



Ergs Don't Float and Other Gems of Wisdom

Javier Cuevas
President

Organizations and Classes

Organizations

- **USRowing**: United States Rowing Association is the national governing body for the sport of Rowing in the US. SafeSport required by USRowing. Rowers must be members!
- **FSRA**: Florida Scholastic Rowing Association is the governing body of scholastic-aged youth rowing in the state of Florida. Runs State Championships.
- **SRAA**: The Scholastic Rowing Association of America is the principal source of rules and procedures governing high school rowing. Runs National Championships.

Classes

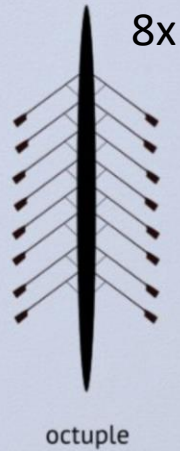
- **Scholastic**: Single high school + virtual/homeschool + middle schools (e.g. HHSRC, Plant, Tampa Prep)
- **Club**: Everyone welcome under 19 (e.g. Team Tampa, Sarasota Crew)

BOATS

SWEEP



SCULL



Cox location:

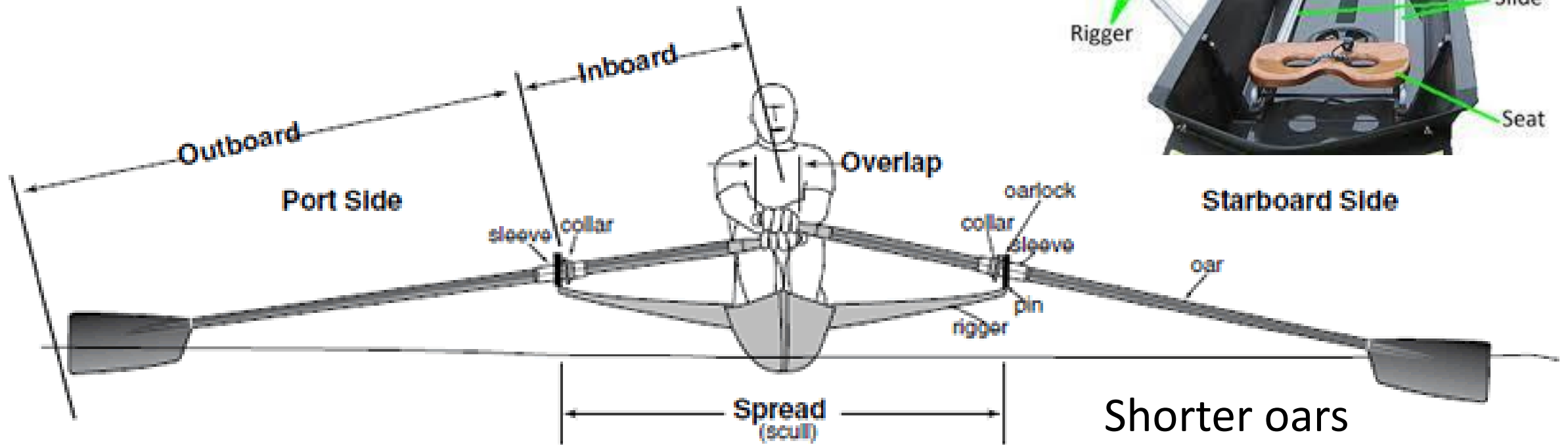
- Bowloader cox (4+)
- Stern cox (8+)

Categories:

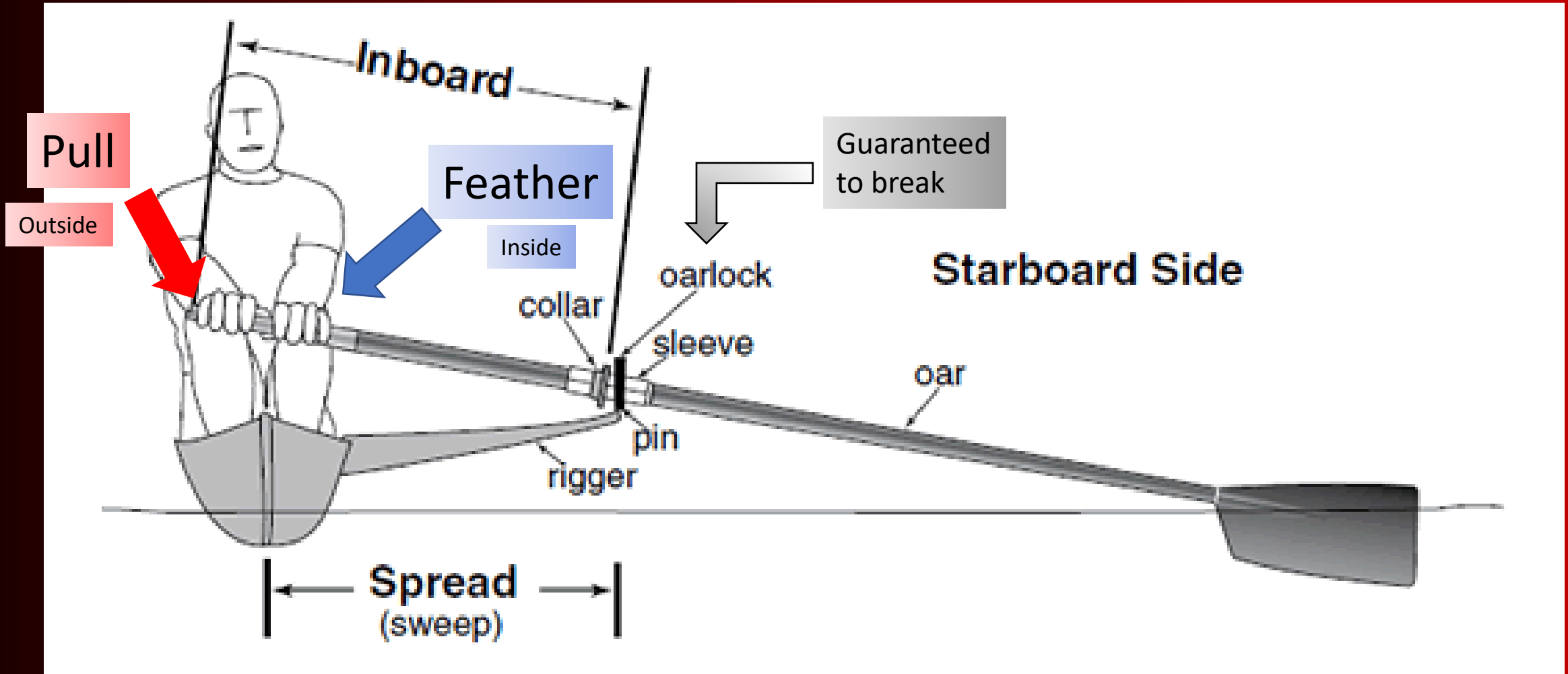
- Lightweight: Must be certified by physician; men 150 lbs. + 7% body fat; women 130 lbs. + 12% body fat. No SRAA Nationals
- Open weight: no restrictions
- Novice
- Freshmen
- Junior
- Varsity

