



Frequently Asked Questions

1. What kind of time commitment does Ridgewood Crew require of its rowers and parents?

Rowers

Participation in Ridgewood Crew requires a large time commitment from both rowers and parents. Rowers not involved in a winter sport are strongly encouraged to engage in pre-season winter weight and ergometer (rowing machine) training, whether in formal programs or individually. During the season (early February through mid-May), novice rowers typically practice 4-5 times per week and may participate in 2-3 weekend regattas per season. Junior varsity and varsity rowers practice 5-6 times per week and race in 6-8 regattas per season.

Rowers are required to attend all scheduled practices and regattas including during Spring break. Rowers are also required to participate in the two fundraising activities held before and after the season, as well as in equipment clean-up days.

Parents

Ridgewood Crew cannot function without the commitment of its parent group. Parents of Ridgewood Crew athletes regularly volunteer their time and resources to serve a variety of the club's needs – from manning the team tent at regattas and pitching in at equipment clean-up sessions to chairing one of the two fundraising events and trailering the boats.

2. How much does Ridgewood Crew cost?

As a not-for-profit organization, Ridgewood Crew relies exclusively on annual dues, fundraising activities as well as the generosity of businesses and individuals to support its mission. Annual dues, which cover coaching, equipment, uniforms, boathouse, travel and race entry fees, are set by the Board of Directors each year and were \$1,775 per rower for the 2011 season.

3. What is "Learn to Row"?

All novice rowers are required to complete a Learn to Row (LTR) program prior to enrolling in the spring Competitive Racing program. LTR introduces first-timers to equipment, procedures and basic techniques. LTR programs are offered by the Nereid Boat Club and Passaic River Rowing Association during the summer and fall. NOTE: Demonstrating swimming proficiency is a pre-requisite for both LTR and participation in Ridgewood Crew. A swim test should be scheduled prior to the first LTR session.

4. Are there tryouts?

Yes. Tryouts are held in January and typically consist of practice sessions where athletes will be coached and evaluated on attitude, coachability, as well as test sessions where they will be observed and evaluated on various performance tests (both erg and strength). Tryouts are

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required because the club has a limited number of seats available and interest from Ridgewood high school students is increasing. Tryouts are also used to determine initial boating placement.

5. Where does Ridgewood Crew conduct practices?

Ridgewood Crew rowers practice on the Passaic River, out of the Passaic River Rowing Association (PRRA) located at Riverside Park South in Lyndhurst. Coaches closely supervise practices from a motorboat equipped with life jackets, first aid kits, emergency blankets and other safety equipment.

6. What are regattas, and where are they held?

Regattas are rowing competitions where Ridgewood Crew races against other high school teams from throughout the region and the country. Regattas are exciting, day-long “tailgate-style” events for families as well as rowers. They are typically held on Sundays from late March through late May on the Schuylkill River in Philadelphia. Rowers attend regattas for their level (novice, JV or varsity) regardless of whether they are competing that day or not. Ridgewood Crew generally provides bus transportation for rowers to and from regattas, departing from the Graydon parking lot in Ridgewood as early as 5am and returning as late as 9pm. Parents and families are strongly urged to attend to see their son or daughter compete, to enjoy the venue, and to be part of the support group that makes these events possible.

7. I have no rowing experience at all. Can I still join?

Absolutely! Ridgewood Crew’s mission is to introduce high school aged youth to the traditions, athleticism, sportsmanship, techniques and camaraderie of the sport of rowing. The Learn to Row program, described above, does not assume any prior rowing experience. However, students should not be beyond their sophomore year in Ridgewood High School.

8. How do colleges look at rowing and crew experience?

Colleges with rowing programs are keen to attract the best talent. Because fewer than 300 public and private high schools nationwide offer rowing programs, Ridgewood Crew can help create admission and scholarship opportunities for its elite group of student athletes.

9. Can I row and still do other sports?

Not during the rowing season. The time commitment required to participate precludes rowers from participating in other sports. Additionally, rowing is an intensely team-focused sport and injuries/absences due to other sports unfairly affect other teammates.

10. Is Ridgewood Crew affiliated with Ridgewood High School?

Regatta rules require all rowers be from the same high school so all RC rowers must attend RHS. In addition, RHS welcomes Ridgewood Crew to its Freshman Club Fair. However, Ridgewood Crew is a separate organization with its own budget, by-laws and Board of Directors and receives no funding from either RHS or the Village of Ridgewood.

11. How can I learn more about rowing and Ridgewood Crew? From www.ridgewoodcrew.com or any Ridgewood Crew rower, coach, or Board member.