

Moorestown Crew

A rowing club for students of Moorestown High School

Agenda

- Who we are
- Mission
- Expectations – Rowers, Board, coaches, parents
- Practice schedule
- Spring Break
- Boat Assignments
- Bus Transportation
- Financial aspects of the club
- Fund Raising
- Regatta Day Info
- Food Assignments
- Flicks and Medal Season
- Banquet
- Volunteer Opportunities
- Dues
- Clothing



Moorestown Crew

A rowing club for students of Moorestown High School

Who we are

Moorestown Crew is a club level rowing team for Moorestown High School students.

- Give Every Child A Chance To Participate - We try to give everyone who has earned it a spot in a boat every week
- Create A Great Experience For Our Children
- Win Races



Moorestown Crew

A rowing club for students of Moorestown High School

Moorestown Crew Coaching Staff 2014 Program Director – Rich Henderson

Varsity Boys

John Lloyd

Nicole Corl

Coxswains

Caitlin Rahter

Varsity Girls

Rich Henderson

James Keough

Novice Boys

Eric Strubel

Matt Horn

All Squad Asst

Brian Jordan

Novice Girls

Cynthia Burt



Moorestown Crew

A rowing club for students of Moorestown High School

Mission

1. Teach students the sport of rowing
2. Create and sustain a safe and rewarding program that properly focuses on the development and inclusion of all participants while offering competitive opportunities.
3. Help foster the lifelong values of perseverance, teamwork, personal physical growth, and individual leadership skills.
4. As part of program sustainment and advocacy, engage in a variety of community outreach initiatives to educate and recruit potential new club members.



Moorestown Crew

A rowing club for students of Moorestown High School

Expectations

Rowers:

1. Attend practice
2. Be present at practice
3. Be a good teammate
4. Respect everyone

Coaches:

1. Teach
2. Be good role models
3. Communicate effectively and often
4. Be fair
5. Spend time with everyone
6. Respect everyone

Board:

1. Manage for the benefit of all
2. Be good stewards of our resources
3. Manage relationships – MHS, PSRA, Boat House, etc.
4. Respect everyone

Parents:

1. Support the club
2. Volunteer
3. Respect everyone



Moorestown Crew

A rowing club for students of Moorestown High School

What you can expect from us

1. Conditioning



Moorestown Crew

A rowing club for students of Moorestown High School

What you can expect from us

1. Conditioning
2. Competition



Moorestown Crew

A rowing club for students of Moorestown High School

What you can expect from us

1. Conditioning
2. Competition
3. Community



Moorestown Crew

A rowing club for students of Moorestown High School

What you can expect from us

1. Conditioning
2. Competition
3. Community
4. Confidence



Moorestown Crew

A rowing club for students of Moorestown High School

Practice Schedule

1. Crew is the ultimate team sport. Missed practices have an impact on the entire squad.
2. We have tried to schedule time off and schedule around certain events, like SAT dates.
3. The calendar has been planned from today through the end of the season.



Moorestown Crew

A rowing club for students of Moorestown High School

Spring Break

1. Attendance at practice during Spring Break is mandatory.
2. MHS Spring Break is Thursday, April 18th through Sunday, April 27th.
3. MRC Spring Break practice begins Monday, April 21st through Friday, April 25th. Garden State Championship and the Cooper Cup are April 26th-27th. We will have 3-hr practices on 4/21- 4/25.
4. Anyone who misses any practice from 4/21 – 4/25 will be removed from the boat assignment, be ineligible to race in the Garden State Championships and the Cooper Cup, and have to seat race to try to regain a seat in their prior boat.
 - Miss 1 Practice - Sit out a medal race
 - Miss 2 Practices – Removed from the Team



Moorestown Crew

A rowing club for students of Moorestown High School

Boat Assignments

1. Boat assignments are determined by coaches.
2. Assignments are based on a variety of factors – erg scores, attitude, practice attendance, seat racing, intangibles, etc.
3. Boat assignments are fluid. They may change from one race to another, or they may not.



Moorestown Crew

A rowing club for students of Moorestown High School

<http://www.moorestowncrew.org>

Coach Email Addresses

Board Member Email Addresses

2014 Season Schedule

Board Meeting Schedule

Club Financials

Team & Food Assignments

Meeting Agendas and Minutes



Moorestown Crew

A rowing club for students of Moorestown High School

Bus Transport to The River



- Hillman Bus Company
- Cost is to be determined

We spread the fixed cost across all riders. This is a pass through cost – MRC does not make any money from the bus.

