



## DBMS High School Crew Handbook

781-934-7555

[www.dbms.org](http://www.dbms.org)

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## Mission

The team's mission is to row well, row hard, and race fast. We strive to create a team culture that fosters the development of individual athleticism within the context of true teamwork.

## Goals

- Provide quality coaching in areas of technique and physical training.
- Stimulate individual growth as an athlete within the sport of rowing.
- Develop the character to thrive with difficult training and competition.
- Promote sportsmanship, discipline, a healthy competitive attitude, and inner team support.
- Provide an open selection process to all DHS students for the opportunity to become members of the team.
- Encourage habits that are necessary for proper physical development, athletic preparation, and overall success.
- Provide resources and support athletes through the college recruitment process.  
Form crews that qualify for national championships.

## Expectations

- The coaching staff has the right to expect from the program participants the following: prompt arrival at practices and regattas, appropriate attire for the workout(s) for that day's practice, a positive attitude, a willingness to support their teammates. Failure to adhere to these expectations may cause the staff to reevaluate the athlete's status in the DBMS rowing program. It is also understood that selecting athletes for each competition is a combination of physical prowess, competitiveness and the subject intuition a coach may exercise in selecting boating lineups.
- The athletes have the right to expect the coaching staff to be ready to start and end practices at the stipulated times unless arrangements for different practice times have been agreed to prior to that practice. Athletes have the right to expect regular communications regarding team matters such as travel to competitions, expenses, schedules etc. Keeping the safety of the athletes foremost in the coaching staff's mind is to be expected based upon each day's tides and weather conditions.

## Teams

- Varsity: Experienced rowers who have attended the full length of try-outs and made the varsity team.
  - Varsity Girls- 16 rowers; 4 coxswains
  - Varsity Boys- 16 rowers; 4 coxswains
- Novice: Rowers in their first year of competitive rowing who have attended the full length of try-outs and made the novice team. An individual cannot repeat a competitive season (fall/spring) as a novice.
  - Novice Girls- 10 rowers; 1-2 coxswains
  - Novice Boys- 10 rowers; 1-2 coxswains

\* Please note: structure of the team is fluid and is dependent on the numbers at tryouts.

## Tryout Process

There will be a three-day tryout process for any Duxbury High School student in good standing that is interested in rowing on the team. The team will be announced shortly after.

Try-outs will take into account all of the aspects that allow a rower to be successful. Attributes the coaches will consider include: fitness level, strength-to-size ratio, technical ability, coach-ability, competitiveness, teamwork, leadership, attendance, positive attitude, mental toughness, sportsmanship, and general athletic potential. Coxswains will be held to the same standards as rowers and are expected to partake in the PFT. Persons trying out as coxswains should understand leadership is inherent in the role and that weight and height are important considerations.

### Varsity selection process

During the try-out period for varsity, coaches will look at the results of the following:

- 5000m erg test (fall)/2000m erg test (spring)
- 1 minute watts erg test
- Physical Fitness Test: 3 mile run (fall)/1 mile run (spring), 2 minute crunches, 2 minute pull – ups (boys), flexed arm hang (girls)

## Novice Selection Process

During the try-out period for novices, coaches will look at the results of the following:

- Technical skills/coach-ability on the erg
- Physical Fitness Test: 1.5 mile run (fall)/1 mile run (spring), 2 minute crunches, 2 minute pull – ups (boys), flexed arm hang (girls)
- Erg assessment

\*Note: Varsity and novice tryouts run back to back. If the coaching staff feels that an athlete trying out for varsity (with novice eligibility) would benefit from a season of being on novice, that athlete may instead make the novice team. Also, if an athlete trying out for novice shows potential to be on the varsity team, the coaching staff may give them option of staying on novice or moving up to varsity.

## **Practice Schedule**

The practice schedule is set by the coaches and is subject to change. Practice includes skill instruction and conditioning on the water, land training, video review, goal setting, focus strategies, skill work, and discussions on training, sportsmanship, nutrition, mental toughness, etc. Multiple missed practices within one month of a regatta may alter line-ups for the upcoming regatta.

Each season's practice schedule varies slightly due weather, daylight, tide, and other variables. Please be sure to view the season's practice calendar to verify your practice times.

## **Swim Test**

A swim test will be held for those that have made the team in order to ensure that all athletes are competent swimmers while on the bay.

