

Crew Attire

MCC holds Winter Conditioning from mid-November to mid-February indoors and outdoors and has Spring Season after that until mid-late May. This section aims to prepare parents and athletes to acquire appropriate gear to maximize training, comfort, and safety.

During **Winter Conditioning**, athletes train indoors in McLean High and sometimes in the library courtyard or other outdoor spaces, weather permitting. Athletes will be erging indoors or outdoors, running outdoors, and possibly lifting indoors. For this reason, athletes should always bring layers for crew practices, including warm coats, hats, and gloves.

During the **Spring Season**, the team practices on the Potomac River near the Georgetown waterfront. When practices begin in February, it is generally 10 to 15 degrees F colder on the water than the weather meteorologist predicts, and on extreme days the cold air and water temperatures create risk for hypothermia. At this location, there also tend to be surface winds on the Potomac due to the difference in air and water temperature. Given these conditions, we recommend all rowers and coxswains wear layers in colder months as well.

Before Spring Season commences, **the board will host a special session after the February Membership Meeting** for new and returning parents. During this session, coaches will showcase examples of clothing that is most practical and helpful for parents to acquire for their athletes before they train on the water.

The information below is sourced from your coaches, experienced rowers and coxswains, as well as British Rowing, the governing body for the sport of rowing in the UK (*note*: US Rowing was updating their guidance at time of this publication). If you have questions, please seek guidance from your coaches.

RECOMMENDED ATTIRE FOR ROWERS AND COXSWAINS

General Advice

- Always bring extra layers. Be prepared for cold and/or rainy conditions. Coxswains should always have extra layers for warmth.
- Please bring an extra pair of socks daily and have your school clothes ready to change into in case you get wet.
- Please do NOT wear cotton as cotton absorbs water, making you colder. Please wear moisture wicking garments instead.
- Gear should provide UV protection, where possible
- Please do NOT wear baggy clothing as they will get caught in the seats of the boat.
- If you are slated to ride/switch into the launch, please bring an extra layer as it is even colder in the launch.
- Please look up and watch the video online by Eamon Glavin called "What to Wear Rowing:" He provides specific recommendations for rowers based upon years of trial and error: <https://www.youtube.com/watch?v=vWSIKwa724k>
- Plan to have enough gear that will get you through a week, or an amount that fits the athlete's laundry cadence.

- Remain aware of the condition of your shoes throughout Winter Training and Spring Season and acquire new shoes as needed to maintain safety during training and competitions

Uniforms

Uniforms (Unis) A uniform (or uni) is a one-piece for boys as well as girls and will be a part of the racing season. Some rowers and coxswains wear them for practice in warmer weather. In colder months, uniforms can serve as a base layer. The MCC board will sell the MCC uniforms.

Technical Shirts A technical (or tech) shirt is made of light, breathable fabric to wick moisture away from the athlete. MCC offers tech shirts as part of the uniform. Rowers and coxswains may wish to have additional tech shirts for training.

Clothes & Shoes

Short- and Long-Sleeve T-Shirts T-shirts can be worn as a base layer in colder months or alone in warmer months. Remember to look for moisture-wicking materials and not cotton to stay dry.

Pants, leggings, and shorts Athletic pants – that are not loose-fitting or flared - are a staple for colder months to train and stay warm. They are also helpful to have in your bag for when you are rigging boats or waiting to race at a regatta. Pants can include leggings as they don't catch on the boat. Look for fabrics that tend to dry quickly when wet. Shorts are appropriate for warmer weather.

Athletic Shoes Athletic shoes that are properly fitted and in good condition are needed for rowers and coxswains. Athletes should have a special pair dedicated to crew. They should be broken in for approximately 2 weeks and then updated every 400 miles. Proper shoes are essential for work on ergs, runs, and other crew-related training.

Vests and Coats

<p><i>Vests</i></p>	<p>Vests are another good layering option for cold weather as they keep your core warm without impeding your arms.</p>
<p><i>Fully Waterproof and Wind Resistant Jacket</i></p>	<p>The club will sell (typically twice a year) a Gore-Tex jacket branded for MCC. It is expensive, but it is very good at keeping athletes warm and dry, which is not an easy feat in cold and rainy conditions. The club's jacket is NOT required as part of the uniform. It is a great example of the type of jacket which is ideal for rowers and coxswains as it's deceptively thin while providing protection from water, wind, and cold.</p>
<p>Accessories</p>	
<p><i>Hats</i></p>	<p>You will need a warm hat for the colder months. When the temperature rises, it's helpful to have a baseball hat or visor to protect you from the sun and glare off the water. For coxswains, hats also help hold the coxbox microphone in place.</p>
<p><i>Gloves</i></p>	<p>While gloves are not ideal for rowers, there are special gloves for rowers called "pogies" which your coaches may permit for colder months. Waterproof gloves are absolutely essential if you're coxing in cold weather!</p>
<p><i>Socks</i></p>	<p>A good pair of socks will keep feet warm during the colder months, and wool socks are preferable to cotton ones. There are also water-resistant and waterproof socks that some rowers recommend.</p>
<p><i>Sunglasses</i></p>	<p>Sunglasses help protect rowers' eyes on the water. Polarized lenses are recommended for coxswains as the sun reflects off the water quite severely at times.</p>