



Puddles



The Newsletter of the Radnor Girls Crew Club

VOLUME 1, NUMBER 28

JUNE 11, 2010

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HOLD THE DATE

Monday, June 21: RGCC Learn-to-Row Camp Session 1 Starts (Whitemarsh Boat Club)
 Tuesday, June 22, and Wednesday, June 23: Physicals Offered at RHS
 Monday, August 16: RGCC Learn-to-Row Camp Session 2 Starts (Whitemarsh Boat Club)
 Monday, August 16: Returning Athletes Welcome to Informal Practices (Whitemarsh Boat Club)
 Tuesday, September 7: First Day of Fall Practice for Returning Athletes (Forms and Dues Due)
 Wednesday, September 8: Informational Session for New and Prospective Athletes
 Tuesday, September 14: First Day of Fall Practice for New Athletes

A MESSAGE FROM MEGAN

Congratulations on a wonderful season, ladies. It was truly a pleasure having worked with you for the past 5+ months. You are the ones that stuck it out. You are the ones that gave it your all. You are the ones that make this team. The success that we experienced this year was due to your constant dedication and determination. Watching all of you grow into a team has been such a gratifying experience for me. This time in your life is so important to developing your character as you mature into adults, and I am very proud to say that you ladies are developing very strong characters. My hope for all of you is that you come back with a vengeance next year, ready to take on even bigger and better things!

"Sooner or later, those who win are those who think they can."—Richard Brash

I am devastated to see our seniors—Marissa, Andrea, Kelsey, and Lindsey—go, but, unfortunately, we can't keep them forever, and I am very proud of the people they have become. I hope each knows they have all of my support, and that they don't forget us! These ladies are truly a special group of girls that have impacted my life as well as the lives of all of your teammates. Bon Voyage!!!



"Love the game. Love the game for the pure joy of accomplishment. Love the game for everything it can teach you about yourself. Love the game for the feeling of belonging to a group endeavoring to do its best. Love the game for being involved in a team whose members can't wait to see you do your best. Love the game for the challenge of working harder than you ever have at something and then harder than that. Love the game because it takes all team members to give it life. Love the game because, at its best, the game tradition will include your contributions. Love the game because you belong to a long line of fine athletes who have loved it. It is now your legacy. Love the game so much that you will pass on your love of the game to another athlete who has seen your dedication, your work, your challenges, your triumphs...and then that athlete will, because of you, love the game."—Unknown



Seniors Andrea Hartman, Marissa MacCormick, Kelsey Flail and Lindsey Press

THE YEAR IN REVIEW: PASS IT ALONG

An electronic version of "2009-2010: The Year in Review," which you saw at the banquet, is available for download on the RGCC website under [Competitions | Season Highlights | 2009-2010](#). A copy is also attached. The club recommends that you pass along a copy of this document to your family members and friends, particularly those who generously contributed financially to this year's erg-a-thon fundraiser, so they better understand how their support of your club allows us to achieve great things.

RENT-AN-ERG

This summer, RGCC is offering to rent out a limited number of ergs to our athletes for the summer. The rental rate is only \$50 for the summer, which will help us to maintain our "fleet" of ergs. If you're interested, please contact Carol Ann Blair, Secretary, at RGCCsecretary@radnorcrew.org for a rental form and to arrange payment. Ergs will be available for pickup at the boathouse at Megan's convenience, but no later than June 21 when the first session of the Learn-to-Row Camp starts. The ergs will need to be returned prior to September 7.

DON'T FORGET YOUR PHYSICAL

All registration forms for the fall season, including the PIAA medical form, must be completed and submitted to RGCC before any athlete will be permitted to practice in the fall (including attending optional pre-season practices beginning August 16). This form is included in the fall registration packet, which is available on the RGCC website under [Row With Us | Seasons | Fall](#). Please plan ahead. Physicals are being offered at the high school on the evenings of June 22 and 23, 2010. ONLY physicals completed on or after June 1, 2010 will be valid for school year 2010/2011 athletics. Sign up in the Athletic Office anytime.



ALUMNAE IN THE NEWS

Caroline Fox, Radnor Class of 2008 and an RGCC alum, rows for Duke University in the Varsity 8 that won the 2010 USRowing Collegiate Championships. A link to the article, where row2k described the race as “one of the most exciting races of the day,” is available on the RGCC website under [Press Room | In the News](#). Congratulations, Caroline!

SPRING ATHLETE SURVEY CLOSING THIS SUNDAY

Thank you to the 40 out of 45 athletes that completed the spring 2010 survey. We hope for 100% participation, so, if you're one of the five who have not yet completed it, we will leave the survey open until 5 PM Sunday evening to give you one last chance. The survey is anonymous.

PARENT SURVEY

Next week, the club will distribute a short survey for all RGCC parents to complete, so that they may share any feedback with us. The survey will be delivered to the primary parent contact on the RGCC roster.

A FINAL CARTOON FOR OUR SENIORS



In appreciation of his thirty years as head galley slave, Narvak receives his retirement gift.



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LEARN-TO-ROW CAMP

Registration volume for our summer Learn to Row Program has been great. June is the most popular session, but August has really picked up. The majority of rowers are from Radnor, but we have rowers coming from Ft. Washington, Berwyn and Downingtown. There is room for a few more, so please spread the word that we will continue to accept registrations. The first session begins June 21 and the second begins August 16. The camp is open to girls age 11-16 (11-year-olds must be entering 6th grade) and costs \$500/session. This camp is an excellent opportunity for prospective rowers to experience the sport in a fun atmosphere, and a great way for the RGCC to build its roster for the future. For more information, [visit our website](#) or email RGCCLTR@radnorcrew.org.

LEARN-TO-ROW CAMP REFERRAL INCENTIVE

All athletes will receive a \$25 cash referral incentive for each girl they refer to the RGCC's summer learn-to-row camp. The registration form has been updated to include a referral line. There's no limit on the number of incentive awards a girl can receive.

THANK YOU FROM YOUR HOSPITALITY COMMITTEE

The Hospitality Committee thanks everyone for their generosity with their time, donations, and willingness to pitch in throughout the season in support of the new blended hospitality program. Have a great summer!

PUDDLES DRYING UP FOR THE SUMMER

It's hard to believe this is the 28th issue of Puddles. We hope you've enjoyed our new newsletter. Please share any [comments](#) and let us know if there's anything else you'd like to see published.

This is also the last Puddles of the academic year, but we'll resume publication late in the summer. Given the generally lesser intensity of the fall season, we may publish bi-weekly until the spring season kicks in. We'll see. Have a great summer!

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 (RGCCfeedback@radnorcrew.org), or submit feedback anonymously [here](#).

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 [subscribe here](#) or have them email their name and email address to RGCCsubscribe@radnorcrew.org. That distribution list is the primary means of club communications. To unsubscribe, email RGCCunsubscribe@radnorcrew.org.