

Upper Arlington Men's Crew

Fall 2018 – Varsity Men's Expectations

Monday – Friday, 4:00 – 6:30 p.m. Saturday, 7:30 – 10:00 a.m.

- **Please be responsible for completing all necessary paperwork along with TeamSnap availability requests.**

Practice Time

- Oars and launches must be down and set up by 4:00 p.m. We begin running/stretching at 4:00 p.m., with hands on the boats at 4:15 p.m.
- Oars – take down the necessary number of sets based on current roster/numbers.
- Launches – Life jackets, butt pads, paddle, and gas ... in the appropriate launches. Coxswains, you are responsible for this.
- Each of you can see whether or not all of the above items are down ... the coaches shouldn't have to remind you.

Weather

- We will practice in the rain, sleet, snow, cold, heat, sun and even wind. Only lightning and severe wind will preclude us from the water, and then we will have land practice.
- If I ever have to cancel or change practice, you will be notified via TeamSnap.
- Dress for the weather! You can always take clothing off.
- Make sure you are staying hydrated! You wouldn't believe the amount of water you burn during practice. Hydration starts well before practice, not during!

Behavioral Expectations

- You are young adults; make sure you are acting like it. This expectation extends to our travel and hotel stays. I want you to be the leaders of this program.
- You are subject to all UA High School code of conduct, athletic code of conduct, and UA Crew code of conduct.
- Please understand that you are a part of something bigger than just you as an individual. Not only are you accountable to yourself, you are also accountable to your teammates, coaches, parents, school, and community.
 - Respect each other's individuality, opinions, concerns and property. This includes other teams while away at regattas.
 - You are varsity rowers, by now you should know what things need to get done in the course of a practice, loading, or at regattas. These items include, but are not limited to: pre-practice setup, rigging and loading, starting on time, being where you're suppose to be, etc. Make sure you are taking the initiative to get these things done. This is one of my biggest pet peeves... if there's work to be done, you shouldn't have to be told to do it.
 - Every rower and coxswain is expected to have a 7/16th wrench present when we are de-rigging, or rigging. If you show up without a wrench, you will be doing a land workout.
 - You are expected to be at practice. If you need to miss practice, let me know. If you have to miss, please email me as soon as you know at coachharvie@uacrew.org . Being a "no-show" is very disrespectful to your teammates. If you miss practice during the week of a race, your lineup to was supposed to go out will be on land doing a practice.

Boat Selection Criteria

1. Technique:
 - a. Are you exhibiting proper technical skills that move the boat?
 - b. Do you "flow" with the boat, thereby not disrupting the swing and speed of the boat?
2. Erg Scores:
 - a. Raw scores – how hard can you pull and with what consistency.
 - b. Weight adjusted – are you pulling your weight?

3. Attendance, attitude, desire, and discipline:
 - a. Proper attitude with high levels of attendance, desire, and discipline.
 - b. Do you have the heart and emotional stamina to push yourself to levels you thought unattainable?
 - c. Are you all about yourself, or are you a team-oriented person?

Standard number two is completely objective, while number one and three are largely subjective on Greg's part.

How I choose what events my squad will row in:

- Simple – work from the top boats/lineups down. Top boats are entered first and then other boats follow. Often lineups/boats are subject to the schedule at each regatta. Limits include what the schedule dictates, as well as potential equipment conflicts.

Men's Coaching Contacts

Greg Harvie, Men's Head Coach, VM coach	coachharvie@uacrew.org 614-218-4604
Natalie Smith, Varsity men's assistant coach	coachsmith@uacrew.org
Blaine Brown, Varsity men's assistant coach	coachbrown@uacrew.org
Ed Byrd, Novice Men's Head Coach	coachbyrd@uacrew.org or byrd.225@buckeyemail.osu.edu
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