



Dwight-Englewood School

**DWIGHT-ENGLEWOOD SCHOOL
CREW TEAM**

HANDBOOK

2023 SEASON



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INTRODUCTION

A few Dwight-Englewood students who have been rowing on Overpeck Lake since 2011 have been trying to establish a Crew Team at their school. In 2016, for the first time, the school officially formed a Crew Club, and allowed their students to compete under the D-E name as part of the Bergen County Rowing Academy. The club gained membership in the prestigious Philadelphia Scholastic Rowing Association league, the most competitive high school rowing league in the country. For the 2019 the school has elevated Rowing (or “Crew”) to be an official team at Dwight-Englewood School. This year will be the fifth season as an official team.

According to Wikipedia¹, “Rowing, often referred to as crew in the United States, is a [sport](#) with origins back to Ancient Egyptian times. (...) Modern rowing as a competitive sport can be traced to the early 18th century when races were held between professional [watermen](#) on the [River Thames](#) in [London](#), United Kingdom. (...) Rowing is one of the oldest [Olympic sports](#). It was on the programme for the 1896 games but the rowing did not take place due to bad weather. It has been competed since [1900](#). Women's rowing was added to the Olympic programme in [1976](#).” “Rowing is the oldest intercollegiate sport in the United States.”

Parents and their daughters and sons who have been involved in the crew team have found that rowing is a character-building experience, both mentally and physically, which will benefit the students throughout their lives. Many of our athletes love it so much, they don't want it to end and will continue this sport long after they leave high school. They develop a love for the water, the outdoors, and the intense camaraderie, which consumes them during crew season. Parents also find a whole new world to share with their children. Some parents have also become avid rowers after trying it for themselves.

The information in this handbook should be helpful in answering most questions you may have, but please feel free to speak to one of our head coach, Clemens Reinke (CoachClemens@BCRowingAcademy.org), should we have overlooked something.

So, for those of you who are joining crew, we look forward to introducing you to the world of rowing and for our returning team members, be prepared for an intense and exciting 2023 crew season.

¹ Rowing (Sport), Wikipedia, [http://en.wikipedia.org/wiki/Rowing_\(sport\)](http://en.wikipedia.org/wiki/Rowing_(sport)) (accessed 01/23/16), and: College Rowing (United States), Wikipedia, http://en.wikipedia.org/wiki/College_rowing_%28United_States%29 (accessed 01/12/11)



FEES

All Dwight-Englewood rowers need to register directly with the Bergen County Rowing Academy. Please use the Rowing Academy website [www.BCRowingAcademy.org/High-School-Rowing].

- **All rowers** should register for the “Dwight-Englewood Spring Team.”

Since Crew is now an official sport, Dwight-Englewood School will pay the \$850 fee per rower.

HOW TO REGISTER

- 1) Then register online with the Bergen County Rowing Academy through RegattaCentral at www.BCRowingAcademy.org/High-School-Rowing .
- 2) In addition to filling in your registration your parents/guardian will need to sign the USRowing Online Waiver. The coaches will not be able to enter you in any races unless your USRowing Waiver is signed. You can go there directly to <https://membership.usrowing.org/> . Enter our Club Code [77WQ5], and follow the process. If you were on the D-E Crew Team before your record should be in the USRowing database. There will be a \$9.50 fee for the Basic USRowing Membership. You do not need the Championship Membership.



PRACTICE SCHEDULE

Regular Season: March 1, 2023 through May 22, 2023:

At this point we will begin to get out on the water if the weather permits. If the weather is questionable, please bring clothing for on land training.

Freshmen/Novice Team (9th Graders/10th to 12th Graders new to rowing):

Learn-to-Row — March 2nd to March 20th (*Team selections at the end of LTR Class*)
Monday, Tuesday, Thursday, Friday — 4:00 PM – 6:00 PM

Regular Practice — March 23rd to May 18th
Monday, Tuesday, Thursday, Friday — 4:00 PM – 6:00 PM

Freshmen and Novice Rowers who already completed a Learn-to-Row class will start practicing right away with the Freshmen/Novice Team starting on March 2nd.

Junior Varsity/Varsity Team:

Team Tryouts:

Thursday, March 2nd — Organizing and Prepping the Boat Pen

Friday, March 3rd — First Day of Rowing

Thursday, March 9th — Swim Test for all new Rowers (4 PM - Hackensack HS Pool)

The JV/V Team will consist of a maximum of 22 rowers filling seats in the following boats: JV1x, V1x, JV2x, V2x, V2-, JV4x, V4x, JV4+. In addition we can have one coxswain.

