

2019 Annual General Meeting



Mendota Rowing Club

Agenda

Time	Item	Who
9:30	Food and Gathering	
9:45	Welcome , Introductions (5 minutes)	Fran
9:50	Finances (10 minutes)	Fran
10:00	Equipment Update (10 minutes)	Nancy
10:10	Annual Evaluation (10 minutes)	Kathy
10:20	Volunteer Requirements (5 minutes)	Fran
10:25	Advanced, Competitive, Sculling, and Novice Programs for 2019 (20 minutes)	Coaches
	Mike's Crew	Mike
10:50	Learn to Row (10 minutes)	Pacia and Carlee
11:00	Board of Directors Election (15 minutes)	Fran
11:15	Awards (5 minutes)	Fran
11:20	Closing Remarks, Clean up	

Current MRC Board of Directors

Fran Breit, President, (Term Expires: 2021)

Al Gunther, Vice President, (Term Expires: 2019)

Todd Thompson, Treasurer, (Term Expires: 2020)

Nancy Jarvis, Assistant Treasurer, (Term Expires: 2021)

Kurt Amann, (Term Expires: 2019)

Kathy Campbell, (Term Expires: 2020)

Katrina Carter, (Term Expires: 2020)

Danielle Scodellaro, Secretary ,(Term Expires: 2019)

Elizabeth Zellmer, (Term Expires: 2021)



Some Highlights from 2018

- To balance out our fleet we purchased a mid-weight 4+.
- We had 75 Learn-to-Row graduates this year
- 1 LTR team building session
- We had 8 people participate in our Row with Parkinson's program
- More than 70 people tested the waters at National Learn to Row Day



Highlights from 2018

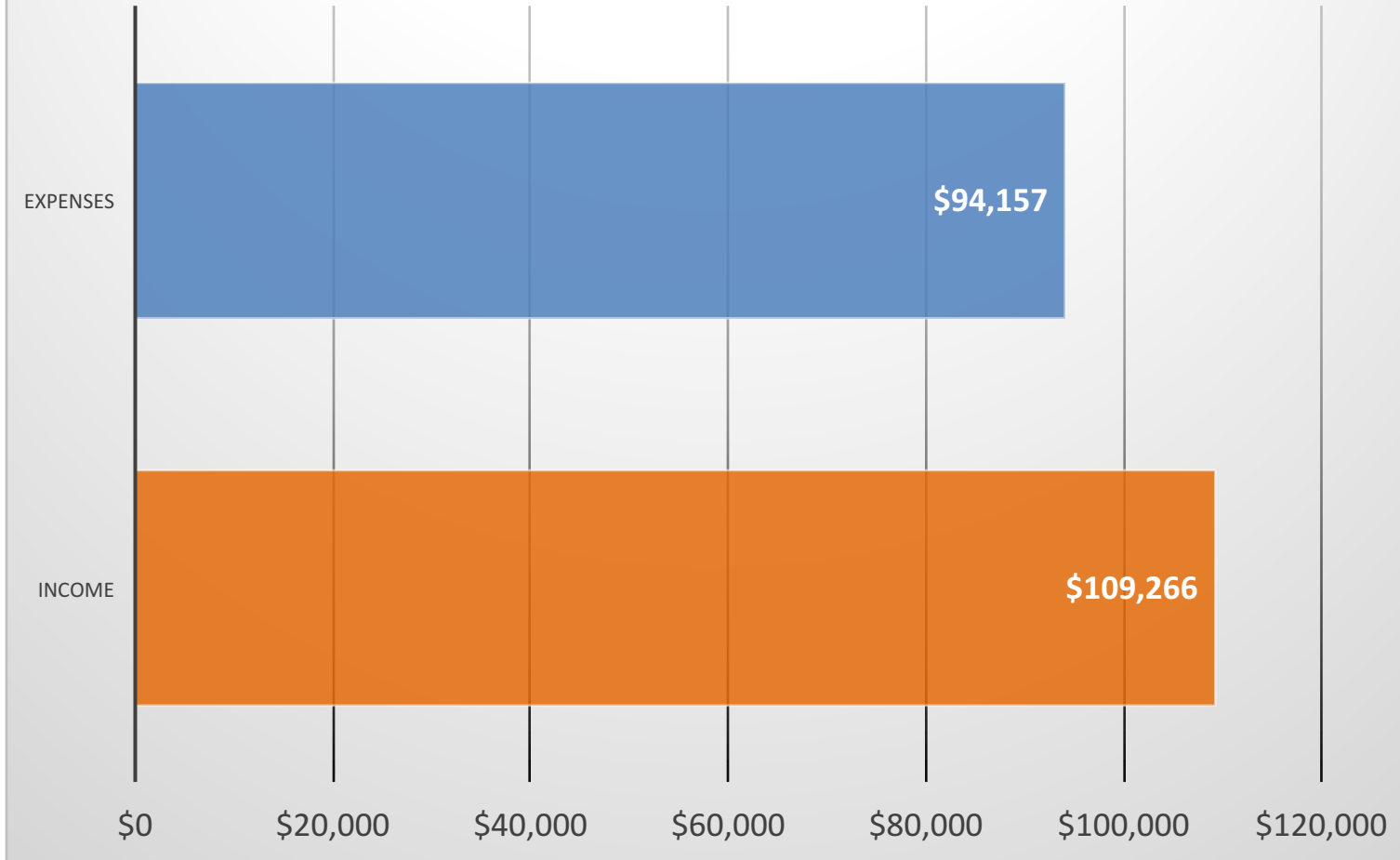
AND...We added 7 awesome juniors and their coach to our membership.



