CREW

2026 Fall Crew

Instagram: @haverfordcrew

Quick Introduction

- Coaches and Captains
- JV & Varsity Erg Standard
- Boathouse Rules
- Transportation Rules
- Schedule
- Regattas and Racing
- Safe Sport and Waivers
- Rowing Attire and Gear
- Team and Parent Events

Coaches and Captains

Assistant Coaches for 2026-27

- John Suter
- Bill Ernst
- Rob Moore
- Billy Ernst

Captains for 2026-27

- Patch Hope, Andrew Walker, Benas Antanavicius

JV & Varsity Erg Standard

All JV and Varsity athletes that rowed in a race last academic year (25-26) are required to meet the team erg standard in order to participate this spring.

Athletes that are experienced high school rowers and returning to participate in Crew must meet the following erg standard to participate on the river and in races. All athletes must hold below a 1:55 average split for 2500 meters. Any athlete that weighs less than 130 lbs and does not meet the erg standard can stay on the team as a coxswain

Freshman/Novices are NOT required to meet Fall Crew Erg Standard

Boathouse & Team Rules

Communication – FordsHub App – make sure you have Spring Crew listed as one of your sports

Attendance

- Attendance is required at all practices. 24 Hour rule
- Athletes will be allowed (2) excused absences for each season. If they exceed these absences, they can be removed from the team and can rejoin during the next crew season *(special circumstances may occur and be discussed on a case-by-case basis)*
- College Visits – seniors are allowed (5), Must try and complete them prior to Oct 1 or after Nov. 5. College visits for Juniors are NOT excused
- Missing Sat Practice before a race – You will NOT race

Hair and Attire

- If athlete hair hangs below the ear or past their eyes, they must wear a hat or tie it back – athletes can not row if their hair is in their face
- If athletes are not dressed appropriately for weather they will not row – pants and long sleeves are required for weather under 50 degrees, hats/winter hats below 40 – NO Hoodie Sweatshirts
- Can not go shirtless on land at CRC, only on the river when temperatures are over 70 degrees

Locker Rooms and upstairs at CRC

- All belongings (Phone) should be either in the locker room, in car (if driving), or left on campus - NOT in the boat bays
- Haverford athletes/parents should NOT be in the designated CRC or Malvern section

NEW RULES –

- Athletes that get suspended from school for misconduct or behavior deemed inappropriate can/will be removed from the team for the rest of the season.
- Athletes should NOT be participating with other clubs or be receiving technical coaching on the erg or river from outside coaches. They can do strength and conditioning, but not rowing

Athletes must leave or get picked up from practices at 5:45, athletes should not be hanging around inside/outside the boathouse waiting for ride. Do not have your ride waiting in front of the boathouse like a pick-up line

Transportation Rules

Provided Transportation (Bus)

- 3:30 departure from Haverford *(Bus leaves campus 15 minutes after School ends)*
- 6:15 return to Haverford *(if you are getting picked up at CRC, 5:45 pick-up, PLEASE park in a spot, not in front of the building)*
- NO eating food on the bus
- 1-strike Rule - Insubordination or misbehavior will not be tolerated. Any issue on the bus will result in permanent removal from the bus and possibly the team
- NO Ubers from the boathouse – must take the bus back to campus, then Uber

Athletes Driving

The school has a policy that athletes that drive to off-campus practice and events are ONLY allowed to drive themselves and family members. Athletes CAN NOT drive teammates. All families must have completed the school's driver permission form

Bus and Transportation

(Juniors and Seniors can drive with permission form)