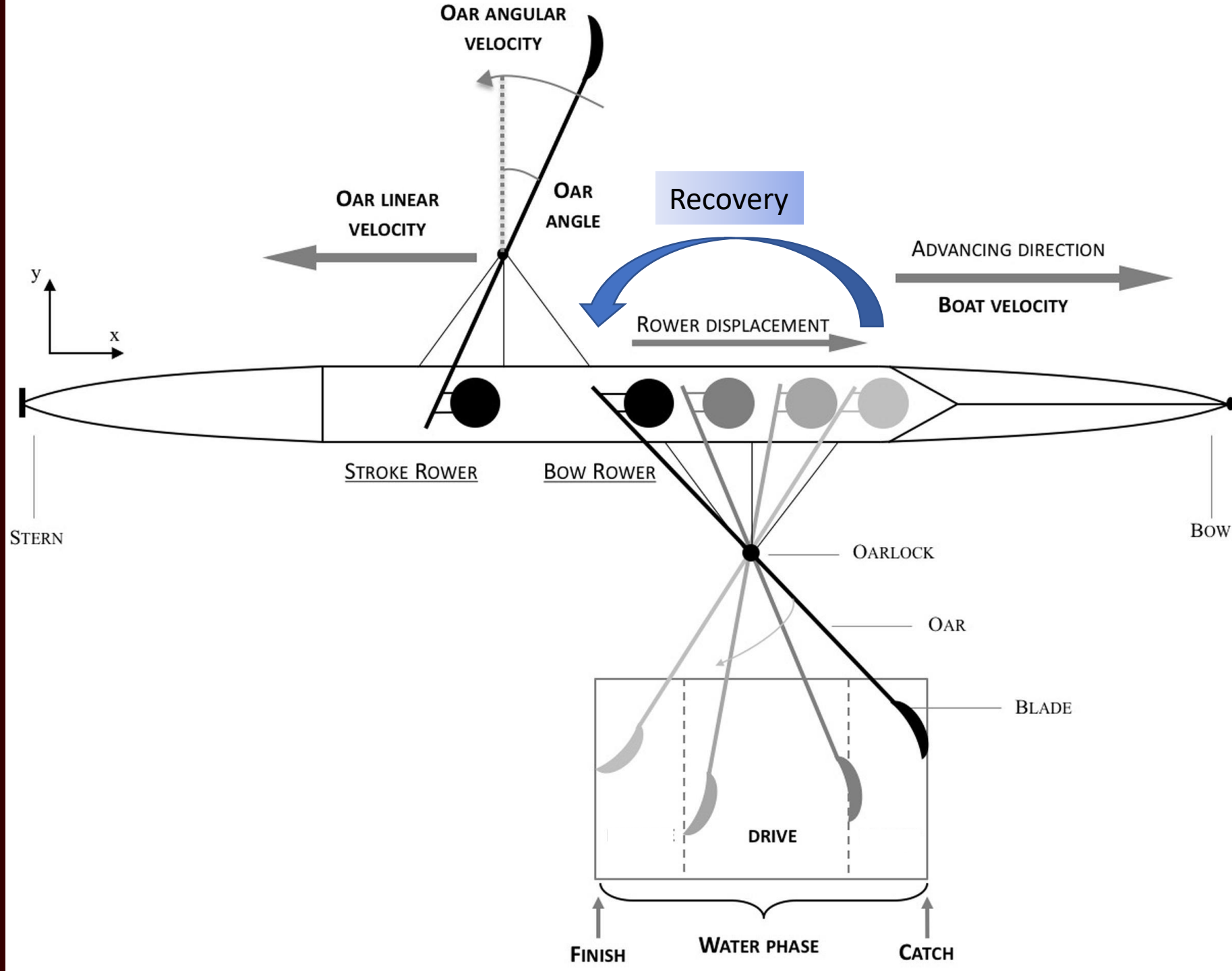
Sculling

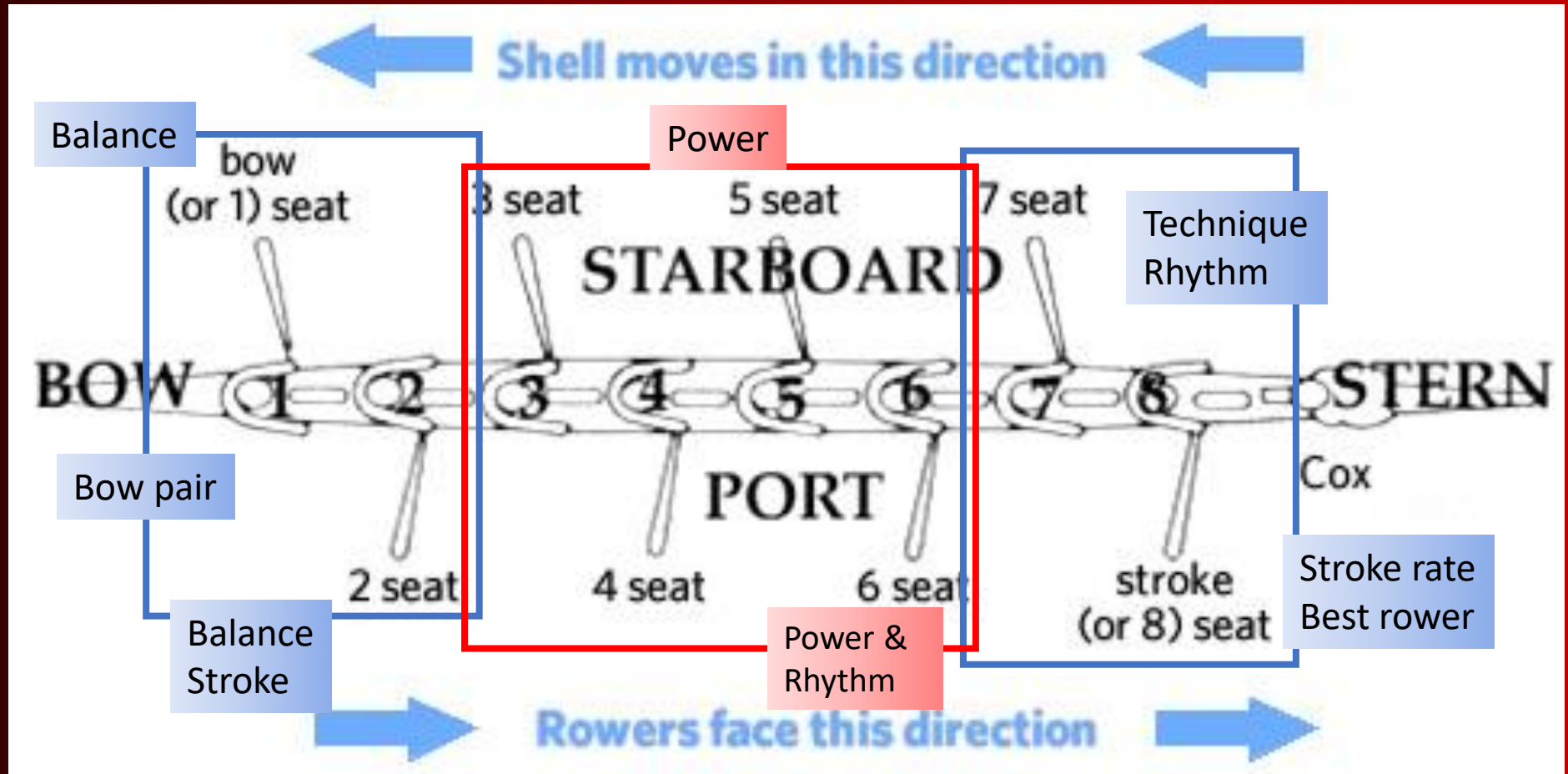
Guaranteed
to break



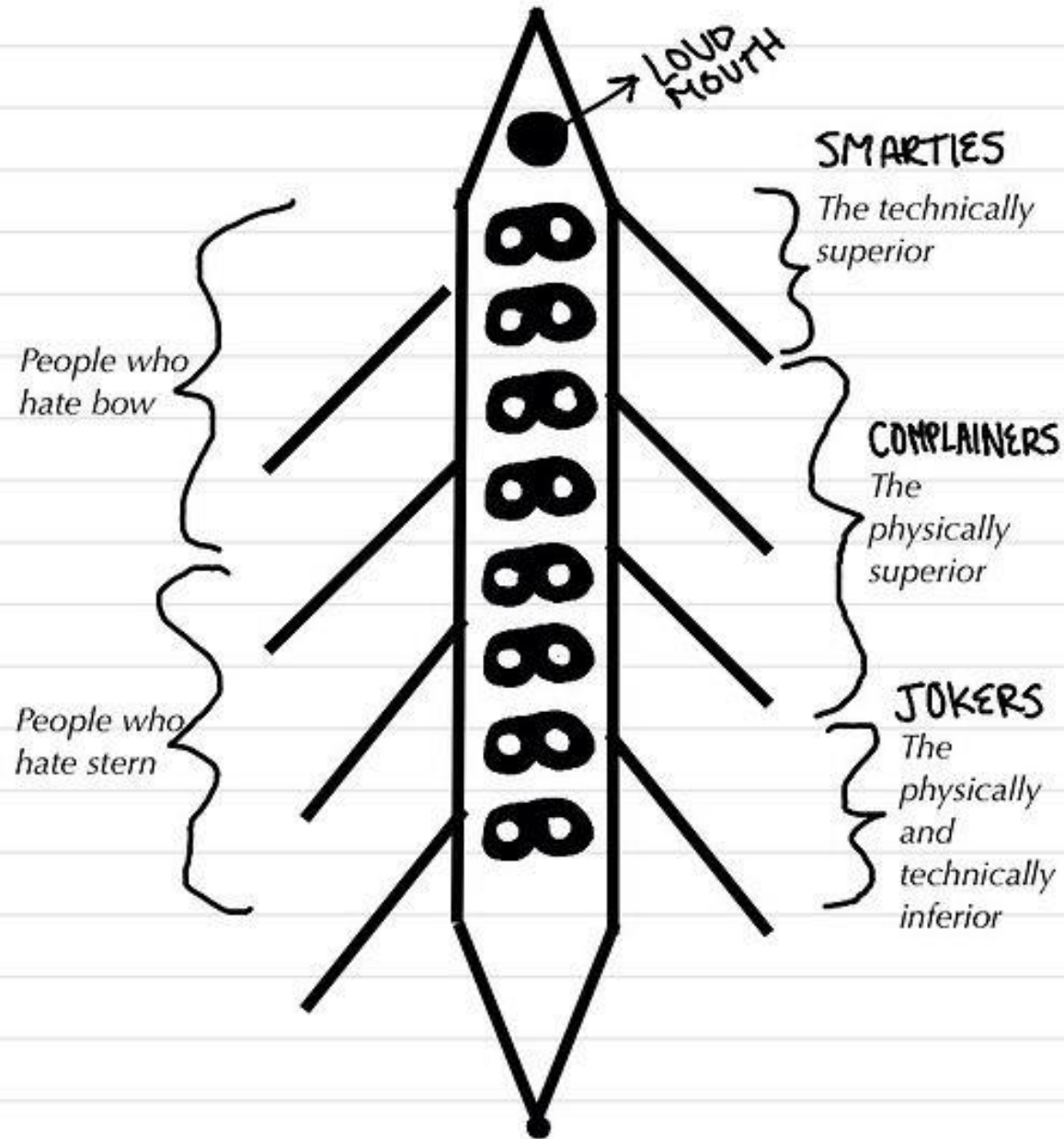
Sweep







The Real Parts of the Boat

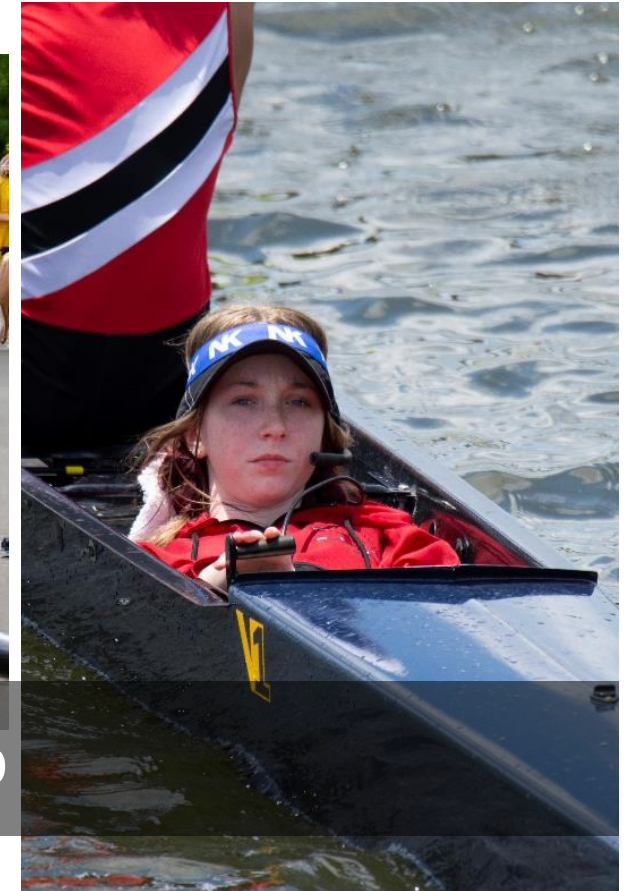




Sculling