- Pick Up / Drop Off at Moorestown High School
- Pay In Advance, No Refunds, No Part-Time Use
- Final Decision by Mid-February



Moorestown Crew

A rowing club for students of Moorestown High School

Fundraising

Action Plan:

- Sign up on the Volunteer sheets circulating now
- Corporate Sponsor Plea for Support Mailed
- Bowling at Pinsetters – Sunday afternoon, **1-26-2014**
- MRC Day at Moorestown Running Company - 20% of the sales back to the club - SHOP!- **3-15-2014**
- Wine Tasting – Groody Home – Saturday night, **3-1-2014**
- MRC Night at Chipotle (Moorestown Mall) - Coupons on Website – **2-19-2014**
- MRC Magnet & Hat Sales - Magnets \$5 - Hats \$10 **Ongoing - Avail Now**
- MRC Sponsorship Campaign – **Ongoing**



Moorestown Crew

A rowing club for students of Moorestown High School

Regatta Day 2014

- Dan LaLumia – Team Coordinator
- Michele Groody – Food Trailer
- **TBD** – Food Assignments



Moorestown Crew

A rowing club for students of Moorestown High School

Regatta Day

- Description of regatta activities on website (www.moorestowncrew.org)
- Minimum of 1 parent per rower participates on a parent team – Approx 8 teams
- Approx 2-3 regatta assignments for the season
- Each team assignment is for ½ day (am or pm)
- Team Leaders schedule team for time slots
- Team members scheduled in 2-3 hr blocks



Moorestown Crew

A rowing club for students of Moorestown High School

Regatta Day

- Food assignments posted on club website
 - This food *supplements* club-provided food
- Team Coordinator will assign regattas to parent teams before the season begins
- Team members are responsible for their time slot – **Save The Dates!!**
 - Substitutions are your responsibility!!



Moorestown Crew

A rowing club for students of Moorestown High School

Regatta Day

- Typical team duties:
 - Set-up, drink mixing, preparing work areas
 - Cooking/Grilling/Heating prepared food
 - “Hosting”
 - Coach meal preparation and delivery
 - Cleaning/Trash removal
 - Breakdown/packing of trailer



Moorestown Crew

A rowing club for students of Moorestown High School

Regatta Day Keys to Success

- Communicate with your Team Leaders!
 - Check Email and website for latest info
- Dress for the part
- Bring what makes you *happy*: newspaper, iPad, camp chair, camera, binocs, mud boots, triple-ply toilet paper, etc.
- Have Fun!



Moorestown Crew

A rowing club for students of Moorestown High School

MRC Parent Team Leaders and Teams
To Be Determined

Set-Up Team
To Be Determined
Led by Eric Williams
5 parents



Moorestown Crew

A rowing club for students of Moorestown High School

Flicks and Medal Season

February 2 – Haddon Hammer Erg Competition

March 16 – Flick 1

March 23 – Flick 2

March 30 – Flick 3

April 5th or 6th – Lake Lenape Sprints or Flick 4

April 13th – Flick 5

April 26th – Garden State Championship

April 27th Cooper Cup

May 4th – Philadelphia City Championship

May 16th-17th – Stotesbury

May 23rd-24th – SRAA



Moorestown Crew

A rowing club for students of Moorestown High School

End of Year Banquet

- May 28th - Lenola Firehouse – Save The Date!
- Rowers Are Free
- \$15.00 Per Person – Parents / Siblings



Moorestown Crew

A rowing club for students of Moorestown High School

Parent Volunteers Needed!

- Equipment Trailering – Tow Boat & Food Trailer to Regatta Day & Back – Parking Passes!
- Equipment Custodians
- Fundraising – Conceiving/Planning Events
- End-of-Season Banquet
- Publicity



Moorestown Crew

A rowing club for students of Moorestown High School

Dues

- Second Payment of 2014 Spring Dues is due by March 15, 2014.
- Rowers with unpaid dues cannot practice or race after March 15th.



Moorestown Crew

A rowing club for students of Moorestown High School



Clothing

- New unisuits and racing shirts this year!
- These are mandatory and must be ordered at www.regattasport.com NLT midnight on Jan 26th
- Questions? Contact Peter or Julie Bowman at bowmans34@gmail.com or (609) 841-2869



Moorestown Crew

A rowing club for students of Moorestown High School

Questions???

