



Student Rower's Handbook

2017 – 2018

SRB Rowing (SRB)
SRB is a 501(c)(3) corporation

Jacksonville, Florida

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www.SRB-Rowing.org

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Welcome to SRB Rowing

The coaches, rowers, parents, volunteers and alumni welcome you to the most prestigious sport offered in Northeast Florida. As a rower, your child will learn one of the healthiest and most rewarding sports available.

The physical and mental conditioning that each athlete experiences strengthens the mind and entire body, and will be performed as a team. Your athlete will learn the valuable skill of successful teamwork; as well, they will be granted daily opportunities to learn and grow as student-athletes.

Purpose of this Handbook

We have prepared this handbook to introduce you to rowing and help answer questions. Please review in its entirety so that you can become familiar with what to expect during the upcoming year.

Fees

Rowing is financially supported through rowers' fees and through fundraising. All members of the organization, including coaches, volunteer some or all of their time to help keep expenses low. In fact, ***our fees are some of the lowest in the country.*** Fees cover all anticipated expenses including, but not limited to:

- Uniforms
- Competition entrance fees
- Travel expenses
- Salaries of coaching staff
- Property and equipment maintenance

Financial Aid

We believe no rower should be denied the opportunity to join because of financial circumstances; the cost of the program should not hinder your athlete's participation.

If finances are a concern, please e-mail or speak with one of the coaches about the availability of financial assistance. All financial aid requests, discussions and financial details are confidential and will be handled by the board's Financial Aid Committee (the Financial Aid Committee consists of the SRB Board President, Vice President and Treasurer).

More Information

Additional information and a calendar of events are posted on the website at:
www.SRB-Rowing.org.

Registration Packet for SRB Rowing

Beginners are eligible for a one week Try-It-Out. By the end of the Try-It-Out period, full registration must be completed if the athlete has decided to continue with the program.

The following must be completed prior to rower participating in his/her first practice:

1. **Online Registration:** Parent must complete online registration on the SRB Website.
 - a. Access the SRB website at www.SRB-Rowing.org.
 - b. Click on the "JOIN" link.
 - c. Select the appropriate membership level and fill out all required fields.
2. **US Rowing Waiver:** If not completed since 1/1/17, complete at <https://membership.usrowing.org/individual/join>. Enter club code **EFGGS**. Waivers need to be renewed once every calendar year.
3. **NOARA FSRA Waiver:** If not completed since 7/1/17, complete at http://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_scholastic.
4. **Rowers Fees 2017 – 2018:** See attached. Complete and attach the first page. Keep payment plan sheet.
5. **SRB Youth Rowing Release:** See attached.
6. **Concussion Waiver:** See attached.
7. **Commitments:** See attached. Read and complete a copy and keep another for yourself.
8. **Emergency Medical Form:** See attached. Attach completed form to this packet.
9. **Physical Form:** See attached. Tetanus Update Required. Attach completed form to this packet.

Rower Name: _____
 Last, First

Rower Fees 2017 – 2018

Our goal is that no rower be denied the opportunity to compete because of financial circumstances. If finances are a problem, please talk to one of the coaches; they will forward a confidential request to the Financial Aid Committee. Financial assistance may be available for emergency financial situations.

Please check applicable boxes and sign and date at the bottom to acknowledge your understanding of the following financial obligations:

Spring Sprint Season		Fall Head Race Season AND Spring Sprint Season	
Includes race fees and the cost of uniform, team t-shirt, and polo as well as equipment use and instruction.	\$1,500.00	Includes race fees and the cost of uniform, team t-shirt, and polo as well as equipment use and instruction.	\$2,000.00
Some races for selected rowers only will incur extra costs; see race schedule for details.		Some races for selected rowers only will incur extra costs; see race schedule for details.	
Choose one of the following options:		Choose one of the following options:	
<input type="checkbox"/>	Full Payment	<input type="checkbox"/>	Full Payment
<input type="checkbox"/>	Payment Plan Rowers are obligated to pay the full \$1,500.00 regardless of start date or absences. See next pages for payment plan.	<input type="checkbox"/>	Payment Plan Rowers are obligated to pay the full \$2,000.00 regardless of start date or absences. See next pages for payment plan.
Important Notes			
<ul style="list-style-type: none"> Costs for training and running the program are far in excess of the fees charged and remain the same regardless of when rowers join. Understand that you are responsible for the entire rower fees and volunteer commitment regardless of late enrollment or rower absences. LATE FEE: a \$10.00 late fee will be applied to all accounts with payments not received by 15th of each month. PAST DUE: An account 10 days past due renders the rower ineligible to participate in training or races until the account is brought up to date. RETURNED CHECK FEE: \$25.00. 			
Check Payments	Checks should be made payable to SRB Rowing Put in lock box in training room, or mail to: Rower Accounts Manager 645 Cesery Blvd. Jacksonville, FL 32211		
*Payment may also be made via PayPal. Please register on the SRB website at www.SRB-Rowing.org (a 4% processing fee is applied.)			

