



2022 Parent Guide

prepared by RFH Rowing Boosters
Content sourced from Parents & Coaches

Introduction and Quick History

WELCOME ABOARD! We are so excited to kick off yet another year of RFH Rowing and are glad you are going to join in on the fun. Rowing is a wonderful sport both for the athletes as well as for their families.

Rowing at RFH is recognized as a club sport. This means that our athletes can participate in scholastic regattas, earn varsity letters, have access to school facilities and trainers are held to the same academic and code of conduct standards of all other athletes. However, we do not receive any funding from the district. Additionally, the facilities and equipment used by the athletes are owned by the Borough of Rumson. As such, the seasonal program fees for participating are collected by the Borough.

RFH Rowing is the booster club that provides vital support to the RFH Rowing high school team. As a non-profit organization under the umbrella of the Rumson Boat Race 501c3, RFH Rowing provides the high level of financial assistance and support necessary to keep our team on and off the water year after year. We were only able to donate the equipment that we have today through the generous contributions of local businesses, caring members of the community and parents like you. Unlike parent groups in other traditional sports, the crew booster club plays a vital role in the rowing program in every aspect, from purchasing equipment to the weekly logistical support. While rowing has existed at RFH in some capacity since 2008, RFH Rowing booster club is a relatively young organization that has only been in existence in its current capacity for approximately five years.

Our hope is that this brief guide (along with some additional resources we'll point you to) will help you better understand the crew program and what to expect during the upcoming seasons. We welcome your questions and suggestions. Looking forward to a great season!

Communication

- Communication from Coaches:
 - **Twitter @Coach_RFHRowing**
 - **Jevin**
 - **Email directly from coaches**
- Communication from RFH Rowing is sent through email throughout the season. The boosters can be reached at friendsofrfhrrowing@gmail.com.
- Additional communications specific to program registration etc. will come directly from the Borough of Rumson.
- Websites to check out:
 - **Regatta Central** <https://www.regattacentral.com/> Not the easiest to navigate but once you know the regatta schedule, you can use this website/app to get more details on location/logistics/etc. Information is generally available only one to two days ahead of time. Some regattas will also live update Regatta Central during race day.
 - **Twitter**
 - @Coach_RFHRowing
 - @RFHRowing
 - @row2K
 - @RegattaCentral
 - @USRowing
 - **Instagram** Hashtag away! @rfhrrowing

- **Paypal** Any payments made to RFH Rowing can be via Paypal—incredibly easy: @RFH-Rowing
- **Sign-Up Genius** This is truly a team/collaborative effort and there is always a way to get involved. We use Sign-Up Genius often to get us organized.
- **US Rowing--** <http://www.usrowing.org/rowing-101> Cannot emphasize this enough—this is the **BEST** resource for general rowing questions/terminology. We highly encourage you to check it out.

Financials

In addition to having the distinction of being the oldest intercollegiate sport in the United States, rowing has the (more dubious?) honor of being among the most expensive sports—falling only slightly behind equine based sports. Our sincere sympathies to those that have both a rower and an equestrian in the family!

