



Bedford Crew

Spring 2023



Meet The Board

PRESIDENT	Rohit Saldanha
TREASURER.....	Amanda McDonough
SECRETARY.....	Eric Drown
REGISTRATION	Karen Wilshire
EQUIPMENT	Jarrold Campbell
FUNDRAISING	Kathy Sevigny
MERCHANDISE	Jim Burke
HOSPITALITY.....	<i>open</i>
FACILITIES	Kevin Fournier



Meet The Coaches

Randy Ford
Anna Petrella
Dave Olson
Jennifer Williams

Jarrold Campbell
Doug Marks
Heather Marks
Jeff Upton





Meet The Captains

BOYS

JC Cloutier
Sam O'Leary

GIRLS

Olivia King
Vevay Simunovic
Emily Upton





Team Overview

~100 Athletes

10 Coaches

10 Board Positions

Multiple Volunteer Positions

5 Coaching Launches

15 boat fleet

- 9 8+ (eight person boats)
 - 3 4+ (four person boats)
 - 3 1x (one person boats)
- 1 two 8+ capacity dock





Registration Checklist

Athletes must first register with BHS Athletics by completing the [preregistration form](#) on the BHS Athletics page. The following items must be completed prior to the first day of the season (March 20, 2023):

- Complete the swim test (new rowers only; details on the following page).
- Watch the [US Rowing safety video](#) (new rowers).
- Complete and submit [this waiver](#) to the BHS Athletics office.
- Submit \$500 nonrefundable registration fee (check payable to “Bedford Crew”) to the BHS Athletics office. This fee is used to offset our many expenses (including equipment purchases and maintenance, gas, facilities costs, coaching salaries, insurance, regatta fees, US Rowing memberships, etc). The team receives minimal funding from BHS.
- Complete the online carpool form. [Boys carpool](#) [Girls carpool](#)



New Rower Swim Test

All rowers new to the BHS crew program are required to take a swim test. For new spring rowers, video proof of successful swim test completion must be submitted before March 20, the first day of the spring season. Video clips should be sent to bedfordcrewnh@gmail.com.

The swim test consists of the following required components:

- A 200 yard continuous swim (8 lengths or 4 round trips of a 25 yard pool) with no standing on the pool bottom or hanging on to the pool edge
- 10 minutes of continuously treading water
- Putting a life jacket on in the water

The swim test must be completed regardless of previous swimming experience or participation on a competitive swim team.


If you are a returning BHS rower, you do not need to take the swim test again.



SafeSport Compliance

Any athlete turning 18 before the NEIRA Championship race on May 27, 2023 must take the 90-minute Safe Sport Core Trained class in order to be eligible to compete.

Directions on how to register for the course are below. Please do this sooner rather than later. It must be done before you turn 18 or the spring season begins, whichever comes first. Please do this on a computer; it does not work well on the phone.

1. Go to <https://membership.usrowing.org/>
2. Click on the Login tab. You need to log in with your membership number and password.
3. Once you are logged in, look at the far left-hand side on the bottom. You will see the Safe Sport symbol: 
4. Click on the symbol and it will take you to Suggested Courses. Please click on the SafeSport Trained Course – it is 90 minutes. Do NOT do the one for adult athletes that is 30 minutes.
5. Take the course. You need to stay on the screen the whole time. It knows if you have gone to another screen and it is playing in the background. It will have you begin that section again.

Further guidance can be found in [USRowing SafeSport page's Education & Training](#) section. If you need more assistance with the SafeSport training, please contact the U.S. Center for SafeSport directly at 720-676-6417.



Fitness Assessment

During the season's first week, we will conduct fitness assessments for all returning rowers. The assessment can include, but is not limited to:

- 2000 meter erg test
- Possible timed run (~2-3 miles)
- Additional erg pieces of varying lengths/stroke ratings



Important Dates

Date	Event	Location
Monday March 20	Spring Season begins	BHS
Late March/early April (Date TBD)	Dock installation/boat retrieval ~Adult volunteers needed~	Bulldog Landing
Monday March 27	Meet the Coaches Night	6pm - BHS Theater
Saturday April 8	Race (Shrewsbury)	Worcester, MA
Wednesday April 26	Race (St Pauls - Girls only)	Concord, NH
Saturday April 29	Race (Hanover/Andover)	Hanover, NH
Wednesday May 3	Race (St Pauls - Boys only)	Concord, NH
Sunday May 7	Race (East Lyme/Glastonbury)	East Lyme; tentative
Saturday May 13	Race (Deerfield)	Location TBD
Saturday May 27	NEIRA Championships	Worcester, MA
Sunday June 4	Race (Hanover/Concord)	Hanover, NH
Monday June 5	Season Cleanup	Bulldog Landing
Monday June 5	Awards Night	7pm - BHS Theater



Practice Schedule

Practices are held Monday – Friday after school and Saturday mornings. The following is the schedule for a typical week. Note that there will be modifications to the schedule when there are races or adverse conditions.

