club food tent. Most of our families will be in that area.

Away Races – WCC usually secures a block of rooms at a hotel close to the race venue for away races. Information will be provided regarding the hotels the team chooses for each race. You are not obligated to stay at these hotels. Maps and instructions will be provided for each race showing the locations of the athlete drop-off, spectator tents (if provided), vendors and spectator viewing areas. There will be heavy traffic at the drop-off sites so plan to leave extra time on race days. The coaches will let you know what time the athletes need to be at the boat trailer. Athletes will not be dismissed until after the last race for our team is finished, and all equipment is loaded onto the trailer. Athletes must receive permission from coaches to leave a race. There will be an area for the rowers to place their camp chairs to hang out before/after their race. Like with home races, parents are NOT allowed near the trailer or docks. WCC can receive penalties if parents are near the docking area.

- Saratoga – The official parking for the race is at the Saratoga Racetrack and there are shuttles provided for a fee to take you to the race area on Fish Creek. There is parking along the street but it is first come, first served. Parents must stay out of the area with the boat trailers. There are several areas for parents to watch the races along the creek but the races are also live-streamed and available to watch in the spectator tent.
- Syracuse – Usually the team reserves space at a restaurant for a team dinner on the Friday night before the race. More details will be given as it gets closer. This is not paid for by WCC but it is a fun social night before our race. The athletes and boat trailers are on one side of the river at this venue and the parents, vendors and food tents are on the other side. There is a bridge to get back and forth so the athletes can get to the food tent. Parking is on the spectator side of the river and there is a parking fee.

All Races - Rowers are required to wear a team uni at the races. The weather is unpredictable; the following are some suggested items for the rowers to bring:

- Extra clothes, especially socks
- Base layer can be worn under Uni
- Hat/gloves
- Sunglasses
- Rain jacket
- Towels
- Boots/crocs (the race course can be muddy)
- Band-Aids

- Sunblock
- Lawn chair
- Water
- Snacks
- Toilet paper/wipes
- Books, cards, etc for down time

Suggested items for Parents/Guardians:

- Chairs
- Binoculars
- Umbrella
- Blankets
- Boots (the spectator areas can be muddy)
- Camera
- Sunblock
- Bug spray
- Water
- Snacks
- Extra clothes (dress in layers)
- Portable backup phone charger (Power brick).
- There is a charge for parking (Saratoga and Syracuse) so have cash ready if you choose to park in the available lot.
- There are only porta potties (Saratoga and Syracuse). You might want to bring extra hand sanitizer and an emergency roll of toilet paper/wipes.
- Plastic bags (to put muddy boots and wet clothes in)

The Food Tent:

The WCC Food Tent provides meals and snacks throughout the day/weekend of all-day and out-of-town events. Location of races are often remote and without convenient restaurant options nearby, so this is an important service which supplies everything needed for the day. Students (and their families) can pay a flat fee (2024 amount TBD) for either a single meal, or the full day, depending on preference. Each meal offers balanced choices such as protein, carbohydrates, dairy, fruits, and vegetables, and includes options for gluten-free and vegetarian athletes. This year's food tent will be run by Karen and Will Carlin, who can be contacted at wccfoodcrew@gmail.com with any questions. Volunteers are always needed to help set up, serve, and clean up, so please volunteer if you're interested!

End of Year Bash:

The end of the year banquet is a wonderful event for everyone to come together at the boathouse and acknowledge the accomplishments of these amazing kids and coaches. The 2024 banquet will be held in June, date and time TBD.

Nice attire to be worn by the rowers but BE SURE to have them bring a bathing suit and towel because part of the fun is when they all jump into the Hudson at the end of the night.

There will be a sign up genius so everyone can sign up to bring food, drinks and volunteer your time at the event. It is crucial to sign up and help in any way you can. There is special time dedicated to the seniors and parents who are leaving the club. There is also a medal ceremony where the coaches will recognize rowers for outstanding achievement and the captains for next season are named.

Bring lawn chairs or blankets!

Recruiting events:

Recruiting plays a vital role in our programs success and helps maintain enough athletes to have a competitive team. Since we are a school club, the parents, coaches and current athletes are responsible for sharing what we are all about with our student body and our community.

