

NDA CREW



THE CREWLETTER

Newsletter of the "Think Pink" NDA Crew Team

Hoover Invitational

April 15, 2008

Notre Dame Academy – Toledo, OH

President's Message

Sounds like a great weekend in Cincinnati last week. Sorry I missed it, but we had other obligations. I talked to Trevor and Kelly and a number of the girls at the SJJ play on Sunday and both coaches and rowers were happy with the results. Not such great weather, I heard, but it sounds (marginally) better than last year at this time. For those thinking about such things, and for those who may not be aware of the distinctions, we should all take note that a number of the teams rowing last Saturday were club teams. Granted, CJRC and Detroit and Westerville have some very fast boats, but they are club teams representing several schools and/or school districts. That doesn't make them any slower, but they we will not be seeing them at Midwest Championships in May and the Midwest Championships are sponsored by the Scholastic Rowing Association, which limits participation to teams from single schools only. Overall, then, a very positive start to the spring season.

As detailed further in a later section of this week's CrewLetter, one of the obligations of each year's slate of officers is to find and propose to the membership a new set of officers for next year, in this case for the 2008/2009 school year. Several of the positions have been switched to a calendar year basis, as we have discussed in the past, but there are many opportunities for us all to get involved and help out. I think each of this year's officers would encourage all parents to become more involved in this great sport. So, if you would like to volunteer, please contact any of this year's officers. We are more than happy to share our experiences.

On to Columbus (Westerville) this weekend. At this point (Tuesday), the weather looks a little dicey still, so come prepared. Crew just isn't the same without wind and rain and cold, right? Actually, the competition may well provide all the warmth we need. This looks like being a large regatta, with teams coming from West Virginia, Pennsylvania, Ohio, Michigan and Illinois. Should be some great racing as many of the big Pittsburgh and Chicago school teams are registered.

Incidentally, I am not sure that we talked about regatta schedules and results this season as yet. For those of you who may not know, or who have forgotten over the winter, schedules and results are posted on the internet for all to see. Almost all of the regattas we go to are registered with RegattaCentral.com. Go to the site, click on regattas along the top and pick the regatta. Click on that regatta and a whole host of information is available including directions, maps, schedules and heat sheets and entry lists. If you are in a boat, you can even scroll over your boat and see your name! (Parents are not recognized. Hmph.) Results are also posted, typically a day or two after the event. Some regattas, such as Cincinnati, employ professional timing services and these, such as Racetrak.com, post results virtually real time. Not that you would stay home to catch the internet version, but some less privileged relatives, friends and acquaintances may want to catch results as they happen.

Remember, a great season depends on each one of us working together, so let's stay positive and we can make this one of NDA Crew's best ever.

Races – this weekend

All rowers and coxswains must **be at the regatta site at 7:30 am on Saturday morning**. Note if you have checked Regatta Central NDA has seven boats racing in heats in the morning, and the times listed there are for the finals not the initial heats. Tentative schedule for the heats and finals are as follows:

Race Categories That NDA is participating in:	
Women's Varsity 8	(1 of 17 total boats)
Women's JV 8	(2 of 18 total boats)
Women's Novice 8+	(1 of 21 total boats)
Women's Lightweight 8+	(1 of 5 total boats)
Women's Varsity 4+	(1 of 26 total boats)
Women's JV 4	(2 of 29 total boats)
Women's Novice 4	(2 of 27 total boats)

Fees

There are three mandatory overnights this season.

The first is Saturday night May 3 for the Scholastic Sprints at Moraine State Park in Portersville PA. This overnight was included in the original fees (\$375 and \$25 hotel fee) so many have paid already. The other two overnights will be on Friday May 9th and May 10th for the Midwest Scholastic Rowing Championships. All girls will need to pay an additional \$25 per overnight for a total of \$50 for the hotel rooms in Cincinnati that they will be sharing with their team mates. These stays are important for team and boat bonding. Please bring a check for these overnights to the regatta this weekend. Make all checks out to NDA Crew. If you have any questions or concerns, please feel free to email Tom and Martha Farrell at mtdaf4@bex.net.

