

Winter Park High School
Crew Handbook 2000 – 2001

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INTRODUCTION TO CREW



LETTER FROM THE CO-PRESIDENTS

Dear Crew Family,

We would like to extend a warm welcome to all of you. It is with the utmost pride that we serve this outstanding organization of disciplined athletes, dedicated coaches and loving and involved family members.

Although this handbook provides an excellent source of crew information, please don't hesitate to bring your questions to the appropriate Crew Boosters board and committee members. We are here to serve and boost our team and welcome the opportunity to get to know all of you. Many aspects of crew appear initially confusing. The one aspect that is immediately clear, however, is the sense of crew community. Please jump right in and become involved. It is not merely a cliché; it does take a whole village!

Over the years as we have observed this team we have been truly astounded by the level of dedication and discipline exhibited by our children and their coaches. The real life skills fostered by this sport prepare our children for future success and help in the transition from childhood to being an adult. Beyond the consistently outstanding record of our wins lies the underlying adherence to the spirit of excellence and teamwork. These are the qualities that make our children gold medal humans.

Through the hard work and perseverance of many people Winter Park Crew has now achieved an unparalleled unity and cooperative spirit. We trust and hope that this total team spirit - all athletes, coaches and parents working together - will stand for years to come. Our record of State Championships, unbroken since 1995, is based on the total points of all boats racing on both the men and women's teams. Our winning record is not only the best in the state, but one of the best in the country, and stands as a testament to the importance of every boat being entered in every race. Crew means working together, closely, as a team and we have shown that we can do this.

Thank you rowers, coxswains, coaches, parents and friends of Winter Park Crew for your hard work and support. We wish you continued success in the 2000-2001 Season.

Molly and Ralph Losey

HISTORY OF ROWING AT WINTER PARK HIGH SCHOOL



Winter Park High School Crew began in 1962 with a hand-me-down racing shell. When the North Orlando Optimist Club decided to sponsor a racing crew, the school leaped at the opportunity. That year, a ten-man WPHS crew raced the junior varsity teams of schools that rowed against Rollins College. Now, thirty-seven years later, the hallways of WPHS are adorned with trophies from state, regional and national rowing championships. A note in the 1962 yearbook alluded to the future: "It is hoped that other schools in Florida will follow Winter Park's lead and sponsor their own teams." In fact, through the years more high schools around the state have added crew teams and the Wildcat rivalries have grown to include Edgewater, Sanford, Boone and Lake Brantley in the metropolitan Orlando area and Jacksonville, Tallahassee, Tampa, Melbourne, Sarasota and Miami statewide.

After the initial 1962 season, crew was dropped until 1966, when Don Ogilvie coached 27 rowers. In subsequent years, Winter Park has been coached by Jay Gustavson, a member of Rollins varsity crew team (1967); Jack Lyden, a former WPHS rower (1968); Bruce Cepuran (1969); Clark Wray (1970-72); and Paul Skogsberg, whose teams captured four straight state AAA titles (1973-76).

Women's crew got its start at Winter Park High School in 1974 when it was the only women's team in the area and raced against local colleges. In 1977, Tom Lineberry first arrived on the scene, starting his initial four-year period of coaching at WPHS. As coach of both the men's and women's crew, Lineberry led the school to its first national championships in 1979; a senior 4 women" boat and a junior varsity men's. That year, a WPHS men's 4 represented the south at Olympics Sports Festival in Colorado.

In 1982, there were separate coaches for the men and women's crews for the first time. Ralph Bateman, who had rowed for WPHS from 1970-1972, succeeded Lineberry as the coach of the men, while Julie Scott, a former Rollins rower, coached the women. Scott Lyden, a WPHS rower (1974-76), next coached the men. Scott Lyden, Julie Scott and Jim Cooper (UCF) coached through the late 80's. In 1988, Pam Chase and Ashley Tarr, both former Rollins rowers, signed on to coach the women. In 1990, Chase and Tarr guided the women's varsity 8 to a national championship at Stotesbury Cup.

Dan Bertossa, a former rower at the Florida Institute of Technology, arrived with the 1990's. Coach Bertossa, along with Ashley Tarr, who had become

head coach for the women's, directed the Wildcats to the State Championship in 1990, 1991 and 1992. In 1992, the women's varsity 8 was undefeated in Florida and was fourth in the Stotesbury Cup, and the women's varsity 4 won Scholastic National Championships in Virginia.

With the return of Tom Lineberry for the 1993 season to coach the women's crew and with the continuing guidance of Dan Bertossa for the men's crew, WPHS has captured the State Championships in 1993, 1994, 1996, 1997, 1998 and 1999 and was runner-up in 1995. During these same seasons (1993, 1994, 1995, 1996, 1997, 1998 and 1999), at the Stotesbury Cup in Philadelphia, WPHS rowers have come home with gold, silver and bronze medals hanging from their necks as national champions.

The end of the 1998 season brought a major change to Winter Park Crew. The team lost its site on Lake Howell that it had for over 20 years. Throughout the years, Winter Park Crew has touched the lives of hundreds of student athletes and their families, and a commitment existed in the community to continue this outstanding program. To ensure the continuation of Winter Park Crew, parents of the Winter Park crew alumni and current parents as well, established the Millennium Rowing Association (MRA) whose purpose was to secure a permanent site for the team. In August of 1998, the MRA closed on property on Lake Howell with plans to complete a new boathouse before the beginning of the 1999 season. Through the efforts of many parents, past and present, and the community as well, this monumental achievement was accomplished and Winter Park Crew established the legacy of permanent home for the team.

The start of the 1999-2000 women's season saw the addition of Mike Vertullo, a well-known high school coach from New York. With the new boathouse finalized on Lake Howell, the team anticipated a great season. The men's team, with Coach Bertosa, gained many fast and race-ready novices, many of whom were freshmen. This group would grow to complete one of the fastest freshmen boats in the nation. Many of the girls in the varsity boat saw their first gold medal at FIRA and the Hood Cup, setting the winning standard for the season. At the season's close, both teams went on a 10-day trip to Stotesbury, NY and the Nationals in Delaware. Both teams performed exceptionally well in all categories entered, including Stotesbury gold in the men's junior four. The season ended with the news that both teams would receive a new boat for the upcoming 2000-2001 season.