	Boys Team	Girls Team
Monday	3:15 – 5:45 pm water practice @ Bulldog Landing	3:00 – 5:00 pm land practice @BHS
Tuesday	3:00 – 5:00 pm land practice @BHS	3:15 – 5:45 pm water practice @ Bulldog Landing
Wednesday	3:15 – 5:45 pm water practice @ Bulldog Landing	3:15 – 5:45 pm water practice @ Bulldog Landing
Thursday	3:15 – 5:45 pm water practice @ Bulldog Landing	3:15 – 5:45 pm water practice @ Bulldog Landing
Friday	3:15 – 5:45 pm water practice @ Bulldog Landing	3:15 – 5:45 pm water practice @ Bulldog Landing
Saturday	7:00 – 9:00 am water practice @ Bulldog Landing Or a race	9:00 – 11:00 am water practice @ Bulldog Landing Or a race
Sunday	OFF or a race	OFF or a race



Practice Schedule (cont'd)

Land Practices

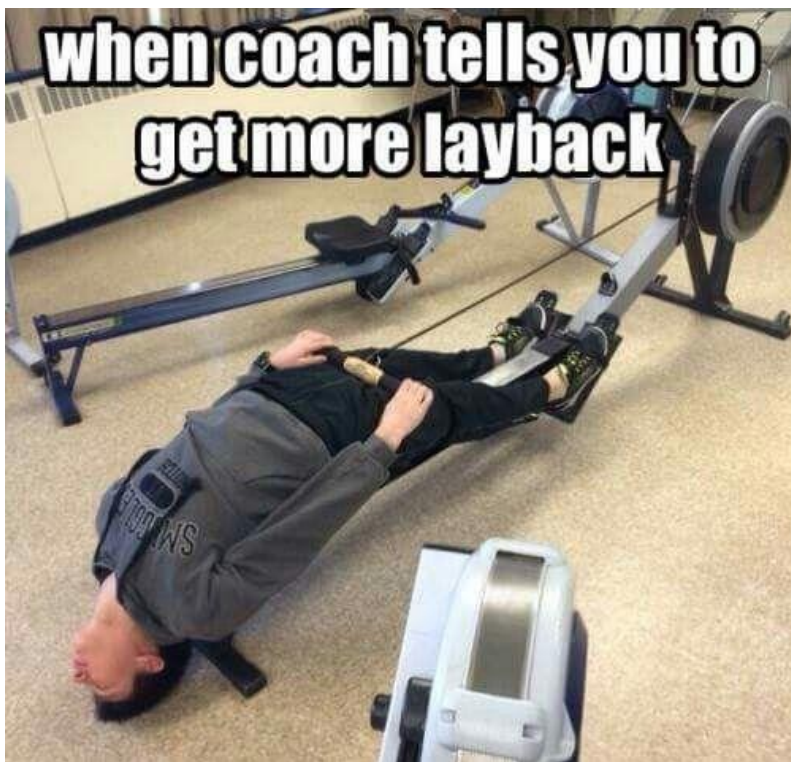
On weekdays when rowers are not scheduled to be on the water, rowers will be participating in our land training program at BHS. Land practices are held from 3:00 – 5:00 pm (weekdays). On land practice days, athletes should meet in Bulldog Corner after school. On occasion, a land practice may be changed to a water practice if conditions allow. Rowers should be prepared for both.

Due to the uncertainties caused by the pandemic, weather and unforeseen circumstances, the schedule and calendar are subject to change on short notice.





