



RADNOR GIRLS CREW

radnorgirlscrewclub.org

Volume 1, Issue 7—October 20, 2019

President's Message to RGCC Athletes, Families and Coaches

It was great to see many of you last week at our October parents meeting. Our next meeting, the last one of the fall season, is November 12. We encourage one parent per family to attend each meeting to ensure that everyone gets the latest and greatest from our coaching staff, captains, and board—and occasional guests. Thank you, Principal Kevgas, for joining last week to provide an update on Fitness for Athletes and to answer parents' questions. We truly appreciate the support from our RHS administrators.

During the meeting Coach Travis let us know about the annual US Rowing Conference, which this year will be held in Philadelphia. There are two tracks that may be of interest to our athletes: [Coxswains Track](#) (December 7-8) and [Junior Day](#) (December 7). We encourage you to learn more by checking out these links. If enough girls are interested, we'll coordinate our attendance.

See you next weekend at HOSR!

A handwritten signature in grey ink, appearing to read 'Laura Getty'.

Laura Getty, President
rgccpresident@gmail.com

Survey Re. New School Start Times

RTSD released the [survey](#) to gather input from parents and guardians re. the new school schedules. We encourage you to provide your feedback, including how the schedule change has affected your daughter's experience with crew, Fitness for Athletes, etc. The survey is open from now until November 1.

From the Launch: A Message from Coach Travis Schilling

RGCC has five boats entered in Sunday's Head of the Schuylkill Regatta (HOSR): two varsity fours, two junior varsity eights, and a freshman/novice eight. The fours will kick off our day of racing with a scheduled race time of 10:00am. Next, the freshman/novice boat will make their debut at 11:20am. Our two junior varsity eights will cap our day of racing at 4:30pm.

Because a few girls cannot make the regatta due to prior commitments, we will have a small number of spare athletes supporting their teammates during the regatta. They should come ready to race in case any of their teammates are not able to.

As always, athletes should be at our shell trailer at least two hours before their scheduled race time. The exact location will be shared on the group messaging app BAND. Spectator and parking info can be found by following the links on [HOSR.org](https://www.hosr.org). Nearly 9,000 athletes will race down the 2.5-mile racecourse over the two-day event!

Looking ahead to the final two regattas of season, The Frostbite Regatta (November 9) and Bill Braxton Memorial Regatta (November 10) both take place on the Cooper River in New Jersey. Contrary to prior statements, there are no lightweight-specific events for high schoolers. We may, however, field lightweight crews in both varsity and junior varsity events.

Congratulations, Assistant Coach Annie Sniffen!

At the end of September, Coach Annie graduated from Drexel University's online graduate program, obtaining a Master of Science in sport coaching leadership, with a concentration in coaching rowing. During the last two years, she has taken courses focusing on coaching theory, learning strategies, nutrition, recruiting, rowing technique, rowing safety, racing and more! Coach Annie attributes much of her understanding to her experience on the water with RGCC, and she looks forward to sharing her knowledge with the team going forward.

Annie's fun fact: Did you know the first modern regatta was held in 1715 on the River Thames in London? That's 304 years of modern, competitive rowing!

Captains Corner

Awesome work from all of our boats at Navy Day! Our next challenge: Head of the Schuylkill Regatta. With that, we are looking forward to seeing our freshmen test their skills for the first time on the Philly race course.

We are having our first pasta party of the season for HOSR on October 26. It will take place right after Saturday practice at the Enderle residence, 300 Midland Avenue (across Aberdeen from St. Katharine's). Food assignments have been posted to the athletes Facebook page.

Fall Break and Winter Training

Once the boats have been put to bed for the winter following the November 9 and 10 regattas, there will be no practice until after Thanksgiving. If your daughter has chosen to take the letter grade option for Fitness for Athletes, we encourage her to use this time to make up her five PE classes.

Winter training will be held December 2 to February 18 at RHS on Mondays, Tuesdays, Wednesdays and Fridays, 3:15 pm to 5 pm.

Fundraising Update

Last call for “Life’s Fast Row Faster” T-shirts. If you are interested in purchasing, reach out to rgccfundraising@gmail.com by Wednesday.

Let’s support Radnor Boys Crew Club!

- **Cinnabon:** RBCC is selling Cinnabon minis during Community Period this Thursday. A sleeve of four is \$2.
- **Handel’s:** RBCC is selling pint cards! Each is good for a pint of hand-scooped ice cream, yogurt or sorbet. The RBCC cards are \$7 each (a little more than the typical \$6.15 so they can raise more funds), and the club will receive 40 percent of each card sold. These cards are great for family, friends, coaches, pet sitters, bus drivers, kids away at college, or anyone who loves Handel’s 40+ flavors! Contact a member of RBCC, or plan to buy one—or many—at the Radnor Crew tent on Sunday at HOSR.

Under the Tent: Hospitality Update

A big thank-you to all parents who have volunteered for HOSR hospitality. All RGCC jobs are now filled. The team lead will reach out to you this week.

10 Years Ago @ RGCC

Recently I unearthed a treasure trove of communications from the 2008-2009 season and will share some tidbits occasionally in upcoming newsletters, starting with these two awesome items from October 2009—the first from Head of the Charles Regatta, and the second from HOSR. Enjoy!



“Girls racing... They had a good race and seem content with their 19 out of 77 placing. As they should be!! The weather was absolutely miserable, windy cold and raining. They passed 6 boats, and dodged crashes in front of them. They are set up for an even better finish next year!!!”

Sunday, October 18, 2009



“Our jv 8 ran a phantastic race and made first place. Overtook many boats and looked strong the entire race.”

Saturday, October 24, 2009

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 **new website** at www.radnorgirlscrewclub.org.

Mark Your Calendars

- **October 27:** Head of the Schuylkill (Philadelphia)

- **November 7:** Parents social (The Goat's Beard, Wayne)
- **November 9:** Frostbite (Cooper River, Pennsauken NJ)
- **November 10:** Braxton (Cooper River, Pennsauken NJ)
- **November 12:** Parents meeting, 7pm (RHS Black Box)
- **December 2:** Winter practice begins, 3:15-5pm, Mondays, Tuesdays, Wednesdays and Fridays (RHS)
- **January 4:** Spring registration deadline
- **January 14:** Parents meeting, 7pm (RHS Black Box)
- **NEW January 24:** Parents '80s-themed bowling fundraiser, 7-10pm, Devon Lanes. Tell your friends! More details to come.

2019-2020 RGCC Board

Laura Getty, President

Meghan Johnson, Vice President | President Elect

Kelly Sakowski, Treasurer

Kristin Van Dusen, Fundraising

Amy Miller, Recording Secretary

Lisa Enderle, Corresponding Secretary

Cindy Fogel, Ex-Officio

Coaching Staff

Travis Schilling, Head Coach

Joe Malone, Assistant Coach

Annie Sniffen, Assistant Coach

Will Leeser, Assistant Coach

Joe McCarrie, Assistant Coach

© 2019 Radnor Girls Crew Club. All rights reserved.