Welcome to Crew!

It was suggested that experienced parents write down some useful information to facilitate organization and involvement by newcomers. So this is an attempt to sincerely welcome you, and encourage you to become involved and support this terrific sport at Haverford.

Haverford College Crew (men’s and women’s) is a club team at Haverford, founded in 1998. The Club sport distinction means that HC crew receives its funding primarily from Students’ Council with support from the athletic department. In recent years, the level of cooperation and support from Haverford's Athletic Department has increased greatly. The team works closely with Jen Ward, our staff "liaison" within the department, as well as Wendy Smith, Haverford’s new Athletic Director. Additionally, the club designation means that crew is not subject to specific NCAA regulations, but it also necessitates that students do a great deal of organizational work and fundraising.

The team competes both fall and spring in regattas in Philadelphia and the surrounding areas, and trains during the winter. Unlike most crew programs, however, Haverford Crew practices in the afternoon (due to water traffic and student schedules). During the spring and fall seasons, Haverford Crew rows in Conshohocken, PA, a short fifteen-minute drive from campus, at the Villanova boathouse, a facility used by Villanova Men’s and Women’s, Malvern Prep’s, and Radnor Prep's rowing programs. We are anxiously awaiting potential major boathouse upgrades, which are on the horizon. During the winter season, Haverford Crew trains in the Gardner Integrated Athletic Center, Haverford’s new multi-million dollar athletic facility. Although not mandatory, the winter lifting program consists of a combination strength and conditioning workout created with the help of Haverford’s strength coach, Cory Walts.

Haverford Crew consists of rowers at all levels. Many of our rowers have been rowing throughout high school either with their schools or with local clubs. Roughly half of the team joins us with no previous rowing experience. Therefore, the first weeks of the season are typically devoted to teaching the novice rowers the ropes. This combination creates a unique environment where rowers rely on both teammates and coaches for instruction. By the time the first regatta rolls around, we compete against schools with comparable programs.

The team's coach is Valeria Gospodinov, a former member of the Bulgarian national team and assistant coach of the Bulgarian national women's team. She has earned many medals as a rower, including 4 gold and 3 silver medals in the Bulgarian Nation Championships, a silver medal in the 1991 Student's Games in Holland, and gold and bronze medals in the Krilatskoe Regatta in Moscow in 1987 and 1989. Coach Gospodinov was hired in the summer of 2001.
Fall Regattas

October

Head of the Schuylkill http://www.hosr.org

One of the largest fall regattas held on the Schuylkill River in Philadelphia. Typically, sweep races are on Saturday and sculling is on Sunday. This regatta is a head race so the rowers are essentially rowing against the clock. Races start at 8 A.M. but if you have a vehicle permit, you should be there at 6 A.M. to get a convenient parking spot. The team tent(s) will be set up either next to St. Joseph Prep boathouse or close to the Three Angels statues. The location depends on where the boat trailer is parked. Check with the team captain for this vital info.
Course Length: 4,000 Meters (2.5 Miles)
Competitors: Adaptive, Recreational, Community, High School, College, Open, Masters, and Veterans
Parking: Vehicle permits are required to park on Kelly Drive. Permits are limited and provided to coach / crew captain picking up the registration packet. If you don’t have a permit, you will be diverted to parking areas away from the race course. Shuttle buses run from the parking area to the race course. There are walking paths from the parking area but they are more like hiking on a path through a wooded area and you could encounter steep hills.
Closest Hotel: Crowne Plaza City Ave. 4100 Presidential Ave. Philadelphia. Phone 215-477-0200. Ask for the Campus Visit rate. If the Haverford “block” is not available, use Univ. of Philadelphia. The river can easily be reached using back roads. See accompanying map CrownePlaza_KellyDr.pdf.

November

Frostbite http://boathouserow.org

This Saturday regatta is typically held on the Schuylkill River but occasionally is on the Cooper River in Camden, NJ. If the regatta is on the Cooper River, no vehicle permit is necessary. This regatta is a sprint race so the rowers are rowing against other boats. Be prepared to dress warmly. The team tent(s) is normally set up next to St. Joseph Prep boathouse.
Course Length: 2,000 Meters (1.25 Miles)
Competitors: High School, College, Open, and Masters
Parking: For Shuylkill River, vehicle permits are required to park on Kelly Drive. Permits are limited and provided to coach / crew captain picking up the registration packet. If you don’t have a permit, you will be diverted to parking areas away from the race course. Shuttle buses run from the parking area to the race course. There are walking paths from the parking area but they are more like hiking on a path through a wooded area and you could encounter steep hills.
wooded area and you could encounter steep hills. For Cooper River, parking on street without restriction.

