

**VIRGINIA SCHOLASTIC ROWING ASSOCIATION**

P.O. Box 23042 Alexandria, VA 22304

**MINUTES of the BOARD of DIRECTORS MEETING April 5, 2011**

I. The Board of Directors meeting was called to order by the President, Robert Ittig, at 7:44 pm in the cafeteria of Thomas Jefferson HSST. Twenty-nine voting members were present as follows:

<b><u>Officer Members</u></b>			
<b>President</b>	Rob Ittig	<b>Vice President</b>	Michael Mutter
<b>Treasurer</b>	Mark Peterson	<b>Secretary</b>	John White
<b><u>At-Large and Team Members</u></b>			
<b>At-Large (Heim)</b>	-----	<b>Mount Vernon</b>	Lisa Schneider
<b>At-Large</b>	Fran Phoenix	<b>NCS / St Albans</b>	Mark LaViolette
<b>At-Large</b>	Ryz Obuchowicz	<b>Oakton</b>	Mike Mulreany
		<b>Potomac</b>	-----
<b>Briar Woods</b>	-----	<b>Robinson</b>	Thomas Criman
<b>Christchurch (Associate)</b>	-----	<b>Sidwell Friends</b>	-----
<b>Episcopal (Associate)</b>	-----	<b>South County</b>	Adale Tourtellott
<b>Fairfax</b>	Pam Jones	<b>St Stephens/Ste Agnes</b>	-----
<b>Forest Park</b>	Curtis Hoagland	<b>T C Williams</b>	Eric Schilling
<b>Gar-Field</b>	Don Schilpp	<b>Thomas Jefferson</b>	-----
<b>Georgetown Visitation</b>	Charles McNamara	<b>W T Woodson</b>	Mark Ramage
<b>Gloucester (Associate)</b>	-----	<b>Wakefield</b>	Merlisa Corbett
<b>Hylton</b>	Dorothy Lazor	<b>Washington-Lee</b>	Tim Aiken
<b>J E B Stuart</b>	Jenny Kusmik	<b>West Potomac</b>	Mick McKeown
<b>James Madison</b>	Ronald Marx	<b>West Springfield</b>	Grant Bridgewater
<b>Lake Braddock</b>	Cynthia Maltenfort	<b>Western Albemarle(Asso)</b>	-----
<b>Langley</b>	Nathalie/Jun Quion	<b>Westfield</b>	Shirley von Rinteln
<b>Mathews (Associate)</b>	-----	<b>Woodbridge</b>	Hal Johnson
<b>McLean</b>	Doug Hale	<b>Yorktown</b>	-----

Non-voting Members:

<b><u>Coordinators</u></b>			
<b>Course Master</b>	Leslie Norko	<b>Programs</b>	-----
<b>LOC</b>	Ryz Obuchowicz	<b>Trophies</b>	-----
<b>Charlie Butt Dir</b>	Chris Wilson	<b>Web Master</b>	-----
<b>Personnel</b>	Shirley von Rinteln		

<b><u>Committees</u></b>			
<b>Bylaws</b>	John White	<b>Grievance</b>	-----
<b>Coaches</b>	-----	<b>Historian</b>	Obuchowicz / Phoenix
<b>Coach Develop</b>	Ryz Obuchowicz	<b>Nominations</b>	-----

<b><u>Representatives</u></b>			
<b>Sandy Run Park</b>	-----	<b>Crew Council</b>	----
		<b>USRA Referees</b>	Ryz Obuchowicz

II. President's Report. Rob Ittig:

A. Rob opened the meeting saying nothing new has transpired on the embezzlement proceedings. The first hearing is still scheduled for May 17 at 11:30 am, Prince William County Courthouse, Manassas. Rob and John White have been subpoenaed as witnesses. Anyone that wishes to attend the hearing may do so. The insurance claim is being pursued. It was asked how much is expected to be paid by the insurance company, but an expected amount is not known at this time.