 ROWER Signature, Date

 PARENT Signature, Date

Payment Plans 2017 – 2018: High School

Spring Sprint Season			Fall Head Race and Spring Sprint Season		
If registered on or before September 14 th			If registered on or before September 15 th		
1 st day of practice		\$187.50	1 st day of practice		\$250.00
September 15 th		\$187.50	September 15 th		\$250.00
October 15 th		\$187.50	October 15 th		\$250.00
November 15 th		\$187.50	November 15 th		\$250.00
December 15 th		\$187.50	December 15 th		\$250.00
January 15 th		\$187.50	January 15 th		\$250.00
February 15 th		\$187.50	February 15 th		\$250.00
March 15 th		\$187.50	March 15 th		\$250.00
TOTAL		\$1,500.00	TOTAL		\$2,000.00
If registered Sept 15 th – Oct 14 th			Important Notes		
1 st day of practice		\$216.00	<ul style="list-style-type: none"> You are responsible for the entire rowers' fee and volunteer commitment regardless of late enrollment or rower absences. LATE FEE: \$10.00 will be applied to all accounts with payments received after the 15th of each month. PAST DUE: An account 10 days past due renders the rower ineligible to participate in training or races until the account is brought up-to-date. RETURNED CHECK FEE: \$25.00. 		
October 15 th		\$214.00	Checks should be made payable to SRB Rowing Put in lock box in training room, or mail to: Rower Accounts Manager 645 Cesery Blvd. Jacksonville, FL 32211		
November 15 th		\$214.00			
December 15 th		\$214.00			
January 15 th		\$214.00			
February 15 th		\$214.00			
March 15 th		\$214.00	<i>*Payment may also be made via PayPal. Please register on the SRB website at www.SRB-Rowing.org (a 4% processing fee is applied.)</i>		
TOTAL		\$1,500.00			
If registered Oct. 15 th – Nov. 14 th					
1 st day of practice		\$250.00			
November 15 th		\$250.00			
December 15 th		\$250.00			
January 15 th		\$250.00			
February 15 th		\$250.00			
March 15 th		\$250.00			
TOTAL		\$1,500.00			
If registered Nov. 15 th – Dec. 14 th					
1 st day of practice		\$300.00			
December 15 th		\$300.00			
January 15 th		\$300.00			
February 15 th		\$300.00			
March 15 th		\$300.00			
TOTAL		\$1,500.00			
If registered Dec. 15 th – Jan. 14 th					
1 st day of practice		\$375.00			
January 15 th		\$375.00			
February 15 th		\$375.00			
March 15 th		\$375.00			
TOTAL		\$1,500.00			

SRB Youth Rowing Release 2017 – 2018

PARENTAL CONSENT RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN

READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF SRB ROWING USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM STANTON RIVER BANK ROWING IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND STANTON RIVER BANK ROWING HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

In consideration of my minor child being given the opportunity to participate in activities of SRB Rowing from August 31, 2017 to August 31, 2018 I acknowledge by signing below that I:

1. Understand the nature of rowing activities are both water and land-based, and believe the Minor to be qualified, in good health, able to swim and in proper physical condition to participate in such activity. I further agree to instruct the Minor that if at any time the Minor believes conditions to be unsafe, s/he will immediately discontinue further participation in the Activity.
2. Fully understand that:
 - A) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH;
 - B) THAT THESE RISKS AND DANGERS MAY BE CAUSED BY THE MINOR'S OWN ACTIONS OR INACTIONS, AS WELL AS THE ACTIONS OR INACTIONS OF OTHERS PARTICIPATING IN THE ACTIVITY;
 - C) That there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time, and I fully accept all such risks and all responsibility for losses, costs and damages incurred as a result of the Minor's participation in the Activity.
3. Willingly consent for my child, whose name shows below, to participate in supervised rowing activities, including, but not limited to, movement on and around docks, rowing in boats, and transport in coaching launches. I understand that all on-water activities at the SRB Rowing Training Site will be supervised by SRB Rowing coaches or their designees, with launches equipped with Coast Guard-approved safety items.
4. Release, discharge and hold harmless the Stanton Rowing Foundation, Inc., d/b/a SRB Rowing, Florida Scholastic Rowing Association and its member schools and clubs, and the US Rowing Association, as well as any officers, agents and employees of these, exercising reasonable care within their scope of employment, from liability growing out of personal injuries and property damage resulting from or occurring during the aforementioned activities.
5. Have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.
6. Agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or any cost that may incur as the result of any such claim.

Print Name of Minor Participant

Parent Signature

Date

Informed Consent about Concussions or Head Injuries

Florida Statute 943.0438, requires the parent or guardian and the minor who is participating in athletic competition or who is a candidate for an athletic team to sign and return an informed consent that explains the nature and risk of concussion and head injury, including the risk of continuing to play after a concussion and head injury, each year before participating in athletic competition or engaging in any practice, tryout, workout, or other physical activity associated with the youth's candidacy for an athletic team.

The Facts

- A concussion is a brain injury.
- All concussions are serious.
- Concussions can occur without loss of consciousness.
- Concussions can occur in any sport.
- Recognition and proper management of concussion when they first occur can help prevent further injury or even death.

What is a Concussion?

A concussion is an injury that changes how the cells in the brain normally work. A blow to the head, or body that causes the brain to move rapidly inside the skull causes a concussion. Even a "ding", "getting your bell rung", or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head –and–
2. Any change in the athlete's behavior, thinking, or physical functioning.
3. Signs and symptoms of concussion that may be reported by a coach or other observer:
 - Appears dazed or stunned
 - Is confused about assignment or position
 - Forgets sports plays
 - Is unsure of game, score or opponent
 - Moves clumsily
 - Answers questions slowly
 - Loses consciousness (even briefly)
 - Can't recall events prior to hit or fall

Signs and symptoms that may be reported by the player:

- Headache or – pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not – feel right

Both parents/guardians and players are advised to take the Center for Disease Control’s free online concussion training at: <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>.

