

# USC Rowing Association

September, 2019



## The season just got started!



Welcome USC Crew team members and parents to the 2019 Fall Season! We are well on our way and have a lot of exciting events, regattas and a scrimmage planned for this Fall. The weather is still great, so let's Row!

Here the Marsh brothers in full speed:



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During our parent meeting our coach Florin Curuea answered questions from parents and introduced himself. Florin and his team are making great progress in teaching new and returning rowers the skills of rowing, while having fun on the water.



## Spirit Wear



All the USC Rowing team members have the Team T-shirt and/or Rowing Uni. But there's more, there's spirit wear. Why spirit wear? Every member of the rowing team, plays an important role. Wearing identical uniforms creates a sense of equality, which is important when you are trying to win as a group. No individual is more important than any other, and that is what teamwork is all about. By wearing and sharing, fans show their support and loyalty to our rowing team and rowers show their dedication to each other.

Erin Fortunato is our team spirit wear coordinator and you probably have seen her emails already. We have two vendors for our spirit wear. Erin will accumulate our orders before placing the order at the vendor. All items are then shipped together to avoid shipping costs. The other vendor is [Sew Sporty](#) (they also are the vendor of the our rower's unisuit).

We kindly ask you to place your orders by **October 5th**. Please fill in [this order form](#) and return forms and checks to Erin Fortunato. Payments please by check to "USC Rowing Association".

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The all weather jackets are really nice and were the hottest item last year. Keep in mind, Fall is upon us and the weather is going to become an issue. If you would like to order anything, please follow the instructions below:

1. View the items available [on our website](#)
2. Download, print and complete [the form from our website](#)
3. Mail the completed form with a check made out to "USC Rowing Association" for the full amount to: Erin Fortunato 2450 Old Washington Road, Pittsburgh, PA 15241
4. The order and check are due by Friday October 4th

Please note the following-

- Orders cannot be accepted after October 4th (Erin will send multiple reminders)
- Orders received without payment cannot be placed
- In the event a check does not clear the bank, a return check fee of \$35 will apply and merchandise will be held until payment is made in full
- If you prefer to pay with cash, please reach out to me so we can work out a time when I will be home (so cash does not sit in the mailbox or at the front door)
- Our order should be available by Friday October 25th (hopefully a little sooner). I will make arrangements to meet at the bus. If you wish to pick up the order at my house instead, please let me know.

[Sew Sporty](#) has a selection of a few miscellaneous items, uni-suits (if you want more than one) duffel bags and additional spirit wear items. The process for the [Sew Sporty](#) items is different than the spirit wear. You select items, pay directly on the website and have the items shipped to you.

If you decide to order anything, I would say that the Team Duffel Bag (Large) is popular with the embroidered personal name added. Also the white long sleeve Upper Saint Clair warm-up shirt under uni-suits in cold weather.

If you would like to have more info please contact [Erin Fortunato](#)



## Fundraising - Carwash



We had a great car wash fundraiser thank you to all of the parents and team members who participated in this event and we truly appreciate all of those who made donations. Thanks to this successful event we were able to raise \$467!

Thank you Sunoco and all volunteers!

## Fundraising - AmazonSmile



AmazonSmile ([smile.amazon.com](https://smile.amazon.com)) offers all of the same items, prices, and benefits of its sister website, Amazon.com, but with one distinct difference:

*When users shop on AmazonSmile, the AmazonSmile Foundation contributes 0.5 percent of eligible purchases to the charity of your choice. Especially for frequent Amazon users, this additional perk is a great way to give back to charities effortlessly.*

Since its launch in 2013, AmazonSmile has supported nearly one million charities and has donated over \$80 million (as of February 2018). The website is identical to Amazon's main site, and consumers can quickly browse and shop for items. They can even take advantage of Prime membership benefits, sales and more.

All users have to do is to visit [smile.amazon.com](https://smile.amazon.com) (amazon.com and Amazon mobile app purchases do not apply) to earn 0.5 percent of their eligible purchase for their favorite nonprofit or cause. So keep on buying at Amazon but just login with smile.amazon.com, select Upper St. Clair Rowing Association and help USC Rowing Association's fundraising!

