

# **Radnor Girls Crew Club Handbook**



**Winter-Spring 2009**

## **Welcome to the Wonderful World of Crew!**

For those of you who are veterans, you've been bitten by the bug and are hooked, you have our utmost respect – it takes a tremendous amount of discipline and energy to row six days a week. For those fresh faces in the crowd, you are about to begin a new, different, unpredictable and always exciting experience – one that can leave a lasting impact on your life.

What follows is a handbook with all you need to know to get you through the season. We hope we've answered any of the questions you may have. Please don't hesitate to contact any of the board members, coaches or captains should you have any questions or concerns.

Best of luck to our 2009 Radnor Girls Crew Team  
See you on the River!

## **Radnor Crew History**

In the spring of 1996, two Radnor students expressed an interest in forming a crew team. With the help of Villanova University's Varsity Women's Crew Coach, Jack St. Clair, and the support of RHS staff, parents and students, a team was born.

We've come a long way since then. In just 13 years, we've built a competitive team comprised of approximately 57 rowers requiring "try-outs" for first time rowers. Four Radnor boats qualified for Nationals last year and the Freshman Eight placed 3<sup>rd</sup> overall (missing first place by only 2.5 seconds). Last year, we moved to a brand new location, Whitemarsh Boat Club in Conshohocken.

Our head coach, Travis Shilling, had previously been the freshman/novice coach for three years and was a collegiate rower at Wisconsin. He has built an organization that now includes three assistant coaches.

Megan Biging, coaching the Freshman boats, was a collegiate rower at USC. She has previous coaching experience and has placed in international regattas.

Coaching the Junior Varsity boats, John Boyd was a four-year rower and captain for the Iona College Gaels before continuing his career with the New York Athletic Club and Vesper Boat Club, winning three National Championships along the way. John is also a personal trainer at Center City Philadelphia's Row Zone, an indoor rowing fitness studio.

Melissa Johnson, coaching the Novice boats, was captain of her rowing team at the University of Oregon. After graduation she moved out east and switched to sculling, performing well at various regattas, most notably stroking her quadruple sculls to Canadian Henley Gold. Her affiliations include the Nereid Boat Club, New York Athletic Club, Pocock Rowing Center and Vesper Boat Club. She now trains with Undine Barge Club.

## **Who We Are**

Radnor Crew is recognized as a club sport with the endorsement of Radnor High School. We are supported through our seasonal dues and are governed by a board comprised of parent volunteers. The support and involvement of our parents is critical to the continued success of our club. Parent meetings are held once a month through the school year, usually scheduled on the 2nd Tuesday at 7pm in room 150 at Radnor High School. We have requested and receive financial support from the Radnor Township School Board that is set on a per rower basis.

Our team races in boats with either eight or four seats (categorized as "sweep" rowing), in several racing categories -- Freshman, Novice, Junior Varsity and Varsity. Within those categories, we also row in a lightweight division. In addition, each boat has what is called a coxswain who sits at the back controlling the boat, as well as directing and motivating the rowers during both practice and races.

## What We Do

Our spring races are 1,500 meters long and take place in different locations. Our first races are called the "Manny Flicks" and are held down by Boathouse Row on the Schuylkill River, as are the City Championships, Dr. White Regatta and a nationally recognized race called the "Stotesbury Cup Regatta" – the largest high school rowing event in the world. We are also often invited to invitational races in locations such as Delaware and New Jersey.

## Who's Who in Radnor Crew

### 2008/2009 Board Members and Coaches

#### **President**

Dennis MacCormick (Marissa '10, Carly '12)  
610-527-6226  
dmaccormick@ithancreek.com

#### **Vice President**

Udo Edelmann (Hannah '11)  
610-519-9021  
Uedelmann@aol.com

#### **Secretary**

Robin Kaney (Devan '09)  
610-995-9112  
rkaney@comcast.net

#### **Treasurer**

Dan Webster (Alli '11)  
610-688-4456  
dan@radnorcrew.com

#### **Head Coach**

Travis Shilling  
610-212-0524  
ntschilling@gmail.com

#### **Hospitality**

Mary Lou McLaughlin (Christine '09, Kathryn '11)  
610-526-9556  
mlm@emeraldcapital.com

#### **Hospitality**

Dawn Lally (Chandler '11)  
610-527-3984  
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#### **Communications**

Carol Turner (Lauren '11)  
610-525-8599  
carolturner09@gmail.com

#### **Captains**

Sally Faulkner '09  
Jayne Levenberg '09  
Gabby Mariotti '09

## CREW from A to Z

### Attendance

*Please carefully read Coach Travis Shilling's attendance rules for the 2009 season!!!! See the Athlete Expectation Contract, which must be signed by each rower at the beginning of each season.*

### Carpools

Each rower is required to arrange her own transportation to the boathouse and regattas. Other rowers may offer and coordinate carpools. Student drivers may assist in transporting non-drivers down to the river and back to school or homes at the end of practice. Be courteous to your driver. You are expected to pay for your share of gas, on a monthly basis. Call the night before if you won't need a ride to practice. **Team members are responsible for their own transportation to practice on weekends as well as to regattas downtown.**

### Dues

Dues for the spring season are \$1,200. A separate charge will be made for uniforms for freshman and upperclassman that need to replace any part of the uniform from last year. Fees include coaches' salaries, boathouse rental, the cost of winter training, all entrance fees for races, insurance, purchase/rental/maintenance of equipment – boats, launches, oars, ergs – as well as all the other expenses of running and maintaining the team. A detailed treasurer's report is available upon request. If a rower chooses to drop out of crew, the following is the RGCC refund policy:

November 13 - January 4 – refund \$1,200

January 5 – February 15 – refund \$800

February 15 – March 2 – refund \$500

March 3 – end of season: No refund

**New freshmen team members' dues are payable immediately after notification of team selections. You will receive an email with payment instructions.**

### Forms

It is imperative that the following forms be **completed by all new and returning team members**. They should be forwarded along with the dues to the secretary. All forms can be found/printed from the RGCC website ([www.radnorcrew.org](http://www.radnorcrew.org)). Rowers may not participate in practice until all forms and dues are collected.