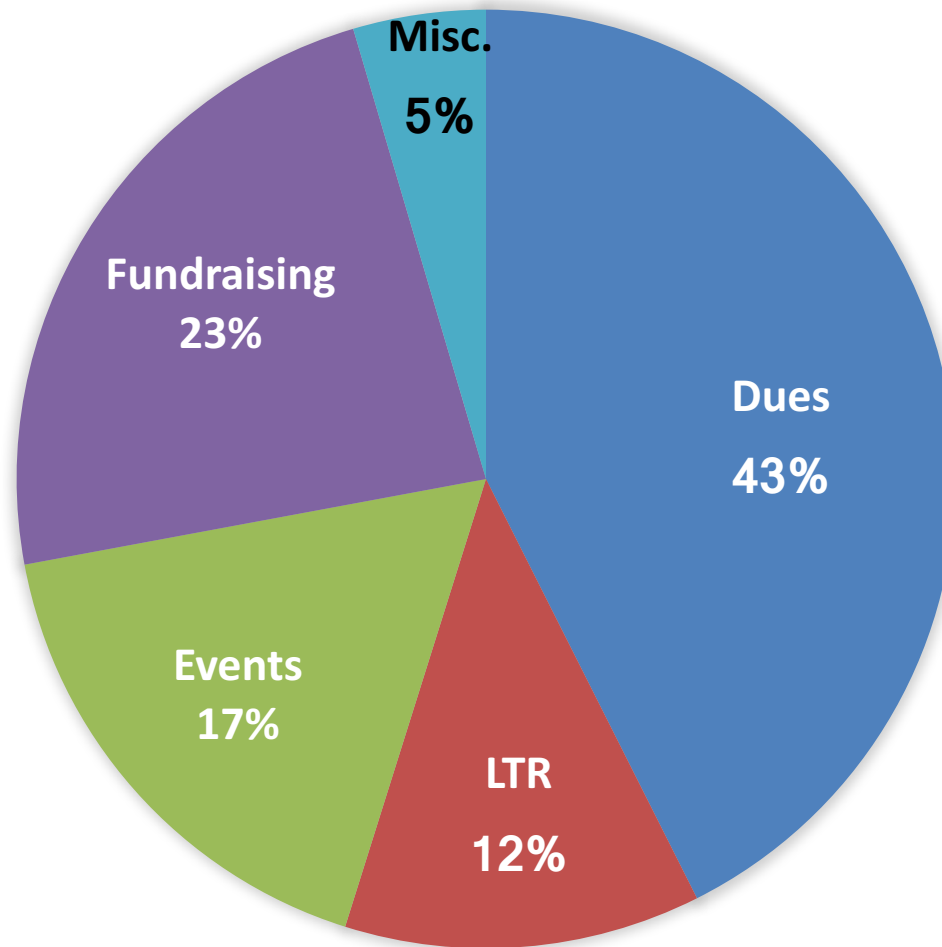
2019 MRC Annual General Meeting



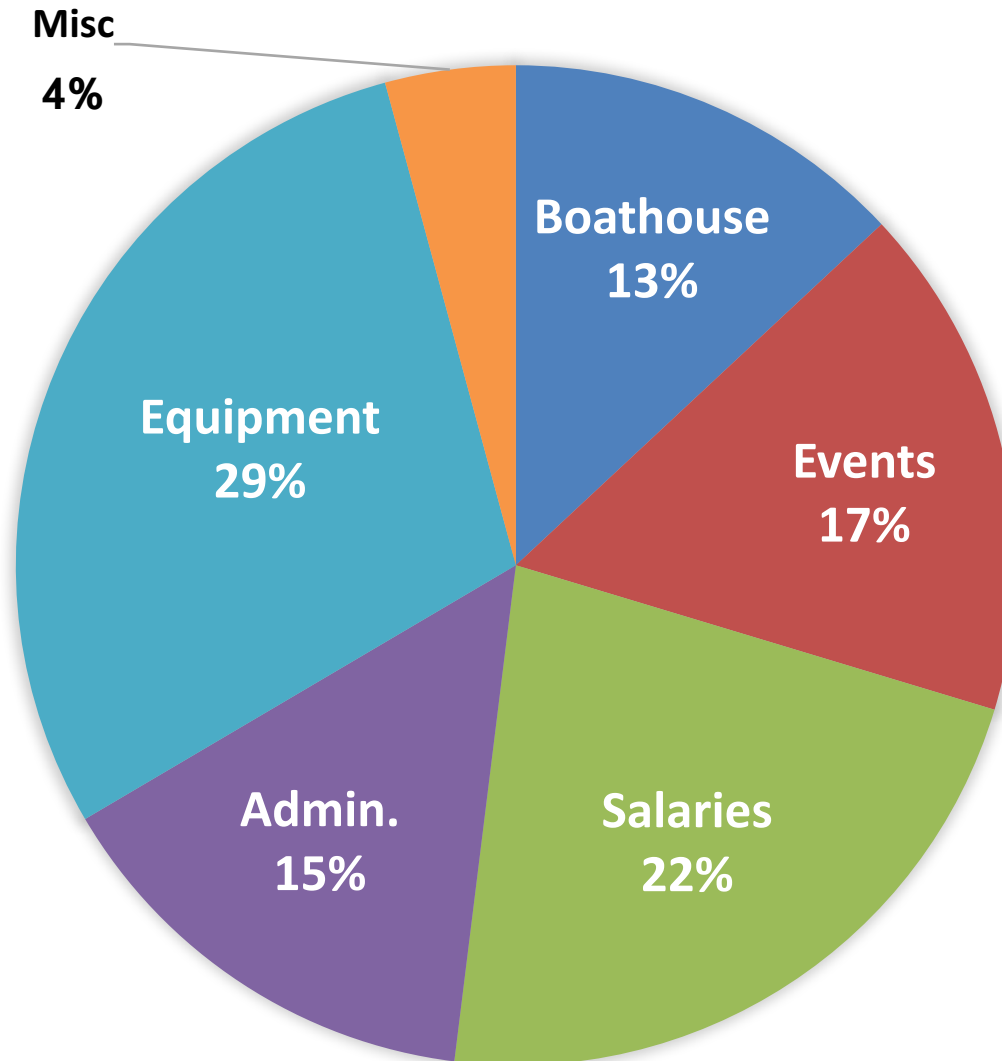
Income vs Expenses (Operating and Equipment)



Income Sources



Expenses



*Detailed information on the financials
can be found in our minutes on the
website under Members-Board*



MRC Equipment
Spring 2019

Topics to cover

- *MRC Equipment list and Captains*
- *Equipment purchased in 2018*
- *Purchase priorities for 2019*

And...

How can we all help keep our equipment in tip top shape?

MRC equipment

Boats and Oars

Ergs

Launches, Outboard, Fuel

Dock and Hoists

Truck and Trailer

Safety

Lights, Megaphones

Cox boxes

Equipment purchased in 2018



