



B-CC CREW



2023-2024
Updated August 31, 2023

Who is B-CC Crew?

- B-CC Crew is Bethesda-Chevy Chase High School's rowing team. B-CC Crew is a “club sport” that was started in 1993 with 26 kids.
- In 2022, B-CC Crew finished the year with a roster of 88, making it **our high school's largest club and largest sport.**
- B-CC Crew Boosters, Inc. — a 501(c)(3) nonprofit, parent-volunteer organization consisting of a board of parents with children on the team — runs the program.
- B-CC Crew is a member of the US Rowing Association.



Our Coaches

Head Coach/Head Girls Coach: **Brian Comey**

Head Boys Coach: **Zayln Bajor**

Head Girls Novice Coach: **Erin Dockery**

Head Boys Novice Coach & Team Conditioning Coach: **Dillon Montgomery**

Assistant Coach: **Sabrina Paulsen**

Assistant Coach: **Mark Parrish**

Assistant Coach: **Jesse Ryno**



B-CC Crew 2023-24 Session Dates

B-CC Crew is a school-year round program — athletes are expected to continue through all sessions.

FALL

varsity

Sept. 5 – Nov. 10

novice 1

Sept. 11 – Oct. 6

novice 2

Oct. 9 – Nov. 3

WINTER

all squads

Nov. 27 – Feb. 23

*No practice during
winter break*

SPRING

varsity

Feb. 26 – May 24

novice

Feb. 26 – May 17

MANDATORY

*Twice-daily practices
during Spring Break*

Mar 25 – April 1



Tentative Practice Schedules

Fall Practices

Monday thru Friday

Novice Girls: 3:45 – 5:45 pm

Varsity Girls: 3:45 – 5:45 pm

Novice Boys: 3:45 – 5:45 pm

Varsity Boys: 3:45 – 5:45 pm

Saturdays

Depending on race schedule

Winter Practices

Boys' and girls' squads will alternate early shift (3:15-4:45) and late shift (4:45-6:15) weekly

Spring Practices

Spring is our racing season; practices are 6 days a week, including Saturday mornings and may go later in the evening as there is more daylight.

Twice daily spring break practices are mandatory.



Winter Training

Practices during the winter season are indoors on rowing machines (ergs) and outdoors, weather permitting. The coaches aim to keep the boats on the water as long into the winter session as possible.



Approx. Financial Obligations 2023-2024

Program	Novice	Varsity
Fall Dues	\$450 x 2 sessions*	\$990
Winter Dues	\$890	\$890
Spring Dues	\$1100	\$1100
Annual total	\$2,680	\$2,770
TRAVEL REGATTAS	\$750 <i>(estimates, select athletes only)</i>	
UNIFORM COSTS	\$110 <i>(novices need 1, varsity need 2)</i>	
FUNDRAISING REQUIREMENTS**		
Wreath/candle sale <i>(buyout option or 20 products sold)</i>	\$450 tax-deductible buyout	
Raffle <i>(buyout option or 36 tickets sold)</i>	\$450 tax-deductible buyout	



*Novices do one or both sessions, space permitting.

**Fundraising supports approximately 25% of the annual operating budget.

Financial Aid

- B-CC Crew is committed to ensuring that anyone who wants to row is able to, despite financial circumstances.
- Need-based financial aid is available. Please complete the confidential assistance [form](#) found on our website and send to president@bcccrew.org before you register.



What your money covers

Operating a rowing program is expensive.

New boats range from \$27,000 for a four to \$81,000 for an eight; motorboat engines are \$4,500, hulls are \$12,000+ each, oars average \$500 each, ergs are \$1,000.

Our fees cover only basic operating costs of the program:

- coaching salaries
- boathouse rental
- equipment purchase and marine storage
- insurance, fuel, maintenance, replacement parts, repairs
- regatta fees and boat transport
- administrative fees (permits, technology requirements)
- daily operating expenses

We are grateful to parents, alumni and the community for every dollar of support, so athletes can row and compete.



