



# RADNOR GIRLS CREW

[radnorgirlscrewclub.org](http://radnorgirlscrewclub.org)

Volume 3, Issue 4—November 11, 2021

## **Message From the President**

The past two years have presented us with incredible challenges in just about every aspect of our lives—our families, our schools, our communities—and RGCC was no different. We dealt with things that no one could have anticipated or predicted, had to be ready to adapt and flex at any given moment, and were confronted with issues that none of us had answers for. And through it all, we rose to each challenge and came out the other side stronger.

It's finally time to put the pieces back together and find normalcy in our lives. We'll start this weekend with our back-to-back regattas, where we can finally have hospitality and enjoy the races together as a rowing community! I am excited for us to reinvent our traditions, starting this Saturday and Sunday.

Please join us in making this weekend the first of many where athletes, parents, friends and family can experience the fun and welcoming regatta environment. We are excited to get back to the regular business of “crew”!

As I step out of my role, I know that I am handing over the reins to an incredibly capable board that will continue to strengthen and build this club for generations of young women. It has been

a privilege and an honor to be the president of RGCC! Thank you and best of luck to all of our athletes this weekend.



Meghan Johnson, President  
[rgccpresident@gmail.com](mailto:rgccpresident@gmail.com)

## From the Launch: A Message from Coach Travis

Twenty-five years ago, a small cohort of girls and parents decided Radnor ought to have a crew team. They had tried a novel sport and wanted more of it. They had found “their sport” and thought it important enough to get their classmates involved. They discovered a new sport to master and demonstrate with their peers against some of the fastest crews in the nation. This would not have happened without their parents recognizing the value of this sport. The continual support of families, businesses, and the greater Radnor community makes RGCC possible and, in turn, RGCC adds value to the community.

Teamwork, accountability, ownership and pushing yourself to extremes have value.

All crews had clean races at Head of the Schuylkill Regatta (HOSR), the coxswains having played a huge part in that. Race prep for them included a mini clinic by one of our alumna who now coxes for Temple University’s mens team, a careful study of the course maps, and well-thought out race plans. Bravo to all of them for getting their crews from start to finish as fast as possible through a debris-strewn river and safely back to the dock.

Last Sunday we competed in a new race, the Mercer Fall Classic, hosted by the Princeton National Rowing Association. RGCC entered a novice eight and two varsity eights. The morning head-style race covered approximately 4500m around the lake. In the

afternoon, we raced a full Olympic distance 2000m on the course. All of our crews successfully navigated the turns and held their own against their private-school competitors. Our primary objective with this regatta was to practice on the course that will host our final two fall 2021 regattas, the Frostbite Regatta and the Braxton Regatta, which in years past have been held on the Cooper River.

More details will be emailed separately about this weekend's regattas; in the meantime, schedules can be found here:

- [Saturday](#)
- [Sunday](#)

## Get Ready for Winter!

We recently finalized plans for winter training, which will start earlier than in years past. We'll provide more information during next week's parents meeting but wanted to share some details in order to help with your planning.

- **Fall season ends:** November 18
- **Winter training:** November 30 to February 17 (break: December 24-January 3)
- **Practices at boathouse:** Tuesdays and Thursdays after school and Saturdays 9-11am; combination of land and on-water training
- **Cost/deadline:** \$275/November 19
- **Supplemental strength conditioning:** We have arranged for a reduced price of \$145 per month at IM Health, which includes up to three visits per week.

***This is optional; however, it is highly recommended in order to build strength and be more competitive in the spring.*** Contact René Cammarata at [IM Health](#) at 610-688-8807 to sign up for RGCC's group rate. (Girls are welcome to train at other facilities as well.)

## Captains Corner

Our fall season got off to a muddy start with Hurricane Ida, and we spent the first few practices cleaning our equipment and boats. We were then ready to spend many beautiful days on the water as the leaves changed colors. The Ergathon was a great success, with a lot of energy from both the girls and boys teams.

Although our first two races, Kings Head Regatta and Navy Day, were canceled due to Covid-19 and hurricane damage respectively, we enjoyed getting to compete against the other teams in our boathouse with a casual scrimmage head race on our normal stretch of the water.

We also had great weather for HOSR—well done to all of the boats! As we approach colder weather, athletes should bring enough layers and warm clothes to practice, especially if rain is predicted. We are looking forward to a weekend of racing!