Sweep



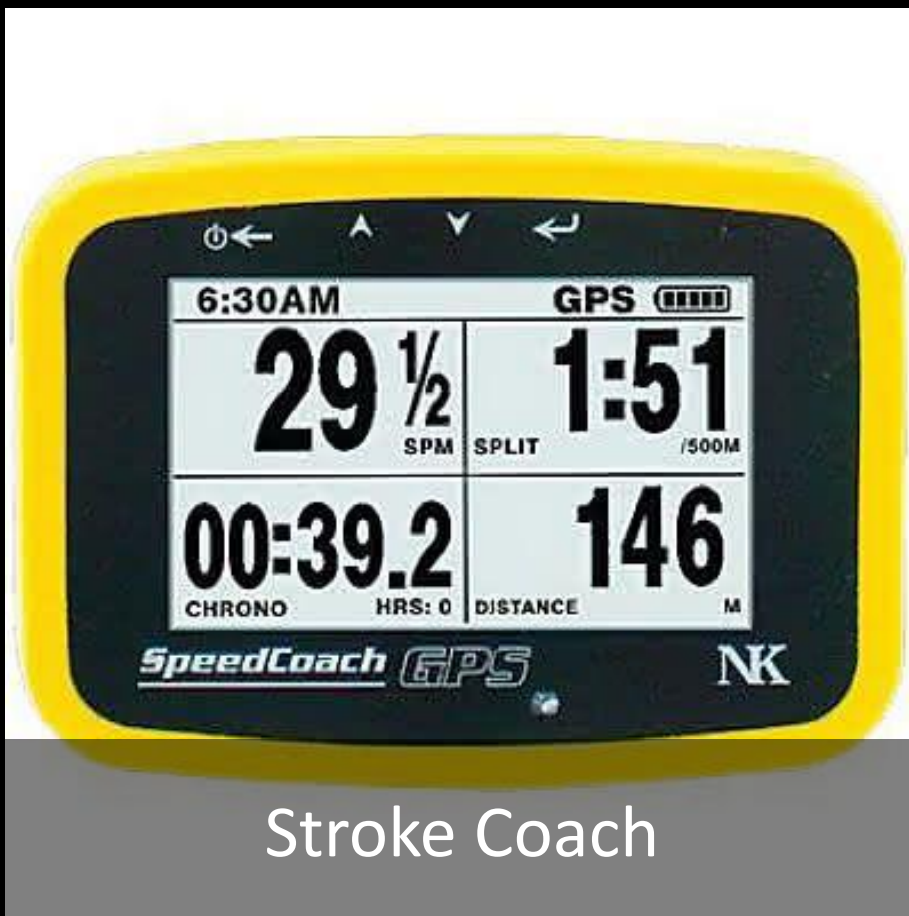
Steering shells

There is also steering with pressure



The Bow

Technology on a shell



Types of Races

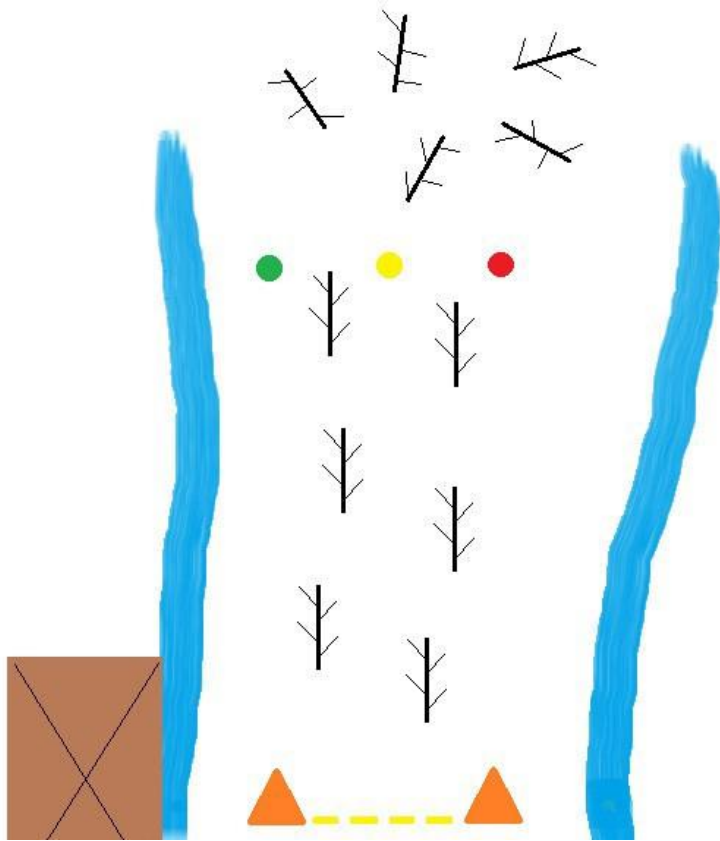
“Head” races

- Examples: Head of the Charles and Head of the Hooch
