



Catch This!

November 4, 2009

We made it! The Fall 2009 season has come to an end. We all define success in different ways, and while there were certainly highs and lows and celebrations and frustrations, I believe the Fall 2009 season was a success. None of our athletes suffered any major injuries, and many managed to push through the myriad of viral illnesses that having been circulating throughout our schools. Our overnight trip to Burnt Hills for the Spartan Sweeps was enjoyable and problem-free. Our Womens 8+ and Mens 4+ representing Pittsford Crew at the Head of the Charles Regatta delivered highly respectable performances and assured our club of entries for next year. Our crew's overall performances at Fairport's Lift Bridge Regatta, the Head of the Genesee, and our own Pull the Plug Regatta showed the depth of all of our teams. And, we once again hosted one of the most seamless, efficient, competitive, and fun regattas in New York State.

From Our Pull the Plug Regatta Director

I would like to thank all for the volunteers for helping to make the Pull the Plug Regatta such a great success. We put about 500 participants on the water in 108 different boats and hosted another 400 plus spectators for a truly spectacular event. In all we had more than 80 volunteers involved in the event, so again thanks to all who participated. With all of your help, we were again able to finish the program both safely and on time. I would like to recognize all who were involved in coordinating the volunteers and generally helping to make everything run so smoothly.

Suanne Lippman for running such a tight ship at registration and keeping the bow numbers and medals in order;

John Galle our Dock Master (master of chaos at times) for all he does for us year after year;

Chris Barrett for organizing the timers and making sure the results were almost instantaneous;

Brad Sayer for coordinating with the Village DPW to get us such a great site for a regatta and the tireless hours he puts in assuring that all of the little things were covered;

Jen Sprague and Becki Principe in Hospitality for feeding the voracious appetites of our kids with 220 plus wraps and 60 pounds of chicken;

Paul Farnsworth for keeping the parking volunteers on their toes and filling in at the last minute;
Debra Hinson for coordinating T-shirt sales;
Emma Gelbard, a coxswain for our Varsity Women, for sharing her talents by designing our popular T-shirt.
Sue Parvin for coordinating First Aid;
Lorna Driscoll and Susan Fogal for making sure we all had volunteers to get the jobs done;
Paul and Debbie Eiffert for the providing the chili tent;
Betsy Twohig-Barret for Coordinating the Coaches and Masters events;
Catherine Thomas and Susan Fogal for contacting the village merchants about supporting our event.

Special thanks go to the following people for helping me with the heavy lifting when it got to crunch time.

Larry Cooper for coordinating the course marshals and launches and helping on the water to get the dock moved and course placed;
John Bowen for seeding the events and building our heat sheets;
Howard Weiner, Assistant Regatta Director, for generously jumping in and re-working all of the regatta documents to reflect the venue change and then posting everything on Regatta Central to make sure that all the information needed by the teams was readily and accurately available.

Please also thank the coaches for their tireless dedication in helping to make our rowers be the best they can be.

Whit Sprague,
2009 Pull the Plug Regatta Director.

And on the Subject of Thank You's

I cannot stress enough the importance and value that parent volunteers provide to Pittsford Crew. We have been so fortunate this season to have had:

Larry Cooper as our Registrar, Website Manager, and Communications Master;
Brad Sayer as our Boathouse Master and the man who can somehow fix boats in short-order but with abundant patience and good humor;
Our Team Parents Patty Lagendyk, Amy Galbraith, Beth Thompson, Catherine Ovitt, Gail Glance, Christine Zimmer, Lori Wackenheim, and Gail Greendyke and their coordinator Catherine Thomas;
Our Clothing Merchandise Committee members Catherine Thomas, Vicki Genut, Mary Reilly, and Deborah Hinson;
John Leyland, as our reliable and skilled trailer driver;
Lisa Strassenburgh as our public relations coordinator;
Jen Sprague and Maura Sykes as our Registration Assistants;

Debbie Eiffert as our “Lanyard Lady” and Coordinator of our NYSSRA Scholar Athlete program.

Scholar/Athlete Award

First, congratulations to Max Noto, Jon Roux, and Owen Whalen who were inadvertently omitted from the list of NYSSRA Scholar Athletes for the third marking period last spring.

