

OLMA Crew – Spring 2017

Gina Sigal – Head Coach
Linda Poll – Asst Coach
Gary Beekman -- Coach/Mgr.

School Web page: www.olma.org (STUDENTS --->CLUBS---->Crew)
Crew Club website: www.olmacrew.org

Attendance Policies

Athletes are part of a team and attendance at practices is mandatory, unless legally absent from school. Students that are absent from for the day or not present in school for homeroom may not attend after school activities. This is school policy. Notify coaches if absent from school.

School Policies

Athletes are not permitted to practice or row in any capacity with any other organization/coach while belonging to OLMA Crew. Exceptions are summer crew camps, NCAA collegiate training camps, and US National Team tryouts.

There is a zero tolerance policy in effect for drugs, alcohol, smoking, and gambling. Athletes will forfeit their position on the team, as well as, incur penalties outlined in the school handbook (see school website www.olma.org)

Any athlete placed on academic probation will be required to attend tutoring.

Eligibility requires health clearance on file with and a visit to the school nurse.

Coaches **do not** dispense medication (including aspirin); neither can any parents, except for that girl's parents

Expectations

Athletes represent themselves, families, team, school and community. As such, they are required to present themselves in a positive light and show respect for their opponents and each other. Transportation safely to and from practice/regattas and hotels costs are the family's responsibility - sharing will decrease the costs and increase the fun!

Team Policies

All rowers will:

- Demonstrate respect to all people.
- Be on time for practice and regattas.
- Be a positive role model, following all school policies.
- Be active listeners and ask questions of the coach when unsure.
- Be responsible for all behaviors before, during and after athletic events.
- Be dressed for practices, regattas, and trips in neat, clean and proper attire.
(See additional info below).
- Be responsible & demonstrate proper care for the team's equipment.

Consequences

Consequences explained in the school handbook will be followed. Behavior outside of the handbook will be governed by the coach's discretion. Failure to act as a team member is grounds for exclusion.

Repeat offenders will be subject to possible exclusion from the team, subject to review by the Athletic Director/Administrator, Coach, Parent and Athlete.

Methods of Communication

A roster will be distributed upon completion and emailed in PDF format and a CSV file for computer/smart-phone upload. Contacts:

General -	OLMACrewCoach@gmail.com	
Gina Sigal	nysigals@yahoo.com	(Cell) 516-551-0588
Linda Poll	poll@optonline.net	
Gary Beekman	GWB126@gmail.com	(Cell) 516-457-9491

Email is the easiest way to make contact with a Coach. Use "OLMA Crew" as the subject. **Do not send out emails to the team email list** - permission from a coach is needed. **Please do not use "reply" or "reply all" to a sent mail that is of a different subject matter**, they tend to get lost.

At the end of a practice or regatta, the coaches can schedule an appointment to personally meet with you at a time convenient to both of us. You can also leave a text message at 516-457-9491 for last minute absences **ONLY** (due before practice time).

Fees:

Spring 2016: 475.00 Dues
90.00 Uni (One required, additional optional)
125.00 Bus to Beach (Optional)
Make check payable to "OLMA Crew"
(One check can be submitted)

Dues include:

Membership (Sagamore Rowing Association, NYSSRA, and US Rowing)
Equipment/repairs/storage
Insurance (boats and USRA rower)
Regatta race fees
Trailer fees

NO other fees (except food trailer) will be collected. If anyone is approached for collection of money, notify the Coaches immediately.

PRACTICES

Parents have the option to utilize a bus for transportation of their daughter from OLMA to Beekman Beach for practice. Before deciding on whether to utilize the bus, you need to know:

ONLY those that have paid for the bus, may use the bus. **There are NO exceptions.**

Once you commit to the bus, no refunds will be made.

If the beach bus is late, DO NOT call the school or Mrs. Andreone, contact Coach Gary at: 516-457-9491 (cell).