New Outboard for our safety launch



*Hudson midweight 4+
Peggy A. Kent*



4 sets of new sculling oars



New Waders, and new lights!



Brand new erg



Equipment Priorities

- 1. FLOATING DOCK – Evaluation/ Feasibility*
- 2. MID-WEIGHT RACING SINGLE: Next Boat Priority*

How can I help?

- Take good care of the equipment
- Report any problems promptly
- Participate in Fund Raisers
- Volunteer!

Where does the money for
equipment purchase come
from?



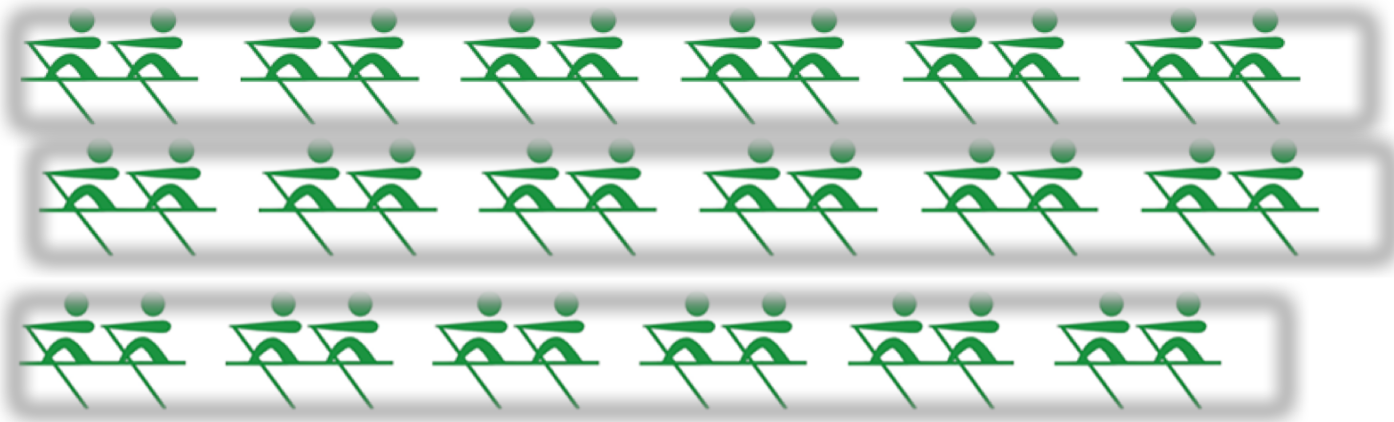
Fundraising

Madison Marathon	\$525
Collectivo Coffee Sales	\$1,441
Rent a Rower	\$3,146
UW Food Service	\$4,521
Equipment Sales	\$800
Erg Sales	\$1,794
Donations, Boat Naming	\$13,346
TOTAL	\$25,573



