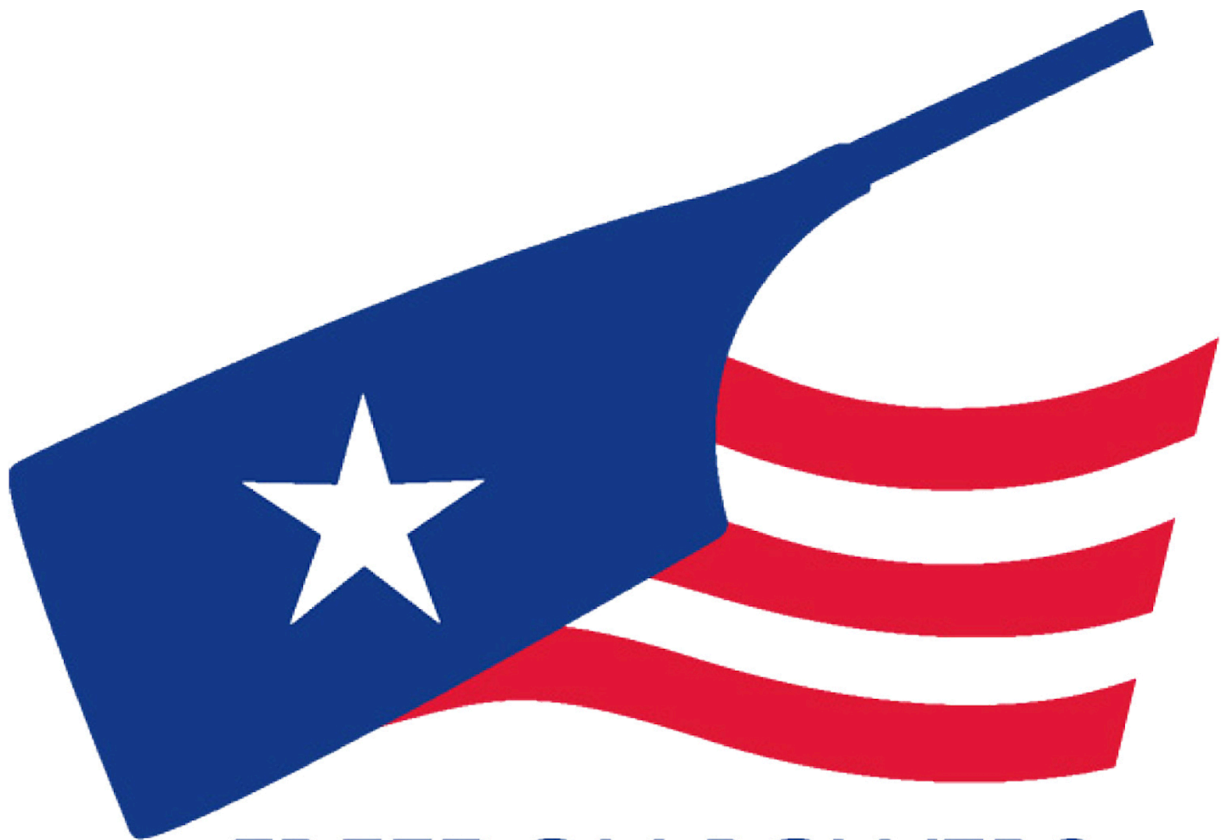


TEAM HANDBOOK



FREEDOM ROWERS

Coaching Staff

Head Coach – Chloe Allen
Assistant Coach – Willoughby Buxton

Team Captains

Each year we carefully choose two to four rising seniors or juniors to be our Team Captains and Co-Captains.

These choices are made through observation of leadership ability, positive outlook, knowledge of boats and equipment and attendance. Becoming a team captain is not given, it is earned, and will be a great addition to a future college or job resume.

Board of Directors

Executive Director	Chloe Allen
President	Alan Lowrey
Treasurer	Sarah Moerschel
Members	Wendy Palmer Reed Carey

Practice Schedule

Freedom Rowers practices are Tuesday - Friday from 3:30 pm to 6:00 pm.
All youth are to meet at Evergreen by the trailers on the driveway at 3:30 pm sharp.

