Youth Competitive Program
Fall 2015 Information Packet

Community Rowing, Inc. enriches the greater community through its comprehensive rowing opportunities by introducing avenues for athletic development and personal growth.

Community Rowing Inc.

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Photographs by Eric Cohen
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Community Rowing, Inc.

Community Rowing (CRI) was founded in 1985 as a nonprofit organization dedicated to the belief that the sport of rowing provides unique abilities to promote personal and community growth through teamwork, discipline, and physical fitness. We are committed to making these opportunities available to all. CRI has become the largest rowing program in the United States with over 7,000 people rowing with us annually.

Located on the Charles River, an internationally recognized attraction for rowing and a gem within the Massachusetts park system, CRI was the first public rowing club in Boston and remains one of the largest in the United States. CRI is committed to its mission of enriching the greater community through its comprehensive rowing opportunities by introducing avenues for athletic development and personal growth.

Since its inception over twenty-five years ago, CRI has provided education and training for over 15,000 people, including:

- Youth (boys and girls) from local high schools
- Adults of all levels of ability
- Individuals with special needs such as students from Perkins School for the Blind, veterans, and others
- Olympians and National Team Rowers

A reputation for excellence and outstanding accomplishments in the sport has made CRI the place to learn to row in the Boston area and a model for similar programs nationally.

PROGRAMS AT CRI INCLUDE:

- Row Boston
- Let’s Row Middle School Program
- Youth Learn to Row
- Crew League
- Boys’ and Girls’ Competitive Novice
- Boys’ and Girls’ Competitive Varsity
- US Paralympic training
- Corporate Rowing
- Adaptive Rowing
- Veterans Rowing, supported by the US Paralympic Committee

For more information please look online: www.communityrowing.org
Overview of Competitive Youth Programs

**Fall Competitive Program**
The fall season is the time of year for head races where boats start at timed intervals and compete against the clock in order to determine the winner. Races range from 4,000 to 6,000 meters. CRI teams compete in head races throughout New England. The most prominent is the prestigious Head of the Charles Regatta held on the 3rd weekend in October, where CRI crews compete against teams from all over the world. Not every athlete will make a boat for the Head of the Charles, but all will have the opportunity to race in other regattas such as The CRI Fall Classic Regatta (formerly Rumble on the River) at CRI, the Textile River Regatta, the New Hampshire Championships and the Head of the Fish.

The fall season is:
- Long-distance and high-intensity training & racing
- An opportunity for the athletes to test their ability under competitive conditions
- Highly recommended for athletes who desire to make the top boats during the spring season and those planning to row in college

**Winter Training**
The winter youth program is an opportunity for athletes who do not play a winter sport to partake in a rowing-specific training regimen. Training includes a variety of activities including ergometer training, weights, yoga, balance and medicine-ball work. Space is limited with priority given to participants in the Spring Competitive Program. The CRI adult classes are open to all ages, including youth, but the youth-only classes are preferred for junior rowers. Expected offerings include a 4-day program in addition to the 6-day program.

The winter season is:
- Long-distance volume training, moving towards sprint-style work as spring draws closer
- Important for the development of a physiological base to underpin spring success
- Very highly recommended for varsity-level athletes who desire to make the top boats during the spring season and those planning to row in college

***Athletes who don't row in the winter are very strongly encouraged to participate in a rigorous complementary sport such as swimming or cross country skiing!***

**February Training Trip**
This trip is a unique opportunity for rowers to get back on the water early in the year to work on making technical improvements to buttress the fitness gains they've made while not training on the water. The team has multiple practices each day, providing the opportunity for athletes to make tremendous learning and fitness improvements in a short time. Athletes are invited at the discretion of the program head coach.

Parents are encouraged (and needed!) to come along as chaperones. It is also important to sign up early to get best prices on airline tickets. This trip is first-come, first-served with priority given to those who have rowed in the CRI competitive programs.

The training trip is:
• During public school vacation week
• A chance to make big changes in a small time-frame with multiple practices per day
• Essential for athletes who desire to make the top boats during the spring season

**Spring Competitive Program**
The spring season is the primary racing season for scholastic competition. CRI competes against different schools and clubs from around the region with racing most weekends beginning in early/mid April. Training on the water begins in early March and runs through mid-May. Those boats that qualify for Youth Nationals continue their training and finish their season mid-June. Races range from 1,500 to 2,000 meters in distance.

