



# Madison Crew

## 2011-12 Membership Handbook



Prepared by the  
James Madison Crew Booster Organization, Inc. (JMCBO)  
*Subject to change by approval of the JMCBO Board of Directors, with notice to the Membership.*

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## SECTION 1 BACKGROUND

The 2011-2012 rowing season will be our 10th year of rowing as a team representing James Madison High School in Vienna, VA. The Crew program is managed and run at the direction of the Board of Directors of James Madison Crew Boosters Organization (JMCBO). Crew is an approved Virginia High School League Interscholastic Sport Activity, though it is a club sport, which means it is financially self-supporting, funded entirely through member dues and fundraising. Members of the Crew Team are eligible to earn Varsity Letters. Madison's home rowing facility is at Sandy Run Regional Park on the Occoquan River. Madison rows 8 local regattas and typically sends most boats to the Stotesbury Cup in Philadelphia and qualified boats to the National Championships at the discretion of the board and coaches.

There has never been a more exciting time to row on the James Madison Team. The 2011-12 season is very bright for the Warhawks as we return to the river with an experienced core of about 55 rowers/coxswains. Last season, Madison Crew reached new highs at the Virginia State Rowing Championships with both the Women's 1st Varsity 8 and the 2nd Varsity 8 winning the VA State Championship, the Men's Junior 8 winning a silver medal, and both the Women's and Men's Novice 8 winning the VA State Championship for the 3rd year in a row. Additionally, a team-high four Madison boats made the Finals at the Stotesbury Cup in Philadelphia, PA., with the Women's 2nd Varsity 8 earning a silver medal. This was the first boat in team history to earn a medal at the largest and oldest scholastic regatta in the country. At the Scholastic Rowing Association of America's National Championship Regatta in Camden, NJ, three Madison boats made the finals. Most recently, we truly put our name on the map by placing 2nd at the US Rowing Youth National Championship Regatta in Oak Ridge, TN, earning the first Youth National medal in team history!

A rower/coxswain does not have to be an accomplished athlete to join the Madison Crew Team, but he or she must be dedicated and committed to personal achievement and team effort. Crew is one of the most engrossing, physically and mentally demanding sports currently practiced in the United States. US Rowing, the national sponsoring organization for rowing as a competitive amateur sport, has provided the following insights and points that are particular to crew:

1. Rowing is a total body workout. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involve all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.
2. Rowers are probably the world's best athletes. When it is done well, rowing looks graceful, elegant, and sometimes effortless. Don't be fooled! Rowers haven't been called the world's most physically fit athletes for nothing. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.
3. Teamwork is number one. Rowing is not a great sport for athletes looking for most valuable player status. It is, however, the best teacher for teamwork. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will stand on the medal podium together. Winning teammates successfully match their desire, talent, and blade work with one another.

## SECTION 2 THE ORGANIZATION

### **Mission**

To establish a Crew Organization in which the students have an opportunity to develop themselves as athletes and foster a deeper understanding of community.

### **The Elements Which Make Up a Successful Crew Organization**

The success of the Madison Crew Program depends on the efforts of several critical elements: the James Madison Crew Booster Organization, Volunteers, Coaches, James Madison High School, the Crew Council and the rowers and coxswains that make up the team.

***The James Madison Crew Booster Organization (JMCBO):*** The James Madison Crew Booster Organization (JMCBO) Board works with the school and parents to support the Madison crew program. The Board consists of parents of student-athletes, the faculty sponsor, the Activities Director, and the Coaches. Team captains attend Board meetings as needed.

Board members are typically parents of rowers, elected in late spring to one-year terms. The JMCBO's purpose is to promote, assist, and support all rowing activities at James Madison High School with financial assistance, human resources, management, and consultative advice. The boats, oars, ergometers and other equipment are purchased by JMCBO, and these purchase requirements as well as operating expenses, including coaches' salaries and transportation fees, are paid through club dues and through fundraising: as a club sport, the team receives no financial support from Fairfax County. The 2011-12 JMCBO Board can be found on the last pages of this Handbook, as well as at [www.warhawkcrew.org](http://www.warhawkcrew.org).

The Board meets once a month and all meetings are open, unless otherwise noted in advance of the meeting. All parents and/or athletes are welcome and encouraged to attend. Board meeting dates, times, and locations are posted on the website calendar. A copy of the JMCBO's by-laws and minutes of the board meetings may be found on the website ([www.warhawkcrew.org](http://www.warhawkcrew.org)) on the members-only portion of the site.

**JMHS Crew Volunteers:** Madison Crew is a volunteer-run organization. Each family is expected to contribute its time and talents in some way in order to provide the best experience for our rowers. Here is a summary of the parent volunteer requirements for each Madison Crew family:

- One or two days of bus chaperoning (round-trip) during water practice (Feb.-May) at Sandy Run Regional Park on the Occoquan River.
- Two Regatta/Sandy Run jobs. These are volunteer jobs assigned to Madison by the Virginia Scholastic Rowing Association (VASRA).
- Sign up for one JMCBO committee and participate as necessary. Committees include Hospitality, Operations, Fundraising etc.
- Other "All Hands on Deck" requirements for fundraising (mulch delivery, etc.) as well as JMCBO work days at Sandy Run.

**Coaching Staff:** The program is fortunate to have dedicated, experienced, and involved individuals on our coaching staff. Coaching positions are determined by the number of active rowers, to ensure maximum attention and safety. Coaches' names and biographies are listed on the team website. Coaches are hired by the JMCBO.

**James Madison High School:** Like all other sports programs, the Madison Crew program operates within a school approved structure because it is on the school's behalf that the athletes row. James Madison High School Crew members are Madison students, wear Madison uniforms, win for Madison, and seek Madison Varsity letters. The Principal and Activities Director play key roles in supporting the sport. The Activities Director maintains communications and coordination with all other schools that Madison crew competes against and also monitors the academic and medical eligibility of students participating in crew. Crew is an approved Virginia High School League Interscholastic Sport Activity, though it is a club sport, which means it is financially self-supporting.

**JMCBO Crew Council:** The Crew Council consists of a small group of JMCBO parent representatives who work with coaches, rowers, parents, and the Board to develop policy and address questions and concerns raised by parents or rowers that may come up during the course of a season. All questions or concerns brought to the Crew Council must be done in writing, by sending an e-mail to [MadisonCrewCouncil@gmail.com](mailto:MadisonCrewCouncil@gmail.com). In addition, any person(s) submitting an item to the Crew Council for consideration must wait 24 hours after a question or concern has arisen before submitting the question or concern. Thereafter, a member of the Crew Council will respond promptly. Current members of the Crew Council are listed on the 2011-12 JMCBO Board listing at the end of this Handbook.