Regular Practice — March 2nd to May 22nd
Monday, Tuesday, Thursday, Friday — 4:00 PM – 6:00 PM
Wednesday — Optional Practice — 4:00 PM – 6:00 PM (*no bus*)

Transportation to and from Practices:

A school bus will leave from Dwight-Englewood School to Overpeck Lake at 3:30 PM. Please be on the bus in time with your rowing clothes on, as there are no locker rooms available to us in Overpeck Park. The bus will return to D-E in time to meet the 6:30 PM bus to take students home.

Parents are welcome to pick up their children from Overpeck Lake after practice only if this has been communicated to the coach.

Summer & Fall Seasons: June 1, 2023 through October 31, 2023:

The Bergen County Rowing Academy will offer summer and fall programs for juniors, collegiate, and adult rowers. For further information you may check the BCRA website at www.BCRowingAcademy.org



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2023 REGATTA SCHEDULE

<i>DATE</i>	<i>EVENT</i>	<i>LOCATION</i>	<i>WEBLINK</i>
Sun, Mar 26	2 nd Manny Flick (Optional for JV/Varsity Rowers)	Philadelphia, PA	www.phillyflicks.com
Sun, Apr 02	3 rd Manny Flick (Optional for JV/Varsity Rowers)	Philadelphia, PA	www.phillyflicks.com
Sun, Apr 16	4 th Manny Flick (Complete Team)	Philadelphia, PA	www.phillyflicks.com
Sat/Sun, Apr 22/23	Mercer Lake Sprints regattas/regattas/mercero-lake-sprints/	West Windsor, NJ	https://www.rowpnra.org/events-regattas/regattas/mercero-lake-sprints/
OR			
Sun, Apr 23	5 th Manny Flick (Complete Team)	Philadelphia, PA	www.phillyflicks.com
Sat, Apr 29	Garden State Scholastic Champ (Complete Team – Qualifier for Scholastic Nationals – JV/Varsity only)	Pennsauken, NJ	
Sun, Apr 30	Cooper Cup Regatta (By Invitation only)	Pennsauken, NJ	
Sat, May 6	Philadelphia City Champ. (Complete Team – Qualifier for Sunday Finals)	Philadelphia PA	www.phillyflicks.com
Sun, May 7	Philadelphia City Champ. (Qualified Rowers only)	Philadelphia PA	www.phillyflicks.com
Sat/Sun, May 13/14	USRowing Mid-Atlantic Champs (By Invitation only)	Princeton, NJ	
Fri/Sat, May 19/20	Stotesbury Cup Regatta (Complete Team)	Philadelphia PA	www.stotesburycupregatta.com
Fri/Sat, May 26/27	Scholastic National Champ. (Qualified JV/Varsity Rowers only – Qualification through Garden State Champs)	Oak Ridge, TN	www.sraa.net

The web links provided for the sponsoring organizations may also include directions or maps, updated timetables for upcoming races, maps of the racecourse, and information on the surrounding area, so they are worth looking up. Race schedules are usually posted on www.RegattaCentral.com, where each regatta is listed with additional information such as race times and results.

Parents will set up a tent at most regattas to provide a resting area for rowers before and after races, as well as for parents. Dwight-Englewood parents are invited to work with the other Bergen County Rowing Academy schools to participate in providing food for the athletes. Please stay clear of boats moving to and from the docking area - some sites are very congested and it's easy to get in the way of the rowers.

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REGATTAS: WHAT TO BRING

Every athlete needs to bring the following to every regatta:

1. I.D.
2. Appropriate clothing including your unisuit, extra socks, sneakers, rain gear (If special attire is required, the coach will let you know)
3. Water bottle.
4. Towel
5. Sunscreen.
6. Cash for food if the regatta is out of town.
7. Overnight regattas: extra clothes, extra money.
8. Optional: snacks, camera, playing cards, books, radio or CD player with earphones, foldout chair.

Parents attending regattas may want to bring:

1. Back up clothing and/or drinks (Gatorade or water) and snacks for athlete.
2. Binoculars
3. Camera.
4. Portable foldout chair.
5. Rain Gear/Umbrella
6. Blanket for colder days
7. Reading material (it can be a long wait between your child's races).
8. Any supplies you volunteered to bring.

