



2022-2023 Shaker Heights High School Crew Team FACT SHEET

Team Information

Novice and varsity rowing teams for both men and women, rowing on the Cuyahoga River in Cleveland, Ohio since 1997. The teams train during the academic year, from fall head season through the Midwest Scholastic Rowing Championships in mid-May. The team is supported by the Shaker Heights School District & SHHS Crew Parents, Inc., a 501(c)(3) non-profit organization.

2022-2023 Team Members (33 athletes)

	Rowers	Men	Women
SR	5	1	4
JR	11	9	2
SO	8	4	4
FR	9	4	5

- Novices - 12 in fall, new recruits joining in winter and spring
- Coxswains – 4

SHHS Team ERG Times

- Boys fastest 6:20.7 - average JV/Varsity time ~7:35
- Girls fastest 7:57 - average JV/Varsitytime ~8:45

Team Equipment

- Total number of Boats – 11
 - 2 - doubles
 - 5 – 4's
 - 4 – 8's
- Boat Trailer
- Equipment Trailer
- Erg room at SHHS, equipped with 22 working ergs

Training Location & Boat Storage

- Cleveland Rowing Foundation

Dry Land Training

- Dedicated erg room at SHHS
- Erg room, free weights, and bikes at Cleveland Rowing Foundation Boathouse
- Strength and conditioning with specialized Shaker Heights coach at SHHS fully equipped weight room

2022 Regatta Participation (goal: 3-4 per season)

- Kensington Sprints, Milford, MI - April
- John Bennett Regatta (sprint), Buffalo, NY - May
- Midwest Scholastic Rowing Championship (MSRA), Milford, MI - May
- Head of the Cuyahoga - September
- Head of Niagara Buffalo, NY - October
- Speakmon Memorial, Columbus, OH - October

Past Awards

- SHHS Crew has advanced boats to the Scholastic Rowing Association of America (SRAA) National Championships in 11 of the last 16 years.

Alumni Accomplishments

- Kate Hahnenberg '21- invited to US Rowing Olympic Development Program and currently rowing for Cornell.
- Sophie Calabrese '19 - 2022 NCAA National Champion rower for University of Texas and competed in the 2022 World Rowing Under 23 Championships.
- Our student-athletes have gone on to row for: American University, Columbia University, Cornell University, Gonzaga University, Hobart College, Jacksonville University, Marist College, Miami University (OH), Princeton University, Purdue University, Smith College, University of Kansas, University of Texas, University of Vermont, Washington University, and West Virginia University.



Email questions, comments, resumes, and inquiries to:

SHHSCrewCoachSearch@gmail.com

Crew Head Coach - Job Overview



Summary:

The Head Coach is responsible for the entire rowing program at Shaker Heights High School (SHHS), including the management of assistant coaches. The Head Coach is responsible for the safety of the student-athletes, for creating an environment that fosters a love of rowing, and for promoting a growth mindset. The ideal candidate will be passionate about rowing and engaging youth of all backgrounds. They will have a solid knowledge of rower development, as well as the ability to plan and execute practice sessions for novice to varsity athletes while fostering a strong sense of community and sportsmanship. Experience rowing at the collegiate level and/or coaching at the high school or collegiate level is preferred.

Responsibilities:

- Oversee all aspects of SHHS's Crew team, including the fall and spring seasons, winter conditioning, and special event programming
 - Partial appointments (less than 6 days a week and/or single-season) can be considered for suitable candidates
- Develop year-long training routines; provide coaching and physical training indoors during the winter and on the water during the spring and fall seasons
 - Teach the basics of rowing, conditioning, competition, and teamwork.
 - Work with SHHS Strength and Conditioning Coach to devise a strength plan for all rowers during off-season conditioning
- Communicate team goals and direction, setting clear expectations for programmatic success with other coaches and SHHS Crew Parent Board
 - Manage assistant coaches to ensure standards are met and goals are accomplished
- Oversee the recruitment, hiring, training, and management of coaches and volunteers as needed.
- Plan each season's programming and events (including regattas) in coordination with the Athletic Director, Assistant Coaches, and SHHS Crew Parent Board.
- Implement, monitor, and assure all aspects of safety procedures (on-water and within/around the boathouse)
- Lead recruitment and retention efforts including running "learn to row" camps/programs
- Collaborate closely with the SHHS Crew, Inc. Parent Board on fundraising, marketing, and organizing parent involvement in programming
- Foster and maintain relationships with parents, teachers, community members, and other external stakeholders
- Monitor and demonstrate an active interest in the academic progress of student-athletes. Work closely with all appropriate school personnel to assure the academic success of student-athletes
- Ensure compliance with all USRowing and Cleveland Rowing Foundation rules and regulations for all athletes and staff, including compliance with the rules of rowing on the Cuyahoga River

- Manage the maintenance of all rowing equipment, facilities, and associated items; including upkeep of locker/storage, boathouse bay, trailer, launches, ergs, erg room, boats, boat trailer and equipment trailer(s)