Under Florida law this player who has a suspected concussion or head injury must be removed from play or practice. Before the player may return to practice or competition a written medical clearance to return stating that the youth athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury must be received from an appropriate health care professional trained in the diagnosis, evaluation, and management of concussions. In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes), a licensed physicians assistant under the supervision of a MD/DO (as per Chapters 458.347 and 459.022, Florida Statutes) or health care professional trained in the management of concussions.

I have read and understand this consent form, and I volunteer to participate in accordance with these terms.

Player Name: _____

Signature: _____ Date: _____

As parent or guardian, I have read and understand this consent form and I give permission for my child, named above, to participate.

Parent/Legal Guardian Name: _____

Signature: _____ Date: _____

SRB Rowing 2017 – 2018 Commitments

Conduct

I understand as a member of SRB Rowing that any conduct that necessitates disciplinary action affects me, the boat to which I am assigned and possibly the entire team. Coaches may determine consequences for unacceptable behavior. Any unsportsmanlike conduct during a race, including language on and off the water, is subject to review by race officials, and may result in a warning, exclusion of the boat or disqualification of the entire team.

Initials: _____ Rower _____ Parent

Equipment

Commitment includes cooperation in caring for and putting away equipment. I understand that I am responsible for all of the equipment that I use and that I will not be dismissed from any practice or race until all equipment is properly put away.

Initials: _____ Rower _____ Parent

Practice

As a member of SRB Rowing, I understand the high level of teamwork necessary. In a competitive program, all members must be present at all practices for success. I understand that to be considered for placement in a competition-level boat, I must attend all practices including spring break two-a-days (if my spring break coincides with the Duval county public schools). I understand that if my spring break occurs at another time, I am still required to attend regular afternoon and Saturday practices during my spring break. I also understand that if I do not attend a practice in the two weeks before a competition, either myself and/or my boat may not race. Finally, I understand that if I must miss practice for any reason, I must inform the Director of Rowing 24 hours in advance at (904) 479-6325.

Initials: _____ Rower _____ Parent

Travel

Commitment includes travel to and from races, which is done as a team. I understand that I represent SRB Rowing and I am accountable for my actions while traveling with the group. I understand that I will not be released early from a race, or travel independently from the team, without prior written approval and without justifiable cause.

Initials: _____ Rower _____ Parent

Continuing Team Membership

I understand that crew is 'self-cutting'. Any of the following may result in being cut from the team: substance abuse, skipping school, poor grades, missing practice without prior notice to the coach and behavior which does not adhere to organizational standards as outlined in these commitments.

Initials: _____ Rower _____ Parent

Lettering and Awards

I understand that to earn awards and my letter in crew, I must successfully complete the spring season, including attendance at the crew awards banquet.

Initials: _____ Rower _____ Parent

Rower Name: _____
Last, First

Volunteering

Parent volunteers, along with rowers and coaches, are vital components of SRB. Most volunteer opportunities require no experience; training will be provided by another parent or the coaches. I understand that SRB will explain the volunteer requirement expected of each family.

Initials: _____ Rower _____ Parent

Financial

Commitment includes financial obligations. Costs for training and running the program are far in excess of the fees charged and remain the same regardless of when rowers join. I understand that I am responsible for paying the entire rowers fee regardless of late enrollment or absences. I understand that a late fee of \$10.00 will be applied to all accounts with payments made after the 15th of the month. I understand that an account 10 days past due renders the rower ineligible to participate in training or races until the account is brought up-to-date. I understand that I will not be eligible to compete in state or post-season competition until all financial obligations are met. I understand that my family and I will not be eligible to participate in the Awards Banquet unless all financial obligations have been met.

Initials: _____ Rower _____ Parent

Swim Competency

I certify that I can swim and can tread water for at least 10 minutes. I understand that in case of an emergency, I am to stay with my boat unless instructed otherwise by a coach or responsible adult.

Initials: _____ Rower _____ Parent

Consent to Photo and Videography

I(we) grant to SRB Rowing, their representatives, employees and assignees ('SRB') the right to take photographs or videos of my child/Rower. I(we) authorize SRB Rowing, and grant to its assignees and transferees the non-exclusive right, without payment to Rower, to copyright, use and publish the same in print and/or electronically. I(we) agree that SRB Rowing, may use such photographs of Rower for any lawful and legitimate purpose, including for example, such purposes as publicity, illustration, advertising and web content and that I(we) or any party on my(our) behalf will not assert any claim against SRB, including without limitation claims based on invasion of privacy or right of publicity in connection with SRB's use of the photographs or video images in Rower's name or likeness. I(we) will not have the right to rescind this Release or to restrain your publication or use of such work.

Initials: _____ Rower _____ Parent

Parent signature	Date	Rower signature	Date
------------------	------	-----------------	------