Highlights include:
• Overnight trip to Saratoga Springs, NY for the Saratoga Invitational
• USRowing Northeast Junior District Championships
• USRowing Youth National Championships at Mercer Lake in West Windsor, NJ. Qualification is contingent on performance at NE Champs—there will be an additional cost for training and for travel to the regatta.

The spring season is:
• **THE** season for rowing. This is what the athletes train for all year long!
• High-intensity training with multiple racing opportunities throughout the season.
• Of paramount importance for athletes planning to row in college.

**Summer Competitive Program**
The summer season is focused on club competition. Junior rowers from across the country join the year-round team members to pull on the CRI red and black and make CRI their summer home for racing. Main competition during this season includes other composite teams from cities such as Philadelphia, Washington D.C., Buffalo and more. Two major multi-day regattas highlight the summer racing calendar: the USRowing Club National Championships in Bethel, Ohio in mid-July and the Royal Canadian Henley Regatta in St. Catharines, Ontario in early August. Practices will generally run Monday evening through Friday morning, allowing more freedom for family time and travel.

The summer season is:
• High-intensity training, including daily double sessions for small and big boat training
• An opportunity to compete with athletes from many different rowing programs
• Highly recommended for Juniors planning to row in college
Expectations of Athletes

Practice Attendance:
• Rowing is a team sport so attendance affects the whole boat. An athlete should only miss practice when doing so is absolutely unavoidable. Please avoid creating scheduling conflicts.
• If an athlete must miss practice s/he should:
  o E-mail his or her coach with the details.
  o E-mail before noon on the day of practice.
  o Contact coaches by phone if not possible to e-mail or if it is after noon.
• Frequent absences or failure to notify coaches with enough warning may affect boatings.
• Rowers with illnesses “below the neck” or who are contagious should not attend practice.
• Seniors taking recruiting trips need to clear them with their head coach and also be mindful of practices missed, especially before big regattas.
*** Athletes who miss a practice are expected to make up the workout! ***

Regatta Attendance:
• All athletes must have either a CRI unisuit (available at the CRI JL online store) or a tank top ($35 at the CRI front desk) to race.
• It is imperative that rowers who commit to rowing in a regatta race in that regatta. Once the commitment has been made, the team is dependent on the athlete to be there; cancellations are not acceptable. In addition, registration fees, hotel and transportation costs are paid in advance; thus, if a rower has committed to the race, the payment (in full) for the regatta and costs of the travel will be required regardless of attendance.

Diet and Health:
• Rowers burn a lot of energy at every practice, and during periods of heavy training. They should be consuming calories throughout the day to stave off hunger.
• Rowers should eat a balanced diet at every meal, including protein, carbohydrates and healthy fats. Additionally, they need vitamins and minerals (especially iron) to benefit from their training.
• Common sense is better than fad diets.
• All athletes should come to every practice with a source of carbohydrates (energy bar, fruit, bagel, extra bottle of an electrolyte drink) to consume immediately after practice is over.
• Rowers should be drinking water throughout the day to arrive fully hydrated for practice.
• Athletes are required to bring at least a water bottle to practice every day.
  o Drinking an electrolyte drink during practices is better than just water.
  o Sharing of water bottles, even for one sip, is absolutely unacceptable.
• Athletes should get at least 8 hours of sleep a night; more is preferable.
• Sleep schedules should remain consistent throughout the week.
Sickness & Injury:
- Athletes are expected to be able to differentiate between soreness and injury. Consult with your coach if you need clarification.
- In case of suspected illness or injury, an athlete should contact his or her coach and consult a physician or an appropriate doctor IMMEDIATELY.
- Upon taking a sick day(s), an athlete is required to provide a doctor’s note clearing him or her to continue with practices at the appropriate recommended intensity level.
- Absence of such a note will prevent an athlete from participation in practice until cleared.

Clothing & Gear:
- All athletes must have a CRI unisuit (available at the CRI JL online store) or a tank top ($35 at the CRI front desk) to race.
- Practicing in a unisuit or spandex is strongly encouraged.
- Good running shoes are an important investment for healthy athletes and should be brought to practice each day.
- It is important to make sure that proper clothing is always available as conditions vary.
  Appropriate clothing each day should include:
  - Wicking, close-fitting athletic gear
  - Hat (white CRI Head Sweats hats are available at the CRI front desk for $30), sun block, bug spray
  - Rain gear
  - Warm/dry clothes to change into after practice
- Varsity athletes should consider getting a heart rate monitor to monitor their training.
Parental Involvement and Support

Please join CRI in respecting, supporting and celebrating the commitment your children have made to the sport and their fellow rowers. Parents are welcome (and encouraged!) to attend all races to cheer on the athletes. The athletes and coaches really need parental participation throughout the season, particularly on race day, for help with food and other logistics. Over the years, many parents have said that their involvement on race day has been great fun while also bringing them closer to their children, and has led to many new friendships with other parents.