B. Rob addressed the obligations and responsibilities of the membership in supporting our regattas. Volunteers are critical to regatta function and safety. 'No shows' jeopardize both. Detailed job descriptions are desirable and reminders to your volunteers are essential. It was mentioned that "Signup Genius" and "Mysignup.com" were used by some boosters to manage its volunteers and both work well.

III. Secretary Report. John White:

A. The Minutes of the March 1, 2011 Board meeting were read and approved as written.

B. The pre-season administrative requirements were completed prior to the first regatta, as required.

C. There have been two schedule changes submitted to and approved by the Crew Council. Both required short-notice email votes. It is probably unlikely the Crew Council will entertain any further changes. The regattas on April 2<sup>nd</sup> (Walter Mess) and April 9<sup>th</sup> (Darrell Winslow) are projected to be very large with over 1500 athletes each. Carpooling to Sandy Run is urged. The Crew Council Chair, Noel Deskins, has obtained sanction of our regattas from the Virginia High School League. Two states, Ohio and West Virginia, did not sanction our regattas, and Pennsylvania did not respond. This means that no teams from those states may attend a VASRA regatta. We are working with Parkersburg HS of Parkersburg, WV and Mercyhurst Prep of Erie, PA to obtain its state sanction so they may participate in the Smokey Jacobs and Regional Park regattas, respectively.

D. Dave Applin, Booster Representative of Thomas Jefferson HSST, gave a brief explanation of the Julia Shew Memorial Rowing Scholarship (at Attachment 1). Dave is also the VP of the Occoquan Boat Club. Julia Shew was an OBC member.

E. The VASRA membership increased by one more school with the reinstatement of St Stephens / Ste Agnes, however, SSSA will field only a single rower (sculler) at this time.

F. The draft Northern Region Out-of-Season Practice Policy was handed out (attachment 2). It was asked what the status was for approval. The Secretary will find out and let the membership know (done April 8<sup>th</sup> - no decision has been made yet. The out-of-season policy will be discussed at the Northern Region ADs meeting in early May).

IV. Treasurer's Report. Mark Peterson:

A. The March 2011 financial statement was reviewed. Questions were fielded concerning the payment for the new stakeboats.

B. Mark addressed the request for assistance from women rowers from McLean HS who have started a movement to keep the waterfronts clean, called Envirow. Doug Hale, the McLean Booster

Representative, provided a brief explanation. While VASRA is not currently in a position to materially contribute, it was left that McLean will provide information to the Secretary that he will disseminate to the membership.

V. Vice President's Report. Michael Mutter: NTR

VI. Representative's Reports.

A. Crew Council. Noel Deskins: NTR

B. USRA Referees. Ryz Obuchowicz: Ryz made an appeal to the membership to help provide referee candidates.

C. Sandy Run Park. James Short: NTR

VII. Coordinator Reports.

A. LOC. Ryz Obuchowicz: The first regatta was a success, principally due to the efforts of the LOC Staff, who have been doing a great job. Ryz complemented all.

B. Charlie Butt. Chris Walsh: Preparations for the Charlie Butt regatta are moving along. Permits have been approved. The Georgetown Waterfront Park is available for use and tents will be allowed! The DC Harbor Police and Thompson Boat Center both support the regatta. George Washington University stakeboats will be available for our use. T-Shirt sales location is tricky, but a spot is available that won't be on US Park Service property (USPS disallows sales).