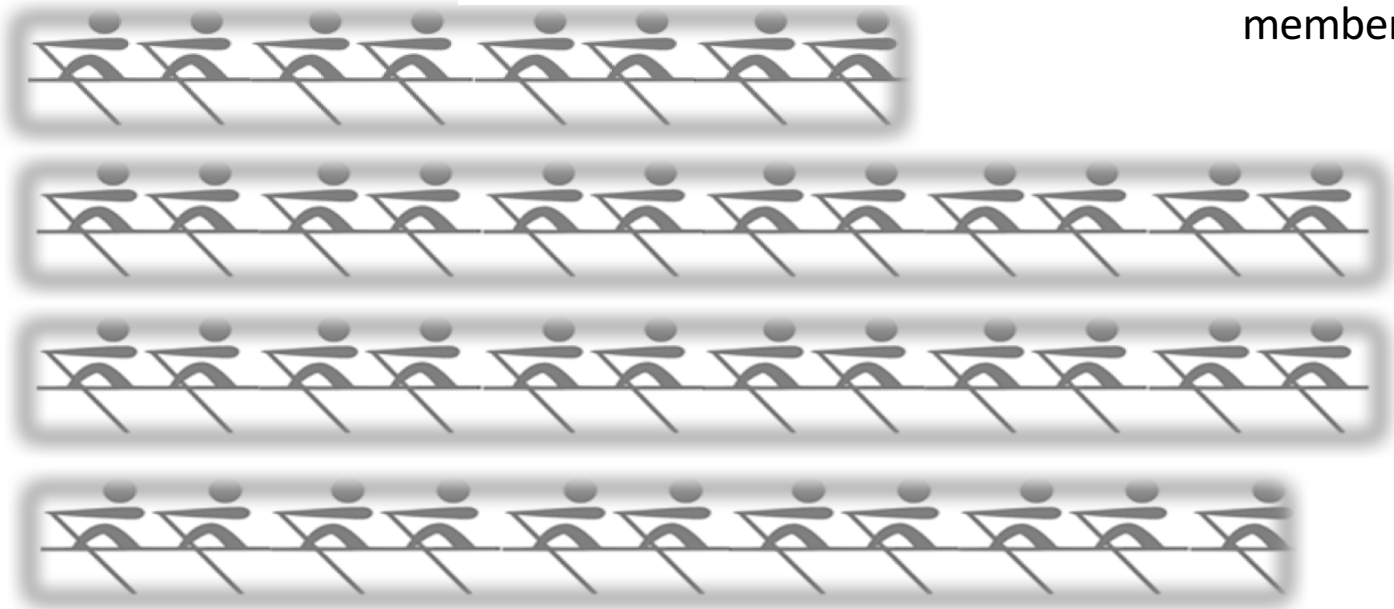
Mendota Rowing Club On Water 2018 Evaluation