Communication about logistics regarding your child’s rowing and racing is conducted exclusively via e-mail. It is essential that CRI have a valid e-mail address for parents and athletes to make sure that important information gets to families in a timely manner. Please contact CRI Program Director, Kane Larin, directly at kane@communityrowing.org or Program Coordinator, Yael Mito, at yael.mito@communityrowing.org to be added to the CRI Parents Group. This e-mail list also is used to announce any last-minute changes in race logistics or schedules, so it is vital that CRI have an e-mail address that parents regularly check on the list.

Parents new to the sport will find that rowing is a unique activity, very different from most sports in American high schools. Rowing is both an endurance sport and a full-body workout. The rowers’ need to synchronize oars with their boatmates makes rowing the ultimate team sport, participation in which requires a significant sacrifice in time and sweat. If you would like to learn more about the sport, Wikipedia is a great resource. The entry on the glossary of rowing terms has a complete listing of all rowing jargon you’re sure to hear your athlete use.

http://en.wikipedia.org/wiki/Rowing_(sport)

Race Day for Athletes (Parent edition):

• Please anticipate race day to be an all-day event for the athletes.
• Athletes will be busy with many responsibilities on race day even though their race is a relatively short portion of the long day.
• The best time for parents to catch up with their rower will usually be about a half hour after the race when rowers come over to the food tent.
• Upon arrival, boats are unloaded from the trailer and rigged for rowing.
• After the race, athletes cool down and de-rig the boats for loading onto the trailer.
• Loading the trailer requires that everyone help out. Often this means that the novices will have to wait for the varsity races to be completed (or vice versa), as the equipment has to be loaded on the trailer in a particular order. Often, patience is required in the trailer-loading process, but rest assured that everyone involved has the same goal of loading the trailer safely and efficiently.
• After all the equipment is loaded, the team will travel back home to CRI. (If rowers choose to leave a racecourse with their parents, a coach must be advised before departure from the race venue.)
• Athletes should get in the habit of bringing schoolwork for the lull between the completion of their races and loading the trailer.
• Delays in racing due to wind, rain and/or equipment problems are always a possibility.
• If a delay occurs, the priority is to adjust the racing schedule to try to allow all athletes the opportunity to race.
Race Day for Parents:

- CRI has never been able to operate its extensive youth programs without the active involvement & participation of parents.
- Parental assistance is required for at least one race per season. This assistance will include setting up the team tent and providing water, ice, electrolyte drinks and food so the athletes can perform at their peak.
- Regattas for many parents tend to be family events with younger and older siblings (many times past CRI rowers!) often attending the race. Be advised that CRI cannot be responsible for managing those not on a program roster on day or overnight trips.
- Race day for parents (when not helping in feeding the athletes) involves enjoying spending time outdoors in the company of other parents. Items to pack for regattas are:
  - Foldable chair to sit in
  - Hat, sun block, bug spray
  - Rain gear & umbrella
  - Book, magazine or newspaper to read between races
  - Water bottle & coffee mug
  - Snacks and/or lunch you enjoy
  - Loud voice to cheer on the CRI crews!
Race-Specific Information

The following regattas comprise the general racing schedule for the competitive youth squads. Some additional regattas may be included in your athlete’s racing schedule. CRI makes every effort to give parents information as soon as possible about races. As the season progresses, the race schedule is subject to change based on coach discretion. Please make sure to get the latest information from your rower and the parents’ e-mail list.

**CRI Fall Classic Regatta**
*Who:* VB, NG, VG  
*When:* Sunday, September 19th  
*Where:* CRI  
*GPS:* You know how to get here already!  
*Regatta Website:* www.communityrowing.org  
*Transportation:* None  
*Before You Go:* Check the weather, come ready to enjoy the race and festivities!  
*Food:* Food vendors at the race, but additional snacks should be brought by the athletes.

**USRowing Head Race National Championships**
*Who:* VB, VG  
*When:* Saturday, October 3rd  
*Where:* Bellegarde Boathouse, Lowell, MA  
*GPS:* Pawtucket Boulevard & Bedford Avenue, Lowell, MA  
*Regatta Website:* http://www.usrowing.org/events_new/nationalheadrace  
*Transportation:* Carpools - not provided by CRI  
*Before You Go:* Check the weather and put on your CRI hat!  
*Food:* Athlete tent food will be provided by our parent volunteers.

