

# **TEANECK**



# **CREW**

**TEANECK HIGH SCHOOL  
CREW TEAM**

***HANDBOOK***

**2012 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 single (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 Eight with coxswain (8+) at Harvard University. *Lauren Hurwitz* rowed for Wellesley College in the Varsity Women's 8+. 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 the crew team have found that rowing is a character building experience, both mentally and physically, which will benefit the students 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 high school. 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. Some parents have also become avid rowers after trying it for themselves.

The information in this handbook 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)), 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 2012 crew season.

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<sup>1</sup> College Rowing (United States), Wikipedia, [http://en.wikipedia.org/wiki/College\\_rowing\\_%28United\\_States%29](http://en.wikipedia.org/wiki/College_rowing_%28United_States%29) (accessed 01/12/11)



## FEES

We are grateful that despite the shrinking school budget the Crew Team is still a full varsity sport at Teaneck High School. However, in order to fully meet our operating budget it will be necessary for all rowers to contribute a small fee of **\$80.00** in order to participate. In addition, all rowers who take part in the trip to the Stotesbury Cup Regatta will need to contribute **\$20.00**.

## HOW TO REGISTER

- 1) You need to be medically and academically cleared by the THS Nurse, and the THS Athletic Office. To get that done here is the process:
  - i. Go to the THS Nurse and pick up the forms for the physical exam.
  - ii. Complete the form, and if necessary make an appointment with your doctor. Do not forget to specify CREW as the sport for which you want to be cleared.
  - iii. Return the completed form to the THS Nurse. Then you wait for the following:
    1. The THS nurse will clear you medically, and passes the form on to the Athletic Office.
    2. The Athletic Office will clear you academically. This year the minimum GPA is still 2.0. Starting with the school year 2012/2013 you need to keep a cumulative GPA of 2.3.
    3. When everything is okay, the Athletic Office will return a portion of the form to the coach, which gives you green light to participate.
  - iv. No one can participate before they are cleared by the nurse and the athletic director. It is strongly advisable to start the process as soon as possible.
- 2) Go to <http://www.crewcoachclemens.com/THSRegistration.html>, and fill in the online registration form. If you are a new rower you can log in your measurements for your Crew Jacket, and your Unisuit. Do this also as soon as possible, as the clothing order takes a while until we receive it.
- 3) While completing the above online registration it will ask for your parent/guardian to sign the USRowing Online Waiver. The coaches will not be able to enter you in any races unless your USRowing Waiver is signed. You can go there directly to <https://rosters.usrowing.org/> . Enter our Club Code [3FJ93], and follow the process.



## **PRACTICE SCHEDULE**

### **Pre-Season: January 3, 2012 through March 2, 2012:**

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

THS — Monday, Tuesday, Thursday, Friday – Erg/Weight Practice  
Frosh/Novice — 3:15 PM to 4:30 PM  
JV/Varsity — 4:30 PM to 5:45 PM

During Winter Recess (February 20-21, 2012):

THS — Tuesday — Erg/Weight Practice — JV/Varsity — 7:30 AM to 9:00 AM  
Frosh/Novice — 9:00 AM to 10:30 AM

### **Teaneck Rowing Club Winter Gala** (*Open to all rowers, parents, and other guests*)

Saturday, March 3, 2012 — 5:00 PM to 8:00 PM — Grace Lutheran Church,  
1200 River Road, Teaneck

### **Important Parents' and Rowers' Informational Meeting**

Monday, March 5, 2012 — 7:30 PM to 9:00 PM — THS Student Center

### **Regular Season: March 2, 2012 through May 19, 2012:**

*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 meet on Overpeck Lake 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.*

#### **Freshmen/Novice Team** (9<sup>th</sup> Graders/10<sup>th</sup> to 12<sup>th</sup> Graders new to rowing):

Overpeck Lake — Monday, Tuesday, Thursday, Friday — 4:30 PM – 5:45 PM  
Overpeck Lake — Saturday — 9:30 AM to 11:00 AM

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

Overpeck Lake — Monday, Tuesday, Thursday, Friday — 5:45 PM – 7:00 PM  
Overpeck Lake — Saturday — 8:00 AM to 9:30 AM

Students are responsible to walk, bike, or drive from Teaneck High School to Overpeck Lake. Please be on the dock at least 15 minutes earlier, so you are ready to row at the assigned practice time.

### **Summer & Fall Seasons: June 4, 2012 through November 5, 2012:**

Teaneck Rowing Club will offer summer and fall programs for youth, collegiates, and adults. For further information you may check the Teaneck Rowing Club website at <http://teaneckrowingclub.org>.