Qualifications:

- Experience as a high school, collegiate, and/or Masters competitive rower
- Coaching experience preferred
- Experience working with youth and an understanding of positive youth development principles
- Leadership/management experience supervising and developing volunteers and/or staff
- Excellent communication, organization, and interpersonal skills, especially the ability to work with youth from diverse backgrounds
- Cultural competence and ability to be an active agent in the organization's work to provide a diverse, inclusive, and equitable experience to all student-athletes.
- Have or be able to obtain a [Pupil Activity License through the Ohio Department of Education](#)
- US Rowing Coaching Certification: [level 1 is required](#), [level 2 is preferable](#) but will consider a strong candidate without this certification who is willing to earn same
- First Aid/CPR certification (can be achieved at the time of employment)
- Boating Safety Certification (can be achieved within a month of employment)
- [Safety Qualification and Coach Qualification certifications](#) from Cleveland Rowing Foundation
- SafeSport Course completion & successful background check
- Strong administrative skills: creating and maintaining records (roster, results, practices, attendance, etc), assisting in social media, and public relations
- Knowledge of maintenance, rigging, and adaptation of equipment
- College degree preferred

Physical Requirements:

- Ability to step on uneven surfaces to safely move between water vessels and docks
- Ability to lift a 30lb. gas tank for every outing and carry it to and from the boathouse
- Ability to project your voice with assistance from a power megaphone
- Ability to stand for extended periods in adverse weather conditions on water and on land
- Ability to work evening and weekend hours, with overnights as necessary

Compensation*:

\$8,177-\$8,658 annually via school district

Stipend via SHHS Crew Parents, Inc. for fall club season and winter season conditioning

**partial appointment compensation (less than 6 days a week and/or single-season) will be determined on a case-by-case basis*

Email resumes and inquiries to: SHHSCrewCoachSearch@gmail.com

Crew Assistant Coach - Job Overview

(up to 3 positions available)



Summary:

The Assistant Coach will assist the Head Coach in the organization and management of the rowing program at Shaker Heights High School (SHHS). The position will assist in all aspects of the rowing program, including coaching current student-athletes on and off the water, as well as assisting in recruiting, fundraising, and public relations efforts. The assistant coach must have technical knowledge of the sport of rowing with the ability to help develop student-athletes to their full potential. The ideal candidate will be passionate about rowing and engaging youth of all backgrounds and skill levels while fostering a strong sense of community and sportsmanship. Experience rowing and/or coaching is preferred.

Responsibilities:

- Assist with all aspects of SHHS's Crew team, including the fall and spring seasons, winter conditioning, and special event programming
 - Partial appointments (less than 6 days a week and/or single-season) can be considered for suitable candidates
- Provide coaching on the water during the fall/spring seasons, and physical training indoors during the winter
 - Teach the basics of rowing, conditioning, competition, and teamwork.
- At the direction of the Head Coach, lead training and practice sessions, ensuring that all appropriate safety guidelines and standards are maintained
 - Perform specific coaching responsibilities during regattas and other events
- Assist with recruitment and retention efforts including the "learn to row" camps and programs
- Assist the SHHS Crew Parent Board with fundraising, marketing, and organizing parent involvement in programming.
- Foster and maintain relationships with parents, teachers, community members, and other external stakeholders.
- Assist with shell repair and maintenance, equipment maintenance, and boathouse maintenance. Assist with the care and upkeep of all rowing equipment, facilities, and associated items.

Qualifications:

- Experience as a high school, collegiate and/or Masters competitive rower preferred
- Coaching experience preferred
- Experienced working with youth preferred
- Cultural competence and ability to be an active agent in the organization's work to provide a diverse, inclusive, and equitable experience to all youth and staff.
- Have or be able to obtain a [Pupil Activity License through the Ohio Department of Education](#)

- US Rowing Coaching Certification: [level 1](#) is preferable but will consider a strong candidate without this certification who is willing to earn same
- First Aid/CPR certification (can be achieved at the time of employment)
- Boating Safety Certification (can be achieved within a month of employment)
- [Safety Qualification and Coach Qualification certifications](#) from Cleveland Rowing Foundation
- SafeSport Course Completion & successful background check
- Basic knowledge of maintenance, rigging, and adaptation of equipment, or willingness to learn
- College degree preferred

Physical Requirements:

- Ability to step on uneven surfaces to safely move between all water vessels and docks
- Ability to lift 30lb. gas tank for every outing and carry it to and from the boathouse
- Ability to project your voice with assistance from a power megaphone
- Ability to stand for extended periods in adverse weather conditions on water and on land
- Ability to work evening and weekend hours, with overnights as necessary

Compensation*:

\$2,886-\$3,367 annually via school district

Stipend via SHHS Crew Parents, Inc. for fall club season and winter season conditioning

**partial appointment compensation (less than 6 days a week and/or single-season) will be determined on a case-by-case basis*

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