

# **TEANECK**



# **CREW**

**TEANECK HIGH SCHOOL  
CREW TEAM**

***HANDBOOK***

**2010 SEASON**



## INTRODUCTION

The Teaneck Crew Team was established in the spring of 2002 as a club sport at Teaneck High School. Since then, the THS Crew Team gained Philadelphia Scholastic Rowing Association league membership (2004), the most competitive high school rowing league in the country. Several THS students have reached for respectable accomplishments: *Dave Hurwitz* won Gold in the Junior B 4x at the US National Championships. *Joe Medioli* won the 2004 US Junior World Championship Trials in the 1x, and finished 9<sup>th</sup> at the Junior World Championships. He then went on to become the captain of the Varsity Men's 8+ at Harvard University. *Lauren Hurwitz* rowed for Wellesley College in the Varsity Women's 8+. *Sarah Pearlman* currently rows at St. John's College in Annapolis, Maryland. After six seasons as a club sport, the crew team gained official status as a varsity sport at Teaneck High School in 2008.

According to Wikipedia<sup>1</sup>, "Rowing is the oldest intercollegiate sport in the United States. Despite this, rowers comprise only 2.2% of total college athletes. This may be in part because of the status of rowing as an amateur sport and because not all universities have access to suitable bodies of water. In the 2002-03 school year there were 1,712 male and 6,690 female collegiate rowers. This is compared to the 2,037 male and 2,049 female high school rowers who competed in the 2003-04 school year." Although some high schools have had crew teams for many years, the list of high school crew programs is growing every year.

Parents and their sons and daughters who have been involved in our crew team have found that rowing is a character building experience, both mentally and physically, which will benefit the boys and girls throughout their lives. Many of our athletes love it so much, they don't want it to end and will continue this sport long after they leave Teaneck. They develop a love for the water, the outdoors and the intense camaraderie, which consumes them during crew season. Parents also find a whole new world to share with their children.

The attached information should be helpful in answering most questions you may have, but please feel free to ask our coach, Clemens Reinke ([CrewCoachClemens@mac.com](mailto:CrewCoachClemens@mac.com)), or our assistant coach, Kerrie Viray ([KViray@teaneckschools.org](mailto:KViray@teaneckschools.org)), should we have overlooked something. A lot of information is also posted on Coach Clemens' website at [www.CrewCoachClemens.com/Teaneck\\_Crew](http://www.CrewCoachClemens.com/Teaneck_Crew).

So, for those of you who are joining crew, we look forward to introducing you to the world of rowing and for our returning team members, be prepared for an intense and exciting 2010 crew season.

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<sup>1</sup> College Rowing (United States), Wikipedia, [http://en.wikipedia.org/wiki/College\\_rowing\\_\(United\\_States\)](http://en.wikipedia.org/wiki/College_rowing_(United_States)) (accessed 02/25/09)



## **PRACTICE SCHEDULE**

### **Pre-Season: December 7, 2009 through February 26, 2010:**

*Meet in the THS Wellness Center. Workout on the Concept 2 Indoor Rowing Machines, on theraballs, and in the weight room.*

THS — Monday, Tuesday, Thursday – Erg/Weight Practice — 3:15 PM to 5:00 PM  
During Winter Recess (February 15-19, 2010):

THS — Tuesday, Wednesday, Thursday, Friday — Erg/Weight Practice — 8:00 AM to 9:30 AM

### **New Rowers Info Sessions:**

*Meet in the THS Wellness Center. Introduction to the rowing motion on the Concept 2 Indoor Rowing Machines, general information about rowing, and introduction to requirements for joining the THS Crew Team.*

Wednesday, January 27, 2010 — Intro to Erging — 3:15 PM to 4:30 PM

Wednesday, February 3, 2010 — Intro to Erging — *canceled due to early school closing*

Wednesday, February 10, 2010 — USRowing Safety Video — *canceled due to Snow Day*