**Teaneck High School Crew Team**

**January 2012**

Page 4 of 15



### 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.



**Teaneck High School Crew Team**  
**January 2012**



## 2012 REGATTA SCHEDULE

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>WEBLINK</b>
Sat, Mar 3 (?)	PRRA Erg Race	Nutley, NJ	<a href="http://www.prra.org">www.prra.org</a>
Sun, Mar 18	1 <sup>st</sup> Manny Flick	Philadelphia, PA	<a href="http://www.phillyflicks.com">www.phillyflicks.com</a>
Sun, Mar 25	2 <sup>nd</sup> Manny Flick	Philadelphia, PA	"
Sun, Apr 1	3 <sup>rd</sup> Manny Flick	Philadelphia, PA	"
Sat, Apr 14	North Jersey Championship	Teaneck, NJ	<a href="http://www.NorthJerseyRowingRegatta.org">www.NorthJerseyRowingRegatta.org</a>
Sun, Apr 15	4 <sup>th</sup> Manny Flick	Philadelphia, PA	<a href="http://www.phillyflicks.com">www.phillyflicks.com</a>
Fri/Sat, Apr 20/21	Mercer Lake Sprints	West Windsor, NJ	<a href="http://www.princetonregatta.org">www.princetonregatta.org</a>
Sun, Apr 22	5 <sup>th</sup> Manny Flick	Philadelphia, PA	<a href="http://www.phillyflicks.com">www.phillyflicks.com</a>
Sat, Apr 28	Garden State Scholastic Champ	Cooper River, NJ	
Sun, May 6	Philadelphia City Champ.	Philadelphia PA	<a href="http://www.boathouserow.org">www.boathouserow.org</a>
Sun, May 13	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 18/19	Stotesbury Cup Regatta	Philadelphia PA	<a href="http://www.boathouserow.org">www.boathouserow.org</a>
Fri/Sat, May 25/26	Scholastic National Champ. <i>(JV/Varsity Team only if boats have qualified)</i>	Cooper River, NJ	<a href="http://www.sraa.net">www.sraa.net</a>
Sat, June 2	5 <sup>th</sup> Annual THS Marathon Row	Rutherford to Teaneck	<a href="http://www.crewcoachclemens.com/Marathon">www.crewcoachclemens.com/Marathon</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 and Junior Championships in the single, as well as, doubles and quads. In 1978 and 1979, Clemens won the Junior Single event at the Thames Head Race in England. He was part of 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 youth rowers, collegiate rowers, and masters rowers at the Nereid Boat Club, the Passaic River Rowing Association, and Don Bosco Preparatory High School. In 2008, he became the Head Coach of the Teaneck High School Crew Team. In 2009, he gave guidance to students at Fairleigh Dickinson University in starting a new crew team, and became the volunteer crew coach for FDU. In response to a request from the Leonia School District he provided know-how and coaching in starting a new crew team at Leonia High School in 2011, and is developing new rowing programs for Teaneck Rowing Club since the summer and fall of 2010. He is a USRowing Level 2 certified coach, and annually attends the Joy of Sculling Coaches Conference to further educate himself as a coach.*

### ASSISTANT COACHES:

#### **Sara Elmiligi**

Mobile Phone: (973) 460-3464

[Sara\\_Elmiligi@student.fdu.edu](mailto:Sara_Elmiligi@student.fdu.edu)

*Coach Sara joined the THS coaching staff in 2010 as a student assistant coach to help out during practice and at regattas. In 2011, Coach Sara was hired by the Teaneck School District as the assistant crew coach. That season she also helped Coach Clemens to start the Leonia High School Crew Team. She rowed for Belleville High School from 2006 to 2008. She is now a senior at Fairleigh Dickinson University, where she was instrumental in starting the new FDU Crew Club. Besides assisting the THS Crew Team as assistant coach she is an athlete herself with the FDU Crew Team. She attended the Joy of Sculling Coaches Conference in December 2011 to further her knowledge as a coach.*

### VOLUNTEER ASSISTANT COACHES:

#### **Kerrie Viray**

*Coach Viray rowed at Rutgers University as a student. She is a science teacher at THS, and has coached the THS Crew Team from 2005 to 2010. She is a USRowing Level 1 certified coach.*

**Teaneck High School Crew Team**

**January 2012**

Page 8 of 15



## **VOLUNTEER STUDENT ASSISTANT COACHES:**

### **Kathryn Heaney**

*Coach Kathryn started rowing during her senior year at Teaneck High School. Catching on to the sport very quickly she joined the Summer Junior Program at Teaneck Rowing Club, and participated successfully at the Royal Canadian Henley Regatta in St. Catherines, Ontario. Presently, she is a first-year student at Fairleigh Dickinson University where she joined the Crew Club, and competes with the Fencing Team. She will assist with the THS Crew Team as her time allows.*

