

Spring 2021 Season Meeting

March 15, 2021

2021 Saline Rowing Board Members and Committees

BOARD MEMBERS


- **President** - Scott Orwig
- **Vice President** - Cheryl Girvan
- **Treasurer** - Janet Cook
- **Secretary** - Brandy Righter
- **Equipment** – Gina DeCaro
- **Member At Large** – Jennifer Lindemann
- **Fundraising Coordinator** - Lisa Schmaltz

COMMITTEES

- **Food** – ??
- **Rent-A-Rower** - Janet Cook


Website - salinerowing.org

SALINE ROWING [Join Crew](#) [2018-2019 Schedule](#) [Practices](#) [Forms](#) [Contact Us](#) [Crew Info](#) [Middle School](#) [Sponsors](#)



Sign Up for Spring Now
BY UNCATEGORIZEDFEBRUARY 27, 2019EDIT
Signup is live for Saline Rowing's Spring 2019 Season.
[Click here to sign up](#)

Links
[Web Store \(Saline Revtrak\)](#)
[Saline Rowing Schedule](#)
[Forms](#)
[Regatta Central](#)
[US Rowing](#)



Email - Scott

- Email lists
 - Sign up at: <http://eepurl.com/gjdcj5>
 - Or use the QR code at right
 - Or the pop-up on the website
- Personal and confidential emails should be sent directly to the board members –their emails can be found on the website



GroupMe - Bryce

Saline Rowing



- Used by coaches and rowers for daily communication.
- [Click here](https://groupme.com/join_group/42697102/UaDKVYWS) to join: https://groupme.com/join_group/42697102/UaDKVYWS or use the QR code at left

SeeSaw - Coach Molly



- Used by coaches and to record video of practices / technique
- Download SeeSaw Class and add an account.
- Class code is **AKQEGA** this code expires at 7:45 p.m.

Carpooling - Cheryl

- Need transportation form for every rower
- Riders give \$75 reimbursement to drivers to cover gas, etc
- All rowers MUST ride in assigned cars unless they get prior approval from Coach Fiske
- On water practice days, parents can pick up rowers from the circle at 6:45pm

Food Trailer - Scott Orwig

- Holds everything we need to cook and serve food
- Pulled to regattas by parents
- F-150 or equivalent can pull it
- Towing hardware and detailed instructions are included
- Parent can get mileage reimbursement
- If we can bring food to regattas, we'll need volunteers!

Regatta Food Committee - Scott

- Spectator Regatta Food

- \$10 per adult, \$5 per non-rower child
- Payments must be made by Wednesday before midnight for that weekend's event
- Make payments online through RevTrak. A link will be sent in email and reminders
- Setup and breakdown volunteer opportunities available
- The team tent is a great place to build friendships and find a lot of opportunities to volunteer and support the team

FUNDRAISING - Lisa Schmaltz

- BUSCH'S MARKET: CASH FOR EDUCATION – SIGN UP NOW

YOU MUST BE A MYWAY MEMBER, ADD A VALID EMAIL ADDRESS AND OPT-IN TO RECEIVE EMAILS IN ORDER TO PARTICIPATE IN THE CASH FOR EDUCATION PROGRAM. FOR MORE INFORMATION ON THIS PROGRAM VISIT [BUSCHS.COM/COMMUNITY](https://buschs.com/community).

- PERSONALIZED YARD OARS - \$35
- CAR DECALS - \$5
- Contact me at (734) 223-7716 or lschmaltz89@yahoo.com

Treasurer – Janet Cook

- Spring Season Dues - APRIL 8
 - Rower - \$700.00
 - Sibling Rowers - \$375.00
 - Carpooling Reimbursement \$75.00

Rent a Rower credit statements are available at the Spring Season Kickoff. If your student did not participate, the above fees apply.

- If you have any questions, email Janet Cook: treasurer@salinerowing.org
- Pay rowing dues online with RevTrak - <https://saline.revtrak.net/Rowing/#/list>
- DUES MUST BE PAID IN FULL IN ORDER FOR A ROWER TO BE ELIGIBLE TO PARTICIPATE AT REGATTAS

Rent-A-Rower

Program designed to allow rowers to earn some of their own money toward crew fees and promote our community!

