



RADNOR GIRLS CREW

radnorgirlscrewclub.org

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President's Message to RGCC Athletes, Families and Coaches

That's a wrap, folks: The fall 2019 season is in the books. From new coaches to phenomenal fundraising to successful races to new equipment—I am proud of all we've accomplished since August.

Practice is on hiatus until December 2, when our winter training begins. As a reminder, we'll be at RHS Monday, Tuesday, Wednesday, and Friday. Note that practice is 3:30-5 pm each of those days. (During the parents meeting, we erroneously said that Wednesday is 3:45-6:15; however, that is the spring schedule.) All girls are required to attend Fitness for Athletes during the winter.

At last week's parents meeting we reviewed the deadlines related to the new USRowing Junior Lightweight Compliance Program Protocol. Because we want to ensure that everyone has this information, we are reiterating it in this newsletter.

Due to the holiday, the next newsletter will be December 15. Happy Thanksgiving!

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

Laura Getty, President
rgccpresident@gmail.com

Update: Changes to Lightweight Program

USRowing has updated its compliance program for the junior lightweight category. If your daughter is a natural lightweight (130 pounds or under) and she'd 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. Note that these dates do not exactly correspond to those on the US Rowing website; we have modified them slightly for RGCC so that we can meet the deadlines. Novices who are under 130 pounds are also encouraged to submit the form.

- **January 1-February 20:** Visit primary care physician to complete this [form](#). Note that if you suspect you may need to request a waiver (cannot meet the criteria of providing CDC growth chart weight percentile for the past three years), you will need to visit your doctor earlier during this date range (form cannot be completed before January 1) to meet the waiver deadline.
- **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

We look forward to our first winter of training at RHS full time. We'll make our own space and set the foundation for another strong spring campaign while having fun along the way.

Winter training will be both mentally and physically challenging. Our strong coxswain corps will help lead practices and lend their words of encouragement during the long workouts. Training will consist of approximately 35 practices, each an opportunity to improve technique, stamina, and strength.

As always, the team must balance their academic and athletic pursuits. Midterms are at the end of January. The expectation is

that our team continue to average one of the best overall GPAs of RHS varsity sports. Toward the end of the season, rowers will have two optional opportunities to test themselves against other programs at the Center City Slam and Mainline Slide 2k contests.

Captains Corner

Congratulations to the boats that raced at Cooper River last weekend—great job everyone! To those who medaled, congrats on winning some hardware!

As we transition into the winter season, we ask everyone to stay in shape over the break. The captains are happy to give workout suggestions. Also, we are currently figuring out carpools for the winter season. We plan to have it released by the end of Thanksgiving break.

Thank you athletes for making our fall season awesome, and thank you parents for supporting us in every way!

Fundraising Update

“Life’s Fast, Row Faster” T-shirts will be in during Thanksgiving week. Please be sure to submit your payment to either Captain Kylie Slupe or Fundraising Chair Kristin Van Dusen.

Thanks to everyone who came to The Goat’s Beard Nov. 7. We raised more than \$1,000! Look for another event in the spring.

Fundraising is looking for a parent or two to help brainstorm and organize our first Awesome 80s Bowling Party. If you are interested, email RGCCFundraising@gmail.com.

Spiritwear Update

New items will be posted to [Anchors Aweigh](#) soon. For holiday orders, the deadline is December 4.

Results: Frostbite Regatta (2,000 Meters)

The JV4+ won their flight and had the fourth fastest time across all three flights. In their first race, RGCC's Novice 8+ won their flight, beating a competitive field. The JV8+ A boat won their flight by 13 seconds.

Event	Time	Place	Entries
High School Women JV4+ Flight 4 T. Schoenborn/B. DeWitt/A. Margolies/T. Tachau/C. Spaniel (Cox)	08:37	1	4
High School Women V4+ Flight 3 A. Chapin/T. Hughes/L. Eggert/T. Stearns/C. Gallagher (Cox)	09:12	5	5
High School Women V4+ Flight 4 C. Bay/J. Getty/K. Slupe/S. Hernandez/L. Weitzman (Cox)	08:53	3	5
High School Women Novice 8+ Flight 2 (1,500 m) N. Gross/C. Martin/S. DiGiovanni/K. Dickson/N. Shamsi-Basha/E. Johnstone/S. Purohit/A. Lee/E. Schultz (Cox)	06:07	1	6
High School Women JV8+ Flight 2 C. McDonald/A. Bauer/M. Davis/C. Sakowski/M. Johnson/M. Subak/A. Van Dusen/I. DiGiacomo/F. South (Cox)	07:50	1	4
High School Women JV8+ Flight 1 L. Wagner/B. DeWitt/M. Miller/L. Kelley/A. La Foucade/P. Enderle/J. Morrison/B. Elgar/A. Luthra (Cox)	08:55	4	4

Results: Bill Braxton Memorial Regatta (2,000 Meters)

RGCC's JV4+ finished 7th out of 20 in their time trial. They would have been one of the top six to advance to the final if a boat they were overtaking had not failed to yield. The JV8+ A boat dominated their race and won gold.

The Novice 8+ continued their strong start by advancing to their final in the time trial. In their first 2,000 meter sprint they finished second, only a few seats out of the gold medal.

Event	Time	Place	Entries
<u>Womens HS JV 4+ Heat</u> T. Schoenborn/B. DeWitt/A. Margolies/T. Tachau/ C. Spaniel (Cox)	06:38	7	20
<u>Womens HS Varsity 4+ Heat</u> A. Chapin/T. Hughes/L. Eggert/T. Stearns/C. Gallagher (Cox)	06:39	16	20
<u>Womens HS Varsity 4+ Heat</u> C. Bay/M. Frei/K. Slupe/S. Hernandez/L. Weitzman (Cox)	06:41	18	20
<u>Womens HS JV 8+ Flight 2</u> C. McDonald/A. Bauer/M. Davis/C. Sakowski/M. Johnson/ M. Subak/A. Van Dusen/I. DiGiacomo/F. South (Cox)	07:28	1	5
<u>Womens HS JV 8+ Flight 3</u> L. Wagner/T. Tachau/M. Miller/L. Kelley/A. La Foucade/ P. Enderle/J. Morrison/B. Elgar/A. Luthra (Cox)	08:25	4	5
<u>Womens HS Novice 8+ Heat</u> N. Gross/C. Martin/S. DiGiovanni/K. Dickson/N. Shamsi-Basha/E. Johnstone/C. Ernst/A. Lee/E. Schultz (Cox)	06:31	4 Advanced	12
<u>Womens HS Novice 8+ Final</u> (2,000m) A Boat: N. Gross/C. Martin/S. DiGiovanni/K. Dickson/N. Shamsi-Basha/E. Johnstone/C. Ernst/A. Lee/E. Schultz (Cox)	08:26	2	6

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

- **December 2:** Winter practice begins, 3:15-5pm, Mondays, Tuesdays, Wednesdays and Fridays (RHS)
- **January 4:** Deadline for spring forms and dues
- **January 14:** Parents meeting, 7pm (RHS Black Box)—it is mandatory that one parent/guardian per family attend; spring is around the corner, and you need to be in the loop!
- **January 24:** Parents '80s-themed bowling fundraiser, 7-10pm, Devon Lanes. Tell your friends! More details to come.

2019-2020 RGCC Board

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