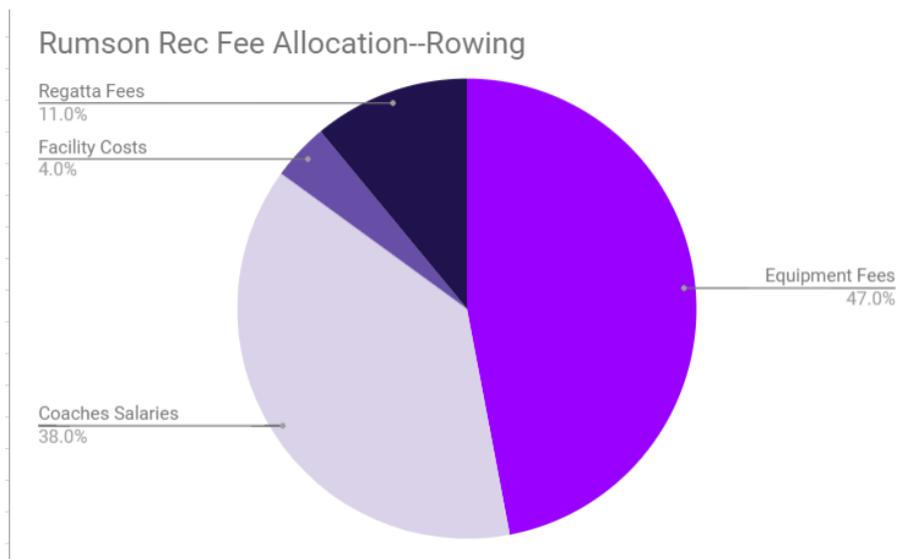
Registration Fees

As mentioned previously, the facilities and equipment used by the athletes are owned by the Borough of Rumson. **As such, registration for all seasons occurs through the Rumson Recreation website. The seasonal program fees for participating are determined and collected by the Borough and based on a formula aimed at covering operating costs along with capital expenses such as equipment.** While RFH Rowing does not set these fees, we do try to defray the overall registration fees when possible. These contributions are dependent upon successful fundraising and anticipated equipment replacement costs.

Registration fees are used to cover the following general categories of expenses:

- Coaching salaries
- Equipment totals
- Regatta fees (including transport of shells)
- Facility costs

In a continued partnership with RFH Rowing, expenses incurred by the Borough include: seasonal/removal placement of equipment, fuel, repairs on equipment performed by Borough personnel, DPW trucks for towing boats, program scholarships, borough administration.



Fundraising Plan

We are actively looking for sponsors - see sponsorship in the flyer attached. If you know of anyone interested in sponsoring the team, please reach out to friendsofrfrowing@gmail.com.

Upcoming Fundraisers -:

- October 8th 2022 - Car Wash at RFH (front loop) Athlete Participation Mandatory
- January 7th 2023 - Erg Challenge at RFH Athlete Participation Mandatory
 - 50/50 Sales, hopefully in place by the ERG Challenge, each athlete will be given a 50/50 Book valued at \$300. We encourage the kids to sell all of the tickets to raise money for the event. There will be opportunities to sell to the community at other community planned events, beginning with the ER Challenge and ending at the End of the Season Party. Look for more information.
- Ongoing Proud Supporter signs are available at a cost of \$30 and Senior Dog Signs (free to Seniors)
- Sponsorship Sales, we are soliciting local business to support the RFH Rowing Boosters, by selling advertising space on our social media platforms, RFH Rowing Banner and our Website. Anyone interested can find out more information on our website. rfhrowing.org.
- There are other events being developed to raise money for our team, we will communicate as they develop.

Tailgate Booster Fees

There will be a fee for the spring and fall to cover the tailgates. **The fall fee will be \$75 per athlete.** The Hospitality Tent is one of the most visible ways the RFH Rowing Boosters supports the team, for it is our home away from home. The Hospitality Tent provides **rowers and their families** with food along the river/lake banks. It's a place where rowers can get something to eat and drink, and parents can congregate and watch the events on the water. You'll quickly notice that this is a tradition within the rowing community—hundreds of tents dotting the river banks!

We'll have tents and lots of good food available at most of the events (and will let you know in advance if we are not hosting a tailgate for a particular regatta). Like everything else that is worthwhile, it takes lots of volunteers and financial support to make something of this magnitude a reality. Here are some basics of how this all works:

- The Rowing team maintains a trailer loaded with tents, tables, grill, water jugs, cooking utensils, propane tanks, tools, chafing dishes and sterno, table cloths, paper products, cleaning supplies, utensil bins, bread trays, bowls and platters, etc. Hospitality fees are used to maintain, replace, and purchase these items as well as buy the food each week.
- The regatta schedule will determine the time that we arrive and depart, and meal schedules.
- A set up crew will bring the trailer and set up at Regattas site and separate crew for clean-up.
- Each family will be asked to volunteer at a minimum number of events, TBD based on attended Regattas. There is a job for everyone—jobs that can be done ahead of time at home, at the regatta, or after we come home.
- *If your family has financial concerns in this area, please feel free to speak with the treasurer, to make the necessary arrangements that may better fit your budget.*

Regatta Day Tips

- Arrive EARLY to the regatta if you would like a good parking spot. At these events, 7:00 a.m. is late!
- Watch the weather in advance, and dress accordingly. On clear days sunblock and a hat are a must! Conversely, invest in some good rain gear and boots.
- When you arrive, please look for our hospitality tent. The morning set up committee will share the location with everyone via text/all social media outlets.
- It's a long day, and there will be a lot of down time. Bring comfortable chairs, bikes, and something for the younger kids to do.
- If you plan to bring your dog, check with the regatta's event website to see if certain animals are welcome at the regatta sites.

Important Novice Parent Information

(Things we wish we knew BEFORE the first season)

- **“Rowing is the sport. Crew is the athlete boat lineup.” Dan Edwards, Founder of the RFH Rowing Program, Former Head Coach.** Coach Edwards was a stickler that parents use the terms correctly. Technical definitions for every novice.
- **Seat Racing.** The process coaches use to determine the fastest crew lineup for each boat. Changes can happen each week, sometimes at the last minute. The athletes know it's part of the process and makes everyone a better rower. Be supportive regardless of your athlete's weekly outcome.
- **A new found disdain for wind and fog.** Rowers are very tough athletes, but two things cannot be overcome by even the heartiest of crews for safety reasons...wind and fog. Unfortunately, the Navesink is notoriously prone to both of these (particularly opposing winds and currents). However, our kids are better rowers because of this.
- **Watching a novice-eight come together is like watching a new horse learn to walk.** So incredibly awkward and painful to watch....but gradually a novice boat will become a truly beautiful and graceful display of teamwork and athleticism.
- **All boats/blades/athletes look the same from the shoreline.** Binoculars are your friend.
- **Being a spare is difficult.** Boats can only accommodate a set number of athletes and unlike other sports where players are swapped in and out of play, crews are set prior to each regatta. However, spares are essential as they are used often. It is not uncommon that a coach will need to use a spare at the last second in order to fill a line-up.
- **Regatta season is all encompassing and exhausting...but you will miss it when it is over.** The Spring season especially goes by in a flash but consumes nearly every weekend. Once you get caught up on sleep and laundry, you'll be hankering to watch some rowing.
- **Your athlete will develop an amazing sense of responsibility.** The same kids that can't keep track of a \$10 water bottle are responsible for equipment worth \$50K+. And they rise to the occasion.

- **Keep multiple seasons appropriate clothing and shoes to each regatta.** The day may start out clear and 65 degrees then change midday to 45 degrees and rain. Be prepared!
- **Always be “On Time”.** You can be late for something before it even starts. Generally speaking, athletes are expected to be at practice/events 15 minutes ahead of the designated start time. The coaches are very particular about promptness.
- **You can’t compare.** A single crew can row the same course multiple times throughout a season and finish with wildly different times. You see this often between time trials and finals. Wind speed, wind direction, and flow rate of the river can dramatically affect results. Conditions really do matter.
- **Parents are not allowed by the boats/athletes during regattas and practices.** The coaches have a strict rule, no parents allowed anywhere near the boats or athletes at regattas and practices. Coaches need to keep the athletes focused on the task at hand and parents lingering tend to distract.

Sit back and enjoy—and pitch in. Race days are long and your athlete will be focusing on their boat. Parents should expect their athlete to wait at least 90min before and after his/her race. Coaches release athletes. In the interim, enjoy some food and some great company and **always feel free to help out** with the tailgate.