

PVRC Spring 2016 Packet



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Pioneer Valley Riverfront Club

Rowing is a healthy lifelong activity which anyone can start at any age. Our friendly staff and professional coaches are committed to providing you with a safe and welcoming atmosphere where you can enjoy the sport at any level you choose.

Here at PVRC we offer a range of programs for youth and adults which focus on the mind, body, and spirit. We recognize that rowing not only has the power of connecting a community to the river, but it also connects community members to one another. Whether you are looking to train with a team or experience the serenity and solitude of the river, when you join PVRC you not only become part of a team, you also become part of the PVRC community.

Overview of Youth Programs

PVRC Rowing is the competitive rowing team of the Pioneer Valley Riverfront Club. We are currently recruiting outstanding individuals from the Greater Springfield area and surrounding towns and cities who are looking to challenge themselves and learn something new.

Did you know that rowing offers the highest percentage of college scholarships for both men and women? PVRC youth rowers have gone on to row at George Washington University, UMass Amherst, Bates College, Holy Cross, Dartmouth, UVM, Stanford, WPI, and Rochester Institute of Technology.

The sport of rowing offers the opportunity to learn responsibility, compete as a team, build strength, and foster teamwork. For these reasons, participants are expected to commit to practice, training, and traveling to regattas.

Who Can Participate?

Our teams are made up of a diverse group of men and women from the Pioneer Valley and surrounding communities. If you can get yourself to the boathouse, you can join the team. It is a priority at PVRC that rowing be open and accessible to all regardless of experience or socioeconomics.

Our Junior team consists of high school and middle school students from the Greater Springfield area, and has included rowers from The Springfield Renaissance School, Chestnut Middle School, several Springfield Public Schools High Schools, East Longmeadow, Cathedral, Wilbraham & Monson Academy, Westfield, Longmeadow, Somers CT, West Springfield, and Agawam.



Varsity Team

EXPERIENCED ATHLETES ONLY (10th – 12th grade)

Racing on the PVRC Rowing Varsity squad requires commitment, strength, and mental toughness. Our team competes in the New England area against some of the top teams in the Northeast. Varsity rowers are subject to certain standards and guidelines set by the coaches, including (but not limited to) attitude, teamwork, attendance, athleticism, work ethic, erg scores, and rowing technique in order to be considered for racing. Signing up for this program does not automatically enter you into the top boat!

Novice Team

1st YEAR OF COMPETITIVE ROWING (9th-11th grade)

The novice program is for athletes just starting their competitive careers and those who have had a prior non-competitive introduction to the sport. This program focuses on the technical and physical development of athletes so they can learn to move a rowing shell quickly and effectively. As athletes reach the appropriate skill level, opportunities to compete against novice athletes from other local and regional teams will become available. Athletes rowing in the fall (and winter) should expect to have a solid foundation to begin competing regularly and successfully in the spring season. While the competitive novice program is open to rowers with little to no experience, it does require participants be able to attend practice 5 days a week, attend regattas on the weekends, train at an age appropriate athletic level.

Middle School Team

NEW & EXPERIENCED ROWERS (8th grade and below)

This team is intended for middle school students to learn the basics of rowing and athletic fundamentals. The team trains in boats that are modified for younger athletes and practices 3 days per week. Participants focus on land based training, gaining a general knowledge of rowing, and getting a taste for racing at local regattas. Local racing opportunities will be available to rowers wishing to participate.

Coxswains

The correct pronunciation is cox'n, also referred to as The Cox. Contrary to popular belief coxswains do not yell, "Stroke." S/He is the only member of the crew facing forward and sits in the stern of the boat facing the first oars-person in an eight and in the bow of a four. The coxswain's major functions include the safety of the boat and rowers, steering, watching the crew for correct technique, motivation of the crew in practice and races, and execution of the race plan. If you see members of the crew throwing the coxswain in the water, don't worry, this is a time-honored tradition after winning a race!

Expectations of Athletes

Practice Attendance:

Rowing is a team sport so attendance affects the whole boat. An athlete should only miss practice when doing so is *absolutely unavoidable*. Please avoid creating scheduling conflicts.