- Fall races
- 5 km

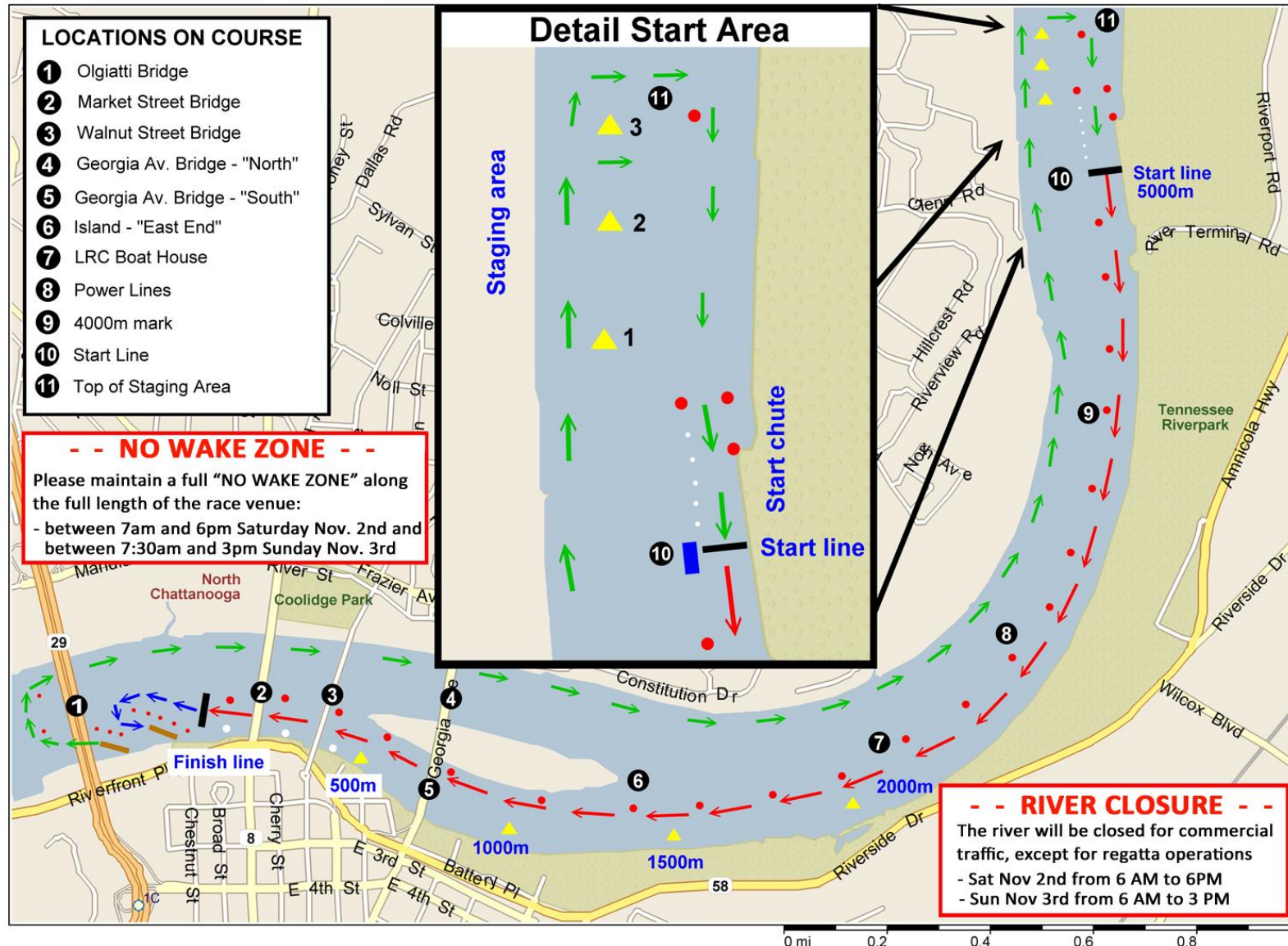
Sprints

- FSRA State Championships and SRAA Nationals
- Spring races
- 1.5 km for high school
- 2 km for college and Olympics

The Chute!



HOOCH COURSE MAP





Sprint Races



Sprint Races

Sprints

Lanes assigned based on results

- Best lane may be in middle or outside depending on wind

Races are in “heats”

Boats move on to

- Repechage
- Semifinal
- Petite final
- Final

Awards by class

- Scholastic awards in States

Keep medal count!