**Textile River Regatta**
*Who:* NB, NG  
*When:* Sunday, October 4th  
*Where:* Bellegarde Boathouse, Lowell, MA  
*GPS:* Pawtucket Boulevard & Bedford Avenue, Lowell, MA  
*Regatta Website:* www.textileriverregatta.org  
*Transportation:* Carpools - not provided by CRI  
*Before You Go:* Check the weather and put on your CRI hat!  
*Food:* Athlete tent food will be provided by our parent volunteers.

**New England Junior & High School Regional Championship Regatta**
*Who:* NB, VB, NG, VG  
*When:* Sunday, October 11th  
*Where:* Lake Quinsigamond, Worcester, MA  
*GPS:* 64 Holden Street, Shrewsbury, MA 01545 (Vehicle Parking at Shrewsbury High School, This is just north of Lake Quinsigamond)  
*Regatta Website:* https://www.regattacentral.com/regatta/index.jsp?job_id=3744&org_id=0  
*Transportation:* Carpools - not provided by CRI  
*Before You Go:* Check the weather and put on your CRI hat!  
*Food:* Athlete tent food will be provided by our parent volunteers.
**Head of the Quinobequin**

**Who:** Select Athletes (Single Scullers Only)

**When:** Sunday, October 11th

**Where:** CRI

**GPS:** You know how to get here already!

**Regatta Website:** https://www.regattacentral.com/regatta/index.jsp?job_id=3716&org_id=0

**Transportation:** None

**Before You Go:** Check the weather, come ready to enjoy the race and festivities!

**Food:** No food will be provided.

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**Head of the Charles Regatta**

**Who:** Selected Varsity, No Novice

**When:** Saturday & Sunday, October 17th - 18th

**Where:** Charles River, Cambridge, MA

**GPS:** Anywhere from the BU Bridge to nearly the Northeastern Boathouse

**Regatta Website:** www.hocr.org

**Transportation:** None, athletes will be rowing out of CRI

**Before You Go:** Check the weather and bring a blanket or chair so you can sit along the banks of the river and watch the racing all weekend long.

**Food:** No food will be provided.

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**Head of the Fish**

**Who:** NB, VB, NG, VG

**When:** Departing Saturday, October 31st, then racing and returning Sunday, November 1st

**Where:** Fish Creek, Saratoga Springs, NY

**GPS:** NY State Route 9P & Lee's Trailer Park, Saratoga Springs, NY

**Regatta Website:** www.saratogarowing.com/hof.htm

**Transportation:** Charter buses – leaving from the CRI parking lot on Saturday the 31st

**Hotel:**
- Boys – Best Western, Clifton Park, NY
- Girls – Homewood Suites, Clifton Park, NY

**Before You Go:** Fill up your tank, check the weather, and put on your CRI gear. This race is often rainy and can get very muddy!

**Food:**
- Athletes should bring a bag lunch for the bus on Saturday. Dinner on Saturday night will be catered at the racecourse in a dedicated tent erected by the caterer for the team.
- Breakfast will be served at the hotel before heading to the racecourse on Sunday. At the racecourse, our parent volunteers will provide athlete tent food on Sunday. Athletes will be given a “to go” meal to eat on the bus on the way home.

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**Merrimack Chase**

**Who:** NB, NG

**When:** Saturday, November 8th

**Where:** Methuen, MA

**GPS:** 656 Lowell Street Methuen, MA (Essex boathouse address, alternate location possible)

**Regatta Website:** www.essexrowing.org

**Transportation:** Carpools - not provided by CRI

**Before You Go:** Check the weather and put on your CRI hat!

**Food:** Athlete tent food will be provided by our parent volunteers.
Coaching Staff

Head Coach - Varsity Boys: Will Congram
Email: congram.w@gmail.com

Will has been involved in the sport of rowing for most of his life. From an early age, he frequently rode in the launch with his father, Buzz Congram, who coached the Northeastern Varsity Men’s crew. Will started sculling when he was five years old and went on to row competitively in high school and college. He rowed three years at Northeastern, the third of which he enjoyed in the highly competitive Varsity boat for the Fall head race and Spring dual race seasons.