Rower Name: _____
Last, First

Emergency Medical Form 2017 – 2018

Rower's Name: LAST: _____ FIRST: _____ DOB: _____

Parent's Name: _____

Home Address: _____

City: _____ State: _____ ZIP: _____

Home phone: _____ Cell: _____ Work: _____

Parent's Employer: _____ Name of Insured: _____

Insurance Carrier Name: _____

Address: _____

Telephone: _____

Policy #: _____

Notify in Emergency: _____ Relationship: _____

Address: _____ Telephone: _____

Second Emergency Contact: _____ Relationship: _____

Address: _____ Telephone: _____

Family Physician: _____ Telephone: _____

Present State of Health: _____ Last Tetanus Date: _____

Allergies/Medical Conditions: _____

Medication(s) Being Used (include dosage/frequency): _____

AUTHORIZATION TO CONSENT TO TREATMENT OF ROWER

I, the undersigned parent or legal guardian of _____ ("Rower"), do hereby consent to any X-ray examination, anesthetic, medical or surgical diagnosis or treatment which is deemed advisable by, and is to be rendered under the general supervision of a physician or surgeon. It is understood that this authorization is given in advance of any specific diagnosis or treatment being required. It is given to provide specific consent to any and all such diagnosis or treatment which the aforementioned physician or surgeon, in the exercise of his/her best judgment, may deem advisable, and neither the physician, surgeon, nor any organization involved assumes any financial responsibility for acting under the authority granted by this consent authorization. Furthermore, in the event of any emergencies during the SRB Rowing activities, training, and trips this coming season, August 1, 2017 through August 31, 2018, the undersigned hereby grants authority to be exercised at the discretion of the coaches/ chaperone(s) to dispense over-the-counter medication (for example, Tylenol, Ibuprofen, Pepto-Bismol, cough medicine, etc.) as needed to the Rower.

Name of Minor Rower

Signature of Parent of Legal Guardian

Date

Rower Name: _____
Last, First

Physical Form pg 1

Rower Name: _____
Last, First

Physical Form pg 2

Rower Name: _____
Last, First

Physical Form pg 3

Rower Name: _____
Last, First

Contact Information

Coaching Staff				
Director of Rowing/Head Coach	Paul	Mokha	srbrowingcoach@gmail.com	904 479-6325
Varsity Coach	Victoria	Tkacz		904 479-6325
Assistant Coach	John	Gallo		904 728-7284
Middle School Coach	Taylor	Yelverton		904 710-3947

Board of Directors				
President	Chrissy	Ferrer	chrissy.ferrer@bkfs.com	904 891-2899
Vice President	Poppy	Decunto	pdecunto@ds-law.net	904 553-1484
Volunteer Director	Angela	Forbes	amusiris@aol.com	904 608-6433
Recruiting Coordinator	Sherri	Schoff-Hill	schoffhills@bellsouth.net	904 910-5896
Secretary	Keith	Portell	keithportell@gmail.com	904 504-2745
Communications Coordinator	Sarah	Boren	sboren@me.com	904 535-0055
Treasurer	Bill	Schueth	billschueth@gmail.com	904 343-7284
Assistant Treasurer	Janet	Allen	janetallenfl@gmail.com	904 718-0043
Director of PR	Marme	Kopp	marmekopp@spherion.com	904 333-3163
Capital Planning Coordinator	Bing	Parkinson	bingham@bmelbusiness.com	904 514-4125
Fundraising Coordinator	Miles	Scheuth	wschueth@comcast.net	904 318-3628
Director of Special Events	OPEN POSITION			
First Coast Head Race Coordinator	Marley	Brown	marley@networkinglabs.com	904 465-7183
Banquet Coordinator	Miles	Scheuth	wschueth@comcast.net	904 318-3628
At-Large Board Member	Mike	Alton	michaelalton@bellsouth.net	904 613-7961
At-Large Board Member	Joni	Smith	jonip66@outlook.com	904 504-0161
Past President	Max	Suter	madmaxx@retusgroup.com	904 614-1717
Past Director of Booster Ops	Lisa	Bell	lisa.bell@stjohns.k12.fl.us	904 465-1143

About Our Coaches

Director of Rowing: **Paul Mokha**

Paul spent 2015 – 2016 coaching in Pune, India for the Indian Army rowing team. During that time his crews won six medals at the 2015 Asian Championships and 11 medals, including seven gold at the 2016 U.S. Club National Championships. Coach Mokha's Men's single sculler, Dattu Bhokanal qualified for the 2016 Olympic Games and finished 13th in Rio, winning the C Final. A best ever Olympic finish for India.

Paul was the Head Men's coach for three seasons at UCLA. During that period the Bruins Varsity had a .78 winning percentage with the Varsity Eight twice finishing second at the San Diego Crew classic and the Varsity Four placing 5th and 6th at the IRA Championships. The team showed great growth in that time and placed 4th in team points at the 2008 ACRA Championships. Mokha earned the 2008 ACRA West Region Coach of the Year award.

Coach Mokha came to UCLA from Barry University in Miami, FL where he was the Head Women's Coach for eight seasons. In that time he guided the program to three Sunshine State Conference Championships and four trips to the NCAA Championships with a top six finish at the 2006 National Championship regatta. His Varsity Eight won back-to-back Dad Vail Regatta Championships in 2005 and 2006. Coach Mokha was named the 2006 CRCA National Coach of the Year and 2006 Sunshine State Conference Coach of the year.

Prior to coaching at Barry, Paul served as an assistant coach for the U.S. Women's National team in San Diego, CA. He assisted in the selection and preparation of crews for the World Championships and coached the Open Women's Four without coxswain to a 4th place finish at the 1997 World Championships.

Mokha was the Women's Varsity coach at the University of Miami from 1994 – 1997 and Novice coach in '93 and '94. At Miami, he coached several crews to championships in Florida, the Southern Region and Dad Vail Regattas. During his career he has also coached at the Vesper Rowing Club in Philadelphia working with the elite men and lightweight women and at Penn AC as the Technical Director.

A native of Philadelphia, PA. who grew up in Erie, PA., Mokha was a coxswain for the U.S. National Team and competed at the World Championships three times. He also won the Henley Royal Regatta in England in 1994 and competed at the World University Games in 1989. He is a graduate of Temple University where he earned three Varsity letters and helped lead the Owls to two Dad Vail Regatta Championships and a bronze medal at the IRA Championship Regatta.