Closest Hotel: For Schuylkill River – Crowne Plaza City Ave. See details listed for the Head of the Schuylkill.
For Cooper River – Crowne Plaza Philadelphia – Cherry Hill. 2349 W. Marlton Pike, Cherry Hill, NJ. Phone 856-665-6666. Book your hotel room as early as possible to get best rate. This hotel is walking distance to the race course.

Bill Braxton   http://www.braxtonregatta.org/

This regatta is held on the Schuylkill River on the Sunday immediately after the Frostbite regatta. The last regatta of the fall season, the Bill Braxton Memorial Regatta was founded by the Braxton family and friends to honor the memory of Bill Braxton, Jr. This regatta is a sprint race so the rowers are rowing against other boats. Be prepared to dress warmly. Races start at 8 A.M. but if you have a vehicle permit, you should be there at 6 A.M. to get a convenient parking spot. The team tent(s) is normally set up next to St. Joseph Prep boathouse.

Course Length: 1,500 Meters (1 Mile) except for Masters, which is 1,000 Meters.
Competitors: High School, College, Open, and Masters
Parking: Vehicle permits are required to park on Kelly Drive. Permits can be downloaded from the regatta website.
For Cooper River, parking on street without restriction.
Closest Hotel: For Schuylkill River – Crowne Plaza City Ave. See details listed for Head of the Schuylkill.
Spring Regattas

March / April

Murphy Cup Regatta

First regatta of the spring season held on the Schuylkill River and is strictly for college sweep rowing. This regatta is a sprint race so the rowers are rowing against other boats in heats. Finals include the first place boat in each heat plus the next fastest boat out of all the heats. Be prepared to dress warmly. Races start at 9 A.M. but if you have a vehicle permit, you should be there between 6 and 7 A.M. to get a convenient parking spot. The team tent(s) is normally set up next to St. Joseph Prep boathouse.

Course Length: 2,000 Meters (1.25 Mile).
Competitors: College
Parking: Vehicle permits are required to park on Kelly Drive. Permits can be downloaded from the regatta website.
For Cooper River, parking on street without restriction.
Closest Hotel: Crowne Plaza City Ave. 4100 Presidential Ave. Philadelphia. Phone 215-477-0200. Ask for the Campus Visit rate. If the Haverford “block” is not available, ask for Univ. of Philadelphia or Temple. The river can easily be reached using back roads. See attached map CrownePlaza_KellyDr.pdf.

Knecht Cup Regatta

This regatta is sponsored by the Villanova Women’s Crew team on the Cooper River in Camden, NJ. This college only regatta includes both sweep and sculling events. Normally this regatta is scheduled for Saturday and Sunday with mostly just the finals being held on Sunday. However, in 2009, it was on a Friday and Saturday because of Easter and in 2008, the regatta was compressed into one day because of severe storm and flooding predictions for Sunday.

Course Length: 2,000 Meters (1.25 Mile).
Competitors: College
Parking: Parking on street without restriction.
Closest Hotel: Crowne Plaza Philadelphia – Cherry Hill. 2349 W. Marlton Pike, Cherry Hill, NJ. Phone 856-665-6666. Book your hotel room as early as possible to get best rate. However, only book on Friday night for the Saturday races. If a Saturday night room is needed, make the reservation in person at the front desk on Friday night and it will be considerably cheaper. This hotel is walking distance to the race course.

Franklin Marshall Invitational

This regatta is very laid back and is held on the Schuylkill River in Conshohocken, PA at the Bryn Mawr boathouse. The boathouse used by Haverford is in that same vicinity. It is...
not a formal regatta – mostly for fun. The competitors normally include Bryn Mawr, Haverford, and Franklin Marshall.

Course Length: Whatever
Competitors: College
Parking: Parking on street without restriction.
Closest Hotel: Residence Inn by Marriott - 191 Washington Street, Conshohocken, PA 19428. Phone: (610) 828-8800 or (800) 331-3131. This hotel is a very short drive to the boathouses (601 Washington St).
Things to Bring to Regattas For Parents and Participants

- Water! Always keep your rower hydrated
- Motrin or Tylenol
- Inhaler if needed
- Extra socks
- Warm clothes
- Sunscreen Sunglasses
- Personal items: i.e. tampons
- Band-Aids
- Wrench 7/16” every rower should have one for rigging
- Camera
- Binoculars
- Kleenex and Hand Sanitizer—Porta-Pottys
- Safety pins
- Music/MP3 player, a good book for between races, portable homework
- Snack food. Bagels, fruit, home made goodies for after the race.
- Money for T-Shirts, programs
- Folding camp chairs
- Umbrella/rain gear Races are rarely cancelled unless there is lightning
- Cell Phone
- Walkie-talkies are fun to communicate from the start line to the finish line
- Bicycle for Philly trip spectators
- We suggest you leave the dog at home.
Etiquette for Rowers and Spectators

Rowers are expected to be on their best behavior at all times. There is zero tolerance for drugs, alcohol, or any nonsense period end of story.