Will began coaching during his high school post-graduate year, and got involved with CRI during the summer of 2005. Since starting at CRI, Will has coached Learn to Row, Crew League, Sculling 1, 2 and 4, assisted with the Competitive Women, Varsity Girls, the Novice Boys and now coaches the Varsity Boys. In the summer of 2012 & 2013, he oversaw the coaching curriculum and staff for the Youth Learn to Row and Skills Clinics. Will employs his father’s influence, experience training and racing at NU, principles of mindfulness and body awareness taught in Yoga, and sports psychology in his coaching.
Head Coach - Varsity Girls: Skye Elliot  
Email: skye.elliot.cri@gmail.com

Skye began his coaching career at age 19 as the Novice coach at Georgetown Visitation in Washington, DC. After six years of helping to build programs in Northern Virginia, he settled in Tampa, Florida as a coach for Plant High School.

During Skye’s first year with the Novice women, Plant saw its first ever State and Regional titles in any women’s eight. As the Varsity women’s coach over the following four years, his crews won several Head of the Hooch, Florida Sprint League, Florida State, and Regional titles. In 2009, his team won its first Florida Scholastic State Championship by winning the V, 2V, and 3V events.

Most recently, Skye served as the Head Coach as well as the Varsity Women’s Coach at Atlanta Junior Rowing Association. In the spring of 2013, the team saw its first Southeast Regional Women’s points trophy with titles in the V4+, Lt4+, V2-, 2V8+, and 2V4+. The women went on to place 8th in the V4+ and 4th in the Lt4+, also both firsts in the team’s 25-year history.

Since 2007, Skye has coached several rowers and coxswains who have been invited to the US Junior National Team selection and development system. In 2009, two of his rowers were members of the US Junior National Team eight that won a gold medal at Junior Worlds. During this time, Skye also had the opportunity to serve as a US JNT Development coach.

Skye rowed and coxed for Woodrow Wilson High School in Washington, DC where he received the novice MVP award as well as the Coaches Award his senior year.
Karl Harshe began his rowing career in the fall of 2005 at Michigan State University where he walked on to the MSU Crew Club. After making the top freshman boat in the spring and the top varsity boat the following fall he became an assistant to the Novice Head Coach and coxed the 2nd Novice 8+ in the spring of 2007.

Returning to rowing the following fall he began his competitive career as a lightweight, which continued through graduation and on to the Riverside Boat Club where he joined the High Performance Group with national team aspirations. An injury in the spring of 2011 caused Karl to return to coaching where he found CRI.

Only a short time after joining the staff at CRI, he enrolled in the Institute for Rowing Leadership and began assistant coaching for the Novice Boys program, which won the 1st and 3rd Novice 8+ and claimed silver in the 2nd Novice 8+ at the Northeast Regional Championships. Karl then spent his summer as the assistant to the USA Men’s Lightweight 8+ that took bronze at the world championships, their first medal since 2008. From his degrees in physics and statistics, to management of his collegiate club, Karl brings a diverse background to the Novice Boys at CRI, which have an amazing history and amazing potential for the coming year.
**Head Coach - Novice Girls: Brent Bode**
Email: coachbbode@gmail.com

Brent Bode is in his sixth year of coaching and teaching at Community Rowing, Inc. and the Institute for Rowing Leadership. Bode holds the titles of Assistant for Coaching Education and Head Coach of the Competitive Novice Girls Team. In his work, Bode specializes in coaching novice rowing and fitness enthusiasts of different ages from diverse backgrounds. He holds a Master’s degree in Exercise & Sports Studies from Smith College and is a long-time member of the National Strength and Conditioning Association. In addition, he has been studying and instructing within the disciplines of sports medicine, strength & conditioning and fitness/wellness for more than a decade.

Under Bode’s direction, the competitive novice girls team grew from 27 athletes to more than 50 athletes in just three years. Since 2010, his novice girls have not placed lower than 3rd in any event. Additionally, (and most importantly by his measure) the team continually meets its mission: “… to grow each student-athlete’s character respectfully, to inspire extraordinary performances and to improve one’s well-being through the pursuit of honorable victory in athletic competition.”

