



**Westfield Competitive Rowing, Inc.**

Welcome to Westfield Crew

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This handbook contains information to help new rowers and their families understand this exciting sport and the policies and procedures that govern the day to day activities of the Westfield rowing program. New and returning rowers and their families should familiarize themselves with all of the information contained in this handbook. If you have any questions, please do not hesitate to ask returning parents, directors and organizers of the program, as they will certainly be eager to share their experiences. In addition, we encourage you to visit our website ([www.WestfieldCrew.com](http://www.WestfieldCrew.com)) often for more information.

Crew is the sport of rowing a lightweight boat, called a shell, as fast as it will go. At WCRI each shell is powered by either two or four scullers. While teamwork plays an important role in many sports, it is absolutely critical in rowing. A boat's success is dependent on all rowers putting forth 100% effort, in perfect coordination. Crew is as much mental as it is physical and success requires total concentration.

Our athletes practice and compete in the spring season. Practice schedules are established by the coaches, and are usually 3 to 4 days per week, depending on the level (novice or returning rower) for 1½ to 2 hours per practice. With such a rigorous practice schedule, our students learn to balance both academic and athletic goals. The lessons of time management, concentration, endurance, dedication and camaraderie are lifelong and invaluable. Attendance and punctuality are critical in rowing. Rowing is a team sport that requires the commitment of all team members and missing a practice can mean that up to three other rowers can't get out on the water. Rowers who arrive late or unprepared delay the entire team. If rowers are unable to attend a training session it is expected that the coach will be notified at least 2 hours before the scheduled time. Practices are held at: Rutgers University Boathouse, Access Road, New Brunswick, NJ. The boathouse is accessible from Rt. 18 North only.

There is considerable organization required to run the sport effectively. WCRI is an organization made up of volunteers. Parent help is deemed essential in the success of the sport. Parents organize a food and support tent at each regatta. Without parental support the club cannot survive and the students cannot compete in the equipment required to be competitive.

All athletes will be required to purchase a Westfield Crew unisuit to wear during regattas. Westfield Crew jackets, sweatshirts, vests and tee shirts are encouraged, but optional. All uniforms will become the property of each rower. Please use the enclosed WCRI Beginning of Year Checklist to indicate which uniform components you will be purchasing.

WCRI participates in a number of area regattas including the Manny Flick Regatta series, Dr. Robert White Regatta, Long Island Sprints, Mercer Lake Sprints and the Stotesbury Cup Regatta. The Stotesbury Cup Regatta is the capstone and most prestigious high school rowing event of the spring rowing season with over 5,000 student rowers from 180 high schools from around the nation. A complete and official schedule is available on the WCRI website.

WCRI hosts its annual Westfield Crew Awards Banquet at the conclusion of the spring racing season. It is a chance for rowers to formally thank their coaches and for rowers to be congratulated for their achievements. All rowers and their families are encouraged to attend.

We look forward to a successful and competitive season,

The coaches and Managing Members of Westfield Crew

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[www.westfieldcrew.com](http://www.westfieldcrew.com)