



The Ultimate Rowing Experience

CREW NEWS

October 17, 2008

Volume II, Issue 8

Head of Indian Creek Regatta

Congratulations to ALL rowers on their hard work in Miami. Following are the boats that medaled at the regatta:

Mens Jr 4x Entry A: Tyler White, Jack Corry, Chase Harris, James Dumas - **Silver**

Womens Jr 1x Entry D: Kaitlyn Delaney - **Silver**

Mens Jr Ltwt 4+ Entry B: Dillan Young, Tyler White, Scott Shortt, Dan Corin, Kaitlin Campbell (cox) - **Silver**

Entry D: George Scheibel, Andrew Deering, Hunter Leeming, John Kotwicki, Kaly Rule (cox) - **Bronze**

Mens Jr Novice 8+ Entry A: Steven Stokes, Edward Palermo, Matt Gabbert, Frank Cash, Alec Fletcher, Jonathan Sams, Daniel Tsatskin, Jason Katz, Oliver Jennings (cox) - **Bronze**

Mens Jr 2- Entry A: Matt Sobotka, Marcel Dupuis - **Silver**

Womens Jr 2- Entry A: Christina Niffenegger, Allison Nace - **Silver**

Entry B: Chelsea Balkam, Carli Goldberg - **Bronze**

Womens Jr Novice 8+ Entry A: Sierra Luther, Taylor Johnson, Stevie Peacock, Lily Wan, Brittany Douglas, Kimberly Milam, Gia Donatella, McKayla Taaffe, Alex Nickos (cox) - **Silver**

Womens Jr Ltwt 4+ Entry A: Carolina Elizalde, Kaitlyn Delaney, Molly Harding, Marissa Beiling, Kaitlin Campbell (cox) **Silver**

Mens Jr 8+ Entry A: Shane Dluzneski, Alex Negroski, Kyle Schmidt, Jack Corry, Alex Taaffe, Eric Hamlet, Zach Deaterly, Ryan Anderson, Kaly Rule (cox) - **Silver**

Mens Jr Ltwt 8+ Entry A: Matt Sobotka, Marcel Dupuis, Chase Harris, Max Smith, Scott Shortt, Tyler White, George Scheibel, Dan Corin, Courtney Berger (cox) - **Gold**

Entry B: Dillan Young, Seth Borden, Nick Duncan, Erik Otterbach, Jake Menges, Andrew Deering, Hunter Leeming, James Dumas, Jason Katz (cox) - **Bronze**

Womens Jr 2x Entry A: Emily Niewold, Megan Dooley - **Bronze**

ADMINISTRATOR: Laura Reilly

Head of the Hooch Regatta:

Attached you will find the assessment for this year's Head of the Hooch. It includes regatta fees, bus transportation to and from the regatta, Boat transportation, hotel lodging for two nights and all meals, except when traveling on the bus.

Assessments are due one week prior to the regatta (October 23, 2008). You can either send it in by mail or use the attached credit card authorization form, which can be scanned/emailed, faxed or placed in the drop box at the site.

If you are not planning on attending this regatta please contact me as soon as possible so that the coaches can make the necessary changes to the boating's.

Please also note that you will need to register with the regatta at their web page. Please click on the link here <http://www.rowingwaiver.com> and fill in the information. Once they ask for your coach's information please include Coach Tom Tiffany tdtiff@comcast.net .

Please contact the hotel directly for you family reservations. Finally, if you have any questions or concerns please contact me.

Flu Vaccine:

Eve Goldberg has offered to administer flu vaccines at the site for \$25 per shot. All rowers under 18 must sign the attached waiver.

Speeding:

All Rowers and Families. Residents along Palmetto Ave are still complaining about **speeding**. If this continues we may lose our right to park at the site.

DO NOT SPEED ALONG PALMETTO OR OAK. THIS APPLIES TO PARENTS BOTH MIDDLE SCHOOL AND HIGH SCHOOL AS WELL AS ROWERS!!!!

UNI SUITS: We will be placing the absolute final uni order of the fall. It will take approximately 4 weeks to receive their Uni's from the time the order is placed which will be NEXT FRIDAY, October 24th. Laura Leeming will be at the site next Thursday, October 23rd from 3:30 til 4:30 or so and will deliver orders, sell clothing items and spandex. You **MUST** turn in their order forms along with payment (\$75) in the form of cash or check to Laura at that time! Please contact me for the order forms.

RECRUITING

Recruiting for novices continues!!!! **We especially urge all of our novice rower families to talk to their friends about checking us out.** It's never too late to join! Laura Reilly will be happy to meet any potential rower for a tour.

NEW PARENT LIAISONS

Amber Lyon (941) 724-6100 ~ Amber@Silverline1.com
Poppy Scheibel (941) 586-2911 ~ popart@comcast.net

Carpooling to the regattas: Contact Amber Lyon for coordinating carpools to practice: (724-6100) or Amber@Silverline1.com

Carpooling at regattas: If parents want to meet up with other parents at regattas, (i.e.: for dinner, at the regatta site, or getting transportation from the hotel to the regatta site), yet they are still unfamiliar with one another, please contact Amber or Poppy to help in coordinating these arrangements.

