

Camp Randall Rowing Club – Sept 3rd 2015

Parent Meeting – Agenda

(Please keep this packet for future reference – Fall 2015 itineraries are included)

Welcome! Karen Tardrew & Melissa Waldvogel - JPC Co Chairs

Introductions of Captains and Coaching Staff -Leslie Dressler

Camp Randall Rowing Club Mission- Leslie and coaches

Board, Club Structure & Fees- Steve Schaefer, CRRC President

Parental Involvement Requirements (new and improved 2015)-Karen & Melissa

Intro to JPC Chairs- Karen & Melissa

Committee needs, fundraising, social events, Ergathon & Monona Invite

Ergathon: March 2, 2016 – Barb Beckett

Mark Calendars: Spring Training Trip: Mar 18-Mar 26, 2016, Monona Invite (April TBD)

Club information- The Coaches

Code of Conduct, Safety, Wound Care, Boathouse Pickups, Practices & What to Wear

Fall Season/Racing Schedule:

- Milwaukee River Challenge (varsity only) Sept 19
- Tough Cup/Rumble on the River, Chicago, IL. Sept 26
- Tail of the Fox, De Pere, WI. Oct 4 (Cancelled – CRRC will not attend)
- Head of the Rock, Rockford, IL. Oct 11
- Head of the Charles (qualifying varsity boat (s) only) Oct 17-18
- Blake Haxton Fall Invitational, Columbus, Ohio Oct 23-24

Communication- We have many ways to keep informed! Sign up for all!!

NOVICE Families: Q and A

Fall Coaching Staff:

- BOATHOUSE MANAGER: Mitchell King
- GIRLS VARSITY: Leslie Dressler (Head Administrative Coach 2015-2016)
- GIRLS ASSISTANT: Amanda Kaibler-Short
- GIRLS NOVICE: Shayla Dvorak
- BOYS VARSITY: Mohan Mondali
- BOYS ASSISTANT: Mitchell King
- BOYS NOVICE: Christophe Delaunay
- MIDDLE SCHOOL EXPERIENCED: Kristen Cole, Anna Schenk
- WE CAN ROW: Melinda Miles, Katie Muench

Mission Statement:

Camp Randall Rowing, Inc., (Camp Randall) is a 501(c)(3) nonprofit corporation that has grown from an informally organized rowing club formed in 1995 into a community-wide volunteer organization offering junior competitive, senior, development camp and learn to row programs.

Camp Randall's primary purpose is to foster national and international rowing by supporting and developing amateur athletes for national and international competition in the sport of rowing. The overall purpose of all the programs is to encourage, develop, instruct and train young men and women in the sport of competitive rowing; to encourage and develop community-wide amateur competition in the sport of rowing; to solicit scholarships to support Junior and Middle School rowers and WeCanRow participants who otherwise would never have an opportunity to participate in the sport, and finally to promote lifelong healthy activities through an understanding and appreciation of the sport of rowing.

Fall/Winter Practice Schedule

8/17-10/22

M-F 4:30-6:30, Saturday 7:00-9:00

*No practice (after regatta): 10/5, 10/12

10/26-10/30

M-F 4:30-6:30

11/2-11/24 (after Daylight Savings)

MWF 4:30-6:00

*Thanksgiving break: 11/25-11/27

11/30-12/18

M-F 4:30-6:00

*Winter break: 12/21-1/1

Winter workouts begin: 1/4 M-F 4:30-6:00

The Junior Parent Committee supports the coaching staff and the rowers.

- Collect registrations, emergency info, keep records
- Manage fundraisers for club
- Manage meetings, help with regattas, clothing, recruitment.

Chairs: Karen Tardrew (Ktardrew@gmail.com) & Melissa Waldvogel (Melissa.waldvogel@yahoo.com)

Registrars: Kelsey Stetzenbach (kelseya@me.com) & Caroline Pope (tarheelinbadgerland@gmail.com)

Scholarship Committee (Event Coordinator & Bucky's Locker Room) : Rene Heiden

(reneheiden@gmail.com); Tim Virnoche (tim@badgerpopcorn.com); Barbie Pietz and Tim Asplund (tandb@chorus.net)

Regatta Food: Katrine Rajska (katrajski@gmail.com), Scott Rajska (srrajska@gmail.com)

