Upper St. Clair Rowing Association
Season 2021-2022
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Team Highlights
Overview

- Rowing is an exciting, competitive sport that takes place on the water in sleek, narrow boats, known as shells

- This sport involves high degrees of endurance, strength, teamwork, mental toughness, and an ability to continue on when your body wants to stop. Rowing is a full-body workout using muscles in the legs, torso, and arms

- There are boats for eight, four, two and one person

- An eight (8+) or four (4+) person boat have an on-board captain known as the coxswain
Overview continued

• We have programs for the Development Team (grade 7+8) and for the High school Team.

• The USC Rowing Association is fully sanctioned by the USC School district as a Club Varsity sport. The major difference with Club sports is funding. The USC High School does recognize the rowing program with Varsity status and Varsity Letters are awarded to rowers.

• Rowing is the perfect beginner no-cut sport and we’ll teach you everything you need to know! Why? 99.9% of the students have no experience when they join.

• Older students mentor the younger students in a collaborative team environment.
Overview continued

• We row from the Montour Marina

• Approx. a 25 min drive from USC High school

• The boathouse is shared with other Highschool Teams
Overview continued

- Transport from and to the High School to practices is provided!

- Rowing is a coed sport, both boys and girls are in a rowing team but not rowing together
Overview continued

• In all recent seasons we have had multiple teams advance to semi finals and finals in the Regionals

• These students earned local and regional recognition for their accomplishments

• Over the years we have had several students earn college scholarships

• This is a global sport your child can have for life!
Seasonal Details High School: Fall & Spring

- During the Fall and Spring seasons, there are several regatta’s for the High School Team which take place in Pittsburgh and other cities within a few hours driving distance

- Hotel, food and transportation are provided

- Fall line up for HS:
  - September 18th Head of the Cuyahoga in Cleveland (most likely JV and Varsity)
  - October 2nd and 3rd Head of the Ohio in Pittsburgh
  - October 30th and 31st Head of the Schuylkill in Philadelphia
  - November 6th and 7th - Optional - Head of the Hooch in Chattanooga, TN
Seasonal Details Development Team: Fall & Spring

- Local scrimmages with other middle school teams in Pittsburgh
- Transportation is provided to and from the high school to Montour Marina
Seasonal details: Winter

- In the Winter, we practice indoors at the High School
- We work out in the weight room and on ergometers
- The season generally starts mid November and runs through early March
- Generally there are 4 practices per week
- Practice is 5:30 p.m. to 7:30 p.m. during the week and 9 a.m. to 11 a.m. on Saturday.
- There are 2 locally based indoor competitions (transportation provided)
USC Rowing Program
High School Team program

- Grade 9th through 12th
- Fall and Spring Seasons run Monday through Thursday and Saturday
- Monday through Thursday: bus leaves at 4 p.m. and returns at 6:45 p.m.
- Transportation is provided to and from the High School to Montour Marina
- The team will be on break during the major school breaks
- 3-4 races in Spring + 3-4 races in Fall
- Included in program:
  - Use of materials
  - Professional coaching
  - Costs of hotels at races
  - Insurances US Rowing + all materials
  - Transport of rowing shells to races
  - Costs of race registration
  - Best rowing experience in Pittsburgh!
Development Team Program

- Special program for 7th + 8th grade (Fort Couch students)
- Ideal for students preparing for the High School Team
- Fall and Spring Seasons two days per week
- 2 Scrimmage races in Fall + Spring
- Included in program:
  - transportation to practices
  - Use of materials
  - Professional coaching
  - Insurances US Rowing and all materials
  - Best rowing experience in Pittsburgh
THE COACHES

Head Coach
Headcoach Florin Curuea

- Team Romania Olympics London 2012
- Romanian National Championships – 21 Gold Medals
- 2002-2003 – Gold Medal at World Championships
- 2012-2013 – Silver Medal at European Championships.
Coach McDarragh Minnock

• McDarragh began her rowing career in 2013 at the University of Tennessee-Knoxville,
• She competed in many esteemed events such as Head of the Charles, San Diego Crew Classic, Conference USA and Big 12 Conference Championships.
• During her time at Tennessee, McDarragh was awarded a spot on the All-Big 12 Rowing Team for both the 2015 and 2016 seasons, and conference honor roll all four years.
Coach Jim Garver

- Coach Jim started rowing as an adult when his children started rowing with their High School rowing team.
- He has been rowing with the Pittsburgh Rowing Club team for more than 10 years.
- As a Level 2 coach, Coach Jim started coaching with the Hampton High School Rowing team by organizing and coaching summer learn to row camps and assisting the head coaches as needed when going to championship races.
Coach Madison Treser

• Madison began rowing in 2008 with Coach Florin. She rowed for North Allegheny
• She was recruited to row for Indiana University
• During her time at IU, she received three Big Ten Bronze Medals at her conference championships. Her sophomore year was the first time Indiana was invited to NCAA Championship regatta, and the team has continued to attend ever since. During her entire career on the team, she was in the 1st Varsity 8
• She graduated with a degree in Secondary Education: Mathematics and a Computer Educators License
Coach Mihaela Curuea