Organizations that support our club include:

- Spring and Fall craft show
- Saline Summerfest - needs the largest support
- Community business owners from Carrigan Cafe and Mancino's
- Superior Stables in Superior Township
- Saline community homeowners who need yard work done

Email invites sent through sign up genius - parents and siblings can help too

We need 2-3 more parent volunteers to help monitor the job sites in order to keep this awesome program going

Spring Season – Coach Fiske

- WATER PRACTICE 4:00 - 6:00 PM AT THE BOATHOUSE (SATURDAY 9:00 - 11:00 AM)
 - CARPOOL WILL LEAVE HIGH SCHOOL AT 3:15 PM
 - PUSHING OFF AT 4:00 PM, RECOVERING BETWEEN 5:45 and 6 PM
 - BACK AT THE BUS LOOP NO LATER THAN 6:45 PM
- ATTENDANCE POLICY
 - 2 ABSENCES ALLOWED.
 - AFTER 2 ABSENCES, NO PARTICIPATION IN NEXT REGATTA.
 - STILL EXPECTED TO ATTEND
 - EXCEPTIONS: ILLNESS (WITH NOTE), RELIGIOUS HOLIDAY, ACADEMIC OBLIGATIONS, FAMILY EMERGENCIES.
 - UNACCEPTABLE REASONS: MEDICAL APPOINTMENTS, HEAVY COURSE LOAD OR HOMEWORK, FAMILY OUTINGS, AFTER SCHOOL PROJECTS, ANYTHING NOT LISTED AS EXCEPTIONS.

- TRAINING OVERVIEW:
 - ENDURANCE AND SKILL
- PRACTICE NECESSITIES
 - CLOTHING (WATER)
 - TIGHT TECHNICAL FABRICS
 - NO GYM SHORTS, NO SWEATSHIRTS (WITH POCKETS)
 - BELOW 60 F LONG SLEEVES
 - HYDRATION
 - APPROX. 45 OUNCES OF WATER A DAY
 - EXPECTED TO HAVE A WATER BOTTLE
 - NUTRITION
 - PRE WORKOUT SNACK 30 TO 120 MINUTES BEFORE PRACTICE
 - DURING WORKOUT CARB
 - POST WORKOUT SNACK WITHIN 30 MINUTES OF PRACTICE (CARBS PRIORITY)

What Gear Do I Need? Coach Molly

What to bring to a regatta.

- Under Armour like material (tops, bottoms, sweatshirts)
- Rain gear (Jacket, pants, boots)
- Socks!
- Gym shoes to run in
- Uni/uniform
- Hats & gloves/pogies
- Water bottle

- Sunscreen
- Visor / sunglasses
- Chair to sit in (parents especially)
- Clothing to wear when done rowing

Race day: Always bring one FULL set of clothes for each race you have AND one extra FULL set of clothes to wear when you are done racing

Spring Regattas - Coach Fiske

- May 1, 2021 – Laddie Cup, Orchard Lake, Michigan
- May 8 and 9, 2021 – Midwest Rowing Championships, Nashport, Ohio
- May 15, 2021 - Wy Hi, Wyandotte, MI
- May 22 and 23, 2021 - State Championship, Grand Rapids, MI
- May 28 and 29 - National Championship, Camden, New Jersey

Code of Conduct - Coach Fiske

- Curfew:: Before school and competition 10:30 PM, otherwise 1:00 AM
- Alcohol/drug policies
- Must attend 3 periods of school to participate
- If athlete is going to miss a practice they must email the head coach, direct assistant coach managing their practice, and attach their parent to the email. This should be sent as soon as individual is aware a practice will be missed.
- Athletes cannot drive themselves to competition
- Grade checks

The background of the slide is a deep blue color with a subtle, wavy texture that resembles water. Scattered throughout the image are several translucent, realistic-looking bubbles of various sizes, some with highlights and shadows that give them a three-dimensional appearance. The bubbles are more densely clustered in the top-left and bottom-right corners.

QUESTIONS AND ANSWERS

Forms

- Register for the team
- Sign up for our mailing lists
- Transportation Authorization Form
- Sports Registration for Saline Area Schools
- MHSAA Physical Form
- US Rowing Waiver
- Swim Test

All available on the website at:

salinerowing.org/about-saline-rowing/forms/