Regatta Camp / Equipment Crew: Pete Fass (brickit53705@sbcglobal.net) & Jeff Beckett (jefff.beckett@gmail.com)

Travel: Julie Campbell (julie.campbell@live.com) & Cynthia Anderson (ckwautletanderson@gmail.com)

Clothing: Charlotte Fass (brickit53705@sbcglobal.net) & Angela Neidigh (aneidigh@gmail.com)

Website: Jenna Hansen (jennahansen182@gmail.com)

OARacle & Communication: Sir (sir.williams06@gmail.com) & Mary Clare Kull (mcskward@gmail.com)

Outreach & Recruitment: Marie Stengel (mstangel@wisc.edu)

Social: Sarah Pfau (sarahpfau@me.com) & Barbara Beckett (barbara.beckett@philips.com)

Ergathon: Barbara Beckett (barbara.beckett@philips.com) & Mark L Lilleleht (mlilleleht@wisc.edu)

Summer Programming: Kris Marlow (kmarlow@wisc.edu); Barbie Pietz and Tim Asplund (tandb@chorus.net); Jane Raichle (jraichle@new.rr.com)

Groundskeepers: Open Position

Grant writing: Melinda Carr (a.borealis1771@hotmail.com) & Laurie S. Z. Greenberg (laurieszg@gmail.com)

First Aid: Sara Christiansen

Monona Invite: Melissa Waldvogel, Susan Gaard and Jenna Hansen

CRRC Family Volunteer Requirement- Three Requirements

1) Regatta Food / Bin Transportation – The club will provide most of the food rowers need while they are at regattas and on spring break. For 2015-16, Kat and Scott Rajski chair this committee. Signups are posted for each regatta through Sign Up Genius. Families are expected to donate food (fruit, baked goods) to supplement the food the club provides. Assistance is also needed to transport bins and coolers from either the regatta or Cops (where the bus picks up/drops off for regattas) to the Rajski's home which is located within 2 miles of Cops in the Westmoreland neighborhood. There are approx. 10-12 coolers and bins needed for each regatta. *You do not have the option to opt out of this requirement.*

2) Monona Invite – The club hosts a regatta each spring. Usually 3-4 teams attend. *Assistance will be needed from each family.* There are tasks that need to be done prior to the regatta and the day of the regatta. These efforts are being led for 2016 by Melissa Waldvogel, Jenna Hansen and Sue Gaard. More information will follow in 2016.

3) Scholarship Fundraising Events

Despite our recent growth, we are still a small volunteer-run rowing club. We ask families to work a minimum of 1 scholarship fundraising event (with your rower). That being said, while some events are geared towards parents, we expect every rower to volunteer at least once. ***You may opt out of participation by making a \$200 contribution to the CRRC Scholarship Fund. This payment is due by October 15th, 2015. Mail payment to CRRC, PO BOX 258160, Madison WI 53725-8160.***

Madison marathons – (Memorial Day weekend and first weekend in November /Nov 8, 2015) – 46 volunteers each, ages 10 and up—shifts range roughly from 1 hour (50%), 2.5 hours (30%) and 4 hours (20%). Most intersections need at least two people; some intersections need parents. Great family event!

Fitchburg Firehouse - (first half of October; date TBD) 12 volunteers– 4 adults and 8 rowers–4 hour shifts

Bucky's Locker Room: 4 volunteers per Badger Home game. Game Times vary. Shift is approximately 8 hours per volunteer. Volunteers must be a minimum of 16+ years. Volunteers will work alongside BLR staff. Watching on-line Training Videos required to work.

2015 Dates For Bucky's Locker Room/ UW Home Game Schedule:

9/12, 9/19 (need novice parents for this date), 9/26, 10/3, 10/17, 10/31, 11/21

Please consider additional opportunities, if you are able.

Parent only bonus event:

Shake the Lake – Coincides with firework event on Lake Monona; staff the beer tent at the Monona Terrace (Weekend prior to the Fourth of July—reflecting this year’s structure, unknown how it may go in years to come) —18 to 20 volunteers – 6 hour shifts per volunteer

Boathouse Chaperones & Pick Up Chaperones – Parents are needed as Boathouse Chaperones to supervise the boathouse when kids when the teams are on the water. This helps insure that kids who either arrive late, leave early, or are doing land training are safe and supervised. (The boathouse chaperone is not needed during winter training.) Parents are also needed to wait at the end of each practice to insure all kids are picked up. Coaches have had a full day in by the time practice ends. This responsibility will fall on families who have rowers who can not drive and who do not ride their bikes. If you are a parent who waits at the boathouse for your child, please consider signing up to wait a few extra minutes at the end of practice. This program is really geared towards the kids who wait for parent rides at the end of practice.

