



“Catch This!” Newsletter

August 9, 2010

August is here, and while we hope you're all enjoying the relaxed pace of the summer months, the Coaches and Board Members of Pittsford Crew have been busy planning for the Fall 2010 Crew season. Please take a few minutes to read and make note of the important Pittsford Crew updates that follow.

First, congratulations are in order to a number of members of the Pittsford Crew family.

- To Jessica Eiffert who made the U.S. Rowing Junior National Team and earned a silver medal in the Junior World Championships in the Czech Republic.
- To Lauren Tracey and Stephen Thomas who both attended U.S. Rowing Junior Development programs this summer
- To Hope Sheils who earned a bronze medal in the double sculling and a gold medal in the quad at the Empire State Games in Buffalo.
- To rowers Nick Baca, Rob Greendyke, Hunter Green, Will Horn, Jared Lippman, Cam Rossington, Charlie Sheils, Colin Rideout, Matt Sprague, Sam Menchel, Ed Hoi, Rob Stockdale, Alec Plotkin, Ryan O'Connell, Hope Sheils, Shelby Phillips, Caitlin Ryan, and coxswains Monica Cistrone, Jessie Dinan, Claire Thomas, Devon Genut, and Zoe Christopher who all participated in the Rochester Junior Rowing Club this summer. All of the athletes put in very respectable performances at highly competitive regattas including the Royal Canadian Henley.

And, while I am recognizing summer accomplishments, let me extend sincere thank yous

- To all of the Pittsford Crew athletes who volunteered at our Learn to Row program. As always, our kids enthusiastically pitched in to help carry boats and row and cox so beginners' boats could not only move in the water but also be somewhat set. Most importantly, they shared their knowledge and enjoyment of the sport of rowing with a new group of rowers in our area.
- To the Pittsford Crew members who supported our Intramural Rowing program, and Fairport's July Rowing Camp. This participation across our area's clubs strengthens and benefits all of the scholastic rowing programs in our area.
- To our Pittsford Crew Alumni Andrew Lennox, Kristen Klein, Samantha Barrett, and Liana Spencer who served as coaches in summer rowing programs sponsored by Pittsford and Fairport Crew Clubs. It is a credit to our organization that these experienced rowers are selected for the highly sought-after summer positions in our area.

Next, I am happy to announce that **FALL 2010 PITTSFORD CREW REGISTRATION IS OPEN!** Please go to www.pittsfordcrew.org to sign up for the upcoming season. Please follow the directions carefully! As always, Registrar Larry Cooper has spent many hours creating and editing both our registration process and our website. Priscilla Martin has graciously returned to coordinating our critical volunteer program, and she, too, has spent a lot of time organizing this important part of the registration process. **Please be sure to follow the instructions for volunteering when you register your athlete for the Fall '10 season! The success of every part of our season depends on the volunteer efforts of every parent!**

Please note the following requirements:

- **Mandatory Fall Parent Meeting: Monday, August 23** at Christ Clarion Church, 415 Thornell Road. Registration will begin at 6:30 PM with the presentation beginning at 7:30 PM.
- **First day of Novice and Varsity practice: Monday, August 30**
Novice and Varsity Girls: 3:15-5:30 PM
Novice and Varsity Boys: 5:15-7:30 PM
No practices on Friday, Sept 3 and Monday, Sept 6.
ALL ATHLETES WHO ARE IN TOWN ARE EXPECTED TO ATTEND PRACTICE. IF YOU KNOW YOU ARE GOING TO BE AWAY, YOU MUST NOTIFY YOUR HEAD COACH.
- **Mandatory Health Appraisal Forms** must be signed by your athlete's primary care provider and have a complete **physical exam dated ON OR AFTER AUGUST 1, 2009.** No one will be allowed to participate in practice until the required health form, sports questionnaire/permission form, and 2010 U.S. Rowing Waiver are submitted. If your athlete has fallen behind in his/her yearly physical exams and the last one was before August 1, 2009, please do the following:
 - Schedule a physical exam appointment with your child's primary care provider ASAP;
 - Turn in a copy of his/her most recent complete physical;
 - Submit the updated physical exam form immediately after the scheduled appointment.

Now, on to the changes in our Coaching Staff. As many of you may know, Andy Thomas will be starting full-time study in the doctoral program of the U of R's Warner School of Education this fall. In view of his academic demands, Andy will be serving as an assistant coach for our programs, and we are pleased to announce that Tom Webb has been appointed Head Coach of our Varsity Boys team. Along with an extensive rowing resume, Tom has also had coaching experience at Skidmore College and Brighton Crew, and he served as a Pittsford Crew assistant coach for our 2009-2010 season.

We are also delighted to announce that Pittsford Crew alumnus Andrew Lennox has joined our staff as an assistant coach. After rowing for Pittsford Crew, Andrew went on to enjoy four challenging and successful years rowing for George Washington University

Mens Crew. Andrew is a familiar face to many of our rowers as he has been as assistant coach for both our Learn to Row and Intramural programs the past several summers. Along with serving as an assistant coach at GWU this past year, Andrew also worked with the Rochester Junior Rowing Club's Boys team this summer. We are very fortunate that Andrew has chosen to continue to develop his career as a rowing coach with Pittsford Crew.

In addition, the Coaching Coordinator position, formerly held by Sue Parvin, will be shared by Sue and Andy Thomas. As our organization and programs have expanded, we are recognizing the need to keep pace with our growth by compensating members of our coaching staff for the administrative management responsibilities they have taken on. We are fortunate to have the experience and energy that Sue and Andy will bring to this position.

I hope you enjoy the rest of your summer, but don't forget to register your athlete for our Fall '10 season and complete all of the necessary paperwork and payments in time for the Parent Meeting August 23.

Suanne Lippman
President
Pittsford Crew