**The Rowers/Coxswains:** Rowing is a demanding sport, and like most sports, demands a day-in, day-out commitment to practice and improvement. With regular practice and conditioning, virtually every student can develop his or her physical ability to the point where he or she can row competitively. Crew is a team sport, where successful boats succeed as a result of each rower playing his or her role. Mutual support and encouragement is vital to a team's success and team members who are successful demonstrate a positive attitude toward the program, the sport, and toward their fellow rowers.

Rowing makes an unusually high demand of a student's time and dedication and the coaches and team expect rowers and coxswains to make practices. The key to a successful crew is the unique and delicate blending of the eight rowers and a coxswain in the boat; inserting a new person can cause major disruptions. In many cases, if several people are missing, entire boats cannot practice, the coach's workout cannot be implemented, and practice time is not used effectively.

### **Communications and Contacts**

JMCBO website ([www.warhawkcrew.org](http://www.warhawkcrew.org)) and e-mail ([jmhscrow@gmail.com](mailto:jmhscrow@gmail.com)) will serve as the primary mode of communication with the team and the crew families. We strongly urge parents, in addition to coxswains and rowers, to register on the website (upper right-hand corner). We use the website to send email communication – registration on the site will include you on the email distribution list. Additionally, registrants will have access to the members-only site which will provide you additional important information, such as team rosters (with contact information useful for carpooling), JMCBO documents (budget, minutes of meetings), contact information for the board and coaches, and important information for regattas (for example, boat line-ups and logistics for the away regattas such as Stotesbury).

Once you register, and then log-in, you can make changes to your contact information (including email address) or password by clicking on your name in the upper right hand corner and then clicking on edit profile. Additionally, while in the edit profile mode, users should click on manage subscription and then subscribe as either as novice, varsity, parent or coach in order to ensure you are receiving the correct emails. It is important that families keep their email address current, and commit to checking their email on a regular basis. Problems accessing the account can be directed to the communications team at [JMHScrew@gmail.com](mailto:JMHScrew@gmail.com)

If you have questions about the team or crew, our website, [www.warhawkcrew.org](http://www.warhawkcrew.org), should be consulted. Contact information for all the members/groups below is included on the website:

- JMCBO Board Members
- Board Committee Volunteers
- Crew Council
- Team Captains
- Coaches—While our coaches are the most knowledgeable regarding the team, their time during practice and during the season in general is extremely limited, and should be devoted to coaching the rowers. Therefore, we request that coaches not be contacted directly, except when absolutely necessary or to notify them of an unexpected absence of your child from a practice or regatta. For most issues, your initial contact should be with a member of the Crew Council (see description of Crew Council above)

## **SECTION 3 THE PROGRAM**

### **Virginia Scholastic Rowing Association**

James Madison Crew is a member of the Virginia Scholastic Rowing Association, Incorporated (VASRA). The purpose of VASRA is to promote, encourage, and support rowing at secondary schools in Virginia; to provide for communication and coordination amongst its member and associate teams, the Occoquan and Georgetown Local Organizing Committees, the VASRA Crew Council, and the Coaches Association; and to sponsor and conduct scholastic rowing regattas in the spring. These VASRA-sponsored regattas culminate in the Virginia Scholastic Rowing Championship Regatta, which then leads to the Scholastic Rowing Association of America National Championships. The VASRA website is [www.vasra.org](http://www.vasra.org).

### **Crew Season**

Based on VASRA Rules, the crew season officially begins in later February and runs through the end of May. Practice during the season is held five days per week after school, and on Saturdays.

**Winter and Off-Season Conditioning:** The off-season “winter” conditioning program begins in mid-November and runs until the beginning of the crew season. Winter conditioning is at no additional cost to the rower but is limited to registered crew members. Winter conditioning is not required, but highly recommended for rowers and coxswains. Winter conditioning will generally consist of aerobic and simulated rowing conditioning three to five days a week. Weight training may be included in the conditioning, if facilities are available. A completed Emergency Care Form is required before participation in winter conditioning will be allowed. A completed sports physical exam is required before beginning JMHS Crew-sponsored conditioning, and is highly recommended before undertaking any conditioning program.

Conditioning camps and programs can be found on our website. Please check [www.warhawkcrew.org](http://www.warhawkcrew.org) for training schedule.

**Water Practice:** Water practices begin the first day of scheduled spring sports programs each year in late February and are held five times during the school week and on Saturdays. All practices are held on the Occoquan River, at Sandy Run Regional Park in Fairfax County, located at 10450 Van Thompson Road, Fairfax Station, Virginia. The Northern Virginia Regional Park Authority (NVRPA) governs Sandy Run, which is also the site of many regattas. The practice sessions are both on the water in shells and on land (i.e. running, circuits, working out on ergometers, etc). Coaches, team captains, or senior members of the team supervise the student-athletes when on land. However, only coaches supervise student-athletes on the water. For more information about NVRPA and to get directions to Sandy Run, please visit [www.nvrpa.org](http://www.nvrpa.org).

#### **Attendance Policy: In-Season Practice**

Every athlete is expected to attend **every** in-season practice, including those taking place over Spring Break, Saturdays or holidays. 100% participation is expected with the exception of excused academic or medical absences. Rowers and coxswains must tell coaches in advance if they are going to be missing practice. If the athlete is ill, they should e-mail, call, or text message their coach as early in the day as possible to let them know they will not be at practice.

If there is a requirement to attend afternoon academic sessions or remedial sessions to meet academic standards, the student must inform the coach at least 48 hours in advance so arrangements can be made to fill seats or delay the starting time of a workout until the athlete arrives. In case of an emergency, the coaches need to be contacted as soon as possible. Practice times cannot be adjusted to accommodate individual schedules.

If a student is absent from school, the student will not be allowed to attend practice. JMHS policy is that students must attend at least one period of class in order to participate in practice – the crew team abides by that policy.

Failure to attend practices will have a detrimental impact on the team and individual seat placement and participation. Coaches are instructed to contact a member of the Crew Council if a rower has an inordinate number of absences. A Crew Council member will speak to the parents, and the rower may be asked to leave the team.

Athletes who miss practices during a specific week may lose water time the remainder of the week. Additionally, they should not expect to compete at a regatta during that week. The only reason an athlete absent during that week might participate is if the athlete is necessary to fill a boat that otherwise would not be able to compete due to lack of total participants, and for the good of the team.

Cohesion of members of a crew is extremely important. If an athlete is not participating in daily practices, he or she may be replaced by another athlete who is dedicated to the program and attends on an everyday basis.

JMCBO appreciates that Madison Crew is a team comprised of students with many, varied interests. As such, members of Band, Orchestra, Robotics, etc. are welcome to participate in Crew; however, attendance is important and is used by Coaches as one of the factors in determining boat selection for regattas. Rowers and coxswains who take time away from Crew for other activities risk losing their seat, and they will have to compete to earn it back.

