



# Puddles



*The Newsletter of the Radnor Girls Crew Club*

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## CONTENTS

Hold the Date .....	1
Make the News: Puddles Editor Needed .....	1
Webmaster Needed .....	2
The Year in Review: Pass It Along .....	2
Rent-an-Erg .....	2
Don't Forget Your Physical.....	2
Radnor Boys Place 4 <sup>th</sup> at Youth Nationals.....	3
Coach Dani's Summer Fitness Camp.....	3
Club Expense Reimbursements .....	4
Hospitality Reimbursements.....	4
Spring Parent Survey .....	4
SRAA Nationals Videos.....	4
Rowing to the Magnetic North Pole .....	4
Stay on the Right Path This Summer .....	5
A Final Cartoon for Our Seniors .....	5
Learn-to-Row Camp Referral Incentive .....	5
Radnor Girls Crew Summer Learn-to-Row Camps.....	6
Radnor Boys Crew Summer Learn-to-Row Week .....	6
Additional Information .....	6

## HOLD THE DATE

- Monday, June 20: RGCC Learn-to-Row Camp Session 1 Starts (Hines Rowing Center)
- Monday, August 15: RGCC Learn-to-Row Camp Session 2 Starts (Hines Rowing Center)
- Monday, August 15: Returning Athletes Welcome to Informal Practices (Hines Rowing Center)
- Tuesday, September 6: First Day of Fall Practice for Returning Athletes (Forms and Dues Due)
- Wednesday, September 7: Informational Session for New and Prospective Athletes
- Tuesday, September 13: First Day of Fall Practice for New Athletes

## MAKE THE NEWS: PUDDLES EDITOR NEEDED

With this 70<sup>th</sup> issue of Puddles, editor Dan Webster is retiring. Hopefully, there's an eager volunteer out there to take over this important platform for communicating with the club's membership. Here are some comments about Puddles from our athletes and parents:

- "I LOVE the Puddles newsletter!"
- "You guys are amazing!"
- "GO PUDDLES!!!!!!"
- "LOVE puddles!"



- “Well done!”
- “Puddles has been great - all love it. The race day results are wonderful too.”

Just look at all those exclamation marks!! Carry on the legacy. The job, which can be fully performed from the comfort of your own home, simply entails gathering relevant (and some might say irrelevant, too) stories, inputting them into a pre-made Microsoft Word template, and then emailing the newsletter out to the club’s distribution list (a single email address) on Friday and converting the newsletter to an Adobe Acrobat (PDF) file so it can be posted on the website. An understanding of Microsoft Word and Adobe Acrobat is preferable, along with some curiosity about finding stories about the sport of rowing. The ideal candidate will have Microsoft Word, Microsoft Outlook, and Adobe Acrobat software. Interested parties, please contact [Dan Webster](#) or [Karen Fitch](#). Dan will be available to help with the transition.

## WEBMASTER NEEDED

The club needs someone to make periodic updates to the RGCC website, another important platform for communicating not just with the club’s membership but also with the rest of the rowing community, including college coaches and prospective members. The website is maintained using Adobe Dreamweaver software, and it is not difficult to do. Interested parties, please contact [Dan Webster](#) or [Karen Fitch](#) as soon as possible. Dan will be available to help with the transition.

## THE YEAR IN REVIEW: PASS IT ALONG

An electronic version of “2010-2011: The Year in Review,” which you saw at the banquet, is available for download on the RGCC website under [Competitions | Season Highlights | 2010-2011](#). 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. What a year it was!

## 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 Karen Fitch](#), incoming Secretary for a rental form and to arrange payment. Ergs will be available for pickup at the boathouse at Coach Megan’s convenience the week of June 20, when the first session of the Learn-to-Row Camp starts. The ergs will need to be returned prior to September 2.

## 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). 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. ONLY physicals completed on or after June 1, 2011 will be valid for school year 2011/2012 athletics.



## RADNOR BOYS PLACE 4<sup>TH</sup> AT YOUTH NATIONALS

The following article appeared on [MainLineMediaNews.com](http://MainLineMediaNews.com) on June 13, 2011.

### Main Line crews make their mark at Youth National Championships

Main Line scholastic crews prove to be a force to be reckoned with at the Youth National Championship Regatta in Oak Ridge, Tenn.

The Radnor crew of Ben Croop, JP Aftring, Declan Carbery, Cameron Staines and Jimmy Puckette kept the power on during four races over the three days, starting Friday with a second-place finish in their heat and a first place finish in the Repechage Saturday morning. Their thrilling, hard-fought finish in third in Saturday afternoon's semi-final earned the crew a place in Sunday's Grand Final, where they finished fourth in a fast field of six crews.

Led by Rowing Director Ken Piree, the performance of the V4+ at the Youth National Championships adds to the Radnor Boys Crew Club's best season ever, with medals at the SRAA National Championships, the Philadelphia City Championships and the Stotesbury regatta.

## COACH DANI'S SUMMER FITNESS CAMP

*Please note: This camp is not affiliated with RGCC.*

Hi Radnor Girls Crew!

Most of the girls have expressed interest in finding a great summer program to join for these next few months. Obviously, as coaches, we want to promote rowing/training over the summer as much as we can, in preparation for fall. I have decided to organize a summer camp, **not related to RGCC**, at my other job, [RowZone](http://RowZone.com) in Manayunk. The camp will be run many weeks during the summer, and will be taught by me and another coach, Ryan Laudermilch.