Practice Schedule (cont'd)

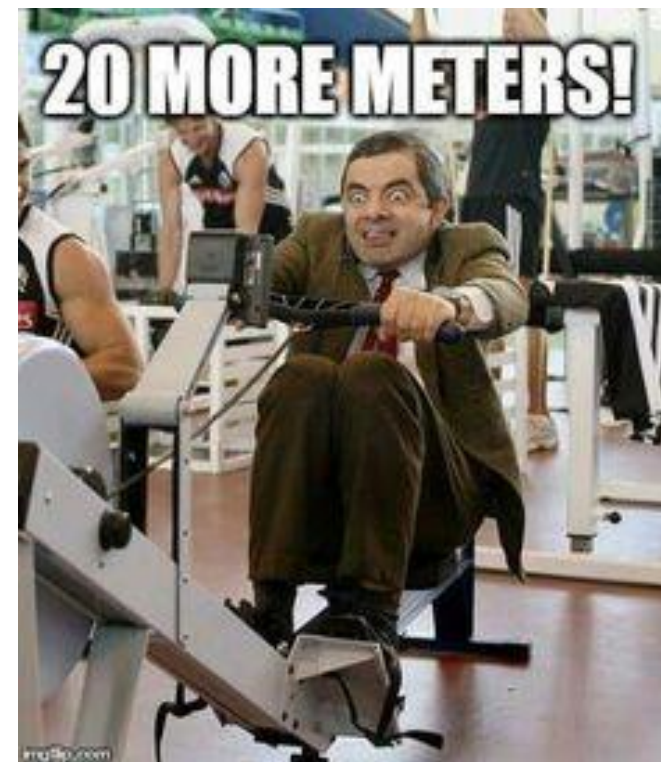


Until conditions allow us to get on the water, all practices will be held on land at BHS. Rowers should meet in Bulldog Corner at the designated time.

Boys: Monday – Friday 3:00 – 4:30 pm

Girls: Monday – Friday 4:00 – 5:30 pm

Weekends TBD





Spring 2023 Race Schedule

All races are subject to change



Date	Opponent	Location	Notes
Saturday April 8	Shrewsbury & ?	Lake Quinsigamond, Worcester, MA	
Wednesday April 26	St Pauls	Concord, NH	Girls Only
Saturday April 29	Hanover/Andover	Hanover, NH	
Wednesday May 3	St Pauls	Concord, NH	Boys only
Sunday May 7	East Lyme/Glastonbury	East Lyme, CT	<i>Tentative</i>
Saturday May 13	Deerfield	Location TBD	
Saturday May 27	NEIRA Championships	Lake Quinsigamond, Worcester, MA	Qualifying boats only
Sunday June 4	Hanover/Concord	Hanover, NH	



Equipment and Gear

Land Practice @BHS	Water Practice @Bulldog Landing
<ul style="list-style-type: none">• Masks (if required)• Tight fitting shorts/tights (lycra/bike/rowing)• LAYERS!!!• Hats, gloves• Yoga mat or towel• Hand sanitizer• Any personal weights, resistance bands etc• Water bottle• Running shoes	<ul style="list-style-type: none">• Masks (if required)• Tight fitting shorts/tights (lycra/bike/rowing). Rowers need at least one pair of black tight-fitting shorts for races.• Form fitting shirt, no sweatshirts with pockets in the front.• LAYERS!!!!• Hats, gloves• Running shoes• Socks• Dry change of clothes• Towel• Sunscreen• <u>Soft plastic</u> water bottle (not metal!); use an extra sock as a sleeve around the bottle to protect the boat• Hand sanitizer



Team Jersey

Rowers who do not own their own Bedford Crew team racing tank top will be issued a tank top at the beginning of the season. The racing tank must be returned to the coaches at the end of the season or a \$45 replacement fee will be assessed.

Optional gear purchases

Many rowers choose to purchase additional Bedford Crew rowing gear from Boathouse Sports through a team order (available during a limited window).

Additional gear can be purchased from BedfordWear
<https://www.bedfordwear.com/collections/bhs-crew-team>



Transportation to Water Practices at Bulldog Landing

As a courtesy, the captains will organize student-driven carpools to facilitate transportation from BHS to and from the Bulldog Landing on weekday afternoons when there is school, for those who are interested. It is customary to contribute towards the student driver's gas expenses. Occasionally, there are not enough student drivers to accommodate all rowers; parents are ultimately responsible for the transportation of their rowers to and from Bulldog Landing, our dock site.

If you would prefer to be involved in a parent carpool, that is an option. A parent carpool consists of only parent drivers. You will be assigned a parent carpool and it will be up to the parents in the group to communicate and determine a carpool schedule.