C. Personnel. Shirley von Rinteln: T-shirt sales were good at the Polar Bear.

D. Programs. Shelia Moats: NTR

E. Trophies. Mike Stilwell: NTR

VIII. Committee Reports.

A. Audit. TBD:

B. Bylaws. John White: NTR

C. Coaches Committee. Mary King: NTR

D. Coaches Development. Ryz Obuchowicz: NTR

E. Grievance. Harry Heim: NTR

F. History. Ryz Obuchowicz & Fran Phoenix: NTR

G. Nomination. Craig Trumbull: NTR

IX. Old Business. None.

X. New Business. None.

XI. Announcements.

- A. April 9 - Darrell Winslow Regatta, Occoquan, Cox meeting 7:00, Coach 7:30, 1<sup>st</sup> Race 9:00
- B. April 16 - Smokey Jacobs Regatta, Occoquan, Cox meeting 7:00, Coach 7:30, 1<sup>st</sup> Race 9:00
- C. April 18-22 - School spring break.
- D. April 23 - Regional Park Regatta, Occoquan, Cox meeting 7:00, Coach 7:30, 1<sup>st</sup> Race 9:00
- E. April 30 - Charlie Butt Regatta, Potomac, Coxswain meeting 7:00, Coach 7:30, 1<sup>st</sup> Race 9:00
- F. April 30 - Al Urquia, Occoquan, Cox meeting 7:00, Coach 7:30, 1<sup>st</sup> Race 9:00
- G. May 7 - Ted Phoenix Regatta, Occoquan, Cox meeting 7:00, Coach 7:30, 1<sup>st</sup> Race 9:00
- H. May 14 - VSRC Championships, Occoquan, Cox meeting 7:00, Coach 7:30, 1<sup>st</sup> Race 9:00

XII. Adjournment. The meeting was adjourned by the President at 8:32 p.m.

- A. The next BOD meeting is Tuesday, June 7, 2011 in the TJHSST Cafeteria.

*John D. White*

John D. White  
Secretary

## Attachment 1

**From:** David Applin [mailto:applind@gmail.com]  
**Sent:** 02/18/2011 9:13 PM  
**To:** John White  
**Cc:** James Slepica; Cyndy Dailey; TJCrew President  
**Subject:** Julia Shew Memorial Rowing Scholarship

I want to make the VASRA Board and membership aware of the recently instituted Julia Shew Memorial Rowing Scholarship sponsored by the Occoquan Boat Club. As you know, we (OBC) use VASRA facilities to conduct the Occoquan Masters Sprints that is the primary fund-raising vehicle for the scholarship fund. We donate money to VASRA each year to recognize your making the course available to us for this regatta. More importantly, we donate a large portion of the regatta profits to scholastic rowers who may not otherwise be able to afford to participate in rowing and rowing events. This year, we awarded scholarships ranging from \$250 to \$500 to a total of 16 rowers from area schools. Awards were made through the Crew Booster organizations on the basis of their coach's recommendations.

Please let me know how best to spread the word. Below is the announcement that accompanied this year's campaign.

Dave  
Dave Applin  
TJHSST VASRA Representative  
Vice President, Occoquan Boat Club

### Rowing Scholarship

#### Julia Shew Memorial Rowing Scholarship

In July 2009 OBC hosted its first Master's Sprint regatta on the alluring Occoquan Sprint course. The race was conceived by Bob Spousta, coach for George Mason University Boy's Rowing Club, with the intent that the proceeds would benefit high school rowers who need financial assistance to participate in their scholastic rowing program. That fall a committee was formed to develop the scholarship program. Following a successful 2010 sprint season, the scholarship program had enough money to begin awarding scholarships for the 2011 scholastic rowing season.

Julia Shew was among OBC's most active and outgoing members and she extended herself with snacks and encouragement to the high school rowers who practiced daily at the Sandy Run rowing facility. In her last season on the water, at the age of 65, Julia attained the club record and her personal goal of rowing over 3000 miles by her birthday. As a college student, Julia rowed at the University of California at Berkeley. After a long hiatus from rowing, she turned to sculling after her retirement, and could be found most mornings at Sandy Run launching and returning from her daily rows to Bull Run, 9 miles upstream, chattering away about the eagles and wildlife she encountered. That fall Julia passed away and because of her energy, generosity, and warmth, the scholarship fund was named in after Julia in memory of her enthusiasm for youth rowing.

The scholarship is primarily funded by the proceeds from the Occoquan Masters Sprints regatta; however other donors have contributed in Julia's memory or because they understand the lifelong value the rowing experience provides for youth. If you would like to make a donation, please mail contributions made payable to Occoquan Boat Club, PO Box 182, Occoquan, VA 22125. Please include Julia Shew Rowing Scholarship in the Memo Line.

