

CATCH THIS

Pittsford Crew Newsletter

March 2006



Rower's Revelry is the highlight of the winter!

Guest speaker Bill Stowe is a hit with his rowing stories.

Pittsford Crew Web Page: www.pittsfordcrew.org

Boathouse Phone Number: 381 - 9560

Crew Information Line: 234 - 7463



PITTSFORD CREW

WEB SITE:

www.pittsfordcrew.org

Pittsford Crew's Web Page has the latest information about our programs, profile of our coaches, registration and waiver forms, regatta results and pictures, current calendar of events, order forms for fan wear and much more!! If you have suggestions or pictures and info you'd like posted, you may contact the webmaster, Chris Barrett, at webmaster@pittsfordcrew.org

Pittsford Crew Information Line

234 - 7463

Pittsford Crew has a phone line that is specifically for giving information to the community. This phone line is updated weekly with practice schedules and upcoming regatta information. This line will also be used when we are traveling out of town to regattas, as a source to disseminate information on arrival time home.

Boathouse Number

381 - 9560

The boathouse phone number can be used to contact someone at the boathouse during practice time, or to leave a message for a coach or the Boathouse Master.

Pittsford Crew News via e-mail

Updated, current information will be sent periodically via email. If you have not received a notice, please contact Scott and Cindy Wilson at swilson5@rochester.rr.com

"Catch This" Newsletter

The Pittsford Crew newsletter is to help communicate information for athletes, coaches, parents, and members of the board. You are welcome to contribute and make suggestions. Please feel free to contact Julie & Jeff Steele at 381-0780 or julie.steele@pittsfordcrew.org



News from the Winter Season

Coaches Clinic

On February 4 and 5 Pittsford Crew hosted a USRowing Level I and II Coaching Education Clinic,. This was a good opportunity to bring rowing people together and see our facilities.

Brighton Burn-Ergatta

Congratulations to all the rowers who participated in the Brighton Burn-Ergatta on March 4.

Crash Bs in Boston

Congratulations to Emily Eiffert, Matt Van Voorhis, and David Lippman who participated in the Crash Bs, erg event, in Boston on February 25.

Spring Season Parent's Meeting

A meeting was held for all returning and new parents on March 7. More details are given later in this newsletter.

Swim Tests—For any New Rower; did not do a Fall swim test

Thursday, March 16 6:30-8:00 PM

Saturday, March 18 2:00-3:00 PM

Both dates are at the PMS pool

Spring Season Regatta Schedule

March 20	First day of practice
April 29	Syracuse Chargers Regatta in Syracuse
May 7	Brighton Regatta at Genesee Waterways
May 13-14	NY State Championships in Saratoga, NY



Rowing 101

There is an excellent source of Rowing Information available on the Pittsford Crew website, www.pittsfordcrew.org Especially informative is a page called "**Rowing 101**" which has information for parents of new and experienced rowers. Also, under the page **The Coxswain**, is a page with **Coxswain's Commands**. So, if you were ever wondering what "weigh enough" means you can look it up here. Just don't ask why they just don't say "stop".

<http://www.pittsfordcrew.org/Rowing101.htm>

Rower's Revelry

On March 4 a new tradition for Pittsford Crew was born. Nearly 200 people from Pittsford, Fairport, Brighton, the U of R and others, attended the Rower's Revelry at the Burgundy Basin Inn. This outstanding event included a silent auction to benefit Pittsford Crew, music, excellent food and an Olympic Gold Medallist as our speaker.

Our speaker, Bill Stowe, talked about his many wonderful experiences in the sport of rowing. This included the friendships that he has made all over the world, the importance of having fun in rowing and, of course, his experience in rowing from the Hudson to Buffalo on the Erie Canal. Bill spoke from the heart emphasizing the winning should not be the focus. It is essential, to him, to have a team effort, to work hard, and to have a good time. Bill's humor and story telling ability made for an enjoyable evening.



Claire with Bill Stowe



The varsity boy's captains were properly outfitted.



Bill Stowe's Bio.... Bill Stowe has a long and distinguished career in rowing, beginning with his introduction to the sport in 1955 at the Kent School. After his first taste of international rowing at the Henley Regatta in 1958, Bill went on the Cornell University where he stroked and captained the 1959 freshman crew to an undefeated year. He capped a distinguished collegiate career by winning the 1962 Intercollegiate Championships Varsity Eight.