NDA Academic Policies

As a reminder, NDA Crew and all NDA Crew team members are required to comply with NDA's academic eligibility rules. For those not familiar with these rules, the NDA athletic department checks the current grades of all athletes participating in any NDA athletic teams. This is not limited to so-called "varsity" sports, but includes all team activities. While the Ohio High School Athletic Association (OHSAA) requires each school to check academic eligibility once per academic quarter, NDA has elected to check academic eligibility once per week. Any athlete receiving a failing grade or a second consecutive grade of DF (in danger of failing) is ineligible for any participation in her sport until the week in which the grade is restored to a passing mark. Please note that academic ineligibility does not qualify for a refund from your season rowing fee.

Please work with your daughter to make sure we do not lose eligibility for academic reasons.

Boathouse Parking

TRC is putting a sign at the entrance to the gravel lot in front of the boathouse, saying that there is absolutely NO parking on the gravel lot when kids are present (except for coaches). Parents - please let a coach know if you see anyone violating this rule.

Girl's Night Out

Let's support NDA by attending this fun night out. See attached flyer.

Food

A special thanks to the MacKinnon's and the Georgoff's for the awesome menu at last weekend's regatta. Thanks also to everyone for bring their allotted food as well as all of the extra food!

Please note the food list below is revised from the list that was sent out last week for the Westerville regatta. Please bring the items you are assigned on this list and in the proper quantities. Also, if you are unable to attend the regatta this weekend, you must send your food with someone who is attending.

Westerville Regatta - Food List - REVISED

4/26/2008

Breakfast Pancakes, sausage, oatmeal, hard boiled eggs, fruit, bagels, omelets

Family Name

Veluscek	Granola, Yogurt (see Donald 349.5021)
Tylinski	2 boxes crackers for soup, 4 dozen raw eggs
Rudolph	2 dozen raw eggs, 1 dozen Barry's bagels
Murrell	5 lbs link sausage, pint of half and half
McCarthy	1 dozen hard boiled eggs, 6 dozen raw eggs
Kenney	Two - 1/2 gallons juice, apple, grape or OJ plus two 1/2 gallons milk (1% & 2%)
Farrell	36 muffins or fancy breads
Claus	2 melons (cantalope and honey dew), Medium jar Jiff peanut butter
Bremer	2 lb strawberries washed and hulled and Kiwi and 12 apples
Brooks	2 generous bunches of seedless grapes washed and 2 2.5 gallons of water
Dailey	20 bananas, 5 oranges and a pineapple, 2 bags shredded cheddar cheese
MacRitchie	2 dozen Barry's bagels
Peters	40 juice boxes - prefer 100% juice
Fell	40 juice boxes - prefer 100% juice
Yeager	Sandwich sized bag of finely chopped peppers, onions, mushrooms, and 2 lbs diced ham
Relation	Smucker's flavored pancake syrup - strawberry, blackberry and blueberry and one container of Cremora powdered creamer

Grazing Veggies and dip, apples and peanut butter and cheese

Wagner	2 lbs cheese cubes
Ullery	pitats for 24 and 50 celery sticks
Scheiber	Veggies and dip for 24
Cereghini	1 large bag Trail mix (the healthier the better), 2 large bags of ice

Lunch Panini's, veggie soup, lettuce salad, pasta salad, fruit

Novice team	Lunch brought for you - call with questions 349-5021
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Desserts Cookies, bar cookies, brownies

Jarosi	4 dozen baked goods
Lach	4 dozen baked goods
Costa	2 dozen baked goods, 100 paper plates

Misc Items: Water bottles

Mills	4 - 2 1/2 gallon of water containers
Peters	48 bottles of Dasani water
Relation	48 bottles of Dasani water
McNear	2 bottle hand sanitizer, 1 roll paper towels, one box of flavored tea bags
Snell	large can hot cocoa and bag of small marshmallows, 2 bottles wipes to wash hands with

VanDenbroek Paper towels - multi pack and box of garbage bags

Fund raising

Mark your calendars for the next Greektown Casino Bus Trip August 29! Gather up your friends so we can make this even a larger success. Hope to see you there.