Stroke rate:

The number of strokes per minute at which the team is rowing. At the start of the race, the rate is high perhaps 40 for an eight then **settles** to the low 30's for the body of the race, then may move back to the low 40's for a finishing sprint. Erg 24-28

Pressure:

The amount of effort a rower puts into the stroke. Races, of course, are conducted at full pressure, but practices and warm-ups may entail a series of strokes at half or three-quarter pressure.

Rhythm:

The flow of oars going in and out of the water on time, and progression through different phases of the stroke, including transition from power phase to recovery phase without hesitation

Feathering:

When the blades are brought out of the water, then should all move horizontally at the same height, just above the water. The rower is "skying" if the hands are dropped too low before the catch, causing the oar blade to rise before it drops into the water. Proper feathering is difficult, particularly in choppy water.

Set:

The balance and feel of the boat. Proper balance over the center line makes boats efficient throughout the strokes. If rowers are not aligned throughout the stroke, or if rowers on one side of the boat are pulling with more or less force than the other side, the set of the boat can be altered, introducing drag into its motion.

Swing:

The inexpressible "feel" of a boat that is moving together as a single unit.



Ejection Crab



Dads Against Crabs



The Erg



The Erg

Distances: 2k, 4k and 6k

Performance measurements:

- Splits (500 m)
- Watts
- Watts/weight

Colleges look at erg times



Ergs Don't Float

- Does not always translate well to water
- Seat racing



Participation Policy

Javier Cuevas
President

SafeSport

SafeSport participation is required by USRowing

HHSRC has established a SafeSport Policy as it relates to providing an environment where participants can work and learn together free of emotional, physical, and sexual abuse and misconduct.

Training required of Coaches, BOD and parents that have major volunteer roles. Rowers >18 must do training per USRowing. HHSRC requires all rowers to do training.

SafeSport Committee: Mitch Neff, Wendy Hathaway, Carlos Molnar

No direct, unsupervised communication outside of practice between coaches and rowers.

SafeSport Reporting:
<https://bit.ly/HHSRCSSR2>

- Anonymous
- Helps if we have more information
- HHSRC BOD can report to USRowing if necessary


Hillsborough
High School
Rowing Club
2022-2023
Participation
Policy

Hazing

Harassment

Bullying

Social Media



Alcohol, Tobacco, and Drug Policy

HHSRC does not permit being under the influence or possession of alcohol or recreational drugs, including tobacco/e-cigarette/vaping products or drug-containing gummies in any team activity.

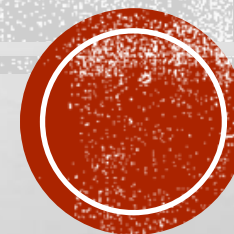
Consequences

- First Offense: 30 days
- Second Offense: Remainder of season and the next season.
- Third Offense: Suspended HHSRC



HILLSBOROUGH HIGH SCHOOL ROWING CLUB

Information Session



COMMUNICATIONS

- Update TeamSnap - both parent's and rower's emails and phone numbers should be updated
- Join Remind - Class Name: HHSRC Class Code: @hhsrowclub
- What's App - Open this link to join WhatsApp Group:
<https://chat.whatsapp.com/L3QRUDflwzCGFbzhEeGcqP>
- We will provide you with an emailed list of specific board member best contact information prior to event.





- **GENERAL MEASURES**

- For the safety of all rowers and spectators attending the event, it is strongly recommended that all participants be fully vaccinated prior to the regatta.
- It is strongly recommended that unvaccinated individuals wear a mask at all times, except when on the water, and make an effort to maintain physical/social distancing of at least six (6) feet in indoor and outdoor training settings. This includes coaches, athletes, and staff.

- **GUIDELINES FOR ALL PARTICIPANTS AND VOLUNTEERS**

- COVID testing is not required to participate in the 2022 HOTH. It is recommended that unvaccinated individuals have a negative test within 72 hours of arriving on-site as a precautionary measure.
- All participating organizations should monitor their athletes, coaches, and support staff daily for signs of COVID19 infection (fever, cough, congestion, sore throat, diarrhea, or fatigue).
- Those who have been in contact with someone who has tested positive for COVID-19 in the past 10 days, should wear a mask at all time while on the venue.
- If an individual develops signs or symptoms of COVID, they must not attend any practice event, competition, or travel to the venue.
- Any athlete, coach, or support staff who have tested positive for COVID19 in the previous 10 days is not permitted at the venue, even if masked.
- Hand sanitizers will be located throughout the venue. Please use them upon entering or exiting a bathroom or any indoor spaces.

WHAT'S INCLUDED — WHAT'S NOT

Fundraising efforts cover some of the bus:

- Bus transportation to and from Chattanooga, TN is \$80 per rower (includes the rental of charter bus, room/board for bus driver and tip for driver.)

Included in club dues:

- Regatta fees & boat trailer transportation to/from TN
- Hotel costs for 3-night stay in TN
- All breakfasts (in team hotel) & catered lunches at team tent while in TN

Not included & suggest extra spending cash for:

- Thursday dinner
- Friday dinner
- Saturday dinner
- Sunday dinner
- Hooch merchandise





Chairs/Blankets/Binoculars



Travel pillow/blanket for bus



Things to keep you occupied during downtime – homework?