While in the Navy, Ensign Stowe rowed for the Club Nautique in Saigon, Vietnam before coming to Vesper to train for the Olympic tryouts. His book, All Together, details this experience. Following the Olympics, Bill continued to row in Philadelphia and competed internationally until the fall of 1967 when he accepted the position as the Columbia University head coach. In the winter of 1971, Bill introduced rowing to the US Coast Guard Academy, where the program was an immediate success.

Bill also served as a commentator for the 1968 and 1972 Olympic games. He is a member of the Athletic Hall of Fames at the Kent School, Cornell University, the US Coast Guard Academy. He's served as the president of the National Rowing Foundation, and he's currently a trustee. Bill is a director of Philadelphia's annual Dad Vail Regatta.

After retiring from coaching, Stowe earned his MBA and worked in various development positions. He gave numerous seminars on fund-raising for athletics. He now resides in Lake Placid, NY and devotes his time to remembering the good old days.

Winter Training

This year winter training consisted of technique practice in the tanks of the PIRC, weight training and aerobic exercise. All in all it proved to be a busy winter for those crew members who signed up for winter practice.

Weight training was set up by Dr. John Spoto and he was assisted by Steve Koch and Tony Cerra all of S*T*A*R Sports Performance. These gentlemen guided our rowers in the proper technique for weight training.

Two days a week both the boys team and the girl's team participated in aerobic exercises instructed by Diane Castellani.

Pittsford Crew owes a big THANK YOU! To John, Steve, Tony and Diane who gave of their time to lead the winter training. We look forward to seeing the results in the spring.



Steve Koch instructing the proper technique for weight training with the Varsity Girls



Coach Barb Kindig in the PIRC with some of the Varsity Girls



Steve Koch with the Varsity Girls in the boathouse

Coaches Corner



From the Executive Director.....

March 12, 2006

Dear Crews,

Spring season is right around the corner! Hope you are really looking forward to the spring races! The novice teams have been working hard all winter getting ready for their first spring season and I'm sure the varsity are ready to get on the river again to train.

I would like to thank the rowers, parents, and community members for all of their support this past year raising nearly \$14,000 for the Pittsford Crew!!!! These monies will be used towards the purchase of a new varsity shell. Your support is greatly appreciated, and the equipment will be used by Pittsford crews for many years to come.

Pittsford Crew also had an extremely successful, first-ever Rowers' Revelry! We had nearly 200 people in attendance, and raised nearly \$4000 from our silent auction. Thank you to everyone who made the Revelry a complete success...and a very special thanks to Bill Stowe! If you would like to order Bill's book, *All Together*, you may contact him at

46 River Road
Lake Placid, NY 12946-1831
stowe@adelphia.net

I can't wait to get back on the water again! Take care, and we'll see you soon!

All the best,

Claire Coffey

For the Varsity Boys....

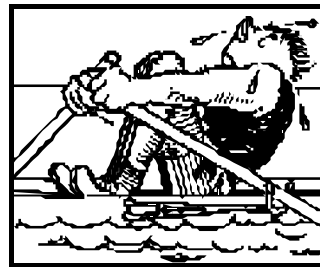
I have been pleased with the progress and effort of all the varsity and novice attending winter practice. The variety of this winter session program has been varied, interesting and rewarding for all those attending regularly. I hope those not attending will be ready to practice hard everyday. I expect all spring participants to complete a 10k and a 6k piece (at the boathouse) prior to going on the water. Times for these distances will help determine boatings.

Congratulations to all our rowers and parents who took part in the CRASH B's and the Brighton Burn. Rowing on an erg is never easy. Rowing hard (erg or water) is always HARD. Rowing in an erg competition demands total commitment to your personal race plan and the ability to cope with the agony and ecstasy of finishing that last 500m!

After watching many of our top local competitors erg, I am encouraged about prospects for defeating them on the water. However, it will take commitment to hard work, steady attendance and smooth rowing to achieve success. The challenge is yours to accept.

Dick Yochum

Captain's Corner



For the Varsity Girls....

As I enter my fifth and final spring season with Pittsford Crew, I feel both excitement and sadness. I am sad, obviously, because crew here at Pittsford has comprised so much of my high school experience, my daily routine, and my personality. I have made a wide range of friends on the waters of the Erie Canal- older friends now in college who I ran into last fall at the Head of the Charles, and younger friends who are still freshmen or sophomores in high school. It will be difficult to leave this all behind this summer as I prepare to go off to college.