Rowers participating in regattas will need to be at Friday practices to help load boats and equipment for transport. It's a huge job!

Program Fees

Our program fee is \$650.00 per rower, per season. A team sweatshirt is included in the fee. The program fee covers all costs associated with the program including equipment and maintenance (racing shells, oars, rigging, cox boxes, safety equipment, tools, etc.), regatta entrance fees, regatta transportation (trailing of shells), coaches' stipend, insurance, chase boat maintenance and fuel. It takes a lot to sustain a team, and some of our expenses are covered through donations and grants.

Note that if a family has more than one participant in the Freedom Rowers Program, the registration fee for each rower beyond the first will be reduced by \$100.00

Full team program fees are due at the start of each season. Checks are to be given to Coach Allen. For online payments, please use the Paypal link on the team's website. Online payments include an additional fee for processing. Payment plans can be arranged (Please speak to Coach Allen).

Program fees must be paid by the end of the second week of the season. Unpaid fees will result in the rower not being seated for practice and regattas.

Limited scholarships are granted through the Board of Directors. Scholarship Application Forms are available from Coach Allen or treasurer@freedomrowers.org upon request.

Team Guidelines

Eligibility

Freedom Rowers is a coeducational rowing program open to all students in junior high and high school, ages 11 - 18 in Talbot, Caroline, Kent, Queen Anne and Dorchester counties. Eligible rowers must pass a swim test and complete a pre-participation sports physical.

Attendance Policy

Teamwork is paramount to success in crew. Absences are extremely disruptive to the team's progress and overall success. All rowers and coxswains are expected to attend each practice and report on time. If a rower is late, they miss practice. Anyone who is unable to attend a scheduled practice for any reason, must notify the head coach 24 hours in advance if possible. We understand that things come up, so please, call or text the coach out of courtesy to your team. The coach will attempt to announce boat line-ups 2 weeks before each regatta. All rowers must try to attend regularly scheduled practices to row together during those two weeks. We'll also mention again here, if you are participating in a regatta, attendance is mandatory the Friday prior to the regatta, to de-rig and pack boats.

Rowers that are not entered into Regatta lineups are still expected to attend practices and races. They may be asked to fill lineups as alternates and will be expected to help and support teammates with day-of tasks.

Regattas

By far, the most exciting part of crew participation is the regatta racing. As a team sport we look for the rowers and parents to support every event entered. The team stays for the entire regatta and we encourage the parents to do the same.

Basic regatta day tips:

Plan on a full day from early morning to late afternoon.

Know your child's boat assignment and race time so that you can give yourself plenty of time to get to the race. It is easy to miss a race.

Rowers/Coxswains are required to arrive at the race location at a specific time set by the coach. The team will not row if members are not there on time.

Regatta participants are responsible for rigging the boats at regattas as well as de-rigging and getting the boats back on the trailer before departing.

Rowers/coxswains are expected to exhibit the highest standard of sportsmanship and support for the team at competitions.

If you need to leave a regatta before the end....please let your coaches know so we are not looking for you. We do not want to leave anyone behind!