## **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 the now retired Athletic Director, *Ron VanSaders*, who accepted Rowing as a Varsity Sport beginning with the 2008 Spring Season. The Teaneck School District is 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. Because of the successful cooperation between the Teaneck and Leonia High School Crew Teams in 2011 the Bergen County Department of Park and Recreation has agreed to set aside some land on the North end of the New Overpeck County Park off Fort Lee Road in Teaneck for the future construction of a boathouse. During this Spring season we anticipate storing the boats in a temporary pen at that location so we can hold practices. As we are able to raise the funds we will construct a full boathouse. On April 14, 2012, Teaneck and Leonia High Schools will be the hosts for the North Jersey Championship Regatta, the first regatta ever held on Overpeck Lake.

Since last year TRC has begun to not only have a supportive function for the high school crew teams, but also offer junior, collegiate, and adult rowing programs beyond the high school season. It is a 501(c)3 charitable organization allowing all purchases to be tax-exempt, and all donations to TRC to be tax deductible. TRC is poised to be active as a full rowing club offering rowing programs for all ages to the Teaneck/Leonia 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 TRC officers are parents of present THS students, or THS alumns:

**President** — Mark Fisher

**Vice President** — Al Medioli

**Secretary** — Patti De Vries

**Treasurer** — Andrea Hurwitz

**Parent Liaison** — Naama Manahan and a parent from the Leonia HS Crew Team

**Teaneck High School Crew Team**

**January 2012**

*Page 9 of 15*



## **GUIDELINES**

Joining the Teaneck High School Crew means that you will be representing your school when we are in public in the New Overpeck County Park, on Overpeck Lake, 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.



## **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. In turn, if you are not in school, you cannot attend practice.

If you cannot attend practice you are expected to call and talk to the coach.

If you cannot attend a competition you are expected to call and talk to the coach before the entry deadline for the competition so your boat does not have to be scratch from your race, and that the school does not get charged extra fees. Should the school be charged a penalty due to your negligence to inform the coach in time of your non-participation it will be your responsibility to reimburse the school.

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. The same thing as laid out in the previous paragraph applies to competitions.

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.

**5<sup>th</sup> Annual Marathon Row:** Saturday, June 2, 2012 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.



## GENERAL INFO

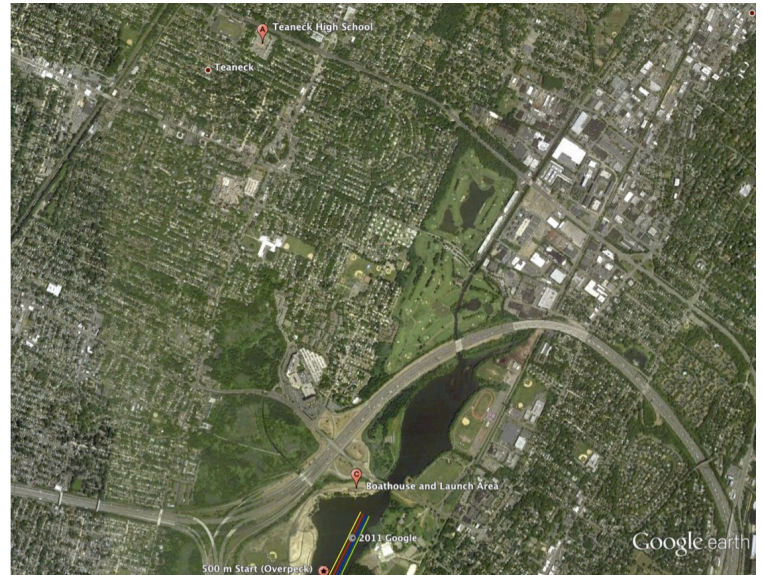
Teaneck's crew season starts with lots of practices, which will consume a lot of your child's time but will help him or her to get in shape. Practice is extremely important and it can/will effect the rower's ability protect his or her position in a boat.

Once on the water practices will be held on Overpeck Lake launching from the north-end of the New Overpeck County Park on the Teaneck side of Fort Lee Road. Team members will be responsible for arriving at the dock 15 minutes before their assigned practice time. There will be no transportation provided by the school. Students can either walk, run, bike, or car pool to get to the dock. 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 regatta 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 still need to be determined. Parent's rooms must be reimbursed to Teaneck Rowing Club, and be collected in advance. Participation in the Stotesbury Cup Regatta is a lot of fun, but it first requires much dedication, and a reasonable expectation to race well.



