



Puddles



The Newsletter of the Radnor Girls Crew Club

VOLUME 1, NUMBER 9

JANUARY 29, 2010

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A MESSAGE FROM YOUR COACHES

Congrats on finishing midterms! Time to get back into the swing of things, with a focus on our upcoming erg competitions.

Entries for the Main Line Slide are due by Saturday, January 30 (registration form attached), and C.R.A.S.H.-B registrations are due by Monday, February 1. If you have not done so, please mail in all entries ASAP. If you are unable to attend the Main Line Slide, please come talk to me so we can set up an alternate date for your 2K. The Main Line Slide is a great way to get our name out there for college coaches to see, as well as a tool to see how we stack up against other teams.

It's getting cold again, so make sure we have a dry change of clothes and warm layers for after practice. We have just over three weeks until we are on the water! Let's make sure we stay healthy!

Megan

"It's not always a bed of roses, but the blend of characters makes the strength of the team." - Steven Redgrave

COLLEGE RECRUITING MEETING THIS MONDAY, FEBRUARY 1 AT 7 PM

The first-ever RGCC college recruiting meeting has been scheduled for Monday, February 1, at Radnor High School in Room 150 at 7 PM. Any rowers or parents interested in obtaining more information about this process as it relates to rowers (or who can share their own experiences) should plan on attending.

DON'T FORGET TO COMPLETE WAIVER AT REGATTACENTRAL.COM

Waivers must be submitted on the Regatta Central website (www.regattacentral.com). This information is required for participation in all regattas. Only athletes, or their parents or legal guardians, are permitted to submit this information. The rower's USRowing membership number is required on the form. If the rower is not a member, she must join and email her membership number to Coach Megan. Present members are to email the membership number to Megan also. Megan submits this information with the rosters for the regattas. Directions for completing this important process were sent earlier this week by Carol Blair. Please take care of it ASAP. If you have any questions, contact Carol at secretary@radnorcrew.com.



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SECOND DUES INSTALLMENT DUE MONDAY, FEBRUARY 1

For those rowers who chose to pay their spring dues in two installments, the second installment is due this Monday, February 1. Please make checks payable to RGCC and deliver to Megan at practice or to Carol Ann Blair, Secretary, at 817 Briarwood Road, Newtown Square, PA 19073.

FRESHMEN TRYOUTS AND SWIM TEST

Freshman tryouts are expected to be completed by the end of February. A mandatory swim test, as required by the RGCC Handbook and the PSRA, will be held for all new rowers sometime before February 20. More information to come.

MINUTES OF THE JANUARY 12, 2010 CLUB MEETING

The minutes of the January 2010 club meeting are attached to this edition of Puddles.

VOLUNTEER POSITION OF THE WEEK

Position still available: **Communications Chairperson**. The Communications Chairperson helps update the website content (photos, videos, race results), writes and sends press releases to local papers, helps develop collateral to promote RGCC programs and events, and coordinates communications with club members. If you're interested or would like to nominate someone for this role (or any other role), please contact any board member or email volunteer@radnorcrew.com.

LAST CALL: REGISTER FOR THE MAIN LINE SLIDE ON FEBRUARY 6

All Varsity and JV rowers are expected to participate in the Main Line Slide at Villanova on February 6. All Varsity and JV rowers should complete and return the attached registration form and waiver to the regatta organizers, along with a check for \$15 made payable to "Main Line Slide."

LAST CALL: REGISTER FOR C.R.A.S.H.-B SPRINTS ON FEBRUARY 14

Any rower interested in competing in the C.R.A.S.H.-B. Sprints World Indoor Rowing Championships in Boston on February 14 should let Megan know as soon as possible. Registrations are due by Monday, February 1. We also need a parent volunteer to coordinate logistics for the trip. If you can serve in this role, please let Megan or any board member know. For more information on the event, visit <http://www.crash-b.org/web/2010-regatta/>.

ADDITIONAL INFORMATION

Have any feedback on this newsletter or any other aspect of the RGCC? Is there something you'd like included in the newsletter? Please let us know (feedback@radnorcrew.com), or submit feedback anonymously at www.radnorcrew.com.

You received this newsletter because you are an RGCC rower or a family member subscribed to the club's email distribution list. If you have a spouse or know of someone else who would like to receive information from the club, please have them email their name and email address to subscribe@radnorcrew.com. That distribution list is the primary means of club communications. To unsubscribe, email unsubscribe@radnorcrew.com.

