

# Kearny High School Crew 2008

A Handbook for  
Rowers and  
Their Families





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## Welcome

On behalf of the Kearny High School Crew Parents & Boosters, Inc., we would like to welcome the parents of all new and returning rowers. The 2008 season promises to be another strong and successful season.

Organizations are only as strong as their members. This is even more meaningful for volunteer organizations. Over the years the Kearny High Crew Parents, along with the dedicated and talented coaches, have grown the program from just a handful of rowers, into one of the most successful rowing programs in the tri-state area.

We want to continue the tradition of strong parent involvement by urging parents to become involved with the organization, not only for the organization's benefit but also for the many friendships that will naturally develop between parents and rowers as well. Your daughter or son's experience will be enhanced with your involvement, besides it can actually be fun.

As the program has grown in size and popularity, communicating policies and translating to new parents how the organization operates, has become more challenging. In an effort to address this need, we have developed the Kearny High School Crew Handbook. The goal of the Handbook is to communicate to rowers and parents how the program operates today along with its core values that have been developed over the years.

By its very nature the Handbook cannot communicate every bit of information relating to the program. It is by design a broad-brush approach to the basics of the program.

As always your comments, suggestions and offers to help are invited. We look forward to a great year of rowing and friendship.

## **Brief History**

Kearny High School Crew became a varsity sport for boys in 1968. Under the direction of Mr. Al Somma, from 1983 to 1992, the program grew from 33 boys to 160 boys and girls. The girl's program was introduced in 1986. Over the years, the Crew program has consistently produced many State and National Champions. Some continue to compete at the college level and two athletes from Kearny have competed in the Olympics.

## **General Information**

The Kearny Crew program includes two separate but related groups, the Crew Team, which includes the rowers, coxswains and coaches, and the Kearny High Crew Parents and Boosters, which includes parents, friends and supporters of the Crew Team.

The daily operations of Crew team are the responsibility of the Head Coaches. The Kearny High Crew Parents and Boosters is a governing body for the Crew program providing organization, financial support and volunteers. The head coach and assistant coaches are employees of Kearny Public Schools.

As a varsity sport, Kearny BOE provides for coaches salaries, transportation costs and regatta entry fees. Through fundraising, the Kearny High Crew Parents and Boosters supports the Crew Team by purchasing boats, training equipment and providing food and shelter for the athletes at regattas. The Kearny High Crew Parents and Boosters, Inc. is an independent IRS 501(c)(3), Not-For-Profit Organization.

## **Kearny High Crew Parents & Boosters, Inc.**

The Kearny High School Crew Parents and Boosters, Inc. was formed over twenty years ago, to provide financial support to the Kearny High School Crew Team. It is our mission to provide these committed athletes the opportunity to participate in a successful and competitive rowing program. We provide assistance to the Crew Team by purchasing needed equipment, by providing the needed funds that allow the team to travel and compete in various regattas in the tri-state area, perform maintenance on the boats, boat house and docks. We set up camp and provide healthy food and shelter for a team of 85+ students all day at non-local regattas. We are set-up before the bus arrives and stay until the last race. We award scholarships and provide recognition for the teams accomplishments.



Family Picnic 2007 - Cooper River

# Communications

## Coaches

Scott Fuchs  
[sfuchs@kearnyschools.com](mailto:sfuchs@kearnyschools.com)  
973-751-0617

Dave Paszkiewicz  
[dpaszkievicz@kearnyschools.com](mailto:dpaszkievicz@kearnyschools.com)  
201-998-4371

Dan Mazol  
[dmazol@kearnyschools.com](mailto:dmazol@kearnyschools.com)  
201-889-6377

Brian Flowers  
[bflo104103@aol.com](mailto:bflo104103@aol.com)  
201-407-4834

## Crew Parents Executive Board

Mary Gennace – President  
60 Grand Place  
Kearny, N.J. 07032  
[coxmom@comcast.net](mailto:coxmom@comcast.net)  
201-997-0972

Coleen Gurkas – Secretary  
[crewmom1@gmail.com](mailto:crewmom1@gmail.com)  
201-998-0976

Barbara Lyman – Vice President  
[Khscrewmomx2@aol.com](mailto:Khscrewmomx2@aol.com)  
201-997-0770

Martha Downey – Volunteer  
coordinator  
[teapot1958@aol.com](mailto:teapot1958@aol.com)  
201- 991-1794

Joe Gurkas – Treasurer  
[crewmom1@gmail.com](mailto:crewmom1@gmail.com)  
201-998-0976

Sam Gennace – Web Site  
[khscrew@comcast.net](mailto:khscrew@comcast.net)

## Website

The Kearny High Crew Team web site is a great source of information about the crew program (photos, archives, colleges, novice rowers and parents info). An effort will be made to post pre- and post- regatta information (directions, weather, etc.) on the web site. The KHS Crew web site is [www.kearnycrew.net](http://www.kearnycrew.net).

## Participation Requirements

All athletes are required to:

- Pass swim test
- Complete and submit all necessary forms required by Kearny High School
- Internet permission slip
- Member info form
- US Rowing, individual regatta waivers and permission slips
- Dues – payable to Kearny High Crew Parents & Boosters, Inc. Dues are: \$50.00 per athlete, \$30.00 each additional athlete in your family. This fee covers all food, beverage and shelter for each event for the season (approx. \$4.00 per event).
- Participate in fundraising events

## Parent Volunteers

Kearny High Crew Parents & Boosters, Inc. is a not-for-profit organization that is funded and administered solely by volunteer parents. In order for KHS crew to continue to offer the rowing experience to our student/athletes, it is vital that parents volunteer. Besides, it's FUN! Please see our volunteer coordinator to volunteer for as many events as you can.