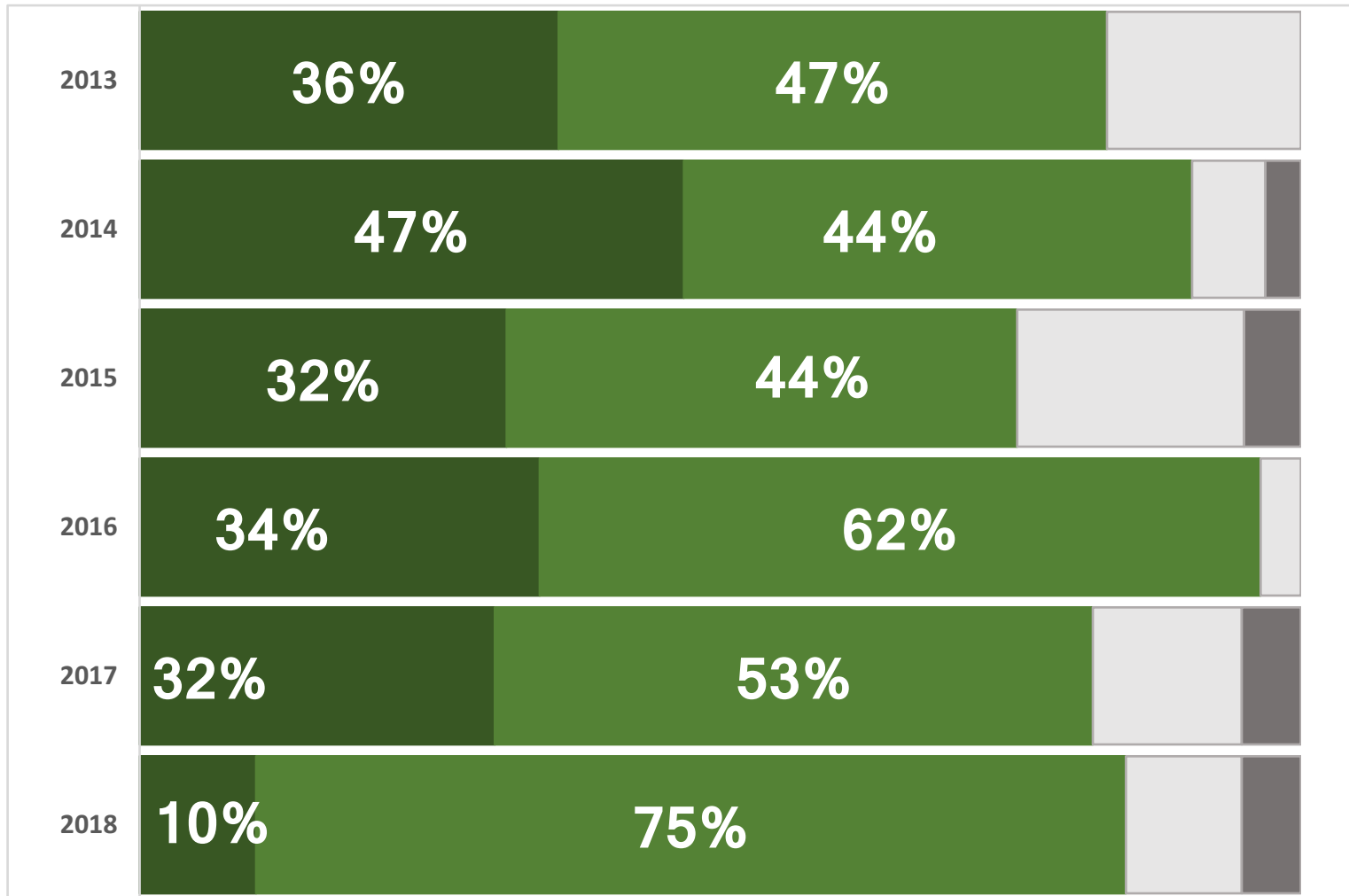


30% response rate

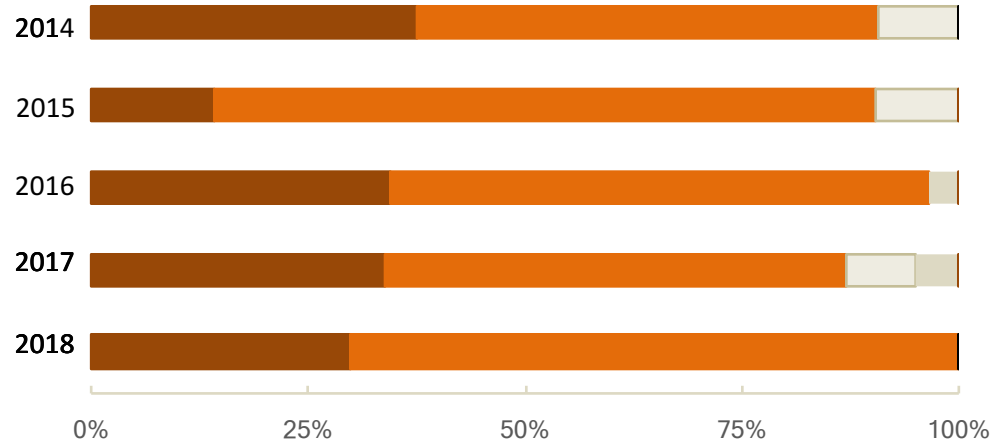
- Down from 2017
- Representative of membership