The 2000-2001 season begins with returning men's coaches Dan Bertossa and Jim Campbell. They are joined by new novice coach Lance Tyree. Mike Vertullo is returning to coach the women's team. Kim Cameron will be joining Mike as the women's novice coach.

MEET THE COACHES

WOMEN'S COACHES

Mike Vertullo began coaching the women's Winter Park High School crew team at the beginning of the 1999-2000 season. Prior to joining Winter Park crew, Mike coached at FDR High School in Hyde Park, New York. During his 7 years at FDR, Mike coached the freshmen boys for two years and then resurrected the girls program to national respectability and prominence, sending 14 girls' eights to the National finals from 1995-1999. His team won the 1998 and 1999 NYSSRA Team Points Trophy and the NY State Championship. In 1996, his lightweight 8 girls were named the National Champions at the Scholastic Nationals. He was named Coach of the Year in 1996 and 1999 by the *Poughkeepsie Journal*. In 1998, Mike, with the assistance of other area coaches, founded the Hudson River Rowing Association, a community based rowing club where he served as head coach and program director. Last year, his first at Winter Park, both the Varsity and Lightweight eights made the National finals placing 4th and 5th respectively.

Mike has his own achievements as a rower. He rowed from 8th to 12th grade and for two years at Rutgers. In high school, he was a bronze medal winner in the Junior 8's at the Stotesbury Regatta.

Mike received his Bachelor of Arts-Statistics from Rutgers University in 1991 and his NYS Provisional Certification in Mathematics education from SUNY at New Palz. He is currently teaching Honors Algebra2, Algebra 2 and Liberal Arts Math at WPHS. He resides in Winter Park.

Kim Cameron joins us as the Winter Park Women's Novice Coach. She is the only coach who is a true Wildcat. When she left WPHS in 1998, she had lots of medals around her neck. She started coxing in her freshmen year and her freshmen boat won gold at Nationals that year. Kim went on to repeat this accomplishment her junior year as she drove her Junior 4 boat to a gold at Nationals. The following year, her boat represented WPHS at Head of the Charles in Boston where they were one of the top seated boats for their event.

Kim currently attends VCC and is thrilled to be back as a Wildcat where she first fell in love with rowing. She says her biggest thrill this year will be introducing the sport to all the young women and being witness to the change that it will have in their lives.

MEN'S COACHES

Dan Bertossa's career in crew, both as a rower and as a coach, can be summed up in one word: WINNING. Now in his eleventh season at Winter Park, Coach Bertossa has coached boats that have captured state championships for ten seasons running since 1990.

A 1986 graduate of Florida Institute of Technology in Ocean Engineering, Mr. Bertossa rowed from 1983 through 1986. At the Dad Vail Regatta in Philadelphia in 1984, he was a bronze medal winner in the straight pair. He took gold medals in the JV8 in 1985 and 1986.

As a coach, he is recognized in national rowing circles for the conditioning and techniques of his rowers. He also serves as a Southeast representative to the U.S. Rowing Association. Coach Bertossa got into coaching to stay close to the sport, after a hip injury forced him out of rowing. "Coaching keeps me attached to rowing," he says, "and I like to see what it does for the kids." Investing time in developing individual rowers is what Coach Bertossa does best.

In the summer of 1994, two members of the WPHS men's team were selected to participate in Junior National Selection Camp. Only three high schools in the nation were represented by more than one rower. Both young men were chosen to represent the U.S. on a 19-member team to compete in the World Competition in Germany. They finished fifth and thirteenth in the world. In the summer of 1995, Reade Palmer, a 1995 graduate of WPHS, was named top coxswain in the country and participated in the World Championships where he received the silver medal. In the summer of 1997, Winter Park's men crew sent coxswain James Blythe to the Junior National Selection Camp. Perhaps the biggest wins in Coach Bertossa's career came in May 2000. First was the Stotesbury Regatta in Philadelphia where a WPHS JV4 boat won gold followed by silver a week later at the Scholastic Nationals in Delaware.

Coach Bertossa teaches Physics at Winter Park High School. He and his wife, Jeanne have three children, Alec, 8, Ellie, 7, and Cameron who will be 3 in November.

Jim Campbell has been a teacher at Winter Park High School since April 1984 teaching Chemistry, including IB and AP, and Math. He graduated from the University of Florida in 1978 with a dual major in Chemistry and Chemical Engineering. He has combined active duty and reserve Navy time of more than twenty years. Although he has relatively little personal rowing experience, Jim knows athletics in general. He lettered in five sports in high school and has helped coach Track and Cross-Country. His valuable knowledge in physical development has helped the men's crew team in their land training exercises, which take place in the fall. His experience in the weight room has helped put the power behind their stroke, an important factor in their winning formula. He has been an assistant coach since 1998.

Jim is married to Marjorie, an elementary school teacher, and has 4 children. Two years ago, Jim's oldest son, Benjamin, was one of the men's team captains and a rower in the State Championship Varsity 8 boat. Benjamin now attends the University of Florida. His daughter, Rachel, a junior at WPHS, is in her third year as a coxswain on the men's team.

Lance Tyree joins the Winter Park's men's coaching staff this year as the Men's Novice Coach. Lance first fell in love with rowing at Parkersburg High School in his hometown of Parkersburg, West Virginia. He rowed there for three years and was captain in his senior year. He continued his rowing career at Marietta College in Marietta, Ohio. There he began as a member of the Freshmen 8 boat and won the prestigious award of "Most Improved Athlete" at the end of the year. He moved to the Varsity 8 for his sophomore, junior and senior years. During his sophomore year, his boat placed 3^d at Dad Vail, a National Regatta. His boat placed fourth during his senior year at this prestigious event. He was again named captain of his team during his junior and senior year.

Lance majored in Psychology and Education with emphasis on Coaching. Currently, he is a PE Teacher at Maitland Middle School. In the summer when he is not coaching or teaching, he is a professional whitewater rafting guide on the New River in West Virginia.

CREW BOOSTERS OF WINTER PARK

WHAT IS CREW BOOSTERS OF WINTER PARK, INC.?