Google earth

miles 1 2  
km

*Walk from THS to Overpeck Lake*

## MORE WEBSITES WITH GENERAL INFO:

**Teaneck High School Crew Team**

**January 2012**

*Page 13 of 15*



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

**Regatta Central** - [www.regattacentral.com](http://www.regattacentral.com) . Gives schedules, information, links.

**US Rowing** - [www.usrowing.org](http://www.usrowing.org) Includes schedules, maps, accommodations, waiver forms, links

**Scholastic Rowing Association** - [www.sraa.net](http://www.sraa.net) . Information about Scholastic Nationals.

L-6 THE RECORD

LOCAL NEWS

MONDAY, DECEMBER 12, 2011

## You gotta love the regatta, competitive rowers say

### The Zen-like sport of crew is gaining in popularity

By LINDY WASHBURN  
STAFF WRITER

Competitive rowing, one of the Olympic Games' oldest sports, is growing in popularity in North Jersey.

Teaneck High School's varsity crew program has grown from six to 45 participants over the last decade, and Leonia High School completed its first season last spring with 16 rowers. Last year, the first U.S. Rowing-sanctioned regatta on the Passaic River drew 12 teams.

Part of the attraction of the sport is its quiet and separateness. Alone or with a partner or three teammates away from shore, the rhythmic rowing and intense focus induces a Zen-like state, say longtime practitioners.

"It looks serene, but they're really working hard," said Jeffrey McCartney, president of the Leonia Board of Education, as he watched his daughter rowing in Overpeck Creek recently.

Kiandra "Kandy" Wilshire, who captained Teaneck's team before graduating in 2010, returned on a recent morning for a leisurely row.

"We were a tiny little team when we started out," she said, pleased at

the growing interest. On the bank beside her, Moazzam Ismail, 16, explained that he had learned to row last spring as a member of Leonia's first team.

Crew is so popular that even Santa showed up on Dec. 3 to slice through the waters in a sleek rower's scull.

Santa Claus, also known as the Rev. Clemens Reinke, crew coach for the Teaneck and Leonia high school teams and a champion rower himself, brought some holiday spirit to the Teaneck Rowing Club's "first annual holiday row."

About 40 current team members, parents and alumni of the two schools gathered near the dock in Overpeck County Park's southern section, where the rowing club offered coffee, hot chocolate and holiday sweets. The weather was sunny and brisk, and except for Santa's red velvet and white fur, the rowers were decked out in spandex and sweats.

"Ho, ho, ho your boat," the rowers yelled from shore as Reinke's shell slid into the water. Single, double and quadruple shells traced silvery wakes in the creek's still surface.

Most rowers haven't tried crew

before they join their high school team.

"You have to teach from scratch," Reinke said. "With most other sports, they have an idea of how it goes — they've had a basketball in their hand before."

But within a month or so of getting into the water, he said, rowers are ready for competition.

Reinke, pastor of Grace Lutheran Church in Teaneck, won several gold medals as a rower for Germany in the 1970s.

College scholarships are available for women rowers, because women's crew is a National Collegiate Athletic Association sport, but not for men's crew. However, many colleges have club teams and may consider rowing skills an extracurricular asset.

One Teaneck alumnus, Joseph Medioli, became captain of Harvard University's varsity crew team and was the national youth single sculling champion in 2004, according to his father, Al Medioli, who held that title himself as a young man.

The elder Medioli, in fact, founded the Teaneck Rowing Club, a non-profit corporation that owns the equipment used by the



DAVE BERGELAND/STAFF PHOTOGRAPHER

Aaron Gabay, Dan Kindler, Emily Sullivan and Shane Riordan during the Teaneck Rowing Club's "first annual holiday row" on Overpeck Creek.

two high schools and runs youth programs outside the varsity season in the spring. The club has a small armada of rowing shells, including singles, doubles, and quads. Its sponsorship enabled Leonia to add crew as a varsity sport, which otherwise would have been prohibitively expensive,

said McCartney.

High school programs are located in Ridgewood, Don Bosco in Ramsey, Belleville, Nutley, Academy of the Holy Angels in Demarest, Westfield, Mountain Lakes, Kearny, Rumson and Christian Brothers Academy.

A regatta planned for April 14 at

Overpeck Park is expected to draw 10 high schools as well as collegiate competitors from Columbia and Yale universities and the University of Pennsylvania. Organizers say as many as 2,000 spectators are expected.

E-mail: [washburn@northjersey.com](mailto:washburn@northjersey.com)

**Teaneck High School Crew Team**  
**January 2012**

Page 14 of 15



## 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**

**January 2012**

*Page 15 of 15*