



2019 Fall Season Overview & Schedule

Runs from Saturday, August 24th thru Sunday, Nov. 10th

Revised: August 20th

Parents & Rowers,

Fall Racing Season is almost upon us! For all returning members, we greatly appreciate your support this last Spring. The FOCUS for 2019 Fall Season is athlete Recruitment, Excellent Practice Attendance and Participation in Fall Regattas. FACT: Practice Attendance, Fall Regatta experience and commitment to minimal Q4/Q1 Studio Dryland sessions is key for success at the Spring MidWest Club Championships.

Fall Kick-Off Meeting: Saturday, September 14th at 9:30 a.m. at Northshore Fitness Studio, 905 Ridge Road in Wilmette, IL 60091. Rowers & Parents may attend this one hour session.

Meeting Agenda

- I. Practice & Regatta Schedule: Supporting the Coaches & Regatta Sign-ups
- II. Ongoing Communication: Staying Connected Via TeamSnap & Rower Responsibilities
- III. Costs Overview: What comprises rower Fleet Dues, Practice Fees & Event Costs
- IV. Club Regatta/Event Support: How to join the ARC Volunteer Organization (ARCVO)

Fleet Dues, Practice Fees & TeamWear:

- Fall Membership Fleet Dues of \$175
- \$550 Initial Deposit (covers practices thru October 12th) Due on or before Sat. Sept 7th **Note: This fee also applies to the Trial Period option for NEW Novice rowers ONLY**
- \$200 Final Practice fees due on or before October 1st for JV/Varsity & continuing Novices **Note: New Novices opting out will not be obligated to make this second payment**
- **TeamWear:** UniTank, Race Hat \$90: billed upon order placement with vendor(s). Other clothing items for Fall & Spring are recommended but NOT required

Regatta/Event Costs:

- Payable on a participatory basis per rower per event
- Event costs are variable: Entry Fees, Geographic location (Boat Trailing Fees, Fuel & Tolls), Overnight hotels (as required) plus miscellaneous costs for the Food Tent are calculated and billed on an event by event basis
- Each of the six different boat configurations ARC may race have different fees which also vary by Regatta. ARC Rowers row as many as 3 times in different boats at one event, based on experience: with few exceptions, ALL rowers who practice are allowed to race
- While we strongly encourage 100% Regatta participation, we have found that not all rowers are able to race at every race



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FACT: The annual fleet budget weighs in at around \$30,000: 22 boats, 50+ Oars, a 36' boat trailer, a truck to pull the trailer, 3 shuttle vans plus 4 launches, 4 motors and all support equipment to row on the water. Rowing is equipment intensive and inherently expensive. Dues are meant to offset this expense.

Recruit and EARN Credit: **Recruiting others helps ARC keep costs manageable for everyone! ARC credits your account \$75 for a Competitive Rostered rower (Maximum of \$225 per season)!! Recruiters & Recruits must stay on the Roster for the duration of the season.**

Payment Options: **Credit Card** or ACH Bank Account information must be on file. All invoices are generated with an itemized receipt sent via EMail. **Please do not delay making your initial payment.** Thanks in advance for your prompt payment and cooperation. There are NO REFUNDS, No Exceptions.

PRACTICE SCHEDULE: Rower practice attendance is the lynch-pin for a successful rowing season! Poor attendance hurts team morale and can create safety issues when racing. Racing is done on the water: **The rowing machine is NOT a substitute for understanding and improving blade-work, however, Dryland practices are important and required once a week for Novice rowers, TWICE for JV/Varsity.**

Weekly Practice Schedule

This SCHEDULE IS SUBJECT TO CHANGE to accommodate rescheduled practices due to POOR weather.

Monday	Studio DRYLAND Northshore Fitness 905 Ridge Road Wilmette, IL 60091	5-6:30pm	Attendance is CRITICAL for Performance, Team morale & Safety! <i>MISSING Practice:</i> Any rower that FAILS to notify the Director BEFORE practice via a text message to 847.347.3278 constitutes an UNEXCUSED absence 2nd UNEXCUSED absence is grounds for suspension, 3rd may result in dismissal
Tuesday & Thursday	DRC Rowing 3220 Oakton Street Skokie, IL 60076	*Shuttles depart 4:40pm, return 6:45pm *Meet at the DRC 4:50pm *DRC Pickup 6:20pm	
Saturday		*Shuttles depart 6:50am, return 9:45am *Meet at the DRC 7am *DRC Pickup 9:20am	



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REGATTAs & Events

We will finalize practice line-ups when 1) Rowers have COMMITTED to their Regattas and 2) the Regatta organizers finalize their events. Dates change, Regattas get cancelled or moved and things happen!

Milwaukee River Challenge Saturday 9/21	Milwaukee, WI *Sweep 8's & 4's ONLY	Single Day Event, usually ends by 3pm	Primarily intended for JV/Varsity. NOVICE Boats MUST have a JV/Varsity Coxswain
Tough Cup Saturday 9/28	Chicago: Near South Side	Single day event, usually ends by 3pm	Local Event, good venue to watch the races
Tail of the Fox Sunday 10/6	DePere, WI (Green Bay)	Overnight Stay required unless you want to drive up at 4am	Pastoral setting at St. Norberts College
Row the Miss Saturday 10/12	Moline, IL	Overnight Stay required unless you want to drive up at 4am	Note: This year we will emphasize these two regattas as a DOUBLE HEADER, traveling directly to Rockford to spend Saturday night.
Head of the Rock Sunday 10/13	Rockford, IL	Single day event, but some rowers travel Saturday to set-up and then stay the night	
DRC Sweep & Scull Sunday 10/20	Skokie, IL		
HOOCH 11/2-3 Friday-Sunday	Chattanooga, TN	Thursday, Friday & Saturday Hotel Stay required	GREAT Trip, 2nd largest Regatta in the U.S.A. Usually NICE weather

We prefer 100% attendance for events for all rowers, particularly JV/Varsity: Predetermining **any** exceptions for your Rower's full participation at Regattas must be specified to the best of your ability on OR BEFORE Tuesday, September 17th via email to allrowmanager@gmail.com. We want the rowers prepared, get solid results, be proud of their skills and expand their experience. **Regatta Fact Sheets** are scheduled to come out 10 or more days in advance of each Regatta. **Parent chaperones & drivers are needed and we encourage you to volunteer and be an active ARCVO Member!**