B-CC Crew & MCPS

- B-CC Crew is proud to represent the school at races and in the community. B-CC Crew athletes are expected to conduct themselves appropriately.
- B-CC Crew Boosters, Inc. is a not-for-profit organization, **not affiliated in any way with Montgomery County Public Schools**. Our only streams of revenue are our program fees, camps, and fundraisers. Since we are considered a “club” sport, we receive no financial or organizational support from MCPS or B-CC.
- B-CC will not make any announcements on our behalf. Our presence in the yearbook is at our expense.
- We are not permitted to use the school for practices.



Practices at TBC

- Athletes head straight to TBC after school. Most athletes travel via the metro from Bethesda to Foggy Bottom (get a MetroCard!)
- Novices will be accompanied by varsity during the first few days of practice to show them the way.
- **PICK UP:** in the TBC parking lot on Virginia Avenue, or, easier, on 30th & K Streets at the House of Sweden (double-park and wait in your car).
- **NO PARENTS SHOULD GO IN THE BOATHOUSE OR ONTO THE DOCK AT ANY TIME.**
- Practices may not end on time as the team is at the mercy of the river traffic: when they are practicing on the water, unexpected trouble getting a boat docked or onto a boat rack may delay not only the athletes in that boat but anyone in a boat behind them. Coaches may also need to speak to the team after practice to discuss an issue or prepare them for something coming up later in the week. Sometimes your child may have a particular issue that s/he needs to talk to the coach about.



Carpools

- Parents may use the listserv to set up carpools.
- **Do not** carpool with athletes that are not in your squad (varsity vs. novice, girls vs. boys) as practice times are different.



2023 Fall Racing

The races in the fall are head races (time trials). Regattas are exciting and a great way to meet other crew families and help the team out. The fall racing is on Sundays in October and early November.

Parents should plan for athletes to arrive **several hours** before they race and stay until their coach dismisses them. Often, this is an entire day.

The team will send out logistical information via the listserv in the days leading up to the race. It is common not to know the time of your rower's race until a day or two beforehand. Keep an eye on your email the night before and morning of a race as weather/river conditions can change timing suddenly.

There are strict rules regarding parent/spectator behavior at a regatta. No one other than the athletes and the coaches should be anywhere near the trailer/boats.



- Sunday, October 1: Head of the Potomac at TBC (varsity)
- Sunday, October 8: Occoquan Challenge at Sandy Run (varsity)
- Sunday, October 15: Occoquan Chase at Sandy Run (varsity)
- Sunday, October 22: Head of the Charles (select varsity boats only)
- *Saturday*, October 28: Head of Halloween at TBC (varsity)
- *Saturday*, November 4: Novice Regatta at TBC (novices)
- Sunday, November 5: Head of the Occoquan at Sandy Run (varsity)

2024 Spring Racing

- Spring regattas take place from the end of March to the end of May. There are regattas almost every weekend in April and May, usually on Saturdays, the exception being WMIRA on a Sunday in early May.
- The last regatta for both varsity and novice (*select athletes only*) is Stotesbury Cup in Philadelphia, on May 16-28.
- SRAA Nationals (*select varsity athletes only*) is May 25-27 in Camden, New Jersey.
- For both regattas, athletes travel by team van from Thursday to Saturday, missing school on Friday and half of Thursday. These absences are considered unexcused by MCPS.



Regatta Locations

- Our fall races are at TBC and Occoquan (Sandy Run Regional Park in Virginia)
- Our spring regattas are at TBC, Occoquan, St. Andrews (Delaware), Philadelphia, Camden



Attendance

- B-CC Crew expects athletes to **attend every practice**, unless they are ill.
- Crew is a **full-time commitment**. It is not practical or feasible to play another sport while on crew.
- Rowers should **be aware of the consequences to the rest of the team** if they miss practice.
- It is **the athlete's responsibility to let the coach know** if he/she is missing practice as early as possible in the day (to give the coach time to adjust line-ups).
- The **absence of even one rower can prevent an entire boat or squad from practicing** and will hurt the team's ability to prepare and race successfully.
- Unlike participants in most high school sports, most novice rowers are new to the sport and are trying to go from learning basic skills to being competitive at a regional and national level in a couple of years. **Missing building blocks can cause a new rower to fall behind.** Rowing together, where all in the boat become one, is the key to going fast and winning races. When the team is on the water, coaches plan the line-ups in the boats carefully and one unexpectedly missing rower can throw off the line-up or, in the worst case, keep the other rowers in a boat from being able to practice on the water.



