



Parent Guide 2018-2019

prepared by
RFH Rowing

Content sourced from Parents & Coaches

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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 the fun. Crew 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 and 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 parents' 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 for the last decade or so, RFH Rowing booster club is a relatively young organization that has only been in existence in its current capacity for approximately three 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:
 - **Edmodo**
 - **Jevin**
 - **Email directly from coaches**
- Communication from RFH Rowing is sent through email throughout the season. To ensure you are on the communication list sign up at <https://www.rfhrowing.org/notifications.html>
- Additional communications specific to program registration etc. will come directly from the Borough of Rumson
- Must have apps/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. We obviously share this information ASAP prior to race weekend—but please know information is generally available only one to two days ahead of time. Some regattas will also live update Regatta Central during race day.
 - **Twitter** Follow us: *@RFHRowing1* More and more regattas are beginning to use Twitter as a primary form of communication
 - **Facebook** We're always looking for new friends: *RFH Rowing*
 - **Instagram** Hashtag away! *rfhrowing*
 - **Venmo** Any payments made to RFH Rowing can be via Venmo—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!

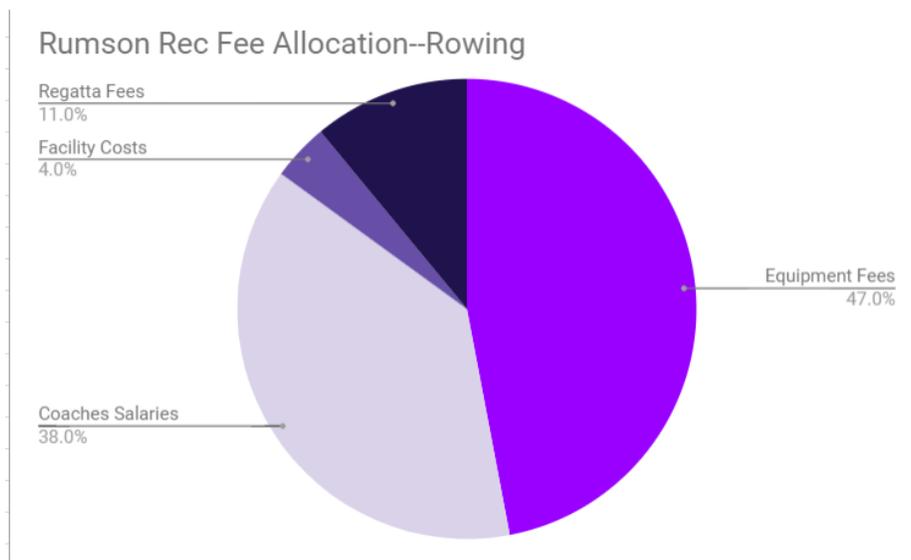
Registration Fees

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 web site. The seasonal program fees for participating are 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 of our most expensive season (Spring) when possible. For the past two Spring seasons, we have given the Borough \$10,000 thereby lowering the registration cost by approximately \$225 per rower.

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.



2018/2019 Program Registration Fees are anticipated to be as follows:

Program Registration Fees--Paid to the Borough of Rumson
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Summer 2018	\$335.00
Fall 2018	\$525.00
Winter 2019 (Projection)	\$275.00
Spring 2019 (Projection)	\$825.00*
Program Registration Totals	\$1960

Please note that the fees estimated above are approximated based on past seasons/input from Borough.

*RFH Rowing Boosters has in the past two springs subsidized registration fees by \$10K to bring it to the current \$825/athlete fee. Each winter the boosters will assess (if any) the amount to subsidize in the Spring season. Please note that the Borough anticipates increasing Fall 2019 fees by a few hundred dollars. As such, the Boosters will likely assess feasibility of subsidizing the Fall season as well.