## **Athletes Away Regatta Packing List**

Unisuit - may be rinsed and hung to dry for two-day races  
Long-sleeved racing shirt - black and red if you have one  
Hooded sweatshirt and sweatpants (or fleece) - to keep muscles warm  
Complete change of warm, dry clothes for after race (VERY important)  
Rowing jacket or other water-resistant outerwear  
Socks - a rower can never have enough of these  
Shoes - an extra pair in case one gets wet  
Sandals - to slip in and out of on the docks  
Blanket - for keeping warm in the tents and on the bus  
T-shirts - and clothing to layer under outerwear  
Hat - to preserve body heat  
Gloves - may not be worn during racing unless you are a coxswain  
Toiletries - toothbrush, toothpaste, deodorant, hair brush, personal items  
Book bag and homework - to work on during idle time  
Medications - if needed (inform coach and crew parents)  
Snacks and drinks - to be consumed on the bus - fruit, pretzels, etc.  
Rowers must clean up after themselves on the bus!

**Please label all your belongings**

## **Parents Survival Checklist**

Rain Gear and umbrella  
Camera, video camera, binoculars  
Folding chairs (mark with your name)  
Warm hat, gloves, boots and jacket for cold weather  
Hat, sunscreen, shorts for warm weather  
Comfortable walking shoes and/or Duck shoes

## 2008 Schedule of Events

Date	Event	Location
March 8	Crew Breakfast	KHS Cafeteria
March 15	Boat Dedication/ Learn to Row for New Parents	Boathouse
March 22	Canning	Kearny Boathouse
March 25-26 (tues)	Erg-a-thon (boys)	St. Stephens Church
March 25 (tues)	Row-a-thon (girls)	Boathouse
March 29	Cooper River Sprints I	Cooper River, Cherry Hill, NJ
April 5	Cooper River Sprints II	Cooper River, Cherry Hill, NJ
April 12	Passaic Sprints	Boathouse
April 19	Mercer County Sprints	Mercer County Park, NJ
April 26	NJ State Championship/Family Picnic	Cooper River, Cherry Hill, NJ
May 3	Canning (rain date or Nationals fundraiser)	Boathouse
May 10	Upper Merion Regatta	Upper Merion, Pa.
May 16 & 17	Stotesbury Regatta	Schuylkill River, Phila. Pa.
May 23 & 24	Nationals	Oakridge, Tenn.
June 3 Tuesday (All member's families are welcome!)	Awards Dinner \$25 per person Pay at the door Senior rowers&coxies- Free	San Carlo Restaurant, Lyndhurst

**\*Gertrude Hawks Candy Fundraiser-** will be handed out at the boathouse during Spring Break and monies are due in by **Fri, April 18<sup>th</sup>!!!!**

Directions to all events can be found at [www.kearnycrew.net](http://www.kearnycrew.net)  
Events subject to change

## Criteria for Varsity letter

An athlete must fulfill at least one of the following criteria:

1. Four year rower
2. Win a major regatta in a Junior Varsity or Varsity boat (examples include regattas such as Stotesbury, Nationals or States).
3. Row in the Stotesbury Cup Regatta or Nationals in a Varsity level boat.  
\*There are occasions, when the budget allows, that a boat will be taken to Stotes or Nationals simply for experience for the following year. This would not qualify as a legitimate varsity boat. The athletes will be informed in advanced.
4. Row consistently in a Varsity level boat. Examples include lightweight events, varsity eights and fours or junior varsity boats the coach is concentrating on for Stotesbury and nationals.

## Fundraisers for 2008

**March 22 (Saturday) - Canning at the boathouse corner 9am-3pm**

*This is a very profitable fundraiser!*

Parent volunteers are desperately needed for this fundraiser. Minors are not permitted in the street, therefore, we ask our parents for help (students stay on the sidewalk). The more volunteers involved, the more shifts we can create throughout the day. And pizza for lunch!

**March 25 (Tuesday) – Girls Row-a-thon at the boathouse**

**March 25-26 (Tues-wed) – Boys Erg-a-thon at St. Stephan’s Church**

Team members will row/erg to raise funds through donations from families and friends and/or local businesses. Raise a minimum of \$100 and receive a hoodie designed specially (with personal name on it) for this fundraiser. The student (girl and boy) with the highest funds raised, receives a gift at the Awards Dinner.

**March 28 (Friday) – Candy Fundraiser**

We are handing out the “Gertrude Hawks” assorted candy bars boxes. Each student is required to sell at least one box, of course if you want to sell more than one box, no one will stop you! Each bar cost \$1.00, 48-50 per box. Monies are due in by **Friday, April 18<sup>th</sup>** (three weeks is more than enough time to sell your candy!) Remember, No selling in school!

**May 3 (Saturday) – Canning at the boathouse.**

We are reserving this date as a rain date for March 22. In the event that we have qualifying boats for Nationals (and we will qualify!), we will “Can” again to raise the additional needed funds for hotels, etc.

**June 3 (Tuesday) – Awards Dinner, San Carlo Lyndhurst NJ**

This is not a fundraiser, but to let you know in advance, all are welcome to this event. Cost is \$25.00 per person, pay at the door. This is a free event for all senior rowers and coxies!