Sunscreen and water are a must for practice and regattas

Parents are may be needed for land supervision, as the coaches are on the water. Sign-up on the website. If the area is unsafe (strangers, use of drugs/alcohol in area, etc) the parent is authorized to direct the girls to a safer area (boathouse) and call police 911. (Currently not required)Parents may also be the start of first aid - assess situation and call 911 if warranted and notify the rower's parent. Band aids and ice are the usual. Parents WILL NOT dispense any over-the-counter or prescriptive medicines. If there is no parent supervision, the girls may not do any land drills and will sit as a group on the beach until boat changes. (Currently not required)

No ROWERS may wait in cars during practice.

All practices will be at the beach unless weather or scheduling is a factor. We do not row in winds causing whitecaps or thunder/lightning conditions. If the location is going to be changed, the school office will be updated by 1:00 PM. An email will be sent. The Athletic Director will not have the information. **DO NOT CALL THE ATHLETIC OFFICE!** The girls may not wait at school or the boathouse without supervision. Students may not walk off the grounds - for your daughter's protection! You must arrange early dismissal days - plan now! **GIRLS CAN NOT BE LEFT UNSUPERVISED... NO EXCEPTIONS!** All practices are scheduled to end on time. Please arrive on time to pick up your daughter. If there is a sudden weather change with lightning or thunder, practice may end early if we are at the water. Your daughter will be able to call to let you know the change.

Clothing & Uniform:

--Competition: Team Uni.

--Socks must be worn in the boat at all times and footwear when not in the boat.

--Sports Bra must be worn and straps cannot show.

Girls will get wet -- Layers, clothing change, extra socks and flip-flops are necessary.

Waterproof outerwear is recommended for practices and races when weather calls for it. A complete change of clothing should be brought to practices and regattas.

All other clothing items sold are optional. Orders can be placed online to SewSporty.com. Go to "Teamlink", use OLMA Password "ROWOLMA". Items must be paid by credit card. The company takes about 2-3 weeks for delivery.

Regattas:

Girls typically need to be on the water early - 6:30 - 8:00, depending on the regatta. Please allow ample travel time. You do not want to suffer the wrath of a rower that believes she is going to be late.

Regatta travel: While attending a regatta, the girls represent OLMA and must abide by the travel guidelines set forth by the school. We do NOT travel as a team. Each rower travels with her family. **Under no circumstances are girls permitted to stay in a hotel room alone.** If a rower travels with another family, **she must be in a room with an adult.** Girls are not permitted to travel from place to place, eat in restaurants or roam hotels without a parent/chaperone.

Lineups for regattas are selected based on safety, availability, ability of rowers, behavior, and attendance. Substitutes will be designated for all boats- with a high probability that subs will not row. Line-up changes can be made due to race conditions, length of race, type of competition, and behavior/attendance.

ALL rowers are required to load and unload the trailer. At times, we may be on another teams trailer and those times are determined by the trailer driver. We sometimes depend on other schools to get to races, please be courteous to them. The trailer is usually loaded after practice. After a regatta, the team may need to meet at the boathouse to unload the boats.

Waivers must be filled out by parents online by set dates or you will forfeit your spot in the boat. Go to <https://rosters.usrowing.org> and fill out form and use Athlete **Club Code TWCAG**.

Food is not readily available at regattas, so parents have established a food tent for rowers and their families. The food tent functions by families VOLUNTEERING. Families would pay much more trying to locate and purchase food at rowing venues. Please speak to Paul Cleri or Peter O'Sullivan regarding the food tent

Regatta safety: In the past, weather related issues have arisen that we have been determined to be dangerous to the girls and/or the equipment. We always default to safety. **The coaches will make the final determination if the girls will row, even if other teams are continuing to row.**

The Crew Club (now a school sport) was started in 1999 by Ellen Hughes, under the agreement that the club would be financially independent of the school due to the expensive nature of the sport. OLMA Crew holds the "OLMA Sprints" each March to help reduce dues. Mandatory participation for Fall and Spring rowers and parents is required.

Please understand we have the continued support of the OLMA administration to provide a lifetime activity for your daughter and the positive experience of being on a team. We encourage all rowers and families to be a positive addition to the Crew Club. We are looking forward to a successful season on all levels! This only happens with people that step up to help out and guide our girls to good decisions and actions.