

August 2018

Dear Parents & Rowers,

Fall Racing Season is almost upon us. We appreciate your support last spring and this summer. Thanks!

To learn more about how you can make this our best Fall season yet, it is **critical** that ALL parents attend the Parents Meeting on Saturday, September 8th at 10:00 a.m. This meeting will be held at the Wilmette Community Recreation Center, 3000 Glenview Rd. and will not exceed 90 minutes. We will review the Fall regatta options and parent volunteer opportunities. Supporting our rowers for daylong competitions is a big undertaking! Volunteer sign up sheets will be available.

### **Meeting Agenda**

- I. Practice Schedule & Regatta Schedule
- II. Staying Connected Via TeamSnap
- III. Costs Overview
- IV. Club Code of Conduct
- V. ARCVO - Volunteer assignments cuz it Takes a Village!

### **Costs for Fall Season**

Duration: Saturday, Aug. 25 - Nov. 12

Uniforms: UniTank & Hat \$75 (estimated)

**Fees:** Fall Membership Fleet Dues of \$125 + \$550 Coaching Fees\* deposit (Practices thru Sept. 30th) are due Friday, August 31st. This includes the trial Rowing Program & Practice only option for NEW rowers.

**\*Coaching Fees** (Practices) are \$800 total for Fall: \$550 deposit + remainder of \$250 due Oct. 1st. If we rent Sweep Tanks, we will announce those sessions in advance. Regatta Fees are Pay-to-Play: A Regatta Fee Deposit of 50% to facilitate Entry Fee deadlines & minimize retroactive collections may be charged.

We require **Credit Card** or ACH Bank Account information on file. All invoices are generated with a detailed receipt sent via eMail. Invoices will NOT be generated for the initial Dues/Fees: detailed receipts will be generated at payment time as usual. **Please do not delay making your initial payment. Contact Brian Easter if you must make other payment arrangements.** Thanks in advance for your prompt payment and cooperation. Rowing is GRUESOMELY expensive and we do our utmost to manage costs.

**Roster size determines COSTs: Recruiting others helps ARC keep costs manageable for everyone!**

### **PRACTICE SCHEDULE**

Rower practice attendance and parent volunteering at Regattas is the lynch-pin for a successful Fall rowing campaign! **We ask rowers to attend at least 3 water practices weekly and attend a majority of the Fall Regattas.** In the Fall, new rowers learn the ropes and dial-in their technical skills. Racing is done on the water. **The rowing machine is NOT a substitute for understanding and improving blade-work.**

## PRACTICE Schedule



# Full Package DRC Rowing & Studio Dryland Schedule



Fall Season **officially begins with Practice Saturday August 25th**

Notice: This SCHEDULE IS SUBJECT TO CHANGE for load-leveling purposes

Where → Group ↴	DRYLAND Northshore Fitness Studio Strength & Conditioning + PowerRowing	ROWING Dammrich Rowing Center	Notes
<b>JV VARSITY</b>	Wednesday: 5:30a Until October  Self-Directed use of the Studio, with Coaches input, is highly recommended.	Tuesday: 5:20a and/or 4:50p Wednesday: 5:20a starting October Thursday: 5:20a and/or 4:50p Saturday: 7:20Aa	<b>COMMITMENT:</b> Rower attendance is CRITICAL for Performance & Team morale. Safety also plays a part in this for NOVICE rowers.  Any competitive rower missing practices or lacking specific Regatta commitments for the month of September will limit their development and availability to be included in race line-ups.
<b>NOVICE</b>	Monday: 4:50p - 6:20p	Tuesday: 4:50p  Thursday: 4:50p  Saturday: 7:20a	Any rower that FAILS to notify the Director proactively via a private text message is in direct violation of the Rowers Code of Conduct.
<b>DEV</b>	Monday & Wednesday: Drop-In 3:15p - 5:15p  Saturday: Drop-In 11a - 2p	Tuesday: 4:50p  Thursday: 4:50p  Saturday: 1p & 2:30p Sunday: 9a, 11a & 2:30p	<b>Practice does MAKE PERFECT in Crew: ARC performance depends on EVERYONE attending ALL practices.</b>

**REGATTA Options**

This is a list of Options, NOT THE FINAL LIST. We typically do 7-9 Regattas in the Fall Season culminating with the HOOCH in November followed by the Annual Fall Banquet on the first Sunday after the HOOCH. We will finalize the target Regattas after 1) our roster has been determined, 2) rowers have specified their Regattas and 3) the Regatta organizers finalize their events. **BOLDED Dates indicate Regattas we have historically attended in the past:** Dates change, Regattas get cancelled and things happen!

We will be reviewing the regattas that we plan on attending and what we need for each regatta. All of the volunteer opportunities will be covered and you will be able to sign up for assignments that work for you. We certainly don't expect one or two people to work all of the regattas; but your rowers need your support at all the regattas! Fact: Many Hands Make Light Work! These regattas listed are PROBABLE regattas. We may choose to alter the schedule depending on factors such as Roster size, course difficulty & actual practice results. Poor attendance and/or poor practice weather will dictate these decisions.

For example, Novice rowers must make minimal practices to ensure safe and effective rowing for themselves and their boatmates. Also, Milwaukee River Challenge is NOT appropriate for many Novice rowers. **FYI: ALL Regattas are in Illinois unless otherwise specified.**

Determining your Rower's participation for Regattas must be specified to the best of your ability on OR BEFORE the 8th of September via email to [allrowmanager@gmail.com](mailto:allrowmanager@gmail.com) Without this critical information and good practice attendance it is nearly impossible to coach and practice line-ups. We want the rowers prepared to get solid results they will be proud of and build upon for the remaining Fall campaign.

**September**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
<b>3</b>	4	5	6	7	8	9 Chicago River Marathon
<b>10</b>	11	12	13	14	<b>15</b> Milwaukee River Challenge	<b>16</b>
<b>17</b>	18	19	20	21	22 Annual Frogtown Regatta Toledo OH <b>Overnight</b>	23
<b>24</b>	25	26	27	28	<b>29</b>	30

## October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	2	3	4	5	<b>6</b> Rowtober-fest Clark Park, Chicago	<b>7</b> Tail of the Fox De Pere WI <b><u>Overnight</u></b>
<b>8</b>	9	10	11	12	<b>13</b> Row the Mississippi - Moline <b><u>Optional Overnight</u></b>	<b>14</b> Head of the Rock Rockford, IL <b><u>Optional Overnight</u></b>
<b>15</b>	16	17	18	19	20 Head of the Charles Boston, Ma	21
<b>22</b>	23	24	25	26	27	28 Speakmon Memorial Regatta Columbus, Oh
<b>29</b>	30	31				

## November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	<b>2</b> Hooch Chattanooga Tn	<b>3</b> Hooch <b>Travel Weekend</b>	<b>4</b> Hooch

Travel Protocol & procedures will be covered in our first overnight Regatta Fact Sheet. Fact Sheets are scheduled to come out 10 or more days in advance of each Regatta.