If an athlete must miss practice s/he should:

- o E-mail his or her coach with the details.
 - o E-mail before noon on the day of practice.
 - o Contact coaches by phone if not possible to e-mail or if it is after noon.
- Frequent absences or failure to notify coaches with enough warning may affect boatings.
- Rowers with illnesses “below the neck” or who are contagious should not attend practice.
- Seniors taking recruiting trips need to clear them with their head coach and also be mindful of practices missed, especially before big regattas.

Regatta Attendance:

- It is imperative that rowers who commit to rowing in a regatta race in that regatta. Once the commitment has been made, the team is dependent on the athlete to be there; cancellations are not acceptable. In addition, registration fees, hotel and transportation costs are paid in advance; thus, if a rower has committed to the race, the payment (in full) for the regatta and costs of the travel will be required regardless of attendance.
- All rowers **must** wear the PVRC uniform to regattas. The varsity uniform is a PVRC unisuit (available at the beginning of the season through a team order). The novice uniform is a PVRC Novice shirt and black trou. Information about uniforms and other gear available separately.

Diet and Health:

- Rowers burn a lot of energy at every practice, and during periods of heavy training. They should be consuming calories throughout the day to stave off hunger.
- Rowers should eat a balanced diet at every meal, including protein, carbohydrates and healthy fats. Additionally, they need vitamins and minerals (especially iron) to benefit from their training.
- Common sense is better than fad diets.

- All athletes should come to every practice with a source of carbohydrates (energy bar, fruit, bagel, extra bottle of an electrolyte drink) to consume immediately after practice is over.
- Rowers should be drinking water throughout the day to arrive fully hydrated for practice.
- Athletes are required to bring at least one water bottle to practice every day.
 - o Drinking an electrolyte drink mixed with water during practices is better than just water.
 - o Sharing of water bottles, even for one sip, is NOT allowed under any circumstance.
- Athletes should get at least 8 hours of sleep a night; more is preferable.
- Sleep schedules should remain consistent throughout the week.

Sickness & Injury:

- Athletes are expected to be able to differentiate between soreness and injury. Consult with your coach if you need clarification.
- In case of suspected illness or injury, an athlete should contact his or her coach and consult a physician or other appropriate health care provider IMMEDIATELY.
- Upon taking a sick day(s), an athlete is required to provide a doctor's note clearing her/him to return to practice at the appropriate recommended intensity level.
- Absence of such a note will prevent an athlete from participation in practice.

Clothing & Gear:

- All athletes must have a PVRC uniforms. Varsity uniform is a PVRC unisuit (available through team order at the beginning of the season). Novice uniform is a PVRC Novice shirt and black trou. More information about uniforms and swag is available separately and through the youth team parent facilitator.
- Practicing in a unisuit or spandex is strongly encouraged.
- Good running shoes are an important investment for healthy athletes and should be brought to practice each day.
- It is important to make sure that proper clothing is always available as weather and practice conditions vary.
- Appropriate clothing each day should include:
 - o Wicking, close-fitting athletic gear
 - o Hat, sun block, bug spray

- o Rain gear
- o Warm/dry clothes to change into after practice
- o Varsity athletes should consider getting a heart rate monitor to monitor their training.
- o Water bottle

Parental Involvement

Communication about logistics regarding your child's rowing and racing is conducted exclusively via e-mail. *It is essential that PVRC have a valid e-mail address for parents and athletes to make sure that important information gets to families in a timely manner.*

Parents new to the sport will find that rowing is a unique activity, very different from most sports in high schools. Rowing is both an endurance sport and a full-body workout. The rowers' need to synchronize oars with their boatmates makes rowing the ultimate team sport, participation in which requires a significant sacrifice of time and sweat. If you would like to learn more about the sport, Wikipedia is a great resource. The entry on the glossary of rowing terms has a complete listing of all rowing jargon you're sure to hear your athlete use.

