

## Camp Randall Rowing Club – Sept 6 2017 @ 7pm

### Parent Meeting – Agenda

- 1) **Welcome! Mark Lilleleht & Melissa Waldvogel - JPC Co Chairs**
- 2) **Board & Club Structure – Erik Miller**
- 3) **We Can Row – Phil White**
- 4) **Friends and Family Shore Workouts – Mark Lilleleht**
- 5) **Ergathon: Winter 2018 (TBD - February) – Mark Lilleleht - CRRC largest fundraiser**
- 6) **Spring Training – March 23-31 2018 (Lafayette TN/Norris Lake) – SAVE THE DATE**
- 7) **Monona Invite – Spring 2018 (TBD – April) – CRRC’s HOME REGATTA**
- 8) **Introduction of Coaches; Captains, Preview Fall Session – Phil White**

#### Fall Coaching Staff:

- HEAD COACH/GIRLS VARSITY: Phil White; [phil.white@camprandallrc.org](mailto:phil.white@camprandallrc.org); 970-819-9705
- GIRLS NOVICE: Grace Peterson; [grace.peterson@camprandallrc.org](mailto:grace.peterson@camprandallrc.org); 608-279-7434
- BOYS VARSITY: Michael Mancusi-Ungaro; [michael.mancusiungaro@camprandallrc.org](mailto:michael.mancusiungaro@camprandallrc.org); 610-608-8118
- BOYS NOVICE: Shayla Dvorak; [shayla.dvorak@camprandallrc.org](mailto:shayla.dvorak@camprandallrc.org); 920-242-4821 and Molly Kollman 608-630-7259
- MIDDLE SCHOOL: Kristen Cole; [kristen.cole@camprandallrc.org](mailto:kristen.cole@camprandallrc.org);
- WE CAN ROW/FRIENDS & FAMILY: Melinda Miles; [melinda.miles@camprandallrc.org](mailto:melinda.miles@camprandallrc.org);

#### Fall/Winter Season – Calendar is also on the club’s website

- August 21-Sept 1 – M-F 6-8am; Saturday 7-9am
- No practice on September 2 and 4 (Labor Day)
- Sept 5 - November 4 – M-F 4:30-6:30; Saturday 7-9am
- No practice on October 9 (following Rock); optional to unload trailer
- No practice on October 30 (following Blake Haxton); optional to unload trailer
- Nov 6-Nov 22 – MWF 4:30-6pm
- No practice Nov 23 and 24
- Nov 27-Dec 21 – M-F 4:30-6pm
- No practice Dec 22-Jan 7
- Jan 8-March 2 – M-F 4:30-6pm

#### Other Important Dates:

- September 3 – Breese Stevens Fundraising Event (parents only)
- September 7: Scholarship applications due (Juniors)
- September 9: Boathouse Brunch (Rowers and Families) 9-10am
- September 29 – Breese Stevens Fundraising Event (parents only) – Ryan Adams
- September 30 – Breese Stevens Fundraising Event (parents only) – Modest Mouse
- October 21: Boathouse Brunch (Rowers only) 9-10am
- November 12: Madison Marathon (**full team – varsity and novice**) –apprx. 35 intersections

**Fall Season/Racing Schedule (itineraries will be posted to the CRRC website):**

- Milwaukee River Challenge (varsity only) September 16 (All Day)
- Head of the Rock, Rockford, IL October 8 (All Day – Full Junior Team)
- Head of the Charles (qualifying varsity boat (s) only) Oct 20-22 (additional fee required)
- Blake Haxton Fall Invitational, Columbus, Ohio Oct 27-28 (Full Junior Team)

**Spring Preview (TENTATIVE Schedule)**

- Monona Invite – CRRC hosts in April
- Crystal Lake – first Saturday in May (May 5)
- Midwest Regionals – Cincinnati OH (May 18-20)
- Junior Nationals (qualifying boats only – early June)

## 9) Parental Involvement Requirements – What is your Super Power?- Mark/Melissa

**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.
  
- **Current Parent Volunteer Openings:**
  - Mark & Melissa (Co-Chairs) – need shadows by December 2017
  - Justin Cruz & Thor Ringler (Food) – shadows are Renee Lauber & Heidi Veloon
  - Jenna Hansen (Webmaster) – shadow is Melissa Austin
  - Mark & Barb Beckett (Erg-a-thon) – shadow are / Brian Austin & Dawn Whyte
  - Melissa, Jenna, and Sue Gaard (Monona Invite) – need shadows by October 2017 / Wes Spitznagle, Joan Regnery
  - Wendy Cruz (Safe Sport) – need shadows by December 2017
  - Barb Beckett (Social) – need shadows by December 2017
  - Grant Writing Committee (one opening)
  - Board – Finance Committee opening; Board Positions available