NYSSRA (New York State Scholastic Rowing Association) implemented the Scholar/Athlete Award program for the first time last Spring. The program recognizes Varsity rowers in grades 10 through 12 who have a grade point average of 90.000% or above for the first marking period and/or the third marking period. Pittsford Crew will again be participating in this program, submitting the names of eligible rowers at the end of the first marking period of this academic year. (For Pittsford High Schools, the marking period ends November 10.) Our program coordinator, Debbie Eiffert, will be submitting the names of all Pittsford Crew Varsity rowers in grades 10 through 12 to their respective high schools. The high schools will then submit the names of those athletes who meet the grade point average criteria to NYSSRA. To be eligible for the designation as a Scholar Athlete team, each team (i.e. the Varsity Women and the Varsity Men) must have at least 9 athletes who meet the grade point average criteria. **If you DO NOT want your athlete’s name submitted to his/her school for consideration, you must email Debbie by Friday November 13 at NYSSRAadmin@pittsfordcrew.org.** We will recognize the Scholar Athletes in a winter edition of Catch This and at the End-of-Year Picnic in June.

Rochester Indoor Rowing Academy

On Monday, November 9, RIRA will begin with two programs, Strength & Conditioning and Extreme Ergs. Both offerings are designed to give our athletes a way to continue their exercise and workouts with a structured but less time-demanding format. Both programs are very popular, and while some of the sessions are full, there are still some openings. So if your son or daughter would benefit from rowing-focused strength training and/or work on the ergs to improve technique and times, please go to our website (www.pittsfordcrew.org) and follow the RIRA link to these two programs. Both programs will follow the Pittsford School District calendar with regard to days off for holidays/school vacations, with the exception of Veteran’s Day, Wednesday November 11 and Martin Luther King, Jr. Day, Monday January 18 when there will be classes as scheduled. In the event that the Pittsford School District cancels after school and/or evening activities due to poor weather conditions, all Pittsford Crew programs will be cancelled as well.

Cookie Dough Reminder

All orders of cookie dough must be picked up at the boathouse on **Tuesday, November 17 from 4:00-6:00 PM**. This is the only day we will have all the orders at the boathouse, and no storage is available. The dough will be frozen, can be kept in your refrigerator, and can be re-frozen if you are unable to deliver the orders immediately.

Looking Ahead to 2010

As we enter the busy holiday season, please take a minute to jot down the dates of the 2010 Pittsford Crew Season that we know so far:

Winter Season: Begins Monday, February 1 and runs through Friday, March 19. Information about registration will be posted on our website in December. This season is required for any athletes who are not participating in a winter sport and are planning to row for Pittsford Crew in the spring. The program combines indoor work on the ergs and tanks at the PIRC with strength and conditioning sessions at an off-site to be determined. If your son/daughter has another sport that will end during the Winter Season offerings, we can pro-rate the tuition so he/she can join when that sport's season ends; this also applies to kids who may be participating in our schools' spring musicals. **It is extremely important that your kids contact their coaches if they plan to row in the spring but may not be able to participate in all of the Winter Season.** The coaches can be reached by email or telephone and that contact information is available on our website under the "Contact Us" tab.

Spring Season: Begins Monday, March 22 and will continue through the first weekend in June. The first few weeks will be a continuation of working out at the PIRC and our off-site. As soon as the weather permits, our Varsity rowers will be traveling to the Genesee River to begin on-water practices, and the Novice will follow shortly thereafter for a modified on-water schedule. It is imperative that we get our teams on the water as early in the spring as is safely possible because our competitive season begins around May 1, the date that the Canal Corporation begins to fill the canal. As soon as there is enough water in the canal to safely launch our boats from our docks, we will be back at our own boathouse. And, the one regatta date we know for the spring season is the New York Scholastic Rowing Championships in Saratoga on May 8 and 9 (Yes, another Mother's Day weekend spent at States!)

A Final Thank You

To our coaching staff for their knowledge and love of rowing that they have shared with our athletes;

To our dedicated Board members who give so willingly to our organization;

And, to all of the parents who have supported our Fall season through car pooling to practice and regattas, cheering from the banks of the canal, patiently waiting when practices ran late, buying cookie dough, and volunteering in so many different ways.

Warm wishes for happy and healthy holiday season.

Suanne Lippman
President
Pittsford Crew