Safety Rules

1. All team members must pass a swim test (a one-time requirement), view the US Rowing safety video, and read and sign off on the team's safety guidelines before going on the water for the first time.
2. All boats will be accompanied by a coaching launch after moving out of the designated docking area. DO NOT row past Easton Point if a coach is not in sight.
3. All coaches' launches must be outfitted with life vests and other safety equipment.
4. If your boat swamps (boat fills up with water) or turns over, stay with the boat. The boats are designed to float and you should stay with it until you can be picked up by the accompanying launch. **NEVER** leave the boat.
5. When the boat is on the water, follow the instructions of the coxswain and coach. Excessive talking in the boat may interfere with instructions from the coxswain or coach.
6. If you or someone else is injured, notify the coach immediately by stopping the boat and raising your hand.
7. Team members who drive cars and provide rides to other team members have a legal responsibility to drive maturely and responsibly at all times. UNSAFE DRIVING BEHAVIOR MAY BE GROUNDS FOR IMMEDIATE EXPULSION FROM THE TEAM.
8. Team safety is paramount. One of Freedom Rowers overall goals is to field highly competitive boats. Successful programs operate under the sport's tradition of a coach seeking out his or her "best eight" not "eight best". Consequently, the boat and seat selection are two of the most difficult decisions a coach faces. Each week of practice, a coach must consider many factors when determining a participant's boat and seat assignment. Don't be surprised (or offended) by boat line-up changes or rowers being switched from the port to starboard and vice versa: those changes are part of the sport in determining the success of each boat.

The Boat ~ “Shell”

Boats rowed: 8 (stern cox) Seats are # from bow to stroke seat

bow(1),2,3,4,5,6,7,stroke(8) -cox

4 (stern cox) Seats again bow to stroke – bow,2,3, stroke, cox

4 (with bow cox) Cox, bow,2,3,stroke

Quad - 4 rowers without a cox - sculling

Double – 2 rowers - sculling

Pair – 2 rowers – sweep

Single – sculling



Bow: front of the boat (with the bowball)

Stern: back of the boat

Port: Left side of the boat (from stern view). Port = Red

Starboard: Right side of the boat (from stern view). Starboard = Green

Scull: Rowing in which each rower has two oars

Sweep: Rowing in which each rower has one oar

Oar: Used to propel the boat by the rower

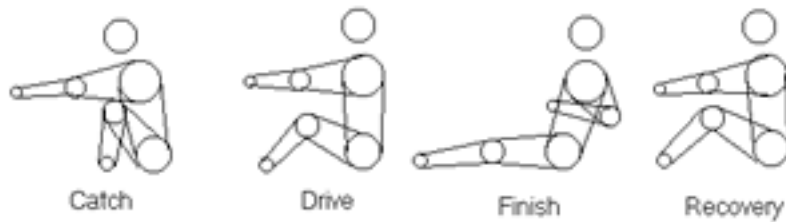
Rigger: Metal extension in which the oar is connected to by the Oarlock

Oarlock: Holds the oar in place, allows the oar to pivot

Gunwale: “Gunnel”. Top edges of the sides of the boat

Foot Stretcher: Straps a rower’s feet down in the boat

The Stroke ~



Catch: The beginning of the stroke when the oar is inserted into the water

Drive: When the rower propels the oar through the water

Finish/Release: When the oar is taken out of the water and the rower is at the bottom of the slide

Recovery: When the rower goes back up the slide before taking another stroke

Square blades - keeping the blade perpendicular to the water on the recovery.

Feathered blades - keeping the blade parallel to the water on the recovery.

Commands ~

Hold Water: Square the oar in the water to stop the boat

Back it Down: Turning the blade over and rowing from the Finish to the Catch

Paddle: No power put into the stroke

Way (or Weigh) Enough: Stop rowing

SPM: Strokes per Minute. The number of strokes the rowers will complete in one minute

Half Slide: Taking half of a stroke, halfway up the slide

Full Slide: A full, complete stroke

Other Rowing Terms

Catch a Crab: When blade gets caught in the water during a stroke and rower can't lift blade from water

Erg: Short for Ergometer. Land-based rowing machine

Equipment Rules

1. **Rowing equipment is very expensive and must be handled with care.** Follow all directions regarding the handling of equipment.
2. There will be no talking while carrying boats to the launch dock. You must be able to hear the coxswain's directions!
3. All rowers must participate in routine cleaning and maintenance of equipment. Please report any equipment problems to a coach immediately.