**Spring Break Practice:** Water practices are held during Spring Break, and are critical to boat placement and competition. Practices are extremely important and a crew can make huge strides during this time period. The practices will be longer in length and/or separate sessions will be utilized for different crews in order to maximize equipment and coaching resources. If you are on a Varsity crew, Spring Break practice may be crucial to you remaining in that boat. An athlete cannot afford to miss 12-14 hours on the water and/or training and still expect to be on a Varsity boat. In addition, regattas are frequently scheduled for one or both weekends of Spring Break. It is anticipated that all rowers will attend practice during Spring Break. Please speak with the Coach as far in advance as possible if you have a conflict.

#### **Freshman Water Time Policy**

The goal for the program is to have every freshman and novice rower get on the water a minimum of 3 times per week before the regatta season begins, and 2 times per week after the racing season begins. In addition, a goal for Coaches is to have as many novice and freshman rowers participate in the weekly local regattas as rules will allow. Unfortunately,

even with the best of intentions, there are some weeks when freshman and novice rowers will not be able to compete because not enough seats will be available. Coaches are instructed to share the disappointment of not being able to row in regattas as equitably as possible among freshman and novice rowers.

In return, freshman and novice rowers are expected to make an investment in the team. Rowers who are perceived as not making a commitment to the team may be asked to leave the team

### **Progression of Crews**

All Madison boats contain a coxswain (driver). Each boat has all-male or all-female rowers, but coxswains may cox a shell with rowers of the opposite sex.

Pursuant to the rules of the Northern Virginia Scholastic Rowing Association (VASRA), any program that enters a “Second” eight or four must also enter a “First” boat in that category. During the VASRA season, any of the following configurations of boats can be offered for competition:

- **First Eight (8):** This crew is the fastest and most prestigious crew in the program. Training for and making either the boys’ or girls’ First Eight (aka Senior Eight) requires dedication, intense training, and a significant level of commitment. Due to the VASRA progression rule, the crew must be selected before any other Eight. This crew will compete at all local regattas as well as the Stotesbury Cup and SRAA National Championship Regatta (if they qualify). The First Eight may also attend the US Rowing Youth National Championship if it finishes first at the Virginia Scholastic Racing Championships at the discretion of the coaches and the JMCBO. This boat is designated as a Varsity Crew.
- **Second Eight (8):** This boat consists of equally dedicated rowers as their First Eight counterparts. The Second Eight is usually considered a development squad for the First Eight and may only be entered if there is also a First Eight. In order for the Second Eight to qualify for the SRAA National Regatta, the team’s First Eight must also qualify. This crew will compete at all local regattas as well as the Stotesbury Cup and SRAA National Championship (if they qualify). This boat is designated as a Varsity Crew.
- **Junior Eight (8):** The Junior or J/V boat consists of experienced rowers who are not Seniors in high school. The designation allows a team with younger boys and girls to compete at a high level against athletes their same age and experience level. The Junior Eight is considered “out of progression” meaning a team may race without entering a First Eight. Therefore a Junior Eight may also qualify for the SRAA National Championship without the First Eight also qualifying. This crew will compete at all local regattas as well as the Stotesbury Cup Regatta and the SRAA National Championship (if they qualify). This boat may be designated as a Varsity Crew.
- **Lightweight Eight (8):** The Lightweight Eight is considered “out of progression” meaning a team may race one without entering a First Eight. Therefore a Lightweight eight may also qualify for the SRAA National Championship without the First Eight also qualifying. If a lightweight crew is formed, it will compete at all local regattas as well as the Stotesbury Cup Regatta and the SRAA National Championship Regatta (if they qualify). This crew may be designated as a Varsity Crew.
- **First Four (4), Second Four (4), and Lightweight Fours (4):** Based on the number, participation, and competitiveness of rowers in any given season, deciding to compete in Fours is an option available to the coaches. Sometimes, circumstances outside anyone’s control may dictate the use of Fours instead of Eights in order to be competitive, or in order to get as many rowers on the water as possible. These boats can be formulated to compete at local regattas and post-season regattas as scheduled. The First Four, Second Four, and Lightweight Four boats may be considered Varsity Crews. Third Four and Fourth Four boats are considered Junior Varsity.
- **Freshman Eight (8) and Novice Eight (8) & Four (4):** The main difference between Freshman and Novice Events has to do with the age of the rowers within the crew. The Freshman Eight category is limited to boats with ALL freshman boys or girls while Novice Eights / Fours are limited to rowers in their first year of competition regardless of their year in school. Freshman and Novice events are “out of progression” meaning a team may race one without a Varsity Eight being entered. Therefore a Freshman Eight may also qualify for the SRAA

National Championship without the First Eight also qualifying. Freshman Eights can compete at all local regattas as well as the Stotesbury Cup and the SRAA National Championship Regatta (if they qualify). Novice Eights and Fours can compete at all local regattas but can not race at the Stotesbury Cup or SRAA National Championship Regatta because the novice events are not offered.

### **The Lightweight Rower**

The lightweight boats consist of a weight class crew (130 lbs. max for girls/155 lbs. max for boys). The lightweight designation allows smaller boys and girls to compete at a high level against athletes of similar size and stature. Training and time commitments for the Lightweight Eight are the same as for the other crews. The Coaches may use the James Madison training room to have an athlete's body composition tested at the beginning of the season. They will use this measurement and the athlete's natural body weight to determine if the rower can row in the lightweight class. Recently, approval to row as a lightweight has been overseen by JMHS trainers. VASRA has required guidelines for healthy, safe weight loss and/or weight maintenance for lightweight rowers. These guidelines are found at <http://www.fcps.edu/supt/activities/atp/CREW/crew108home2.htm>.

### **Boat Selection**

The selection process is based on the following criteria:

- a. Commitment to the program (attendance)
- b. Fitness
- c. Technique
- d. Coaches Discretion

The selection process is totally at the discretion of the coaching staff and is to be recognized as an ongoing, dynamic process. Ergometer testing will play a major factor in the selection process for fitness levels. Time on the water being observed and coached will be a major factor in determining technique. Commitment is based on the amount of time spent on the water and any land based training, as directed by the coaches. Coaches will also factor in the ability to maintain a positive attitude in tough situations, responsiveness to coaches and commitment to the team as demonstrated in part by continuing respect shown to all coaches, parent volunteer and chaperones, rowers and coxswains.

The selection process is neither easy nor simple and crews may not be "set" until the final weeks of the season. This allows for the development of a new rower to occur slowly, but methodically, through the course of the season. We want everyone to have an opportunity to succeed and make crews go fast.