On the other hand, I owe my excitement about the spring 2006 season to the hard work of Claire Coffey and the Board members. I believe that in this upcoming season the Pittsford Crew community will see the results of their efforts- success will not merely be defined by the number of medals we earn, but by how our team operates as whole. I hope that everyone with a son or daughter on Pittsford Crew will help contribute to the success of this season in some way or another, as there are always opportunities to get involved: our club can only get stronger. I encourage my teammates to show their enthusiasm by attending practice!!!, working hard, and cheering on fellow crew members. Here's to spring crew 2006!

Thanks,

Fiona Adams

For the Varsity Boys....

Now that winter training is over and the racing season is starting, we'd like to thank the men's team for a great season. It was awesome for all of you to stick with it through the erging, weight lifting and exercise ball classes. It was a good opportunity for all of you to get stronger and become better rowers for the spring season. Thank you for your dedication to show up to practice and work hard everyday. Also we'd like to thank Mrs. Castellani and Steve and Tony, our weight trainers, for their help.

In regards to this spring season, we hope to see everyone back, ready to work harder than before and to win this spring season. Hopefully everyone kept exercising, even if they were busy with other sports and activities, during this past winter. We will be back on the water soon and all the hard work that we put in over the winter will be visible as we get ready for States and the rest of the spring regattas. We look forward to seeing all your faces again as we step it up and take on our local rivals.

Thanks from your captains,

Mike "Laos" Laio and Greg "Tiny" Ferris



Rower's Revelry Silent Auction

Thanks to Betsy Twohig-Barrett, Nina Rummel, Jean French and Ed and Peggie Jeffries for organizing and conducting the silent auction as part of the Rower's Revelry banquet.

Pittsford Crew would also like to thank those individuals and businesses who donated goods and services to the silent auction.

Aladdin's Natural Eatery 2 Gift certificates
Richardsons Canal House Restaurant and Pub 2 Gift certificates given by Geoff Rummel.

Simply Crepes 2 Gift certificates
Tandoor of India 2 Gift certificates Donated by Alka Phatek

The Coal Tower Restaurant 3 Gift certificates

A Restaurant style dinner for 6 with wines
 Cooked by Nina Rummel

Arbonne, Basket of skincare products
 Donated by a friend of Gene Hessney

Balance Acupuncture Center Gift Certificate Donated by Mike Catalana

Bella Blue Color Consultation Donated by Gene Hessney

Claire Coffey 1 hour private indoor rowing session

Oggi Domani Hair and Beauty Salon 2 Gift Certificates Donated by Nina Rummel

S*T*A*R physical fitness and STARFIT Fitness Center Gift Certificate Donated by Dr John Spoto

The Basin East Salon Inc. Hair and Beauty salon Gift certificate Donated by Peggy Girouard

The Muscle Maintenance Company Donated by Nina Rummel.

The Lodge at Woodcliff Package

Towpath Bike Shop Gift certificate Donated by the Van Voorhis family

YMCA, South East Branch Gift certificate Donated by Betsy Twohig-Barrett

Ambiance Plaque Ambiance is located 3400 Monroe Avenue Donated by Karen Gibson Owner and crew mother.

8 Martini glasses uniquely hand painted by Betsy Twohig-Barrett If you are interested in

similar glasses with a different motive she will be happy to accommodate your desire.

Handmade Coffee Table Donated by Wade Lippman

Handmade Wooden Box Donated by Wade Lippman

Spirit Fountain Donated by the Port of Pittsford

Painting by Kathryn Bevier and donated by Kathryn Bevier

Pittsford Florist Gift certificate Donated by Nina Rummel

Parkleigh Wallet and Gift certificate Donated by Nancy Klinetop.

Crew Boat Figurine, 4prs with coxswain Department 56

.Donated by John Galle, crew dad and dock master.

Forsythe Jewelers Ladies watch Donated by Jennifer Marini

Carlisle belt "Cheetah" belt, in a genuine Italian leather design, Size XS

Donated by Jennifer Marini

Klinger Engineering Boat Repair Gift Certificate Donated by Tory Van Voorhis,

Universal Import's total "Doll up" of your car 2 Gift Certificates

Donated by Geoff and Nina Rummel

The 4-6 person band, Swamp Padre

This has been offered by one of the band members, Malcolm Kirby

Weekend at Dry Island in the Adirondacks

Donated by owner Jerry Hacker, a friend of Nina Rummel.