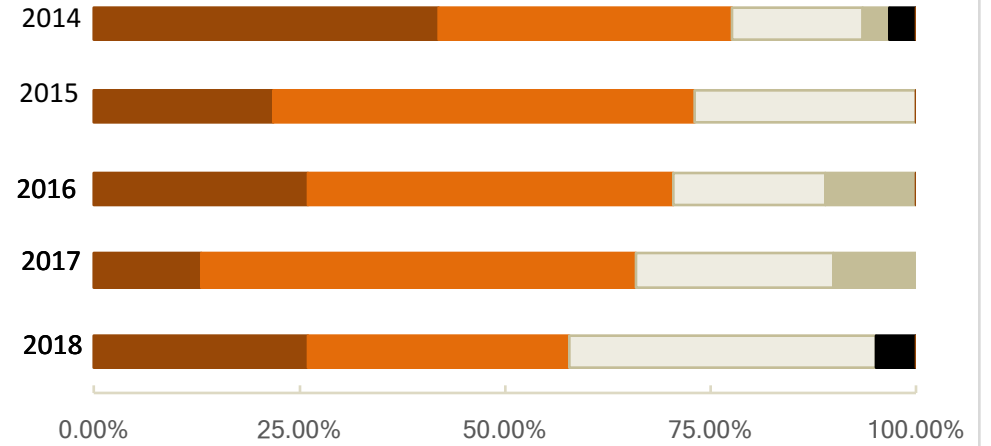
85% satisfaction overall



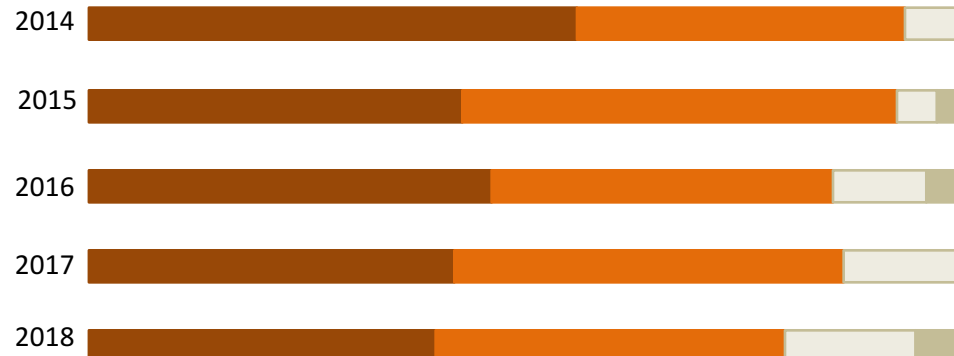
Quality of Equipment



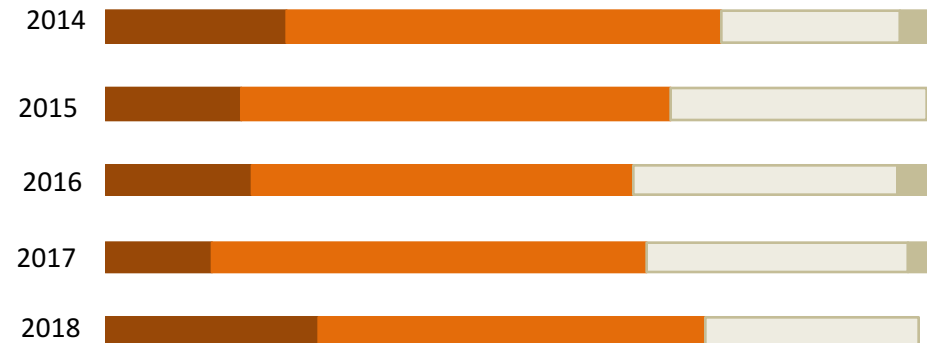
Opportunities to participate in regattas