Sandals

There are pink NDA flip flops for sale. The price is \$15 and all proceeds go to NDA fundraising. Please email Melissa Costa @ jakebean@bex.net and get yours now.

Remember, these sandals make awesome gifts for incoming freshman and other future NDA students/potential Crew members.



Mud Hens

The Mud Hens concession season has begun and so have the fun times working with your fellow Crew team members and their parents! Working concessions is fun for people of all ages.

We really need people to volunteer for the following games:

Sunday, April 20 - 2:00 pm game

Monday, April 28 - 6:30 pm game

Tuesday May 20 - 10:30 am game (Kid's game)

**Please email Julie Lach as soon as possible if you are able to volunteer for one of these games.
jlach@bex.net**

**Mark your Calendars now for fun at the Mud Hens!
NDA Crew dates at Stand 2 at Fifth Third are as follows:**

Day	Date	Game
Sun	4/6/08	2:00 pm
Sun	4/20/08	2:00 pm
Mon	4/28/08	6:30 pm
Tues	5/20/08	10:30
Sun	6/8/08	7:00 pm
Thu	6/12/08	7:00 pm
Sat	6/28/08	7:00 pm
Sat	7/5/08	7:00 pm
Sun	7/6/08	7:00 pm
Wed	7/9/08	7:00 pm
Sat	7/26/08	7:00 pm
Sat	8/9/08	7:00 pm
Sun	8/10/08	6:30 pm
Tue	8/26/08	7:00 pm
Wed	8/27/08	7:00 pm

Thank you so much to all who have already sent all of their dates to Julie Lach. This is a huge fundraiser for the club and we need all people to jump in a sign up for their time slots so that Julie can make sure all games are fully staffed. Parents of all NDA Crew team members must have their slots submitted to Julie by April 18th.

All volunteers must enter Fifth Third Field at the Huron Street exit.

Reminder

Any questions regarding what is going on within the club, please refer to the coaches first for practice and boat loading information. All other events can be found on the NDA Crew calendar which can be found by clicking on the bottom link at the left of the NDA Crew webpage www.ndacrew.com. The calendar includes athlete's birthdates, hotel and regatta information, Mud Hens information and other things. If you know of something that is missing, please feel free to email ndacrew@hotmail.com and it will be added.

See you in Westerville. Please travel safely.



**Join your favorite Crew
Moms and teammates at
Girl's Night Out
This Thursday Night!!!!**

April, 2008

The following information is for "ladies only", young and old! Gentlemen, please pass this on to the ladies in your life!

The list of reservations is growing for Girls' Night Out but we are waiting to hear from some of you! It's two days away (Thursday, April 17) but there is time to call the Advancement Office to add your name to the list! Take some time for yourself and you can bring your daughter(s) if you'd like. Here's a list of some of the things that will be going on throughout the night.

Included in ticket price:

- ♥ Reve Salon Mini-makeovers
- ♥ La Luna Salon hand and arm massage
- ♥ Chair massages
- ♥ Appetizers from Outback Steakhouse
- ♥ Chips Salsa and Queso from Abuelo's
- ♥ Pepsi products and water
- ♥ DJ and fun jams provided by Chart Toppers
- ♥ Image Consultant
- ♥ Dr. Bob will be here to discuss your pet issues!
- ♥ Spirituality Corner (two Srs. of NDA and Nicole Flores) will help discuss your spiritual journey
- ♥ Cakes (variety of flavors) will be provided by Costco
- ♥ Choc, Chip Cookies provided by Max and Erma's
- ♥ Goody Bags for the first 300 women to arrive
- ♥ door prizes given away every 20 minutes (flowers, purses, cosmetics)
- ♥ Silent Auction

You may purchase wine and beer for \$2.00 and Coldstone ice cream

Cost for this fun night - \$25 adult \$15 student

Sounds like fun, right? Call 419-475-9628 and make your reservation now!