COACHES

(Bergen County Rowing Academy)

HEAD COACH:

Clemens Reinke

Mobile Phone: (201) 320-2951

CoachClemens@bcrowingacademy.org



Coach Clemens began his rowing career in Germany in the mid-1970's winning several gold medals at the German Scholastic and Junior Championships in the single, as well as doubles and quads. In 1978 and 1979, Clemens won the Junior Single event at the Thames Head Race in England. He was part of the German Junior National Team and trained with world champion sculler, Peter Micheal Kolbe. In 1979, Clemens medaled gold for Germany at an International Youth Regatta in Villach, Austria.

He began coaching for the Ruderverein Wandsbek, Hamburg, in 1981 and completed his Coaching-B license from the German Rowing Association in 1983. In the United States, Clemens has coached youth rowers, collegiate rowers, and masters rowers at the Nereid Boat Club, the Passaic River Rowing Association, and Don Bosco Preparatory High School. In 2008, he became the Head Coach of the Teaneck High School Crew Team. In 2009, he gave guidance to students at Fairleigh Dickinson University in starting a new crew team and became the volunteer crew coach for FDU. In response to a request from the Leonia School District he provided know-how and coaching in starting a new crew team at Leonia High School in 2011 and is developing new rowing programs for Teaneck Rowing Club since the summer and fall of 2010. In 2014, Coach Clemens assisted Coach Demetrio Gagnon with the Bergen Catholic Crew Team and became the Head Coach in 2015. He also founded the Bergen County Rowing Academy in the Spring of 2014. In addition, Coach Clemens is the Head Coach for the SUNY Maritime College Crew Team since October 2018. He holds coaching certificates from the German Rowing Association (Deutscher Ruderverband Level B) and the U.S. Rowing Association (Level 2). Annually, he attends the Joy of Sculling Coaches Conference and the USRowing Advanced Coaches Conference to further educate himself as a coach.

ASSISTANT COACHES:

Myrna Gotrell



Coach Myrna, who graduated herself from Hackensack High School, is the advisor to the Hackensack High School Crew Team founded in 2018. Since then, Coach Myrna has been a volunteer coach for BCRA. An avid track & field athlete, Coach Myrna learned how to row with BCRA in 2015. She has since become a strong leader in supporting the sport of rowing in Hackensack and BCRA. In 2023, Coach Myrna completed her USRowing Level 2 Coaching Certificate.



ROWING IN THE SUMMER AND FALL

There are at least two schools of thought about sports and competitive athleticism during a young person's high school years. One is that high school (maybe even earlier than high school) is a time when a developing athlete has the chance to try out various sports potentially finding the sport that's best matching his talents. High school sport, for that reason, is organized into three distinct seasons (fall, winter, and spring) during which different sports are "in season." For example, football and soccer are fall sports, basketball, swimming, and indoor track are winter sports, Volleyball and Tennis are spring sports. Rowing, often also called Crew, is a spring sport in the scholastic calendar. This is the time when high school rowers compete with other high school teams such as Don Bosco, Ridgewood, Teaneck, Montclair, and many others. High schools are putting the highest value on multi-sport athletes, those who at the end of a school year can boast successes in various athletic disciplines.

The second school of thought is that to be truly competitive in any sport it requires year-round concentration on one sport with training and competitions in that one sport during spring, summer, fall, and winter. Especially in Rowing, to be truly successful, it requires year-round training and focus. While a one-sport athlete may not be regarded as highly in scholastic circles, year-round rowers are more highly regarded when it comes to recruitment by college coaches. Year-round rowers will also have the chance to break out of the scholastic circles and compete on a more highly competitive club level with the potential to compete with success nationally and internationally. Summer and fall rowing promise the opportunity to participate in very highly acclaimed races such as the Royal Canadian Henley Regatta in St. Catharines, Ontario, or the Head of the Charles Regatta in Boston, MA.

To meet the needs for those who might choose the second option, the year-round rowing experience, Coach Clemens founded the Bergen County Rowing Academy in 2014. While there are also other club programs in the area such as the Nereid Boat Club in Rutherford, NJ, and the Passaic River Rowing Association in Lyndhurst, NJ, the Rowing Academy offers summer, fall, and winter programs on the same water where we row in the spring, on Overpeck Lake. Recently, the Bergen County Rowing Academy received a five-year lease from the Bergen County Department of Park and Recreation to provide rowing programs throughout the year for competitive Junior rowers, as well as for collegiate and adult rowers. Learn-to-Row programs are open to persons of all ages as long as they are tall enough to fit into a boat (typically from age 10 upward).