Wednesday, February 25, 2010 — Make-Up canceled Sessions — 3:15 PM to 4:30 PM

### **Regular Season: March 1, 2010 through May 22, 2010:**

*At this point we will begin to get out on the water if the weather permits. If the weather is questionable please bring clothing for indoor and outdoor training. A decision on whether we will travel to the Passaic/Hackensack River or stay at THS could come as late as 3:00 PM. You can check Coach Clemens' website, which will show if the practice has been moved indoors.*

*We are in the process of obtaining a permit from the Department of Environmental Protection to place a dock into the Hackensack River at the edge of the Fairleigh Dickinson University Soccer Field just north of Route 4. It is not clear yet when the dock will become a reality. It will probably happen sometime during our spring season. As long as the dock is not available yet we will travel by school bus with the entire team to the Passaic River in Rutherford, NJ. Once the dock is available on the Hackensack we will separate the Freshmen/Novice Team from the JV/Varsity Team in order to provide better coaching for both teams. At that point students will walk from the school to the Hackensack River.*

### **Junior Varsity/Varsity Team:**

Passaic River — Monday, Tuesday, Thursday, Friday — 3:20 PM – 6:00 PM

Passaic River — Saturday — 8:00 AM to 11:30 AM

Hackensack River — Monday, Tuesday, Thursday, Friday — 4:30 PM – 6:00 PM

Hackensack River — Saturday — 8:00 AM to 9:30 AM

### **Freshmen Team (9<sup>th</sup> Graders):**

Passaic River — Monday, Thursday — 3:20 PM – 6:00 PM

Passaic River — Saturday — 8:00 AM to 11:30 AM

Hackensack River — Monday, Tuesday, Thursday, Friday — 3:30 PM – 4:45 PM

Hackensack River — Saturday — 9:30 AM to 11:00 AM



**Novice Team** (10<sup>th</sup> to 12<sup>th</sup> Graders rowing their first season):

Passaic River — Tuesday, Friday — 3:20 PM – 6:00 PM

Passaic River — Saturday — 8:00 AM to 11:30 AM

Hackensack River — Monday, Tuesday, Thursday, Friday — 3:30 PM – 4:45 PM

Hackensack River — Saturday — 9:30 AM to 11:00 AM

For travel to the Passaic River we will meet on the Elizabeth Avenue side of THS, where the school bus departs at 3:20 PM (weekdays), or at 8:00 AM on Saturdays. The school will provide transportation to Nereid Boat Club for on-water practices. On weekdays, the bus departs at 3:20 PM and returns to the school approximately 6:00 PM. On Saturdays, the bus departs at 8:00 AM, and returns at approximately 11:30 AM. The return trip normally takes around 30 minutes, and we suggest your children call you when leaving Nereid. This way you can schedule your pickup to coincide with the bus' arrival. Rowers will be responsible for their own transportation to/from Saturday practices.

Once we move to the Hackensack River students will walk down to the Hackensack River.

**Summer & Fall Seasons: May 25, 2010 through October 29, 2010:**

Teaneck Rowing Club will develop summer and fall programs for youth, collegiates, and adults. We will share further information as soon as it becomes available.



### TEANECK HS CREW APPAREL

Teaneck HS will provide each rower with a unisuit and a crew jacket. Since the unisuit is worn very closely to ones body it will not have to be returned at the end of the season. The crew jacket, however, continues to be the property of the Teaneck Board of Education, and will need to be returned to the coaches at the end of a student's high school rowing career.



Additional THS Crew Gear is available online for individual sale from Sew Sporty. Go to <http://power10sports.com> , select "Teaneck Crew" from the pull-down menu, and enter the password "rowths" to enter our special team store.