Varsity Coach: **Victoria Tkacz**

Victoria was a member of the captain's board (leadership committee) of the JU women's rowing team who has extensive experience dealing with team issues and helping to find positive and effective solutions. She has helped train young athletes and led fitness and weight lifting classes.

Assistant Coach: **John Gallo**

Coach John Gallo began his rowing career as part of the inaugural class of the Georgia Tech Men's Crew in Atlanta, GA. He also coached at the University of Colorado for several seasons. Coach John is the president of a local Jacksonville company and volunteers his time to the program. This is his third year as a volunteer assistant coach.

Middle School Coach: Taylor Yelverton

Coach Taylor rowed for SRB during her high school years and is currently attending the University of North Florida, where she is also a participant in the Marine Corps OCS Program. This is her second year as the middle school coach with SRB.

Founders and Advisors: Steve Hitchcock and Tess Durant

Tess Durant and Steve Hitchcock are the founders of the Stanton and the River Bank Crews (now SRB Rowing) and served in a volunteer capacity as co-head coaches and sponsors of the rowing program from its inception in 1990 through 2015. Both are retired biology teachers from Stanton College Preparatory School.

Steve Hitchcock rowed for Jacksonville University during his college years and, in 1971, came back to JU as Head Coach; he founded the JU women's rowing program in 1972. Coach Hitchcock coached the JU Crew to its first Dad Vail National Championship in 1972.

Tess Durant graduated with high honors from the University of Pennsylvania. Her daughter, Phoebe Durant Shen '91, took a community education rowing class at JU and became enthralled. She asked Tess if Stanton could start a crew, and the rest is history.

Mission Statement

Our mission is to help children establish strong character, learn life skills and develop physically and emotionally through the sport of rowing.

About the Organization

SRB Rowing is a nonprofit 501(c)(3) corporation established to promote junior rowing by providing rowing equipment, facilities, and instruction. Charitable contributions to SRB Rowing are tax deductible.

The SRB Rowing Board

The board is made up of interested members of the community, parents of rowers and alumni. It is responsible for setting policies and oversight of the rowing program and manages operations of the organization from day-to-day to long-term strategic planning.

The board meets the second Monday of every month at the boathouse. Activities of the board include, but are not limited to obtaining corporate donations, establishing endowments, developing fund drives for the construction of a boathouse and sponsoring the First Coast Head Race.

The board consists of committees that coordinate daily volunteer support, travel and food, staging of two major local regattas, travel support for various competitions, and organization of many other events to support the program.

All parents/guardians of rowers are encouraged to attend board meetings to stay engaged in the decision-making of the organization.

Brief History

SRB began as Stanton Rowing in 1990, when students approached two Stanton College Preparatory School biology teachers (Steve Hitchcock, who rowed and coached at Jacksonville University, and Tess Durant) to ask if they would start a crew. At that time Stanton had no athletic teams except cheerleading.

During the summer of 1990, parents and rowers worked with the coaches to repair the program's first boats, acquired by parents on a weekend road trip to Atlantic City, NJ. These wooden boats were in poor condition, dating from the early 1970s and 1980s, but they were rowed with pride that fall in Stanton's first race, the 1990 Florida First Coast Head Race. Today our fleet includes many rowing shells, including eights, fours, quads, pair/doubles and singles.

In 1993 the Duval County School Board's approval of Crew as a Varsity Sport at Stanton came with the proviso that the Board would not provide any direct financial support. The coaches, rowers and parents established a fantastic program entirely through volunteer efforts.

SRB's first home, a lean-to at the Jacksonville University boathouse, was built by parents and rowers in 1990. In 1996, with the help of the City of Jacksonville, the Stanton Rowing Foundation purchased a rowing location at Riverbank Ct. on the Arlington River. In the fall of 2010, the program moved to its new site, 645 Cesery Boulevard, Jacksonville, FL 32211 on the quieter waters of Big Pottsborg Creek, which connects to the larger Arlington and St. Johns Rivers.

From its inception, athletes from other schools requested to participate. After establishing a separate team, Riverbank Rowing, the two joined as Stanton River Bank Rowing (SRB) in 2009. Today SRB Rowing is open to **any** interested middle or high school student.

After beginning in a borrowed barge with wooden oars, we now have a fleet of competition-grade shells thanks to the hard work and generosity of our parents and donors. We have four wakeless launches and a wonderful floating dock. We have dressing rooms and bathrooms, a training room, and a covered shelter for many of our racing shells.

Since 1994, SRB has won five national titles and more than 100 State Championships. SRB rowers have participated in gold medal wins at the Junior World Rowing Championships as part of the Junior National Team, and SRB Alumni have raced and won in the collegiate division of the prestigious Henley Royal Regatta in England. Many SRB rowers continue to row in college, some with full scholarships. Several alumni are coaching rowing at the high school and collegiate levels.

College coaches continue to seek out rowers from SRB Rowing because of their technical grounding and work ethic. Rowers have been awarded rowing scholarships at many colleges, including Stanford University, Duke University, University of Virginia, University of Michigan, University of Tennessee, University of Alabama, Clemson University, Florida Institute of Technology, Barry University, Syracuse University, and Mercyhurst University. SRB rowers have continued their rowing careers at such prestigious schools as the Naval Academy, MIT, Georgia Tech, Cornell, Dartmouth, Princeton, Brown, Wellesley, Marist, and West Point, among others.

A more complete list of achievements is available on our website at www.SRB-Rowing.org.

