SBRC Parent Meeting Minutes

February 13, 2020

1. Committee updates:
   1. Webmaster –
      1. Website has been launched (<https://stonebridgerowingclub.org>)
      2. Committee chairs are responsible for content related to their committee
      3. Aaron Hall can upload content when it is ready to “publish”
   2. Communications –
      1. Aaron Hall has volunteered as Communications chair
   3. Spirit wear –
      1. Order for uniforms and boathouse jackets has been placed.
      2. Get in touch with Spirit wear ([spiritwear@stonebridgerowingclub.org](mailto:spiritwear@stonebridgerowingclub.org)) if you still need to provide payment.
      3. Hooded sweatshirts to be ordered in March with non-athlete spirit wear.
   4. VASRA –
      1. Responsible to provide volunteers for each Sandy Run regatta; SBRC requirements for regattas are based on the size of our roster:
         1. 3 volunteers for Polar Bear
         2. 5 for Regional Park
         3. 5 for Al Urqia
         4. 4 for States lower boats
         5. 4 for States upper boats
      2. We have more launch driver responsibilities – only volunteer position that requires advanced training. We need three more drivers than we currently have.
      3. Permanent SBRC responsibility (i.e., for each Sandy Run regatta) is dock master for the recovery dock; we act as a traffic cop for bringing boats in – Jay Haskill has volunteered for this.
      4. There is a sign-up sheet for other volunteer positions - <https://www.signupgenius.com/go/5080F48AAAA29A13-vasra>.
   5. Registration – Was due 2/10/2020
      1. Contact Brandy ([register@stonebridgerowingclub.org](mailto:register@stonebridgerowingclub.org)) if there are any questions about registration.
      2. Register through the online registration form found on the [SBRC website under the Join tab](https://stonebridgerowingclub.org/join/).
      3. Complete SBRC paperwork.
      4. Up-to-date VHSL physicals MUST be turned in to the SBHS athletic department.
      5. **Mandatory swim test** for novices – March 3rd, Claude Moore 8:00pm.
   6. Fundraising –
      1. Krispy Kreme fundraiser - TBD
      2. New updated brochure on the [SBRC website](https://stonebridgerowingclub.org/sponsorship/) (information in the table on the website still needs to be updated so use the brochure information).
      3. Fundraising commitment due from athletes April 15th.
      4. Sponsors – athlete receives 50% credit towards their fundraising goal for all sponsorships $250 or greater.
      5. Erg-a-thon Saturday, Mar 14th in the Giant parking lot.
2. Coach update
   1. Lightweights – require additional registration per new USRowing requirements; paperwork is due Friday, Feb 21st; Coach will send in paperwork in one packet.
   2. Athletes need to work on a healthy diet - cut out sugar, lots of lean protein, lots of veggies, lots of water; Sean will send out an email with dietary suggestions.
   3. Try-outs scheduled for Monday, Feb 24 through Wed, Feb 26 at school – they will not be on the team if they don’t show up for try-outs on the 24th.
   4. Roster will be available on the 28th.
   5. Saturday, Feb 29th – Site prep – see <https://www.signupgenius.com/go/5080D49AEA92EA46-dockin> for details. Primary goal is to pick up new dock pieces at one location and transport them to Algonkian Park (volunteers will be needed in two different locations); we need to show up on the 29th in force because we’ll be at tank training on the 7th.
   6. 1st week of practice will be 1st week of March to do mostly boat maintenance – no water time, and every day will be at the site. The following week will be the team’s first water week; experienced athletes will have 2 weeks on the water before the Polar Bear regatta.
   7. Once the roster is announced, the season is officially in session; practice is every day and Saturdays when there aren’t regattas; time will be 4:45 – 6, then 4:45 – 7 after the time change (the end time of practice is based on the light) Tuesdays will be in the school cafeteria 4:30 – 6:30.
   8. There are four acceptable reasons to miss practice – religion, family, academics, and illness. Coach will need to know by 9am the day of practice if an athlete is going to miss that practice so he can adjust boat line-ups.
   9. Coaches and athletes make up the Stone Bridge Rowing Team; the board is the Stone Bridge Rowing Club.
   10. Coaches take care of athletes and boats; the club manages things like registration, hospitality, fundraising, coordination.
   11. Polar Bear – novices won’t row but they should still plan to go to help. It’s a good way to learn the logistics of a regatta.
3. Trailer Towing – we are looking for volunteers to train to haul boat trailer; please contact the board ([stonebridgerowing@stonebridgerowingclub.org](mailto:stonebridgerowing@stonebridgerowingclub.org)) if interested.
4. Launch Driver Training – sign up for parents interested in driving launch boats at practice and at Sandy Run regattas.
5. Tank Training Washington College – March 7th; requires permission slips. If any athletes are interested in a tour of the college contact Coach Kittelson, [erik.kittelson@lcps.org](mailto:erik.kittelson@lcps.org).
6. Treasurer report – overview
7. Winter conditioning – 2 more weeks, last day at Tru Strength Thursday Feb 20th.
8. Spring season practice at Algonkian starts Mar 2nd. The first week will be primarily boat prep. The week starting March 9th will be the team’s first water week. Tuesdays will be at SBHS cafeteria. Practice will be 4:45-6, then 4:45-7 after the time change.
9. Novice parent meeting – Thursday, Mar 5th at 7pm in the library. An announcement will be sent out.
10. Site Management – Algonkian Park is managed by NOVA Parks. There are 6 teams sharing the same space.
    1. Feb 29th is dock prep in two locations. New dock pieces will need to be loaded onto a truck and transported to the site at Algonkian Park; we will need volunteers are both locations.
    2. Mar 7th is dock installation; see <https://www.signupgenius.com/go/5080D49AEA92EA46-dockin> for details.
    3. NOVA Parks will put gravel down on the slope to the boat ramp
    4. SBRC moved shed and boat racks

Important Dates:

Tryouts – Feb 24, 25, 26

Feb. 29th – Site prep (dock prep and moving boat racks and sheds)

March 7th – Washington College tank training for athletes and dock install for parents

March 14th – Erg-a-Thon (Giant parking lot in Ashburn Farms)

Regatta dates:

March 21 – Polar Bear at Sandy Run (experienced only)

March 28 – Regional Park at Sandy Run

April 4 – No regatta

April 11 – Optional regatta - Mathews

April 18 – Richmond (James River)

April 25 – Al Urqia at Sandy Run

May 2 – First day of states

May 9 – Second day of states

May 14-16 – Stotesbury and possibly lower boats in Sandy Run

May 21-23 – Nationals in Cooper River, NJ and Sandy Run for boats that do not qualify for Nationals