



Bishop Ireton Crew
2011-12 Academic Year &
Spring Season



Agenda



- **Welcome** – *Bob Deforge*
 - 2011 Overview
 - 2012 Plans
- **Head Coach** – *Eric Gehrke*
 - Last year's accomplishments
 - Overview of Spring Season
 - Goals for 2011~2012
 - Regatta Schedule
- **Regatta Road Trip** - *Carolyn Deforge*
 - Spring Break Camp
 - Stotesbury Trip
 - SRAA Nationals- Tennessee
- **Fundraising**
 - Activities
 - Dates and Goals
- **Volunteer Requirements**
 - Expectations of each family
- **Hospitality Essentials**
 - Expectations of each family
- **Registration Requirements**
 - Forms and Waivers
 - Costs and payment options



2011 Overview



- **Undefeated Regular Season**
 - Women's Varsity 8+
- **WIRMA Championship Regatta**
 - BI Races to 2 Silver, 1 Bronze
- **2011 Stotesbury Cup**
 - Women's Varsity (Senior) 8+
 - 14th overall



Looking Ahead



- Drive for Men's Varsity 8+ Shell
- Introducing Cuts, Team Structure
- Expanded Fall Training
- New Women's Freshmen Coach



Our Coaches



– ***Stephen McCarthy - Novice Boys***

- 2011 Graduate of Northeastern University
- 2nd year (first full) with BI

– ***Brent Keuch – Varsity Girls***

- 3rd year with BI

– ***Sara Ginolfi - Novice Girls***

- Coming from Walter Johnson
- 1st year with BI



Coaching Philosophy



- ***Empower the Athlete***
 - Teach the rowing stroke through two-way communication
 - Make sure the athlete understands the “why” as much as “how”
- ***Require Responsibility with that Power***
 - With the power of “why” the athlete is then responsible FOR the re-occurrence of the “how”
- ***Create Inter-dependent Motivation***
 - On a smaller, close-knit team each athlete owes it to their teammates and coaches to participate fully and be there to provide the platform for themselves and others to perform



Goals



- **Results Goals**

- MV8, WV8, MN8, WN8 place in the top 18 in the Time Trial at the Stotesbury Cup
- Place in top 3 in at least 3 races at WMIRA Championship (Varsity, Novice)
- Win an event at the WMIRA Championship

- **Training Goals**

- Have every returning rower PR on 6k and 2k tests
- Have 5 boys under 7 minutes; 5 girls under 8 minutes over 2k

- **Participation Goals**

- Have at least one rower (from each team) never miss a practice
- Have at least 23 members on each Varsity team; 11 on each Novice team

- **Staff Goals**

- Have no more than 2 boats to each coach
- Raise enough money from dues to afford a paid 5th position for Spring 2012
- Have more than half the staff attend a rowing conference



Summer All-Stars



• 2012 Summer Erg Competition Winners!

– Top 3 Overall

- Jessica Kammen 284367 meters
- Nina Gupta 250761 meters
- Chris Adleson 221621 meters

– Top 3 Men

- Chris Adleson 221621 meters
- Conor Padden 189113 meters
- Joey Gorman 100369 meters

– Top 3 Women

- Jessica Kammen 284367 meters
- Nina Gupta 250761 meters
- Reagan Miller 60977 meters

– Top 3 Parents

- Angela Bouquet 158710 meters
- Carolyn Deforge 59808 meters
- Michael Paczak 49776 meters



Summer All-Stars (cont'd)



- **Summer Sculling Camps (4 weeks)**
 - 25+ athletes participated
 - Over 1 million total meters on the water as a team
- **Summer Strength and Conditioning**
 - All summer
 - Averaged 8 athletes per sessions (up from 4 athletes last summer)



Leadership Council



- Members and Positions:
 - **Presidents:** Jacob Ramey and Reagan Miller
 - **Vice-Presidents:** Zach Deforge and Abby Steinberger
 - **Treasurers:** Steven Barlow and Carolyn Riegel
 - **Liaisons:** Conor Padden and Eleanor Morrison
- We are **trying to build up our savings** to purchase team items to express how professional we treat our training
- Our **intention** is to raise athlete involvement and create a bridge between the parents, the coaches and the athletes
- One of our **important goals** is getting closer to buying a boat for the men's side, which they need as soon as possible.



Attendance Policy



- **Varsity Attendance Policy:**

- Each rower is allowed 1 unexcused absence before being ***removed from the team (without refund)*** on the 2nd unexcused absence

- ***Unexcused absence*** entails not notifying the coach (email, voicemail, in person) that you will miss practice prior to 6 hours before practice **BEGINS**

- **Novice Attendance Policy:**

- Each rower is allowed 3 unexcused absences before being ***removed from the team (without refund)*** on the 4th unexcused absence

- ***Unexcused absence*** entails not notifying the coach (email, voicemail, in person) that you will miss practice prior to 6 hours before practice **BEGINS**



Fall Training Schedule (Varsity)



- Before School Starts

- August 22-26th: 3:15 to 5:30 pm @ BI
- August 27th: 8:00 to 10:00 am @ BI

- During First Week of School

- August 29-September 2nd: 3:15 to 5:30 pm @ BI
- September 3rd: 8:00 to 10:00 am @ BI

- Standard Fall Training Schedule

- Standard Days: *Bus Leaves BI @ 3:15 pm, Leaves BH @ 6:00 pm*
- T-Day Dismissals: *Bus Leaves BI @ 3:00 pm, Leaves BH @ 6:00 pm*
- Specific Early Dismissal Days: **CHECK WEBSITE**
- Weekend Training: *8:00 to 10:00 am @ BI*



Regatta Dress Code



- All Rowers competing in a regatta (Occoquan for the fall) are **REQUIRED** to wear their winter uniform from Bishop Ireton to the race course until 1 hour before their scheduled race time and after their race until leaving.
- To succeed at our goals we will have professional expectations of ourselves in an amateur sport. We will carry ourselves the same way.



