

NDA CREW



THE CREWLETTER

Newsletter of the "Think Pink" NDA Crew Team

SRAA Nationals Here we Come x 3!!

May 13, 2008

Notre Dame Academy – Toledo, OH

Results from the Midwest Scholastic Rowing Championships Cincinnati – 5/10-5/11

Things you need to bring to the regatta in Toledo on Saturday:

\$20 Money for the Coaches gift – Please give to Charlie Murrell

Checks should be made out to NDA Crew LLC

Silver Medal

Lightweight 8 Boat – K. Fell, A. Farrell, H. Murrell, K. Veluscek, B. McCarthy, G. MacKinnon, J. Yeager,
M. Claus, S. Kisov (cox)

Bronze Medal

JV 8 Boat – L. Scheiber, K. Tylinski, C. Rudolph, L. Murrell, O. Ullery, B. McCarthy, M. Claus,
S. Bremer, K. Lach (cox)

President Elect's Message

Raindrops on roses and high winds on mittens did not stop our ladies in pink this past weekend at the SRAA Midwest Championships. Fifty teams from all over the Midwest met at Harsha Lake in Cincinnati to show who truly is "The Best in the Midwest." Our ladies in pink really showed 'em by bringing home 4 medals and qualifying 3 boats for Nationals. The SRAA Nationals will take place in Knoxville, Tennessee over Memorial Day weekend. Those going to represent NDA include the gold medal winning Freshmen 8, our powerhouse JV 8, and our fast and furious Lightweight 4. **WAY TO GO EAGLES!**

As if that couldn't make all the moms proud on Mother's Day we have to give a huge thanks to the NDA dads who not only cooked up some great grub but ended up doing lots of unexpected housecleaning tasks. Putting up the tent, taking it down, moving the tent, putting up tarps so we all wouldn't be blown into Kentucky, keeping the mud bath at a minimum, and trying to give a little mouse its freedom were all part of this exciting Mother's Day. They are truly our heroes. **WAY TO GO DADS!**

Speaking of heroes, Trevor, Kelly, and Pete all deserve huge pats on the back for the excellent training and leadership they provide for our girls. Without their expertise we would not be traveling to Tennessee in a few weeks. How many coaches can say they have taken as many boats to Nationals as our coaches have? You do us proud! **WAY TO GO COACHES!**

It was great to see the moms working together on Saturday to make decorations for the hugely successful Pink Party. A big round of applause goes out to Karen McCarthy for organizing and finding every Dollar Tree this side of the Mississippi to make for such a great party. **WAY TO GO MOMS!**

Looking forward to seeing everyone down at our very own docks on Saturday for a fun (and funny) race. Lunch is on NDA Crew. No food assignments, no long drives, no hotel stays, just HOME SWEET HOME. Life is good in the neighborhood, wouldn't you say?

Tom and Martha Farrell



Congratulations to our Senior Rowers

You are in our thoughts as you prepare for your very last week as students of Notre Dame Academy. Congratulations on your upcoming graduation next Thursday May 22nd. You have so much to be proud of. You are all excellent students, athletes, leaders and also friends. We have enjoyed getting to know all of you and spending our weekdays and weekends with you over the years. Your commitment to the team from a two season rower (Whitney) to the eight season rowers (Teri and Katie) is much appreciated. Best of luck as you finish your senior projects and prepare for graduation. Please feel free to stop by the boathouse or a regatta when you are home from college. We will miss you.

Coaches Corner

From the desk of Trevor and Kelly Irish Jones

We accomplished our goals for Midwests and now it is time to prepare for Tennessee.

This is the last week of practice for the whole team.

NDA Crew will not be attending the Stoney Creek regatta on Saturday May 24th.

Mayhem Regatta Saturday (5/17) – 11:00 – 1:00 pm

This will be a NDA only event taking place at the Boathouse. All NDA Crew athletes and their families are welcome to attend. Food will be provided by NDA Crew.

This is a fun opportunity for coxes to row and rowers to cox. We also welcome school administration, alumnae rowers and parents to come to the boathouse and mingle with the NDA Crew family.

Coaches Corner

From the desk of Pete Langenderfer

After the novices outstanding performances this weekend I feel that I owe them a few words of gratitude for everything they have accomplished.

In my ten seasons of coaching I have to say my 08' freshman 8+ is the best boat I have ever coached. I can't explain how much admiration I have for these ten girls. Day in and day out they push themselves to get better. On race day they execute perfectly everything we work on in practice which allows them to man handle the competition. We have been beating good boats for weeks and they make it look so easy.

Rowing is not a sport where rowers get a whole lot of individual recognition but each rower in this boat provides one of the many important ingredients essential to having a great boat, which we do!

