

August 2017

Dear Parents,

It is hard to believe that the Fall Racing Season is almost upon us. We really appreciate all of you who were such great supporters this past spring and summer. Thank you! Parental help at Regattas is the lynch-pin for any successful rowing club during their racing campaign. ARC needs a majority of parents to support the rowers and ask all of you to attend and volunteer for at least 3 Regattas!

To learn more about how you can make this our best fall season yet, it is **critical that NEW PARENTS attend** the parents meeting prior to the start of the season. We will have the meeting **Saturday August 26th** at 10:00am at the Wilmette Park District Building, 2300 Old Glenview Road. It will NOT exceed 90 minutes. Best case, people leave with a full understanding on ways you can volunteer to enrich your rowers experience this Fall. Coffee and Breakfast snacks will be served. A forms packet will be emailed prior to this meeting and completed forms must be turned in at this time.

### **Meeting Agenda**

- I. Practice Schedule & Concepts
- II. Regatta Schedule - Options & Sign-up via TeamSnap
- III. Staying Connected Via TeamSnap
- IV. Costs Overview
- V. Club Code of Conduct
- VI. ARCVO - Volunteer assignments cuz it Takes a Village!
- VII. Q & A

### **Costs for Fall Season**

Duration: Aug 19th - Nov 12th Sun Banquet at 3:30PM

Membership Fleet Dues of \$125 and the \$550 Deposit toward the Fall Season (or the Try Rowing Program for NEW rowers thru Sept 30th) are due no later than Thursday August 31st.

Coaching Fees (Dryland & Rowing) are \$900 for Fall. Seniors receive the customary 25% discount on their Final Invoice. If we rent the Sweep Tanks we will be announcing those sessions in advance.

Regatta Fees are Pay-to-Play: A Regatta Fee Deposit of 50% may be requested to offset Club outlay & minimize retroactive collections. We're not a bank and have limited administrative support.

Those with Credit Cards on file will be billed by the Administrative staff starting this week. Invoices will NOT be generated for the initial payments but detailed receipts will be generated at payment time as usual. Please do not delay making your payment, the sooner the better.

Thanks in advance for your prompt payment and cooperation. Rowing is GRUESOMELY expensive and we do our utmost to manage costs. **Roster size is the most critical factor: Recruit others to help our Club and keep costs manageable.**

## PRACTICE Schedule



# Full Package DRC Rowing & Studio Dryland Schedule



Our 6th Fall Season **officially begins with Practice Saturday the 19th** of August.

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

Where →  Group ↴	STUDIO DRYLAND Northshore Fitness Studio Strength & Conditioning + Rowing ERG	ROWING Dammrich Rowing Center On the Water	Notes
<b>JV VARSITY</b>	Monday: 5:15-6:45PM  Wednesday: 5:15 - 6:45PM	Tuesday: 5:20AM and/or 4:50PM  Thursday: 5:20AM and/or 4:50PM  Saturday: 7:20AM	<b><u>NOTICE to U19 Team</u></b>  Rower attendance is CRITICAL for Performance & Team morale.  Safety also plays a part in this for NOVICE rowers.  Any NOVICE rower with two or more practice absences or poor Regatta commitment in the Month of September may be withheld from or limited in their participation.
<b>NOVICE</b>	Tuesday: 4:45 - 6:30PM	Monday: 4:50PM  Thursday: 4:50PM  Saturday: 7:20AM	Any rower that FAILS to notify the Director proactively or retroactively via a private text message is in violating the Code of Conduct.
<b>DEV</b>	Monday, Wednesday & Thursday: Drop-In 3:15 - 5:15PM  Tuesday: Drop-In 3:15 - 6:30PM  Saturday: 11AM - 1PM	Tuesday: 4:50PM  Wednesday: 4:50PM  Saturday: 1, 2:30 & 3:30PM  Sunday: 10AM, 1PM & 2:30PM	<b>Practice does MAKE PERFECT in Crew!</b>

**REGATTA Options**

This is a list of Options, NOT THE ACTUAL LIST. We typically do 7-9 Regattas in the Fall Season culminating with the HOOCH in November followed by the Annual Fall Banquet on Sunday the 12th of November. We will finalize the target Regattas after input at the Parent Meeting. **BOLDED Dates indicate Regattas we have historically attended in the past 5 Fall Seasons.**

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! As a wise grandmother used to say, Many Hands Make Light Work. These regattas listed are PROBABLE regattas. We may need to alter the schedule depending on factors such as Roster size & experience. For example, Novice rowers must make minimal practices to ensure safe and effective rowing for themselves and their boatmates. ALL Regattas are in Illinois unless specified.

**September**

<b>Monday</b>	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
<b>4</b>	5	6	7	8	9	10
<b>11</b>	12	13	14	15	<b>16</b> Milwaukee River Challenge <b>JV/VARSITY ONLY</b>	<b>17</b> NEW: Regatta at DRC Details to follow
<b>18</b>	19	20	21	22	23 Annual Frogtown Regatta Toledo OH <b><u>Overnight</u></b>	24
<b>25</b>	26	27	28	29	<b>30</b> Tough Cup-CTC	<b>Oct 1</b> Tail of the Fox <b><i>DePere WI Overnight</i></b>

## October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2</b>	3	4	5	6	7	<b>8</b> Head of the Rock
<b>9</b>	10	11	12	13	<b>14</b> Row the Mississippi-Moline <i><b>Optional Overnight</b></i>	15
<b>16</b>	17	18	19	20	21 Head of the Hidden Dragon Cincinnati OH <i><b>Overnight</b></i>	22 <b>Head of the Charles Weekend</b>
<b>23</b>	24	25	26	27	28	29 Speakmon Memorial Regatta Columbus OH <i><b>Overnight</b></i>
<b>30</b>						

## November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b>	1	2	3	<b>4</b> Hooch Weekend→	<b>5</b> Hooch	<b>6</b> Hooch

Determining your rowers participation for Regattas and which of them you will volunteer for is critical and must be specified to the best of your ability by the 31st of August via TeamSnap.

Without this critical information it is nearly impossible to coach and practice line-ups and get solid results the rowers will be proud of and build upon.