Custom Woodworking
If you liked the table and box at the Crew auction, consider having your own custom furniture made. Reasonable prices. previous work at www.lippman.info
 Wade Lippman

Fund Raising

This year there were three components to our fund raising efforts: A coupon book sale by the athletes, the annual appeal and a silent auction, which was part of the Rower's Revelry banquet. While the moneys are still coming in the totals, to date, are as follows:

Coupon Book Sale	\$5,500.
Annual Appeal	\$9,120
Silent Auction	\$4,000

As noted at the parent's meeting the cost of tuition does not include money to replace or upgrade equipment which is why these fund raising efforts are so important to the continued successful operation of Pittsford Crew.

2005/2006 Annual Campaign Supporters Contributions to the 2005/2006 Pittsford Crew Annual Campaign

Benefactors

Edward and Jean French
Dr. Howard Weiner
Elizabeth Farnham

Sponsor

Mark and Sue Parvin
Anonymous
Dick and Lisa Cashin

Patron

Donald Bordley
Anne and David Ferris
Sherman and Anne Farnham

Friends

Larry and Robyn Gage
William and Julie Sun
Lucien Rouse
Dr. and Mrs. Alan Bloom
Shelly Smith-Dugan
Virginia Cartwright
Jim and Lisa Strassenburgh
Patrick and Chris Monaghan
Rajiv and Gretchen Dewan
Nancy Lee
Mrs. Richard D Castle
Mr. and Mrs. E Malcolm Wolcott Jr
Ted Curtis
Mr. and Mrs. Robert B. Frame
Mr. and Mrs. Robert J. Barrett
Pittsford Volunteer Fire Department
Mike Staines

Supporters

William and Martha Encherman
Greg and Colleen Teren
Paul and Laurie Katz
Eric and Catherine Ward
George and Vee Angle
Pam and Dick Poduska
Dr. Marci Mendola-Pitcher Rosen-Pitcher
Dental Group
Paul and Karen Zachman
Dodie Twohig
L'avent Garbe
Julie Doyle for AdventureOut!
Scott Stein DDS LLC
Guy and Pat Miller
Jim and Valerie Perrotto
Betsy and John Carver
Mrs. William Morris
Red Barn Properties



Spring Season Parent's Meeting—March 7, 2006

A meeting for all parents of new and returning crew members, was held on Tuesday, March 7 at Mendon HS to provide information concerning the upcoming spring season. Some of the highlights of the meeting included a review of the spring regatta schedule, a review of the spring budget and a call for parents to assist with bus and hotel chaperoning at our only overnight regatta, in Saratoga. Some of the highlights of the meeting included:

Away Regattas

- Syracuse (April 29) and Brighton (May 7)
- Parents provide transportation; carpooling
- Driving directions on website
- All rowers expected to be at regatta all day; unload/reload trailer
- Rowers should not drive themselves beyond Monroe County regatta sites

Saratoga, Over-night Regatta

- Saratoga: Leave Friday May 12, 4 PM; arrive home Sunday May 14, 8-9 PM
- Covered Wagon tour buses with bus chaperones; all rowers expected to ride bus both ways; bring bag supper; one stop
- Century House Hotel; 4 rowers/room; breakfast (if time) & Saturday evening dinner provided at hotel; rest of meals at regatta site; plans for Sunday supper pending
- Hotel chaperones needed; do not need to ride bus
- Bus and Hotel Chaperones for Saratoga
 - The State Championships is open to both Novice and Varsity teams.
 - We plan to have two busses with 4 bus chaperones, each.
 - We plan to stay overnight Friday and Saturday nights
 - We need 8 hotel chaperones.
 - Can be couples

Pittsford Regatta

- June 10 & 11 in the village at Schoen Place DPW; Positively Pittsford on June 10
- Rowers expected to help move boats from the boathouse to village on Friday afternoon
- Rowers expected to be at regatta throughout the 2 days to support teammates; be aware of own race times
- Awards ceremony Sunday afternoon; all Pittsford rowers must attend
- Many opportunities to volunteer at many different levels

Parent Volunteers

- Parent Volunteers are critical to the operation of Pittsford Crew
- Over 200 Volunteer opportunities this spring
 - Volunteer opportunities are split between spring season and Pittsford Regatta
- Expectation of Parents
 - Each parent(s) of athlete is asked/expected to take on two volunteer jobs - most jobs are a few hours.
 - Parents who do not sign-up will be asked to work jobs.
- Why should I sign up in advance?
 - Its fun!
 - It gives you something to do at a regatta.
 - It is a necessary part of the club operations.
 - You get your choice of volunteer opportunities.