Open House: November 8th, 10:30 – 12 noon. Coach Tiffany invites you to an informal crew experience where you not only learn the “language” (terminology) of crew, you have the opportunity to erg and row!

All parents are invited to experience the “real deal” that their child experiences when he/she is at crew.

We had 11 “parent rowers” sign up for this event at the Parent Meeting on Tuesday, October 14th! It looks to be great fun! Any questions? Please contact Poppy (941) 586-2911 ~ popart@comcast.net.

A “HUGE” thank you to the parents who have been so good to monitor the end of practice carpool pick up. There is a great security in knowing that an adult is there. Thank you, Parents!

INVEST IN YOUR KIDS:

We are a non-profit organization and less than 2/3 of our budget is covered by direct tuition, Erg-a-thon and regatta assessments. The rest comes from the generous support of crew families, donors and foundation grants. We are deeply grateful to those who have contributed funds to cover this gap. These funds help provide coaching, equipment, and the support necessary to keep this dream alive and evolving.

Fundraising is an ongoing process necessary for the dream to evolve. As such, we ask each family to review the attached Major Sponsorship Opportunities and the Stars and Stripes Opportunities when determining whether or not a supporting contribution is possible from your family. If you wish to discuss specific funding opportunities or interests, please call the Fundraising Chairperson, Lee-Ann Corry 349-5373. Also, think about whether you may know others who might wish to help support Sarasota Crew (grandparents, employers, etc.). Thank you in advance for your consideration.

PARENT BOOSTER PRESIDENT: Pam Harding

VOLUNTEER OPPORTUNITIES

Sarasota Crew is essentially run and supported by parent volunteer efforts through our various committees. Parents organize events, support regatta logistics and much more. Sarasota Crew holds regular Parent Meetings at the Historic Spanish Point School House to give parents a chance to stay better informed, get more involved, ask questions, comment, meet each other and to provide support for a better environment for our kids.

We require one volunteer per Novice/Varsity family to work on a committee. In addition, all Novice parents must work **two weeks** as a parking lot chaperone. The parking lot chaperone comes early for pick up and stays until the last person is gone.

We still have plenty of volunteer opportunities available for those wishing to meet great people and get involved with Sarasota Crew. We are in need of committee chairs to head up **Special Events - Holiday Parties**. We also need a **school liaison for Riverview** and a **phone tree parent for Boys Varsity and Girls Middle School**. If anyone has a boat they would be willing to place in the **Venice Boat Parade** please let us know and of course we will be looking for **regatta assistants and chaperones** in the next few weeks.

FOOD TENT

We are also looking for parents (or a group of parents) to take over the **food tent** responsibilities for next year. As we said at the meeting, Linda and Leslie will take this fall to train you and then join them in the food tent for the rest of the regattas so you feel comfortable with everything. They have everything noted in a handbook from table setup to all the recipes that they have used. Their kids are seniors, so they won't be here next year and would hate to leave the club without a food committee.

If any of these opportunities "float your boat " please give me a call at 377-1545/928-8832 or e-mail me at flharding@comcast.net. Thanks everyone for all of your help and support! We couldn't do it without you.
GO SARASOTA CREW!

School Morning Announcements - Maureen Borden

Following every regatta I will be submitting the regatta medal results to the numerous schools that our rowers attend. If any mistakes are announced PLEASE email me at dm1borden@verizon.net, without your communication I will not know that errors are being made. I send announcements to EVERY school, so, if your rower notices that Sarasota Crew regatta results are NOT being announced at their school, please let me know and I will contact the school for information. We are proud of our children's hard work and accomplishments and they deserve to be recognized by their peers!

ERGATHON: Maureen Borden, Kris Baker

ERGATHON: PULLING TOGETHER 2008

We know that every rower has begun fundraising, that pledge letters with beautiful photos have been sent to family, friends and neighbors, and, that donations will be flying into the Sarasota Crew office any time now... we hope everyone is nodding 'yes', but, this is probably wishful thinking! We do urge you to start now, Black Friday is only 43 days away and once families start Christmas shopping they'll be less receptive to the idea of pledging donations.

You should all have received the "Concept2 Raffle Ticket Flyer" email. If you have not you can go to Sarasotacrew.com and download as many copies as you need. (Also, if you did NOT receive this email please contact Laura Reilly at Laura@sarasotacrew.com to update your email information.) Concept2 has offered a half-price Model D rower for us to raffle during Ergathon. We will open the raffle to the public during Ergathon but this is something you may also offer to individuals who sponsor you. Hopefully this opportunity will expand your list of potential donors - people you would not normally approach for a pledge for meters rowed. A minimum \$10 donation is required to enter the raffle and your sponsors must complete the lower portion of the Raffle Ticket Flyer and submit it with their donation. For those parents who sponsor their rowers please be sure to complete a Raffle Ticket, if you already own an ERG, your older ERG or the new one would make a great donation to the team! If you do not already have an ERG your rower will greatly benefit from having one at home.

