



HANDBOOK

2010 SEASON



INTRODUCTION

The Fairleigh Dickinson Crew Club has been newly established during the 2009/2010 academic year. It brings rowing as a collegiate sport not only to the Hackensack River, but to Northern New Jersey. This was made possible through the vision and hard work of the first FDU Crew Club Executive Committee with *Sara Elmiligi* (President), *Jessica Taufik* (Vice President), *Erin Quinn* (Treasurer), *Elaine Sedhom* (Secretary), *Anthony Mell* (Recruitment / Development Chair), and *Devin Seelman* (Public Relations / Alumni Chair), under the guidance of FDU's Athletic Director, *David Langford*, and with the assistance of the crew team's first coach, *Clemens Reinke*. The FDU Crew Club is a fully insured member of the United States Rowing Association (www.USRowing.org).

According to Wikipedia¹, "Rowing is the oldest intercollegiate sport in the United States. Despite this, rowers comprise only 2.2% of total college athletes. This may be in part because of the status of rowing as an amateur sport and because not all universities have access to suitable bodies of water. In the 2002-03 school year there were 1,712 male and 6,690 female collegiate rowers. This is compared to the 2,037 male and 2,049 female high school rowers who competed in the 2003-04 school year." Although some high schools have had crew teams for many years, the list of high school crew programs is growing every year. Consequently, there is a growing interest in rowing on the collegiate level. The FDU Crew Club hopes to grow with this rising interest.

Rowers who have been involved in crew teams have found that rowing is a character building experience, both mentally and physically, which will benefit the participant throughout his or her whole life. Many athletes love it so much, they don't want it to end after graduation, and will continue this sport long after they leave FDU. Rowers develop a love for the water, the outdoors and the intense camaraderie, which consumes them during crew season.

The attached information should be helpful in answering most questions you may have, but please feel free to ask Coach Clemens Reinke (CrewCoachClemens@mac.com). A lot of information is also posted on Coach Clemens' website at www.CrewCoachClemens.com/FDU-Crew.html.

So, for those of you who are joining crew, we look forward to introducing you to the world of rowing. Be prepared for an intense and exciting 2010 crew season, FDU's first!

¹ College Rowing (United States), Wikipedia, http://en.wikipedia.org/wiki/College_rowing_%28United_States%29 (accessed 02/15/10)



PRACTICE SCHEDULE

Pre-Season: December 4-11, 2009 and January 25 – March 12, 2010:

Meet in the FDU Fitness Center. Workout on the Concept 2 Indoor Rowing Machines, on theraballs, and in the weight room.

FDU — Mondays and Fridays – Erg/Weight Practice — 6:30 AM to 7:30 AM

FDU — Wednesdays – Erg/Weight Practice — 8:30 AM to 9:30 AM

On the other days students are responsible for their own training.

During Winter Break (December 14, 2009 - January 24, 2010):

Students are responsible for their own training.

Regular Season: March 15, 2010 through May 11, 2010:

At this point we will begin to get out on the water if the weather permits and if we were able to install our new dock. We are in the process of obtaining a permit from the Department of Environmental Protection to place a dock into the Hackensack River at the edge of the FDU Soccer Field just north of Route 4. It is not clear yet when the dock will become a reality. It will probably happen sometime during our spring season (hopefully by March 15). As long as the dock is not available yet we will continue with indoor conditioning and training.

Women's and Men's Team:

Hackensack River — Monday, Tuesday, Thursday, Friday — 6:00 AM to 7:30 AM

— some Wednesdays and some Saturdays — 6:00 AM to 7:30 AM

Summer & Fall Seasons: May 25, 2010 through October 29, 2010:

Teaneck Rowing Club will develop summer and fall programs for youth, collegiates, and adults. We will share further information as soon as it becomes available.



FDU CREW APPAREL

The FDU Crew Club will assist each rower (on a needs basis) with the purchase of a unisuit. All other items will need to be purchased by each rower privately.



FDU Crew Gear is available online for individual sale from Sew Sporty. Go to <http://power10sports.com> , select "Fairleigh Dickinson" from the pull-down menu, and enter the password "crew" to enter our special team store.