ENTRY FORM

The Main Line Slide Philadelphia Indoor Rowing Championships

An Official C.R.A.S.H.-B. Satellite Regatta

February 6, 2010

Name _____
Club _____
Street _____
Email _____
City _____ State _____ Zip _____
D.O.B. ____/____/____ Phone: _____ Best recent 2000m erg score _____

If you intend to compete as a lightweight, check this box
If you are enrolled as an undergraduate at a U.S. college, check this box
If you wish to compete with a partner in the double slide, check this box

Event: (select one)

- | | |
|---|---|
| <input type="checkbox"/> 1 - Master Men (30-39) | <input type="checkbox"/> 14 - Collegiate Frosh Women |
| <input type="checkbox"/> 2 - Master Women (30-39) | <input type="checkbox"/> 15 - Lightweight Women (135 lbs max) |
| <input type="checkbox"/> 3 - Senior Men (40-49) | <input type="checkbox"/> 16 - Open Women (no restrictions) |
| <input type="checkbox"/> 4 - Senior Women (40-49) | <input type="checkbox"/> 17 - Lightweight Men (165 lbs max) |
| <input type="checkbox"/> 5 - Veteran Men A (50-59) | <input type="checkbox"/> 18 - Open Men (no restrictions) |
| <input type="checkbox"/> 6 - Veteran Women A (50-59) | <input type="checkbox"/> 19 - Junior Men |
| <input type="checkbox"/> 7 - Veteran Men B (60-69) | <input type="checkbox"/> 20 - Junior Women |
| <input type="checkbox"/> 8 - Veteran Women B (60-69) | <input type="checkbox"/> 21 - High School Lightweight Men (150 lbs max) |
| <input type="checkbox"/> 9 - Veteran Men C (70-79) | <input type="checkbox"/> 22 - Junior Frosh Men |
| <input type="checkbox"/> 10 - Veteran Women C (70-79) | <input type="checkbox"/> 23 - Junior Frosh Women |
| <input type="checkbox"/> 11 - Veteran Men D (80-89) | <input type="checkbox"/> 24 - Coxswain Men (130 lbs max) |
| <input type="checkbox"/> 12 - Veteran Women D (80-89) | <input type="checkbox"/> 25 - Coxswain Women (120 lbs max) |
| <input type="checkbox"/> 13 - Adaptive | <input type="checkbox"/> 26 - Children |

Entry Fees: \$15 for Juniors and Collegiate when postmarked by Jan 30th
\$20 for all other events when postmarked by Jan 30th
\$25 for all events when postmarked after Jan 30th, including payment on race day
Make checks payable to "**Main Line Slide**"

Mail To: Main Line Slide
8811 Duveen Drive
Wyndmoor, PA 19038
Include Entry Form, Waiver and check

Slide: If you and a partner wish to enter the double slide competition for a chance to win a set of three Concept II Slides, indicate your intention to compete by checking the appropriate box on this form. The actual racing lineup may be finalized on race day. Please note - each rower must first compete in an individual event in order to be eligible for a slide lineup.

WAIVER

IN CONSIDERATION of being given the opportunity to participate in the "Main Line Slide: Philadelphia Indoor Rowing Championships (MLS)", I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of rowing activities, both on the water and land based and that I am qualified, in good health, and in proper physical condition to participate in such a competition.

2. FULLY UNDERSTAND that:

(a) INDOOR ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("risks");

(b) these risks may be caused by my own actions, or inactions, the actions of others participating in the MLS, the condition in which the MLS takes place, or the negligence of the "releasees" named below;

(c) there may be other risks and social and economic losses either not known to me or not foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the MLS.

3. AGREE AND WARRANT that I will examine and inspect each Competition in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Competition and will refuse to take part in the Regatta until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the MLS, Concept II, their administrators, directors, agents, officers, volunteers and employees, and other participants, regatta organizers, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the MLS take (each considered one of the releasees herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost which may incur as a the result of such a claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any induction or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force.

Printed name of Participant:

Street: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

Date: _____

Participant's Signature (only if age 18 or over):

Parental Consent

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS, each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost that may incur as the result of any such claim.

Printed name of Parent/Guardian:

Street: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

Date: _____

Parent/Guardian's Signature (only if participant is under the age of 18):



RADNOR GIRLS CREW CLUB CLUB MEETING

January 12, 2010; Radnor High School, Room 150; 7:00 p.m.