And we encourage you to:

4. Treat all teammates, opponents, coaches, spectators, officials and Freedom Rower crew members with respect.
5. Refrain from displaying inappropriate behavior and/or use of foul language. Violations of this rule can lead to disqualification.
6. Participate fully in all aspects of the training.
7. Participate fully in all fund raising activities.
8. Support the team and yourself by accepting coaching decisions.
9. Seek feedback from the coaches. If you as a team member don't know where you stand, ask.
10. Realize that team goals come before the needs or desires of any individual.
11. Enjoy being a member of a successful and competitive rowing team!

Rowing Attire

Rowing will place your athlete in all sorts of weather. They will need to pay attention to predictions of temperature, wind, sun and rain. They should dress appropriately, in layers, preferably in fabrics that wick perspiration away from the skin. Spandex shorts or longer tights are best (Spandex shorts are required for racing, no excuses!). Loose clothing can become entangled in the oar or in the wheels of the seat which will bring a boat to an immediate stop.

A wind resistant jacket is very useful as well.

The members of the team that are coxing the shells (steering the boat) should dress in layers to keep warm. A water resistant wind breaker is advisable. Warm hat and gloves are also a good idea for coxswains as they are not moving around as much. It is colder on the water than on land.

Heat and sun are the main issues. Light colored wicking fabrics are very helpful, as are hats, sunblock and sunglasses. The latter should not be seen as a fashion item, but in an investment in long-term vision health. Water bottles are likewise essential, year round: refillable polycarbonate bottles work well.

Remember that our team consists of boys and girls. Our policy is that NO LINES show. That means that we do not want any exposed cleavage, butt cracks, underwear or bra strap lines. Trial your clothes at home before getting in the boat. If rowers can not abide by that policy, they will be asked to leave the practice. We hold ROWERS AND PARENTS PERSONALLY RESPONSIBLE for having the correct clothing. **You do NOT want the coach calling.**

Blisters

Though you may be anticipating complaints about sore muscles and exhaustion, you should be warned about blisters. For the first few weeks of the season, new rowers are invariably alarmed by the many blisters that turn into open wounds on their hands. Eventually these will skin over and become protective calluses. Until then, a topical disinfectant such as hydrogen peroxide and cleanliness should suffice. Athletic tape can be helpful during practice while the blisters heal, but tape and gloves are to be avoided in the long term.

Care and feeding of young athletes

As your child progresses, please be aware that he/she is becoming an athlete and will need your help to succeed. Training successfully requires attention to rest and nutrition. For their health and happiness, regular well planned meals are essential, as is regular and sufficient sleep. Students are encouraged to eat filling and balanced meals with an emphasis on carbohydrates and protein and moderate amounts of fats, oils and sugar.

Rules of Evergreen Cove

All members are to respect the quiet learning and healing atmosphere of Evergreen Cove.

Freedom Rowers members do not have permission to access the buildings.

Smoking on the Evergreen Cove Holistic Center Grounds is prohibited.

Freedom Rowers members are to arrive and depart as a team.

Please park, get dropped off and picked up by our trailer which is on the entry driveway.

Please refrain from parking in the two lower parking lots which are reserved for Evergreen Cove staff and clients.

Guests of Freedom Rowers are to meet with the rowers and follow the coach's instructions.

No member of a crew shall leave without permission from the coach until the boats and equipment are cleaned, housed and secured.

Private boats may not be kept on Evergreen Cove Holistic Center Grounds unless authorized by the coaches.

Please remember we are guests on the property of Evergreen Cove during practice hours. Our area and dock designated for Freedom Rowers use is not to be used as a gathering spot or hangout outside of practice hours.

