



RADNOR GIRLS CREW CLUB CLUB MEETING

November 8, 2011; Radnor High School, Room 150; 7:00 p.m.

Attendance: Trisha Macrone (President), Elizabeth Lowy (VP), John Steely (Treasurer), Karen Fitch (Secretary), Joe Sullivan (Head Coach), Dani Thole (Freshmen Coach), Heather Cardamone, Tony Cardamone, Laura Luker, Pamela LoGioia, Abby Laible, Jeff Laible, Kim Chapin, Melissa Rauscher, JR Rauscher, Margy Miccolis, Rob Kallick, Kate Giangrasso, Holly Dillon, Gina Foley

Athletes: Claudia Cardamone, Cecelia Foley, Susanna Lowy, Maddie Chapin, Nina Luker, Griffin Rauscher, Maddie Macrone, Emma Burke, Kendall Chapin, Kirsten Fitch

President's Report:

- Meeting began at 7:05
- Trisha Macrone opened the meeting. The upcoming winter conditioning schedule was discussed.

Coach's Report:

- Winter training is available, but optional, for Varsity members and starts Tuesday, December 6. Rowers can sign up for the days they want to workout at the boathouse. Options are: Tuesdays and Thursday from 3 to 5:15/5:30 and Saturday at a time to be announced. If a girl signs up for an optional practice, she is obligated to go. (Coaches do not want show up with no rowers.) If freshmen/novice rowers want to attend, they are welcome. (As long as paperwork is in order.)
- There may be optional practices between Christmas and New Years if there is an interest from the rowers.
- Official, mandatory practices will begin for Varsity member on Tuesday, January 3, 2012 and Freshmen/Novice members on Tuesday, January 10, 2012. The two groups have different schedules. This will be the schedule until February 18, 2012 when we can get on the water (weather permitting).

Varsity Group:

Tuesday, Wednesday, Thursday at the Boathouse from 3 to 5:15/5:30 PM.

Friday at RHS from 2:45 to 4:30 PM.

Saturday at Boathouse with time to be announced.

Freshmen/Novice Group:

Tuesday, Wednesday, Friday at RHS from 2:45 to 4:30 PM.

Saturday at Boathouse from 11:30 to 1:00 PM.

- Spring Rowing Schedule will start on February 18th.

Varsity Group:

Tuesday through Friday from 3:00 to 5:30 PM.

Saturday and Sundays (when not racing) at time to be determined.

Freshmen/Novice Group:

Tuesday through Friday from 3:00 to 5:30 PM.

Saturday at the Boathouse from 11:30 AM to 1:30 PM.

- Spring Break falls in the heart of the rowing season and practice during this time is important and mandatory. If an athlete will be away for all or any of the week, she should let her coach know.
- Practice will be Monday, April 2 to Thursday, April 6, 2012. There will be a couple of workouts per day and the times will be announced closer to the break. Friday morning practice will be optional. In addition to practices, there are generally team-building activities for the girls in the evening—bowling, dinner together, etc. —these are planned so the girls also have fun during the spring break week.
- Joe spoke about girls partaking in winter sport vs. rowing practices. OK to participate in other sports, but please check with him throughout the winter season to join in rowing practices (when you can) and schedule required erg tests.
- Main Line Slide is Saturday, February 4, 2012 at Villanova. All Varsity members are expected to participate. There is an on-line registration which each girl can submit. More about that closer to the date.
- Joe talked about last month's experience at the head of the Charles. Both the 4+ and the 8+ boats had nice races. RGCC is guaranteed a 4+ boat entry for next year since they finished in the top half. An 8+ boat could get in via lottery again next year, but is not guaranteed an entry. Joe felt it was a very good experience for the team.
- RGCC will be participating in the Bill Braxton Regatta on Sunday, November 13th. We are not doing the Turn and Burn because RGCC was the only girls team entry. The Bill Braxton has more novice and varsity boats entries. RGCC will have four boats in the 2,000-meter sprint races). (No head races.) The Bill Braxton Regatta is at the Cooper River in New Jersey. Check out the website for directions <http://www.braxtonregatta.org>.
- There will be an all-member “clean-up” practice on Tuesday, November 15th. This will be the last practice until the optional practices begin December 6th for Varsity and the spring season practices begin for Freshmen/Novice on January 10th.

Captain's Report

- Head of the Charles was a good experience and everyone seemed to have a good time.
- The Varsity 8 is using a Hudson demo boat and they are enjoying it. RGCC has been lent this boat to use until the end of the spring 2012 season.
- Captains are looking forward to the winter training and working hard to prepare for the Spring Season.
- All rowers did very well on last Saturday's 4K. This is great motivation for the spring.

Committee Reports:

- **Hospitality:** The Head of the Schuylkill hospitality went very well. It was nice to have the tent close to the athletes. Given the weather and change in time, all worked out.
- No hospitality this Sunday at the Bill Braxton Regatta. There are vendors and other places to purchase food close to the race site.

- **Parent Social: HOLD THE DATE!** Date is set for **Saturday, February 25, 2012** at the Rauscher house. This is a parent-only event with auction items including parking passes and more.

Secretary's Report:

- Spring Registration material will be emailed to the athletes within the next couple of weeks. Registration forms and dues are due by January 3, 2012 for Varsity and January 10, 2012 for Freshmen/Novice. Girls cannot participate until registration materials are received. The information is also on the website under "Resources" and then "Document Central." Financial Aid application should be received by December 15, 2011.
- For girls doing winter sports, copies of the PIAA forms submitted to RGCC are in the Athletic Office, so resubmission of the form is not necessary.

Treasurer Report:

- John Steely expects the total for the Erg-a-thon to be about \$12,000. If you have an outstanding packet, please let John know and get to him as soon as possible.
- Please sign up for Escrip – particularly if you are a regular Genuardi's shopper. It only takes a few minutes. It is an easy way for the club to make money. Contact John if you have any questions. (To sign up go to www.escrip.com – you can look up Radnor Girls Crew club alphabetically or our ID #is 149360627. Thanks!)

Next regular club meeting will be January 10, 2012 at 7 pm in Room 150.

Attention Freshman/Novice Athletes and parents: There will be a meeting on Tuesday, December 13, 2011 at 7 pm in Room 150 for an Information session for Freshmen/Novice athletes and their parents. This meeting will discuss the spring season, what to expect, etc. Current team members are encouraged to find one new friend/potential crew member and bring them to this meeting. Varsity parents are not needed at this meeting (but always welcome).

Happy Thanksgiving to All!