Crew Boosters of Winter Park Inc. is a charitable, educational, non-profit corporation created to promote rowing as a sport at Winter Park High School at all levels of interest. Through the active participation of its members, Crew Boosters provides equipment and related items necessary for carrying on the sport of rowing (crew) and the coaching needed for the advancement of the sport in all of its ramifications to the mutual benefit of all those participating in it. All parents of rowers are members of the Crew Boosters of Winter Park, Inc., and as such have a voice in all decisions and guidelines of the corporation.

BOARD OF DIRECTORS



Presidents	Molly & Ralph Losey	407-645-3428
Vice Presidents	Tami & Mike Traviss	407-647-6081
Recording Secretary	Adrienne Payor	407-628-0951
Corresponding Secretary	Martine Olsen	407-673-4564
Treasurer	Scott McEachron	407-740-5343
Assistant Treasurer	Beth Rich	407-645-0823
Vice Presidents of Athletics		
Men's Team	Lacey Gray	407-647-7446
Women's Team	Cathi Melton	407-740-5872
Vice President Development	Beth Infantino	407-645-4570
Vice Presidents Hospitality	CA Judd	407-629-5029
	Karen Beerbower	407-539-2128
Vice President Public Relations	Susan Hansen	407-841-1418
Vice President Equipment	Jeff Richmond	407-657-0615
Vice President Boathouse	Gary Ubanski	407-539-1776
Vice President Alumni	Larry Groves	407-629-2256

DESCRIPTION OF BOARD OF DIRECTORS POSITIONS

The responsibilities of the various board positions are briefly described below.

Presidents: call the meetings of the Board of Directors, appoints all standing committees (subject to the approval of the Board) except the Nominating Committee, and is a member ex-officio of all committees (except the Nominating Committee).

Vice Presidents: preside over all meetings in the absence of the President, and assists the President when requested.

Recording Secretary: keeps the records of the meetings, and is custodian of the Club records and documents.

Corresponding Secretary: conducts the general correspondence of the Club, sends notices of all meetings and other notice when prior notice is required and produces the Crew Boosters newsletter. Notifies officers and committees of their election or appointment, and notifies those members who may have forfeited membership.

Treasurer: collects and disburses all funds of the Club, accounts for them in written form at all meetings as called for, keeps complete roster of all members and of all crew boosters who are not members, and arranges to have the books of the Club audited at the request of the Board of Directors.

Assistant Treasure - Rowers' Accounts: assists the Treasurer by maintaining rowers accounts.

Vice President of Athletics: are the liaison to the Board with the men and women's coaches and is responsible for all athletic endeavors, including employment and supervision of the coaches, procurement of uniforms for athletes, the participation of the athletes in various races, and the transportation and lodging, if appropriate, of the athletes for racing events.

Vice President Development: coordinates all revenue producing activities including the fees, corporate programs, scholarships and promotional items.

Vice Presidents Hospitality: coordinate the food and drinks provided to the athletes during racing events, the Potluck Supper, the Annual Breakfast and similar events.

Vice President Public Relations: coordinates all communication between the Club and the school liaison officer, the media (newspaper and television), and other rowing clubs with which we may compete.

Vice President Equipment: maintains records of physical property for the Club, reports to the Board of Directors the maintenance and repair of all property and equipment, and coordinates the transportation of equipment with the coaches to and from events.

Vice President Boathouse: manages all matters of the boathouse and its property, and reports to the Board of Directors.

Vice President Alumni: serves as liaison with and for all Alumni Members and coordinates all communications with persons who are past athlete members of the WPHS Crew Team and their parents.

BOARD MEETINGS

Crew Boosters Board Meetings are held on the **first Tuesday of the months of September through May at 7:00 PM in the WPHS cafeteria**. All parents of rowers are encouraged to attend. Attendance at Board meetings keeps our parents informed of all activities in which our rowers are involved. The last meeting in May is the General Membership Meeting. At this time the Board for the upcoming year will be selected.

MILLENNIUM ROWING ASSOCIATION

The Millennium Rowing Association, Inc. ("MRA") was created as a 501(c)(3) not-for-profit organization for the purpose of supporting and perpetuating the Winter Park High School Crew Team. It consists of a group of concerned parents, alumni and crew supporters formed to seek the support necessary to assure a permanent lakefront boathouse facility of the highest quality for the team.

The need for MRA's organization became apparent in 1997 when the team was notified that it would soon lose its home of 20 years. Until that time, the team had been rowing from property on Lake Howell that the team was generously allowed to use at no expense by the Wilson and Coleman families. After those families sold their property, the team was obliged to find a new rowing venue at the close of the 1998 season. Locating a proper new home for the team was greatly complicated by the importance of certain attributes: lakefront access at reasonable cost, sufficient parking for 100 students, appropriate safety characteristics, a lake with minimal boat traffic and having sufficient distances for rowing, suitable lakeside shelter and space for the boats, oars, trailers, ergometers and other equipment, as well as, reasonable proximity to the Winter Park High School.

A task force was formed to search for appropriate lakefront property. Eventually a new location on Lake Howell was identified. The fundraising began in April 1998 and a commitment to purchase the property was made. MRA was then formed to take title to the property and to assure that the mortgage loan incurred to acquire the property would burden it instead of its sister organization, Winter Park Crew Boosters, Inc. This assured that the latter organization, which owns the team's boats and other equipment, remained debt-free. The property was acquired for \$300,000 in September 1998 and the planning and construction of an extraordinary new boathouse began. Families and friends made mortgage loan payments, construction and site improvements possible through generous contributions. In the summer of 2000, the mortgage loan (originally provided by the property's seller) was refinanced through a bank, providing favorable terms.

The ongoing costs of operating MRA include monthly mortgage loan payments, utilities, ground maintenance, required site improvements, repairs and insurance. Most, but not all, of these expenses are covered by monthly rental payments

made by Winter Park Crew Boosters, Inc., which leases the property from MRA. Both MRA and Winter Park Crew Boosters, Inc. are committed to paying down MRA's mortgage loan as promptly as possible, which should permit a lowering of the lease payments, thus lowering a cost currently borne by the Fundraising activities and dues payments of families of the team's rowers. Thus, in order to assure that MRA's property becomes a permanent team home unencumbered by debt, MRA must continue a campaign among friends and in the community to solicit the money necessary to pay down the debt.



