

# Frequently Asked Questions

## **Do you need to know anything about crew?**

*No..Nothing. We will teach you.*

## **Do you need to know how to swim?**

*YES. This is a safety issue. The boats are difficult to tip. We carry life preservers, throw lines and a coach will follow you with a motor boat. But you can't be too careful on the water so swimming ability is **REQUIRED**.*

## **How long are practices?**

*Typically our Fall practices are about 2.0 hours. Our Spring practices are about 2.5 hours.*

## **Is practice ever canceled?**

*Rarely. In the case of high wind (white caps) or lightning, we will not go on the water, but we will have practice. We do not cancel because of rain. When in doubt, check the website or listen to announcements.*

## **What should I wear to practice?**

*Layers, a pair of old sneakers that can get wet, hooded sweatshirt for fall. Shorts and/or sweatpants, should be snug (think spandex) to avoid becoming tangled in the wheels of your seat. You may wish to have a dry top to change into after practice. Always be prepared to do some running.*

*Coxswains especially should wear adequate clothing to be warm. You are not moving like the rowers and so are more likely to get a chill on cold or wet days.*

## **Are there medical conditions which could limit my participation in crew?**

*Crew is a demanding cardiovascular activity. Anyone with a heart murmur or circulatory condition should discuss participation with a doctor. Likewise, athletes with asthma or other respiratory conditions should discuss the severity of their condition with a doctor before participating.*

*You will ALL need to have complete physicals for the Spring.*

## **What are the time demands for crew during the "Season"?**

*We will start Winter training in early February. Novice have 4 or 5 practices per week, about 2 hours daily.*

*When the ice is off the river, March (?), practices will be at least four days per week for Novices including Saturday.*

*Our races are mostly on Saturdays and can take the day after travelling, loading and unloading of boats, and putting equipment away is done. We might have to wait on "Mother Nature" if the wind is blowing hard. Home races are usually early A.M. Saturdays.*

### **Can I miss practice?**

*As a rule, NO. It takes time to gain the skills and condition required to be a good rower.*

*We have limited flexibility around important events and activities during winter training. Crew is not like Basketball or Baseball in which new players can be inserted part way through the contest. In a crew race, the people who go out finish the race without substitution.*

*The period from about April through the first week of June is the most demanding. This is our racing season. We require commitment. People who consistently miss practice will get less chances to row. If there is a major conflict, let us know well in advance so we can work/plan around it.*

### **Can I participate in another sport?**

*Possibly, provided it is a fall or winter sport. For example, Basketball and Swimming overlap with winter training but do not conflict with the racing season.*

### **Is there busing to Regattas?**

*There is NO busing to home or away Regattas.*

### **What happens if there's bad weather during a Regatta?**

*If there is bad weather during a Regatta the race may be Postponed, Rescheduled or Canceled. There is always a chance that the rower may not row in the Regatta due to bad weather.*

### **Disqualification?**

*There is a chance that the rower's boat may be disqualified during a race and not row. An example of this would be not getting to the starting line in time or not being able to line the boat up at the start.*

### **Do all rowers and boats race at all races?**

*It is the discretion of our coaches whether a boat is race ready. Novice boats have been known to skip a race or 2 based on readiness. Please check with your coaches prior to making any non refundable hotel arrangements. ALL our team hotels have a 24 hour cancellation policy.*