- Mihaela started rowing in 1994 and was part of Romanian Junior National Team from 1995 to 1998.
- She participated at the Junior World Championship in 1998 where she won Silver medal in Women’s 8+ and Bronze medal in Women’s 4-.
- From 1998 -2000 she was part of Under 23 National Rowing Team
- During her rowing career Mihaela won multiple medals at national and international regattas
- In 2002, she graduated from the University of Bacau where she obtained a bachelor’s of Sport Science degree
Club Pricing and Fundraising
Fundraising

- Rowers’ registration fees cover approximately 70% of the club’s total cost.
- Rowers and their families raise the other 30% through fundraising events.
- Our biggest fundraiser is the Rowing Pie Sale in the fall and spring.
- High School rowers are expected to sell and deliver a minimum of 75 pies for the year (50 in fall & 25 in spring)
- Fort Couch rowers are expected to sell and deliver a minimum of 50 pies for the year (25 in the fall and 25 in the spring)
- If the rower meets their pie quota for the year, then a portion of the sales of additional pies is applied towards the rower’s dues
## USC Rowing Team program

<table>
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<tr>
<th>Program Type</th>
<th>Price</th>
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<tr>
<td>High School Annual (Winter included)</td>
<td>$1,700</td>
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<tr>
<td>High School Fall or Spring Only</td>
<td>$900</td>
</tr>
<tr>
<td>Fort Couch Annual (Winter included)</td>
<td>$750</td>
</tr>
<tr>
<td>Fort Couch Fall or Spring Only</td>
<td>$400</td>
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<tr>
<td>High School/Fort Couch Winter Only</td>
<td>$175</td>
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Communication

WhatsApp Group Announcements

Whatsapp Group Rowing Fall 2021

Our Website:

www.uscrowing.org

EVENT CALENDAR
Ready to row?
Rower Registration

USC Rowing Association Membership 2021-2022

Membership Information

Overview
The information requested in this site is mandatory for all rowers who plan to participate with the USC Rowing Association.
The personal information you enter into this secure site will remain static and not need to be re-entered on multiple forms each season/year as was necessary in the past with the paper process. If you receive an e-mail indicating that there is a defect with one or more of your entries, please remedy the issue in a timely manner.
All active rowers must pay the annual membership fee to USC Rowing Association to participate in the rowing program during that year/season.
Our rowing program is a year-round coed rowing program with distinct seasons; Fall, Winter and Spring. While it is not required for Junior and High School rowers to participate year-round, it is recommended that rowers participate as much as possible to continually improve, in terms of technique and strength. Our winter season is at the USC High School. We do offer the opportunity for a seasonal membership.

Memberships

Financial for Individual Rower (Fall, Winter, Spring)
Welcome to the Upper St. Claire Crew Team store!

Here you will find all the rowing apparel that you, your crew, family, friends, and fans need this season. Your Team Store is open year-round, and you can order at any time.

Don’t forget about our “team discount pricing” that allows you to save when six or more team members order at once.
- Have your team coordinator or coach contact us to designate a ordering time period and request to turn on “team discount pricing” (discounts vary by quantity starting at six pieces).
- Your group order is eligible for free shipping if all items are shipped together to a team coordinator.

Interested or have questions regarding team discount pricing? Email us at info@sewsporty.com

Upper St Clair Crew Men's Unisuit
Upper St Clair Crew Women's Unisuit
Long Sleeve Upper St Clair Crew Warm-Up Shirt
Recap: To join the USC Rowing Team

All rowers Register at: www.uscrowing.org/rower-registration
Deadline is Sunday August 29th

USC Rowing High School Team
• Order your Uniforms at sewsporty.com
• Select Team Stores: Upper Saint Clair Crew
• **Order your uniform by Sunday August 29th. This is a firm date in order to have a uniform by picture day!**
• Required item: Unisuit
• Optional Items: Most rowers order a personalized duffel bag. Feel free to order other items is desired. Note that we do a cheaper spirit wear sale later in the year. Items differ.

USC Rowing Development Team
Fort Couch: Team T-shirt is provided
We need your help! It takes an army to run the team!
Think about areas where you may want to become involved.

Examples include;

- Fundraising commission: Managing pies sales, Organizing a fundraiser
- Race commission: Planning for and cooking the meals at the regattas, Chaperoning a regatta
- Apparel sales commission: Managing spirit wear sales
- Sponsor commission: Soliciting donations from local businesses, sponsordeals
- General: Donating food for the regatta, Board positions for 2021-2022 and beyond!
What’s next?

• Meet the coaching Team August 31st, 7:00 pm at the boathouse
CONTACT INFORMATION

Upper St. Clair Rowing Association Board Members
Ronald de Jong - President - president@uscrowing.org
Aaron Todd - Vice President - vicepresident@uscrowing.org
Jenn Kramer - Secretary - secretary@uscrowing.org
Erin Fortunato - Treasurer - treasurer@uscrowing.org

Boardmembers at Large:
Sara Brinkman
Nathan Hughes
Audrey Conley
Sarah Parish
David Healey