PITTSFORD CREW: ATTENDANCE POLICY

Rowing is a sport in which complete trust is demanded from all those involved. A crew must know that everyone in the boat is equally dedicated. Without trust there is no way a crew can ever perform well. By signing this policy you and your parents acknowledge the commitment rowing demands. Your coaches will strictly adhere to the rules set forth.

Attendance Policy:

1. A note must be given to your coach **3** days before missing a practice for any reason, i.e. doctor's appointment, college visit. A parent's signature is required. Efforts will be made to accommodate your absence.
2. Missing a practice 48 hours before a race will take you out of the boat for the regatta.
3. Tardiness will not be tolerated. Rowers must arrive 15 minutes prior to the start of practice to get equipment ready and stretch. Crews are expected to be on the water at the designated practice time.
4. Outside commitments, i.e. work and lessons, must be scheduled to end 30 minutes before practice or 30 minutes after the completion of practice.
5. People late or missing from practice will complete the workout on the erg and record results. In some instances they may be boated with another crew.
6. Parents will be notified when you are missing from the boathouse.

Boathouse Expectations:

7. No cell phones in the boat.
8. Bring reusable water bottles to practice!
9. Keep the boathouse neat and clear of personal belongings.
10. Sign in at the start of practice.
11. Immediately get launches, shells, and oars down to the water. It will be noted if people are standing around when opening work is not completed and taken into boatings consideration.
12. In rowing there is no MVP. Each boat has to work together to win, and each team has to work together in order for the whole program to succeed.
13. Be the example- Act appropriately.
14. Ask, ask, ask! If you have questions about technique, nutrition, boatings, or workouts ask your coach or a more experienced rower to explain. There is no sense worrying about something if you do not seek a way to improve it.

Work hard and you will reap the benefits!!!
Be proud of your experience rowing with Pittsford.
As a program for youth, we care about your future.
Being reliable, on time, and helping others will
truly serve you well throughout your life!

Jul-05

PITTSFORD CREW ATHLETIC CODE OF CONDUCT

Participation in athletics is both a privilege and a responsibility. Athletes earn recognition for their achievements as representatives of their team and the community. When an athlete accepts the privilege, he/she must live up to a code of conduct as outlined below. This applies both on and off crew property during the season and off-season.

As a prerequisite for participation in the Pittsford Crew, athletes and parents must sign a statement that commits the athlete to follow the established training rules and requires parents to do everything in their power to make sure their athlete abides by the established Athletic Code of Conduct. These forms must be signed at the beginning of the year. The Athletic Code of Conduct is applicable during the entire calendar year.

I. TEAM RULES

Athletes are required to comply with the established team rules, procedures, and instructions of the coach. Coaches have the authority to suspend an athlete temporarily for failure to comply with rules and procedures or when the athlete's safety or safety of others require such actions. Permanent removal from the team may occur only after consultation with the Board of Friends of Pittsford Rowing, Inc.

II. CITIZENSHIP AND SPORTSMANSHIP

Athletes are expected to follow the rules and policies as stated in the Pittsford Crew handbook. A few examples of unacceptable behavior are insubordination, inappropriate language, fighting, dishonesty, vandalism, stealing, and violation of the rights of others.

CONSEQUENCES for displaying poor citizenship and sportsmanship can result in a suspension ranging from one race to one year based on the nature and level of severity as determined by the crew coaches and the Disciplinary Committee of the Board of Friends of Pittsford Rowing, Inc.

III. SUBSTANCE ABUSE POLICY

The use and/or possession of tobacco in any form including the use of snuff and chewing tobacco, alcohol, and illegal drugs, including those that are performance enhancing is prohibited. If an athlete is reported, the following procedure will be implemented.

The athlete's parents/guardian will be notified immediately.

A mandatory meeting with the athlete, athlete's parents/guardian, a member or members of Disciplinary Committee of the Board of Friends of Pittsford Rowing, Inc., and a member of the coaching staff will take place to discuss the violation.

The meeting(s) will determine the problem and specify an individualized plan of action in response to the athlete's needs.

An athlete who fails to attend this meeting will be suspended from active participation in crew until this requirement is fulfilled.

If the athlete is found to have violated the substance abuse policy, the following penalties will be imposed:

FIRST OFFENSE:

- Suspension length 10 days.
- The athlete will not attend practices.
- The athlete will be denied participation in the next scheduled regatta.

SECOND OFFENSE:

- Suspension for 1 calendar year.
- If the athlete successfully completes the approved program decided at the meeting, the athlete may request that the suspension be lifted. This request can be made 90 days after the violation and will be made to the Board of Friends of Pittsford Rowing, Inc.