## **Fees/Registration**

The DBMS fee for the spring season, as well as the break down of what it does and does not cover, is listed below. Strong fundraising efforts will occur during the season to keep our budget balanced as we have growing demands for equipment and coaches. Registration and payments may be done online at DBMS.org once an athlete has successfully made the team after tryouts. Any athlete with an

outstanding balance will not be allowed to practice until the payments are satisfied or arrangements are made.

**Varsity**  
\$875

**Novice**  
\$775

Included:

- Coaching/training expenses
- Equipment usage
- Facility usage
- Full team Regatta fees

Not included:

- Team uniforms
- Transportation fees
- Optional regattas
- National Championship expenses

\* Financial Aid is limited to One Class per Year per Student and Limited to Youth through age 18. Anyone seeking information about financial assistance should contact Beth at the DBMS office 781-934-7555 x108 OR visit DBMS.org and look under “Policies.”

## **Fundraising**

Rowing is an expensive sport and costs of equipment, space, and time are high. For example, a single oar ranges from \$300- 500 and a boat ranges from \$14k - \$24k. To keep participation dues reasonable, we are engaging in strong fundraising efforts. We ask that all members of the current season participate in any fundraising event in order to build pride within the program. We ask that all parents support our efforts.

## **Transportation Fees**

All athletes attending a regatta will be transported TO the race via a hired bus. The fee for the bus will be announced before the race and will be collected and paid by a volunteer parent.

## **Uniforms**

Required uniforms are listed below. All uniforms must be purchased prior to the first regatta. Need a single piece of the uniform? Email [Michaela@dbms.org](mailto:Michaela@dbms.org).

### **Varsity Uniform**

- Uni - \$80
- Pants - \$50
- Long sleeve – (2015 long sleeve OR a long sleeve black spandex shirt)

## Novice Uniform

- Race Tank - \$40
  - Pants - \$50
  - Long sleeve – (2015 long sleeve OR a long sleeve black spandex shirt)
- ❖ **Note:** The long sleeve shirt is being phased out – Instead, we are asking that all rowers have a tight black spandex shirt to be worn under their uni in the case of cold weather.

## Varsity Letter – Spring Season only

1. Regular practice and game attendance throughout the season on the varsity team.
2. Successful completion of the season.
  - a. An athlete must be academically eligible at the end of the season.
  - b. Athletes removed from the team for disciplinary reasons will not be eligible to receive a letter.
  - c. If a player is injured during a practice or a game and is unable to finish the season, he/she will be awarded a letter if he/she continues to support the team.
3. Seniors who have participated in a program for three years will be awarded a letter even though the specific sport requirements below may not be met, at the discretion of the coach.
4. The Varsity Coach's recommendation is required for all athletic awards. An athlete must compete in at least half of the varsity contests to receive a varsity letter. In certain individual sports, there are specific requirements to earn a letter. However, at the discretion of the coach, a letter may be awarded to any bona fide team member who exhibits extraordinary effort.

*-Duxbury High School – Student-Athlete Handbook 2014-2015*

### Crew Team specific requirements for a Varsity Letter

- Boys – Compete in ½ of the spring season regattas in a varsity event OR pull a 2k in 6:50 or less.
- Girls – Compete in ½ of the spring season regattas in a varsity event OR pull a 2k in 7:50 or less.

## Important Dates to Know (Fall/Spring)

- **Team Building events** – Be sure to check the calendar for the season’s team building event. These events are “mandatory” and are not included in the price of the season. If you have obligation or can not attend for other reasons, please be sure to email both your coach and the program director.
- **Spring Break** – All Varsity athletes are highly recommended to stay for this week for training. It is very important to be training throughout the entire season as we strive to be competitive program in the northeast.
- **Prom**– All athletes that are competing in the USRowing Northeast District Championships will be doing so the day of Prom. These athletes will more than likely arrive late to prom. If these athletes advance to the second day of races, we ask that they stay smart the night of prom and behave like an athlete on this night. The results of this race determine eligibility to compete in the USRowing Youth National Championships.

## Race/Event Schedule

Please see the calendar on the “Calendar” page of the website ([www.dbms.org](http://www.dbms.org)). Be sure to check the specific schedule for the team you are on (boys/girls & novice/varsity). *Attendance of all members of DBMS Crew is required for any event specified as “full team.”*

The race schedule is subject to change and participation and boating is at the discretion of the coach and program director.

