



BERGEN COUNTY ROWING ACADEMY

A 501(c)3 Not-for-Profit Incorporation
137 Bergen Avenue #C4 • Ridgefield Park, NJ 07660
www.bcrowingacademy.com
(201) 320-2951

Blueprint for Students Who Want to Row for Their High School

Introduction

Over the past twenty years, rowing has become an increasingly more popular sport in High Schools across the Northeastern United States. It is a Spring sport among the scholastic varsity sports. The Bergen County Rowing Academy (BCRA), whose mission it is to provide rowing instruction and coaching for all age and skill levels to Bergen County residents, offers Bergen County schools the opportunity to make rowing available to their students with no to minimal financial outlay.

According to Wikipedia¹, “Rowing, often referred to as crew in the United States, is a [sport](#) with origins back to Ancient Egyptian times. (...) Modern rowing as a competitive sport can be traced to the early 18th century when races were held between professional [watermen](#) on the [River Thames](#) in [London](#), United Kingdom. (...) Rowing is one of the oldest [Olympic sports](#). It was on the programme for the 1896 games but the rowing did not take place due to bad weather. It has been competed since [1900](#). Women's rowing was added to the Olympic programme in [1976](#).” “Rowing is the oldest intercollegiate sport in the United States.”

The Bergen County Rowing Academy, which holds a lease with the County of Bergen for a boat pen in Overpeck County Park, has developed an easy way for schools to allow their students to participate in scholastic rowing competitions. High school rowers from Northern New Jersey typically participate in competitions organized through the Philadelphia Scholastic Rowing Association², the Overpeck Regional Youth Regatta (our home race), the Garden State Scholastic Championships, and the Stotesbury Cup Regatta³.

¹ Rowing (Sport), Wikipedia, [http://en.wikipedia.org/wiki/Rowing_\(sport\)](http://en.wikipedia.org/wiki/Rowing_(sport)) (accessed 01/23/16), and: College Rowing (United States), Wikipedia, http://en.wikipedia.org/wiki/College_rowing_%28United_States%29 (accessed 01/12/11)

² For more information check www.phillyflicks.com

³ “The Stotesbury Cup Regatta, sponsored by the [Schuylkill Navy](#), is the world's oldest and one of the largest high school rowing competitions.^[1] It is held annually in mid-May over a two-day period along the [Schuylkill River](#) near [Boathouse Row](#) in [Philadelphia, Pennsylvania](#). Competing crews come from schools all over [North America](#), though most hail from the [Northeastern and Mid-Atlantic United States](#).” (Stotesbury Cup, Wikipedia, http://en.wikipedia.org/wiki/Stotesbury_Cup)

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What will the Bergen County Rowing Academy (BCRA) provide?

- Three spring rowing programs:
 - High School Learn-to-Row Class
 - High School Freshmen/Novice Team
 - High School Junior Varsity/Varsity Team
- Quality rowing instruction and coaching:
 - Head coach, Clemens Reinke, oversees the entire program
 - Depending on the size of the team there will be two or three assistant coaches
 - All coaches will be properly vetted with back ground check, fingerprinting, and for Catholic Schools completion of “Protecting God’s Children”
 - All coaches are trained and certified in First Aid, CPR, AED, Concussion Training, Blood Born Pathogen Training, Heat Exhaustion Training.
- A fleet of boats:
 - Sculling Boats: Single Sculls, Double Sculls, and Quadruple Sculls
 - Sweep Boats: Pair, Fours with Coxswain, Eight with Coxswain
- Equipment transport to and from competitions
- Insurance for all athletes while at practice or competitions provided through the United States Rowing Association (USRowing).
- BCRA, through Coach Clemens Reinke, will stay in communication with the athletic director of the participating high school as needed.
- BCRA, through Coach Clemens Reinke, will be in communication with the athletes’ parents/guardians regarding practices, race plans, and any other important questions.

What is the school expected to do?

- Give permission to the student and BCRA to compete in scholastic rowing regattas representing the student’s school
- Provide a written verification that the athlete is enrolled as a student at the school
- Support and encourage their student athletes in their pursuit of athletic excellence as they would with any other athlete at their school

How are parents/guardians expected to participate?

- Register their daughter/son with BCRA (www.bcrowingacademy.org/High-School-Rowing)
- Take out a Championship level membership for their daughter/son with USRowing (<https://membership.usrowing.org>) — cost: \$45 [Coach Clemens Reinke can assist with this]
- Provide BCRA with certification of their daughter’s/son’s ability to swim (a swim test form is downloadable on the BCRA website)
- Be in communication with Coach Clemens Reinke

- Organize and provide transportation for their daughter/son to and from practices in Overpeck County Park, and to and from regattas
- Volunteer at the home regatta, the Overpeck Regional Youth Regatta, on Saturday, April 8, 2017, on Overpeck Lake (10 AM to 5 PM)
- Potentially volunteer at one of the PSRA regattas in Philadelphia
- Support their athlete at regattas by cheering them on, providing snacks, etc.
- Provide a chaperone and share the cost for an overnight stay in Philadelphia for the Stotesbury Cup Regatta at the end of the season (May 19/20, 2017)
- Parents might also want to form a BCRA Parent Booster Club to help raise funds for new equipment and expansion of the fleet