2018/2019 Additional Fees/Cost are *estimated* as follows:

		Additional Fees/Costs	Donations-Food, Time, Etc.	Other Costs (Variable)	Notes
Fall 2018	Hospitality Fee**	\$120.00	Everyone chips in and helps with set up, cooking, clean up, etc		<u>Freshman rowers do not pay hospitality fees in the Fall.</u> Please see Hospitality section below for additional details.
	Pasta Parties		Food (each party)		
Spring 2019	Hospitality Fee	\$200.00	Everyone chips in and helps with set up, cooking, clean up, etc		
	Uniforms	At least \$65.00	Additional rowing gear (it really is awesome--you'll want some)		
	Pasta Parties		Food (each party)		
	Spring Regattas			\$1,000.00	Incidental costs during regatta weekends--mainly hotel. Necessity of hotel depends on timing of your athlete's race (and how early you like to get up)
	Regala Dinner	\$100.00			Estimated based on previous years--one athlete/one parent attending
	Postseason Championship Regattas****			TBD	
	Additional Fees Total Estimate	\$485.00		\$1,000.00	

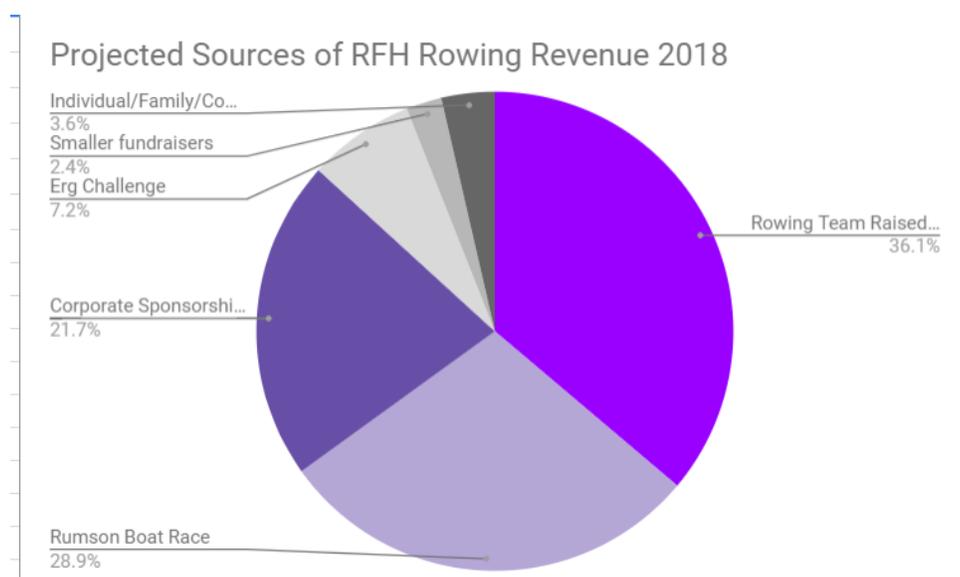
****Please note that all hospitality fees are passed through directly to defray hospitality costs**

****This is a great problem to have...but this is a successful program with boats often qualifying for both domestic and international post season championships/regattas. The Boosters will defray some of these costs if able, but the majority of costs are absorbed by the participating athlete's families who may or may not opt to do additional fundraising. Please note: SRA Nationals are in Ohio this year

Funds Raised By/Donations to RFH Rowing

All funds are generated via our fundraisers, generous sponsors and our athletes and their families. These funds are used to both defray current operating costs as well as fuel the forward trajectory of our program.

Based on 2018 YTD and projections for our remaining fundraisers, here is how we anticipate the source of 2018 RFH Rowing Funds will be broken out by category:



Please note that we are actively researching potential grant opportunities. And we're always on the lookout for additional corporate sponsors. Should anyone wish to become a corporate sponsor or know of one, please contact president@rfhrowing.com. Lastly, donations (large and small) are always welcomed to assist the program/our athletes. For example, in late 2017, we were fortunate enough to receive a very generous \$50K donation. These funds were used to purchase oars and two new shells. We also recently received the incredibly useful donation of a "site shed"—this will greatly streamline our hospitality operations.

In addition to the offsetting Spring 2018 fees (something we hope to do each Spring season), funds have been allocated to be used as follows*:

- New launch motor (donation to Rumson by RFH rowing as Rumson owns the launches)
- Training software
- Slides
- New Ergs for Winter Training
- End of season gifts to coaches/graduating seniors
- Donation to defray a portion of post season regatta costs

Please note we also reserve a healthy "contingency" balance in our accounts in the event of emergencies (believe it or not, it is not uncommon for boats to be in car accidents...). And we work actively with our Coaches and the Borough with regards to needs for new boats.