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## Fundraising - Pie sale



Rowers' fees cover approximately 70% of the club's total cost. Rowers and their families raise the other 30% through a series of fundraising events. Our biggest fundraiser is the Crew Pie Sales in the fall and spring. Each High school rower is expected to sell and deliver a minimum of 100 pies for the year (50 in Fall & 50 in Spring) and Fort Couch rowers 50 pies for the year (25 in Fall & 25 in Spring). If the rower meets the quota in the fall, then a portion of the sales of additional pies is applied towards the rower's dues. Fundraising is a great opportunity to get connected with the team. This Fall we have our first Pie-sale fundraising of this season.

For those who never participated here the info in a nutshell: As a rower you can sell your pies to anyone. Be aware that they need to be delivered. Your aunt in Vegas could buy a pie, but delivering it in Vegas is going to be a challenge, therefore we have the opportunity to donate a pie. Orders and payments are preferably done online via our [USC Rowing pie sale shop](#) where the buyer can choose a rower. The rower will have two weeks to sell pies. At the end of the sale period, the pies will be typically delivered in bulk in a refrigerated truck that we park near the Highschool. On Friday afternoon/Saturday morning we will sort the orders and the rower will pick up your orders and start distributing them.

Robin will take the coordination with the help of volunteers. Want to help? [Contact Robin](#), she will love to share her workload.

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## Upcoming events

### Spaghetti Dinner - October 4th at 6:00 - McLaughlin Run Recreation Center

We will hold our first pasta dinner for the entire crew team on Friday, October 4th at the McLaughlin Run Activity Center starting at 6:00 pm. On the menu, pasta, pasta and more pasta! Your chef for the evening will be Dana Gray. We are looking for food donations and volunteers, if you are able to donate food, [please sign in here](#). Please provide donations so by Wednesday, October, 2nd. Drop off location 2272 Cremona Drive, coolers will be available in driveway to deposit food donations.



## Regattas

**Head of the Ohio - Three Rivers Rowing- Pittsburgh PA - October 6**

**→ For all High school Rowers**

Although [this regatta](#) is for High school rowers, the Fort Couch rowers are more than welcome to support the team and help the team getting ready. This is a great opportunity to see the regatta from close and to experience the rowing community.

**Scrimmage at the Montour Marina - Coraopolis PA - October 12**

**→ For all High school Rowers AND Fort Couch Rowers.**

We will race against Mount Lebanon.

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**Scrimmage at the Montour Marina - Coraopolis PA - October 19**

**→ For all High school Rowers AND Fort Couch Rowers.**

We will race against Pine Richmond & Northern Allegheny.

All parents, friends and relatives are more than welcome to see your rower on the water during the scrimmages. The scrimmages are a great opportunity for the Fort Couch rowers to experience a race; they will be the spotlights during these events. We plan to have our tent & grill set up for this event at our own boathouse. We will make it a fun event!

**Speakmon - Columbus OH - October 27**

**→ For all High school Rowers**

**Head of the Occoquan - Occoquan VA - November 3**

**→ Not mandatory. This race is not recommended for novices.**

If rower wants to participate people let Florin know by October 19. [This race](#) is an additional option to USC Rowing Association schedule. Additional fees may apply.

## **Regattas, what to expect**

Regattas are one- or two-day events with a large number of teams competing in a wide array of events. Fall races are typically Head Races, where boats race individually in a 2.5–3 mile time trial format to or from the “head” of the river.

Spring races are Sprint Races, on courses that have space for six to seven boats to race at once. Events with more than seven registered boats usually have qualifying pre-races or heats. The top two or three boats in a heat advance to semi-finals or finals for that particular event.

Individual USC team members may compete in one or two events over the course of a regatta, which may work out to three to six actual races, depending upon the number of entries and the number of heats required to reach a final. Although this seems like a small number of races to watch over the course of a day-long event, there may be as many as 10 or 15 USC events, and most parents join the team to cheer enthusiastically as USC rowers come down the course. First year rowers are called

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Novices, no matter what year they join the team. Novice boats only compete against other Novice boats.

USC Crew will have one or more tents set up to serve as a meeting area and a food service area. The team owns several large tents, tables, grills, and other equipment. In between races, the team relaxes in the tents, takes in nourishment, and (in theory) tries to conserve their energy for up-coming races. Because rowers shouldn't eat within two hours before their scheduled race, there is a constant flow of food being provided by parents, and this food is intended for all to enjoy: the crew, the coaches, AND the parents.

