



# FRIENDS OF MEDFORD ROWING

## Parent Information Sheet for Crew

Friends of Medford Rowing (FOMR) is the parent organization that supports and raises funds for The Medford High School Crew teams and its club activities.

### Information about regattas, practices, volunteering, etc.

Please regularly check the website: <http://medfordrowing.wixsite.com/mhsrow>

Facebook Page: Medford High School Crew

Twitter: @MedfordRowing

Instagram: @MedfordHighRowing

The website has a wealth of information as well as the regatta dates. Facebook and other social media sites will have messages for athletes and parents. Email updates will have times for regattas closer to the regatta date.

### High School Crew:

Athletic Fee - Each athlete pays \$175 per season for crew with a cap of \$500 per family per year. This money goes to Medford Athletics.

### Registration for High School team:

All required forms and links can be found on the Medford rowing website and the high school website. Please note, registration is completed entirely online. The link is <https://medford-ar.rschooldtoday.com/> A copy of the child's updated physical needs to be given to the nurse's office.

### US Rowing Waiver:

A US Rowing waiver needs to be filled out once every year. It expires a year from when you joined (if you joined April 1, 2019, it is good until April 1, 2020).

The link to register is <https://membership.usrowing.org/individual/join> Search for the Medford High School club. When you click on that it will say that the club roster is locked. At that point you use the code **KAYZN**. The cost is free, but there is an admin fee of \$9.75 that will need to be paid. Basic membership is all that is needed.

The link to renew or sign the waiver is <https://membership.usrowing.org/>

Under Individual and choose "MEMBERS" you are given the option to renew/upgrade and/or sign the waiver under there.

### Food

Each high school family pays \$40 to Friends of Medford Rowing per season for food fees. This money goes to paying for meals (for rowers and family members) at the regattas. Additional food donations are requested for regattas and an email sign-up sheet will be sent. Please note food allergies and dietary needs on form.

Cash/checks/Venmo/Square are acceptable forms of payment. (Venmo: Medford Rowing @Medford-Rowing)

### Clothing

Each athlete is responsible for buying their own clothing. Novice clothing requirement is a Medford Rowing white T shirt. High School clothing requirement (JV & Varsity) is a Uni. There is a large selection of other Medford Rowing clothing: Hats, Sweatshirts, long/short sleeve t-shirts, shorts, socks and much more. The

FOMR clothing coordinator is in charge of all orders. Complete form, cash/checks/Venmo/Square are acceptable forms of payment. Clothing is usually ordered twice a season. Unis and Boathouse jackets have a 5-7 week lead time. (Venmo: Medford Rowing @Medford-Rowing)

### Parent Involvement

Parents are crucial to making Medford Rowing a success. Parents can support their child in following through with their commitment to row and to attend ALL practices and regattas. Parents can contribute by serving on the FOMR board, bringing and serving food at regattas, donating and helping at **FUNDRAISERS**, helping at the Mayor's Cup and attending regattas to cheer our team on!

### Mayor's Cup

This is the regatta that Medford Crew sponsors. It is in the spring, at the Tufts boathouse on the Malden River. There are many volunteer opportunities at this event.

### General Info:

- You need no prior knowledge to join crew! We will teach you everything you need to know. Keep in mind that being a part of Medford Rowing is a commitment. Practices are mandatory. They take place every weekday and sometimes are on Saturdays.
- Follow us on Social media for updates/important info:
  - Facebook: Medford High School Crew
  - Twitter: @MedfordRowing
  - Instagram: @MedfordHighRowing
- Make sure you have all your captain's numbers in case you have any questions.
- Coach DelloRusso - [cdellorusso@medford.k12.ma.us](mailto:cdellorusso@medford.k12.ma.us)
- Coach Manes – [ajm97001@yahoo.com](mailto:ajm97001@yahoo.com)
- Coach Beckwith – [benbeckwith12@gmail.com](mailto:benbeckwith12@gmail.com)

### Practices:

- Rowers must wear sneakers and clothes they can work out in! (you can't row in jeans)
- Coxswains should dress smart in athletic wear.
- Bring water in a reusable water bottle. Remember to fill your water bottle at school because there isn't a fountain at Hormel.
- Stay updated with your teammates during the school day because the location of practices might change due to weather (either school or Hormel)
- School practices take places in the second floor overpass. This is where we erg (rowing machines).

### Regattas:

- Bring extra clothes!!!! Make sure you have extra socks in case they get wet.
- All day regattas usually have a 7:00 am coxswain meeting so we need to meet at 5:30 am to take the bus. These regattas are all day long so make sure you have warm enough clothes.
- We provide food for all the rowers and families at our tent.