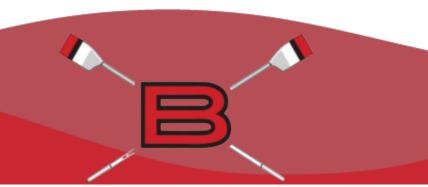




## Bedford Crew Spring 2025



## **Meet The Board**

PRESIDENT .....Jeremy MacLeod

TREASURER..... Sara Janik

SECRETARY..... Eric Drown

REGISTRATION / ..... Tabitha Methot

COMMUNICATION

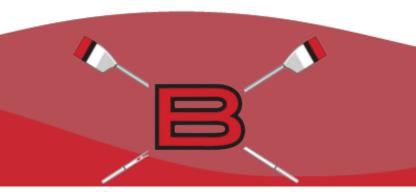
EQUIPMENT ..... Matt Lee

FUNDRAISING ......Darci Bernstein

MERCHANDISE ..... Mary Kelly & Courtney Hollis

HOSPITALITY.....Vacant

FACILITIES ..... Raj Gupta



## Meet The Staff

## Coaches

Randy Ford
Jeff Upton
Rich Branch
Joan Lord

Sydney Ford

Jennifer Williams

Amy Klagges

Melissa Fine

Doug Marks

**Heather Marks** 

Volunteer Launch Drivers

John Bergeron

Tony Serino





**BOYS** 

Bryce Ahn John Kelly Will Lu

**GIRLS** 

Rose Cariello Logan Drown Lauren Obreiter



## **Team Overview**

~100 Athletes
8 Coaches
10 Board Positions
Multiple Volunteer Positions
6 Coaching Launches
19 boat fleet

- 98+ (eight person boats)
- 4 4+ (four person boats)
- 2 4x+ (four person sculling boats)
- 1 2x (two person sculling boat)
- 3 1x (one person boats)
- 1 two 8+ capacity dock





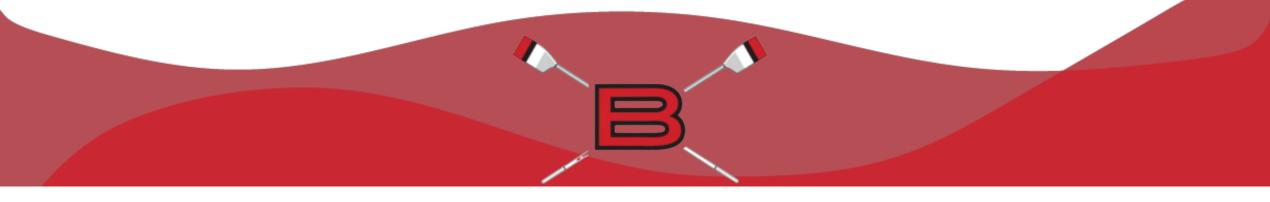
## Registration Checklist

Athletes must first register with BHS Athletics by completing the <u>pre-registration form</u> on the BHS Athletics page.

Items to be completed prior to the first day of the season (March 17, 2025):

- Complete and submit this waiver to the BHS Athletics office. Your athlete may not attend practices or events at Bulldog Landing without having submitted a completed waiver.
- Submit \$550 nonrefundable registration fee (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.
- Watch the <u>US Rowing safety video</u> March 17th (girls) / March 18th (boys) at 3:00 pm (BHS Room 113)

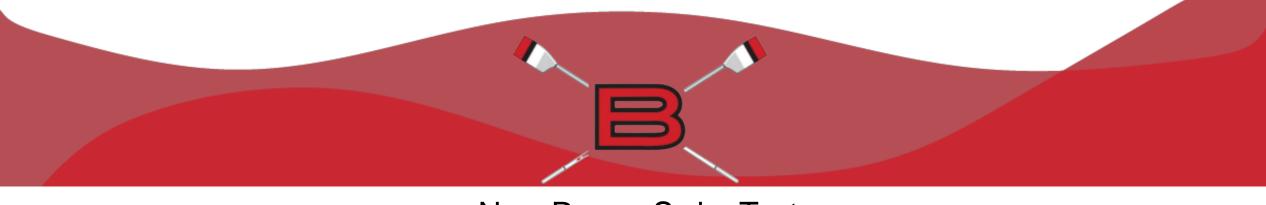
(continued on the next page)



