

2015 Mathews High School Crew
Start Up Information for All Rowers and Parents:

Head Coach:

Tim Ulsaker 804-693-5160 (home)

Email: crucoach@3bubbas.com

Asst. Varsity Coach:

Vernon Rowe 804-725-3678 (home)

Email: brodie_rowe@hotmail.com

Novice/JV Coach/Training:

Christina Tomcany 804-725-4127

Email: cptomcany@gmail.com

I. The Season:

Practice Starts- 3:15 PM Monday 2/23/2015 and daily onwards (Team members meet practice bus to Wharf behind Auditorium at MHS) Spring Break practice schedule is M-F April 9-13 at 3:30 PM at the Wharf. Varsity may have some 6 AM practices, TBD. There will be a normal practice at the Wharf on Friday April 3, 2015 after school.

Last Race for Novices- Saturday, May 2, 2015

Last Equipment Clean Up Day for Novices- Friday, May 8, 2015

Note: If a varsity level crew develops sufficient speed, they could go on to national level races, which would extend its racing season through June 8, 2015 for the Canadian Schoolboy Championships. This is very unlikely for a novice crew in their novice year but not impossible. Equipment Clean Up after June 8, would go June 9, until June 12, 2015.

II. Daily Practices:

A: All athletes must be ready to practice behind MHS by 3:15 PM. The bus takes all team members to the Wharf each day.

B: Once at the Wharf, different level crews (novice, JV, Varsity) are run through planned rowing, rowing machine, strength conditioning, and running routines.

C: Once equipment is rinsed, dried, and put away the crew is bussed back to MHS after final running/cool down is done.

D: Practices run from 3:15 to 6:30. Some days we are able to finish earlier but due to the dynamics of weather, getting boats on and off the water, and rowing in large groups, it is not an exact science. Please minimize picking up your child at the Wharf.

III. What Do You Need Before Practice Starts:

A: Virginia High School League Physical: GET IT NOW!!!! Don't wait until the last minute. You cannot practice without a current physical. If you already had a sports physical this year for another sport it will apply to Crew. See the attached forms or you can get another from the MHS Athletic Director. DUE: Feb. 23, 2015

B: MHS Athletic Policy: Must be signed by athlete and parents-NOTE NEW

REQUIREMENT: Concussion Class.

C: Insurance Form: Filled out, signed and turned in to Athletic Director.

Note: If you have already participated in a sport this year, your physical should already be on file with A. D., however, you must sign or fill out a new Athletic Policy and Insurance Form for each sport you play.

D: A good pair of running shoes, close fitting training clothes providing layers for colder days, a good daily water bottle.

E: Swim Test: The swim test will be administered within the 1st two weeks of practice at the Gloucester Riverside Wellness and Fitness Center. Team bus will take crew members to the Wellness Center and back. You MUST have a Wellness Center Permission Slip SIGNED BY PARENT OR GUARDIAN.

IV. The Costs of Crew:

- A: Food on Trips to Regattas:** There are three local regattas in Mathews and all the rest of the VA Series are in Northern VA at Occoquan, VA. Athletes need enough money for breakfast and dinner as it is a full day starting at 4-4:30 AM and ending around 8:00 PM. Money can be saved by packing breakfast and lunch. Food at regatta is provided by volunteer parents-a nominal fee is collected to cover the cost.
- B: Team members at the Varsity level that achieve required boat speed will go on to National level competition in Philadelphia, at the site for Scholastic Nationals and possibly to Canada for the Canadian Scholastic Championships. The racing fees, transportation, hotel and travel expenses to these races are paid for by the MHS Crew fund. The money in the Crew Fund is raised by Coach Ulsaker through letter campaigns, foundation applications and funds raised through the help of parent volunteers at home regattas.**

VI. Mathews Rowing Programs Calendar of Events:

- Nov. 17, 2014 – Feb. 7, 2015 Mobjack Rowing Assn Winter Erg Training
(Optional Preseason, Mon- Thurs 3:30-5:30pm Erg Training & Body Circuits)**
- Holiday Breaks (There will be workouts throughout the T-Giving & Xmas breaks)**
- Dec. 24 2014 Annual Xmas Eve Row 8:30 AM @ Williams Wharf**
- Jan. 2, 2015 Resume 5 Day/Week Erg/Body Training @ 3:30**
- Jan. 31, 2015 Mid Atlantic Erg Sprints Alexandria, VA
T. C. Williams High School Gymnasium**
- Feb. 7, 2012 Hampton Erg Pull Va Beach, VA
Bishop Sullivan Catholic HS**
- Feb. 23, 2015 DEADLINE for Physical Forms and all required Crew Forms etc.
Turn in to Mrs. Johnson, Guidance Office-Physicals & Athletic Policies to
Wendy Elbe**
- Feb. 23, 2015 1st day of Practice @ 3:15 PM - Regular Practice is 3:15 PM, M-F. Leave on bus from behind MHS Aud.**
- March 6, 2015 Parent/Crew Pot Luck Info Dinner 5:45 PM – Location, Williams Wharf**
- April 4-June 7 See MHS Crew Race Schedule attached in this Crew Packet**
- May 4-8 Equipment Clean Up Days for Novices**
- May 18/June 12 Equipment Clean Up Days for Varsity--Depends on which Championship regattas we go to.**
- June 15 -August 14 Start date for Mobjack Rowing Assn Summer Racing Program
Mon-Fri 6AM to 9AM. Racing in DC, Phil, New Jersey, Canada
Cost: Approx \$1000-\$1200**
- Sept. 14-Nov. 13 Start date for Mobjack Rowing Assn Fall Head Racing Program
Mon-Fri 3:30-6:30 PM Racing in Occoquan and Norfolk
Cost: Approx \$100-225 depending on MRA membership and uniform**