Our focus as a staff and as a program will not be to win ribbons at early regattas, but to win medals in the latter championship regattas. Personnel changes in crews from week to week may be the norm in the first 6-8 weeks. By the first week in May, all crews should be set, barring injury, academic situations, attendance problems, or other conflicts. Any questions regarding this process should be directed to the Crew Council. Please do not engage coaches about seat assignments or the placement of your rower.

### **Equipment**

James Madison's crew program has benefited from the dedication and commitment of previous student-athletes and parents who worked hard to get our program started. Currently, James Madison Crew owns 12 boats or shells (8 eights and 4 quads). There are also oars and cox boxes assigned to each shell and/or crew and a number of "ergs" (rowing machines). All of which equals an equipment inventory in excess of \$350,000. The care and maintenance of these shells, oars, and cox boxes are critical if we want our crews to train and compete. We will have rowers utilizing this equipment to its maximum potential. It is imperative that we report any damage to the coaching staff or to the VP of Operations as soon as possible. This notice requirement also refers to Ergs, launches, motors, etc.

It is important to continue updating our inventory as the team grows. For this purpose, additional fundraising work takes place on a regular basis. To get an idea of the need for extensive, continuous fundraising, during the 2011-2012 season, it is expected that a new shell will cost approximately \$36,000, new oars about \$400 each, and new cox boxes about \$600 each.

### **Safety**

Safety of the rowers and coaching staff is of utmost importance at all times.

- When on the water, all shells are accompanied by a safety boat (launch) manned by a coach and containing life saving jackets and gear, such as blankets and a basic first aid kit.
- Safety boats remain within 100 yards of the shells at all times. Megaphones are used to communicate.
- All student-athletes must pass a swim test to demonstrate their ability to handle themselves in case of an accident.
- The coaches will hold demonstrations on safety and recovery at the start of each season.
- Boats do not go out when the Park Authority deems weather or water conditions unsafe.
- Boats immediately return to shore if thunder is heard.

### **Transportation**

Each year, JMCBO endeavors to arrange with FCPS round-trip school bus service to transport rowers between JMHS and Sandy Run for M-F daily on-water after-school practices during the rowing season – the cost of FCPS buses is already included in dues payment. Parents may be required to serve as bus chaperones for the M-F on-water practices. Families and rower are responsible for transportation to and from Saturday practices, Spring Break practices, and regattas.

In addition, JMCBO may, if necessary, lease a bus to transport rowers to away regattas. If these arrangements are made, all rowers will be expected to ride the team bus to and from away regattas. Bus arrangements made by JMCBO may require that families be assessed a transportation fee to cover the cost of this service.

Ultimately, though, parents are responsible for their student’s transportation, and are expected to ensure that their rower is at the practice site prior to the practice start time. If a student is unable to ride the bus, or misses the bus, the parent must drive the student, or make arrangements for the student to ride with another responsible adult to the practice site. Student-athletes will not be allowed to drive themselves to or from any practices at Sandy Run during the school week without obtaining Board approval, through submission of a waiver request. All exceptions will be considered on a case-by-case basis. However, students may drive themselves to practices held at Sandy Run during Spring Break, and to all Saturday practices held at Sandy Run. Students may also drive themselves to conditioning practices held at JMHS and to local regattas.

### **Regattas**

Madison Crew competes in VASRA-sponsored regattas in the spring with local Maryland, DC, and Virginia teams from both public and private schools and also at regional and national levels at regattas such as the Stotesbury Cup in Philadelphia. Generally, Madison rows at Sandy Run Regional Park. Sandy Run is one of the finest rowing facilities on the East Coast. It has been the site of the Olympic canoe and kayak trials, several Scholastic Rowing Association of America Championship events, and the Mid-Atlantic Regional Championship Regattas. It is also used for college and masters rowing and racing.

Additional information on Sandy Run is available online at [http://www.nvrpa.org/park/sandy\\_run](http://www.nvrpa.org/park/sandy_run).

James Madison Crew generally participates in the following upper boat/Varsity level regular-season and post-season regattas:

1. Polar Bear Regatta (Occoquan)
2. Walter Mess Regatta (Occoquan)
3. Smokey Jacobs Regatta (Occoquan)
4. Darrell Winslow Regatta (Occoquan)
5. Charlie Butt Regatta (Potomac) or Al Urquia Regatta (Occoquan)
6. Virginia Scholastic Rowing Championship “States” (Occoquan)
7. Stotesbury Cup Regatta (Schuylkill River, PA)
8. SRAA National Championship Regatta “Nationals” for qualifying boats (alternating locations, Camden NJ in 2012)
9. U.S Rowing Youth Nationals for qualifying boats at discretion of board, coaches and parents.

Depending on the site, regattas can start as early as 8:00 a.m., but crew members, especially coxswains and lightweights, may need to be there earlier than 6:00 a.m. in order to attend mandatory meetings and weigh-ins, and to prepare the boats for racing. It is EXTREMELY important to be on time and ready to row at the time determined by the Coach. Again, depending on the site and the number of participants, regattas may last until 3:00 or 4:00 pm, and the team is expected

to stay at the site until racing has finished or they are dismissed by their Coach. Team members will be given permission to leave the boathouse area only when all post-regatta activities have been completed and boats have been cleaned and racked.

**Racing attire:** VASRA requires that all crew members wear matching uniforms (or parts of uniforms) from the waist up. In cold weather, this rule does not apply. Coxswains are only required to wear Madison colors showing. The standard racing uniform consist of a racing unisuit or “uni,” and if crew members chooses to wear it, the racing shirt, or “JL.” Depending on weather conditions, crews may also choose to wear pants. The cost of the uniform is not included in the dues, but is an additional charge.

**The Cheering Section:** The JMCBO welcomes all crew parents and family members to cheer for the team in the Madison cheering section. The approximate race times of each Madison event are available on <http://www.vasra.org/schedules.htm> on the Friday before the regatta. Madison boat line-ups are generally available on [www.warhawkcrew.org](http://www.warhawkcrew.org) the Friday evening before the regatta. Additionally, the Madison Crew website provides many useful resources, such as “Regatta Watcher’s Guide,” “Gear Checklist for Rowers,” and “Coxswain’s Guide,” to name a few.

Families are encouraged to stay for as much of the day as possible, and to support all the Madison boats racing that day. At Sandy Run, the parking lots, the boathouse, and the racecourse are not in close proximity. Wear good walking shoes, dress in layers, and bring rain gear. The weather at the Occoquan is generally cooler, and is known to change quickly. Many parents bring their own lawn chairs, seat cushions and/or blankets. Binoculars are also a good idea. No dogs or other pets are permitted at Sandy Run on regatta days. Concession stands are available at both the boathouse and spectator stands, as are port-o-potties.

