



RADNOR GIRLS CREW

radnorgirlscrewclub.org

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President's Message to RGCC Athletes, Families and Coaches

The spring season is finally here, and it will be great to get into action with a full coaching staff and upgraded equipment. There is a lot coming our way, so buckle up and have fun! As a reminder, we are a parent-run and community-funded sport. I encourage you to pick a job or two that you enjoy and contribute through the spring.

As the spring begins, please remember that **only captains are to text coaches**. To communicate issues, athletes should: 1) go to the captains, who will triage as appropriate, 2) email coaches at their NEW account radnorcrewcoach@gmail.com and/or (3) use “band,” an app that includes the whole team and is an alternative to mass texting. Parents who need to communicate issues to coaches that cannot go through their daughter are to email the coaches account (to which the entire coaching staff has access). If something is extremely sensitive and needs to go only to Travis, contact me or another board member and we will take it from there.

There is a lot to look forward to this spring at RGCC—time at the river, a parent social, and the banquet. Go Radnor!

Laura Getty, President
rgccpresident@gmail.com

Reminder: Compliance Deadlines for Lightweight Program

If your daughter is a natural lightweight (130 pounds or under) and would like to be considered for a lightweight boat in the spring, it is important that you review the [guidelines](#) as well as key dates below.

- **Now-February 20:** Visit doctor to complete this [form](#).
- **February 15:** Deadline to submit written request for medical waiver, if applicable, to USRowing.
- **February 21:** Submit original form to Travis; keep a copy. (Original must go to USRowing.)

From the Launch: A Message from Coach Travis Schilling

Indoor season is almost a wrap. The winter squad has been hard at work these past few months refining their erg technique along with strength and conditioning. We mixed things up on “Fun Fridays” with an impromptu dance party in the courtyard, a few rounds of capture the flag on the football field, and a captain-led session.

The athletes and coaches are all eager to hit the water on February 18. We have six weeks of preparation before Flick 3, when league points begin to be tallied. We’ll field boats in all categories (Varsity, Lightweight, Junior Varsity, Novice, and Freshman), and boat-specific lineups will change throughout most of the season. Gender-specific racing begins with Flick 3. Girls will race in the morning for Flick 3 and Flick 5 and in the afternoon for Flick 4. All flicks will be held at the Schuylkill this year. (New families: [This article](#) is a good overview of what a “flick” is.)

While our goal is to maximize participation in any given event, circumstances may not always allow it. For instance, Stotesbury allows only one entry per school per event (i.e., no B boats) and has no Novice events. Alternates will be entered for each of our entries. Reach out if you have any specific questions or concerns.

Please communicate all expected scheduling conflicts and absences to radnorcrewcoach@gmail.com as far in advance as possible. This aids in practice planning and lineups/boat entries.

Lastly, a reminder that **with the spring season comes a new practice schedule**: Mondays off; Tuesdays, Thursdays and Fridays 3-5:30; Wednesdays 3:45-6:15; Saturdays 9-11. Before we change the clocks on March 8, however, less daylight may mean practices need to end a little early.

This info is also available on the website.

Important note (and a change from what was announced during the parents meeting): February 19 and 26 as well as March 4 practices will be held at RHS after school (end time 5:30) due limited daylight.

Captains Corner

Spring is approaching! We've been doing some hard land work to prepare for our most competitive season. In only a week we will be returning to the boathouse, getting the oars out, and rowing on the water! Information about spring car pools (sophomores, juniors and seniors) has been released on the athlete Facebook.

Due to a conflict, there is a new date for photos—March 26.

We cannot wait to end our winter season strong, now let's get back on Schuylkill!

Parent Spring Social

Save the date: Our Annual Parent Spring Social and Silent Auction is April 24. Please start thinking of experience-themed auction items that you can donate—tickets, trips, vacation homes, etc. We're counting on your help to make this a fun and successful night!

Under the Tent: Hospitality Update

Thank you to all who volunteered to act as an AM or PM lead at last night's parents meeting!

Earlier this week Radnor Crew Hospitality emailed a sign-up link to parents who have previously towed or attended the fall tutorial. If you are in this group, please check your inboxes and sign up as soon as possible to get the dates that work best for your schedule. Anyone who is interested in towing should reach out to radnorcrewhospitality@gmail.com.

While we will not have hospitality at Flick 1 and Flick 2, we hope to transport the tent (and a table) to the river to provide shelter and a gathering spot. Our tent will be in the same location as last year.

Annie's Fun Fact

Although rowing as an Olympic sport can be traced to at least 1896, women's rowing wasn't added until the summer games of 1976 in Montreal, Canada. Initially, women's events had only 1000m but were lengthened to the regulation 2000m in the 1985 World Rowing Championships. The mural "Rowing Legacy" by John Laidacker showcases women's rowing, and can be seen under Girard Bridge just upriver from Boathouse Row.



Get Social

Facebook

- **RGCC 2019-2020 Parents:** Request to be added to this closed group if you are not already a member (parents/guardians only).

- **Radnor Girls Crew Club:** “Like” our new public page, and invite friends to like us, too. We will use this page to share news, fundraising activities, and regatta results.

Instagram: Follow [radnorgirlscrew](#) and tell your friends!

And check out our **website at** www.radnorgirlscrewclub.org.

Mark Your Calendars

- **February 18:** Spring practice begins at boathouse
- **February 21:** Lightweight forms due to Travis
- **March 10:** Parents meeting, 7pm (RHS Black Box)
- **March 15:** Manny Flick 1 (Schuylkill River)
- **March 22:** Manny Flick 2 (Schuylkill River)
- **March 26:** Team photos (boathouse, during practice)
- **March 29:** Manny Flick 3 (Schuylkill River)—girls in AM
- **April 5:** Manny Flick 4 (Schuylkill River)—girls in PM
- **April 6-9:** Spring break practice 9-3 Monday, Tuesday and Wednesday and 9-12 on Thursday
- **April 14:** Parents meeting, 7pm (RHS Black Box)
- **April 19:** Manny Flick 5 (Schuylkill River)—girls in AM
- **April 24:** Parent Social (Subak residence—326 St. Davids Road)
- **April 26:** Cooper Cup (Cooper River, Pennsauken NJ)
- **May 2-3:** City Championships (Schuylkill River, Philadelphia)
- **May 12:** Parents meeting, 7pm (RHS Black Box)
- **May 15-16** (note Friday start): Stotesbury Cup Regatta (Schuylkill River, Philadelphia)
- **May 22-23** (note Friday start): Scholastic Nationals (Cooper River, Pennsauken NJ)—for qualifying boats
- **May 27:** Banquet (details to come)
- **June 11-14** (note Thursday start): USRowing Youth Nationals (Nathan Benderson Park, Sarasota FL)—for qualifying boats

2019-2020 RGCC BoardLaura Getty, PresidentMeghan Johnson, Vice President | President ElectKelly Sakowski, TreasurerKristin Van Dusen, FundraisingSangeeta Purohit, Recording SecretaryLisa Enderle, Corresponding Secretary**Coaching Staff**

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Annie Sniffen, Assistant Coach

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