Unless otherwise notified, you will be responsible for transporting your rower to the boathouse for Saturday practices.

Rowers who would like to participate in a carpool must complete the online carpool form by the first day of practice (March 20). [Boys carpool](#) [Girls carpool](#)



Bulldog Landing (Water Practice Location)

Directions and Parking

Address: 107 W. River Rd. (Rt. 3A) in Hooksett.
Coming North on 3A from either 93 or 293, you'll pass Hookset Self Storage on the right. Immediately after is the turn-in (dirt road) for the dock site - there are no signs marking our location. Parking is against the chain link fence immediately on your right upon turning in facing the storage buildings. Please park perpendicular to allow enough room for everyone. Only coaches are allowed to drive past the gate down the road.





Race Etiquette and Expectations

Regattas are all-day events usually held on weekends.

Professional presentation and the highest standards of sportsmanship are expected at all times.

Rowers waiting to race or who are finished with their races are expected to assist their teammates with race preparation, launching and landing.

Athletes are not permitted to head to hospitality until all boats and equipment are rigged (beginning of the day) or de-rigged and loaded on the trailer (end of the day) and they have been dismissed by coaches.





Communication

Information will be sent out via email and Facebook (“Bedford Crew”). Our website (<https://www.bedfordcrew.org/>) is also a good source of information (directions, updates etc) and we encourage you to check it on a regular basis. The captains will put together Remind groups and send out information, reminders etc to the rowers through these groups. Please be sure that we have an accurate cell phone number and a non-school email address where your rower can be reached so that they are included in all communications. Questions should be directed to bedfordcrewnh@gmail.com.

Our sport is highly weather dependent and safety is our first priority. In the event that we need to cancel or change practice due to unsafe weather conditions, every effort will be made to make and communicate that decision by 1pm.

Absences should be communicated to the coaching staff through the team captains.



Attendance Policy

Rowing is a varsity sport at Bedford High School. Expectations of attendance are clearly outlined in the BHS co-curricular handbook. “All athletes are expected to attend all practices, scrimmages, and games, meets or matches.”

Due to the unique nature of our sport, the disruption caused by missing a scheduled event has a ripple effect that effectively compromises a practice and ultimately a race performance for the team and the individual athlete. The disruption is magnified if an absence occurs with little notice.

Attendance is a factor when determining boat lineups. Athletes missing practice or a race might be relegated to land practice or might sit out a race if the occasion occurs where there are more rowers than available boat seats.

Practically speaking, we know that athletes might miss practice. All that we ask is that you attempt to minimize absences. The athlete should communicate absences to the coaching staff **through the team captains** ASAP to allow for any boating changes to be made in advance to minimize disruption to the team.

****Attendance is expected at all practices and races scheduled during April Break. Please plan accordingly.***



Cell Phone Usage Policy

Cell phone usage by rowers during practice is not permitted as it is distracting, disruptive, and dangerous.

Phones must be stored in the locker room during BHS land practice days and in backpacks/carpool cars on water practice days. Phones that are discovered to be in use during practice will be confiscated and will be returned at the end of practice.

We ask for your assistance in reminding your rowers of this policy. Thank you!





~Commitment Expectations~

Involvement in the Bedford Crew program is a substantial commitment. If your rower has other obligations or health issues that will not allow them to participate 100% in crew this season, please take this into consideration before signing them up.

If your rower is unable to participate in the upcoming season, please let us know so we can update our records.

Please email bedfordcrewnh@gmail.com with any change in your rower's status.



Volunteering – We Need You!

Bedford Crew is a large program that consists of multiple moving parts. Many helping hands are needed to ensure the successful operation of the team and parent volunteers are essential.

There are numerous ways to get involved with our program. From donating food for races, staffing the hospitality tent, filling a Board member position, supervising a land practice, driving a launch, becoming a volunteer coach, assisting with seasonal dock installation and removal, fundraising, etc – there is something for everyone. If you have a special skill set that might benefit the team and want to help out, please let us know!





Information Resources

Website: <https://www.bedfordcrew.org/>

Email: bedfordcrewnh@gmail.com

Facebook: [Bedford Crew](#)

Race Information: <https://www.regattacentral.com/>

Race Results: <https://herenow.com/results/#/races>
<https://www.row2k.com/results/>

US Rowing: <https://usrowing.org/>