Rower's List of Items Needed

The following items must be brought to every practice:

Essential Items

Rowing Shorts:	Stretch fabric, snug athletic “bicycle or spandex” style. We recommend you purchase trou or unisuits specific to rowing (for athlete comfort) from a rowing gear company such as JL, RegattaSport, or Boathouse, although any brand will do. Feel free to consult with the coaching staff – these companies often offer “bargain bin/clearance” deals. We also offer the opportunity to purchase extra team gear when available. Baggy shorts in the boats can get caught in the slides, damaging both the boat and the rower. Gym shorts may be worn over the spandex shorts when not in the boat.
Socks:	Socks are required when you row – keep a dry pair or three in your gym bag for after practice! Wool socks are recommended for colder days.
Water Bottle:	Squeeze bottles are best. Water bottles must be in an <i>agua</i> sock (an old stray sock or other cloth cover) to protect the boats from scratches. Rowers need to have a water bottle with them in the boat at all times – maybe even two on hotter days!
Running Shoes:	Good quality, good fitting. Put money you saved on inexpensive boat shoes into these. Some of our land training will include running and will require appropriate footwear.
Composition Book and pen/pencil:	Needed to record times, training instructions and other information. We highly encourage our athletes to maintain a personal training log.

Other Items Needed/Recommended

Sweat Pants/ sweat shirt/cold weather gear	Any brand will do, but items with the team logo and colors are available through the SRB online store on our website.
Rain gear:	Breathable is best. Essential for regatta trips.
Towel:	A small super-absorbent camp towel is a good investment.
Water Shoes:	Sneaker, sandal or aquasox type. Discount store specials will do. Shoes worn down to the dock are likely to get wet, especially on race days where “wet launching” (aka launching without a dock) is involved.
Personal First Aid Kit:	Sunscreen Athletic Tape Band-aids

Volunteer Requirements

Behind every successful organization there are many talented people who have contributed to that success. Every regatta requires volunteers to run efficiently. SRB is proud of the multitude of ways our parent and family volunteers support our success.

When you volunteer, you share your talents, time, funds and effort. In return, you will be inspired, meet fantastic individuals and learn more about the sport of rowing.

You can sign up for most major activities of the season on our [signup.com](http://signup.com/go/hjcbLd) page:

You can also contact our Volunteer Director: Angela Forbes (amusiris@aol.com, 904-608-6433) or go online to www.SRB-Rowing.org to sign up for volunteer opportunities.

**All coaches and volunteers who have direct contact with minors for more than 20 hours per year are required to have a background screening in accordance with Florida State Statute 943.0438.*

Volunteer Commitment

Volunteering for the program is a requirement of participants and members.

	Volunteer Hours	Due By	Assessment <i>(Only if hours are not complete by due date)</i>
Fall and Spring Seasons	12 hours volunteer time per rower	December 1	\$175 fee per rower
	12 hours volunteer time per rower	May 1	\$175 fee per rower
	24 Total Hours		\$350 Total per rower
Spring Season Only	12 hours volunteer time per rower	May 1	\$175 fee per rower

Note: The Volunteer requirements/ assessments must be settled before the rower may attend the end of season banquet.

**All coaches and volunteers who have direct contact with minors for more than 20 hours per year are required to have a background screening in accordance with Florida State Statute 943.0438.*

Communications

General information is presented and discussed at a kick-off picnic at the beginning of each season. There is one picnic in the fall and one in the spring. Additional information about the team, events and program is communicated at least monthly via email.

Email

General, event and program information will come from StantonRiverBankRowing@gmail.com.

Please make sure to add this address to your safe senders list to ensure you are informed of all program details.

Please let the our Communications Coordinator, Sarah Boren (sboren@me.com or 904-535-0055) know if your email address changes.

Website: Latest news is posted on the SRB website at www.SRB-Rowing.org.

Facebook: Like our page at <https://www.facebook.com/SRBRowing/>

Twitter: Follow our page at https://www.twitter.com/SRB_Rowing

Instagram: Follow our page at https://www.instagram.com/SRB_Rowing/

Budget

Each year's budget is prepared by reviewing the program's actual costs over the last two years. This review typically shows that the cost of the program exceeds the rowers' fees. SRB has a proud tradition of making up this difference through enthusiastic fundraising which needs both rower and parent participation. Although we do not anticipate excess funds at the end of the year, any excess is used to fund program expenses.

Fundraising

Fees do not cover the total cost of the rowing program. Fundraising is necessary to help cover program expenses. Rowers, parents and foundation members are all part of a team; therefore, all rowers are encouraged to participate in fundraisers, and their parents are encouraged to assist with the coordination of these events. Some of the successful fundraisers we coordinate are:

First Coast Head Race | Mulch Sales | Annual Night on the Riverbank

Amazon Associates: SRB receives a percentage of all orders placed through smile.amazon.com when selecting the Stanton Rowing Foundation as your beneficiary organization. There is a link on the SRB website at www.SRB-Rowing.org to sign up. Anyone can use it; tell all of your family and friends.

We need and welcome ideas for successful fundraisers. You can submit your ideas to our Director of PR, Marme Kopp (marmekopp@spherion.com, 904-333-3163).

Boatings, Awards and Traditions

Boatings

Coaches' evaluations are ongoing throughout the entire year and are based on the 3 As:

1. Athleticism
2. Attendance
3. Attitude

Lettering in Crew

SRB awards varsity and participation letters to rowers who successfully complete the spring season, including attendance at the Awards Banquet, and who have no outstanding financial obligations.