### 2017 Junior Parent Committee

- **Chairs:** Melissa Waldvogel & Mark Lilleleht
- **Registrars:** Carol Borcharding; Linda Franzblau
- **Scholarship & Fundraising (Event Coordinators):** Suzanne Swift; Patricia Mulvey
- **Regatta Food:**Thor Ringler; Justin Cruz
- **Regatta Camp / Equipment Crew:** Mike Waldvogel & Wes Spitznagle
- **Travel:** Cynthia Anderson
- **Clothing:** Andrea Barber, Dave Barber; Margaret Lofgren
- **Website:** Jenna Hansen
- **OARacle Newsletter & Communication:** Kimberly Hazen
- **Outreach & Recruitment:** Andrea Barber Sarah Pfau
- **Social:** Sarah Pfau and Barbara Beckett
- **Ergathon:** Barbara Beckett and Mark L Lilleleht
- **Summer Programming:** Barbie Pietz and Tim Asplund
- **Grant Writing:** Houry Vorperian
- **First Aid:** Katherine Moriarty
- **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. 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 Pick N Save (where the bus picks up/drops off for regattas) to the Ringler's home at 120 S Mills St. 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 2018 by Melissa Waldvogel, Jenna Hansen and Sue Gaard. More information will follow in 2018.

### **3) Scholarship Fundraising Events – Suzanne Swift / Pay Mulvey**

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 15<sup>th</sup>, 2017. Mail payment to CRRC, PO BOX 258160, Madison WI 53725-8160.***

***Madison marathons*** – (Memorial Day weekend and November – November 12 2017) – Each rower should participate. 46 volunteers each, ages 10 and up—shifts range roughly from 1 -4 hours. Most intersections need at least two people; some intersections need parents. Great family event!

***Shake the Lake and Breese Stevens Field Events*** – Staff the beer tents at the 'Shake the Lake' firework event on Lake Monona and concert events at Breese Stevens Field (September 3 and 29<sup>th</sup>, 30<sup>th</sup>, 2017). The Club collects a fee to staff the event and all tips go towards the scholarship fund — each event needs 18 to 20 volunteers.

Additional opportunities:

***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. Parents can read, text, sweep up, pull weeds, or just relax while they are on duty. Parents are also needed to wait at the end of each practice to insure all kids are picked up. 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.

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

## 10) Code of Conduct/Safe Sport/Attendance – Phil White

### CODE OF CONDUCT and ATTENDANCE POLICY:

<http://camprandallrc.org/tips-info/administrative-forms/>

#### Code of Conduct:

[http://camprandallrc.org/wp2/wp-content/uploads/2016/09/CRRCFormatted\\_final\\_athletecode2\\_17.pdf](http://camprandallrc.org/wp2/wp-content/uploads/2016/09/CRRCFormatted_final_athletecode2_17.pdf)

Camp Randall Rowing Club (CRRC) aims to offer high quality rowing programs. We are committed to creating a safe and positive environment for athletes, coaches and all members of the club community. For this reason, athletes are asked to read, sign and comply with the CRRC Athlete Code of Conduct.

1. Practice good sportsmanship. Treat athletes, coaches and volunteers with respect.
2. Comply with CRRC boathouse safety rules and expectations.
3. Respect all property and facilities of Camp Randall Rowing Club. Promptly report damage to Head Coach.
4. Commit to attending all practices on time and staying for the duration.
5. Put forth your best effort in training and competition.
6. Use of or being under the influence of tobacco, alcohol, or controlled substances is prohibited.
7. Athletes may not leave the regatta or any location where the team is located during travel (ie, regatta location, hotel, restaurant, etc).
8. Inform a coach immediately in the event of illness, injury or other impairment.
9. Refrain from all forms of misconduct, which include but is not limited to bullying, harassment, hazing and emotional, physical and sexual misconduct. CRRC proudly complies with USRowing SafeSport policies as established by the United States Olympic Committee.
10. Engagement in electronic communications (including social media) between athletes, coaches and volunteers must be for the purpose of communicating information about team activities and should reflect positively on athletes, coaches, volunteers and CRRC.
11. Cultivate healthy lifestyle habits, including proper nutrition, hydration and rest, to achieve optimal athletic performance.
12. Comply with the CRRC Athlete Code of Conduct and encourage teammates who may have difficulty following this Agreement

#### ***Steps to Resolution:***

Some code violations can be resolved through good communication and problem solving. In the event a serious violation occurs, an Incident Report should be completed. Depending upon the nature and severity of the violation, athletes may be suspended temporarily or permanently from the rowing program, races and other team activities.

#### **Attendance Policy:**

Unexcused Absence: First Time

Athlete cannot practice with the team, nor use CRRC facilities or equipment, on the next scheduled practice day.

Unexcused Absence: Second Time

Athlete cannot practice with the team, nor use CRRC facilities or equipment, for one week (7 calendar days), following the second unexcused absence.

Unexcused Absence: Third Time

Athlete and one parent must meet with their individual team coach and the CRRC head coach to discuss a plan for future participation with the CRRC.