## REGATTA SCHEDULE

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>WEBLINK</b>
Sat, Mar 6	PRRA Erg Classic	Nutley, NJ	<a href="http://www.prra.org">www.prra.org</a>
Sun, Mar 21	2 <sup>nd</sup> Manny Flick	Philadelphia, PA	<a href="http://www.phillyflicks.com">www.phillyflicks.com</a>
Sun, Mar 28	3 <sup>rd</sup> Manny Flick	Philadelphia, PA	"
Sat, Apr 10	Northern NJ Championship	Kearny, NJ	
Sun, Apr 11	4 <sup>th</sup> Manny Flick	Philadelphia, PA	"
Fri/Sat, Apr 16/17	Mercer Lake Sprints	West Windsor, NJ	<a href="http://www.princetonregatta.org">www.princetonregatta.org</a>
Sat, Apr 24	Garden State Scholastic Champ <i>(JV/Varsity Team only)</i>	Cooper River, NJ	
Sun, May 2	Philadelphia City Champ.	Philadelphia PA	<a href="http://www.boathouserow.org">www.boathouserow.org</a>
Sun, May 9	Dr. White Novice Regatta <i>(Freshmen/Novice Team only)</i>	Philadelphia, PA	<a href="http://www.phillyflicks.com">www.phillyflicks.com</a>
Fri/Sat, May 14/15	Stotesbury Cup Regatta <i>(JV/Varsity Team only)</i>	Philadelphia PA	<a href="http://www.boathouserow.org">www.boathouserow.org</a>
Sat, May 22	3 <sup>rd</sup> Annual THS Marathon Row	Rutherford to Teaneck <a href="http://www.crewcoachclemens.com/Marathon">www.crewcoachclemens.com/Marathon</a>	
Fri/Sat, May 28/29	Scholast. National Champ. <i>(JV/Varsity Team only if boats have qualified)</i>	Saratoga Springs, NY	<a href="http://www.sraa.net">www.sraa.net</a>

The Web Link provided for the sponsoring organization may also include directions or maps, updated timetables for upcoming races, maps of the racecourse, and information on the surrounding area, so they are worth looking up. Race schedules are also posted at the launch area of each event. If you can't find the posting area, ask one of the rowers, another parent, or an official.

Teaneck will have a tent set up at each regatta to provide a resting area for rowers before and after races, as well as for parents. Please stay clear of boats moving to and from the docking area - some sites are very congested and it's easy to get in the way of the rowers.

Web Link sites also post regatta results for their events if you are unable to attend or want to confirm results for any races. Posting times may vary, so check again if you don't find it immediately.



## **REGATTAS: WHAT TO BRING**

### **Every athlete needs to bring the following to every regatta:**

1. I.D.
2. Appropriate clothing including your unisuit, extra socks, sneakers, rain gear depending on weather conditions, (If special attire is required, the coach will let you know)
3. Water bottle.
4. Towel
5. Sunscreen.
6. Cash for food if the regatta is out of town.
7. Overnight regattas: extra clothes, extra money.
8. Optional: snacks, camera, playing cards, books, radio or CD player with earphones, foldout chair.

### **Parents attending regattas may want to bring:**

1. Back up clothing and/or drinks (Gatorade or water) and snacks for athlete.
2. Binoculars
3. Camera.
4. Portable foldout chair.
5. Rain Gear/Umbrella
6. Blanket for colder days
7. Reading material (it can be a long wait between your child's races).
8. Any supplies you volunteered to bring.



## COACHES

### **HEAD COACH:**

#### **Clemens Reinke**

Mobile Phone: (201) 320-2951

[CrewCoachClemens@mac.com](mailto:CrewCoachClemens@mac.com)

*Coach Clemens began his rowing career in Germany in the mid-1970's winning several gold medals at the German Scholastic Championships in the single, as well as, doubles and quads. In 1978, Clemens won the Junior Single event at the Thames Head Race in England. He was then invited to join the German Junior National Team and trained with world champion sculler, Peter Micheal Kolbe. In 1979, Clemens medaled gold for Germany at an International Youth Regatta in Villach, Austria. He began coaching for the Ruderverein Wandsbek, Hamburg, in 1981 and completed his Coaching-B license from the German Rowing Association in 1983. In the United States, Clemens has coached masters at the Nereid Boat Club, and the High School Crew Team at Don Bosco Prep. Currently, he is the Head Coach of the Teaneck High School Crew Team and served as the Head Coach of the Passaic River Rowing Association from 1999 to 2009. He is now developing a new crew team at Fairleigh Dickinson University, and will develop new rowing programs for the Teaneck Rowing Club. He is a USRowing Level 2 certified coach.*

