

What a year looks like...

August

We hold a meeting for all new rowers, freshmen included, to meet your teammates, meet your coaches and handle registration issues.

We will also hold a Freshman and Novice Sampler for new rowers to get a taste of what rowing is all about.

Practice starts in the middle of August from the Toledo boathouse.

Note: All members must pass a swimming requirement – safety comes first at all times!

September

- Crew Camp (a fun bonding weekend for the team)
- Practice (starting with the basics for novices)

Mid-September & October: Fall Regatta Season

Racing starts in the middle of September. We usually attend about 7 regattas, one or two of which are overnight stays. The girls room together by boat for a great bonding experience.

Pittsburgh is one of the fall highlights. The Head of the Ohio Regatta is the second largest race in the US, with teams coming from all over the Midwest and East: over 500 boats and 7000 rowers at all age levels this year.

Another fall highlight for varsity rowers is the Head of the Charles in Boston. This regatta is so big – with international competition – that it has become invitation only. NDA Crew usually races one or two boats.

Spring

Sprint season starts in mid-April and is a springboard to the Midwest Regional Championship in May where NDA regularly qualifies several boats for the National Scholastic Sprint Championships. Sprints are very exciting, with 6 boats racing side by side over a shorter course as seen in the Olympics.



Come join us for some serious fun on the river!



An NDA 4 in front of beautiful PNC Park, Pittsburgh

Crew: (krɔ̃) *n.*

1. A group of NDA student athletes, consisting of 4 or 8 rowers and a coxswain, who are trained to propel a racing shell or boat by means of oars: *NDA Crew is the largest club sport at NDA.*
2. A team and family sport for all ages.

A Message from our Presidents

The NDA Crew Team is one of the best Crew teams in the Midwest and competes on a Regional and National level. It is the largest club sport at Notre Dame Academy. Come and find out why!

The girls race in boats (shells) with 8 rowers and a coxswain or 4 rowers and a coxswain. Practice is on the beautiful Maumee River at the Toledo Rowing Club Boathouse. Regattas are on weekend days at fabulous places such as Pittsburgh, Cincinnati and Indianapolis (just to name a few). Although sweep rowing looks like an upper body sport (athletes hold one oar with both hands), the strength of the rowing stroke comes from the legs and back muscle groups. The sport demands endurance, strength, balance, mental discipline—and teamwork is number one.

Ask any girl who has been or is on the Crew Team how much fun Crew is, or ask one of their family members and they will tell you how exciting watching this sport is! We have a four day Novice Sampler, where you can check this sport out yourself. Once you see how fun it is, we think you will be hooked!

*Mike & Sue Davis
Presidents, NDA Parents Association*

Think Pink!

Why Crew?

Teamwork!

- Boats go only one speed – everyone has to work together

Crew is the Ultimate walk-on sport

- You need absolutely no experience!
- All novices (new rowers in their first year of rowing) compete against other novices
- Novice year is all about technique, not conditioning

You go – you row!

- There is absolutely no bench – everyone rows at least once at each regatta (racing event)

Total body workout

- Rowers are said to be the best conditioned athletes of all

Great family sport

- NDA Crew is a club sport run by parents
- Parents take care of the tents (space to change uniforms and shelter for bad weather), travel arrangements and food

Good food

- After all that hard work, you need a hot breakfast (omelets, pancakes & bacon), a hot lunch and cookies!

Travel

- Because we need rivers or lakes to row on, we travel to locations around the area: Cleveland, Elkhart, Pittsburgh, Dayton, Columbus

NDA Crew competes on a regional and national level

- At the Midwest Regional Sprint Championships in May, 2005, against 49 schools from 8 states, NDA Crew qualified 4 of 8 boats for the National Scholastic Sprint Championships

Fun!

- Just talk to the girls – NDA Crew is all about achievement, teamwork and **FUN!**