For those who are interested in rowing with the Bergen County Rowing Academy there is further information and the possibility to register for programs at www.BCRowingAcademy.org. Coach Clemens is certainly delighted to continue coaching some of the Dwight-Englewood rowers through the other seasons of the year. Experience shows that those who focus on rowing during the other seasons will be more successful even during the high school season.

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GUIDELINES

Joining the Dwight-Englewood Crew means that you will be representing your school and the Bergen County Rowing Academy when we are in public in Overpeck County Park, on Overpeck Lake, any regatta venue, or on overnight trips. All crew team members should respect and follow these guidelines.

1. To conduct yourself appropriately at all athletic events.
2. To offer encouragement and support to your teammates and to place the team before yourself.
3. To maintain on file with your coach a current health record and consent form for medical emergencies as provided by the club.
4. To refrain from drug use, including but not limited to alcohol and tobacco, in order to be physically and mentally prepared to participate in athletics. Use of alcohol or illegal drugs can result in suspension or dismissal from the Bergen Catholic Crew Team and the Bergen County Rowing Academy.
5. To attend all practice sessions and regattas on time and be ready to participate.
6. To watch the athletic contest even when not on the water and/or be involved in warm-up in preparation for entering the event.
7. To be in school on the day of practice.
8. To inform the coach, in advance, if you are unable to be present for a regatta or practice session.
9. To warm up properly for all practices and athletic contests. It is the rower's responsibility to bring a water bottle and appropriate clothing for all practices and races.
10. To assist with equipment set-up and take-down for practice and regattas.
11. To wear an approved team uniform for all regattas. Rowing bare-chested can be a cause for disqualification by the race officials.
12. To refrain from the use of inappropriate language during practices, regattas, or other club-related events.
13. To leave any venue or school bus we used in a clean state and better than we found it.



ATTENDANCE POLICY

Dwight-Englewood School not only strives to offer students a high school diploma, but it is also, more importantly, a life preparatory experience. The extra-curricular activities at Dwight-Englewood are designed to enhance the growth and experience of life at D-E and beyond. Responsibility, discipline, commitment, work ethic, time management, self-esteem, and teamwork are part of D-E's extra-curricular activities.

Practice is where we prepare to compete. Practice is more important than the competition. You are expected to attend every scheduled practice or competition, arrive on time, and be prepared to participate fully.

If you are in school, you must be at practice. In turn, if you are not in school, you cannot attend practice.

If you cannot attend practice, you are expected to call and talk to the coach.

If you cannot attend a competition you are expected to call and talk to the coach before the entry deadline for the competition, so your boat does not have to be scratch from your race, and that the school does not get charged extra fees. Should the school be charged a penalty due to your negligence to inform the coach in time of your non-participation it will be your responsibility to reimburse the school.

If you cannot attend practice or a competition due to circumstances involving your parent(s) / guardian(s), your parent(s)/guardian(s) are expected to call and talk to the coach and explain the circumstances. The same thing as laid out in the previous paragraph applies to competitions.

Every crew member is expected to remain at the competition until the competition is finished, even if your own event is over (team responsibility).

Too many missed practices/competitions will determine whether you compete and may lead to suspension or expulsion from the crew program.

A good Rule of Thumb: Treat extra-curricular activities as you would a job. If you are scheduled to work, what would be the consequences for your absence?



PARENT/GUARDIAN VOLUNTEERS

In the past years we have had some support and participation by parents during regattas. Parental involvement is crucial for running a successful team. As a parent, please consider getting involved this season.

The following areas are where most of the help is needed during the season.

Car Pooling — While we have school bus transportation on weekdays and Saturdays to practice, we may or may not have common transportation to and from regattas. In addition, parking is limited, especially at the Philadelphia regatta venue. The D-E Crew Team will receive a few parking passes from the Philadelphia Scholastic Rowing Association (PSRA). It is therefore very important to organize car-pooled transportation. We need parents willing to provide such transportation.

Regatta Volunteers — At one of the regattas in Philadelphia PSRA will be asking the D-E Crew Team to provide one or two parent volunteers to assist in running the regatta. This may entail directing traffic, or any other duty necessary to run an efficient regatta.