**JMCBO Shuttle bus:** Parking at Sandy Run costs approximately \$10/car on regatta days, and is extremely limited – usually filling up by 9:00 or 10:00 a.m. However, beginning with the Spring 2009 season, Madison joined with several other area schools to offer round-trip shuttle bus service between Sandy Run and Silverbrook Elementary School, located several miles from Sandy Run. Included in the general JMCBO dues is a \$20 fee/rower to cover this shuttle bus service, which runs at regular intervals on Sandy Run regatta days, enabling rowers and their families to park easily, and with no additional daily usage charge, at Silverbrook Elementary, located at 9350 Crosspointe Drive in Fairfax Station.

### **Checklist for Rowers**

The equipment required for practice consists of running shoes, workout clothes, and filled water bottle. Depending on the weather, suggested clothing includes polypropylene or spandex pants and/or shorts, long underwear shirt, wool or fleece hat, long running tights, and a polar fleece jacket. Many rowers acquire sweats (tops and bottoms), a hat or visor and sunglasses for sunny days, and a "weather shirt" (crew jacket/spirit-wear optional). Weather in February and March can be very cold and “layered” clothing is highly recommended. The only required clothing that must be purchased is a racing unisuit and a racing shirt (JL) for the rowers.

Rowers need to come prepared every day. Appropriate clothing and footwear are essential, as it is often cold and windy on the river. The following checklist can also be found on the Madison website, [www.warhawkcrew.org](http://www.warhawkcrew.org).

Each day for practice, as well as for regattas, rowers should have:

#### *Required:*

- Water bottles – at least 32 oz. (labeled)
- Warm layers of quick drying workout clothes
- Long sleeved Under Armor type shirt
- Long spandex pants
- Sweat pants
- Fleece jacket or sweatshirt
- Crew jacket or a similar rain jacket/windbreaker
- Appropriate running shoes
- A hat (50% of body heat is lost from a bare head)

*Suggested:*

- Snack for before and after practice; (something with protein suggested)
- Medical tape, gauze, band aids (for the inevitable hand blisters that easily identify a rower!)
- Hand sanitizer
- Sunscreen
- Clips/ headbands to keep hair out of your face
- Extra ponytail holders
- Wool socks and extra socks for running, etc.
- Extra jacket/ sweatshirt
- Sunglasses/ baseball hat
- A small towel
- Change of clothes for the bus
- On very hot days, Gatorade or similar drink (Energy drinks are not allowed)

**Lettering**

James Madison Crew is a club sport competing with varsity status. Varsity letters are awarded according to standards established by the school, the Coaches, and the Board. Earning a Varsity Letter is a privilege and an honor; competing in a varsity boat does *not* automatically entitle the student athlete to a Letter. The Varsity Letter represents a commitment to the sport and to the team, is indicative of the athlete's proficiency in rowing, and will be awarded only after careful consideration by the coaching staff, using the criteria described below.

Student athletes who meet the following quantifiable requirements may be awarded a Varsity Letter:

- Meet or exceed Madison's academic and attendance criteria;
- Participate in a minimum of 6 upper boat/Varsity Level races;
- Have no more than two unexcused absences;
- Be on time, as determined by the Coaches, for all practices and regattas; and
- Complete dues, fundraising, and service hour requirements by the designated deadlines.

In addition, the following qualities of the student athlete will also be considered during evaluation for a Varsity Letter:

- Attitude;
- Effort;
- Work ethic;
- Skill level;
- Athletic ability;
- Responsiveness to coaching;
- Commitment to the team;
- Commitment to the sport;
- Positive role model for freshman/novice team members;
- Consistent participation in mandatory and non-mandatory activities, such as de-rigging for a regatta, Sandy Run work days, recruitment activities, etc.;
- Courteousness and respect to fellow (and opposing) teammates, coaches, parents, and volunteers; and
- Coach's discretion (based upon exemplary team spirit and support, dedication to crew, and outstanding effort).

The Coaches have the right to veto or waive requirements under unusual or exceptional circumstances.

Student athletes who maintain a GPA of 3.5 or higher during the crew season will be given a separate Scholar-Athlete award and recognition at both the all-school Spring Sports Awards Night in June, as well as at the Crew End-of-Season Banquet.

Any changes made to the above criteria must be announced to the General Membership prior to the date of the first scheduled regatta.

## SECTION 4 THE STUDENT ATHLETE'S RESPONSIBILITIES

The James Madison Crew program adheres to all JMHS athletic standards. Any inappropriate conduct of an individual rower or group of rowers will be dealt with at the Coaches' discretion or by the Crew Council if so elevated by the Coaches. Any removal from the team for inappropriate conduct forfeits any rights to refunds.

The student athlete must also complete and submit of all required forms, pass a swim test that consists of swimming 100 meters and treading water for 2 minutes, and adhere to all James Madison Crew Booster Organization financial and service requirements as stated in this Handbook.

### **Rower/Coxswain Responsibilities / Contract**

To assure that all rowers understand their obligations to themselves, their teammates, and their school and community, each member of James Madison Crew and a parent is required to sign a Rower Contract. The Contract summarizes expectations, rules and responsibilities, and must be signed by the student-athletic and parent prior to rowing in the spring season.

The 2011-2012 version of the Rower Contract is as follows:

#### **Team Expectations and Rules**

**To Rowers and Parents:** This is a guide that is specific to the James Madison Crew rowing program. Please go through this guide and be fully aware of what is contained within. Attendance, Commitment, and Attitude are all key values of a successful crew organization, and foundational of James Madison Crew. Please sign at the bottom to indicate that you have read and accept the terms of the team expectations and rules.

#### **Expectations of Student Athletes**

1. Present yourself as a mature, courteous, and considerate young adult – No cursing, disparaging remarks
2. Respect teammates, parent volunteers, bus drivers, VASRA officials, and most importantly coaches
  - a. Remember coaches have the full responsibility in the participants' boat selection and rowing matters
3. Arrive on time and actively participate in all aspects of training, water practice, regattas, and other team activities as defined by program guidelines:
  - a. Practice Attendance – it is expected that all student-athletes will attend all practices as their development will have a direct impact not only on their personal success, but the success of their boat line-up and team
  - b. Fund-raising activities
  - c. Spring Break training – it is vitally important that everyone attend if you don't attend, there is NO guarantee that you will return to the same seat/boat
4. Obey all VASRA officials, bus drivers, and parents
  - a. When attending practice, regattas, and traveling to and from Stotesbury and Nationals (and during hotel stay)
5. Take prudent measures to safeguard your person and personal property, team equipment and resources
6. Pro-actively volunteer for all team associated pre-and-post regatta responsibilities, such as helping with set-up and clean-up team areas, equipment storage, and hospitality tents
7. Notify your coach, in writing, before practice if you will miss practice for any reason
  - a. This includes for illness, doctor's appointments, tutors
8. Comply with the Virginia High School League and Crew program eligibility rules, including maintaining passing grades to participate
9. Comply with the James Madison High School Extracurricular Participation Policy.
10. Adhere to the Fairfax Country Public School policy regarding the use and/or possession of alcohol, tobacco, & drugs. **JMCBO HAS A 'ZERO TOLERANCE' APPROACH TO SUBSTANCE USE AND/OR ABUSE BY ITS ATHLETES.**

