



Parent Meeting

03/20/23

Board Of Directors Overview

Purpose:

Northview Rowing is organized to promote and support the sport of competitive rowing at Northview High School and in the community by providing administrative assistance, funding, equipment, junior and community program management, and volunteer services.

Powers:

- To direct and supervise the business, property and funds of Northview Rowing; and to exercise all powers necessary and proper to carry out the purposes of Northview Rowing.
- To nominate and elect officers and offices necessary to carry out the business of Northview Rowing.
- To solicit funds to carry out the programs and purposes of Northview Rowing. In the event that Northview Rowing should dissolve, all funds and assets will revert to Northview High School Athletic Department.

Board Of Directors Members

- President : Robin Kay robinmkay@gmail.com (616) 706-5056
- Vice President: **Interim** Kristy Templar ktemplarnvps@gmail.com (616) 262-9174
- Treasurer: Jon Kay jonathonkay29@gmail.com (616) 322-5991
- Secretary: Kristy Templar ktemplarnvps@gmail.com (616) 262-9174
- Food Coordinator: Lindsey O'Callaghan localli@yahoo.com (616) 889-3358
- Equipment Manager: **Interim** Jon Kay jonathonkay29@gmail.com (616) 322-5991
- Student Rep: Brody Thompson brodyadamthompson@gmail.com (616) 272-8248
- Fundraising: Andrew Stelter stelterguy@gmail.com (616) 901-7419

Coaching Staff

- Head Coach: Rick Anderson rowingrick@chartermi.net (616) 581-5920
- Assistant Coach: Lauren Holben lhrows@gmail.com (517) 281-1819
- Assistant Coach: Stephen Barthlow stephen.barthlow@gmail.com (302) 893-6015
- Assistant Coach: Mara Knochs kurzemewolf@gmail.com (616) 591-7513

2023 Spring Schedule

- 3/25 - Ergatta (indoor race on rowing machines) @ FHC
- 4/15 - Spring Scrimmage @ Grand River Park, Lansing
- 4/22 - Huron River Sprints @ Kensington MetroPark
- 4/29 - GR Invitational @ Riverside Park
- 5/1 - East GR Dual Scrimmage @ Reeds Lake, EGR
- 5/6 - Laddie's Cup @ Orchard Lake
- 5/13 - May Scrimmage @ Grand River Park, Lansing
- 5/20 - State Championship @ Kensington MetroPark
- 5/27 - Open - Knapp Street Bridge Row @ Jupiter Boathouse
- 6/2-6/4 - CSSRA Championships (competitive crews only) @ St. Catherines, Ontario
- 6/6 - End Of Year Celebration @ Jupiter Boathouse

Travel

- Bussing for rowers will be provided this year for all events outside of Grand Rapids **except for Laddie's Cup regatta (5/6)** since that is overnight and most rowers will travel with their families and stay overnight with the team.
- Departure times will be provided by coaching staff ahead of time with other event info.
- Rowers will be expected to ride the bus both to and from the event.
- If a rower needs to leave the event early, please coordinate with the coaching staff first.
- Chaperones will be needed on the busses for the away events (at least two). Signup Genius will be provided.

Lodging

For the Laddie's Cup regatta on 5/6 since it is a little bit farther and regatta's start early in the morning, most families will stay at a hotel near the regatta the night before. There will be a block of rooms reserved for Northview Rowing families so that the team can spend some quality time together. Details regarding the hotel and the room block will be shared before the regatta.

Competition Day

Scrimmages

- Shorter Days
- Less costly
- Often time trials
- Less teams
- Candy bars for top finishers
- Less strict race start times

Regattas

- Longer Days
- More expensive
- Often head to head race
- More teams
- Medals for top finishers
- More strict race start times



Varsity Letter

- Athlete must have been academically eligible the entire season
- Athlete must continually demonstrate integrity, respect, and leadership, including but not limited to:
 - Respect for others- coaches/teammates/competitors/parents/et al. No exceptions.
 - Participation in at least three service opportunities per season (boathouse cleanup, dock in/out, fundraising events, regatta volunteering, etc)
 - Good sportsmanship at all times both on and off the water
 - Mentorship of new rowers
 - Positive attitude and eagerness to improve
- **Competitiveness**
 - Dedication- between April 1 and the end of the season, athlete must not miss more than 4 practices. Leaving or arriving more than 20 minutes outside of practice time is considered an absence.
 - Athlete must show progressive improvement. This includes technique as well as overall fitness and understanding of the sport.
 - Athlete must have made finals or medaled in at least two varsity events
- Athlete must have completed at least 3 years of rowing to be eligible for a varsity letter

Helpful Tips for Regattas

- Things to bring:
 - A chair
 - A camera
 - Binoculars
 - Rain boots
 - Warm clothes/Layers/Blankets
 - Bug spray
 - Sunscreen
 - Drinks/Food
- Extra Information:
 - Look for our oar blades or uniforms to identify our boats in races
 - Stay off the docks, and other athlete only zones
 - Be mindful boats and their swing radius when turning, the boats have the right of way.
Don't get hit in the head!
 - Race results are often posted near the official's table or online
 - Race information comes out 1-3 days prior to race day

Feeding your rower during Regattas

- High protein
- High Carbohydrate
- Low sugar
- Plenty of fluids
- Fruits
- Veggies
- No junk (until the race ends :))



Food Tent

- Food
 - Meals vary depending size of the regatta
 - Goal is to provide healthy foods to fuel athletes between races.
 - The food prepared in the food tent is for the rowers only. If there is food left over, families are welcome.
 - Athletes are discouraged from bringing junk food to events.
- Volunteering
 - All food and drinks are donated by parents. Monetary donations are accepted as well in place of food donations or meals that need to be prepared ahead of time.
 - Volunteers set up and take down both the food and athlete tents, prepare the meals and staff food tent.
 - Sign up genius is sent via email before each event to volunteer to donate specific food and drink items and work shifts.

Volunteer Opportunities

- Board Positions Currently Open
 - Secretary
 - Equipment Manager
- Fundraising participation
 - Little Cats
 - Can drives
 - Fudge sales
 - LPGA parking
 - LPGA concessions
 - Request sponsorships from local businesses
- Maintenance of Boathouse & Trailers
 - Boathouse Work Day
 - Woodworking/Building
 - Painting
 - Sanding
 - Cleaning
 - Boathouse Closing
- Food Tent
 - Shifts in to serve food
 - Donate food
 - Set up and break down tents

Northview Rowing Apparel Store

The Northview Rowing team partners every year with a local print company to provide our team with Northview Rowing branded apparel. The store is open until 3/31 and the orders are usually ready two weeks after that.

You can access the store from our website northviewrowing.com. Under the parents menu, choose Apparel Store.

Communication

- Emails
 - Coaches send out emails relating to rowing
 - Board sends out emails relating to volunteering and fundraising (from: admin@northviewrowing.com)
- GroupMe
 - Parent GroupMe exists for parents to share information amongst themselves and coordinate. **Coaches will not be in this group.** Use the link below to join the group after installing the GroupMe app.
 - https://groupme.com/join_group/86081755/bODS3Fhl
- Website
 - This year we have our own website for the first time northviewrowing.com. Our goal is to have the website be your primary tool for getting information when you need it. Most of our emails will be directing you to the website to get any information you may need.
- Where to send your questions?
 - All questions related to rowing, practice, event information should be directed towards the coaching staff.
 - Any questions relating to fundraising or volunteering should be directed towards the board of directors.



First year families:
Scan QR code to
provide contact info

Any Questions?