### **ASSISTANT COACHES:**

#### **Kerrie Viray**

[kviray@teaneckschools.org](mailto:kviray@teaneckschools.org)

*Coach Viray rowed at Rutgers University as a student. She is a science teacher at THS, and has coached the THS Crew Team since 2005. She is a USRowing Level 1 certified coach.*

#### **Sara Elmiligi**

*Coach Sara joined the THS coaching staff in 2010 as a junior assistant coach to help out during practice and at regattas. Sara rowed and coxswains for Belleville High School from 2004 to 2008. She is now a sophomore at Fairleigh Dickinson University, where she was instrumental in starting the new FDU Crew Club. Besides assisting the THS Crew Team with coaching she will be rowing herself with the FDU Crew Team.*

#### **Javier Rueda**

*Coach Javier rowed with the Teaneck HS Crew Team throughout his high school years until his graduation in 2009. He stroked the Boys' Lightweight Varsity Double during the 2009 season. He and his partner Mauricio Delgado missed qualification to the final at the 2009 Stotesbury Cup Regatta by only seconds. He joins the THS Crew coaching staff this year as a Freshmen & Novice Coach. He is a freshmen at the New Jersey Institute of Technology.*

**Teaneck High School Crew Team**

**February 2010**

Page 8 of 15



## TEANECK ROWING CLUB

Rowing is a very cost intensive sport due to the need to buy and maintain very expensive equipment. We are grateful to the Teaneck Board of Education, to the late Superintendent *John Czeterko*, and to Athletic Director, *Ron VanSaders* for making Crew a Varsity Sport beginning with the 2008 Spring Season and supporting the operating budget of the Crew Team. Teaneck Rowing Club continues to provide, maintain, and expand the equipment needed such as the boats, oars, coaching launches, and much more. This year, TRC will be providing the majority of the funding for the new dock on the Hackensack River, while Fairleigh Dickinson University will in the future build a new boathouse in conjunction with the new construction of the grand stands at the FDU Soccer Field.

Up to this point TRC has had a purely supportive function for the high school crew team. It is a 501(c)3 charitable organization allowing all purchases to be tax-exempt, and all donations to the TRC to be tax deductible. Once the new dock is in the Hackensack River, TRC will become active as a full rowing club offering rowing programs for all ages to the Teaneck community and its surrounding areas.

Parents are welcome to get involved with the leadership of the TRC, in order to continue a close connection between the TRC and the high school crew team. All the present officers are parents of THS alumns:

**President** — open

**Secretary** — Al Medioli [Al.Medioli@aigfpc.com]

**Treasurer** — Andrea Hurwitz

**Parent Liaison** — Margot Fisher



## **GUIDELINES**

Joining the Teaneck High School Crew means that you will be representing your school when we are in public on the Passaic River, the Hackensack River, on the Fairleigh Dickinson University property, any regatta venue, or on overnight trips. All crew team members should respect and follow these guidelines.

1. To conduct yourself appropriately at all athletic events.
2. To offer encouragement and support to your teammates and to place the team before yourself.
3. To maintain on file with your coach a current health record and consent form for medical emergencies as provided by the club.
4. To refrain from drug use, including but not limited to alcohol and tobacco, in order to be physically and mentally prepared to participate in athletics. Use of alcohol or illegal drugs can result in suspension or dismissal from the Teaneck Crew Team.
5. To attend all practice sessions and regattas on time and be ready to participate.
6. To watch the athletic contest even when not on the water and/or be involved in warm-up in preparation for entering the event.
7. To be in school on the day of practice.
8. To inform the coach, in advance, if you are unable to be present for a regatta or practice session.
9. To warm up properly for all practices and athletic contests. It is the rower's responsibility to bring a water bottle and appropriate clothing for all practices and races.
10. To assist with equipment set-up and take-down for practice and regattas.
11. To wear an approved team uniform for all regattas.
12. To refrain from the use of inappropriate language during practices, regattas, or other club-related events.