The camp will include training on the ergs, circuit training, strength training and maybe even some yoga! If you know you have trouble mentally on the erg, this camp will be an excellent way to help you gain confidence. It is a non-threatening environment in which you'll have a chance to stay in shape and still have fun.

I highly recommend this to freshman, varsity, brothers, sisters, friends, etc. You'll notice on the schedule that there is a camp for younger kids and then older kids. Make sure to sign up for the right group. It is not necessary to be a rower to join the camp, and, if you bring a friend, you get a discount. Keep all of this in mind and [sign up](#).

*\*Parents can come learn, too, on Thursdays and Fridays.*

More information at <http://rowzone.com/manayunk/rowzone-fitness-camps/>. If this doesn't work for any reason, call me and you can sign up manually through me (I'll take your credit card information and sign you up on our computer). We also accept checks on the first day of the camp for the amount, payable to RowZone Manayunk. If you have any questions, feel free to email or call me.

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## CLUB EXPENSE REIMBURSEMENTS

We're closing the books on the 2011 fiscal year. If any volunteers have expenses that need reimbursement, please submit them to Treasurer Dan Webster at [RGCCtreasurer@radnorcrew.org](mailto:RGCCtreasurer@radnorcrew.org) **prior to Friday, June 24<sup>th</sup>**. The expense reimbursement form is [available here](#) or can be downloaded from the [Resources | Document Central](#) page of the RGCC website (look under "Administration").

## HOSPITALITY REIMBURSEMENTS

If you have made purchases on behalf of the combined boys and girls crew hospitality program, please submit your reimbursement request, with receipts, **prior to Friday, June 24<sup>th</sup>**. The reimbursement form is [available here](#) or under [Competitions | Hospitality](#) on the RGCC website.

## SPRING PARENT SURVEY

RGCC Parents: Please complete the short survey you received a link to on Monday. This is your chance to tell us what we're doing right and where we can improve. **The survey will close this Monday, June 20<sup>th</sup>**.

## SRAA NATIONALS VIDEOS

...are still in production.

## ROWING TO THE MAGNETIC NORTH POLE

The following article was published on [Guardian.co.uk](http://Guardian.co.uk) on 12 June 2011.

### 'The Inuit think we're mad': rowing to the magnetic north pole

*Crew aim to go where no one's rowed before – but first can they make it around the Isle of Wight?*

"The Inuit think we're mad," laughs Jock Wishart. This summer, Wishart and five crew members will attempt to become the first people to row a boat to the magnetic North Pole. "There's been nothing like this since Sir Ernest Shackleton saved his men in 1916 by getting a lifeboat from Antarctica all the way to South Georgia," says Wishart, whose previous exploits include rowing across the Atlantic and setting the world record for the fastest circumnavigation of the globe in a powered boat.

But first the crew has to get round the Isle of Wight. So far their training attempts have had to be abandoned because it was too windy. "We wanted to row around the island," says Wishart. "But, in the end, the wind has not been in our favour. So we've rowed along the Solent from Calshot to Christchurch instead, which takes us about 10 hours."



Wishart and his crew have just a few weeks left to prepare before they set off from Resolute Bay in their £100,000 boat on their 450-mile journey. "When we hit the open sea, the only option if we get into trouble is to drag the boat on to any floating ice. The boat's hull is designed to be like a sledge. It is self-righting and we will all be wearing dry suits. But we won't have been able to train on ice beforehand. For the first few days a safety boat will come with us, but then we're on our own."

The expedition is only possible because of climate change, says Wishart: "The ice is shrinking. I don't really want to get into the issues about why this might be happening. I just want to highlight that it is."



## STAY ON THE RIGHT PATH THIS SUMMER

[Watch the video.](#)



## A FINAL CARTOON FOR OUR SENIORS



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

## 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. Please spread the word. For more information and registration materials, visit the [RGCC website](#) or email [RGCCLTR@radnorcrew.org](mailto:RGCCLTR@radnorcrew.org).



## RADNOR GIRLS CREW SUMMER LEARN-TO-ROW CAMPS

The first session of our popular Learn-to-Row Camp starts Monday and runs through July 1<sup>st</sup>. The second session runs from August 15<sup>th</sup> through August 26<sup>th</sup>. The camp is open to girls age 11-16 and costs \$500 for one session (two weeks) or \$900 for both sessions (four weeks). Please spread the word. For more information and registration materials, visit the [RGCC website](#) or email [RGCCCLTR@radnorcrew.org](mailto:RGCCCLTR@radnorcrew.org).

## RADNOR BOYS CREW SUMMER LEARN-TO-ROW WEEK

Calling all incoming freshman and Radnor High School boys. Radnor Boys Crew Club (RBCC) is sponsoring a week-long learn to row program in late August. If you have an interest in rowing with the RHS Crew Team, please join them for this free introductory week. For more information, contact [RBCCinfo@radnorcrew.org](mailto:RBCCinfo@radnorcrew.org) and see the RBCC Facebook page, website ([www.boys.radnorcrew.org](http://www.boys.radnorcrew.org)) and blog ([blog.rowradnor.org](http://blog.rowradnor.org)).

## 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](mailto: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](mailto:RGCCsubscribe@radnorcrew.org). That distribution list is the primary means of club communications. To unsubscribe, email [RGCCunsubscribe@radnorcrew.org](mailto:RGCCunsubscribe@radnorcrew.org).