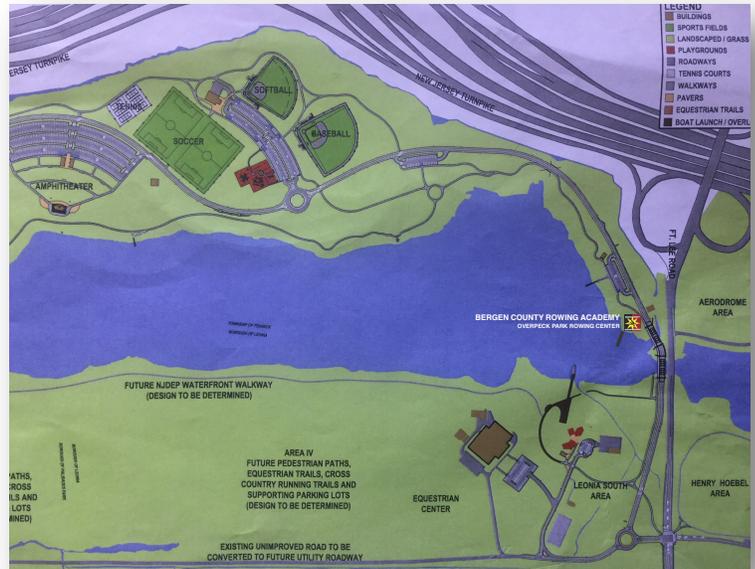
Hotel Supervision — All rowers have a curfew at away regattas. We will need parents to chaperone at our overnight regattas.

Fundraising — A Couple of fundraisers are held each year to help defray the high cost of maintaining a team. As our team has experienced an exciting growth spurt, we need additional boats and equipment. The more support we can get in raising money, they better the team will be able to practice and race.

GENERAL INFO

Dwight-Englewood's crew season starts with lots of practices, which will consume a lot of your son's time but will help him to get in shape. Practice is extremely important, and it can/will affect the rower's ability protect his position in a boat.

Once on the water practices will be held on Overpeck Lake launching from the Overpeck Park Rowing Center operated by the Bergen County Rowing Academy in the Teaneck section of Overpeck County Park. Access to the site is through the park entrance at 50 Fort Lee Road in Leonia. If not arriving with the school bus, team members are responsible to arrive at the dock 15 minutes before their assigned practice time. In the beginning of the season, once water practices start, it is crucial that your son keeps himself dry and warm, so extra clothes, shoes, socks, hats should always be carried to practice.



Boat Pen location on Overpeck Lake

Once the out-of-town regattas start parents will need to cooperate with providing transportation to and from the regatta venue. The departure time will be emailed to everyone and is determined by when our first race takes place. Once the last race is over, we break down our site and leave. Some days can start at 5 am in the morning and end at 9 pm at night. We have no control over when our races are scheduled.

The Stotesbury Cup Regatta is the only regatta requiring an overnight trip. The team leaves Thursday morning to get the rowers down to Philadelphia for practice. The races start on Friday and, depending on qualifications, will hopefully continue racing on Saturday. The hotel will still need to be determined. Participation in the Stotesbury Cup Regatta is a lot of fun, but it first requires much dedication, and a reasonable expectation to race well.

MORE WEBSITES WITH GENERAL INFO:

Bergen County Rowing Academy Website — www.BCRowingAcademy.org

Regatta Central - www.regattacentral.com . Gives schedules, information, links.

US Rowing - www.usrowing.org Includes schedules, maps, accommodations, waiver forms, links

L-6 THE RECORD LOCAL NEWS MONDAY, DECEMBER 12, 2011

You gotta love the regatta, competitive rowers say

The Zen-like sport of crew is gaining in popularity

By LINDY WASHBURN
STAFF WRITER

Competitive rowing, one of the Olympic Games' oldest sports, is growing in popularity in North Jersey.

Teaneck High School's varsity crew program has grown from six to 45 participants over the last decade, and Leonia High School completed its first season last spring with 16 rowers. Last year, the first U.S. Rowing-sanctioned regatta on the Passaic River drew 12 teams.

Part of the attraction of the sport is its quiet and separateness. Alone or with a partner or three teammates away from shore, the rhythmic rowing and intense focus induces a Zen-like state, say longtime practitioners.

"It looks serene, but they're really working hard," said Jeffrey McCartney, president of the Leonia Board of Education, as he watched his daughter rowing in Overpeck Creek recently.

Kiandra "Kandy" Wilshire, who captained Teaneck's team before graduating in 2010, returned on a recent morning for a leisurely row. "We were a tiny little team when we started out," she said, pleased at

the growing interest. On the bank beside her, Moazzam Ismail, 16, explained that he had learned to row last spring as a member of Leonia's first team.

