



Bedford Crew

Fall 2024



Meet The Board

PRESIDENT	Jeremy MacLeod
TREASURER.....	Lisa Pray
SECRETARY.....	Eric Drown
REGISTRATION	Bill Wilshire
EQUIPMENT	Matt Lee
FUNDRAISING	Darci Bernstein
MERCHANDISE	Mary Kelly
HOSPITALITY.....	Jenny Caouette
FACILITIES	Vacant



Meet The Staff

Coaches

Randy Ford
Jeff Upton
Joan Lord
Sydney Ford
Jennifer Williams
Tony Harris
Doug Marks
Heather Marks

Volunteer Launch Drivers

John Bergeron
Tony Serino
Josh Dockins





Meet The Captains

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

- 9 8+ (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 preregistration form on the BHS Athletics page.

Items to be completed prior to the first day of the season (August 19, 2024):

- Complete the swim test (new rowers only; details on the next page).
- Watch the [US Rowing safety video](#) (ALL rowers), on August 19 @6:00 pm in the BHS Theater.
- Complete and submit [this waiver](#) to the BHS Athletics office.
- 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.
- Complete the [carpool form](#) and hand it in to the captains.



New Rower Swim Test

All rowers new to the BHS crew program are required to take a swim test which will be conducted on August 19 at 7:00pm at the Bedford Bluffs. 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 August 19, the first day of the fall 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, 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.



Important Dates

Date	Event	Location	Time	Notes
Mon Aug 19 Season begins	Erg return	BHS	5:30pm	
	Safety Video	BHS Theater	6:00pm	All rowers
	Mandatory Parent Meeting	BHS Commons	6:00pm	All parents
	Swim Test	Bluffs	7:00pm	All new rowers
Mon Aug 26	Team Picture Day	BHS Stadium	3:00pm	
	Meet the Coaches	BHS Theater	6:00pm	
Sat Sept 21	<u>CRI Fall Classic</u>	Boston MA	All day	Varsity only <i><u>Additional Race Information</u></i>
	Ergathon	BHS	6:00pm	
Sat Sept 28	<u>Winni Chase</u>	Wolfboro, NH	All day	<i><u>Additional Race Information</u></i>
Sun Oct 6	<u>Textile River Regatta</u>	Lowell, MA	All day	<i><u>Additional Race Information</u></i>
Sat Oct 12	NH Championships Prep	Pembroke, NH	All day	
Sun Oct 13	<u>NH Championships</u>	Pembroke, NH	All day	
Sun Oct 20	<u>Head of the Charles</u>	Boston, MA	All day	(limited entries; TBD)
Fri Oct 25	Head of the Headless	Bulldog Landing	p.m.	
Oct 26 – 27	<u>Head of the Fish</u>	Saratoga, NY	2 days	Overnight
Sat Nov 2	Dock Out	Bulldog Landing	a.m.	Adult Volunteers needed



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	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.



New Rowers Orientation and Instruction

All new rowers will be completing a three week Learn to Row Curriculum as outlined in the following slides.

The Goal of the HS LTR program is to help establish basic knowledge, skills, and competencies for all rowers starting their first season with Bedford Crew. This will include proper rowing form and posture, understanding all parts of the rowing stroke, basic knowledge of equipment (boats, oars, ergs), basic coxswain commands, ability to safely move/launch/operate/land shells. In addition to this knowledge and skill base, the LTR program will emphasize and begin to develop softer skills such as teamwork, attitude, work ethic, and enjoying the sport i.e. having FUN. The curriculum will be largely the same for rowers and coxswains during the first 2 weeks with more specific rower vs coxswain focus in week 3.



New Rowers Orientation and Instruction – Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Knowledge	Safety Video	LTR Introduction: - Intro to Coaches - Program Goals - What to Expect Pair Up with Varsity Athlete for Rigging	Learning parts of the rowing stroke via videos and Erg demonstrations. Explain pressures: Paddle, Steady State, All-Out pressures Learning How to Operate an Ergometer (see TH sheet for full list)	Coach Training on all part of a rowing seat including: Seat, Tracks, Stretcher, Heel Ties, Rigger, Oar Lock, Gate, Cont. Learning parts of the rowing stroke on ergs	- Refresher/Quiz on all items covered Tues-Thursday - Introduce the Barge, its purpose, and what we will focus on prior to using 8s Learn General Water - Terminology: Sweep vs Sculling, Starboard/Port, Bow/Stern, Parts of a boat	
Skills	Demonstrate swimming competency including swimming, treading water, and donning life jacket while treading water		Athletes to demonstrate knowledge of terminology Athlete s to demonstrate Knowledge of parts of stroke on an erg including: Catch, Drive, Finish, Recovery	Athletes to demonstrate Knowledge of parts of a seat	Athlete to demonstrate knowledge of 1. Port vs Starboard, 2. Staging of 12 oars for the barge 3. Installing oars on barge and removing oars from barge 4. Ability to load & unload rowers	
Active Work	Swim Test	Running	Running	Erg Work, revisit light pressure technique	Erg Work to refresh on Technique and applying power	
		Paired Up work with Varsity Athletes	Introduction to Ergometers. How to operate. Erg Work, light pressure developing technique	Add some short medium pressure pieces to focus on maintaining form at pressure	Demonstration of Barge with Varsity Athletes assisting	



