

Requirements for Participation in Crew

LCPS Requirements

All Riverside High School Crew athletes must comply with LCPS rules and regulations for participation as described in the [Student Activities Handbook](#). A copy of the handbook is available in PDF format when new athletes are registered for Crew. Required information must be submitted to LCPS for all athletes.

1. **Register the student with LCPS for Crew** – [Registrations are online](#)
2. **Submit all [completed forms and requirements](#)** – Please scan and email the physical to Matt Oblas (the Riverside Athletic Director) at Matt.Oblas@LCPS.org.
3. **NO LCPS ATHLETIC FEE** is payable to the school for Crew participants.
4. **Athletes are required to have all LCPS requirements completed BEFORE tryouts.**
5. Interested athletes **MUST** participate in all three days of try outs.

US Rowing Requirements

- **Swim test** - All athletes must take and pass a basic swim test before they may go out on the water. Dates/times for the test will be posted after the team roster is announced. This only applies to athletes who have never participated in a crew team such as P10, Riverside Crew or other local rowing club.
- **US Rowing Membership** - All athletes must have a valid US Rowing membership. The initial cost for US Rowing membership dues for new members of the team will be covered by the team. The membership covers the team and athletes for insurance purposes and is required to compete in any VASRA events or participate in practices.
- **US Rowing training and other requirements** - All athletes are required to comply with US Rowing requirements in order to participate. This includes SafeSport training required for any athletes over the age of 18.

Riverside Crew Requirements

Tryouts

Athletes must register with the team for try outs which are scheduled for February 19, 20, and 21.

Register at <https://forms.office.com/r/YX1furVg3h>. Athletes must participate in all three days of tryouts.

The team roster will be announced at the end of the 3 day tryout period by the head coach. Each athlete will be personally notified.

Costs and Volunteer Obligations for athletes and families

- **Athlete dues for 2024 - \$1500** for the season payable to Riverside Crew. \$750 (50%) is due by 2/26 and the remaining \$750 must be paid in full by March 15th. This fee includes:
 - use of equipment,
 - regular season regatta entry fees,
 - and the hospitality tent at races (food for athletes and families),
 - bus transportation to and from regattas,
 - the initial fee for US Rowing membership,
 - use of Maverick indoor rowing facility during the spring season.
 - No refunds will be issued after March 15th.
- **Winter training** – costs for winter training are NOT included in the team dues. Any athletes who are not participating in a winter sport are strongly encouraged to participate in winter training to prepare for the Spring season. The winter training program is developed by the coach specifically for improving performance for crew athletes.
- **US Rowing membership**
 - Returning athletes are required to pay for the annual renewal fees (\$25) directly to US Rowing by logging into his/her account. US Rowing sends automatic email notifications when renewals are due. Cost for US Rowing membership for new athletes is covered by the team.
- **Uniforms** - All athletes must purchase a uniform in order to participate. The uniform is available for purchase online at <https://riversidecrew24.itemorder.com/>. The required uniform consists of one pair of navy blue trou (shorts) and the team jersey. The team jacket and visor are optional.

****Due to the lead time, the deadline for purchase of the team uniform is February 11th which is before tryouts. The team will buy back the uniform from any athlete who purchases a uniform but is not selected for the team provided the item is **not** personalized.
- **Additional costs** for regattas such as Stotesbury Cup (Philadelphia) which take place after the end of the regular season, are calculated based on the number of athletes and boats selected for participation and other costs for transportation, lodging, and meals.
- **Volunteer requirements for Riverside Crew and VASRA**

Riverside Crew is completely self-funded by the fees it collects and by generous donations. We receive no financial support from the school or LCPS. Coaches are all unpaid volunteers who dedicate their free time to the team. We need support from parents and families every season.

 - Each athlete's parent(s) must volunteer with the club in some form. Many opportunities are available such as:
 - driving carpool to practices and regattas,
 - contributions to the hospitality tent at races,
 - launch drivers at regattas,
 - volunteers to work concessions and numerous other positions at regattas.
 - No coaching or rowing experience is necessary to help out! A complete list of the volunteer opportunities will be sent to parents at the beginning of the season.

Attendance

Attendance is critically important to the success of the athletes and the team as a whole. One athlete missing a practice or regatta impacts his/her boat, the team and that athlete's position on the team.

Riverside Crew observes the Loudoun County Public Schools attendance policies and rules regarding practice schedules and absences from practice. Students are expected to abide by these rules and are required to attend all practices and regattas. [Page 20 of the LCPS Student Activities Handbook](#) contains detailed information. A summary of the attendance policies are below:

- **In order to participate in an activity or practice on any given day**, a student must report to school no later than 15 minutes after the first bell to begin the school day and must remain in school that entire day.
- **Exceptions may be made for doctor or dental appointments or reasons excused by the principal.** (A doctor/dental note is required for this exception.) At the time of notification, a determination will be made as to whether the absence will be considered excused or unexcused, based on the reason for the absence.
- **Unexcused absences 1-3 may result in disciplinary action**, as deemed appropriate by the coach or the Athletic Director.
- **On the 4th unexcused absence**, an athlete may be dismissed from the team with no refund of the athletic dues.
- **Any scheduled absence should be communicated to the coaching staff as far in advance as possible. Communication of absences can be done via email to coach@riversiderowing.org.**

Conflicts with Extracurricular Activities

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. Students have the responsibility to reduce the likelihood of frequent conflicts by being cautious about joining too many organizations. If it becomes obvious that a student cannot fulfill the obligation of a school activity, they should withdraw from that activity. When a conflict arises, the student must contact the sponsors/coaches who will attempt to work out a solution. If a solution between the sponsor/coach cannot be found, the matter will be referred to the Principal who will make the decision as described in the Student Activities Handbook (page 20).

Vacation

It is the expectation that athletes make a commitment to a team when they tryout. Athletes are required to attend all practices/games. Vacations by team members during a sport season are discouraged and each day missed may be considered an unexcused absence.