SAT Test Dates – Sept 12, Oct 3 ACT dates – Sept 19, Oct 17

HAVERFORD SCHOOL CREW - 2026 FALL SCHEDULE							
7-Sep	OFF		**5-Oct**	3:30 BUS		**2-Nov**	OFF
8-Sep	OFF		**6-Oct**	3:30 On Campus		**3-Nov**	3:30 BUS
9-Sep	3:30 On Campus		**7-Oct**	3:30 BUS		**4-Nov**	3:30 On Campus
10-Sep	3:30 On Campus		**8-Oct**	3:30 On Campus			
11-Sep	3:30 On Campus		**9-Oct**	3:30 BUS			
12-Sep	8:00 JV/Varsity at CRC		**10-Oct**	8 AM J/V, 10 AM F/N			
			11-Oct	**NAVY DAY REGATTA**			
14-Sep	F/N 3:30 OC, J/V @ CRC		**12-Oct**	OFF			
15-Sep	3:30 On Campus		**13-Oct**	3:30 BUS			
16-Sep	F/N 3:30 OC, J/V @ CRC		**14-Oct**	3:30 On Campus			
17-Sep	3:30 On Campus		**15-Oct**	3:30 BUS			
18-Sep	F/N 3:30 OC, J/V @ CRC		**16-Oct**	**HOCR**			
19-Sep	8 AM J/V, 10 AM F/N		**17-Oct**	**HOCR**			
21-Sep	NO PRACTICE - OFF		**19-Oct**	3:30 On Campus			
22-Sep	3:30 On Campus		**20-Oct**	3:30 BUS			
23-Sep	3:30 BUS		**21-Oct**	3:30 BUS			
24-Sep	3:30 On Campus		**22-Oct**	3:30 On Campus			
25-Sep	3:30 BUS		**23-Oct**	3:30 BUS			
26-Sep	8 AM J/V, 10 AM F/N		**24-Oct**	8 AM J/V, 10 AM F/N			
27-Sep	**KINGSHEAD** *(tentative)*		**25-Sep**	**HOSR**			
28-Sep	3:30 BUS		**26-Oct**	OFF			
29-Sep	3:30 On Campus		**27-Oct**	3:30 BUS			
30-Sep	3:30 BUS		**28-Oct**	3:30 On Campus			
1-Oct	3:30 On Campus		**29-Oct**	3:30 BUS			
2-Oct	3:30 BUS		**30-Oct**	3:30 On Campus			
3-Oct	8 AM J/V, 10 AM F/N		**31-Oct**	8 AM J/V, 10 AM F/N			
			1-Nov	**HIDDEN RIVER**			

Regattas and Racing

Kings Head Regatta (Bridgeport)

(If we attend, limited JV and Varsity)

- Sept 27(Sun)

Navy Day Regatta *(Philadelphia)*

(Only JV and Varsity – No F/N events)

- October 11 (Sun)

Head of the Charles *(Boston)*

(10 athletes will be invited, parents responsible for transportation and hotels)

- October 16 - 18 (Fri - Sun)

Head of the Schuylkill *(Philadelphia)*

(Full Squad Regatta)

- October 25 (Sun)

Hidden River Chase *(Philadelphia)*

(Mostly Frosh/Nov & JV, some Varsity)

- November 1 (Sun)

Safe Sport & Waivers/Memberships

US Rowing requires that all athletes 18 years and older must complete Safe Sport Training.

- This is required in order to race at Stotesbury Cup Regatta, SRAA Nationals, and any other US Rowing events. *(It takes roughly 45-60 min)*

PSRA Waiver – must be completed in order to race in our league events

US Rowing Waiver and membership– must be completed in order to race in all championship events

US Rowing waiver also requires either a Basic or Championship membership

Rowing Attire and Gear for Athletes

- Dress for the weather
- Form fitting clothing and layers during cold weather
- Hats and sunglasses when necessary
- All athletes must have a plastic reusable water bottle – NO metal
- Running shoes required every day
- Uniforms will be provided by School and Optional gear will be shared to purchase

Team Dues & Parent Events

- Team Dues for Fall 2026 - $650

  (This is for participation, NOT racing)

- Fall Kick-off – Parents Gathering (Host still TBD)

- Team Dinners – Can be held at Boathouse or hosted at someone's house

There is an athlete tent during the Fall. This is meant for athletes and coaches preparing for races. There is NOT a parents tent or Chuckwagon for Fall – Only in the spring.