Opportunities to attend coached practices



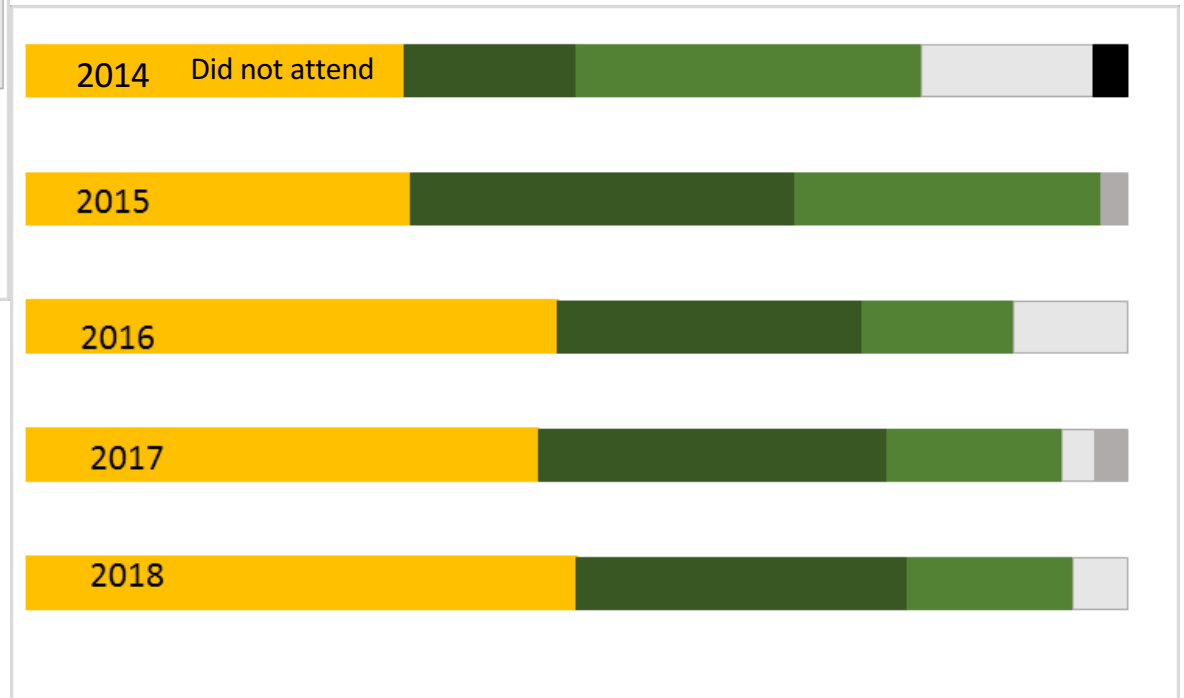
Opportunities for Socializing



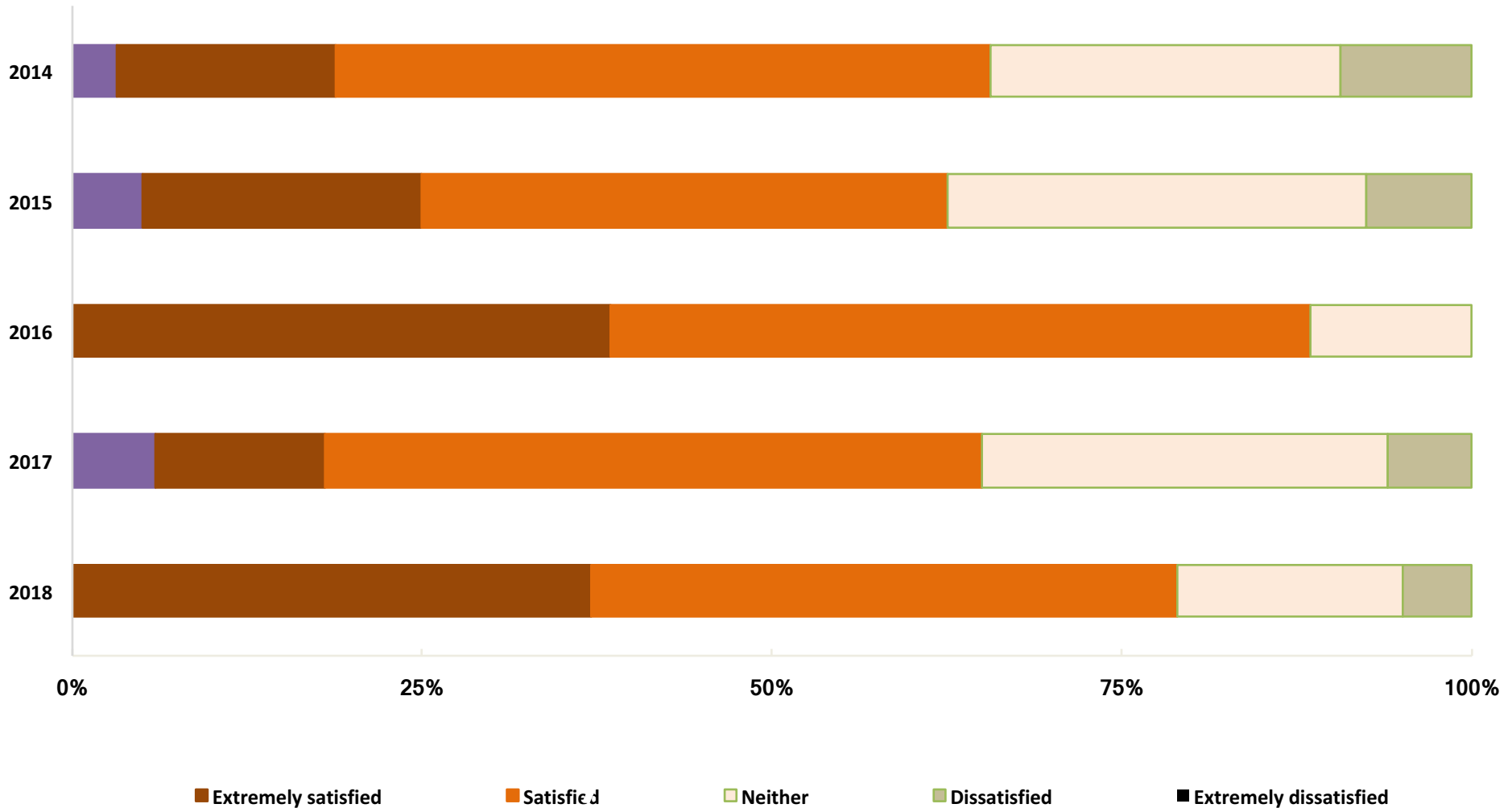
New for 2018 - Monthly Bar-b-Crew



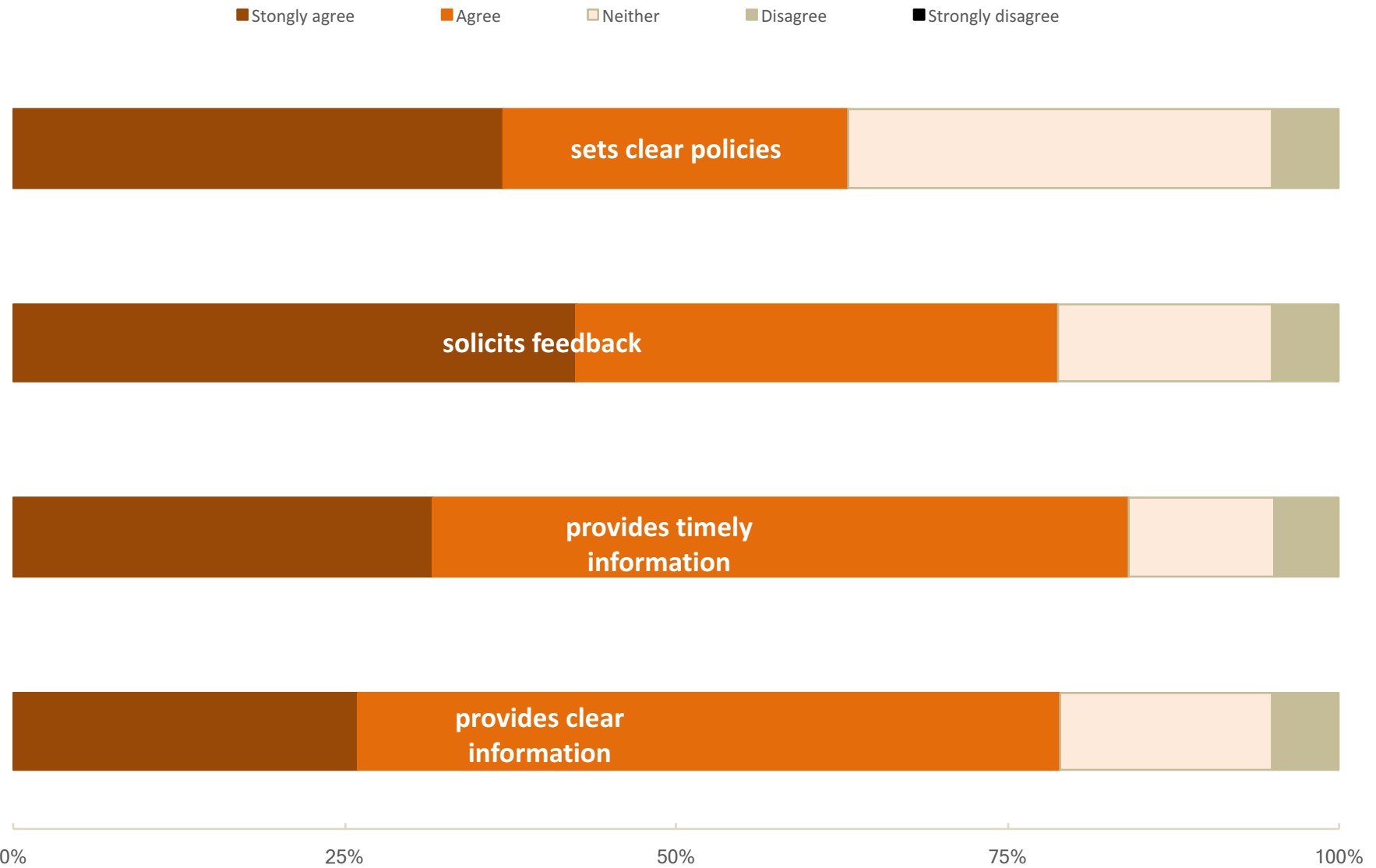
National Learn to Row Day



Awareness & Satisfaction with BOD increased significantly over 2017



BOD Last Year



Volunteer Requirements for Members

- Full year members – 15 hours/year
- Monthly members – 2 hours/month



Volunteer Hours Buyout Option

All members will be required to log their hours on our online tracking system

You can buyout your time for \$25/hr or a max of \$250/yr.

At the end of the year, members who have volunteered less than 15 hours will be invoiced at a rate of \$25/hr.



Why are We Tracking Volunteer Hours

Ensure that everyone is doing their fair share.

Having a record of volunteer hours is helpful for grant writing.

This will give us a better sense of how much work is required for the many tasks that are needed to run the club.



Why are We Tracking Volunteer Hours

Volunteer Hour Tracking

<https://mendotarowingclub.com/Volunteer-Hours>

Review Website

Launch Caption needed



Mendota Rowing Club

2019 Masters Programming

What does MRC have to offer Masters in 2019?

- Competitive Racing Group
- Advanced Group
- Novice Technical Group
- Sculling

Competitive Racing Group

What's different this year?

- Time Standard
