

Girls 2018 Fall crew info

Hello parents and rowers,

I hope everyone had a good summer. I know I had a great one! We are starting up the fall program just after the school year begins and I wanted to send the information along about this year's practices.

First, just a reminder that the fall program is NOT affiliated with the school district. Please send all correspondence through me at EHTcrewcoach@comcast.net. Please DO NOT call school with questions. They'll be unable to help you.

The fall program will be held at Viking Rowing Club in Ventnor. As stated above, the program is NOT affiliated with the Egg Harbor Township Crew District or the EHT Crew Boosters as the school only recognizes crew as a "spring sport." As a result, the athletes need to become club members at Viking, provide their own transportation to practices and pay their own entry fees for any races, should we participate in those. The following is an approximate financial breakdown of our season:

Membership at Viking Rowing Club: \$100 (checks made payable to Viking Rowing Club)

Gas for outboard motors: \$20 (checks made out to Dan Welsh)

Entry fees for races: (TBD if we decide to go to any)

***No school physicals or other district paperwork is needed for the fall. However use this note as a friendly reminder to schedule your daughter's physical before the winter training paperwork is due in November.*

With this being our "offseason," the coaches time availability is extremely limited. Due to this, we need to keep the group small and we ask that only those athletes who are serious about becoming better rowers and improving their physical conditioning participate. I'm sorry but we will be unable to accommodate for individual schedules. At some point, I will cut off registration once we hit a certain number. So if you're interested please email me ASAP.

The fall program will see us on the water AND doing workouts off the water. We will add both lifting and running to our program before we hit the water each day. Our goal is to make the athletes better rowers so that they will be competitive in the spring. We may split our schedule between water workouts and weightroom/land workouts. I will have more info on that at our first meeting with the girls in September.

Our tentative practice schedule is **Monday, Wednesday and Thursday** after school until the end of October. Keep in mind that if you miss a practice, your crew will not row so please plan on being there each day. Schedule doctor's appointments, work and college visits on our non-rowing days, please. It really does create a big problem when people miss practice.

Our first meeting will be at the boathouse on Monday, Sept. 10 (time TBA due to school holiday). We will begin taking checks at that point and the girls can expect to rig boats and move boats as needed. We will also discuss our schedule a bit further and our goals for the fall more in depth. We hope to have our first on-water practice on Wednesday, Sept 12.

Thank you and have a great last full week of summer break!

Coach Welsh