- [http://en.wikipedia.org/wiki/Rowing_\(sport\)](http://en.wikipedia.org/wiki/Rowing_(sport))
- http://en.wikipedia.org/wiki/Glossary_of_rowing_terms

Race Day Information

Race Day for Athletes:

- Please anticipate race day to be an all-day event for the athletes.
- Athletes will be busy with many responsibilities on race day even though their race is a relatively short portion of the long day.
- The best time for parents to catch up with their rower will usually be about a half hour after the race when rowers go to the team food tent.
- Upon arrival at a regatta, boats are unloaded from the trailer and rigged for rowing.
- After the race, athletes cool down and de-rig the boats for loading onto the trailer.
- Loading the trailer requires that everyone help out. Often this means that the novices will have to wait for the varsity races to be completed (or vice versa), as the equipment has to be loaded on the trailer in a particular order. Patience is required in the trailer-loading process; but rest assured that everyone involved has the same goal of loading the trailer safely and efficiently.

- After all the equipment is loaded, the team will travel back to PVRC. (If rowers choose to leave a racecourse with their parents, a coach must be advised before departure from the race venue.)
- Delays in racing due to wind, rain, and/or equipment problems are always a possibility. If a delay occurs, the priority is to adjust the racing schedule to try to allow all athletes the opportunity to race.
- Food – Parents provide the food for regatta day, pot luck style. The coach provides a meal outline for breakfast, snacks, and lunch to meet nutritional needs of racing youth. The parent liaison will provide a sign up. Rowers and their families/supporters are fed for the entire day at the food tent. This ensures rowers are eating healthy to fuel performance and recovery and fosters the team spirit necessary for the success of a rowing team.

Communication

Amongst Athletes:

- Communication amongst athletes will occur on the app GroupMe
- GroupMe allows all phone types to have a group message
- There will be specific a GroupMe for each different team (novice, varsity, middle school)

Amongst Athletes and Coaches:

- Communication between coaches and athletes will also occur on GroupMe
- This allows for pertinent information to be delivered quickly and efficiently
- There is an open door office policy for any questions or concerns

Amongst Coaches and Parents:

- Communication between coaches and parents will be via email

Contact Information

Tom Siddall – Head Coach

- Cell: (413) 531-3283
- Email: siddall.thomas@gmail.com

Ben Quick - PVRC Executive Director

Boat House: (413) 736-1322
Email: Ben.quick@pvrivierfront.org

Lily Carbeck – Assistant Coach

- Cell: (617) 913-3867
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Dan Mahoney – Assistant Coach

- Cell: (774) 239-9359
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Coaching Staff

Tom Siddall – Head Coach

Tom was born and raised in South Hadley, MA. He attended Williston Northampton School and then Holyoke Catholic where he was a 3-sport athlete. He continued his education at Fairfield University (CT) and while completing his B.A. in Psychology he was a 1-year Junior Captain, 2-year Varsity Captain, and Coach's Award winner of the Division 1 Men's Rowing team. During his time at Fairfield, Tom also worked as a coach for the highly esteemed MRC, or Maritime Rowing Club/New Canaan Crew team.

Since graduation, Tom went on to pursue his interest in training and earned his Personal Trainer (CPT) certification with a continuing education internship at Strides. He currently holds a SafeSport certification and CPR/AED certification as well. In terms of work, Tom now spends his time as Head Coach of PVRC in Springfield, MA and the Assistant Coach for University of Massachusetts (Amherst) Men's Rowing. In his free time he trains clients at Strides Performance Institute. He recently attained his Level 2 USRowing Performance Coaching Certification and the PVRC Head Coach position, while his other interests include pursuing his CSCS certification.



Lily Carbeck – Assistant Coach

Lily was born and raised in Belmont Massachusetts where she attended Belmont High School. She rowed for Community Rowing Inc. as well as Boston Rowing Club during high school. Her senior year she was captain of the competitive varsity women's team at Community Rowing Inc. Upon graduation Lily was recruited to row Division 1 at Bucknell University. After injuring her back she took a year off and worked for the non-profit City Year Detroit. Lily is now a student and coxswain at the University of Massachusetts. Off the water Lily enjoys hiking, painting, and volunteering.



Dan Mahoney – Assistant Coach

Dan is a freshman at the University of Massachusetts studying Political Science and Communications. He has rowed since his freshman year of high school, rowing in eights, fours, pairs and a wide variety of sculling boats. Mahoney has rowed in various regattas ranging from Massachusetts Public Schools Rowing's state championship to the National Scholastic Rowing Championships in Fairfax, Virginia. Dan's interests off the water include writing, campaigning, and cycling.



(Packet includes information from multiple sources including: Community Rowing Inc.)