Both MRA and Winter Park Crew Boosters, Inc. are not-for-profit corporations. No person or entity, other than the team, realizes any profit from the boosters operation. The officers of MRA in 2000 are Jonathan Rich, President; Mike Chambers, Vice President; Tom Infantino, Treasurer; and Tony Gray, Secretary.

MRA would like to extend a special thanks to the Wilson and Coleman families for their unique, historic contribution in providing a free home to the team during its essential, formative years. MRA is especially appreciative of the extraordinary vision and generosity of the McCallister, Strong and Delater families, and for the special leadership and service provided by the Hames and Chambers families. Due to their efforts, no additional debt was incurred in the construction of the boathouse and improvement of the site. Therefore, the outstanding debt associated with the property remains only the \$300,000 used to pay the purchase price, an amount believed to be substantially below the property's current value.

The residence has been renovated and is currently occupied by tenants. The income derived from its rental will be used to reduce MRA's ongoing expenses.

If you would like to be a part of the heritage of the Winter Park Crew Team and contribute to MRA, please contact us. We have an active tax deductible contribution program with recognition of contributors at the following levels:

The Millennium Mortgage:	\$10,000
The Boathouse Fund:	5,000
Gold Medal:	2,500
Silver Medal:	1,500
Bronze Medal:	1,000
Family Contribution:	500
Individual Contribution:	100

To contribute, please contact Jonathan Rich at (407) 645-0823 or jrich@hklaw.com or Preston Richmond at richmonp@aol.com. Other options are to contact Tony Gray (407) 647-7446 or Mike Chambers at (407) 963-5631.

CREW PARENT RESPONSIBILITIES

FINANCING THE CREW TEAM

Winter Park Crew has a tradition of committed athletes, dedicated families, generous coaches and overwhelming community support. This dynamic combination enables the team to meet challenges both on and off the water. Our athletes spend countless hours of conditioning and practice preparing for races that will last only a few minutes. Lifelong benefits are a result of this dedication. Athletes learn that balancing academics and training develops time management skills and that teamwork is the ultimate character builder.

Unlike other major sports, Crew receives no local or state school funding. As a result, financial support must come from the families and friends of oarsmen and from our community. The Board of Directors develops an annual budget and it is the responsibility of each family to meet a Financial Fund Commitment that funds the team budget.



DUES

The obligation for the 2000-2001 rowing season is \$1,341 per rower. The payment schedule as follows:

1. \$150.00 due Sept. 6, 2000 for returners; and Oct. 17, 2000 for novices
2. \$500.00 due Dec.15, 2000
3. \$350.00 due Feb.1, 2001
4. \$341.00 due March 10, 2001

The amount of the final payment may be adjusted based on the actual number of participating athletes and fund raising income.

A record is maintained for each individual rower. Credits for dues and fund raising will be applied to the account. Balance information is provided in regular reports from the assistant treasurer. Fund raising surpluses, if applicable, may be applied to travel expenses for the Stotesbury Cup Regatta in Philadelphia, PA or the Scholastic Nationals in Camden, NJ.

Account surpluses do not carry over from one crew fiscal year to another. Rowers must be current with their obligations from the previous year to be eligible to participate the following year.

FUND RAISING INCENTIVE PROGRAM

Crew Boosters has planned a series of fundraisers to provide families with the means to meet their Financial Fund Commitment. Not only do these events provide the opportunity to meet financial goals and hold out-of-pocket expenses to a minimum, they provide enjoyable opportunities to get acquainted with team members and their families.



The two types of fundraisers are direct rower participation events and indirect rower participation events.

Direct rower participation events require a time and energy commitment of the athletes and families. Indirect rower participation events are planned by Crew Boosters to generate funds from other sources without the time and energy commitment of the direct rower participation events.

DIRECT ROWER PARTICIPATION EVENTS

Car Wash: Each returning rower is required to sell \$30.00 in tickets and work a two-hour shift. Proceeds from ticket sales will be credited to rower accounts. Contact: Jan O'Donnell or Gretchen McCall. Date: September 23, 2000

Parents Row: Each rower will invite parents and friends who wish to experience rowing in a crew shell to purchase a ticket at the price of \$25.00 per participant. Rowers will receive 100% credit for the amount of tickets sold. This event will be held at Lake Baldwin Park. Contact: Jeff or Jeanette Richmond. Date: October 7, 2000.

Bake Sales: Families will be given the opportunity to provide baked goods to be sold in conjunction with certain events. Proceeds will be divided equally among those who provide baked goods for these events. Contact: Martine Olsen.

Garage Sale: Rower's families are asked to donate a minimum of \$20.00 in saleable items and have at least one member work a shift on the day of the sale. The 100 Family Garage Sale will be held at St. John's Lutheran Church. Proceeds will be divided equally among the participating rowers. Additionally, any donated item which sells for \$20.00 or more will be credited 100% directly to the rower's account. Contact: Carol Howard or Gretchen McCall. Date: October 21, 2000.

Caribbean Beach Party and Silent Auction: Team members are required to obtain at least two items each with a minimum value of \$50.00. These items will be sold to the highest bidder on the night of the auction at the Winter Park

Civic Center. Rowers will receive 100% credit for the selling price of the items donated. The key to the success of this event will be inviting friends and family (buyers) to attend the party. Therefore, each rower is asked to sell 4 tickets for \$25.00 each. This will provide buyers and also cover the cost of the event. Credit will be given only for the \$\$ amount of items sold. Contact: Lacey Gray. Date: November 17, 2000.

Erg-A-Thon: Each team member will contact friends, relatives, neighbors, teachers or anyone they know to ask for sponsorship. Rowers will then participate in an all day event to be held at Pointe Orlando. During this marathon event, each athlete will row 10,000 meters (about 6 miles) on the ergometers set up at the site. Sponsors will be asked to pledge \$1.00 per 1000 meters or \$10.00 each. Each rower is expected to enlist a minimum of 12 sponsors. Calculations: 12 sponsors = \$120.00 credit, 15 sponsors = \$150.00 credit, 20 sponsors = \$200.00 credit etc., etc. This fund-raiser has unlimited potential. Rowers will be credited 100% for sponsorship proceeds. Contact: Kim Kunihiro, Jim or Marjorie Campbell, Sofia or Jerzy Jurewicz. Date: December 9, 2000.