Sexual Harassment and Bullying Policy

1. Freedom Rowers will not tolerate any bullying, sexual harassment or inappropriate use of the internet in such context.
2. Policy: No person on the premises of Freedom Rowers or engaged in any activity under its auspices, whether athletic or not, shall engage in sexual harassment or bullying.
3. Sexual harassment: Defined as any conduct towards another person, of any gender, that a reasonable person would consider sexually offensive or that would tend to create a sexually objectionable atmosphere.
4. Bullying: Defined as repeated, persistent and aggressive behavior intended to cause fear, distress or harm to another person's body, emotions, self-esteem or reputation.
5. Recourse: Any person who believes that he or she has been subjected to sexual harassment or bullying prohibited under this policy may bring the matter to the attention of the Head Coach or the president of the Freedom Rowers Board or a person designated by the president. All such allegations shall be investigated and, if confirmed as constituting sexual harassment or bullying, after giving the persons against whom the allegations were made, an opportunity to respond to the allegations, appropriate sanctions shall be taken with respect to such person or persons.
6. Sanctions: May include reprimand, suspension or termination of membership or access to Freedom Rowers' facilities and activities or such other actions as the president or the Board of Directors deem appropriate.
7. Plain language policy: Freedom Rowers is an athletic organization and believes that persons participating in its activities should focus on athletics in an environment that is welcoming and comfortable for all. It is unacceptable for any athlete to engage in or be subjected to sexual harassment or bullying of any sort.

Rowing and Beyond

Resources available to the rowers

We will help rowers develop resumes at the end of the season if needed for college. It is advised if you plan this route, to keep a journal of your rowing accomplishments each season, including names of races, boats and seats numbers that you raced. College coaches will want this information. The coaches will provide letters of recommendation for any rower. We will gladly contact any college or university that offers a rowing program on behalf of the youth rowers. Please consider using the regatta trips as recruiting tools. We ask that you let us know as soon as possible so that we have time to write any letter of recommendation. Several requests for letters have been submitted with less than 24 hour turnaround time. Short notice requests cannot be fulfilled.

Partnerships

Freedom Rowers leases the waterfront from Evergreen Cove. Our lease agreement is that we maintain the area that the rowers use. We agree to keep the shoreline clean, not use their parking lots AT ALL and respect their mission and programs. Evergreen Cove offers quiet meditation, yoga, therapy and massage to their clients. When walking from the parking area along the driveway to the rowing area, please remember to keep voices low so as not to disturb the clients in the adjacent buildings.

Freedom Rowers is not affiliated with the YMCA. The YMCA lets us use their facility as an act of community service. The privilege is not to be abused.

Comments to the Coaches and Staff

If any parents or youth rowers have a comment or question that they want addressed in an anonymous manner, please send us a note to Freedom Rowers, P.O. Box 3086, Easton, Maryland 21601. All comments will be reviewed and will be answered in a positive manner for the entire team.

You may also contact the coaches with concerns by calling:
Chloe Allen, 410-924-6621

Parent and Guardian Involvement

We welcome involvement from parents, grandparents and guardians. There are many ways you can help out! During regattas, we need parents to coordinate food and transportation. Throughout the year, we need help spreading the word about Freedom Rowers to recruit new rowers and to support our fundraising efforts.

ROWER CONTRACT

As a participant in the Freedom Rowers Program, I agree:

To commit myself to this program and the relationship with my coaches, teammates and other staff.

To engage in the learning process with an open and cooperative mind.

To meet with my team and coaches at the designed times and places each week.

To contact the coach at least one day in advance if unable to attend a training session.

To wear appropriate clothing for rowing.

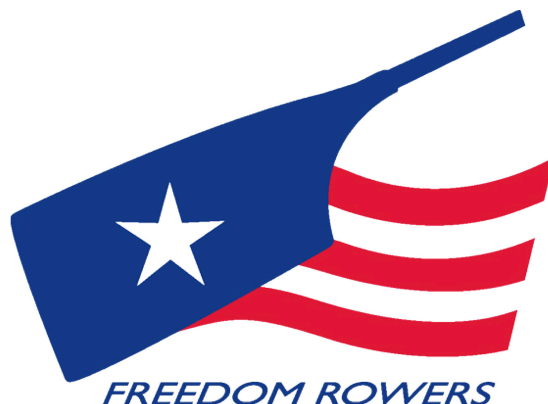
To care for and maintain the equipment.

