

SAINT IGNATIUS CREW

www.ignatiuswildcats.com/crew | @SIHSrowing

WHO WE ARE

Saint Ignatius Crew is one of 16 Varsity sports at Saint Ignatius. We won our 11th Midwest team points championship in 2022 and are two-time National Champions, including in 2019. Our Freshmen Crew were national bronze medalists in 2022.

Most guys join the team with zero experience. We give you the coaching, training and competition opportunities to grow and develop as an oarsman and as a man. We view Crew as a way to fulfill the mission of the school through a top-tier competitive athletic program that rewards the work ethic of the individual and the camaraderie of the team.

We are coaches and rowers who come from all across the city. We come from different backgrounds, experiences and homes. We have fallen in love with being on the water, with racing, with persevering through challenges, and with the pursuit of excellence. We—rowers, coaches and parents—are a family. This sport is quite challenging, but the rewards of the experience and relationships you have will impact you for the rest of your life.

If this intrigues you, then we want you to **JOIN OUR CREW**.

WHAT WE DO

FALL CREW: This is when we technically are a club sport, but all that really means is that transportation is not provided to regattas. It's a shorter season with longer races (think Cross Country, 5ks). Novice Rowers practice about 4 times a week and participate in 3-4 fall regattas. Runs mid-August through the end of October.

SPRING CREW: This is when we are a Varsity sport, and our work begins in January in our training room at school. It's a longer season with the chance to win Midwest and National Championships at our sprint races (think Track, with 2,000m races). Novice rowers practice 5-6 times a week and participate in 5-6 regattas. Water practices begin in March and we do a week of intensive training during Spring Break. The season ends in late May. Rowers who wish to row in the spring are required to participate in Winter Training unless they participate in a Winter Varsity sport.

WHY YOU SHOULD ROW

Rowing uniquely hones character, teamwork skills, leadership abilities, athleticism, time-management, a strong work ethic and mental toughness. It also is incredibly fun. We have a fantastic group of rowers, coaches and families, and we are looking for more. Rowing also looks excellent on a resume and can lead to college scholarships or preferred admission to elite colleges.

WHAT IS THE COMMITMENT?

In the FALL, Freshmen Crew practices will *usually** be on **Tuesdays, Wednesdays and Thursdays** from 4:15 - 6:30 p.m. after school. Freshmen will leave school to jog down together between 3:45 and 4 p.m. A coach will drive their bags in a truck or van. Freshmen will also practice on **Saturday** mornings, typically from 9:30 a.m. - 12 p.m.

WHERE ARE PRACTICES?

Most practices will be at The Cleveland Rowing Foundation, aka **CRF** (1003 British Street, Cleveland, OH 44113). Some practices, including the first practice, will be at the Magis Athletic Center, aka the **MAC**, on the corner of West 32nd and Chatham, at school.

WHEN & WHERE ARE WE RACING?

The team will compete in three regattas this fall in Ohio. These are parent-driven competitions; additional details will be shared as we get into the season:

1. **Head of the Cuyahoga (Home Race)** – Saturday, September 17, 2022
2. **Hoover Invitational (Columbus)** – Saturday, October 8, 2022
3. **Blake Haxton Invitational (Columbus)** – Saturday, October 29, 2022

WHAT ARE IMPORTANT DATES TO KNOW?

- **FIRST PRACTICE:** Saturday, August 20, 2022, 9:30 a.m. – 12 p.m. @ Magis Athletic Center
- **FIRST WATER PRACTICE:** Tuesday, August 23, 4:15-6:30 p.m. @ CRF
 - ALL waivers and mandator Swim Safety Test must be submitted by this date in order for students to begin practicing

HOW DO WE REGISTER?

There are several steps to getting registered, and the most important is completing the Team Contact Form available on the team website: www.ignatiuswildcats.com. Additional required paperwork, OHSA Physical, and FinalForms is outlined on the back sheet.

WHAT IS THE COST?

Fall Dues for participation in Crew will be approximately \$600. Dues for Novice rowers will not be collected until after the first regatta on September 17; this is to give rowers, parents, and coaches time to discern if Crew is a good fit. We do not want the finances to prevent any rower from participating and the Saint Ignatius Finance Office is great at working with families on assistance.