Ad Book: The Winter Park Crew Ad Book is a source of great pride for our team. Rowers and their families work together to sell ads for this major fundraiser. When published, the Ad Book will highlight businesses from the community that support the team and wishes from family and friends to be cherished forever. Space will vary in size and price. Each rower is required to sell \$375 in ads for which the rower will receive an account credit of \$300.00. Contact: Twinkle Urbanski or Jim Angel. Deadline: January 31, 2001.

Valentine Cash Raffle: Brought back by popular demand, the 2000 Cash Raffle was a tremendous success. This year, cash prizes will again be awarded at a drawing to be held February 10, 2001. Each family is required to sell 12 tickets at \$25.00 each. Rower credit for this event is \$200.00. Contact: Ben Hoofnagle

Art Festival Parking: On March 17 and 18th, 2001 the team will rent parking spaces to Art Festival patrons in three or four lots along New York Avenue. Each rower is required to work a two-hour shift in order to receive a \$20 credit. Contact Ben Hoofnagle.

INDIRECT ROWER PARTICIPATION ACTIVITIES

Albertsons Community Partners: Albertsons will pay the Crew Team an amount based on the amount of groceries that are purchased by Crew Team supporters. Each family will be given ID cards with the team's bar code on them. Please give these cards to family and friends who shop or would shop at Albertsons. The cashier at check out will read the card into scanner and the Team will earn a percentage of each sale. For additional cards or more information, contact Larry Groves (lgroves@cfl.rr.com).

Corporate Sponsors: The Team will sell advertising to corporations, companies and individuals seeking broad public exposure. Signs can be attached to our tents or trailers. Sponsors' names can also be placed on Team boats. Should you know of any organization willing to sponsor our team, contact Sofia or Jerzy Jurewicz (jurewiczcanad@prodigy.net).

wpcrew.com: Our website earns up to 20% commissions every time you buy something over the Internet if you search for your store through <http://www.wpcrew.com> links. Amazon.com will pay us if you go to **wpcrew.com** and click on the Amazon link to buy your next book or item. Relationships with many stores have been negotiated (too many to list them all here). If you buy goods or services for yourself or your company, do it through **wpcrew.com**. Your cost will be the same whether you go through **wpcrew.com** or not. Most stores on the Internet pay others to send them business. If your favorite shop is not listed on **wpcrew.com**, call or e-mail our Webmaster - Preston Richmond (richmond@aol.com).

Carebar.com: A co-op of non-profit groups (like us) was formed to sell advertising to the largest advertisers on the Internet. This group (we are members) is paid every time someone buys something over the Internet when they "click" on an advertisement that is displayed at the bottom of the computer screen. This group distributes these funds to all members based on how many hours our Team displays the advertisements, not by how much we buy through these ads. The more hours we all display the ads to ourselves, the more the team earns. Everyone needs to go to **wpcrew.com** under the Carebar link and download the small advertising bar and display it on his/her computer at home and at work. The download takes seconds and it installs automatically. NO PERSONAL information is required or given. Use the Team's account number to give the Team credit for the hours you display the bar. An organization of our size could earn up to \$10,000 per year if we all participate. If you need help downloading or have any questions contact: Larry Groves (lgroves@cfl.rr.com).

FINANCIAL ASSISTANCE

Winter Park Crew Boosters has limited scholarship funds available to rowers who show a special need. Since most of the fund raisers provide the rower with additional incentives to help defer costs, it is important that any rower requesting financial assistance demonstrate and document their efforts in this area. Requests for scholarship funds must be made in writing. Please contact Larry Groves at 407.629.2256 or e-mail Larry at lgroves@cfl.rr.com. The identity of those seeking assistance will remain anonymous.

POT LUCK DINNERS

On the Friday night before each race, Potluck Dinners are held in rowers' homes beginning at 7:00 PM to ensure a well-balanced meal and an early night.

- Each rower is asked to bring a pasta or meat dish, pizza, bread or salad to feed ten people.
- The host family will provide drinks and dinnerware.
- Rowers are usually finished by 9:30 –10:00 PM with dinner and boat meetings.
- Since rowers often leave for regattas the following morning by 6:00 AM, they are to go home after the dinner, and any further activity is highly discouraged by the coaches.

TRANSPORTATION

Rowers arrive and leave as a team at all regattas (except Lake Maitland, Lake Fairview, Turkey Lake and Disney’s Bay Lake). Crew Boosters provides the bus transportation for out of town races for the spring season. Coaches announce departure time and place. Buses leave promptly at departure time. Rowers must arrive early. More about transportation can be found later in this document.

Crew Boosters is responsible for the safety of rowers from the time they get on the bus in the morning until they return. If for any reason a rower cannot get on the bus or must leave a regatta early, the coach must receive written notice and must approve the change prior to race day.

COOLERS & BREAKFAST/WATER

COOLERS

Parents sign up to bring coolers to the regattas to ensure good nutrition for the rowers. Each parent is asked to provide one cooler during the season. Any parent who is unable to pack a cooler can underwrite the cost with a \$60 donation.

Coolers must be transported in the buses to the regattas. **Each cooler should contain enough food for the NINE rowers in the boat.** The coolers should include: one dozen bagels, two containers of cream cheese, 9 hard boiled eggs or nine cups of yogurt, two sandwiches (such as turkey, tuna or ham) per rower – 18 total, fresh fruit and snack items and three gallons of water. You will be given a nutrition handbook with cooler ideas. Gatorade will be provided at the site for the rowers.

CHAPERONES/TENT PARENTS

Parents are needed to volunteer on race days to supervise the rowers and their possessions.

- Parents serve as bus chaperones to and from out-of-town race sites.

- Parents serve as “tent parents” to remain at the tent during regattas so rowers may leave their belongings without concern for loss of property.