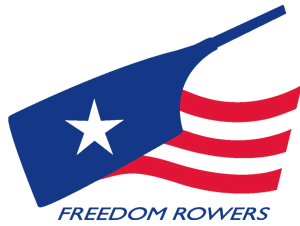
To abide by the rules of the YMCA.

To abide by the rules of Evergreen Cove and respect their mission.

To listen to and cooperate with all coaches and other staff.

If I choose to act in a manner that is contradictory to the above statements, I acknowledge that I will be asked to leave the practice session and will not be able to participate with Freedom Rowers, Inc. until the coaches or Board of Directors approve my return.





FREEDOM ROWERS CONTRACT WITH ROWERS AND THEIR PARENTS

Turn in this form before your first season begins

As used herein: FR shall include all officers, directors, and employees of FR and all persons authorized by FR to act in its behalf.

ROWER,(name) _____, and
PARENT(S),(name(s)) _____, shall include all persons
authorized by ROWER and PARENTS to act in their behalf.

In consideration of FR'S services to ROWER and PARENTS, the latter agree to the
following terms of their relationship with FR:

1. Rower Contract

ROWER and PARENTS hereby agree to the terms of the Rower Contract attached
hereto as Team Handbook page 12.

2. Emergency Contact

ROWER and PARENTS hereby designate the Emergency Contact shown in the
Emergency Contact Information form attached hereto as Team Handbook page 14.

3. ROWER and PARENTS consent to FR use of recordings

ROWER and PARENTS hereby consent to use by FR without compensation of
photographs, videos or other recordings of FR-authorized activities including ROWER
and/or PARENTS.

4. Limitation of FR liability

ROWER and PARENTS release and hold harmless FR from any claims, or costs of
litigation, related to FR'S activities involving ROWER and/or PARENTS.

5. Sexual Harassment and Bullying

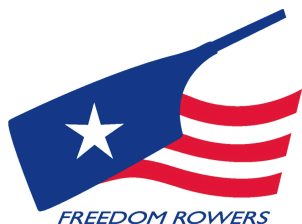
ROWER and PARENTS hereby agree to the Sexual Harassment and Bullying Policy of
FR attached hereto as Team Handbook page 10.

6. Rules of Evergreen Cove

ROWER and PARENTS attest that they have read the current Rules of Evergreen Cove,
attached hereto as Team Handbook page 9, and agree to honor those rules.

Agreed this ____ day of _____, 20__:

ROWER _____
PARENT(S) or GUARDIAN(S) _____
FREEDOM ROWERS Head Coach _____



Emergency Contact Information
Turn in this form before your first season begins
and when are any changes.

Rower's Name _____

Sex _____ Date of birth _____ Age _____

Grade/School _____

Street address _____

City _____ State _____ Zip _____

Rower's Cell Phone _____

Name of parent or guardian _____

Street address _____

City _____ State _____ Zip _____

Parent Cell Phone _____

Rower's e-mail _____

Parent's e-mail _____

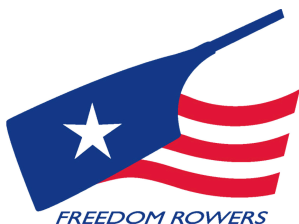
If person named above is not available in the event of an emergency, notify

Name _____ Relationship _____

Phone _____

Name _____ Relationship _____

Phone _____



Medical Clearance and Medical Information

Turn in this form once per school year.

Fall rowers: start of the fall season.

New rowers in Spring: start of the spring season.

For medical clearance to row:

Once per year, attach documentation of a pre-participation physical, either in the form of a letter from the rower's physician or the Maryland State Preparticipation Physical Form signed by a physician.

Physician's name _____ phone _____

Health insurance carrier: _____

Group/ID number: _____

Food allergies _____

Other allergies _____

Medical conditions _____

Medications rower will need to take during practice or regattas

Resources:

The public schools provide free pre-participation exams for their students. Contact the high school athletic trainer for more information.

Pre-participation Physical Form for Maryland:

https://www.mpssaa.org/wp-content/uploads/2026/03/Physical-Examination-Form_REVISED_May_2024.pdf