



New Trier High School Rowing  
PARENT INFORMATION  
Spring 2018

## SPRING 2018

- Coaches:

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Athletic Director: Augie Fontanetta, [fontanea@newtrier.k12.il.us](mailto:fontanea@newtrier.k12.il.us)

Parent Board President: Jim Economos, [president@newtrierrowing.org](mailto:president@newtrierrowing.org)

- There will not be an activity fee charged by New Trier HS. However, there are costs to participate including uniform costs, hotel charges and food at regattas.
- New Trier Rowing web site: [www.newtrierrowing.com](http://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 e-mail questions or comments to the site, which will be routed to the head coach, or you can e-mail directly to any coach from the site.
- Practices will be held 5-6 days per week either at the Rowing Room (RR)/Northfield Commons Hallway (NF) for running, erg, or weight workouts or at the Dammrich Rowing Center (DRC) for rowing tanks or on-the-water workouts. Detailed schedules are posted online. The RR is in the NT Winnetka Campus Field House, in the room off the indoor track. NF is located at the NT Northfield Campus, Ground floor in B building, in the hallway between Commons and F building. The DRC is located at 3220 Oakton (northeast corner at McCormick - east bank of North Shore Channel of the Chicago River). There is a 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 south of Main Street for parking, drop-off, and pick-up.



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- Bring a water bottle and come to practice dressed and ready to go. Coxswains should layer for warmth as weather gets cold 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!
- Be prompt. Any absences must be excused by your coach or you may be considered to have cut yourself from the team. 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 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.
- 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.
- Although not everyone will race at every regatta, everyone putting forth the effort will race at least once during the season. Unlike the fall head races, which are about 3 miles in length, spring regattas are typically raced over a 1,500 - 2,000 meter straight course. We will attend the following regattas and stay overnight the days prior to multi-day away regattas. Regatta details (venue, schedule, directions, accommodations, etc.) will be emailed and posted on the web site as information becomes available.
  - **Sat, March 17th, Chicago, IL – Tiro Cup** (indoor erg competition for Novices only)
  - **Sat, March 18th, Clark Park BH, Chicago, IL – USRowing Junior ID Camp - Boys** (with coach's recommendation)
  - **Sun, March 25th, Clark Park BH, Chicago, IL – USRowing Junior ID Camp - Girls** (with coach's recommendation)
  - Spring Break – Saturday, March 24 – Sunday, April 1.
  - **Sat, April 7th, DRC** –New Trier and CRF Dual  
(any students observing Passover may do so without prejudice)
  - **Sat, April 14th, Cincinnati, OH – Cincinnati Invite**
  - **Sat, April 21st, Madison, WI – Monona Sprints Invite** with Camp Randall and St. Louis RC
  - **Sat, May 5, Crystal Lake, IL - Greater Chicago Junior Rowing Championships** (novice rowers)
  - **Sat, May 12 – Sun, May 13, Nashport (Columbus area), OH - Midwest Scholastic Championships**
  - **Fri, May 25 – Sat, May 26, Camden, NJ - Scholastic Rowing Association of America Nationals** (must qualify)

ONLY VARSITY ROWERS may have the opportunity to attend USRowing Youth Nationals Fri-Sun, June 8th-10th on Lake Natoma in Rancho Cordova, CA. Rowers need to qualify to be invited to compete at this regatta. Those attending will do so at their expense since this race is NOT part



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of our regular high school schedule. **Note, this year the regatta conflicts with final exams which may preclude NT rowers from attending.**

- Who makes the boat? Whomever your coach chooses. Coaches will select rowers and combinations of rowers that make the boat move the fastest.
- What if my son or daughter doesn't make the boat? Keep working hard for 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, strategy, personal bests, rewards of belonging to a prestigious group, how to pull his/her own weight (literally and figuratively), how to get in the best shape of his/her life, friendship, rowing in unison and how to have fun!
- The NTRC board purchases a US Rowing 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 a USRowing member, you will also receive a subscription to the Rowing News magazine. Please contact the NTRC Registrar, Lisa Axelrod at [Registrar@newtrierrowing.org](mailto:Registrar@newtrierrowing.org) with any questions about your membership.
- Junior and senior rowers will be excused from Kinetic Wellness (KW) during the season.
- Every parent is required to help at a regatta in order for their child to participate. Provide positive support for your rower or coxswain.
- Work hard, have fun and we should have another great season!
- Fall tryouts will be held August 8-14, 2018. Coaches will be looking for conditioning to be maintained and ideally improved from the current season. For those that are interested, coaches can assist with guidance on summer rowing offerings thru NTX and Skokie Park District with NT coaches as well as camps offered at universities across the country, special rowing camps and USRowing development and junior national team selection options.