KICK-OFF BREAKFAST

Near the official start of the regatta season, Crew Boosters will have a kick-off breakfast for all rowers and their families. All family members are welcome. Coaches will have updates regarding the regattas. Crew Boosters will have information regarding out-of-town trips and will schedule parents as bus or tent chaperones. Parents will also sign up to provide one cooler during the season.

END-OF-YEAR BANQUET AND AWARDS CEREMONY

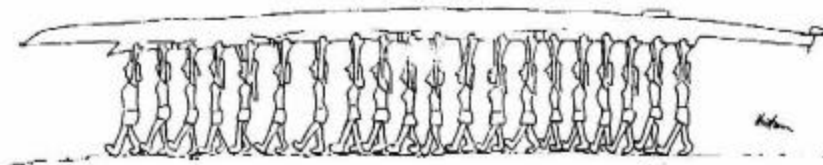
The final event of the season is a picnic and awards ceremony to recognize the efforts of all crewmembers and their families. All family members are invited. Each family is asked to bring a vegetable, meat, pasta, salad or dessert to feed 12 people.

Special recognition is given to honor individual rowers and boats that have competed during the season. Varsity letters are distributed to those who qualify. Special awards of merit, such as most improved rower, outstanding oarsman, and best erg time are given to selected rowers. Team Captains for the following year are announced at this time.

ROWERS RESPONSIBILITIES

HAVE YOU GOT WHAT IT TAKES?

Have you got what it takes to be a team player in rowing? To be part of an energetic and enjoyable crew takes consistent effort and a lot of thought.



The Novice Eight

Here are some things to think about:

Keep your word. Only promise what you can deliver. If you promise to meet the group at a certain time, be five minutes early. Be consistent in your actions.

Carry your fair share of the load. Both on and off the water the term “pulling together” is very appropriate. Don’t expect others to pick up the slack. Everyone has “bad” days, but if you make it a habit, others will resent you not doing your share.

Be a friend. Take other teammates’ best interest at heart. When asked for advice, give it but don’t give unsolicited advice. Be a good listener.

Never make a fellow rower look bad. There is no need to point out these people in public. Talk in private with your coach.

Do something extra. Deliver more than you promise. Volunteer to help out the team. Your fellow rowers will be there for you when you need them.

Lighten up. Rowing is a sport to be enjoyed. Try not to get stressed out over situations or people. Interact vigorously with the group. You'll learn about them as well as about yourself.

MENTAL RACE PREPARATION

The upcoming crew season will change our rowers mentally and physically. Rowers will be required to maintain an extensive training schedule with races almost every Saturday in March through May. They must also keep up their grades and meet all other school and family responsibilities.

- **Be positive and supportive:** It helps when everyone tries to be sensitive to each other, parents and rowers alike.
- **Be flexible:** At this time during the year, practices may last longer than expected especially as the daylight hours are prolonged. Please remember to be patient as the time the rower returns home may vary.
- **Develop a feeling of trust among team mates:** There is a saying among rowers that while rowing "...eight hearts are beating as one." That is the relationship that develops between the oarsmen in a boat. Together they experience hard times, as well as, good times. A trusting relationship results when each rower is confident that their teammates are pulling 100% of their ability. It takes a unified effort to WIN!
- **Find confidence in one's self and one's teammates:** The mental toughness needed for racing is a result of the long hours spent in practice. When the boats are lined at the starting line, you can really feel your power, skill and confidence.

TRAINING AND CONDITIONING

Training and conditioning are important for each rower's performance. All aspects are equally important: nutrition, rest and exercise.



SLEEP

All rowers need plenty of sleep. Sleep is important to rowers because it gives the muscles time to recover and rebuild. A consistent amount of sleep each night is more important than one long night before a race. If a late night is necessary, it is crucial that it does not fall on Thursday, since the sleep two days before a race is most important to race day performance.

DIET

Choosing the proper food and drinking plenty of fluids is as important to athletic success as having the appropriate training program. Rowers must adapt their energy intake to the physical demands of training and competition. Adequate caloric intake through well-balanced meals and nutrient rich snacks will maximize performance without fatigue. Athletes should avoid missing meals, especially breakfast. It is difficult to meet daily energy demands if any meals are missed. A classic sports diet, high in complex carbohydrates and protein, will be most effective. For specific dietary guidelines for training and competition, as well as, weight gain or loss, you should refer to your Crew Nutrition Handbook.

EXERCISE

Rowers should follow the coach's workout. They should not work out on their own, especially from January through May.



PRACTICES

Practices for the Men and Women's team are made up of a combination of land and water training. Land training consists of running, weight lifting and use of the erg machine. Water training encompasses boat skills and techniques. The coaches determine practice schedules.

POT LUCK DINNERS

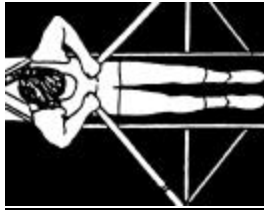
On the Friday night before each race, potluck dinners are held in a rower's home beginning around 7 PM to ensure a well-balanced meal and an early night. Each rower is asked to bring a pasta, meat dish, pizza or salad to feed 10 people. At these dinners, the coaches hold boat meetings to discuss strategy for the following day. Potluck dinners are usually finished by 9:30 PM. Since rowers usually leave for regattas the following morning before 6 AM, they are to go directly home after the potluck dinner. Any further activity that evening is highly discouraged by the coaches.

CRITERIA FOR EARNING A VARSITY LETTER

FOR THE WOMEN'S TEAM

Varsity Letters will be awarded to each oarsman who has met any or all of the following criteria:

- The rower competed in the majority of races in the Varsity 8, Varsity 4 or Lightweight Varsity 8 boats.
- The rower competed in one of the varsity boats at the State Championship Race.
- The rower is a senior and has competed at least 3 years of rowing.



FOR THE MEN'S TEAM

Varsity Letters will be awarded to each oarsman who has met any or all of the following criteria:

- The rower competed in the men's Varsity 8 race at the State Championship Race. (If an individual has been part of the Varsity 8 during a significant part of the racing season but is unable to compete at the State Championship solely due to illness or injury, that individual would be awarded a varsity letter.)
- The rower competed in the Varsity 8 at any of the spring regattas, may be awarded a Varsity Letter at the discretion of the coach but only if he consistently exhibited leadership skills, work ethics, coaching ability and proper attitude.
- The rower competes in a men's Lightweight 8 (if the WPHS team has one at the time) in a significant number of races during the spring season (including the State & National Championships) and that boat is competitive.



