



Welcome to Ridgewood Crew!

Ridgewood Crew introduces Ridgewood, NJ high school-aged youth to the traditions, athleticism, sportsmanship, techniques and camaraderie of the sport of rowing. Founded in 2004, the team rows on the Passaic River in northern NJ and competes in the sport's premier regional, national, and international regattas. Our team is led by head coach, Boris Roque-Alvarez. Coach Boris joined Ridgewood Crew in 2012. He was the head coach of Nereid Boat Club from 2007 to 2014. In that time, he quadrupled the size of the youth program and developed a pool of elite young rowers competitive enough to qualify for US Youth Nationals and to represent the United States at the Under-23 World Championships.

In 2012 he became the Ridgewood Crew head coach, leading the team to archive their best results in the 10 years team's history. Since the spring of 2013 Ridgewood Crew has won gold medals at prestigious races including the Stotesbury Cup Regatta, Philadelphia City Championship, SRAA Nationals, and multiples State Championship Titles.

Born in Cuba, Boris is an excellent oarsman and coach of all skill levels who graduated from the National University of Physical Education and Sport in Ukraine. He holds a Master's degree in Education along with US Rowing Level II and New Jersey Physical Education teacher certifications. Together with a team of very well qualified coaches, Boris oversees the youth programs at Ridgewood Crew.

Ridgewood Crew offers programs from Learn-to-Row (LTR) to elite high school/college training. Session schedules and fees will be posted prior to the season. The schedules may change from session to session. Ridgewood Crew's main season is the spring season. Rowers may elect to participate in other sports &/or activities outside of the spring season.

- Location of Practices
 - Passaic River Rowing Association; 797 Riverside Ave, Lyndhurst, NJ
 - Ridgewood High School cafeteria or weight room
- Summer
 - LTR, novice, high school/college development programs
 - 1-3 regattas
- Fall
 - LTR, novice, high school development programs
 - 1-3 regattas
- Winter
 - Indoor training (erg/weight room) for high school and development team (@ HS)
- Spring
 - Indoor and on-the-water training for high school and development team
 - Season runs early Jan – end of May; tryouts are 1st week of January
 - All HS practices and regattas have mandatory attendance beginning after tryouts; with a few exceptions. Rowers in Winter sport join the team once the sport is over
 - Up to 10 regattas depending on level of experience
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Other important information

- **Cost**
 - Summer, fall, and winter sessions are priced to be competitive with surrounding Bergen county programs and are charged per session. Included in the fee is the excellent training/coaching and may include busing. It is not mandatory to participate in these sessions; although highly encouraged to further develop rowing skills and fitness



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- Spring: fee for Ridgewood Crew's 2020 spring season has not been set; the fee for the 2019 season was \$2700 (payable in 3 installments); there is a discount for families that have multiple rowers, i.e. 20% off the second and subsequent rowers. This fee includes the following:
 - Coaches excellent instruction and fees
 - Busing to and from practice and regattas
 - Maintenance of equipment during the season
 - Unisuit uniform for freshman and novice rowers
 - Regatta related costs:
 - Regatta registrations/fees
 - Insurance coverage for rowers at the regattas
 - Transportation of all equipment to and from regattas
 - All food at regattas for rowers, coaches, and parents
 - Overnight accommodations for Stotesbury Regatta (2 day regatta)
- Costs not covered include any overnight accommodations at other 2 day regattas – SRAA, or US Youth Nationals (also transportation is not included for SRAA or US Youth Nationals)
- **Regattas**
 - Busing is provided for regattas for the rowers (except SRAA and US Youth Nationals). Usually departs Ridgewood (Graydon parking lot) between 5:00 and 6:00 am and returns to Graydon for drop-off, usually around 8:00 pm.
 - Rowers fed breakfast and lunch and often sandwiches on the way home.
 - The majority of regattas are in Philadelphia or Camden NJ, and travel to both is roughly around 2 hours.
 - Parents must volunteer to help with the tent, provide food, and volunteer assistance to the regatta itself.
 - Stotesbury Cup rowers stay overnight on Thursday and Friday, with transportation and meal provided. Accommodations for Philly City championships are not provided for rowers and must be handled by each rower if they wish to stay in Philadelphia.
 - Mid-Atlantic, SRAA and Youth National regatta transportation, lodging and meals are the responsibility of the rowers.
- **Volunteer**
 - Ridgewood Crew is run by parent volunteers. We are a club at Ridgewood High School and are not classified as a varsity sport. Therefore, we do not receive any monetary support from the Ridgewood School District. Our club is funded by corporate and individual donations as well as program fees. Each family is responsible for volunteering in some capacity, either as a board or committee member, parent tent volunteer, at a fundraiser function. Each family is expected to volunteer for regattas at the parent tent. Additionally, Ridgewood Crew is assigned a Manny Flick to volunteer. There are several volunteer opportunities throughout the year – and it's fun!
- **Fundraising – Ridgewood Crew is a 501c3 Organization**
 - As mentioned above our club is fully funded by corporate and individual donations as well as program fees. We have several fundraisers throughout the year; please consider volunteering your time to make these programs a success. In the spring, we host a row-a-thon at Van Neste Square and this fundraiser is mandatory for all rowers.
- **School breaks and other excused absences** - if one rower in a boat does not attend a practice/regatta then the entire boat cannot practice/race.



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- During the summer, fall, and winter training the rower may miss a practice or two due to other commitments. The coach should be notified if your rower is going to be out a specific day each week.
- During the fall and winter training, there will be no practice when school is closed/holiday
- For the spring season, MLK holiday and February break practices are optional. There will be practice during spring break, no exceptions.
- RC allows kids to miss practice during the week for select school functions. These can be found in the Ridgewood Crew Expectations, updated every year.
- There are no excused absences allowed for regattas.
- If your child is sick, please contact the head coach and VP Administration as soon as possible. A doctor's note may be required to resume rowing.
- **Note:** rowers in CCD – please schedule your retreat for either October or November and your sponsor day for tbd. RC has consulted with Mount Carmel to understand the commitment and best schedule for both.
- **Communication between parents and coaches/board**
 - Our main avenue for communicating information is via Crew News and InstaTeam. If you are new to RC, we will create a profile for you with the email you provided. You will have to complete your profile in order to receive notifications through InstaTeam.
 - On occasion, changes to the practice schedule (i.e., weather) may occur. Attempts are always made to minimize changes, and inform rowers and parents as soon as possible. If there are any changes to the practice schedule, regatta transportation, etc they will be communicated via InstaTeam, crew news, Ridgewood Crew website, and/or through the RC Rower Captains.
 - Appropriate concerns for parents to discuss with coaches include, ways to help their child improve, concerns about their child's behavior or progress, injuries, and nutrition. Issues not appropriate to discuss with coaches include, crew formation, seat assignments, coach assignments, coaching decisions, or other student athletes.
 - Any other questions or concerns should be addressed to members of the RC Board