Chaperones - Occasionally, we will need additional chaperones for away regattas.

All signups will be listed on Sign Up Genius. Emails are sent through Sign Up Genius and through the Oracle. Please reach out to Melissa Waldvogel (Melissa.waldvogel@yahoo.com) if you do not receive the emails from Sign Up Genius.

<http://www.signupgenius.com/findasignup>

Use email address: CampRandallRowingClub@gmail.com

AMAZON SMILES:

https://smile.amazon.com/gp/charity/pd.html/ref=smi_se_saas_pd_pd

AmazonSmile Program Details

AmazonSmile is a website operated by Amazon that lets you enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when you shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the purchase price to the eligible charitable organization of your choice.

About Product Availability, Pricing and Services

AmazonSmile has the same wide selection of products, low prices, and convenient shopping features as Amazon.com, including Amazon Prime member benefits.

Purchases Eligible for Donations

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked “Eligible for AmazonSmile donation” on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Managing your AmazonSmile Account

You can manage your purchases and other account information on Amazon.com and AmazonSmile using a single account. You can use your existing Amazon.com account on AmazonSmile if you have one, or create a new account if you don't.

About Choosing a Charitable Organization to Support

On your first visit to AmazonSmile, you will be prompted to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation.

STAY connected!!!!

Communication - We have many ways to keep informed!

Website: www.camprandallrc.org

Email: camprandallrowingclub@gmail.com

Facebook: Camp Randall Rowing Club Parent's Page – post photos, ask questions!

OARacle Newsletter: All the news you need about what's going on at CRRC is sent via the OARacle. Please sign up on our webpage. You will find it in the right side-bar under “Subscribe to OARacle”.

Sign-up Genius: You should be receiving emails about signing-up for volunteer spots! If not, go to: www.signupgenius.com and search for a sign-up under our email address.

Twitter: Follow Camp Randall on Twitter To sign up, simply text Follow rowCRRC to the # 40404. There's no extra charge beyond what your regular texting costs. You can also follow our twitter account online at www.twitter.com/rowCRRC.

Other: Youtube and Instagram

15th Annual Milwaukee River Challenge

Downtown Milwaukee, WI

Saturday, September 19, 2015

Dozens of collegiate and club teams test their stamina and precision on the Milwaukee and Menomonee Rivers. The single-leg 3 mile Challenge will begin at 25th & Canal streets on the Menomonee River, proceed east to the junction with the Milwaukee River, and turn north to Schlitz Park just below Pleasant Street.

This is a fun race for spectators! You can walk along the riverwalk or stand on one of many bridges and watch rowers go by below you! Particularly good vantage points are noted on the maps found on the regatta website (click on the smiley faces). For details see <http://www.milwaukeechallenge.com/>

Parking can be found near the finish line, right off Pleasant Street, near Schlitz Park (avoid the trailer parking area). To find it, you can use the maps on the regatta website, or download your own using 215 East Pleasant Street, Milwaukee, WI 53212 as the address. Our CRRC tent will be somewhere in the vicinity of the finish line.

What to pack: Uniform (all competitors must wear their club colors on the water), hat, water bottle, sun screen, clothes for cooler weather, rain-gear, homework, money for race t-shirt. Each rower to bring breakfast and snack in cooler

Before you go: NO ROWERS will be allowed to travel this weekend without first completing registration. **You must also sign the waiver specific to the Milwaukee River Challenge.**

Only Varsity rowers race this event because of the stage of the season and difficulty of the course. All CRRC families are welcome to attend.

There is no bus. Parents drive. **NO athletes may drive to this or any other regatta.**
FOOD details:

- Each rower to bring breakfast and snack in cooler
- Lunch provided by regatta organizers
- CRRC to provide bagels, granola bars, water and gatorade
- CRRC to provide coffee for parents

Friday, September 18

Short practice and load trailer

Saturday, September 19

Approx. 5:00 AM Truck and trailer depart for Milwaukee (Pete and Jeff)

5:30 AM All rowers depart Madison for Milwaukee.

