



# 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.

Please regularly check the website: [www.medfordrowing.org](http://www.medfordrowing.org)

Facebook Page: Medford High School Crew

The website has a wealth of information as well as the regatta dates. The Facebook page has 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 forms are required 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.rschooltoday.com>.** A copy of the child's updated physical needs to be given to the nurses office.

### Register for US Rowing (Mandatory to row in regattas)

Registering your Athlete for your USRowing

USRowing is the national governing body for rowing in the US.

First time registering for USRowing? Here is the link to create a new "Individual" member profile: <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

To RENEW your "Individual" membership, go here:

<https://membership.usrowing.org>

Basic membership is all that is needed: cost is free, but there is an admin fee of \$9.75 that will need to be paid.

### 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.

### Clothing

Each athlete is responsible for buying their own uniform. Novice clothing requirement is a Medford Rowing white t-shirt. JV and Varsity clothing requirement is a uni. There is a large selection of other Medford Rowing Clothing; hats, sweatshirts, long and short sleeve t-shirts, shorts, socks and much more. The FOMR clothing coordinator is in charge of all orders. Complete form, cash, checks, venmo, and square are acceptable forms of payment. Clothing is usually ordered twice a season. Unis and Boathouse jackets have a 5-7 week lead time.

### 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.



# MEDFORD ROWING

## High School Athlete Information Sheet

### 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 on Saturdays.
- Follow the facebook page, "Medford High School Crew". The coaches and captains will post important messages. Coaches will inform captains of last minute changes and captains will relay information (typically by snapchat)
- Make sure you have all your captain's numbers in case you have any questions.
- Coach Dello Russo - [cdellorusso@medford.k12.ma.us](mailto:cdellorusso@medford.k12.ma.us)
- Coach Manes - [ajm97001@yahoo.com](mailto:ajm97001@yahoo.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 place 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 rowers and families at our tent.