## Registration Checklist (cont'd)

Items to be completed prior to the first day of the season (March 17, 2025) (cont'd):

- Ensure that you have a current US Rowing membership and waiver. The membership and US Rowing waiver
  must be valid through the end of the season (June 1). This membership is required for race entries. See this
  document for more information about US Rowing, how to check and renew an existing membership and how
  to obtain a new membership.
- Complete the online <u>carpool form</u>.
- Complete the swim test (new rowers only; details on the next page).



### **New Rower Swim Test**

All rowers new to the BHS crew program are required to take a swim test, which will be conducted on March 17 at 7:00pm at the Goffstown YMCA (Allard Center) pool. There will be a waiver required for the YMCA; the waiver and any additional details will be available soon.

If a rower is unable to participate in the offered swim test, video proof of successful completion of the swim test must be submitted prior to March 17, the first day of the spring season. Video clips should be sent to <a href="mailto:bedfordcrewnh@gmail.com">bedfordcrewnh@gmail.com</a>.

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, participation on a competitive swim team or participation in Lurgio crew.

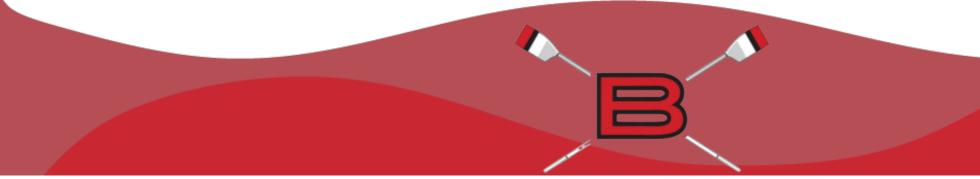
If you are a returning BHS rower, you do not need to take the swim test again.



### **SafeSport Compliance**

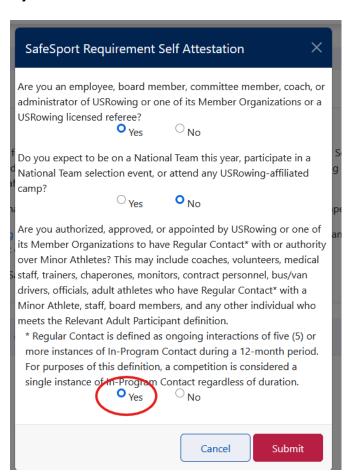
Any athlete turning 18 before the NEIRA Championship race on May 24, 2025 must take the 90-minute Safe Sport Core Trained class in order to be eligible to compete. Directions on how to register for the course are below. Please do this sooner rather than later. It must be completed before you turn 18 or the spring season begins, whichever comes first. Please complete this training on a computer; it does not work well on the phone.

- 1. Go to <a href="https://membership.usrowing.org/">https://membership.usrowing.org/</a>
- 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 link.
- 4. Click on the link and it will take you to Suggested Courses and Self-attestation page.



### SafeSport Compliance (cont'd)

5. If you have not done so already, complete the Self-Attestation section. When you self-attest, you MUST answer YES to the 3rd question (circled in red in the figure to the right). If by your name it says "Self –Attested training not required" then you did NOT answer YES to question 3! You need to go back and take the Self-Attest again.





### SafeSport Compliance (cont'd)

- 6. Click on the SafeSport Trained Course it is 90 minutes. Do NOT complete the one for adult athletes that is 30 minutes.
- 7. 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 <u>USRowing SafeSport page's Education & Training</u> section. If you need more assistance with the SafeSport training, please contact the U.S. Center for SafeSport directly at 720-676-6417.