Most of our recruiting happens over the summer at each of our 4 schools orientation days. The team has an information table with photo boards, take home flyers and email sign up sheets. There are also parents, coaches and athletes present to answer questions about our club. An erg is brought for interested students to try and a boat to draw attention and interest. We offer a wonderful fall learn to row program that gives prospective new rows a chance to try our sport on a quiet lake before our competitive season starts.

The team participates in other community events as well, including the East Fishkill Community Day parade and activities, the Dutchess County St. Patrick's Day Parade and John Jay High School's Winter Carnival.

Fall Learn to Row:

The Learn to Row program gives prospective athletes a chance to try out the sport in a non-competitive season. The entire program is geared toward learning, and is held at Sharpe Reservation in Fishkill, NY at Camp Hayden-Marks.

Run by our WCC coaches, this program also relies on athlete and parent volunteers.

Mentor Program:

In 2023, WCC instituted a mentor program. Varsity athletes who volunteered to be mentors were matched with Novice rowers. Groups of 2 Varsity athletes were grouped with 2-3 Novice athletes. The captains will provide support to all athletes, and be available for questions. This is a brand new program run by the Novice Outreach Committee, and will develop and grow in the years to come.

Social Media:

TeamSnap: This is more of a communication tool than a social media platform. The main chat is used for communication between all parties, and there is a private chat available as well. The message center generates emails and is the main avenue for coaches and board members to communicate with athletes and parents. There is also a calendar to research timing of events and races.

Facebook: WCC - Wappingers Crew Club

Parents and Athletes can request to become a member of the Wappingers Crew Club Facebook page. You will find fliers promoting upcoming events and fundraisers. You can also share race updates and pictures on this page, which our WCC alumni appreciate viewing to stay connected to the team.

Instagram: wappingerscrewclub

Coaches upload images from races and practices. Parents and athletes can follow this account.

Code of Behavior & Expectations of WCC:

In order for us to function successfully as a unified coherent crew, rowers and parents must agree to certain norms of behavior:

NO BULLYING, NO CYBER BULLYING: put-downs, ethnic, sexual or

- Culturally inappropriate comments.
- Respect for all persons and property.
- Politeness to all on the team and to everyone you meet
- Support to all members of the team: varsity or novice members
- No public displays of affection
- Adhere to specific rules identified by the coaches. Coaches will promise to investigate thoroughly any known complaints or violations of these general rules. Investigative decisions will be reviewed with the known student(s), parents will be informed of coaches decisions.

Consequences to these rules can result in anywhere from a discussion by the coach to removal from the team.

For the well-being and safety of the team when traveling, everyone agrees to the following:

- Rowers are not allowed to drive themselves or others to away regattas without parent permission.
- ONLY ROWERS AND COACHES are permitted to be at or around the trailer and boathouse during races.
- Do not leave your motel/hotel room without direct permission from a parent/chaperone or a coach.
- Team Curfew for away regattas will be announced by the coaches. Lights out and quiet time must be respected. Athletes need adequate rest for top performance.
- Parents/chaperones and coaches are entitled to eight hours of sleep!
- Parents/chaperones take responsibility for ensuring that all athletes are accounted for.

Team Participation:

- All rowers are required to attend all practices, including spring break (unless discussed with coaches beforehand).
- All rowers are expected to be at all regattas unless excused by coaches.
- All rowers are expected to work together as an efficient and powerful single team.
- All rowers are expected to follow the protocols by Wappingers Crew Club, Coaches, Regatta Officials and W.C.S.D.

Wappingers Crew Club Team Members Non-Negotiable Items

- No possession or use of alcohol, marijuana, vaping or illegal drugs
- No possession of weapons of any kind
- No abuse of legal prescription

* Any violation of these items, meaning behavior that is disruptive to the team behavior that threatens the safety of self or others will result in the offending athlete(s) being promptly removed from the team, without a refund.

Grades Policy

WCC Student-Athletes are required to maintain an overall average of 70%, and not be failing any more than 2 core classes (English, Social Studies, Math, Science & Foreign Language).

Student-Athletes who do not maintain the above terms are subject to removal from the team. WCC Coaches will periodically check student grades throughout the spring season.