The earlier years: Bode served as an assistant auto racing instructor from 1993 – 1995 at the Bridgestone Racing Academy in Bowmanville, Ontario. After several years in pursuit of a career in auto racing, he returned to complete his undergraduate education at Dowling College. His need for speed and fascination with human performance combined fortuitously to land him a seat in Dowling’s lightweight 8+ and his crew set the course record at the Head of the Ohio in 1996. Bode’s success on the water was closely backed up by a bronze medal at the CRASH-B Indoor World Rowing Championships in 1997.
# CRI Contact Information

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<thead>
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<td>Kane Larin</td>
<td>617.903.7698</td>
<td><a href="mailto:kane@communityrowing.org">kane@communityrowing.org</a></td>
</tr>
<tr>
<td>Program Coordinator</td>
<td>Yael Mito</td>
<td>206.617.0076</td>
<td><a href="mailto:yael.mito@communityrowing.org">yael.mito@communityrowing.org</a></td>
</tr>
<tr>
<td>Front Desk</td>
<td></td>
<td>617.779.8267</td>
<td><a href="mailto:friendlyperson@communityrowing.org">friendlyperson@communityrowing.org</a></td>
</tr>
</tbody>
</table>
Safety

Community Rowing, Inc. is a safety-first organization. Our coaches and staff are trained to put the safety of our athletes above all other objectives, both on and off the water.

All coaches are required once yearly to participate in the CRI Safety Presentation with Kane Larin, reflecting specific safety practices at CRI and on the Charles River as well as providing concrete expectations for coaches’ conduct while coaching at CRI.

Additionally, new coaches perform ride-alongs to observe master coaches on the river in order to gain experience in real-time situations as they arise on our very busy river.

Coaches are trained in CPR, AED and First Aid as well as our Emergency Protocol.
Swim Test Form

COMMUNITY ROWING INC.
SWIM TEST FORM

Instructions:
1. Write Name of Participant on the Swim Test Card;

2. Have a certified Lifeguard/Water Safety Instructor observe you and complete form below;

3. Make a copy of your card for your records;

4. Bring this form to the boathouse on the first day of program; or mail a copy to:
   Community Rowing
   20 Nonantum Road
   Brighton, MA 02135

Name of Participant/Rower:_________________________________________________

Name of Lifeguard/Water Safety Instructor:_____________________________________

Name of Pool:____________________________________________________________

Phone Number of Pool:_____________________________________________________

Swim Test Certification:
I hereby certify that the participant can swim 100 yards in a competent manner and can remain afloat for at least 5 minutes.

Signature of Lifeguard/Water Safety Instructor:_________________________________

Date of Test:_________________________.

Keep a copy of the completed swim test for your records.

Revised 3/12/14
Additional Forms

Since the spring of 2012, Community Rowing, Inc. moved the three subsequent forms online as part of the registration process:

- Medical Authorization and History
- Participant Code of Conduct
- Parent Code of Conduct

In our ongoing effort to access important athlete and parent information quickly while at the same time making the information easier for families to submit, we now require that these forms be completed during the registration process. The following forms are your copies to keep for your records and do not need to be filled out and turned back in to CRI.
Medical Authorization and History

Print Name of Rower

___________________________________________________________

Print Name of Parent or Legal Guardian

___________________________________________________________

Relationship to Rower

___________________________________________________________

I hereby authorize and consent to the administration of any and all medical, dental, and surgical examinations or operations and treatment or all other related care, including the administration of drugs, tests, anesthesia and/or blood transfusions to the above named minor person that may be ordered by a physician and/or dentist in attendance at the medical center deemed necessary for emergency treatment. I hereby consent to the release of medical report(s) to any doctor or agency and consent to the admission of the above named minor person to the hospital.

Parent or Legal Guardian Sign here_______________________________

Date_______________________________

I understand that Community Rowing Inc. and its officers, employees and volunteers assume no financial obligation or liability in the case of my child’s accident or illness. If I, or anyone on my or my child’s behalf makes a claim against Community Rowing Inc. or their officers, employees or volunteers arising from to my child’s participation in Community Rowing Inc. programs, I agree to indemnify and hold them harmless from any litigation expenses, attorneys’ fees, loss, liability, damage or costs they may incur due to the claim made against any of them, whether the claim is based on their negligence or otherwise. I sign this agreement on my child’s behalf, my behalf and on behalf of my personal representatives, assigns, heirs and next-of-kin. I hereby give my permission for emergency treatment for my child and assume financial responsibility for such treatment.