Attendance: Udo Edelman (President) (Hannah), Carol Turner (Vice President) (Lauren), Dan Webster (Treasurer) (Alli), Carol Ann Blair (Secretary) (Sophia), Megan Biging (Co-Head Coach), Travis Shilling (Co-Head Coach), Dana Berezna (Liz), Nadine Champagne (Joelle Khouri), Barbara Duffy (Ellen Mullarkey), Lynn Hernandez (Sarah), Denise Mariotti (Francesca), Mary Lou McLaughlin (Kathryn), Joanne Miller (Ellen), Missy North (Hannah), Billy Olson (Taylor), Missy Parkin (Celia), Leroy Turner (Lauren); **Rowers:** Liz Berezna (Captain), Sarah Hernandez (Captain)

Introduction:

- Meeting started at 7:02 PM.
- Udo Edelmann began the meeting by having attendees introduce themselves.

Coach's Update:

- Megan reported the new coach is working out well. At the coaches' meeting, the coaches emphasized that along with working hard, doing their best and winning races, they want the rowers to also have fun.
- Megan reported that all varsity and JV rowers are expected to participate in the "Main Line Slide" on Saturday, February 6, 2010, at Villanova University. (Freshmen and novice rowers are welcome to participate, too.) Each rower is to register online (<http://www.villanovarowing.com/mls/>). "C.R.A.S.H.-Bs" will be held Sunday, February 14, 2010, in Boston, Mass. Rowers interested in participating are to register online and let Megan know so transportation can be coordinated and costs can be calculated. Both events are indoor erg competitions.
- Travis reported the freshmen had their first day of practice today at the high school. There is no solid number as yet. There are approximately 17 rowers; this number could increase to 18 to 20. Most of the rowers are from fall crew; there are a few rowers who did not row in the fall but participated in the summer Learn-To-Row Program. Three freshmen have expressed interest in becoming coxswains. The swim test required by PSRS will be scheduled after tryouts are complete and before the rowers get on the water.
- Megan will conduct a "College Recruiting Seminar" for parents and rowers on Monday, February 1, 2010 in room 150 at 7:00 p.m.

Equipment:

- Megan reported the girls love the new fitness mats.

Committee Reports:

- **Hospitality:** Udo Edelmann reported on the redesign of the space in the trailer. The goal is to have it up and running by the first Flick. Joanne Miller is meeting with the hospitality representatives of the boys' team.
- **Fundraising:** Carol Turner passed a form around the room for parents to sign-up for eScrip. Carol will sign up everyone on the list. The Genuardi's card number is required for sign-up.
- **Spirit Wear:** Dan Webster reported a logo has been chosen. Megan will finalize the team wording tomorrow. Lisa Webster has volunteered to chair the Spirit Wear Committee.
- **Communications:** Dan Webster reported that the new RGCC weekly newsletter, Puddles, has been well received. Suggestions for content to be included should be sent to feedback@radnorcrew.com. RGCC is still in need of a communications chairperson. Anyone interested in chairing or working on this committee is encouraged to contact any board member. Dan has been working to update the website.
- **Nationals:** No update.
- **Class Parents:** RGCC is still looking for a senior and a freshman parent who is interested in being a "Class Parent." Lynn Hernandez volunteered to serve as Senior Class Parent.
- **Team Photos:** Linda Cantor will chair the committee. She and Megan will schedule the photo sessions. Denise Mariotti suggested that we use that photo shoot as an opportunity to take the head shots of the seniors for the spring banquet.
- **Financial Review:** RGCC is still looking for a parent with a finance background to periodically review the books and bank reconciliations. This is a minor time commitment a couple times a year. Anyone interested in serving in this role is encouraged to contact any board member.
- **Alumnae Committee:** RGCC is still looking for an Alumnae Committee Chairperson to plan alumnae inclusion and Homecoming Regatta Events. Anyone interested in serving in this role is encouraged to contact any board member.
- **Captains' Report:**
 - Sarah Hernandez requested "optional practices" during midterms and for absence from practice not be counted against a rower. Megan explained that practice will be held during midterms. A missed practice is counted as an absence; it is not counted negatively toward the rower. Megan explained that each rower needs to manage her time; she would like to see the team finish in the top six this spring.
 - Liz Bereznak reported the first week of practice was "tons of fun."
- Any parent who has not yet completed an "RGCC Volunteer Form" (attached) is asked to do so.

President's Report:

- Udo Edelmann reported that the club projects between 48 and 50 rowers this spring. There is work being done with the infrastructure of the club.
- A goal is set to launch the new website by the time of the first regatta. If anyone has suggestions for content or functionality, please email feedback@radnorcrew.com.