Approx. 7:30 AM Arrive at CRRC at regatta site. Rig and set up.

8:00 AM Coaches and Coxswains meeting near launch site.

8:30 AM Launching begins. Boats warm up on the way and assemble in start order.

Midday - Lunch provided by Regatta organizers. (Rowers will be given a ticket to redeem.) CRRC will also provide snacks.

4:30 PM Approximate time of departure from Milwaukee to Madison. Contact info: Karen & Melissa

Tough Cup CHICAGO, IL SEPTEMBER 26, 2015

We're headed to the Tough Cup (Rumble on the River) on Chicago's South Side on Saturday, September 26, 2015. **Come rumble on the river for the south side's version of urban guerrilla rowing!** Established in 2012, the Tough Cup pits the best crews in the Chicagoland area against one another to claim the title of toughest crew team on the river! This rare boat-level view of the industrial part of the city is an eye opening experience for the rowers and a great opportunity to race in state. The question remains – are you tough enough? <http://www.toughcup.org/> Rowers will be transported via buses, **leaving bright and early** from the Copps parking lot, 3650 University Avenue (near the intersection of Midvale and University) **at 4:30 am!** Bring cameras, binoculars, CRRC spirit and chairs ☺

Regatta Parking & Info will be available on Regatta Central:
http://www.regattacentral.com/regatta/directions.jsp?job_id=4289&org_id=0

What to pack: Uniform (all competitors must wear their club colors on the water), hat, water bottle, sun screen, clothes for cooler weather, rain-gear, homework, money for race t-shirt. Bring a pillow for sleeping on the bus. ***Each rower to bring breakfast and double the snack in cooler for drive home.***

All registrations and USROWING waivers must be complete before getting on the bus!

Food Details:

- Each rower to bring breakfast and double the snack in cooler for drive home
- CRRC to provide hot lunch, bagels, granola bars, water and gatorade
- CRRC to provide coffee for parents

Friday, Sept 25

4:30 pm -- Short row & load trailer @ Brittingham Boathouse

Saturday, Sept 26

4:00 AM – Truck and trailer depart Brittingham Boathouse (Jeff and Pete)

4:30 AM Bus departs Copps parking lot, 3650 University Avenue with rowers, chaperones, coaches. Bus Company: Lamers

IMPORTANT: NO ROWERS are allowed to drive themselves to this or any other regatta.

7:30 AM Approximate arrival, unloading and camp set up

7:30 AM Coaches/Coxswains meeting will begin promptly

8:30 AM Approximate time for camp set up.

11:30 AM Approximate lunch at CRRC camp

3:00 PM Approximate departure from Chicago (3+ hour drive)

6:00 PM ETA in Madison Copps parking lot. Athletes will call 1/2 hour before arrival.

Chaperones: Angie Neidigh; Emily Johnson; Melinda Carr; Melissa Waldvogel

31th Annual Baird Head of the Rock Regatta

Sunday, October 11th, 2015

This Sunday, October 11th, we're heading to Rockford, Illinois for the Head of the Rock Regatta on the Rock River. Last year, in terms of registrations, the Head of the Rock was the 6th largest headrace in North America. This race begins at Martin Park and ends 2.75 miles later at the YMCA log lodge. It's a great venue for bringing your bike...you can pedal alongside the river for most of the racecourse.

They will be reporting our results continually on Regatta Master reporting services at the following link:

<http://reports.regattamaster.com/Pages/Regatta.aspx?regattaID=1147>

Regatta Schedule TBA on Regatta Central Website

What to pack: Uniform (all competitors must wear their club colors on the water), hat, water bottle, snacks, sun screen, clothes for cooler weather, rain-gear, homework, money for race t-shirt. (Shop early...the lines were long last year.)

Before you go: There is no bus for this trip. Parents drive and carpool.

Bring CRRC spirit, binoculars & chairs. Rowers and coaches will coordinate rides at practice on Friday. Parents, please tell your rower how many spots you have available in your vehicle if you plan to attend.

As with all regattas, athletes are NOT allowed to drive.

You can use 200 Y Blvd., Rockford, Illinois as your GPS/map address.