## Racing Guide

The coaches will register boats for specific events in the regatta several weeks before a race, and a day or two before the race, will post final line-ups of who will be competing in each event. A heat sheet will be created by the regatta organizers that will post the start times for each heat or event, and will be available on the regatta website ([www.regattacentral.com](http://www.regattacentral.com)).

All of this information will be condensed into a 2-3 page race guide with information specific to USC. Copies will be available in the USC tent at the regatta so that parents may know when their child is racing, or when any USC boat is racing.

### What to Bring

Those who've weathered the spring racing season maintain that the term "regatta" is translated to mean "cold, wet, and muddy." And while this is not always true, it is important for athletes and spectators to come prepared for weather that is hot or cold, or dry or wet.

Team members should bring a sleeping bag & pillow (in a water-proof bag), and their crew bag (or a duffle) containing:

Racing unisuit(s) and shirt(s)

- Extra pairs of socks
- Sneakers and sandals
- Several changes of clothes to layer for warmth , including spandex.
- Rain gear (poncho)
- Warm jacket, mittens, and hat
- Towel
- Water bottle
- Sunscreen
- Something to pass the time (cards, books, games, music and HOMEWORK!)

Parents and spectators may want to bring lawn/camp chairs, binoculars, and cameras in addition to plenty of clothing options (see list above). Due to the weather-dependent nature of the sport, the

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timing for the end of a regatta may vary significantly from the schedule. If parents are not attending a regatta, it is advisable to have their son or daughter keep them informed by either bringing a cell phone or arranging to use a friend's cell phone to contact them in the event of late/early arrival times.

### **Regattas: Just How Does this Work?**

It is a complex task to arrange for 30+ teenagers plus chaperones to spend a weekend out of town. The Travel Coordinator will make all necessary arrangements for crew participants' transportation, accommodation, and any restaurant reservations.



For out-of-town regattas, a coach bus may be hired to transport the team if the budget permits. Rowers have an early dismissal and the coach bus picks the team up at the high school. Students are housed in a hotel, four to a room, and chaperones each take responsibility for two to four rooms.

These trips are great fun and the best way to meet the parents; all are encouraged to sign up for their turn as chaperone. Parents who are not chaperoning are encouraged to come to out-of-town regattas and stay at the same hotel, join in all team activities, and help in any way they can. The Travel Coordinator will share information about hotels with any interested parent, but will not be responsible for making additional reservations.

Attending regattas is not only a fun way to get involved and support your child, but it is also a great way to learn about the sport. Parents should make every effort to attend as many regattas as possible.

### **Food**

There is usually a food stop on the way to the race and on the way home from the race for which students need a little bit of cash. Other meals are provided by our team Food Coordinators through generous donations of the parents. The team Food Coordinators will contact parents well before the races to sign up to provide menu items. It is especially useful to have someone in charge of ice and water for all the regattas.

### **Memories After the Regatta**

Thanks to digital cameras, many parents come home from regattas with hundreds of photos that they want to share with everyone else. The team maintains an online site for photos. Any pictures that you can contribute are greatly appreciated and may be used on our team website or social media.



## Did you miss our August Newsletter?



Please visit our website and read it [on our website](#). Also, if you know someone that would like to receive the Newsletter, please forward [a mail to Robin](#) and the mail address will be added to the distribution list. Would like to unsubscribe? Please let Robin know by mail.

## Contact Information

### Upper St. Clair Rowing Association Board Members

Sara Brinkman - President - [president@uscrowing.org](mailto:president@uscrowing.org)

Ronald de Jong - Vice President - [vicepresident@uscrowing.org](mailto:vicepresident@uscrowing.org)

Robin Stevenson - Secretary - [secretary@uscrowing.org](mailto:secretary@uscrowing.org) or [recruitment@uscrowing.org](mailto:recruitment@uscrowing.org)

Jennifer Kramer - Treasurer - [treasurer@uscrowing.org](mailto:treasurer@uscrowing.org)

**At Large:**

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Todd Brinkman - [tbrinkman@ymcapgh.org](mailto:tbrinkman@ymcapgh.org)

Erin Fortunato - [jobs@uscrowing.org](mailto:jobs@uscrowing.org)

Dana Gray - [communication@uscrowing.org](mailto:communication@uscrowing.org)

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