Haverford College has a fine reputation for excellent students and each student has a responsibility to uphold this reputation. Foul language is never appropriate.

Rowers are expected to load boats before races and unload at the boathouse when the trailer returns. It is the responsibility of the rowers, not the coaches to be sure all of the equipment gets to the race and returns to the boathouse. Learning to rig and de-rig boats is one of the first skills your rower will learn. When at races, between races, equipment must be accounted for, and teamwork is essential.

Parents are expected to cheer!

Just to let you know, no electronic devices like battery powered megaphones are allowed. Traditional megaphones are fine. Often parents plan to spread out their cheering throughout the racecourse to encourage our boats the whole way. Due to the nature of our sport, there are not a lot of spectators, and rowers really like the encouragement and support, so GO FOR IT.

Parents should leave their beer and wine at home…with the dog.
Consider Getting Involved

So much of the success of this program depends on volunteer efforts. Here are some ways you can help.

- Bring food to races
- Donate Misc. items to the boathouse such as:
  - Duct tape
  - First Aid Supplies including ice packs
  - Bottled Water
  - A nice folding table to bring to races
  - A box of granola bars for hungry kids
  - Black and Red Spray Paint for oars

- Consider loaning any of the following for races:
  - Large cooler
  - Gas Grill

- Smile! Introduce yourself, get to know each other!
Invaluable Internet Resources

http://www.row2k.com
Results, pictures, Regatta links…it’s all here.

http://www.regattacentral.com
Results, entries, participants in each boat included

http://www.usrowing.org
Rowing membership site and National team testing
information

http://www.irow.com
More good information about rowing.

http://www.rowersworld.com
Lots here, message board under the “Community”
section, also nice photos

http://www.rowingtalk.com
Message Boards

http://www.concept2.com
The ERG site

http://www.boathouserow.org
Provides links to Bill Braxton, Frostbite and Head of
the Schuylkill

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Rowing Terms

- **Blade:** The oar; also the end of the oar which is placed in the water.
- **Bow:** the front end of the boat; also used as the name of the person sitting nearest the bow.
- **Catch:** The oar blade entering the water at the beginning of the stroke.
- **Crab:** A stroke that goes bad. The oar blade slices into the water at an angle and gets caught under the surface. A bad crab can catapult you out of the boat.
- **Ergometer:** A rowing machine designed to simulate the actual rowing motion; used for training and testing.
- **Feathering:** Turning the oar blade flat during the recovery to lessen wind resistance.
- **Finish:** The oar blade leaving the water at the end of the stroke.
- **Foot stretcher (or clogs or shoes):** An adjustable bracket in a shell to which rowers feet are secured.
- **Hatchet:** A type of oar with a blade larger in surface than that of a Macon blade.
- **Oarlock:** A U-shaped swivel which holds the oar in place. It is mounted at the end of the rigger and rotates around a metal pin. A gate closes across the top to keep the oar in place.
- **Port side:** Left side of the boat, as facing the bow.
- **Recovery:** The time between strokes, the oar blade traveling through the air.
- **Rigger:** The assembly of tubes which are tightly bolted to the hull to which are attached an oarlock.
- **Rigging:** The adjustment and alteration of accessories (riggers, foot stretchers, oar, etc.) in and on the shell to maximize particular rowers efficiency, based on their size and capabilities. Scull: this term is used interchangeably: to the oars used in sculling, the sculling shell itself; or the act of rowing in a sculling shell.
- **Shell:** A racing boat; Term for rowing boats.
- **Slide**: The track on which the seat moves.
- **Slings**: Collapsible/portable frames with straps upon which a shell can be placed.
- **Split**: The time a crew takes to complete a 500 meter segment of the race.
- **Starboard**: Right side of the boat facing the bow.
- **Stern**: The rear end of the boat.
- **Stroke**: Apart from the rowing action, this can also mean the person who sets the pace for the rest of the crew. The stroke sits nearest the stern.
- "**Washing Out**": Not fully recovering the blade during the whole stroke.
- **Recovery**: The part of the rowing stroke from the release up to and including the catch.
- **Skying**: The fault of carrying the hands too low during the recovery, causing the blade to be too high off the surface of the water.

- **Squaring**: Term describing the turning of the oar from a horizontal (feathered) to a vertical (squared) blade position.
- **Sweeping**: The art of rowing with one oar.
- "**Ready all, Row**": Begin rowing.
- "**Power 10**": A race tactic. A call for rowers to do 10 of their most powerful strokes.

This information is taken from a variety of sources, mostly from the Rowing Handbook by Harold Y. Finigan. This handbook was developed as a guide to rowing for the Lower Merion High school crew (Philadelphia), which is coached by Finigan.