JUST FOR PARENTS

Parents play an important role in the development of the student-athlete into his fullest potential as a young man. They also play a key role in the successful operation of the team. There are a variety of roles to play in providing administrative support, race-day support, and other assistance to the team. Furthermore, our parents are very helpful people. If you have other questions about the team or are looking to set up a carpool with other students from your geographic area, just ask! Parents of upperclassmen can provide lots of insight as to their experience supporting their son's involvement with crew.

CONTACT NOVICE COACH TIM TELEP

Novice Coach Tim Telep '07: ttelep@ignatius.edu

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WAIVER & REGISTRATION BREAKDOWN

Here's our guide to explaining what all these documents are, what to do with them, and who to contact if you have questions or issues! Please try to complete and submit these before September 1. Check our website (www.ignatiuswildcats.com/crew) to access all registration materials.

1. Team Contact Information Form (See: www.ignatiuswildcats.com/crew)

- Please complete this so we can communicate with you about all news, events, updates, etc.

2. Cleveland Rowing Foundation (CRF) Waiver for Minors (See: www.ignatiuswildcats.com/crew)

- This waiver is required for anyone participating in any rowing activity at the boathouse. It must be completed by the parent/guardian and turned in to coaches at practice..

3. SIHS Crew Waiver (See: www.ignatiuswildcats.com/crew)

- This waiver is required for all team members. It must be completed by the rower and parent/guardian and turned in to coaches at practice.

4. CRF Swim Test

- This test is not an athletic measure; it serves to make sure the student-athlete could reasonably survive in the water for a short duration in the rare event that he might end up out of his boat.
- You can complete this at most community pools, rec centers, etc.
- Rowers who did a Saint Ignatius Summer Learn-to-Row camp have already done this, and the coaches have it on file.

5. OHSAA Physical

- This is available on www.ignatiuswildcats.com/crew.
- Have your son's physician complete this. It is required for any student-athlete competing on a team.
- This gets submitted directly to the Athletic Department, located in the basement of the Main Building. Please contact Marquia Ivey (mivey@ignatius.edu) with questions about this.

6. FinalForms

- This is also accessible on www.ignatiuswildcats.com/crew.
- Completing FinalForms allows coaches to access your son's emergency medical information in the event that becomes necessary.
- Please select 'Fall Crew' as your son's sport when you complete FinalForms.
- There are several steps and signatures required by both student and parent-guardian. Please complete all of these.
- If you have issues accessing FinalForms, please contact Athletics Coordinator Marquia Ivey (mivey@ignatius.edu).

7. USRowing Registration

- Don't worry about this...yet! In September, you will need to register your son with USRowing, our governing body, who provides insurance and coverage at our regattas.
- Information about how to do this will be provided later. There's enough to take care of already!

WHAT DO THEY WEAR?

Rowers should have the following for practice every day:

- T-shirt
- Compression shorts/spandex shorts (these are required)
- Athletic shorts
- Running shoes
- Water bottle
- Hat, sunscreen, etc.
- Additional clothing as the weather gets colder
- A uniform t-shirt will be provided for racing and will be required on Race Day

HOW DOES COMMUNICATION HAPPEN?

The coaches will send an email every Sunday called the “Wildcat Weekly.” This email is really important and contains schedules, forms, links, deadlines and other information. Specific instructions about changes to the practice schedule, regatta information, ways to get involved, etc. all come out in this email.

In the event that a change to practice time or location must occur, the coaches will send an email blast to all rowers and parents. We are also trying to use the Remind messaging platform to communicate late changes this year.

We are training these young men to be responsible adults. Our expectation is that **rowers** will take responsibility for notifying coaches of absences by sending an email.

WHERE HAVE SAINT IGNATIUS ROWERS GONE ON TO ROW?

- United States U-23 National Team
- Winning the famed Oxford-Cambridge Boat Race
- Princeton University
- Columbia University
- Georgetown University
- University of Pennsylvania
- Syracuse University
- Northeastern University
- Boston University
- University of Wisconsin
- Hobart College
- College of the Holy Cross
- St. Joseph’s University
- Mercyhurst University
- Marietta College
- The Ohio State University
- University of Delaware
- College of the Holy Cross
- And others...