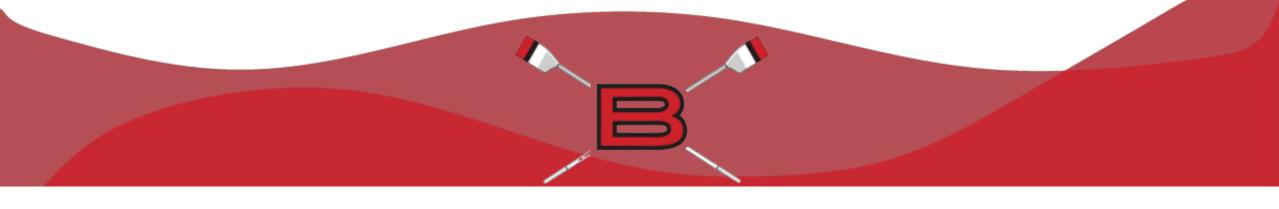
## Important Dates

Date	Event	Location	Time	Notes
Sun Mar 16	Dock-in	Bulldog Landing	8:00 am	Conditions permitting (Mar 15 back-up date)
Mon Mar 17	Safety Video/meeting/workout	BHS Rm 113	3:00pm	Girls
Season begins	Rigging	Bulldog Landing	3:15pm	Boys
	Swim Test	Goffstown YMCA	7:00pm	All new rowers
Tuesday Mar 18	Safety Video/meeting/workout	BHS Rm 113	3:00pm	Boys
	Rigging	Bulldog Landing	3:15pm	Girls
Mon Mar 31	Meet the Coaches	BHS Theater	6:00pm	Parents and rowers
Sun Apr 6	Shrewsbury Opener	Worcester MA	All day	
Sat Apr 12	vs Farmington	Farmington, CT	All day	
Sat Apr 26	vs Hanover & Andover*	Hanover, NH	All day	*Intersession plans are Excused Absences for this event
Sun May 4	vs East Lyme/Glastonbury	East Lyme, CT	All day	(tentative)
Sat May 10 or Sun May 11	vs Hingham	Home/ARC	Morning	Exact date and location TBD
Sat May 17	vs Duxbury	Home/ARC	Morning	Location TBD
Sat May 24	NEIRA Championships	Worcester, MA	All day	(Qualifying boats only; TBD)
Sun Jun 1	Hanover Invitational	Hanover, NH	All day	



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	8:00 – 10:00 am water practice @ Bulldog Landing Or a race	8:00 – 10:00 am water practice @ Bulldog Landing Or a race
Sunday	OFF or a race	OFF or a race

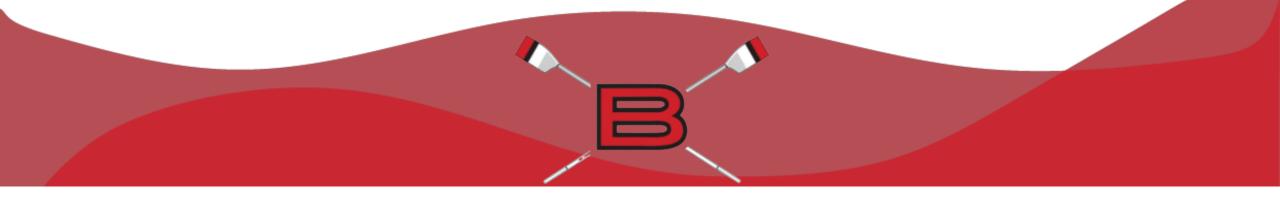


## Practice Schedule (cont'd)

### **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 weather and unforeseen circumstances, the schedule and calendar are subject to change on short notice.



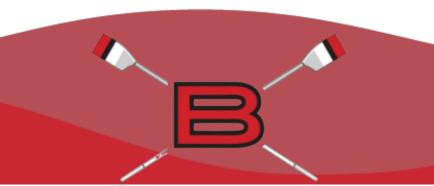
## Transportation to Water Practices at Bulldog Landing

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 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 coordinate 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 <u>carpool form</u> by the first day of practice (March 17).