TENTATIVE REGATTA SCHEDULE 2010

DATE	EVENT	LOCATION	WEBLINK
Sat, Mar 6	PRRA Indoor Rowing Race	Nutley, NJ	www.prra.org
Sat/Sun, Apr 10/11	Knecht Cup	Cooper River, NJ	
Fri/Sat, May 7/8	Dad Vail Regatta	Philadelphia PA	
Sat, May 22	3 rd Annual THS Marathon Row	Rutherford to Teaneck	www.crewcoachclemens.com/Marathon
Sat/Sun, May 22/23	Collegiate National Champ.	West Windsor, NJ	

This Regatta Calendar is still under development. As a new collegiate rowing team we need to find our conference affiliation for competition. We are in the process to see if the Mid Atlantic Rowing Conference can be a good affiliation. However, this is not yet fully determined.



REGATTAS: WHAT TO BRING

Every athlete needs to bring the following to every regatta:

1. I.D.
2. Appropriate clothing including your unisuit, extra socks, sneakers, rain gear depending on weather conditions, (If special attire is required, the coach will let you know)
3. Water bottle.
4. Towel
5. Sunscreen.
6. Cash for food if the regatta is out of town.
7. Overnight regattas: extra clothes, extra money.
8. Optional: snacks, camera, playing cards, books, radio or CD player with earphones, foldout chair.

Spectators attending regattas may want to bring:

1. Back up clothing and/or drinks (Gatorade or water) and snacks for athlete.
2. Binoculars
3. Camera.
4. Portable foldout chair.
5. Rain Gear/Umbrella
6. Blanket for colder days
7. Reading material (it can be a long wait between your child's races).
8. Any supplies you volunteered to bring.



COACH

HEAD COACH:

Clemens Reinke

Mobile Phone: (201) 320-2951

CrewCoachClemens@mac.com

Coach Clemens began his rowing career in Germany in the mid-1970's winning several gold medals at the German Scholastic Championships in the single, as well as, doubles and quads. In 1978, Clemens won the Junior Single event at the Thames Head Race in England. He was then invited to join the German Junior National Team and trained with world champion sculler, Peter Micheal Kolbe. In 1979, Clemens medaled gold for Germany at an International Youth Regatta in Villach, Austria. He began coaching for the Ruderverein Wandsbek, Hamburg, in 1981 and completed his Coaching-B license from the German Rowing Association in 1983. In the United States, Clemens has coached masters at the Nereid Boat Club, and the High School Crew Team at Don Bosco Prep. Currently, he is the Head Coach of the Teaneck High School Crew Team and served as the Head Coach of the Passaic River Rowing Association from 1999 to 2009. He is now developing a new crew team at Fairleigh Dickinson University, and will develop new rowing programs for the Teaneck Rowing Club. He is a USRowing Level 2 certified coach.



FAIRLEIGH DICKINSON UNIVERSITY CREW CLUB

Rowing is a very cost intensive sport due to the need to buy and maintain very expensive equipment. We are grateful to the Athletic Director, David Langford, and to the FDU Athletic Department for purchasing the first boat for the team, a used Vespoli Four with Coxswain. We are also thankful to the Belleville High School Rowing Team for donating one set of four sweep oars to the FDU Crew Club. Without these upfront gifts it would not be possible to begin rowing this season.

We are further grateful for the alliance with Teaneck Rowing Club, and the Teaneck High School Crew Team, as it is with their leadership that we are able to soon place a new dock into the water at the edge of the FDU Soccer Field. Teaneck Rowing Club will share their coaching equipment such as motor launches, safety equipment, and their boat trailer with the FDU Crew Team. All of this assistance makes it possible for this new team to have a good start.

For the future we are hoping that friends and alumni will support the team as it grows. New boats and equipment will be crucial for the growth of the team. Any financial support will be greatly appreciated.