#### **Expectations of Captains**

1. Comply with all the expectations of student athletes, stated in "Expectations of Student Athletes"
2. Be an officer of character inside and outside of the classroom
3. Be a positive and approachable role model that is available to assist novice and returning rowers, as well as help their parents navigate through the program

4. Attend all mandatory and voluntary winter and spring practices, regattas, meetings, workdays, fundraisers, team spirit events, etc., realizing that your presence and leadership sets the tone for the rest of the team
5. Assist in making sure practices start on time and run smoothly, and help maintain order on the team, especially when the Coaches are not available to do so, such as on the bus to and from the river
6. As a Captain, there are times to be assertive, and times to be an inspiration. You must find that balance

#### **Expectations of Parents**

1. Treat all student athletes, opponents, coaches, VASRA officials, parents, and volunteers with respect
2. It is expected that all student-athletes will attend all practices, especially water practice. Their attendance will have a direct impact not only on their personal success, but the success of their boat line-up and team
3. Support the coaching staff and JMCBO by ensuring that your child complies with the "Expectations of Student Athletes" stated above
4. Provide support for your child by actively participating in the JMCBO committees/volunteer program, fund-raising activities, and regatta volunteer opportunities
  - a. If you do not volunteer, you will receive an assignment
5. Respect the coaches decision on boat selection and rowing matters
  - a. Selection is based on a goal of the fastest lineups possible
  - b. Direct all questions through the Crew Council
6. Pay all dues on time!
7. Enjoy your child's growth and development through their commitment, dedication, and teamwork!

#### **SECTION 5 MEMBERSHIP INFORMATION**

Our current membership system was designed to be understandable and equitable. It consists of the following components:

- Completion and submission of required forms
- Payment of dues and other fees
- Fulfillment of fundraising commitments
- Fulfillment of volunteer commitments by both parents and rowers

#### **Required Forms**

Required Forms may be obtained by downloading them from the Madison Crew website at [www.warhawkcrew.org](http://www.warhawkcrew.org). These forms include, but may not be limited to:

- JMCBO Intent to Participate Form
- JMCBO Membership Form
- JMCBO Universal Release of Liability Form
- JMCBO Participation Contract
- JMCBO Transportation Liability Waiver
- JMCBO/US Rowing Waiver Form (completed online)
- JMCBO Swim Test Form (1st year only)
- FCPS Driver License and Insurance Information Form
- FCPS Emergency Care Form (submit in duplicate)
- VHSL Participation Form & Physical Form
- JMHS Extracurricular Participation Policy & Form
- On-line submission of "Certificate of completion" for the Parent Concussion Education program  
<http://www.fcps.edu/supt/activities/atp/concussioneducationfirst.htm>
- On-line submission of "Certificate of completion" for the Student Concussion Education program  
<http://www.fcps.edu/supt/activities/atp/concussioneducationfirst.htm>

#### **Dues and Fundraising Requirements**

Each year, the JMCBO Board sets dues, fundraising requirements and payment schedules based on cash requirements of the organization, expected size of the team, and other relevant factors such as capital costs. Because of the goals we have set and the commitment to maintain the annual dues at the lowest possible level, fundraising activities take on a

very important role. Fundraising requires the commitment, dedication, and active participation of both student-athletes and their parents.

The current year's JMCBO budget is available for review by request of the JMCBO Treasurer, and is usually updated by the Treasurer at each monthly meeting of the JMCBO Board of Directors.

The following schedule applies to the current rowing season:

<b>2011–12 Membership Dues &amp; Fundraising Obligations</b>			
Membership Category	Dues	Fundraising	Total Obligation
Basic Rower Membership	\$950	\$750	\$1700
Basic Rower Membership (2 <sup>nd</sup> & subsequent children from the same family)	\$750	\$750	\$1500
Basic Coxswain Membership	\$750	\$750	\$1500

Additionally, rowers will need to purchase a uniform – this cost is not covered under the dues. JMCBO participates in out-of-town events such as the Stotesbury Cup in Philadelphia and the National Championships. Participating rowers' families are assessed for the cost of transportation, lodging, food, and any logistical items involved such as boat and equipment transportation.

Members may, if they choose, spread their dues in three payments. If they opt for this, the following payment amounts and deadlines apply:

If You Join	Payment is Made Following This Schedule
Before 11/11/2011	\$250 w/ Intent to Row Form <b>by</b> November 11, 2011 \$300 second payment <b>by</b> January 13, 2012 \$400 final payment <b>by</b> February 10, 2012
After 11/11/2011	All payments due up to the date of joining must be paid at the time of joining. Membership is at the discretion of the Coaching Staff.

**Fundraising:** Based on current prices, a new eight person Vespoli shell can cost more than \$36,000; Concept 2 oars more than \$400 each; an outboard motor \$2,500; a safety boat \$1,200; and an ERG (ergometer) \$1,000. These costs necessitate that the JMCBO sponsor a number of major fundraising activities each year.

Fundraising efforts will help pay for these items. Parent involvement is key to our fundraising efforts. The growth and success of the JMCBO depends on the attainment of our fundraising goals. Fundraising supplements dues and allows us to cover our yearly operating expenses, as well as to make critical capital investments in new equipment. The JMCBO works hard to provide a variety of activities throughout the year to offer rower families ample opportunity to meet and exceed their fundraising requirements.

<b>JMCBO 2011-12 Fundraising Requirement Summary</b> (The 2011-012 Season is defined as July 1, 2011 through June 30, 2012)	
Minimum Fundraising Requirement	\$750
Payment Schedule	\$400 by Jan 31, 2012 \$350 by April 1, 2012

**How Fundraising is Earned**

- In the 2011-2012 season, there will be three major fundraisers: two raffles, sales of giant gift cards, and mulch sales. Students are expected to actively participate in these fundraisers to meet their fundraising commitments or provide payments from family funds. The Madison Crew Fundraising Committee is exploring additional fundraising options and welcomes input from the Madison Crew Family.
- Direct Sales/Donations: Rowers will be credited for their direct contributions to fundraising efforts. For example, \$50.00 donated in an athlete's name earns \$50.00 towards that athlete's goal; \$200.00 of raffle tickets sold earns \$200.00 toward that athlete's goal.