Secretary's Report:

- Carol Ann Blair reported the spring season forms packets are available for download on the RGCC website. Returning rowers were to have submitted dues and all forms by January 5 (first day of practice). Dues may be paid in two installments, as indicated in the forms packet. New rowers were to have submitted all paperwork by January 9, 2010 but do not pay dues until they have made the team. No one may practice without the proper paperwork submitted.
- Travis requested a list of all rowers and emergency contacts and telephone numbers to be posted in the boathouse.
- Minutes and meeting agenda will be emailed through the RGCC Google List prior to each monthly meeting.

Treasurer's Report:

- Two financial aid packages have been awarded to rowers for the spring season, providing for 50% dues remission for spring crew and 50% of the Nationals cost.
- If there are new freshmen to crew who would like to apply for a scholarship, they can still apply. An application to apply for financial aid for the spring season is available for download on the RGCC website (www.radnorcrew.com). Applications require minimal financial disclosure and a short essay by the rower applicant.
- With 12 to 15 fewer rowers than budgeted having an impact on the budget, we are still working on fundraising and sponsorship to augment the success of the erg-a-thon.

Meeting adjourned at 7:50 p.m.

**Next club meeting is Tuesday, February 9, 2010, RHS, Room 150, 7:00 p.m.
All parents are encouraged to attend, and rowers are welcomed, too.**

Respectfully submitted,

Carol Ann Blair, Secretary



Radnor Girls Crew Club Volunteer Form

Name: _____

Email: _____

Phone: _____

Daughter/Year: _____

I would be interested in the following volunteer opportunities:

Future Board Service

- Vice President/President
- Secretary
- Treasurer
- Institutional Advancement

Regattas

- Still Photography
- Videography

Class Parent

- Class of 2010
- Class of 2011
- Class of 2012
- Class of 2013

Committee Participation

- Fundraising
- Communications
- Hospitality
- Alumnae
- Spirit Wear
- Banquet
- Nationals
- Financial Review
- Team Photos

Website

- Design and Maintenance

The Radnor Girls Crew Club is a volunteer organization. Your help makes the difference between a good club and a great club. Please volunteer.

For more information or answers to questions, or to share ideas, please contact Udo Edlmann, President, at (610) 772-0510 or udo@radnorcrew.com.

Board Positions

- **Vice President** serves a one-year term and then moves into the President position. Shares many of President's duties, as requested. With President, oversees operations of the club, liaises with coaches, communicates with coaches and parents, liaises with external bodies (including RHS), distributes communiqués, coordinates outreach and rower development programs, and prepares grant proposals.
- **Treasurer** manages all finances of the club, maintains books and records, prepares operating budgets and financial reports, signs all checks, manages insurance, and coordinates tax return filing.
- **Secretary** maintains club forms and documents, collects and manages required rower registration documents, maintains member roster and contact information, prepares meeting minutes, and updates bylaws and position descriptions, as necessary.
- **Director of Institutional Advancement** provides strategic direction for fundraising efforts, coordinates all fundraising efforts, assembles and manages volunteers for fundraising efforts, establishes corporate sponsorship program, and manages alumnae chairperson.

Committees

- **Fundraising** works with the Director of Institutional Advancement to further the club's fundraising requirements to further its mission.
- **Communications** maintains and updates the website content (photos, videos, race results), writes and sends press releases to local papers, develops collateral to promote RGCC programs and events, and communicates with parents.
- **Hospitality** organizes food and beverage for all regattas, manages hospitality assignments for families (as necessary), maintains hospitality supplies, and updates hospitality guidelines.
- **Alumnae** maintains alumnae database of rowers and parents and coordinates homecoming regatta activities. Reports to Director of Institutional Advancement.
- **Spirit Wear** selects logo gear for merchandising to club members, orders and markets merchandise, and collects payment.
- **Banquet** organizes the spring banquet (held shortly after the final regatta, in late May), including venue, menu, decorations, and awards.
- **Nationals** organizes logistics, transportation, lodging, and food and beverage for rowers advancing to SRAA Nationals (venue changes annually).
- **Financial review** conducts, on no less than an annual basis, an independent review of the financial books and records and the financial controls of the club.
- **Team photos** coordinator oversees the team and individual photo shoot, which occurs in the spring, coordinating between the photographer and the coaches.

Class Parents

- Help with communications to rowers and parents.
- Assist with recruiting volunteers for club activities.
- Pro-actively find other ways to better the club members' experience.

Other

- Regatta photographers and videographers help to preserve the memories of our regattas.
- Web maintainers help to improve the functionality and look of the RGCC website and blog and update content as necessary.