SELF REFERRAL

If an athlete self-refers for a violation of the substance abuse policy, a mandatory meeting will occur and will include the athlete, a coach, a member of the Disciplinary Committee, and the parents/guardians. Providing that the athlete follows the recommendation, the athlete will be allowed to participate in the Pittsford Crew.

OBLIGATIONS OF ATHLETE, PITTSFORD CREW, AND COACHES:

It is an expectation that parents will be notified at the first signs of possible abuse or increased risk so that a potential problem may be averted. This notification is designed to keep parents informed of an athlete's actions and will be confidential.

*Adapted from the Athletic Code of Conduct of the
Pittsford Central School District*



MESSAGE FROM THE BOARD

As this is being written the Winter Season for Pittsford Crew is drawing to a close, and much effort has been expended to make ready for the upcoming Spring Season. The board has been very busy on many projects and their efforts will pay dividends for everyone involved in our program.

In September, the board identified the need to update the fleet of rowing shells. Although the boathouse is well stocked with boats and through the efforts of Brad Sayer the boats are in very good shape, many are more than 10 – 15 years old. As these boats age, they lose their stiffness and become flexible, making them more forgiving but less responsive to each stroke of the rowers. Therefore, the decision was made to make this year's annual campaign dedicated to the purchase of boats. To date more than \$ 9000 has been raised by the annual campaign. So you are aware, factory new rowing shells cost \$25,000 – 30,000 for eight person and \$15,000 – 18,000 for four person shells.

Also in September Claire suggested the idea of a community wide 'Rowing Revelry' to allow all area rowers to enjoy each others company and listen to a noted speaker. As you know by now it was a tremendous success, and those who attended are looking forward to the second annual Rowers Revelry. Along with the party was a silent auction, the proceeds of which were also dedicated to boat purchases. I am pleased to tell you that the Facilities and Equipment Committee has begun the shopping process, I hope to have more information in the very near future.

With the leadership of Debbie Eiffert, the Pittsford Crew Treasurer, the Board has adopted its budget for 2006 which should ensure continued fiscal responsibility of the program.

The March Board meeting welcomed two new members of the board of directors. Betsy and Chris Barrett are well known to Pittsford crew and have been very involved taking on leadership roles in the organization. We welcome them to the board.

Planning for the Pittsford Regatta on June 10 & 11 is already under way, with inquiries from crews coming in as early as October of last year. This year's event will coincide with Positively Pittsford, which will make the entire weekend great fun. Make sure to sign-up as a volunteer to participate in what will be another showcase for Pittsford Crew. The rest of the schedule for the Spring Season can be seen on the updated web site: www.Pittsfordcrew.org.

What's in a name? Pittsford Crew vs. Friends of Pittsford Rowing, Inc. Although we refer to ourselves as "Pittsford Crew" our official name is and has been 'Friends of Pittsford Rowing, Inc.'. This has, over the years, led to confusion with banking, and regatta registration. Many regattas list participants on tee shirts, and as our name is too long, it is truncated to 'Friends'. In order to address these issues the board has voted to change the name to "Pittsford Crew" and paperwork has been filed to make it official. In the next month, I hope to announce to official change.

With the Spring season only weeks away, we wish our rowers and parents success and fun.

Best of luck.

*Howard Weiner, President
Pittsford Crew*

The Board of Directors meets at least once a month. If you have any issues or concerns that you would like addressed by the board, please contact any board member. Also, the board member phone numbers and e-mail addresses are given on the website at www.pittsfordcrew.org—Contact Us.

Friends of Pittsford Rowing, Inc. BOARD OF DIRECTORS

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Pittsford Crew

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William C. Warren Boathouse
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Pittsford, New York

www.pittsfordcrew.org

Introducing Betsy Twohig-Barrett and Chris Barrett

Betsy and Chris Barrett are the newest members of the Crew Board. Chris has served as our Webmaster for the past season and Betsy was instrumental in organizing the silent auction and has worked at fundraising for the club this year. They have a daughter, Sam, who is a member of the varsity girl's team.



Calendar of Events

Last Day of Winter Training	March 16
Swim Tests	March 16 6:30-8:00 PM March 18 2:00-3:00 PM
Beginning of Spring Practice	March 20
Syracuse Regatta	April 29
Brighton Regatta	May 7
State Champ. in Saratoga (Varsity and Novice)	May 13-14
Pittsford Regatta (Varsity and Novice)	June 10-11

Dates may change so please watch you e-mails and refer to the Web Site www.pittsfordcrew.org for the most current information