REGATTAS



TENTATIVE REGATTA SCHEDULE

FALL 2000

October 28	First Coast Head Race	Jacksonville
November 4	Head of the Chattahoochee	North Atlanta
November 11	Sunburn Regatta	Tallahassee

SPRING 2001

January 20	Milo's Regatta	Harbour Island, Tampa	4.5 miles
February 3	Novice Regatta	Lake Fairview	1000M
February 24	Mayors Cup	Turkey Lake	1500M
March 3	Metro Cup	Lake Maitland	2000M
March 10	Orlando City Championships	Turkey Lake	1500M
March 24	Oars Regatta	Turkey Lake	1500M
April 7	Collegiate Championships	Tampa Bypass Canal	1850M
April 14	Gainesville Crew Classic	Palatka	1500M
April 28	Florida Youth Championships	Key Biscayne	1500M
May 6	Open (SAT Exam)		
May 12	State Championship	Tampa Bypass Canal	1500M
May 19	Stotesbury Cup Regatta	Philadelphia	1500M
May 26	Scholastic Nationals	Camden, NJ	1500M

RACE DAY SCHEDULES

Specific race times for each boat are usually known in advance of the regatta. The coaches will announce schedules. Final schedules are handed out at the regatta.



RACE DAY NUTRITION

Nutrition on race day is especially important to the rower's performance.

- Rowers should be awake and active at least three hours before their race, so that the body is prepared for the demands soon to be placed on it.
- A diet high in complex carbohydrate and protein and low in fat is recommended for peak performance. Rowers are encouraged to choose foods and beverages from designated coolers.
- Refer to the Crew Nutrition Handbook for information on timing of meals and snacks according to your individual race.
- Drink plenty of fluids throughout the day.

UNIFORMS

The Crew Boosters Club will provide racing uniforms for the rowers. Other articles (jackets, tee shirts, sweats, caps, etc) may be available to order and may be purchased at the option of the rower.

WHAT TO BRING

Rowers should bring items to help pass the time between races:

- Books, cards, magazines, a walkman
- Pillow and sleeping bag/blanket to rest
- Rowers may want to bring money to purchase regatta tee shirts, usually sold for \$10 to \$15, and to buy food after their races.

Parents should bring items for watching the regatta:

- Binoculars and cameras
- Fold up chair, blanket, reading material
- Sunscreen and sun umbrella
- Lunch and drinks
- From start to finish most regattas are 4-8 hours. Come prepared.

WHAT TO DO

When rowers arrive at a race site, they help rig the boats. Then they assemble under the team tent to relax until their race. Rowers put their boats in the water up to one hour before the race starts.

Parents may come early for the entire day or for their rower's race if the time is known in advance. Look for the signature WPHS tent that is black and orange.

TRANSPORTATION

Rowers arrive and leave as a team at all regattas (except Lake Maitland, Turkey Lake and Lake Fairview). Crew Boosters provides bus transportation for out of town spring races. Coaches announce departure time and place. Buses leave promptly at departure time. Rowers must arrive early.



If for any reason a rower cannot ride the bus or leave a regatta early, the coach must receive written notice and must approve the change prior to the race.

GENERAL ROWING INFORMATION

WHAT IS ROWING?

In rowing, boats are divided into two categories, sculls and shells. In a scull, each rower has two oars that are approximately 9.5 feet long. Sculls can be singles, doubles or quadruple. In a shell, each rower has only one oar that is 12 feet long. Shells come in "pairs" and "fours" with or without a coxswain and "eights" with a coxswain.



In both kinds of racing boats, rowers are able to take long and powerful strokes with the oars because their feet are tied into shoes. They move back and forth on seats that roll on a track about 2.5 feet long and they have swivel oarlocks.

The racing shells themselves are light and streamlined, made out of special cedarwood skin or thin plastic less than 1/8 of an inch thick. For example, an 8-oared shell is 60 feet long and weighs less than 250 pounds and can carry a crew weighing as much as 1,800 pounds.

The common racing distance is 2,000 meters. Under good conditions, an 8-oar crew can row this distance in less than 5 minutes, at an average speed of 14 mph.

ROWING TERMS

Blade: spoon face of oar – captures water resistance.
Bow: forward area of boat – common name of first oarsman.
Catch: moment of blade entry in water – immediate application of power.
Collar: ring around sleeve designed to position oar and prevent movement.
Coxswain: steersman and proper authority in a boat in motion.
Crab: sometimes punishing error in execution of rowing stroke.
Double: seats two oarsmen, each individual with one oar.
Drive: physical pull on oars using legs, back and arms.
Eight Man Shell: seats eight oarsmen with or without a coxswain.
Foot Stretcher: adjustable platform against which leg drive is applied.
Four Man Shell: seats four oarsmen with or without a coxswain.
Gunwale: essentially parallel wood edges of boat – rigger attachment point.
Keel: center line of boat – point of balance.
Oar: lever against which work is applied – not paddle.
Oarlock: usually plastic clamp at outer pint of rigger in which oar pivots.
Pair: seats two oarsmen with or without a coxswain.
Port: coxswain's left – oarsman at coxswain's left.
Recovery: preferably controlled outreach of another stroke.
Release: finish of stroke when blade exits water.
Rowing: descriptive name for moving a boat with a lever.
Scull: smaller scale oar designed for one hand management.
Sculling: rowing with two oars.
Single: seats one oarsman requiring one oar in each hand – premier event.
Sleeve: protective material along pivot point of oar shaft.
Slides: tracks guiding seat motion.
Sliding Seat: rolling platform for sitting.
Starboard: coxswain's right – oarsmen on coxswain's right.
Stern: rear of boat – common name for coxswain and stern pair.
Stroke Rate: cadence of rowing – number count of cycles per minute.
Stroke: final oarsman in seating sequence – sets cadence of motion.
Sweep: full-scale oar designed for both hands on one oar.

