



Puddles



The Newsletter of the Radnor Girls Crew Club

VOLUME 2, NUMBER 9

OCTOBER 15, 2010

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HOLD THE DATE

Sunday, October 17: Annual Sarah McCarron Trail Clean Up (Skunk Hollow, 1-4 PM; article below)
 Saturday-Sunday, October 23-24: Head of the Charles (Boston)
 Sunday, October 24: Philadelphia Children's Foundation Regatta
 Sunday, October 31: Head of the Schuylkill Regatta

A MESSAGE FROM COACH MEGAN

Once upon a time there was a rowing team that had a fall program. This fall program was very relaxed and not particularly competitive, racing most races at a rate of 26 or even on the pause, with no aspirations towards the podium. Over the years, that fall team began to grow and develop, and the few participants became a whopping 48 participants!

Today, those 48 girls are passionate and dedicated rowers, most of whom have developed goals and a racing mentality that will eventually lead them to some of the greatest success this team has ever encountered.

Now, the advisors (coaches) responsible for making a plan for these girls' aspirations to come true have found themselves in a position where, instead of having only a few girls at the top of the pack, there are three times as many girls competing to represent this team at their second appearance at the prestigious Head of the Charles Regatta.

This has made things difficult for the advisors to make a final decision. Nonetheless, a decision was to be made, and the final five knights have been chosen to go into battle. These warriors include Sydney Cantor, Alli Webster, Sophia Blair, Chandler Lally and Emma Burke. Even though only five of our warriors are going to battle in Boston, the whole army is what has truly grown together and pushed each other to make such a fast team. The advisors have been thoroughly impressed with how far this team



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has come, and even though it has made their job slightly more difficult, it is a welcomed challenge that bodes well for the spring battles to come.

What we have become at RGCC is a family that drives each other to our greatest successes. I am very proud of all of the girls that have and continue to keep our team progressing. Great job ladies. Every single one of you has contributed to the growth of our family.

Megan

"Build for your team a feeling of oneness, of dependence on one another and of strength to be derived by unity." ~ Vince Lombardi

ANNUAL SARAH MCCARRON TRAIL CLEAN UP THIS SUNDAY

Athletes are encouraged to join their teammates for a few hours (1-4 PM) this Sunday afternoon to honor the memory of RGCC team member Sarah McCarron at the 8th Annual Sarah McCarron Trail Clean Up at Skunk Hollow Park (next to the Willows). Sarah was a 2001 Radnor High School graduate who was tragically killed in August 2003 by a lightning strike while hiking with her grandparents in Utah's Uintas Mountains. The RGCC was an important part of Sarah's time at RHS. She rowed all four years, finding the RGCC provided an outlet for her competitive spirit and love of sport. Sarah's parents have told us that "the oars, the shell, her teammates and coaches, and the elements empowered Sarah," making her a stronger person. Sarah's parents have remained benefactors of the club through a sizable annual donation, and this spring, the RGCC will be naming one of its financial aid awards in honor of Sarah. And while the existing "McCarron" boat is being sold, another boat will continue to carry the name. Please join your teammates at Skunk Hollow on Sunday. For more information, contact Alli Webster.

READ THIS IF YOU WANT TO COMPETE!

All high school RGCC athletes (or their parent or guardian if the athlete is under 18) MUST visit <http://www.signyourwaiver.com> to electronically sign their universal release of liability waiver for the 2010 season. Athletes may not participate in regattas without signing this form. Click on the "Sign a Waiver" icon, then click "Junior Female." On page 1, fill in your contact information. On page 2, select "Radnor High School Crew" from the affiliation drop-down menu. For the coach's email, use mbiging@gmail.com, and use "Megan Biging" for her name. This lets Megan know the waiver has been completed. On page 3, fill in the parent/guardian information.



PLEASE TAKE CARE OF THIS IMMEDIATELY! The coaching staff cannot seat an athlete if the waiver has not been completed. Middle school athletes do not need to complete the waiver.

VOLUNTEER POSITION OF THE WEEK

Position available for next year: **Vice President**. Help build the legacy of the RGCC! The Vice President is a voting member of the board of directors and serves a one-year term, then moving into the President position. The VP shares many of the President's duties, as requested. With the President, the VP oversees operations of the club, liaises with coaches, communicates with coaches and parents, liaises with external bodies (including the high school), coordinates outreach and rower development programs, and prepares grant proposals. If you're interested or would like to nominate someone for this role (or any other role), please contact any board member or email RGCCboard@radnorcrew.org. Descriptions of most RGCC volunteer opportunities are available on our website under Support Us | Volunteer.



HEAD OF THE CHARLES SCHEDULE

Radnor's 4+ will be racing on Day 2 of the regatta (Sunday, October 24) at approximately 10:53 AM. There are 74 other boats registered for this single event. The regatta website is located [here](#).

DID YOU KNOW?

Historical [meeting minutes](#) and the [Puddles archives](#) are available on the RGCC website. Visit www.girls.radnorcrew.org and go to "Press Room."

BOATHOUSE ROW WEB CAM

If you ever have an urge to look in on the Schuylkill River, visit the [Boathouse Row Web Cam](#) mounted at 12 Kelly Drive. Links to this and other useful information is available on the [Resources](#) page of the RGCC website.

A GREAT WAY TO WATCH A RACE

The video you'll find [here](#) was produced by Cornell's rowing program back in the early 1980s. While it's interesting to see how equipment and apparel has changed in the past quarter century, what this editor found most entertaining was the very unique way of watching a race (the Poughkeepsie Regatta) which is shown, briefly, at about the two-minute mark. Be sure to listen carefully to the soundtrack as the race gets underway.



FRESHMAN T-SHIRTS

If you're a freshman and haven't yet turned in your \$15 check for your t-shirt, please do so as soon as possible so we can get you your shirt. Checks should be made payable to "RGCC" and delivered to Alli Webster.

ERG-A-THON T-SHIRTS

We ordered some additional erg-a-thon t-shirts. If you didn't receive your shirt or you know someone who earned a shirt but didn't receive it, please [email Spiritwear Chairperson Lisa Webster](#). Supplies are limited.

OCTOBER 16 LEARN-TO-ROW CANCELLED

It appears that, with our new middle school program and the huge freshmen class, we've provided sufficient opportunities this fall for those interested in rowing. Consequently, our October 16 learn to row clinic has been cancelled.



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CHANGE FOR SUNDAY SWINGS

The process for Sunday Swings has been changed, and current rowers are aware of this change. For the remainder of the fall season, those athletes interested in rowing on Sunday are responsible for assembling their own crew and then notifying the coaches. For those athletes not participating in fall crew, please coordinate with a fall team member if you would like to row on Sundays. Remember, athletes participating in Sunday Swings must have completed the fall registration forms ([available on the RGCC website](#)), although payment of dues is not required.

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.