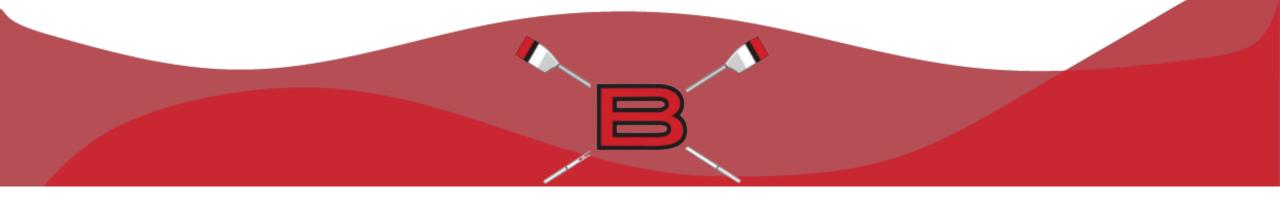


# Bulldog Landing (Water Practice Location)

### **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.





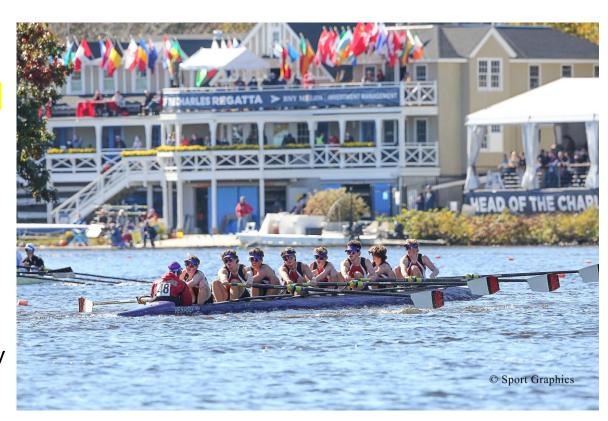
## Race Etiquette and Expectations

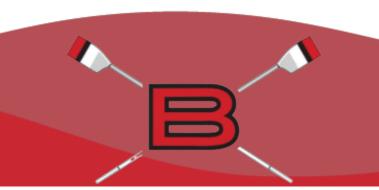
Regattas are all-day events usually held on weekends.

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.





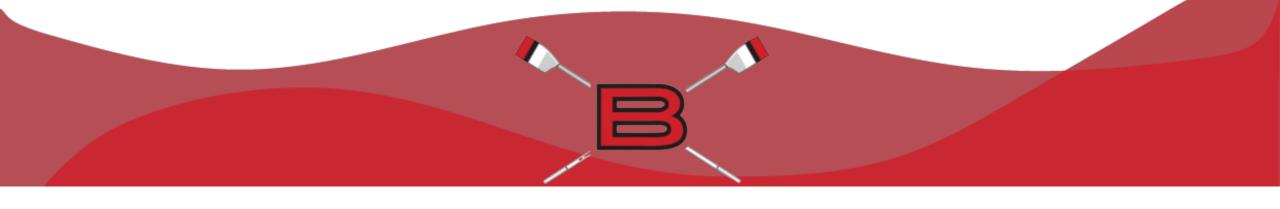
### **Equipment and Gear**

#### **Land Practice @BHS**

- **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
- Masks (if required)

### Water Practice @Bulldog Landing

- 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
- Soft plastic water bottle (not metal!); use an extra sock as a sleeve around the bottle to protect the boat
- Hand sanitizer
- Masks (if required)



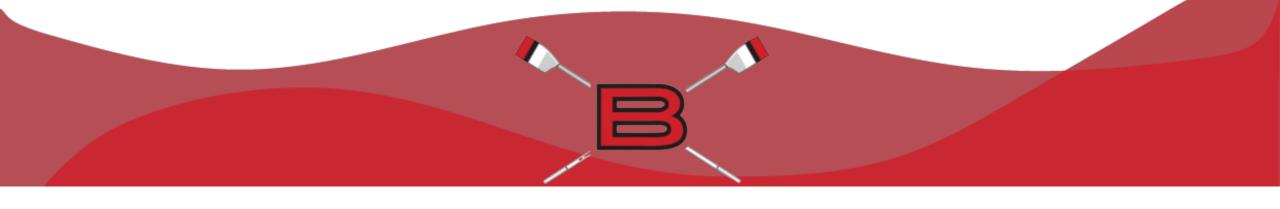
## Team Jersey

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 <a href="https://www.bedfordwear.com/collections/bhs-crew-team">https://www.bedfordwear.com/collections/bhs-crew-team</a>



## Communication

All students and parents need to have Parent or Student Square app downloaded. 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.