- a. Registration information.
- b. PIAA Physical Evaluation Form with personal emergency information (all six sections) Note: If forms have been completed for another fall/winter sport, it is not necessary to complete them again
- c. Radnor Township School District Permission for Medical Treatment (formerly the green card)
- d. RGCC Athlete Expectation Contract
- e. Radnor Girls Crew Club Waiver
- f. U.S. Rowing Waiver
- g. Whitmarsh Boat Club Code of Conduct

## **Fundraising**

Because we are a parent run organization and receive only limited financial support from the school district, fundraising and volunteer efforts will be critical from time to time to ensure the continued financial stability and success of the club. Some of the efforts in the past have included a “5K Run”, T-shirt sales at a major regatta, parking permit auctions, and oar and boat naming opportunities.

## **Hospitality Tent**

For all of the races, we provide snacks and lunch for parents and rowers under a tent owned by the Radnor Girls Crew Club. Every family is part of the Hospitality Committee and will be EXPECTED to provide food and to set-up or dismantle the tent and equipment on a rotating basis. More information and schedule will be distributed by the Hospitality Chairperson.

## **Parking**

For the Manny Flicks down at Boathouse Row, you may be able to purchase a parking permit to be allowed into the parking area on the river, depending on that year’s current parking policy enacted by the City of Philadelphia. A limited number of parking permits may be available through a fundraising event. There will be a police roadblock on Kelly Drive that will stop your car unless you have a pass. Otherwise, you will have to park up on the hill along Fairmount Park and walk down to the race area. Note that parking permits will not be good for the Philadelphia City Champs or Stotesbury Regatta – they’re only valid for the five Manny Flick races.

## **Phone Chain and E-mail**

Our primary form of communication with team members will be via e-mail and the RGCC website. It is very important that you give us your correct and up-to-date e-mail address – both rowers and parents. With so many team members, this is the most efficient way to get information to our rowers. The Captains will also be putting together a phone chain involving all team members. Team members are required to make their calls once they are called. This will be our secondary form of communication and will assist in better team communications.

## **Practice Schedule**

Winter practice will take place Tuesdays through Saturdays most of January and February. The freshmen and novice try-outs will occur Mondays, Wednesdays and Fridays at Radnor High School. Once the new members are named, they will join the returning rowers down at the Whitemarsh Boat Club in Conshohocken. Please see the Season Calendar. All members not participating in a winter sport are expected to attend winter training regularly. Members participating in a winter sport are expected to attend soon after the completion of their season.

## **Regattas**

Regattas often last all day and, while each boat has their prescribed time to row, team members are expected to stay and support their teammates. Once we get to the Stotesbury Cup Regatta, the events can run two days (should boats advance). **Please note that once girls are launched, race times are out of our control.** While the officials do try to adhere to schedules, frequently race times are delayed. Be prepared for those delays and unpredictable circumstances.

**IMPORTANT: Team members should report to the trailer at least one and a half hours before race time. This should be confirmed with the coach prior to the race.**

### **Snacks**

Rowing requires energy. While beverages and snacks will be provided at the hospitality tent, it is suggested that team members bring their own filled Nalgene water bottles to each race and practice. Disposable bottles are no longer allowed.

### **Spring Break Mini Training Camp**

During spring break, RGCC will practice twice a day Monday through Friday, April 6-10. There will be a team bonding dinner Friday evening. Location and details will be provided prior to the dinner. All rowers are expected to attend all spring break practices.

### **Swim Tests**

It is mandatory for all **NEW** rowers to take the swim test. Testing will be conducted at the high school pool. We will advise you of the date. All team members should bring a long-sleeved shirt and pants to be worn in the pool. ***New rowers must take and pass this test to be on the team.***

### **Uniforms**

All girls will be required to purchase Radnor Crew Club uni-suit. Freshman/novice rowers will be required to purchase a t-shirt and shorts. Radnor Girls Crew Club jackets and warm-up pants are optional. All uniforms will become the property of each rower.

### **Website**

We are into the technology age and have our own website. Please log on to **[www.radnorcrew.org/Girls.html](http://www.radnorcrew.org/Girls.html)** to get the latest information and updates.

## **Directions to RGCC Events and Facilities**

### **To Whitemarsh Boat Club:**

Take the Blue Route (476) North and exit at Route 23 Conshohocken. Go straight, passing the Marriott on your right. Cross over the bridge to the first light at the end of the bridge. Turn right. Take your first right and cross over the railroad tracks. Turn left and take the industrial road down about a mile and a half. The Whitemarsh Boat Club is a red brick building on your right.

### **To Philadelphia/Boathouse Row:**

Take the Schuylkill Expressway to the Kelly Drive/Lincoln Drive exit (exit is on left one mile after the Belmont Avenue exit). Cross bridge and stay left, following signs for Kelly Drive. Follow Kelly Drive approximately three miles to Strawberry Mansion Bridge/Canoe Club. On right is boat trailer parking lot, but general parking (no permit required) is up Strawberry Hill Drive (see Parent Race Day Handbook for more information).