## Northern Region Out-of-Season Practice Policy

*Draft 1 – Feb. 22, 2011*

**The Northern Region will follow the VHSL Out-of-Season Policy(below) with the following clarifications and added restrictions:**

**27-8-1 Out-of-Season Practice Rule--** Effective August 1,2011 all athletic teams are restricted from any organized activities during designated “dead periods.” Out-of-season dead periods begin with the first permissible practice date of a sports season as published in the VHSL Calendar and conclude 10 calendar days after that first practice date. A summer “dead period” for all athletic teams shall be week 1 of the NFHS standardized calendar. During dead periods, no coaching, observing or contact between a coach(es) and player(s) may occur in the sport involved. There may be no practice, open facilities, weight training/conditioning, out of season league(s) or member school sponsored clinics/camps. Outside of dead periods, activities may occur on any day except Sundays. Schools, districts and /or regions may impose more restrictive guidelines. VHSL catastrophic insurance is not applicable to any out-of-season activities.

***NOTE: region must work to define the dead period for start of fall since we have a different start date. All other seasons are the same as the rest of the State.***

- Each “out-of-season” sport will have **15** live days per season which is not their scheduled season and **7** live days in the summer
  - These live days must be open to everyone and advertised
- These live days cannot fall on the **State Dead Periods**
- Each School will monitor their teams’ days
  - It is the school administrations’ duty to track and record these days
  - The first call with questions concerning violations will go to that school’s Principal
- All other days outside of state dead periods and live days are conditioning days
  - Weight training and condition are allowed
  - Open gyms/activities are allowed during this time
  - These activities can in no way involve coaching
  - These activities must be advertised and open to everyone
  - Coaches may be present if sport specific activities are occurring at these activities, such as basketball during open gym, but may not coach. They are present for supervisory duties only
  - Use of school equipment is prohibited
    - Examples: shooting machines, rebounders, helmets
- Coaches that are listed as school coaches are NOT allowed to coach teams in any league during any time frame unless the team is comprised of no more than 1/3<sup>rd</sup> of players from that school
  - Example: a coach can coach a summer basketball team of 15 players if 5 or less of his school’s players are players on that summer team
- College or University camps are limited to 2 but DO NOT count against the LIVE day totals
  - If university camps fall under dead periods, coaches cannot be involved or have any contact with athletes
- At no time can one or more schools jointly participate in individual or team activities of any kind during Dead periods, LIVE days, or conditioning days(except for the exception below)

***LIVE Day definition for the 15 day periods:***

- Each season is defined by the VHSL calendar and will be used to start and end the 15 day count
- Summer season starts the day after the last state championship in any sport

- Live days are designed for individual skill work and to offer our student athletes an opportunity for improvement
- Non-Team activities are the only ones permissible during LIVE days
  - Small group work is permissible
  - Individual skill work is permissible
  - **Examples** of what the spirit of the rule allows
    - 3 on 3 in basketball at a goal working on entry passes, or working on pick and rolls is permissible
    - Soccer small group “games” using cones for footwork is permissible
    - Quarterback working with backs on footwork running plays is allowed
    - Quarterbacks throwing with receivers is allowed
    - 7 on 7 passing is allowed
  - **Examples** of what would be a violation of the rule and is not an intended outcome of the policy
    - Full court 5 on 5 basketball games
    - Football offense running plays as a full offensive team
    - Baseball doing a full scrimmage with hitters and a defensive team in the field

***LIVE Day definition for the 7 day summer period:***

- All 15 live day rules apply
- Team activities are permissible during the 7 summer live day period
- Teams camps must involve ONLY that school team and no other schools can participate
- No multiple school competitions are allowed at any time

**EXCEPTION:**

- **Due to the nature of Football and the inability to play in an outside recreation team/league, 7on 7 tournaments or leagues are allowed during LIVE days and can be coached by school coaches but will count against the total LIVE days of that period**