



New Trier High School Rowing
PARENT INFORMATION
Fall 2018

1. Coaches:

- Rose Marchuk, Program Director, Head Coach & Varsity Girls, roserows@ameritech.net
- Nate Kelp-Lenane, Head Boys & Varsity Boys, natelenane@gmail.com
- Josip Stolar, Novice Boys, coachstolar@gmail.com
- Charles Richardson, JV Boys and V Lightweights, coachcharlesrichardson@gmail.com
- Michael Wyman, Assistant Novice Boys, mbwyman@outlook.com
- Mary-beth Hartoon, Assistant Novice Boys, mbhartoon@gmail.com
- Jamie Fargo, Assistant Varsity Boys, jfargo@sandc.com
- Drew Flannery, Assistant Varsity Boys, drewflannery@gmail.com
- Hope Poor, Novice Girls, hope.poor@gmail.com
- Sandy Culver, JV Girls and V Lightweights, sculver84@yahoo.com
- Gigi Johnson, Assistant Novice Girls, gigi316@comcast.net
- Rachel Crosley, Assistant Novice Girls, rachel.crosley111@gmail.com
- Mell Eckert, Boatman & Assistant Varsity Girls Coach, meckert11@gmail.com

- Athletic Director: Augie Fontanetta, fontanea@newtrier.k12.il.us
- Parent Board President: Byrd Rhyne-Fisher, president@newtrierrowing.org

2. There will not be an activity fee charged by New Trier HS. However, there are costs to participate including uniform costs, USRowing membership, hotel charges and food at regattas.
3. New Trier Rowing web site at www.newtrierrowing.com. This is the definitive source for NT Rowing information as well as links to other great rowing web sites. You can even email questions or comments to the site which will be routed to the head coach or you can email directly to any coach from the site. Emails above are preferred.
4. Practices will be held 5-6 days per week either at the Rowing Room (RR)/Northfield Commons Hallway (NF) for running, erg, or strength and conditioning workouts or the Dammrich Rowing Center (DRC) for rowing tank or on-the-water workouts. RR is located at NT Winnetka Campus Field House, room off the indoor track. NF is located at the NT Northfield Campus, Ground floor in B building, Hallway between Commons and F building. DRC is located at 3220 Oakton (northeast corner at McCormick - east bank of North Shore Channel of the Chicago River). There is a complimentary two-way shuttle bus to take crews to and from the DRC weekdays for the 4:00 p.m. practices. No rowers should park in DRC lot; instead use the Sam's Club parking lot off of Main Street for parking, drop-off, and pick-up.



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5. Bring a water bottle and come to practice dressed and ready to go. Coxswains should layer for warmth as weather gets colder and anticipate temperature drops during after school practices. Wear running shoes and be prepared to run on any given day. Remember proper rest and nutrition!
6. Be prompt. It is up to the discretion of a coach to boat any student-athletes for unexcused absences; this includes both practices and regattas. Unexcused absences include family reunions, trips, parties, etc. Please schedule doctor/dentist or other planned appointments outside of practice times. Being the team sport that crew is, it is impossible to row a boat without all rowers and a coxswain present. Expect to commit to practice 5-6 days per week, 2 hours per day. Boys and girls will get workout schedules from their coaches, subject to change for many reasons. Check emails regularly.
7. Training consists of rowing on the water, rowing in the tanks, rowing on ergometers (ergs), running, circuit training, weight training, running steps and running hills. The season will cover basic strength training and conditioning, technique, race preparation, and racing.
8. Although not everyone will race at every regatta, everyone putting forth the effort will race during the season. Our fall competitions will include the following head races. Racing distance is about 3 miles in contrast to the spring regattas that are typically 1,500 – 2,000 meters long. We will stay overnight the day prior to away regattas in Boston and Columbus. Additional local scrimmages may be added. Regatta details (venue, schedule, directions, accommodations, etc.) will be included in the Travel Team Letter provided by coaches and posted on the web site as information becomes available.
 - Sunday, September 9, DRC, Chicago, IL – **Chicago River Half-Marathon** (most JV/V crews only)
 - Saturday, September 15, Milwaukee, WI – **Milwaukee River Challenge** (most crews)
 - Saturday, September 29, Chicago, IL – **Tough Cup** (all crews)
 - Saturday, October 6, Chicago, IL - **ROWtoberfest** (all crews)
 - Sunday, October 14, Rockford, IL - **Head of the Rock** (all crews)
 - Saturday & Sunday, October 20 & 21, Boston, MA - **Head of the Charles** (one Boys Varsity 8+ and one Girls Varsity 8+)
 - Saturday, October 27, Columbus, OH – **Blake Haxton Invite** (non-HOCR crews)
9. Who makes the boat? Whomever your coach chooses, based on a variety of factors that result in the fastest lineup, such as erg test scores, technique in boat, seat racing, attitude and attendance.



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10. What if my son or daughter doesn't make the boat? Keep working hard for the next time. As a parent it is important to encourage your child to strive to do his/her best. But keep in mind all the things your child has learned from rowing: appreciation for the sport, character development, teamwork, cooperation, hard work, goal setting, technique, visualization techniques, appreciation for outdoors, competition, time management, listening, following directions, leadership, sportsmanship, respect, responsibility, timing, strategy, personal bests, rewards of belonging to a prestigious group, how to pull their own weight (literally and figuratively), how to get in the best shape of their life, friendship, and how to have fun!
11. The NTRC board purchases a USRowing membership for your son/daughter. USRowing is the governing body for the sport of rowing and membership is required for certain regattas, ID Camps and Youth Nationals. As member of USRowing, you will also receive a subscription to the Rowing News magazine. Please contact the NTRC Registrar, Lisa Axelrod at Registrar@newtrierrowing.org with any questions about your membership.
12. Kinetic Wellness (KW) waivers are available for junior and senior rowers during the rowing season.
13. Every parent is required to help at a regatta in order for their child to participate.
14. SPRING 2019 tryouts will be held Monday, March 4 – Friday, March 8. ALL spring rowers ARE REQUIRED to attend spring tryouts and are subject to cuts again in the spring. Coaches will be looking for conditioning to be maintained and ideally improved from the current season. Rowers and coxswains are encouraged to cross train as well as participate in optional NTX erg classes and Skokie Park District tank classes offered and coached by the NTHS rowing coaching staff.
15. Work hard, adhere to the Extracurricular Code, have fun and we should have another great season!