Again, please be sure that your sponsors write the name of the rower they are sponsoring on their checks and mail all checks to: Sarasota Crew, ATTN: ERGATHON, 343 Palmetto Ave., Osprey, FL 34229.

If you have any Ergathon ideas or questions please email Maureen Borden at dm1borden@verizon.net or Kris Baker at kbsandpipers@comcast.net.

****** IMPORTANT ******

Please do not send checks or paperwork with your rower to practice. The Sarasota Crew office is not currently on site and when rowers bring important documents or money to practice the coaching staff or other parent helpers then become responsible for mailing or driving these items to the temporary office downtown. If you need to submit check payments and/or paperwork please mail them to Sarasota Crew, ATTN: Laura Reilly, 343 Palmetto Avenue, Osprey, FL 34229.

Rower Health Guidelines: Stephanie Dluzneski

Common sense guidelines from the National Athletic Trainers Association (NATA)

NATA has recommended some of these guidelines to prevent the spread of communicable diseases in secondary sports, other guidelines have been recommended by other rowing clubs.

- Immediately shower after each practice or competition
- Clean and disinfect gym bats and/or travel bags at the same time the athletes clothing is washed, which should be after every use
- Clean and disinfect all surfaces that can be contacted by rowers during daily practice including ergs, weights, sculls, etc.
- Do not share any personal hygiene item such as lip gloss, razors, etc. that come in contact with the skin
- Do not share water bottles, soda, personal items, or drinking cups that have been previously used
- All skin lesions should be covered prior to practice with an impervious shield (plastic wrap) to prevent risk of infection to the wound and transmission of lesion to other participants
- Any suspicious skin lesion should be reported to Coach Staff immediately and treated properly
- All loading areas, docks, etc. should be inspected for sharp objects that can cause cuts and bruises. This should include a sweep in the water to detect any sharp objects that can be removed or tagged
- Ensure availability of adequate soap, hot water, and disinfectant
- Establish routine cleaning schedules for all shared equipment
- Encourage athletes to report skin lesions to coaches and parents
- Encourage coaches to assess athletes for skin lesions

Some of the increase in guidelines are due to the recent emergence of MRSA that seems to be more widespread than previously believed. A recent article at www.momsteam.com talks about the risk factors put forth by the CDC the 5 C's:

- Crowding
- Frequent skin to skin contact
- Compromised skin
- Contaminated items and surfaces
- Lack of cleanliness

All of these are preventable with constant vigilance and daily hygiene.

Coaches, rowers, and parents must all work together so that we can have an enjoyable, healthy rowing season.

More information at www.momsteam.com

FALL REGATTA SCHEDULE: Subject to change

Head of Indian Creek, Miami, Fl Saturday and Sunday	October 11-12
Head of the Charles, Cambridge, Ma Selected Rowers	October 17-19
Head of the Hooch, Chattanooga, Tenn School Passport Req'd, Leave Thursday Evening	November 1, 2
Head of the Gibley, Orlando, Fl	November 15
Sunrise Sprints, Orlando, Fl	December 6

NOTE: Novice Only

SINGLES FOR SALE: Casey Galvanek

There are two singles for sale by the University of Miami. They are used and being offered for a price of 4700 USD each. Vespoli will finance the boats under the following conditions: \$2000 down with 2 years of monthly payments of 123.24 per month. This price is for each.

I was hoping to get 2 families per boat interested (one boys family and one girls family). So, each would have priority for the boat in their respective categories. Allowing the club to utilize the equipment and having the club take ownership responsibilities (insurance maintenance and repairs). Once the rower was no longer with the club the portion of ownership could be donated to the club and recognized as a charitable donation.

Both the families and the club would benefit from such efforts.

Let me know if there is interest. I would consider making some of the monthly payments as well to help the club get to the goal of owning 8 singles.

Let me know if there is any interest.



The Ultimate Rowing Experience

SARASOTA CREW OPEN HOUSE

Coach Tom Tiffany invites you to experience the ultimate sport of rowing:

**Saturday, November 8th
10:30 – 12 noon**

What do the words: “Vespoli,” “Erg,” and “Slide” have in common?

They are all the crew “vocab” words that your rower eats, sleeps, and breathes in his/her relationship within the crew family.

Please join your hosts, Amber Lyon and Poppy Scheibel, along with the coaches and other parents who share in *real time* exposure to the Sarasota Crew experience. Erg, go out in the boat, have the ultimate rowing experience!

For more information, please feel free to contact your hosts:

Amber Lyon: 941.724. 6100 or amber@silverline1.com or

Poppy Scheibel: 941. 586. 2911 or popart@comcast.net

Check out these Crew sites:

- www.Sarasotacrew.com
- <http://www.concept2.com/us/default.asp>
- <http://www.floridarowing.org/>
- <http://www.row2k.com/>
- <http://www.usrowing.org/>

**Sarasota Crew
343 Palmetto Ave
Osprey Fl 34229
941-966-9791**

SarasotaCrew.com

Our Mission:

- To provide a positive, developmental, competitive rowing experience for youth in Sarasota County
- To utilize rowing to promote strong character, high integrity, positive self esteem, contribution to community, and a healthful life style