- Students not meeting fundraising requirements by the deadlines specified will have to pay from family funds
- Mulch delivery day is an “all-hands” day. Rowers/Coxswains and at least one family member are expected to participate in the mulch delivery effort.

### **Dues and Fundraising Deadlines**

- Payment deadlines for both dues and fundraising correspond to events and must be met to attend winter training, water training, first regatta and/or the Virginia State Championships. For example, a rower may not board the bus for water practice if the third dues payment has not been received by JMCBO.
- The JMCBO Board will consider requested waivers on a case-by case basis.

### **Refund Policy**

The first dues payment is non-refundable. The second and third dues payments are refundable if a request for a refund is made by e-mail to the JMCBO Board President or Treasurer no later than 30 days after the due date of that payment. After 30 days the second or third incremental dues payment is non-refundable. Families who pay their dues in full at the beginning of the payment schedule are eligible for partial refunds based upon the date of their request for a refund and the payment schedule.

Money raised or donated to the team as part of a rower’s fundraising activities is nonrefundable.

### **JMCBO Volunteer Service Requirements**

All rowers and families are expected to provide service to the team that is separate from fundraising requirements. These service hour requirements are to be fulfilled through a combination of workdays, regatta positions, board positions, committee positions, fundraising initiatives, and other opportunities. Rower service and family service requirements must be completed in order for our team to succeed and expand while keeping the costs as low as possible.

### **Parent Volunteer Service**

Parents and rowers are required to volunteer in support of Madison’s rowing program. Here is a summary of the parent volunteer requirements for each Madison Crew family:

- One or two days (TBD) of bus chaperoning (round-trip) during water practice (Feb.-May) at Sandy Run Regional Park on the Occoquan River. Bus leaves Madison @ 2:40pm and returns @ 6:30-6:45pm.
- Two Regatta/Sandy Run jobs. These are volunteer jobs assigned to Madison by the Virginia Scholastic Rowing Association (VASRA). We are fined \$50 for any job not completed. Parents will sign up for these jobs late January/early February.
- Sign up for one JMCBO committee and participate as necessary. Committees include Hospitality, Operations, Fundraising etc.
- Other “**All Hands on Deck**” requirements for fundraising (mulch delivery/carwashes etc.) as well as JMCBO work days at Sandy Run.

The JMCBO uses an on-line signup program, [mysignup.com](http://mysignup.com) for bus chaperoning and regatta/Sandy Run jobs. The JMCBO Volunteer Coordinator or board members can assist you in determining what areas of service you are most interested in providing. A parent, for the season, serving as a Board member or a Referee fulfills Family Volunteer Service Requirement. Family volunteer service hours must be completed by end of the season. The JMCBO Board will consider requested waivers on a case-by-case basis.

**Committee Jobs:** JMCBO can make good use of a wide variety of time and talents. The Operations Committee can use drivers with trucks that have trailer hitches and mechanically inclined tinkerers to help maintain the launches and get the shells ready for competition race day. Hospitality is for you if you like getting food ready for hungry and appreciative crowds, setting up and maintaining the hospitality table at regattas and shopping. Do you have fundraising experience? Please step forward to be part of this critically important committee. If you like to take pictures or have public relations, media or website design and maintenance experience, the communications committee could use your skills. Other volunteers are sought to take on tasks such as assisting with the ordering of uniforms, the sale of spirit wear and jewelry, and many other tasks. Whatever your talent, we could use your help!

**“All hands” volunteer events:** Assistance is needed periodically at the boathouse to keep our equipment in proper condition. In order to do this, workdays are scheduled prior to, during, and after the season. Student-athletes and parents will also be needed to work on boat maintenance each week during the season and sometimes everyday at practice. Scheduled dates and times will be announced. In addition, the distribution of mulch (a major fundraising activity) is an event that requires the participation of the full crew family. In 2011, we delivered over 10,000 bags of mulch!

**Regatta Volunteers:** Parent volunteers are crucial to the success of each regatta because they staff a variety of essential positions required to run a regatta. Examples are:

- launch drivers
- finish line timers
- fee collectors
- starting line personnel
- dock traffic controllers
- food concession personnel

Descriptions of the various volunteer positions are available on the VASRA website at [www.vasra.org](http://www.vasra.org). Without parents, the regattas simply would not happen. In fact, each regatta at Sandy Run requires a minimum of 90 volunteers combined from all the participating schools. Booster Clubs are assessed a \$50 fine by VASRA for each volunteer position not filled.

US Rowing, the national governing body for the sport of rowing in the United States, provides liability insurance to all involved in conducting its sanctioned regattas. Such insurance facilitates the conduct of regattas with the large number of volunteer workers without whom the events would not otherwise be possible.

### **Boat Naming Policy**

It is the policy of the JMCBO to name boats to recognize an individual or individuals who made a significant, sustained contribution to the James Madison High School crew team; played a noteworthy role in the team’s history; and/or distinguished themselves and the James Madison High School crew team either on the water or within the community. It is also the policy of the JMCBO to allow benefactors who contribute a minimum amount established by the Board in any single annum to the purchase of a new or used shell to receive naming rights for that shell. The Board may consider establishing the minimum contribution amount equivalent to a percentage of the value of the boat to be named. The JMCBO Board must approve, by 2/3 vote of those present, any name suggested by a benefactor to ensure that it is appropriate and meets any rules to which the organization may be required to adhere, before it can be placed on a shell.

### **Information Available on the Web**

JMCBO maintains an extensive website at [www.warhawkcrew.org](http://www.warhawkcrew.org). Please visit the site to find additional information on the following:

- Directions to the Sandy Run Rowing Facility
- What to Expect at Your First Regatta as a Spectator
- What to Bring to a Regatta
- List and Contact Information for the current Board of Directors
- List of Crew-related terms

The Virginia Scholastic Rowing Association also maintains an extensive website at [www.vasra.org](http://www.vasra.org), where you may find additional information on the following:

- Regatta Schedules and Results
- Roles of the Different Volunteer Positions at a Regatta
- Rowing Rules and Regulations

## Traditional Calendar

These are traditional crew events and approximate time frames for same. Specific dates will be listed on the team website ([www.warhawkcrew.org](http://www.warhawkcrew.org)) as they become available.

### July

- \* Season officially begins
- \* Board begins planning process & monthly Board meetings

### August

- \* Recruiting of Freshman & Novice Rowers begins at JMHS Fall Kick-Off

### September

- \* USRowing Honor Roll applications due by seniors
- \* Area Novice & Intermediate Fall Rowing Programs
- \* Giant Gift Card Sales begin.

### October

- \* Halloween Parade
- \* Fundraising Event: Fall Raffle
- \* Informational meetings for Novice & Returning Rowers – pick up registrations packets, ask questions, etc.