- ◆ **Jasmine Jacobs** is a natural born athlete. She could probably play any sport and excel. She holds the top erg time in our boat and always keeps the rest of the boat striving to pull a better time. She makes a great stroke in our 8+, setting the pace through our intense race plan.
- ◆ **Ashton Genzman** - As a first season novice, she caught on extremely quick. When she learned how to row it looked as if she had rowed in the fall. She has nice form, a nice long stroke and makes the perfect 7 seat in our 8+.
- ◆ **Katie Miller** - Katie always provides a good time for us at practice. She is great to have in this boat. She cares for each girl. I see her pushing other girls when they are having a hard time, She provides laughter when it is needed. Katie is a hard worker and wants to win at all costs.
- ◆ **Nicole Fuller** - is the heart of our power in the boat. Nicole has a great work ethic. She is always striving to be better. Nicole keeps the laughter going in our boat. She works well as 6 seat in our boat, not to mention she sits behind Katie Miller to keep her inline..ha
- ◆ **Molly Eddingfield**..... Mols keeps the power coming in the boat. She is always just a few seconds off of Jasmine on erg times which keeps the both of them pushing to raise the standard. She is a very hard worker. Molly helps keep the atmosphere light with her sense of humor.
- ◆ **Madison Georgoff** - Tons of power in a little package! Nobody would have guessed our little coxswain from the fall has a great erg time. It took some convincing to get her out of the coxswain seat but now there is no turning back. Everyone enjoys Madison and her little one liners.

- ◆ **Sam Riccio** - Sammy is our team captain. She helps to keep many things running smoothly, from getting practice started on-time to making sure we are all at the hotel at the designated time. Sam is a good leader for this boat, not mention has great form which allows our boat to move efficiently.
- ◆ **Elizabeth Coyle** - I have always said Elizabeth is a leader by her actions. Elizabeth always gives in her all. Is extremely dedicated to the sport. I think Liz would row a race with a broken leg if it meant not letting her boat down. She has great form to make-up a rock solid bow pair in our boat.
- ◆ **Gabby MacKinnon** - They say rowers win races and coxswains lose races. As you can see Gabby is doing her job. She is a smart coxswain. I can be assured Gabby is going to have total control of the boat on race day so that we row our races exactly like we practice them during the week. A boat is only as good as its coxswain. Enough said.
- ◆ **Andrea Sauppe** - Though she didn't cox the 8+ in Midwest she is definitely a part of this boat. She coxed the boat to our 1st place finish in Pittsburgh and does a great job every week in our 4+. She works a lot with the boat in practice and provides a lot of observation from things I overlook in the launch. Andrea is our lifeline because if anything happens to one of our rowers we have Gabby as a backup rower, Andrea as our coxswain and we will still win races.

Sunday was an awesome day. I have to say I had to wipe the tears from my eyes Sunday as I ran to the beach to retrieve the boat. It was so nice to see 9 girls who work so hard do so well. All of the yelling that goes on at practice, torture race pieces, and tough times all paid off for those 9 girls. It was great and I could not be more proud of them!

Our entire team did a great job this weekend and I can't wait to see what we can do at Nationals.

Races that NDA will participate in at the SRAA Nationals:

Womens HS Freshman 8+	1 boat
Womens HS Varsity Junior 8+	1 boat
Womens HS Varsity Ltwt 4+	1 boat

Frogtown Regatta

The Frogtown regatta will be taking place during fall season 2008. The officers of NDA Crew are looking for a couple of parents to work as liaisons for NDA crew with Toledo Rowing Club. This is an opportunity to work with parents from all of the other Toledo rowing clubs to help make this Toledo rowing event successful and attract crew teams from all over. Please contact Tom or Martha Farrell or Charlie Murrell if you are interested.

Fundraising



We need to fill all of our dates for concessions at the Mud Hens games as soon as possible. Please bring your Calendars to the regatta so that you can give Julie the dates that you are available to work at the Mud Hens games.

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

Remember this is our largest fundraiser of the year and each athlete's parents MUST sign up and work their allotted games. If you do not choose your games, they will be chosen for you. Email Julie at jlach@bex.net.

Mud Hens Frequently Asked Questions:

- **When and where do I arrive at my scheduled game?**
All NDA Crew volunteers for Mud Hens games need to arrive **2 hours** before the game begins as the gate opens one hour before game time. All volunteers need to enter through the Huron Street entrance and tell the worker there that you are from NDA Crew to work in Stand 2.
- **What do I wear as a volunteer for Gladieux at the Hens game?**
Volunteers need to wear khaki pants (slacks, shorts or capris), light-colored top, no open-toed shoes.
- **Can I take added responsibility when working in Stand 2?**
We need adults volunteer to be step up and volunteer to take on the jobs of group leader and/or head cashier for games
- **How do I sign up for Mud Hens?**
All Crew families need to sign up for at least nine Mud Hens slots this spring/summer. You need to contact Julie Lach at (419) 661-1427 or jlach@bex.net.

Crew Calendar

Any questions regarding practice or boat loading or unloading should be directed to the coaches please. Any other questions please email ndacrew@hotmail.com. 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.