**Subject to change based on additional input from Borough of Rumson/Coaches*

Fundraising Plan & Expectations

Our athlete/family/individual donations are very much a part of and are actually the heart of our fundraisers and program. But we also understand that not everyone will want to or be able to participate in every single option out there (if you want to—go for it!). Please know that nothing is mandatory. We are a relatively young organization still determining what will work best long term. In the interim, our hope is that by providing a wide variety of options, everyone will find the mix that is right for them.

		Suggested Family/Athlete Fundraising	Donations-Food, Time, Etc.	Notes
Cross Season/All Year	50/50 & Dinner Club	\$300.00	Time - Athlete / Family Sales	Represents selling ~30 total tix for \$20. Sell dates Sept through mid-March.
Fall 2018	Rumson Boat Race--Duck Race	\$10.00	Time, PR - sell ducks (Athletes/Parents)	Assumes 1 duck @ \$10/duck
	Rumson Boat Race--Oar Sponsorship	\$55.00	Time, PR - sell Oars. Install & Take down	
	Rumson Boat Race--College Athlete Dinner (Friday Sept 21st)		Donate Food. Parents/Athletes Volunteer	
	Rumson Boat Race--Welcome Reception (Friday Sept 21st)	\$150.00	Time, PR - organize	Assumes 2 people @ \$75/tix
	Rumson Boat Race--Regatta (Saturday Sept 22nd)		Donate food, time, PR - all hands on deck	All are welcome to join us at Victory Park while collegiate teams race in our own backyard-no cost to attend
Winter 2019	Chipotle	\$35.00		
	Erg Challenge	\$300.00	Registration fees, Time, PR - organize	
Spring 2019	Car Wash	\$20.00	Athletes Volunteer	Typically done to defray postseason costs
	<i>Fundraising Sub-Totals</i>	\$1,070.00		

***Note--the majority of fundraising fees are not intended to be out of pocket for each athlete's family

Fueling Our Athletes (and their families)—Hospitality

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 if we're serving meals that day.
- Each family will be asked to volunteer at a minimum number of events (to be determined each season based on number of 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.
- Volunteering is easy—and a great way to meet other families. We used an online, free web-based program called "Sign Up Genius". This helps us to keep track of what jobs need to be filled and what side dishes are being brought, etc.
- Some examples of typical duties include:
 - Each week a shopping list is created by the Hospitality Committee and parent volunteers go to Costco, pick up items and return items to the trailer to pack up for the following day's race(s).
 - Families volunteer to bring side dishes to supplement the standard fare. These might include salads, pasta salads, desserts, snacks, soup, chili, etc.
 - Others volunteer to transport the trailer back and forth to the races. These parents set-up and/or break down the tent and drive the trailer back to the Rumson boat site, unpack the trailer, and clean out coolers. These families are not reimbursed gas and tolls and usually make it home by 8:00 or 9:00 PM.
 - At the races, volunteers sign up to cook, prep and prepare a variety of foods. Usually these are timed blocks allowing volunteers to also sit down and relax.
 - Like doing dishes? Organizing a trailer? We have a job for you! We have a job for everyone—promise!
- The Hospitality Committee receives input from coaches on food choices and times in which the athletes should eat. Before and/or after your athlete races, the coach will allow them to visit the food tent. At these times, families are expected to “**clear the way**” for the athletes as their time is very limited.
- We buy the food and supplies in bulk, accept donations and use any avenue possible to keep the cost down.
- The Hospitality Tent is financially supported solely through the Hospitality fees as noted in the “Family Costs” section above. Please note that this fee covers your entire family—not just your athlete.
- *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

- Check for informational e-mails a couple of days before the regatta. It will include roll call, the regatta schedule, directions and any other important details.
- Please try and get to the regatta early if you would like a good parking spot (7:00 a.m. is not really considered early at these events).
- 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.

- When you arrive, please look for our hospitality tent. Early arrivers will share their 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.

“What I Learned this Season.....”

...tales from the first season

- **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.
- **If we ever have a draught, we should schedule a regatta.** Spring 2018 was wet and cold.
- **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 effect results. Conditions really do matter.
- **Sit back and enjoy—and pitch in.** Race days are long and your athlete will be focusing on their boat. Parents should not expect their athlete 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.