Parent or Legal Guardian Sign here_______________________________

Date_______________________________

*** Please continue with medical history on the following page. ***

Revised 3/12/14
Rowers Name___________________________________________________________

Date__________________________________________

First person to contact in an emergency:

Name___________________________________________________________

Relationship to Rower_____________________________________________________

Phone (day)__________________________________________

Phone (eve)__________________________________________

Phone (cell)__________________________________________

Alternate person to contact in an emergency:

Name___________________________________________________________

Relationship to Rower_____________________________________________________

Phone (day)__________________________________________

Phone (eve)__________________________________________

Phone (cell)__________________________________________

Physician (include Name, Phone Number & Address )

__________________________________________________________

Health Insurance Co.__________________________________________

Medical Policy #__________________________________________

Asthma Yes_____ No_____ Does your child carry an inhaler?__________

Usual cause of asthma occurrence__________________________________________

Allergies__________________________________________

Medications__________________________________________

Diabetes Yes_____ No_____ Frequency of dosage and type of Insulin__________

Medical Concerns__________________________________________

Revised 3/12/14
Community Rowing, Inc. Youth Program

Participant Code of Conduct

While on Community Rowing property and/or during Community Rowing programs and events:
1. I will demonstrate good sporting behavior. I understand respect for other participants, coaches, officials, volunteers, other teams and spectators is essential for amateur competition and fair play.
2. I agree to attend and take part in all scheduled practices and activities.
3. I agree to accept and carry out the instructions of Coaching Staff or Chaperones of Community Rowing.
4. I will discuss any problems that may arise with Coaching Staff or Chaperones of Community Rowing.
5. I understand that alcohol, controlled substances, tobacco and weapons are prohibited.
6. I will be respectful of other people's possessions and property and will refrain from activities that cause damage to either.
7. I understand that I am financially responsible for any damage I may cause when disobeying rules.

When traveling with the team, I agree to all of the above as well as:
8. I will be respectful of other participants and all adult chaperones realizing that my behavior affects others with whom I travel.
9. I will travel with and stay with the group at all times unless previous approval has been granted.
10. I will remain quietly in my own bed at the established team bedtime.
11. I understand that if I do not abide by these rules that the consequences may include, but are not limited to: completion of rowing-club service hours, being sent home immediately at my parents'/guardians’ expense, full suspension of CRI privileges including removal from immediate and future competition, and loss of all CRI membership privileges.
12. I understand that underage drinking and illegal activities will be reported to the offender's parent or guardian, the CRI Executive Director and to the CRI President; discipline for underage drinking and/or illegal activities will be severe and will result in full suspension of CRI privileges including removal from immediate and future competition and loss of all CRI membership privileges.
13. I understand that refunds for membership, program or regatta fees WILL NOT be given upon suspension.

Rower’s Name: __________________________ Signature: __________________________

Phone: __________________________ E-mail: __________________________

Date: __________________________

Parent Name: __________________________ Signature: __________________________

Phone: __________________________ E-mail: __________________________

Date: __________________________

Parent Name: __________________________ Signature: __________________________

Phone: __________________________ E-mail: __________________________

Date: __________________________

Rev 3/12/14
Community Rowing, Inc. Youth Program

Parent Code of Conduct – Fair Play & Respect Program

It is the intention of this compact to promote Fair Play and Respect for all participants within CRI. It is expected that all parents of CRI participants read and understand the Parent Code of Conduct and continue to observe and follow all the principles contained within the Code throughout the year.

1. I will not force my child to row. I will try to make rowing FUN!
2. I will encourage my child to abide by the rules and to resolve conflict without resorting to gossip, hostility or violence.
3. I will teach my child that doing one’s best is as important as winning so that my child will never feel defeated by the outcome of the sport. I will make my child feel like a winner every time by offering praise for competing fairly and hard.
4. I will never ridicule or yell at my child for making a mistake or losing a race.
5. I will remember that children learn by example. I will applaud good efforts by both my child’s team and their opponents. I will not be critical of or embarrass any rower including opposition teams.
6. I will never question the official’s judgment or honesty in public. I recognize that officials are usually volunteers who are trying their best to be fair and honest.
7. I will respect and show appreciation for the volunteers who give their time to rowing for my child.
8. I will never yell, taunt, or threaten any rower, coach, official or spectator at any youth rowing activity. I will refrain from the use of abusive or vulgar language, racial, ethnic or gender-related slurs at any time at CRI or any youth rowing function. I will support all efforts to remove verbal and physical abuse from youth rowing events.
9. I will leave the coaching and coaching decisions to the coaching staff. I will encourage my child to row in a manner and in a position consistent with the team’s strategy or plans.
10. I will emphasize skill development and a serious approach to practices and explain how skill development will benefit my child.
11. I will attempt to learn about rowing (USRowing rules, equipment, levels, skills, etc.) so that I may best support my child’s development in the sport.
12. I will first communicate all and any concerns regarding inappropriate behavior to the parent coordinator(s) of my child’s program. If I require further discussion, I will communicate with the coach. I may seek other vehicles for resolution, such as communication with the Program Director or the Executive Director of CRI or a member of the Board of CRI.
13. I will insist that my child rows in a safe and healthy environment. I will support a sports environment that is free of alcohol, drugs or tobacco and I will refrain from their use at all CRI youth sponsored events.
14. I understand the benefits from participating in a team sport, the commitment, the discipline and the social skills learned and acquired.
15. I will remember that my child rows for his or her enjoyment, not mine.
16. I will make every effort to show respect and courtesy to others when communicating via electronic means such as e-mail or a listserv. If I have a problem to resolve, I will resolve it in person or on the phone and NOT through the use of a public listserv or e-mails sent to multiple recipients.

