



Parent Meeting

03/19/24

Northview Rowing Organization Overview

The Northview Rowing team is a 501(c) (3) sponsored organization with a board of directors and by-laws separate from Northview High School's organization.

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.

The board of directors hold meetings monthly throughout the year. All are welcome to attend our meetings.



Board Of Directors Overview

- President : Robin Kay robinmkay@gmail.com **
 - Runs all board meetings, works with Northview HS Athletic Director, see that all books, reports and certificates required by law are properly kept or filed, overseeing the bank account, ensures that all needed tasks are completed.
- Vice President: Andrew Stelter stelterguy@gmail.com **
 - Takes the place of the President in his/her absence and assists the President as needed, athlete sign up process, including recruiting, creating forms, planning sign ups, collecting forms and creating and updating tracking sheets and contact information, maintains the official athlete history records.
- Treasurer: Jon Kay jonathonkay29@gmail.com **
 - Maintains all financial records and accounts of Northview Rowing, supervises the collections and receipts of all funds due, the depositing of funds in an account in a bank designated by the Board and the disbursement of funds as needed, creates and proposes to the Board for approval a budget consisting of planned expenses and income for the next year and then maintains the actual records and balance to our checking account, files all necessary annual reports and tax documents.
- Secretary: Kristy Templar ktemplarnvps@gmail.com
 - Lead communicator for Northview Rowing, takes attendance and official minutes during Board meetings, responds to or forwards emails, manages social media and ensures regular posts are made, handles school announcements and Northview News articles.
- Food Coordinator: Lindsey O'Callaghan localli@yahoo.com **
 - Manages the supply trailer and food tents, handles meal planning, coordinates food donations and ensures set up, meal prep and tear down are staffed at events, handles trailer organization and preparation, handles travel and lodging for any away events.
- Equipment Manager: Ed Vandenberg evrockford0@gmail.com **
 - Oversees all Northview Rowing assets, keeping assets in good working order and working with the head coach to maintain an asset list which is provided to NV Public Schools for insurance purposes, purchase of new equipment for Northview Rowing , manages team uniforms, team shirts and the spirit wear store.
- Fundraising: Leah Ramirez qramirez@nvps.net
 - Coordinates all fundraising activities, make recommendations at the Fall meeting regarding proposed fundraising events for the year, designate committees as needed and oversee the fundraising events as they take place, manages fundraising communications, tracks athlete participation in fundraising events.

**** - Parent of rower who is a senior and position will need to be filled at the end of the 2023-2024 season**

All exiting board member positions MUST be filled to ensure the continued success of this program. While each role has specific responsibilities, those responsibilities are not too great. Attending monthly board meetings is required.

Coaching Staff

- Head Coach: Costas Ciungan cciungan@nvps.net (315) 273-2277
- Assistant Coach: Lauren Holben lhrows@gmail.com
- Assistant Coach: Stephen Barthlow stephen.barthlow@gmail.com
- Assistant Coach: Mara Knoch kurzemewolf@gmail.com

2024 Season Changes

- New head coach
- Thanks to NVPS, there is no registration fees for Northview families to participate in rowing in High School.
- New rowers will need to pay for their unisuit (\$85)
- Thanks to NV Athletic Boosters, all rowers will have the option to receive a long Northview Rowing coat for the season. The rowers will return the coat at the end of year party. If the coat is not returned in the condition it was received, the family will be responsible for reimbursing \$110 (the cost of the coat) back to Northview Rowing.

2024 Spring Schedule

- 3/23 - Ergatta (indoor race on rowing machines) @ FHC
- 4/13 - Central State Invitational @ Grand River Park, Lansing
- 4/20 - Huron River Sprints @ Kensington MetroPark
- 4/27 - GR Invitational @ Riverside Park
- 4/30 - East GR Dual Scrimmage @ Reeds Lake, EGR
- 5/4 - Laddie's Cup @ Orchard Lake
- 5/11 - Midwest Scholastic Champs (Competitive Crews Only) @ Kensington Metropark
- 5/11 - Scrimmage @ Grand River Park, Lansing
- 5/18 - State Championship @ Kensington MetroPark
- 5/25 - Open - Knapp Street Bridge Row @ Jupiter Boathouse
- 5/31-6/2 - CSSRA Championships (Competitive Crews Only) @ St. Catherines, Ontario
- 6/5 - End Of Year Celebration @ Jupiter Boathouse
- 6/8-10 Rowing Youth Nationals (Qualifiers Only)

Travel

- Bussing for rowers will be provided for all events outside of Grand Rapids. May 18, States, this is an 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 prior to the event.