## CODE OF CONDUCT CONTRACT FOR PRACTICES & REGATTAS

### When with the team, I agree to all of the following:

I understand that the following infractions will result in a team member being scratched from the upcoming race and/or sent home at their own expense in addition to any action a Coach or Teaneck HS representative may take:

- a. Use or possession of alcoholic beverages, cigarettes, tobacco or controlled substances
- b. Use or possession of any object that can inflict harm or damage to property or people.
- c. Damage to property
- d. Stealing or shoplifting
- e. Loud and unruly behavior including fighting or instigating a fight
- f. Disrespectful behavior or failure to obey chaperones, coaches, or bus drivers
- g. Behavior that has a detrimental impact on the performance of the team.
- h. Leaving the regatta hotel or area un-chaperoned without the prior approval of the chaperone.
- i. Any display of inappropriate sexual behavior.

I will support my teammates throughout competitions by sending boats off, cheering for other Teaneck boats at race time, and assisting other boats in rigging and de-rigging shells.

I will stay with my boat or team during race times.

At out-of town regattas I will not enter a hotel room occupied by someone other than a Teaneck rower, chaperone or coach. Also, no one other than another Teaneck rower, coach or chaperone are allowed in a rower's room. I will not enter a room occupied by members of the opposite sex unless there is a meeting of the team under the supervision of a chaperone or coach.

A coach or chaperone will make room assignments when I arrive at the hotel. I will stay in the room assigned to me.

I will not make any phone calls or rent any movies, etc. that will be charged to my room.

The time of curfew will be established by the coach and will be strictly adhered to. There will be a room check at curfew. I will not leave my assigned room without the express permission from my assigned chaperone.

I understand this code of conduct and will abide by its rules and expectations.

Rower's Signature \_\_\_\_\_

Date: \_\_\_\_\_

Parent's or Guardian's Signature \_\_\_\_\_

Date: \_\_\_\_\_

**Teaneck High School Crew Team**

**February 2010**

*Page 11 of 15*



## **ATTENDANCE POLICY**

Teaneck High School not only strives to offer students a high school diploma, it is, more importantly, a life preparatory experience. The extra-curricular activities at Teaneck HS are designed to enhance the growth and experience of life at THS and beyond. Responsibility, discipline, commitment, work ethic, time management, self-esteem, and teamwork are part of THS's extra-curricular activities.

Practice is where we prepare to compete. Practice is more important than the competition. You are expected to attend every scheduled practice or competition, arrive on time, and be prepared to participate fully.

If you are in school, you must be at practice.

If you cannot attend practice or a competition, you are expected to call and talk to the coach.

If you cannot attend practice or a competition due to circumstances involving your parent(s), your parent(s) are expected to call and talk to the coach and explain the circumstances.

Every crew member is expected to remain at the competition until the competition is finished, even if your own event is over (team responsibility).

Too many missed practices/competitions will determine whether you compete and may lead to suspension or expulsion from the crew program.

A good Rule of Thumb: Treat extra-curricular activities as you would a job. If you are scheduled to work, what would be the consequences for your absence?



## PARENT VOLUNTEERS

In the past years we have had some support and participation by parents during regattas. Parental involvement is crucial for running a successful team. As a parent, please consider getting involved this season.

The following areas are where most of the help is needed during the season.