I have read and understand the above Code of Conduct, and agree to abide by its guidelines at all team and rowing activities. I understand that if I do not follow this Code of Conduct, I may be asked to leave a CRI activity or rowing event (such as a race or practice). In an extreme or repeated situation, I may be asked to withdraw my child from rowing at CRI.

Parent Name: ______________________ Signature: __________________ Date: ____________

Revised 3/12/14
Appendix One: Guide to the Charles River

This diagram of the entire length of the Charles River is the standard for boathouses all along the river as to how to navigate the river, bridge arches, and specific traffic patterns. While this is very specific information, when your athlete says “We raced from Anderson to Arsenal!” this will be a handy tool to figure out what he or she is talking about!
Appendix Two: CRI Corporate Rowing Program

Please consider encouraging your company to come to CRI!
Appendix Three: Charles River Rowing League

Please consider encouraging your company to come to CRI!
How It Works

Step 1: Create a team of 10 (www.chargersrla.ca)

Step 2: Registration - Conner, #1075

Step 3: Learn to row and row 2x per week for 4 weeks

Step 4: Network, have fun and a new sport

www.communityrowing.org

signing up is easy!

China's River Rowing League is a non-profit sport organization that promotes the development of rowing as a sport. It is located in the province of Guangdong and aims to encourage physical and cognitive development among students. The China's River Rowing League makes it possible for kids from the city to enjoy this exciting sport.

Celebrate the Community

China's River Rowing League makes it possible to participate in this exciting sport. The league offers training programs for kids and adults, allowing everyone to enjoy the benefits of rowing.

www.chargersrla.ca
Appendix Four: Making a Gift to CRI

Making a Contribution
CRI's Annual Fund begins each fiscal year on November 1st and ends on October 31st. This year all donations made to CRI's Annual Appeal will directly support CRI's Community Outreach Programs: Veterans Rowing, Adaptive Rowing, and Row Boston (Girls-Row Boston and Boys-Row-Boston.) These programs are offered free of charge to more than 1,000 youth and adults who otherwise would not have the chance to row and enjoy all the Charles River has to offer. You can read more about these programs at www.communityrowing.org.

Tax Deductible
All gifts to Community Rowing are tax deductible to the full extent of the law. Community Rowing's tax ID number is 04-2863756.

Cash Contributions
Contributions of cash, check, or money order are accepted. Checks should be made payable to “Community Rowing, Inc.” Gifts made by cash, check, or money order will be credited for tax purposes in the calendar year (indicated on the postmark of the envelope) in which the contribution was received. Please mail donations to: Community Rowing, Inc., Attn: Tracy Smith, 20 Nonantum Road, Brighton, MA 02135.

Credit-Card Donations
Contributions by credit card may be made using VISA or Mastercard. You may donate in person, over the phone, or online using a credit card. Contact Tracy Smith, Director of Development at 617.803.8660.

Online Giving
Credit-Card contributions may be made on Community Rowing's secure Online Giving form at http://www.communityrowing.org/donate/.

Matching Gifts
Many companies match the philanthropic contributions of their employees on a 1:1 or 2:1 basis. Matching Gift Request Forms are usually available from your company’s personnel office. Complete your portion of the form and mail it to Community Rowing along with your gift. A check from the company will be sent directly to Community Rowing, at which time you will receive confirmation that the boathouse received the matching gift.

Securities
The most efficient way to make a gift of securities is to transfer stock electronically. Please notify Community Rowing of your intent to transfer stock by contacting Tracy Smith, Director of Development, at tracy@communityrowing.org Please do not authorize transfer of securities until you have contacted Community Rowing with the following information:
- Your broker’s name and contact information and
- The name and quantity of securities being transferred.
When this information is received, Community Rowing will give instructions for transfer. The value of your gift and tax deduction is the mean price of the stock on the date of transfer.

Thank for supporting Community Rowing. All gifts are greatly appreciated!