Lodging

- For the State regatta on 5/18, this is a little bit farther and the regatta starts 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 the team can spend some quality time together. Details regarding the hotel and the room block will be shared before the regatta.
- Families do have to pay for their own hotel rooms

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.
 - Good sportsmanship at all times both on and off the water
 - Positive attitude and eagerness to improve
- Competitiveness
 - Dedication- between April 1 and the end of the season, athlete must not miss more than 3 unexcused 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 raced in a varsity event that progressed to at least semi-finals and was competitive in that event.
- If an athlete competes for 3 years on the team in your senior year you will be granted a varsity letter based on 2nd tenant

Helpful Tips for Regattas

- Things to bring:
 - A chair
 - A camera
 - Binoculars
 - Rain boots
 - Warm clothes/Layers/Blankets
 - Bug spray
 - Sunscreen
 - Drinks/Food
 - Wagon
- 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 Information

- Food

- Meals vary depending on the 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.

Equipment Information

- **Boathouse**
 - Our home base! All the racing boats, safety boats, oars, tools, and other related equipment are stored here. Occasionally the coach will need help from volunteers completing projects in the boat house. Most of the time, this relates to equipment storage adjustments and enhancements.
- **Boats (Rowing)**
 - The boats the rowers compete and practice in. Currently all repair and maintenance is performed by our boat man Rick Anderson. He will need volunteers to help move the boats around as repairs are performed
- **Shell Trailer**
 - The trailer that transports the boats the rowers compete in to the events. Volunteers may be needed to assist with making modifications to the structure of the trailer, grease the wheel bearings, and wiring.
- **Boats (Safety)**
 - The motor boats that the coaches coach from and rescue rowers in. These boats require little maintenance. Volunteers are needed to change the oil and other fluids in the motor annually.
- **Safety Boat Trailers**
 - These are the trailers that transport the safety boats. Volunteers may be needed to assist with maintenance such as wiring or greasing the wheel bearings.
- **Cargo Trailer**
 - The trailer that transports our teams tents, grills, food serving equipment, tables, and other related equipment to the events. Volunteers may be needed to assist with making modifications to the storage system on the inside, greasing the wheel bearings, wiring, and possibly hauling the trailer to the events (if the equipment manager is unavailable).

Fundraising Information



● Purpose

- Raise Money for all the things NVPS and NV Athletic Boosters does not cover.
- Funding from NVPS covers a small portion of the cost of what it takes to sustain a competitive rowing program.
- Without fundraising, this program would not be possible as equipment ages out.
- All rowers need to participate in our Fundraisers!

Fundraising Participation

Little Cats

- Host elementary students for 3 hours of fun in the athletic area of the high school once a year.

Movie Night

- NEW THIS YEAR! Host elementary students for a 2 hour movie with concessions twice a year.

Chili Cook-off

- NEW THIS YEAR! Facilitate an event where chili cooks and chili fans can come together. Raffles / silent auctions included. Volunteers needed to run it.



Fundraising Participation

Qdoba Dinner Night (this Thursday, March 21 from 4-8 pm Northland Drive)

- Meet for dinner, 25% of sales goes to the team!

Can Drives

- Collect and return returnables from the Plainfield community for 4 hours (once a year)

Fudge Sales

- The only fundraiser where we ask families to sell products to their friends and family. Mackinac fudge and other sweets (once a year)

LPGA parking & Concessions

- Work with parking employees to help direct traffic to parking spots at LPGA for 4-6 hours shifts once a year.
Work in a concession stand at the LPGA golf course during the event for 4-6 hour shifts once a year.

Propane Lane

- Refill your propane tanks, campers, RVs at Propane lane and we will get a kickback!

Request sponsorships from local businesses

- Engage and partner with local businesses to sponsor the team one year at a time. Any existing business connections in the community help grow our sponsors.

SAVE the Dates for Fundraising

Thursday, March 21 *After Practice

Qdoba Dinner Fundraiser

Sunday, March 24 10-2pm

Popcan drive: Meet @ the HS parking lot

Friday, April 12 5:30-8:15

Elementary Movie Night: Highlands MS

March 27- April 9

Fudge Sale on your own with a \$100 sales goal for each row!

Mid June (14/15?)

LPGA parking and concessions volunteers



***An email with volunteer sign-ups will be sent out following this meeting.

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 3/25 and the orders are usually ready two weeks after that.
- Delivery: apparel will be delivered to the rowers at the boathouse after spring break.
- You can access the store from our website northviewrowing.com under the parents tab, 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

- 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.

Any Questions?

Join Parent GroupMe