**Car Pooling** — While we have school bus transportation on weekdays and Saturdays to practice, we will not have common transportation to and from regattas. In addition, parking is limited, especially at the Philadelphia regatta venue. The THS Crew Team has received five (5) parking passes from the Philadelphia Scholastic Rowing Association (PSRA). It is therefore very important to organize car-pooled transportation. We need parents willing to provide such transportation.

**Trailer Driver** — We are looking for one or two parents willing to learn how to drive a boat trailer. Driving a loaded trailer with long rowing boats is not easy, and will require some training. However, while Coach Clemens will be driving the trailer to some regattas he will not always be able to do that, especially to those regattas taking place on Sundays in Philadelphia. Anyone interested in learning how to drive the trailer, please speak to Coach Clemens.

**Regatta Volunteers** — At one of the regattas in Philadelphia PSRA will be asking the THS Crew Team to provide five (5) parent volunteers to assist in running the regatta. This may entail directing traffic, or any other duty necessary to run an efficient regatta.

**Hotel Supervision** — All rowers have a curfew at away regattas. We will need parents to chaperone at our overnight regattas.

**Fundraising** — A Couple of fundraisers are held each year to help defray the high cost of maintaining a team. As our team has experienced an exciting growth spurt we are in need of additional boats and equipment. The more support we can get in raising money, they better the team will be able to practice and race.

**3<sup>rd</sup> Annual Marathon Row:** Saturday, May 22, 2010 will be the day for our next 28.9-mile Marathon Row from Rutherford on the Passaic River to Teaneck on the Hackensack River. We are hoping that everyone will get involved in soliciting support for this event by finding sponsors for the effort of the rowers. More specific information can be found at [www.crewcoachclemens.com/Marathon](http://www.crewcoachclemens.com/Marathon) .

Anyone who can offer new ideas for fundraisers or large donations for capital equipment call or email Coach Clemens, or Al Medioli at (201) 657-9032, or [Al.Medioli@aigfpc.com](mailto:Al.Medioli@aigfpc.com) .



## **GENERAL INFO**

Teaneck's crew season starts with lots of practices, which will consume a lot of your child's time but will help him or her to get in shape. Practice is extremely important and it can/will effect the rower's ability protect his or her position in a boat.

Once the water practices start at Nereid Boat Club (550 Riverside Avenue), team members will be bused to and from Rutherford. Pick up times (at Teaneck) will vary somewhat due to start times & conditions on the water and if you have to pick your child up from THS after returning to the school, it is best to have him or her call you when the bus leaves. The bus trip back takes around 30 minutes. In the beginning of the season, once water practices start, it is crucial that your son or daughter keeps him- or herself dry and warm, so extra clothes/shoes/socks/hats should always be carried to practice.

Unisuits and jackets will be issued to new members. Returning team members can purchase additional items if needed. (See section on THS Crew Team Apparel on page 4.)

Once the out of town regattas start, we will need parents to drive to the regatta venues. The departure time will be emailed to everyone and is determined by when our first race takes place. Once the last race is over, we break down our site and leave. Some days can start at 5am in the morning and end at 9pm at night. We have no control over when our boats are scheduled.

The Stotesbury Cup Regatta is the only regattas requiring an overnight trip. The team leaves Thursday morning to get the rowers down to Philadelphia for practice. The races start on Friday and, depending on qualifications, will hopefully continue racing on Saturday. The hotel will be in Cherry Hill, NJ. Parent's rooms must be reimbursed to Teaneck Rowing Club, and be collected in advance. This regatta is a lot of fun, so don't miss it.



**MORE WEBSITES WITH GENERAL INFO:**

**Coach Clemens's Website** — [www.CrewCoachClemens.com](http://www.CrewCoachClemens.com)

**Regatta Central** - <http://www.regattacentral.com/calendar.html> . Gives schedules, information, links.

**US Rowing** - <http://www.usrowing.org> Includes schedules, maps, accommodations, waiver forms, links

**Scholastic Rowing Association** -<http://www.usrowing.org/itemdisplay.asp?id=818>  
Schedules, links,