BOAT POSITIONS

There are eight rowing positions in a racing shell. Seats 1 and 2 are referred to as the bow pair. This pair especially “sets the boat”. Rowers in these positions must have smooth and fluid technique. Seats 3, 4, 5 and 6 are referred to as the power or engine seats. Rowers in these positions must be large and strong. Seats 7 and 8 are referred to as the stern pair. They set the stroke rate for each side of the boat. The 8 seat is usually the hardest to row. Bow seats require fluid and consistent rowers. It is important to remember that all three sections of the boat are equally important. A good winning boat consists of eight people rowing together as a team under the direction of their coxswain.

The coxswains are team members who are often overlooked, receiving little praise or encouragement (other than being thrown in the water to celebrate a

boat's victory). The coxswain is the eyes and ears of the boat and has to be a good motivator because, once the race begins, the coxswain is the only one who can talk to the rowers. The coxswain must guide the boat to the starting line and get the boat lined up. Once the race begins the coxswain talks to the rowers, telling them where they are in relationship to other boats and how much further they have to go. A coxswain must know rowing techniques, so that if a correction is necessary, he/she will know what to do and why to do it. It is vital that the coxswain communicates with the rowers in a motivating way. The coxswain steers by giving directions to the rowers, watches for competing boats ahead and behind and keeps the boat in the proper lane to avoid penalties.

“To me, the finest spectacle in sports is to watch a crew when all of its members are seemingly close to exhaustion, rise to the challenge or to the challenge of their opponents, and go out and beyond themselves. If you have never been a part of such an effort, you can never fully appreciate what it accomplishes in the minds and hearts of the participants. The individual oarsman never forgets such an experience, and in that great common effort lies the real secret of almost religious feeling they have for the sport and the affinity they feel for one another. Such effort cannot attract or hold the man who thinks of quitting when the going gets rough.”

Rusty Callow

HOW TO WATCH A REGATTA

Crews are held stationary at the start and take off on the commands: “Are your ready? Go!” Should a crew anticipate the command and cause a false start, all crews will be called back to the start by the starter or referee. A crew assessed two false starts may be disqualified. Once the race has begun, only the referee may stop the crews. A referee in a motor launch follows the race. The referee is the sole authority of whether or not the crews are complying with the rules of racing. The boats are to stay in their lanes. Crews that stray out of their lane will not necessarily be penalized as long as they do not interfere with or impede any other competitors. A group of judges at the finish determines the order of finish and takes times. The winning boat is the one whose bow first crosses the finish line.

A good crew must be precise. The oars and rowers must move together as one. At the beginning of the stroke, the oars should catch the water quickly. During the stroke, the oar blades should remain buried. At the finish of the stroke, all oars should leave the water together without splashing. Between strokes, on the recovery, the oars are turned parallel to the water. This is called feathering and the purpose is to cut down on wind resistance and avoid hitting the water. As the rower approaches the catch, the oar is squared up again.

While the finish is obviously an exciting part of any race, the start is often the most thrilling part of rowing a race. The sight of six eight-oared shells pounding

off the line at forty or more strokes per minute is one of the most exciting spectacles in sports.

Even the most uninitiated spectator can spot a good crew. A well-rowed shell will run smoothly through the water with very little check between strokes. The better the crew, the more effortless the rowing looks to the observer.

ROWING WEB SITES

REGATTA RELATED PAGES

California Henley	http://reality.sgi.com/employees/tommasi_esd/CAHenley
The Royal Canadian Henley Regatta	http://www.Vaxxine.com/henley/
Eastern Spirits Regatta	http://www.Tiac.net/users/hdob/htmls/regatta/sprints/sprints.html
Sports Campus Crew Page	http://btb.com/sportscampus/crew /crew_news/
USA Women's National Rowing Team	http://earth.voyageronline.net/usrowing/
About.com	http://www.Rowing.about.com/sports/watersports/rowing
Blades of the World	http://wsnet.com/~jiml/mrc/blades
Boathouse Row Philadelphia	http://www.phillynews.com/package/boat/index
Georgia Tech Crew	http://www.cyberbuzz.gatech.edu/crew/
The Henley Roy Regatta	http://www.hrr.co.uk/regatta/index
Independent Rowing News	http://www.rowingnews.com/calendar/regatta_menu.html
Physics of Rowing	http://www.atm.atm.ox.ac.uk/rowing/physics
Row2K	http://www.row2k.com
Rowing Address Book	http://www.ep.cs.nott.ac.uk/~dre/rowing/addresses
Rowing-X. Pert	http://www.rz.uni-frankford.de/~fcaspart/index
The Rowing Resources	http://www.roversresource.com
The Rowing Service	http://www.total.rowing.org.uk
Rower's World	http://www.roversworld.com
Rower Training and Physiology	http://www.krs.hia.no/~stephens/rowing/
RowOnline	http://www.rowonline.com
Scholastic Rowing Association	http://home.earthlink.net/~schnationals/index.html
US Rowing Association	http://www.usrowing.org
US Rowing Rules of Rowing	http://www-rci.rutgers.edu/~ronchen/ruleindx.htm

ROWING PUBLICATIONS

American Rowers Almanac	http://members.aol.com/rowsmart/index
The Independent Rowing News	http://lynx.dac.neu.edu/home/httpd/o/oros_enbl/irn
Regatta Magazine	http://users.ox.ac.uk/~quarrell/regatta/

ROWING VENDORS

Adirondack Rowing	http://www.adirondack.net/tour/adrrow
Blades Galore	http://www.marinedata.co.uk/aylings
Boathouse Custom Team Outerwear	http://www.boathouse.com
Care Performance Monitor	http://130.89.222.58/care/index
Competitive Edge Software	http://www.cesoftware.com
Concept II	http://www.concept2.com
Coxswain's Locker	http://www.emporium.turnpike.net/~coxing/index
Port Side Software	http://www.portsidesoft.com
Precision Rigging	http://www.precisionrigging.com/
Rowers Bookshelf	http://www.rowonline.com/rowbooks/
Rowing Collectors Page	http://www.primenet.com/~magazine/rowing
Rowing Needles	http://www.adventurenewport.com/rowing/
Row Works	http://www.valley.net/~rowworks/
Vespoli USA	http://vespoli.com/

NOTES