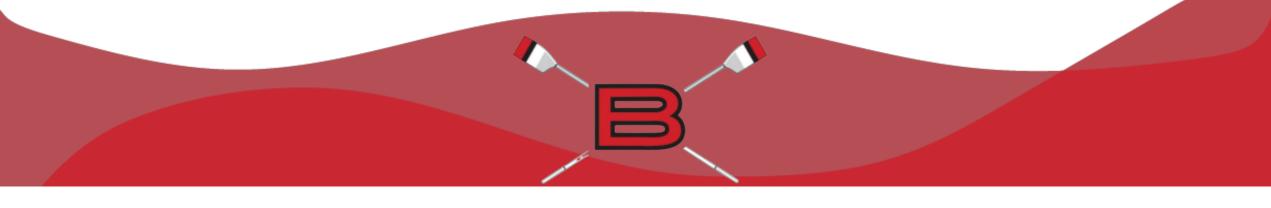
Rowing is a varsity sport at Bedford High School. Expectations of attendance are clearly outlined in the BHS co-curricular handbook. "All athletes are expected to attend all practices, scrimmages, and games, meets or matches."

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.



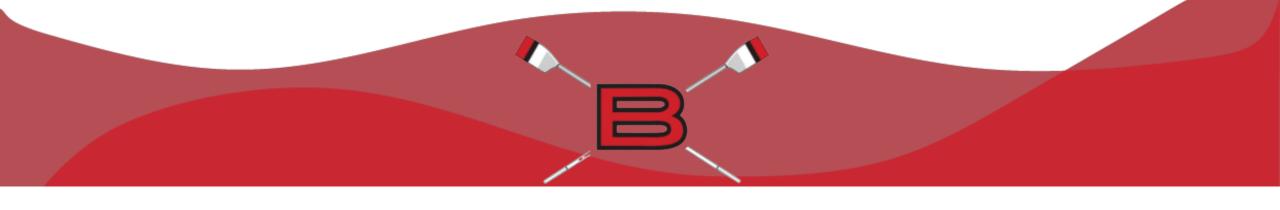
### Cell Phone Usage Policy

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!



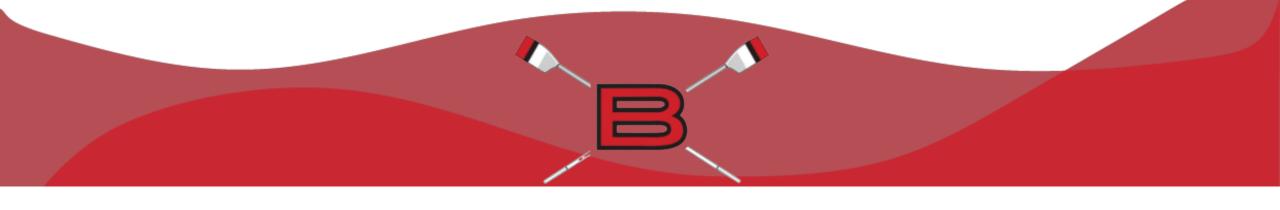


## ~Commitment Expectations~

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 <u>bedfordcrewnh@gmail.com</u> with any change in your rower's status.

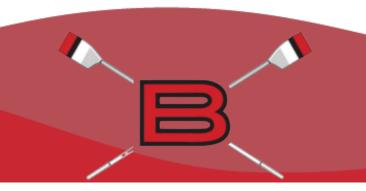


## Volunteering – We Need You!

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: <a href="https://www.bedfordcrew.org/">https://www.bedfordcrew.org/</a>

Email: <u>bedfordcrewnh@gmail.com</u>

Coaches Email: <a href="mailto:coachesbedfordcrew@gmail.com">coachesbedfordcrew@gmail.com</a>

Facebook: Bedford Crew

Race Information: <a href="https://www.regattacentral.com/">https://www.regattacentral.com/</a>

Race Results: <a href="https://herenow.com/results/#/races">https://herenow.com/results/#/races</a>

US Rowing: <a href="https://usrowing.org/">https://usrowing.org/</a>