## Giving Back: Announcing RGCC Service Projects

**From the captains:** Now that team events are finally returning, we are excited to announce the beginning of an RGCC outreach project. Our goal is to create fun team bonding experiences while also doing good. Crew is a sport that takes up a lot of time, so this is also a way for girls to get service hours.

The club will choose one service project/event each season. For our first project, we are organizing a Thanksgiving pie drive for Eldernet. Eldernet is a local organization that provides services and support for elderly members of the community who don't have friends or family in the area. During the struggles of the past year, the elderly community has felt huge impacts. This age group is at a higher risk from Covid-19, and many have been isolated from friends and family for months. The pies that

Eldernet collects and delivers will help spread positivity during the holiday season.

**How to help:** We need six families who are willing to volunteer their kitchens to host groups of girls on Sunday, November 21. Every group will receive supplies such as pie tins, containers for the drive, a recipe, etc. Each member of a group will be assigned an ingredient to bring, and each group will be assigned a type of pie. The team that makes the most pies will receive some sort of prize. We are still looking for a few more kitchens, so if you can provide yours please respond to [rgcccorresponding@gmail.com](mailto:rgcccorresponding@gmail.com) or let a captain know.

## Parent Social: 6-9 pm November 18 @ The Goat's Beard

Join us as we celebrate a nearly normal fall season! This will be a fun parent event with guest bartenders, raffle prizes, and a chance to connect. Spread the word—friends, family, RGCC alumni parents, prospective crew parents—the more, the merrier!

## Spirit Wear and Uniforms

Looking for holiday gifts? RGCC's online store and 25th anniversary store are both open until November 21.

- [RGCC spirit wear](#)
- [RGCC 25th anniversary items](#)

Unis for sophomores will be ordered this winter. Stay tuned!

## Ergathon 2021 Recap

One more big round of thank-yous to our athletes, coaches, families and Ergathon committee for making our 2021 event a huge success! What a way to kick off the 2021-22 season. Our net proceeds totaled **\$17,245** from athlete pledges, local business

sponsorships, T-shirt sales, and raffle and snack sales during the Ergathon, Radnor Fall Festival and the South Wayne Porchfest.

- **Athlete pledges:** \$8,600
  - **Most pledges:** Lily Wagner, Campbell Coonley and Kristin Spykerman
  - **Most pledges from a novice:** Kristen Spykerman
  - **Most pledges from a class:** Class of 2024, with over \$2,200 raised!
- **Local business sponsorships:** \$5,650 in gold and silver sponsorships
  - A special shout-out to the Johnson, Ernst and Coonley families, who each raised two corporate sponsorships. Collectively, the team raised 44 sponsorships (including raffle prize donations)
- **T-shirt profits:** \$2,222 from 275 T-shirts sold
  - **Top T-shirt seller:** Natalie Denhardt (16)
- **Raffle and snack sales:** Over \$2,400 (shared 50/50 with RBCC)

## Mark Your Calendars

- **November 13:** Frostbite Regatta (Mercer Lake)
- **November 14:** Braxton Regatta (Mercer Lake)
- **November 16:** Parents meeting (virtual)
- **November 18:** Last day of fall season
- **November 18:** Parents social (The Goat's Beard)
- **November 19:** Winter registration deadline
- **November 21:** Spirit wear stores close (virtual)
- **November 21:** Pie-baking service project (locations TBD)
- **November 30:** First day of winter training

## Get Social

### Facebook

- **RGCC 2021-2022 Parents:** Request to be added to this closed group if you are not already a member (parents only).
- **Radnor Girls Crew Club:** “Like” our public page, and invite friends to like us, too. We will use this page to share registration info, news, fundraising activities, and regatta results.

**Instagram:** Follow radnorgirlscrew and tell your friends!

And check out our **website** at [www.radnorgirlscrewclub.org](http://www.radnorgirlscrewclub.org).

#### 2021-2022 RGCC Board

Jim Ernst, President

Rachel Sule, Vice President

Conoley Coonley, Treasurer

Sangeeta Purohit, Recording Secretary

Lisa Enderle, Corresponding Secretary/Communications

Sarah Carroll, Fundraising

#### Coaching Staff

Travis Schilling, Head Coach

Annie Sniffen, Assistant Coach

Krystal Brostek, Assistant Coach

Will Leaser, Assistant Coach