Practice and Regatta Transportation



- Fall Training Bus
 - Begins Monday September 12th
 - Monday through Thursday
 - Leaves BI @ 3:15, Leaves BH @ 6:00 pm
 - **Parent bus riders required – sign up sheet for preferred day**
 - No bus for Saturday practices or races
 - We will need to coordinate carpools



Team Structure /Cuts



- **Purpose**

- Provide a safe and forward moving learning environment for the paying athletes
 - Not over-stretching coaching staff
 - Creating environment where on-the-water learning is prioritized
- Begin fostering habits of competition and achievement
 - Maintaining a standard of excellence in training and work ethic

- **Objectivity**

- Class-to-class erg standards (tangibles) – **HAND OUT**
- Coaches observations (subjective)
- Work ethic (attendance) and practice habits (day to day scores)



2011-2012 Regatta Schedule



FALL TRAINING REGATTAS (tentative)

- *September 25, 2011* – Head of the Potomac
 - Potomac River, Washington, DC
- *October 9, 2011* - Occoquan Challenge
 - Sandy Run, Occoquan, VA
- *November 6, 2011* - Head of the Occoquan
 - Sandy Run, Occoquan, VA

WINTER TRAINING RACES (tentative)

- *January 21, 2012* – Bishop Ireton Erg Invite
 - Bishop Ireton HS Gym
- *January 28, 2012* – Mid-Atlantic Erg Sprints
 - TC Williams Gym

SPRING RACING SCHEDULE (tentative)

- *March 25, 2012* – Anacostia Invite
 - ACBA
- *March 31, 2012* – Cindy Cole Cup
 - ACBA
- *April 15, 2012* – Manny Flick #4
 - Schuylkill River, Philadelphia, PA
- *April 21, 2012* – Dual w/ TBA
 - TBA
- *April 28, 2012* – Al Urquia Regatta
 - Sandy Run, Occoquan, VA
- *May 5, 2012* – WMIRA Novice Regatta
 - Thompsons Boat Center, DC
- *May 12, 2012* – WMIRA Championships
 - Thompsons Boat Center, DC
- *May 18-19, 2012* – Stotesbury Cup Regatta
 - Schuylkill River, Philadelphia, PA



Regatta Road Trips



Spring Break Camp

- April 9-14, 2012
- Students WILL be home for Easter
- Total Cost \$350

Stotesbury Cup Regatta - Philadelphia

- May 17-19, 2012 (17th – Leave school/Practice, 18-19th – Racing)
- Total Cost \$300
- 2 days of school missed

SRAA Nationals - Tennessee

- Dates still to be confirmed
- \$175 for lodging
- Payable in Full once boats have been determined
- 2 days of school missed

Note Fees are budgetary based on last years cost.



Volunteer Corps



•Board/Committee Membership

- Secretary (B)
- Treasurer Assistant/Understudy(B)
- Fundraising: (C)
 - Fruit Baskets
 - Mulch Assistant
 - Concessions
- Hospitality Coordinator (C)
 - Hospitality Committee
- Away Regatta Coordinator (Understudy)

•Fundraising

- Help with coordination and execution

•Home Regattas

- Fall requirements
- Spring requirements

•Hospitality



Hospitality Essentials



- Expectations of each family
 - Food assignments
 - Water & Gatorade
 - Grill Duty
 - Clean up
- Sign up sheet for pasta dinners
- Don't forget to get your name on the hospitality trailer



Fundraising Activities/Dates



- **Letter Campaign**
- **Fall Concessions**
 - 4 Home Games this year (2 Sept, 17 Sept, 1 Oct, 22 Oct- Homecoming)
- **Mulch (Fall)**
 - **Sept.26**, Mulch orders due
 - **Oct. 2**, Mulch Delivery
- **Fruitbaskets**
 - **Nov. 19**, Saturday, 9 a.m. - Meet to assemble baskets at Bishop Ireton, cafeteria. (tentative)
 - **Dec. 6**, Wednesday - Orders due for Fruit Baskets.
 - **Dec. 10**, Saturday, 9 a.m. - Meet at Keany Produce Warehouse in Landover, Maryland for assembly of fruit baskets. (tentative)
- **Christmas Trees/Wreaths**
 - **Nov 30**, Wednesday - Orders for wreaths due
 - **Dec. 2-4, 9-11**, Friday, Saturday and Sunday
- **Erg-A-Thon Date TBD**



REGISTRATION



- ALL forms and payment **MUST** be received by September 3 or you will not be allowed on the water
 - Registration Form
 - Equipment Responsibility
 - Code of Behavior
 - US Rowing Waiver
 - Concussion Form
 - Athletic Physical on file with Mr. Horton



Questions?

Thank you for coming

Go Cardinals

