



PREP CREW Freshman F.A.Q.

WHEN DOES FRESHMAN CREW START?

Freshman Crew starts on Monday January 6th after school at the Prep. Announcements will be made as to the exact time and location.

WHAT SHOULD I DO TO GET READY FOR CREW?

We encourage all freshmen to participate in a fall sport. While it is not required, participating in any fall sport will help you get ready for crew in the spring. Running is a big part of crew for the first 2 months....so cross country may be a good option. Additionally, strengthening your core is also encouraged.

WHAT IS THE PRACTICE SCHEDULE?

From January until the team starts rowing on the water: Monday-Friday 3-5pm; Saturday 8:30-11am; Sundays off.

Once we beginning rowing on the river (late Feb.): Tuesday-Friday 4-6:30pm; Saturday-Sunday 8:30-11am; Mondays off

WHAT KIND OF EXPERIENCE DO I NEED?

None! All we ask is that you attend every practice and work hard, we will teach you the rest! All of the freshmen and new rowers will learn and train together as a freshman team.

ARE THERE CUTS?

No. Unless there are attendance or disciplinary issues

WHAT DO I NEED TO BRING?

A t-shirt, shorts, running shoes, and spandex shorts. LAYERS when working out in the winter weather. Don't be afraid to ask an older rower what stuff you should bring either.

IS THERE PRACTICE DURING SPRING BREAK?

YES. During spring break, the whole team practices twice a day and it is mandatory. We also have races during spring break. Please plan accordingly.

WHERE CAN I BUY ROWING SPECIFIC APPAREL?

Gear is available to purchase at all home races, as well as the parent meeting (late Feb/early March). In January, we will be opening an online store with JL Racing and Nike where practice gear can be purchased.

IS THERE PREP CREW GEAR TO PURCHASE?

Yes. Carrie McNamara runs the Prep Crew store and will be available at meetings to sell gear. You may also contact her at carriemac1@comcast.net



IS THERE A SWIM TEST?

Yes. All Prep rowers and coxswains must pass a swim test consisting of 1 full lap in sweats, removing sweats, 1 full lap in a bathing suit. The whole team will then tread water for 15 minutes. The 2019 swim test is scheduled for 16 February in the Prep pool.

HOW DO FRESHMEN GET TO THE BOATHOUSE?

There is a bus that will transport freshmen and any rowers needing a ride to the boathouse after school. Rowers will need to coordinate rides home from the boathouse.

CAN CREW HELP ME GET INTO COLLEGE?

YES. Rowing is a Division 1 sport at all top-level schools. Prep rowers have been recruited to Brown, Cal-Berkeley, Columbia, Cornell, Dartmouth, Harvard, Holy Cross, Georgetown, Princeton, University of Pennsylvania, Yale, U.S. Naval Academy and many others. Prep Crew is well-known among the top college coaches in the country.

WHERE IS THE BOATHOUSE?

ROBERT M. GILLIN, JR. BOATHOUSE
2200 KELLY DR (USE GOOGLE/APPLE MAPS TO SEARCH FOR GILLIN BOATHOUSE)
PHILADELPHIA, PA 19129

ARE THERE CAR-POOLS?

Yes. The upperclassmen will help arrange rides for all freshmen who want/need one to the boathouse and home.

HOW LONG IS THE SEASON?

The Spring season will end for freshmen Memorial Day weekend at the SRAA National Championship Regatta in Cherry Hill, NJ.

IS THERE A PARENT BOOSTER GROUP?

Yes. There will be a meeting for all parents in March at the Gillin Boathouse.

CONTACTS

Head Coach:	John Fife '98	jfife@sjprep.org	215-837-5262
Moderator:	Barbara Brown	bbrown@sjprep.org	215-978-1992
Freshman Coach:	Keanan Clark '09	keanan.clark@gmail.com	215-527-0046