New Rowers Orientation and Instruction – Week 2

	MONDAY	TUESDAY (@ High School)	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Knowledge	Drills - explain and demonstrate the following drills: Pause Drill at various pause points, Pick Drill, Reverse Pick Drill, Square Blades (see TH ref sheet for full list of drills)	Continued Focus on Drills and Rowing form	Explanation of Feathering: How to and why we feather. Continued Focus on Drills and Rowing form. Explain Feather/Square drills	Refresh on Mon-Wed Topics and explanation that we will start to move into 8s over next few days. Coxswains Clinic 1: Explain basic boat operation, calls, steering, spinning, landing, launching, and cox-boxes (see TH sheet for full list)	Review how to move boats on land with emphasis on clear instructions from coxswain. Lifting Boat from Racks, Splitting to Heads, dropping to waste, Placing Boat into Slings, placing boat on rack (Observing) Refresh Training on all part of a rowing seat including: Seat, Tracks, Stretcher, Heel Ties, Rigger, Oar Lock, Gate	
Skills	Athletes demonstrate drills on erg/barge	Athletes demonstrate drills on erg/barge	Demonstrate ability to properly feather using inside hand only.	Demonstrate proper form, and proper feathering technique	Demonstrate ability to move an 8 around on land including off racks, over heads, down to shoulders, down to waists, into slings, into racks Coxswains demonstrate ability to make proper calls	
Active Work	Barge Work - focus on catch and release with hand motions	Running and Intro to Weight Room	Barge Work - focus on learning feathering	Barge Work - focus on learning feathering	Moving Boats around land	
	Erging when not in Barge with same focus	Erging	Erging when not in Barge with same focus	Erging when not in Barge with same focus	Ergs/Barge as time allows	



New Rowers Orientation and Instruction – Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Knowledge	<p>Launching and Recovering an 8. Focus on ramp protocol maneuvers and skeg protection (out and in)</p> <p>Explain process for getting into and out of 8 including where to step, loading oars, and extending oars into water, 1 foot in and down, hands always on oar.</p> <p>1st Day Rowing Eights (Perfect Storm, Kraken). Explain rowing calls including: - Rowing by Pairs, 4's, 6's, all 8 Coxswains: Refresh on necessary calls for safe maneuvering</p>	<p>Back to the Barge: Discuss with rowers what was different with rowing in a shell versus a barge. What did they learn Focus on core stroke principles with learnings from 8's work</p> <p>Coxswain Clinic 2: Correcting Rowers on Water</p>	2nd Day in Eights	<p>Back to the Barge: Discuss with rowers what was different with rowing in a shell versus a barge. What did they learn Focus on core stroke principles with learnings from 8's work</p>	3rd Day in Eights	Mixed Line Ups with Varsity
Skills	<p>Athletes demonstrate ability to place 8 into and out of water</p> <p>Athletes to demonstrate ability to adjust foot stretcher</p>	<p>Athletes demonstrate ability to fully load and launch an 8</p> <p>Coxswains and rowers demonstrate understanding of various calls.</p>		<p>Coxswains Demonstrate ability to launch/land without coach support</p>		<p>Rowers Coxswains Demonstrate full knowledge of executing practice without special instructions</p>
Active Work	Launching and Recover 8 on dock	Barge Work with Drills	Rowing by Pairs, 4s, & 6s	Barge Work with Drills	Rowing by Pairs, 4s, 6s and All 8	
	Rowing by Pairs and 4s, Drills	Erging at higher pressure while maintaining form		Erging at higher pressure while maintaining form		



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 submit a [carpool form](#) to the captains on the first day of practice (August 15).



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	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>



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.



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
- Coaches Email: coachesbedfordcrew@gmail.com
- Facebook: [Bedford Crew](#)
- Race Information: <https://www.regattacentral.com/>
- Race Results: <https://herenow.com/results/#/races>
- US Rowing: <https://usrowing.org/>