Parking is three or more blocks away on residential streets, unless you're early or lucky. ☺

Dogs and bikes are allowed. Some snack food is available onsite for families to purchase coming to watch, but a picnic lunch might not be a bad idea. **Food details:**

- Each rower to bring breakfast and snacks in cooler
- CRRC to provide hot lunch, bagels, granola bars, water and gatorade
- CRRC to provide coffee for parents

Saturday, October 10

7:00 AM -- Short row & load trailer @ Brittingham Boathouse

Sunday, October 11

5:00 AM Truck and trailer depart Drivers: Pete & Jeff

5:30 AM Athletes MUST depart Madison

7:30 AM Coaches/Coxswains meeting will begin promptly.
Any changes to the regatta schedule will be announced at the meeting.

11:30AM Approximate lunch at CRRC camp

5:30 PM Approximate departure from Rockford. ALL ROWERS MUST STAY TO LOAD TRAILER AND TRUCK.

7:00 PM Approximate ETA in Madison
Contacts: Karen or Melissa

Blake Haxton Fall Invitational -Griggs Reservoir, Columbus OH 2015

Camp Randall will be traveling to the third annual **Blake Haxton Fall Invitational** in Columbus, Ohio on Saturday October 24th, 2015. The invitational is hosted by Upper Arlington (UA) and will feature some of the fastest crews in the rowing community to compete on the waters of the Scioto River at Griggs Reservoir. This regatta was created "in honor of a very special rower from UA Crew that, in the spring of 2009, lost his legs, and nearly his life, to rare flesh-eating bacteria".

The Haxton Invitational honors the athletic tenure of UA Crew's own Blake Haxton, "a true competitor, gifted athlete and a former Captain on the UA Boy's team. Blake is now a part-time coach with Upper Arlington HS Crew and continues to inspire the team members and all those he meets. He is also a fulltime student in the Fisher College of Business at The Ohio State University". **BE INSPIRED!** <http://youtu.be/GZC8VzzOJoI> **See Blake on TedTalks**

What to pack: Uniform (all competitors must wear their club colors on the water), hat, **water bottle**, sun screen, clothes for cooler weather, rain-gear, homework, money for race t-shirt, assorted clothing for non-racing time. Bring a pillow for sleeping on the bus.

Please bring a sack breakfast/lunch for Friday's bus ride – we will not stop for a meal.

Meal plans:

- Each rower to bring breakfast and lunch to have on bus to regatta as well as snacks for weekend
- CRRC to provide 2 hot breakfasts and 2 hot lunches for Saturday and Sunday

Thursday, October 22

4:00pm – 6:15pm Short row and load trailer @ Brittingham Boathouse.

Friday, October 23 (ROWERS WILL MISS SCHOOL)

4:30am Truck and trailer depart from Brittingham Boathouse. **Drivers: Pete Fass/Jeff Beckett**

5:00am Bus departs Copps parking lot, 3650 University Avenue, with rowers, coaches and chaperones.

3:30pm Eastern time ETA - Rig and row at Grigg's Reservoir

6:30pm – Dinner at Hometown Buffet, 3670 Soldono Blvd., West Broad, Ohio (614)279-6228

8:00pm – Check-in at Courtyard Columbus West, 2350 Westbelt Drive, Columbus, OH 43228

10:00pm –Lights out

Saturday, October 24

6:45am Bus departs for Griggs Reservoir from hotel. We will not be returning to the hotel so bring all belongings.

8:00am Coaches and Coxswains Meeting

Be aware that buses will not remain at the racecourse during the day. Rowers will be walking approx. ¼ mile from where buses drop them off to the racecourse. Chaperones will prepare breakfast and lunch for the rowers at our tent.

For race times, see www.regattacentral.com.

5:00pm ETD Depart Griggs Reservoir. Dinner and snacks provided on bus. We will avoid stopping any longer than necessary to speed our return home to sleep.

2:30am ETA Arrive Copps parking lot, 3650 University Avenue. Rowers will call parents approximately 30 minutes prior to arrival.

Monday, October 26– no practice

Tuesday, October 27 – Unload trailer.

Chaperones:

Peter Fass, Jeff Beckett, Angie Neidigh; Emily Johnson; Laura Stienke; Sue Gaard