Jacket/gloves (can get cold)/Rain gear (jacket/rain boots)



Money for souvenirs/ meals



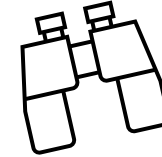
Medications/inhalers, etc.



Long Sleeve Undershirt and/or long pants to wear under Unisuit.
NOT THERMAL! Dryfit is recommended. It can get cold.



BRING your UNISUIT! 😊



WHAT TO BRING



LOGISTICS ITINERARY DAY 1 (11/3/22)

- Boats leave Thursday (11/3) very early morning - THANK YOU DAMON!
- Luggage storage
 - Before school, drop off luggage at: MCC
- Rowers meet bus at MCC and leave immediately after school/after last class Thursday (11/3) afternoon
- Dinner near Gainesville - **Rowers will need to bring their own money**
- Check into hotel Thursday night (11/4) / Friday (11/5)



A map showing the area around Memorial Middle School and HHS. The map includes labels for N Branch Ave, E Osborne Ave, Memorial Middle School, Library, Jr Lot, Tampa Bay Piano Tuning, Angus Dog Park, and HHS. A red star is placed near the intersection of N Branch Ave and E Osborne Ave, and another red star is placed near the intersection of N Branch Ave and N S.

HHS

Metro Chefs Catering

E Osborne Ave

Memorial Middle School

Library

Jr Lot

Tampa Bay Piano Tuning

93

MCC

Angus Dog Park

St

N B

N S

METROPOLITAN COMMUNITY CHURCH

- Drop off luggage before school
- Meet here after school for bus
- Meet here to pick up Sunday



LOGISTICS ITINERARY DAY 2 (11/4/22)

- Breakfast at hotel (Time TBD)
- Depart hotel for venue (Time TBD)
- Rig boats and practice on the Tennessee River
- Lunch at Tent (catered by HHSRC)
- 6:30 p.m (APPROX) ROWERS have catered meal at hotel
- Communications to parents will be sent out regarding next day's activities as we are unable to have group meetings in lobby due to size of group
- 9:30 p.m. - Lights out

LOGISTICS ITINERARY DAY 3 (11/5/22)

- Breakfast at hotel
- Depart hotel for venue (Time TBD)
- Exact Race times will be available week of Hooch
- Lunch will be provided approx. 12:00-12:30pm at hospitality tent
- Once dismissed by coaches - chaperoned small groups can tour/dine in Downtown
- Chattanooga for dinner (Rowers responsible for this meal, **bring money**)
- Meet at Tennessee Aquarium by 9:00 p.m. for bus back to hotel.
- REMINDER OF THE END OF DAY LIGHT SAVINGS TIME (**FALL BACK ON SUNDAY**)
- 9:30 p.m. - Lights out

LOGISTICS ITINERARY DAY 4 (11/6/22)

- Breakfast at hotel
- Check out of hotel by 11:00 a.m.
- Board bus and head to venue
- Parent volunteers check all rooms to ensure orderly and remove any leftover items
- Lunch - at Tent
- De-rig boats and be dismissed by coaches
- Back on bus and travel back to Tampa
- Dinner (bus will stop somewhere – each rower **needs money** for this expense)
- Arrive back in Tampa – Parents will receive communication of exact pick-up time/location @ HHS

BEHAVIOR POLICY IN DOWNTOWN

- Please speak with your child to be sure they are mindful of HHSRC code of conduct policy they signed at the beginning of the year, consequences for violating the policy, and expectations for behaviors while on this trip.
- The rowers will be chaperoned in small groups in downtown Chattanooga, rowers must stay with their group at all times.
- There is to be no yelling, running or chasing in a crowded areas, no use of flagrant language, or littering.
- Groups are to use the crosswalks and be respectful guests of the city.
- Rowers usually organize a man-hunt game near the Aquarium, usually after dinner Saturday night and are allowed to do so as this area is usually not crowded.
- Rowers must be on time at bus meeting spot at Aquarium (they should take food to go, if necessary).



BEHAVIOR IN HOTEL

- Rowers will have hotel rooms with two double beds with 3-4 rowers per room.
- We expect no horseplay in the hotel room, halls, or elevators and for the room to be kept clean with any trash thrown away.
- At departure, we will be inspecting the rooms for condition, and collect any clothing or items left that are not in a disposal bin.



OTHER NEED TO KNOW INFORMATION

Boats will be loaded
on Wednesday,
11/2/22

Kids are dismissed
from School on
Friday and Monday
(if needed/wanted)
– No need to Call

The bus will arrive
LATE on Sunday
night/into early
Monday morning

No Practice on
Monday 11/7/22

Unloading of Trailer
tentatively planned
for Tuesday
(11/8/22)

Our HHS liaison will
arrange for excused
absences on 11/3
and 11/7/22.



OUR CLUB NEEDS YOU!

- Please be on the lookout for an email with our SIGNUPGENIUS as we need parent volunteers to help us make this regatta an enjoyable and safe experience for our rowers and families!





QUESTIONS?