### November

- \* Winter Conditioning (not mandatory) begins after school
- \* Fundraising Events: First raffle drawing
- \* First payment due with Intent to Row Form
- \* VASRA training programs

### December

- \* Winter Conditioning continues
- \* Fundraising Events: second raffle distributed

### January

- \* Winter Conditioning continues
- \* Mid-Atlantic Erg Sprint Contest
- \* Second raffle drawing

### February

- \* Winter Conditioning continues
- \* Kick-Off/Safety Meeting for all rowers/parents
- \* Mulch sales begin
- \* Mandatory boathouse clean up/setup day at Sandy Run
- \* Judge-Referee training
- \* FIRST DAY ON THE WATER

### March

- \* Launch Driver Orientation
- \* Polar Bear Regatta for experienced rowers
- \* MULCH SALE DELIVERY

### April

- \* Regattas every Saturday
- \* Spring Break Practice
- \* Fundraising Events: Car Wash, Raffle

### May

- \* Regattas several Saturdays
- \* Virginia State Championships
- \* Stotesbury Regatta, Philadelphia
- \* SRAA National Regatta (location TBD)

### June

- \* Awards Dinner
- \* Election of new JMCBO Board
- \* Mandatory boathouse clean up day at Sandy

## James Madison Crew Booster Organization

**2011-12**

### Board Members, Committee Chairs, and Captains

\* **Bolded Names are Board Members**

[www.warhawkcrew.org](http://www.warhawkcrew.org)    ✉ [jmhscrew@gmail.com](mailto:jmhscrew@gmail.com)

<b>President (Board Member)</b>	<b>Howard Springsteen (11 Boy)</b>
<b>Executive Vice President (Board Member)</b>	<b>Suzie Kalousis (10 Girl)</b>
<b>Immediate Past President (Board Member)</b>	<b>Ron Marx (12 Girl, 9 Girl)</b>
<b>Vice President Operations (Board Member)</b>  Boats/Rigging/Supplies/ Launches/Motors/Trailer  Ergs/Shed  <i>Stotes/National Events</i> Hotels; Transportation (people); Paperwork (registration, school)  Transportation (people) Bus Driver; Bus Coordinator	<b>Dave Brown (11 Girl)</b>  Mario Spina (10 Girl), Charles Billingsley (10 Girl), Mike Kalousis (10 Girl), Dave Wilson (10 Girl), James Cudney (11 Boy), Bill Lowe (11 Boy), Andy Margolis (10 Girl cox)    Howard Springsteen (11 Boy)  Glenn Burger  Patricia Waters-Heflin (10 Girl)  Howard Springsteen (11 Boy)
<b>Vice President Membership (Board Member)</b> Returning Rower Letter; New Parent Coordinator; Membership Records/Forms <i>Recruiting</i> PTSA Rep; Recruiting Plans/Events; Activities Fair <i>Mentoring</i> <i>Events Chair</i> Membership meetings; Information meetings; Swim Tests; End of Year Party  <i>Uniforms &amp; Spirit Wear</i>	<b>Cindy Lawless (10 Girl, 12 Girl)</b> Deb Rymmer (10 Boy)           VACANT
<b>Vice President Ways and Means (Board Member)</b> Fundraising – Mulch Sale Raffles Fosters Grille / Let's Dish Giant Gift Cards/Script	<b>Janet Weiner (11 Boy)</b> Marty & Sarah, Janet Weiner (11 Boy) Janet Weiner (11 Boy) Marina Lyn Beckhard (11 Boy) VACANT
<b>Treasurer (Board Member)</b> Budget Planning and Financial Execution Tax Preparation; Organization of Documents Legal/Insurance Policies	<b>Phil Mottola (11 Boy)</b>  Marina Lyn Beckhard (11 Boy)
<b>Secretary (Board Member)</b> Board Minutes; Scheduling; Team Historian; Parliamentarian VASRA Representative Attend bimonthly meetings & report to Board OLOC Representative Attend quarterly meetings & report to Board	<b>Charles Billingsley (10 Girl)</b>  Ron Marx (12 Girl cox, 9 girl)  VACANT
<b>Personnel (At-large Board Member)</b> Coach Recruiting / Hiring / Contracts Crew Council (MadisonCrewCouncil@gmail.com)  Cox Liaison	<b>Sonya Kedzie (12 Girl)</b> Howard Springstein (11 Boy) Suzie Kalousis (10 Girl) Sonya Kedzie (12 Girl), Pat Ritter (12 Boy), Harvey Weiner (11 Boy),  Ron Marx (12 Girl cox)
<b>Volunteer Coordinator (At-large Board Member)</b> VASRA Volunteer Meeting / Regatta Positions Volunteer Hour Tracking (Parents & Rowers)	<b>Karen Fowkes (10 Girl cox)</b> Marina Lyn Beckhard (11 Boy)
<b>Communications (At-large Board Member)</b> Web Administrator; Newsletter; Activities Calendar Weekly Heat Sheets and Photo Line-ups Photographer  Public Relations (External)	<b>Anne Driscoll (11 Boy)</b> Assistant: Eileen Doughty (11 Boy) Suzie Kalousis (10 Girl) Marina Lyn Beckhard (11 Boy) VACANT  Barry Zulauf (10 Boy)

Newspapers; Yearbook; Mad Memos; Articles Brochures/Graphics; Local Events Participation (parades, etc)	
<b>Hospitality (At-large Board Member)</b> Regattas; Away Events	<b>Debbie Wascom (11 Boy)</b> Julie McAndrews (12 Girl) Cindy Lawless (10 Girl, 12 Girl) Leslie Brown (11 Girl)
<b>At Large Parent (Board Member)</b>	<b>James Cudney (11 Boy)</b>
<b>At Large Parent (Board Member)</b>	<b>Barry Zulauf (10 Boy)</b>
<b>At Large Parent (Board Member)</b>	<b>Cheryl Billingsley (10 Girl)</b>
<b>At Large Parent (Board Member)</b>	<b>Marty Cammiso (11 Girl)</b>
<b>At Large Parent (Board Member)</b>	<b>Marina Beckhard (11 Boy)</b>
<u>Coaches</u> <i>Head Coach</i>  <i>Assistant Coaches</i>	Paul Allbright  Jameson O'Brien Charlotte Morris Anne FitzSimons Beth Ellis John Findley
<u>Captains</u>	Michael Wascom(11 Boy) David Ritter (12 Boy) Caitlin Carlisle (12 Girl) Caroline Comey (12 Girl)
School Liaison	VACANT
Booster Rep to JMHS	James Cudney (11 Boy)
Ex-Officio Principal	Mark Merrell
Ex-Officio Faculty Advisor	Kirsten Roberts
Ex-Officio Director of Student Activity	John Lingenfelter
Faculty Representative to VASRA Crew Council	Kirsten Roberts

Current as of 17 September 2011