



Puddles



The Newsletter of the Radnor Girls Crew Club

VOLUME 3, NUMBER 9

DECEMBER 30, 2011

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HOLD THE DATE

Tuesday, January 3rd: Spring Registration Packets for Returning Athletes are Due
Tuesday, January 10th: Regular RGCC Board Meeting, 7PM, Room 150
Saturday, February 25th: RGCC Parent Social

A MESSAGE FROM COACH JOE

I was very pleased with how we finished the 2011 Fall Season. We are no longer in a rebuilding year, but rather a reloading year. Therefore, we should not be thinking that we will be fast again in a year or two but instead, we should be thinking that we will be just as fast this coming spring. The varsity boats will certainly be seeing new faces, but that is not to say that we cannot be just as fast as any crew in Radnor history. It will not be easy, but if everyone steps up, commits themselves completely, and rows to their greatest potential, we will have an amazing Spring Season.

The optional winter practices have been going well and I hope that everyone has been doing something this past month. We will be starting mandatory practices again soon after winter break, so if you have not been doing anything, start now. Everyone should be working on flexibility on a daily basis, and you can always do some body circuits at home or go for a run on nice days for 30 to 40 minutes.

Looking forward to seeing you all soon.

Happy Hanukkah, Merry Christmas, Happy New Year

WINTER PRACTICE SCHEDULE AND TIMES

January 3 - February 17, 2012 for Varsity

Tuesday, Wednesday, Thursday at 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

January 10 - February 17, 2012 for Freshmen/Novice

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

Saturday at Boathouse from 11:30 to 1 PM

As of February 18, the girls can get on the water (weather permitting). Then, all girls, including



Freshmen/Novice, will be at the Boathouse during the week (Tuesday -Friday) as well as on Saturdays.

After February 18, 2012 for Varsity

Tuesday – Friday at Boathouse from 3 to 5:30

Saturdays and Sundays (when not racing) at time To Be Determined

After February 18, 2012 for Freshmen/Novice

Tuesday – Friday at Boathouse from 3 to 5:30

Saturdays at Boathouse from 11:30 to 1:30

**Please note that practice times often differ for Freshmen/Novice and Varsity members. If in doubt, check with the coach.*

SPRING 2012 REGISTRATION PACKETS

Returning athletes should have received an e-mail from Karen Fitch, kirste4@comcast.net, regarding spring registration information. Registration materials and spring dues are due January 3, 2012 for Varsity/JV athletes and January 10, 2012 for Freshmen/Novice athletes. Athletes will not be allowed to participate unless registration materials have been received. Mandatory practice begins on Tuesday, January 3rd for Varsity/JV girls and January 10th for Freshmen/Novice girls.

Please send in your registration information [packet](#) and dues to Karen Fitch at 142 Wooded Lane, Villanova, PA 19085.

FROZEN ROWING

The following blog post appeared on the [Rowing for Pleasure blog](#) on November 30, 2011.



I went rowing today and found it hard work in a F5 breeze against the tide. Exhausted, I slumped in front of the telly to watch David Attenborough's latest triumph, Frozen Planet. And he showed people who have it really tough.

The Aleut peoples of Chukotka, the bit of Russia that Sarah Palin can see from her bedroom window, hunt in boats made of walrus skin on wooden frames. They kill walrus by throwing huge weighted harpoons attached to inflated walrus bladders to stop them from diving. The unfortunate walrus even provide puncture repair outfits - holes in the hulls are repaired with dobs of walrus fat.

I admire the hardihood and self-reliance of these people so much. Their timing could be better though. And they used a very short, sharp stroke. Could that be to cope with rougher conditions? The Frozen Planet series is the best thing on the TV right now by a country mile - if you are in the UK and haven't watched this superb programme already, watch it on BBC iplayer NOW.



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SUMMER ROWING OPPORTUNITIES AT WBC

Whitemarsh Boat Club will be running a Junior Competitive Team this summer. Joe Sullivan will be the primary coach. The main focus will be getting boats ready to race at USRowing Club Nationals in mid-July. We will also try to include the Royal Canadian Henley Regatta in August. There will be spots for Junior A (under 19) and Junior B (under 17) rowers. Both sweep rowing and sculling will be available, Junior B's will especially be encouraged to scull. More details will be available shortly.

A HUGE THANK YOU TO THE MCCARRONS!

A sincere thank you to Jeff & Kathy McCarron for their recent significant donation to RGCC in memory of their daughter, Sarah, a past RGCC rower. The McCarron's have provided ongoing support for our club over the years, and this year their donation has enabled us to provide a financial-need-based scholarship for two athletes this spring. Please join us in extending a warm welcome and open invitation to the McCarron's to attend a regatta and meet the latest RGCC team!

ADDITIONAL INFORMATION

See you in the New Year!

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.

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