To earn a varsity letter, the rower must row **competitively** in three varsity races during the spring season and successfully complete the season. Lightweights are considered varsity at the discretion of the coaching staff – lightweights may earn varsity letters if the coaches determine that the boat performance is competitive. A senior in any boat that medals in a state championship will be awarded a varsity letter upon successful completion of the season if there are more than three eligible boats in the race or the boat wins silver or gold in a three boat race.

Other Awards

Erg Master (middle and high school) | Most Improved Rowers | Coaches' Award | SRB Leadership Award | Sportsmanship Award | Senior Medals | Scholar Athletes | Charter Rowers | Founders' Award

Charter Rowers

Rowers who row all four high school spring seasons at SRB Rowing receive a special rowing memento at the awards banquet.

Questions Commonly Asked by Novice Rowers

What is “crew”?

Crew is competitive rowing. At SRB Rowing, we compete in sweep rowing (one oar) and sculling (two oars).

Who may participate?

Any northeast Florida area student (middle school through high school).

I don't know how to row and am a couch potato ...

Crew will take you from where you are now and help get you in shape to be a successful competitor.

I know nothing about rowing ...

Unlike many high school sports, previous experience isn't necessary. Rowing has categories for beginner rowers.

How much time is involved?

There are two seasons for the high school program; spring and fall. Fall practice is on Monday, Tuesday and Thursday from 3:45-6:30pm and Saturday 7:45-11am, with optional practices offered on Wednesdays and Fridays. In January, Wednesday and Friday practices are added for spring training.

Novices usually begin training as soon as possible in the fall to prepare for the spring season. The learning curve in muscle memory and vocabulary is steep.

Middle school practices in the fall run from 4:00-6:00pm on Wednesdays and Fridays. In the spring, middle school practices from 4:00-6:00pm on Mondays, Tuesdays, Thursdays, and Fridays.

Can I participate in other sports?

Spring is a required season consisting of 1500 or 2000 meter races. There is an optional fall head race season with 5000 meter endurance races. If you would like to participate in other sports, fall sports are a great option. Consider swimming, football, or cross country especially, as these are all great cross training for rowing. For other sports, check with the coaches; they may conflict with your crew commitment. If you are not participating in another fall sport, we HIGHLY recommend that you participate in our fall season – races in the spring are often won months in advance.

Where do we row?

Practice is at 645 Cesery Blvd., Jacksonville, FL 32211, between Atlantic Blvd. and the Arlington Expressway. We row on the Arlington River, Big Pottsburg Creek, and the St. Johns River.

What equipment do I need?

See page 22 of this packet for a basic list. Feel free to contact our Director of Rowing with any questions.

Do I have to be “big”?

No! We can't train height, but we certainly can and do train for fitness. Individual regatta rules vary, but “lightweight rowers” may have their own categories (usually boys 150 lbs. or under and

girls 130 lbs or under). “Freshman”, “novice”, “junior”, and U17 categories also allow rowers to compete against rowers with similar experience. There are also opportunities for smaller individuals to participate in the sport as coxswains!

Where, when, and against whom do we compete?

There over 50 youth crews in the state of Florida alone, so most of our competition is in-state.

Races are usually on Saturdays. Two to four races are held in the Jacksonville area. Another two or more races are out of town, usually in Orlando or Sarasota. Regional and National competitions change venues and are typically for select athletes/crews only.

Questions Commonly Asked by Parents

What is a Novice?

Any rower in the first year of competition.

What are the benefits of crew for my child?

Crew is the original intercollegiate sport. Colleges recognize the commitment required, which gives rowers an edge in college admissions. A number of colleges offer scholarships to rowers who excel in the sport.

Crew provides a total body workout and is a total team sport – there is no MVP when nine athletes are working together as one crew. Crew helps students learn to manage their time, promoting healthy minds and healthy bodies. The teambuilding skills and discipline the rowers learn are life-long lessons that will set them apart.

What do the fees cover?

The fees primarily cover **rower’s trip expenses** including: **transportation, food, lodging and uniforms**. Part of the budget is used for coaches’ salaries, acquisition and maintenance of equipment, and fuel. Most repairs are performed by our full time boatman on staff. Some races for selected rowers and post-season races are primarily funded by the rowers chosen to compete in these races. Compared to the cost of other sports like gymnastics, dance, karate, or even travel soccer and basketball teams, the cost of crew is very reasonable. Financial aid is also available for rowers in need.

Is crew a year-round sport?

Crew has seasons like track and field or cross country. The spring sprint season is the primary season and all rowers are required to participate, but we highly recommend participation in the fall season as well if not participating in another fall sport. Experienced rowers interested in Varsity competition and/or collegiate rowing are especially encouraged to participate in the fall season. Participation in the fall only is NOT an option **at SRB**. Rowers are expected to finish the season once the commitment to join crew has been made. A summer sculling camp is also available.

What is an “erg”?

Ergs or ergometers, also known as Concept2 indoor rowing machines, are used on land to help perfect technique and improve fitness. They are also used as a way to measure the rower’s power and progress.

Can parents go to races?

Of course! Your rower needs your support. Many races also offer opportunities for interested parent volunteers to participate firsthand in regatta operations!

Whom do I contact with questions?

Parents and rowers should contact the Director of Rowing, Chris Register (srbrowingcoach@gmail.com or 904-382-1810) with any questions.

How do I get involved in volunteering?

Parent involvement is essential for the success of the team. In addition to being a parent, there are numerous ways to provide support. Angela Forbes (amurisis@aol.com, 904-608-6433 to find out how you can help.

How do I stay informed?

The best way to stay informed is to attend parent and foundation meetings.