Crew is so popular that even Santa showed up on Dec. 3 to slice through the waters in a sleek rower's scull.

Santa Claus, also known as the Rev. Clemens Reinke, crew coach for the Teaneck and Leonia high school teams and a champion rower himself, brought some holiday spirit to the Teaneck Rowing Club's "first annual holiday row."

About 40 current team members, parents and alumni of the two schools gathered near the dock in Overpeck County Park's southern section, where the rowing club offered coffee, hot chocolate and holiday sweets. The weather was sunny and brisk, and except for Santa's red velvet and white fur, the rowers were decked out in spandex and sweats.

"Ho, ho, ho, your boat," the rowers yelled from shore as Reinke's shell slid into the water. Single, double and quadruple shells traced silvery wakes in the creek's still surface.

Most rowers haven't tried crew before they join their high school team.

"You have to teach from scratch," Reinke said. "With most other sports, they have an idea of how it goes — they've had a basketball in their hand before."

But within a month or so of getting into the water, he said, rowers are ready for competition.

Reinke, pastor of Grace Lutheran Church in Teaneck, won several gold medals as a rower for Germany in the 1970s.

College scholarships are available for women rowers, because women's crew is a National Collegiate Athletic Association sport, but not for men's crew. However, many colleges have club teams and may consider rowing skills an extracurricular asset.

One Teaneck alumnus, Joseph Medioli, became captain of Harvard University's varsity crew team and was the national youth single sculling champion in 2004, according to his father, Al Medioli, who held that title himself as a young man.

The elder Medioli, in fact, founded the Teaneck Rowing Club, a non-profit corporation that owns the equipment used by the

two high schools and runs youth programs outside the varsity season in the spring. The club has a small armada of rowing shells, including singles, doubles, and quads. Its sponsorship enabled Leonia to add crew as a varsity sport, which otherwise would have been prohibitively expensive,

said McCartney.

High school programs are located in Ridgewood, Don Bosco in Ramsey, Belleville, Nutley, Academy of the Holy Angels in Demarest, Westfield, Mountain Lakes, Kearny, Rumson and Christian Brothers Academy.

A regatta planned for April 14 at Overpeck Park is expected to draw 10 high schools as well as collegiate competitors from Columbia and Yale universities and the University of Pennsylvania. Organizers say as many as 2,000 spectators are expected.

E-mail: washburn@northjersey.com



DAVE BERGELAND/STAFF PHOTOGRAPHER

Aaron Gabay, Dan Kindler, Emily Sullivan and Shane Riordan during the Teaneck Rowing Club's "first annual holiday row" on Overpeck Creek.

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CODE OF CONDUCT CONTRACT FOR PRACTICES & REGATTAS

When with the team, I agree to all the following:

I understand that the following infractions will result in a team member being scratched from the upcoming race and/or sent home at their own expense in addition to any action a Coach or Dwight-Englewood School representative may take:

- a. Use or possession of alcoholic beverages, cigarettes, tobacco, or controlled substances
- b. Use or possession of any object that can inflict harm or damage to property or people.
- c. Damage to property
- d. Stealing or shoplifting
- e. Loud and unruly behavior including fighting or instigating a fight
- f. Disrespectful behavior or failure to obey chaperones, coaches, or bus drivers
- g. Behavior that has a detrimental impact on the performance of the team.
- h. Leaving the regatta hotel or area un-chaperoned without the prior approval of the chaperone.
- i. Any display of inappropriate sexual behavior.

I will support my teammates throughout competitions by sending boats off, cheering for other Dwight-Englewood boats at race time, and assisting other boats in rigging and de-rigging shells.

I will stay with my boat or team during race times.

At out-of town regattas I will not enter a hotel room occupied by someone other than a Dwight-Englewood rower, chaperone, or coach. Also, no one other than another Dwight-Englewood rower, coach or chaperone are allowed in a rower's room. I will not enter a room occupied by members of the opposite sex unless there is a meeting of the team under the supervision of a chaperone or coach.

A coach or chaperone will make room assignments when I arrive at the hotel. I will stay in the room assigned to me.

I will not make any phone calls or rent any movies, etc. that will be charged to my room.

The time of curfew will be established by the coach and will be strictly adhered to. There will be a room check at curfew. I will not leave my assigned room without the express permission from my assigned chaperone.

I understand this code of conduct and will abide by its rules and expectations.

Rower's Signature _____ Date: _____

Parent's or Guardian's Signature _____ Date: _____

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