Fundraising

- Each year and season brings new challenges, but in the end crew makes an enormous impact on the lives of our kids.
- Our fundraising makes up 25% of our annual budget and we could not operate without it.
- Rachel White is our fundraising coordinator. She can be reached at development@bcccrew.org
- B-CC Crew Boosters, Inc. is a non-profit 501©(3) organization, and any financial contribution is tax-deductible.



Coaches & Communications

- B-CC Crew's mission is to develop our athletes into independent, strong, confident, self-advocating adults.
- Parents should not contact coaches directly. Any questions or concerns should be addressed *by the athlete to the coach*. Concerns about the coach or any other team issues should be directed to the board.
- Our coaches have full-time jobs outside of our team. Because of our practice times, they must adjust their work and family schedules to be present for the team. The board aims to protect their time to the extent possible to allow them to be fully focused on coaching our athletes.
- Athletes are responsible for making sure they are receiving all communications from the coaches.
- Practice cancellations will come directly from the coaches to the athletes, not via the listserv.



Safety

- Coaches assess wind, temperature and water levels to determine if it is safe to be on the river, on a continual basis.
- Every coach's motorboat holds a safety kit which includes emergency blankets, emergency whistles, air horns, flashlights, throw ropes, first aid kits, and life jackets.
- Every coach has CPR and First Aid certification



SafeSport

- The USRowing SafeSport program addresses six areas of misconduct: sexual misconduct, emotional misconduct, physical misconduct, bullying, hazing, and harassment.
- As an organizational member of USRowing, B-CC Crew follows the SafeSport program requirements. Coaches, board members, adult athletes (18+) and captains must receive annual training in the six areas of misconduct and be familiar with internal reporting and investigation.
- The training focuses on both identifying misconduct and the steps needed to prevent it.
- Free, voluntary SafeSport training will also be made available to all athletes and parents.

More information: uscenterforsafesport.org

B-CC Crew's Safesport and US Rowing coordinator is Rebecca Pilot.
She can be reached at safesport@bcccrew.org



Ergs

- From March through October — the months we train on the water and over the summer — we rent out our ergs to families who are interested. The cost is approximately \$100 in total.
- Athletes who have rented ergs will be asked to return them before we start our indoor winter training.



Volunteering

The B-CC Crew board is made up of volunteer parents who have full-time jobs, families and other challenges. Managing the team is an incredible amount of time-consuming and complicated work.

There are plenty of other jobs to be done as well and we could not survive without our parent volunteers.

Volunteering gives you the opportunity to be involved in your child's experience. These 4 years go by fast!



Giving Back to the Community

B-CC Crew undertakes multiple community service projects throughout the year, including stocking the high school's on-site **food pantry for B-CC students** in need and assisting with the **PTSA's used book sale**, the school's largest fundraiser.

Our annual cornerstone service project is the collection of holiday toys and gift cards for 60 children who are enrolled in **Linkages for Learning**. Linkages is a school-based prevention and intervention initiative that works with the Montgomery County Department of Health and Human Services to connect school system families to needed resources.



Common Terms

- **1V, 2V, 1F, 2F** a short way to refer to a boat or specific event. 1V means the “first varsity boat”
- **2k** a test of how fast a rower can go 2,000 meters on an erg
- **crab** when the oar blade gets “caught” in the water, caused by a momentary flaw in oar technique.
- **erg** ergometer/indoor rowing machine
- **launch** motorboat that coaches use during water practices
- **port/starboard** the sides of the boat and also a way to refer to what side a rower’s oar is on
- **rigging/de-rigging** the process of attaching or removing a boat’s riggers (that hold the oars) - riggers are removed when boats are transported on the trailer
- **seat** a rower’s position in the boat, usually identified by a number
- **split** the time it takes to row 500 meters - rowers use their split time when erging to gauge progress
- **tent** a place of food, conversation, and shade [where parents are during races]
- **trailer** the vehicle that tows boats to away regattas [where athletes are during races]



Join the B-CC Crew listserv!

B-CC Crew communicates **ALL** information via our listserv.
If you are not on the listserv, you will miss crucial information.

main+subscribe@bccrowing.groups.io

Athletes should join the listserv too.