In order to put this new Crew Team on a solid foundation there is an Executive Board for the FDU Crew Club consisting of the following persons:

President — Sara Elmiligi, FDU '12

Vice President — Jessica Taufik, FDU '10

Secretary — Elaine Sedhom, FDU '12

Treasurer — Erin Quinn, FDU '13

Recruitment/Development Chair — Anthony Mell, '12

Public Relations / Alumni Chair — Devin Seelman, '13



GUIDELINES

Joining the Fairleigh Dickinson University Rowing Team means that you will be representing your school when we are in public on the Hackensack River, on the Fairleigh Dickinson University property, any regatta venue, or on overnight trips. All crew team members should respect and follow these guidelines.

1. To conduct yourself appropriately at all athletic events.
2. To offer encouragement and support to your teammates and to place the team before yourself.
3. To maintain on file with your coach a current health record and consent form for medical emergencies as provided by the club.
4. To refrain from drug use, including but not limited to alcohol and tobacco, in order to be physically and mentally prepared to participate in athletics. Use of alcohol or illegal drugs can result in suspension or dismissal from the FDU Rowing Team.
5. To attend all practice sessions and regattas on time and be ready to participate.
6. To watch the athletic contest even when not on the water and/or be involved in warm-up in preparation for entering the event.
7. To be in school on the day of practice.
8. To inform the coach, in advance, if you are unable to be present for a regatta or practice session.
9. To warm up properly for all practices and athletic contests. It is the rower's responsibility to bring a water bottle and appropriate clothing for all practices and races.
10. To assist with equipment set-up and take-down for practice and regattas.
11. To wear an approved team uniform for all regattas.
12. To refrain from the use of inappropriate language during practices, regattas, or other club-related events.



CODE OF CONDUCT CONTRACT FOR PRACTICES & REGATTAS

When with the team, I agree to all of the following:

I understand that the following infractions will result in a team member being scratched from the upcoming race and/or sent home at their own expense in addition to any action a Coach or FDU representative may take:

- a. Use or possession of alcoholic beverages, cigarettes, tobacco or controlled substances
- b. Use or possession of any object that can inflict harm or damage to property or people.
- c. Damage to property
- d. Stealing or shoplifting
- e. Loud and unruly behavior including fighting or instigating a fight
- f. Disrespectful behavior or failure to obey chaperones, coaches, or bus drivers
- g. Behavior that has a detrimental impact on the performance of the team.
- h. Leaving the regatta hotel or area un-chaperoned without the prior approval of the chaperone.
- i. Any display of inappropriate sexual behavior.

I will support my teammates throughout competitions by sending boats off, cheering for other Teaneck boats at race time, and assisting other boats in rigging and de-rigging shells.

I will stay with my boat or team during race times.

A coach or chaperone will make room assignments when I arrive at the hotel. I will stay in the room assigned to me.

I will not make any phone calls or rent any movies, etc. that will be charged to my room.

I understand this code of conduct and will abide by its rules and expectations.

Rower's Signature _____

Date: _____



ATTENDANCE POLICY

Fairleigh Dickinson University not only strives to offer students a college diploma, it is, more importantly, a life preparatory experience. The extra-curricular activities at FDU are designed to enhance the growth and experience of life at FDU and beyond. Responsibility, discipline, commitment, work ethic, time management, self-esteem, and teamwork are part of FDU's extra-curricular activities.

Practice is where we prepare to compete. Practice is more important than the competition. You are expected to attend every scheduled practice or competition, arrive on time, and be prepared to participate fully.

If you are in school, you must be at practice.

If you cannot attend practice or a competition, you are expected to call and talk to the coach.

Every crew member is expected to remain at the competition until the competition is finished, even if your own event is over (team responsibility).

Too many missed practices/competitions will determine whether you compete and may lead to suspension or expulsion from the crew program.

A good Rule of Thumb: Treat extra-curricular activities as you would a job. If you are scheduled to work, what would be the consequences for your absence?



MORE WEBSITES WITH GENERAL INFO:

Coach Clemens's Website — www.CrewCoachClemens.com

Regatta Central - <http://www.regattacentral.com/calendar.html> . Gives schedules, information, links.

US Rowing - <http://www.usrowing.org> Includes schedules, maps, accommodations, waiver forms, links