## 11) HOW TO STAY CONNECTED:

**Website:** [www.camprandallrc.org](http://www.camprandallrc.org)

**Email:** [camprandallrowingclub@gmail.com](mailto: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](http://www.signupgenius.com) and search for a sign-up under our email address.

All signups will be listed on Sign Up Genius. Emails are sent through Sign Up Genius and through the Oaracle. Please reach out to Melissa Waldvogel ([Melissa.waldvogel@yahoo.com](mailto: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](mailto:CampRandallRowingClub@gmail.com)

**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](http://www.twitter.com/rowCRRC).

**Other:** Youtube and Instagram

### **AMAZON SMILES:**

[https://smile.amazon.com/gp/charity/pd.html/ref=smi\\_se\\_saas\\_pd\\_pd](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](http://smile.amazon.com)), the AmazonSmile Foundation will donate 0.5% of the purchase price to the eligible charitable organization of your choice.

**Milwaukee River Challenge  
Downtown Milwaukee, WI  
Saturday, September, 16 2017**

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.

**Reminders: Rowers may not leave the regatta site during the event. Rowers may only leave at the end of the day once the trailer is loaded, the camp site is cleaned up and they are dismissed by the coaching staff.**

**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. Please bring a backpack or cinch sack to keep your belongings organized and dry.

**Before you go: NO ROWERS will be allowed to travel this weekend without first completing registration. You must have a US Rowing Waiver on file.** <https://membership.usrowing.org> (Your waiver you signed in the spring of 2017 may still be valid.)

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 CRRC; CRRC to provide bagels, granola bars, water and Gatorade; coffee for parents

Friday, September 15

Short practice and load trailer

Saturday, September 16

Approx. 5:00 AM Truck and trailer depart for Milwaukee (Mike and Wes)

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 CRRC.

4:30 PM Approximate time of departure from Milwaukee to Madison.

JPC Contact info: Mark 608-354-6998 & Melissa 608-575-0031; Coaches: Phil White (970-819-9705); Grace Peterson (608-279-7434); Shayla Dvorak (920-242-4821); Michael Mancusi-Ungaro (610-608-8118)

**Head of the Rock Regatta  
Rockford, Illinois  
Sunday, October 8 2017**

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. This is one of the largest head races in the country.

**Regatta Schedule – available online at RegattaCentral.com**  
[https://www.regattacentral.com/regatta/?job\\_id=5090](https://www.regattacentral.com/regatta/?job_id=5090)

**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, a duffle or backpack to keep your belongs in.

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

**Bring CRRRC 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.

**Reminders: Rowers may not leave the regatta site during the event. Rowers may only leave at the end of the day once the trailer is loaded, the camp site is cleaned up and they are dismissed by the coaching staff.**

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**
- CRRRC to provide hot lunch, bagels, granola bars, water and gatorade
- CRRRC to provide coffee for parents

**Saturday, October 7**

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

**Sunday, October 8**

5:00 AM Truck and trailer depart Drivers: Mike Waldvogel & Wes Spitznagle

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 CRRRC camp

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

7:00 PM Approximate ETA in Madison

Contact info: Mark 608-354-6998 & Melissa 608-575-0031; Phil White (970-819-9705); Grace Peterson (608-279-7434); Shayla Dvorak (920-242-4821); Michael Mancusi-Ungaro (610-608-8118)



## ***Blake Haxton Fall Invitational -Griggs Reservoir, Columbus OH***

Camp Randall will be traveling to the **Blake Haxton Fall Invitational** in Columbus, Ohio on Saturday October 28th, 2017. 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.

**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 and sleeping bag on the bus. Bring a duffle or backpack to keep your belongings in at the race course.

### **Meal plans:**

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

### **Thursday, October 26**

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

### **Friday, October 27 (ROWERS WILL MISS SCHOOL)**

4:30am Truck and trailer depart from Brittingham Boathouse. **Drivers: Mike Waldvogel/Wes Spitznagle**

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

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

6:00pm – Depart Grigg's Reservoir

6:30pm – Check-in at Courtyard Columbus West, 2350 Westbelt Drive, Columbus, OH 43228

7:00pm – Dinner (at the hotel)

10:00pm –Lights out

### **Saturday, October 28**

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](http://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 Pick n Save parking lot, 3650 University Avenue. Rowers will call parents approximately 30 minutes prior to arrival.

**Monday, October 30**– optional practice; unload trailer

**Chaperones:** Mike Waldvogel (608-575-4999); Wes Spitznagle (608-622-1219); Heather Bogner (608-332-9871), Sue Gaard (608-577-2083); Renee Lauber (608-577-9997) ; Joan Regnery (262-719-3826)

**Coaches:** Phil White (970-819-9705); Grace Peterson (608-279-7434); Shayla Dvorak (920-242-4821); Michael Mancusi-Ungaro (610-608-8118)