Website: Schedules and other information are posted on the website at www.SRB-Rowing.org.

Email: Most communication is through email. Please keep your address current with the board Secretary, Keith Portell (keithportell@gmail.com or 904-504-2745).

Facebook: You can follow us on Facebook at <http://www.facebook.com/SRBRowing>

Glossary

Blade: The flattened end of the oar – i.e., the part that goes in the water.

Boosters: The parents, guardians and supporters of the SRB Crew.

Bow (bow seat): the front of the boat or the rower closest to the front of the boat. The first part of the boat to cross the finish line.

Bow ball: Ball attached to the bow of a boat for safety.

Bowloader: A boat (usually a four) where the coxswain lies in the bow of the boat instead seated in the stern.

Button (or collar): A wide collar on the oar that keeps it from slipping through the oarlock.

Catch: When the blade enters the water.

Cox Box: The electronic system of the boat, containing a microphone and providing stroke rate and times.

Coxswain: The person in the boat responsible for steering, motivation, and race strategy. The coxswain faces forward and sits in the stern or lies in the bow of the boat.

Crab: When a rower loses control of the oar.

Deck: The part of the shell at the bow and stern that is covered with fiberglass cloth or thin plastic.

Double (2x): A boat with two rowers who each have two oars. The “x” refers to sculling.

Eight (8+): A boat with 8 rowers and a coxswain. The “+” indicates that there is a coxswain

Ergometer: Rowers call it an “erg”. It’s a rowing machine that closely approximates the actual rowing motion. The rower’s choice is the Concept2 Indoor Rower, which utilizes a flywheel and a digital readout so that the rower can measure his strength per pull, strokes per minute and the distance covered.

Feather: Turning the blade so that it is parallel to the water.

Four (4+ or 4-): A boat with four rowers. 4+ is a four with a coxswain. 4- is a straight four, or a four without a coxswain.

Freshman: Rowers in their first year in high school – can be novice or experienced rowers.

Gate: The bar across the oarlock that keeps the oar in place.

Gunwale: the upper edge of the hull.

Head Race: Usually held in fall season, boats have a staggered start and race for the best time – similar to a time trial in cycling. Races are usually 5000 meters (about 3 miles long).

Hot Seating: When a boat docks and the rowers are replaced by another crew without taking the boat out of the water.

Hull: The actual body of the boat.

Keel: The centerline of the hull.

Launch: Motorboat used by coaches and race officials to coach, observe and provide safety to rowers while on the water.

Lightweight: Rower who can compete in lightweight races. Depending on the regatta: For women, lightweight is less than 130 lbs., for men lightweight is less than 150 lbs.

Novice: A rower who has less than a year of competitive experience.

Oar: Used to pry the boat forward. (Rowers do not use “paddles”).

Oarlock: a ‘u’ shaped bracket that supports the oar on the rigger.

Pair (2-): A sweep boat with two rowers and no coxswain.

Port: The left side of the boat if facing towards the bow in the direction of the movement.

Port or Port Rower: A rower whose oar is on the left side of the boat.

Quad (4x): A boat with four rowers who each have two oars. The “x” refers to sculling (can be with or without a coxswain).

Regatta: the race and events held during the race day.

Repechage (Reps): In a heats-to-final progression system, multiple heats may have only one or two boats advance from each heat. Since conditions may vary between heats, a repechage system gives boats another opportunity to advance.

Rigger: The frame extending from the side of the boat to hold the oarlock.

Rudder: Used by the coxswain to steer the boat.

Run: The distance the shell moves during one stroke.

Sculls: Each rower uses two oars.

Octuple (8x): A shell having 8 rowers with two oars each.

Quad (4x): A shell having 4 rowers with two oars each. Can be coxed (4x+) or coxless (4x-).

Double (2x): A shell for two scullers.

Single (1x): A shell designed for an individual sculler.

Sculling: Rowing with one oar in each hand.

Seat number: A rower's position in the boat. In an 8, the rower closest to the front is bow, then 2, 3, 4, 5, 6, 7, and 8, or stroke.

Set: The balance of the boat.

Shell: The boat. Identified by number of rowers, followed by + (with coxswain), – (without coxswain), x (if sculling).

Single (1x): A boat with one rower and two oars.

Skeg: Fin extending from the bottom (keel) of the boat to stabilize it.

Slide: The set of runners for the wheels of each seat in the boat.

Sprint Race: Usually held in spring and summer; boats race on a straight course, which is typically either 1500 or 2000 meters long.

Stakeboat: Stationary boat at the starting line of each lane. Used to line up boats before the start of the race, these boats are often manned by SRB volunteers.

Starboard: The right side of the boat while facing the bow in the direction of movement.

Starboard or Starboard Rower: A rower whose oar is on the right side of the boat.

Stern: The rear of the boat; the direction the rowers are facing.

Stretcher or Foot stretcher: Where the rower's feet go. The stretcher consists of permanent shoes designed for rowing bolted onto an angled footplate.

Stroke: The rower closest to the stern of the boat who sets the stroke rate for the rest of the rowers. Also the act of placing the blade in the water and prying the boat through the water.

Stroke rate: Number of strokes taken per minute.

Sweep: Each rowers uses one oar.

Eight (8+): A shell with 8 rowers and a coxswain.

Four (4-) or (4+): A shell with 4 rowers. Coxless fours (4-) are called straight fours.

Pair (2-) or (2+): A shell with 2 rowers. The Coxless pair (2-) is called a straight pair.

Sweeping or sweep rowing: Rowing with one oar per person.