## **Policies**

### Attendance

Athletes must notify coaches 24 hours in advance if they will be missing practice. Coaches set up practice workouts based on a specific number of athletes in attendance (if an athlete fails to appear at practice or a race, last minute changes consume precious time, and if several athletes fail to appear, the result may be a canceled practice or a missed race for the rest of the boat). While we never give up on an athlete, an athlete that consistently shows a lack of respect for their teammates will be dealt with accordingly.

Rowers and coxswains will arrive on time to practices, races, and any other DBMS Crew event. Consistent absence from practice is grounds for de-boating of an athlete. The only acceptable reasons for absences include:

- Emergencies.
- Illness with doctor's note.
- Required school event with a note.
- Make-up school work with a note.
- Other academic related events.
- Recruiting (college) visits.

**Note: If you are absent, you must make up the practice in accordance to your coach's requirements.**

### Race Attendance

Race attendance is MANDATORY at any all teams regattas. Even if you are not racing, you must be there to support your team (unless excused by your coach). Absence guidelines will be followed, but coaches must know *2 weeks in advance*.

### Uniforms

Uniforms are mandatory for races and must be purchased through DBMS. Optional articles of the uniform will be available through an online store. A novice athlete must acquire black spandex shorts on their own as part of their uniform.

If an athlete chooses to wear a hat at a race, he/she must wear the DBMS Crew hat, which can be purchased through DBMS. All teams will remain uniform from boat to boat (no separate articles for specific boats).



### Athletic Performance

If you cannot run, you cannot row. To be excused from running, you must provide a doctor's note. Erging/erg tests are required in order to row on the water. If you have missed any erg tests during tryouts or throughout the season, you must make them up within a week or you will not be able to row on the water.

### Sportsmanship

Poor sportsmanship (not being a good teammate) can lead to suspension from your seat in a boat. Just as erg scores and performance on the water, a positive attitude is just as important in developing a cohesive team. This will be left up to the coach's discretion and it will be discussed with the athlete.

### Practice/Race Behavior

Swearing will not be tolerated at practice and is subject to disqualification at races. If a coach catches you swearing, 10 push-ups will be assigned to the entire side of that team. Horseplay around boats is also subject to assigned push-ups. Athletes will respect what the coaches ask of them and are also expected to respect the captains of the team. Consequences include burpees/pushups at the discretion of the coach.

### Bullying & Hazing

Bullying and hazing will not be tolerated. Athletes are expected to report any activities and could lead to suspension or immediate dismissal of those involved after a proper investigation.

### Alcohol and Drug Use

Alcohol and drug use will not be tolerated. Athletes are expected to report any activities and could lead to immediate dismissal of those involved after a proper investigation.

### Fraternization

Coaches and athletes will understand that the relationship is to remain professional. Coaches are here to teach, guide, and mentor athletes with *limited* social contact. If there are relationships within the team, please keep PDA to a minimum.

### Chain of command:

Your coach → Program Director → Athletic Director/Executive director

If you have a question or issue, talk to your coach. If you do not come up with a solution, you, your coach, and Michaela will sit down to discuss the issue. *Further* action can then be taken to the Athletic Director at DHS, Thom Holdgate or the DBMS Executive Director, Chuck Leonard.

## **Safe Sport Policy**

USRowing has joined the United States Olympic Committee in its SafeSport campaign aimed at raising awareness, stopping child abuse in sport, and creating a safe culture in sports programs across the country.

Duxbury Bay Maritime School Crew Team has affirmed its dedication to this campaign by ensuring that every coaching staff member has completed the SafeSport training. The training focuses on misconduct in sport, which includes:

- Bullying
- Harassment
- Hazing
- Emotional misconduct
- Physical misconduct
- Sexual misconduct, including child sexual abuse

DBMS Crew team values our commitment to this campaign, ensuring that we provide our athletes a safe and supportive environment in which to learn, compete, and excel in the sport of rowing. Staff members and volunteers will be required to complete the training before their initial contact with athletes.

SafeSport policies will govern all coaches, volunteers, and participants. If you have any reason to believe that an individual has engaged in the above behaviors, please contact the Director of Jr. Rowing.