 - 4:00 Women Age and Weight Adjusted
 - 3:30 Men Age and Weight Adjusted
- Two Seasons to Commit (Summer, Fall or both)
 - How do you commit?
 - What does your commitment mean?
 - What are the expectations?
- Practice Make Up
 - 40/40/20 approach
 - 40% Speed
 - 40% Endurance
 - 20% Technical Focus

Advanced Group

- 50 / 50 Practice Approach
- Have the opportunity to bump up to Competitive Racing but not required
 - You can still race
 - Testing is NOT required but STRONGLY recommended
- No Time Standard

Novice Technical Group

- Focus on learn to row graduates and first year rowers
- 80 / 20 practice approach
- Open to everyone, but will 100% focus on newer rowers
 - If you plan on attending these practices, plan on slower paces and more technical work
- Racing will commence in the fall for this group

Sculling

- Starts in May! (As long as Queen Elsa Stays away)
- Develop your sculling skills!!!

Expectations

- All Masters will commit to a group at the beginning of the season by using the online google roster
 - If you want to change groups after signing up for one, you need to talk to the coaches to make sure you understand the differences and really think it's the right fit
 - You can set up a meeting by emailing coaches@mendotarowingclub.com
- For mixed practices, coaches will do their best to boat by group first
 - The more people who can scull the easier it is for us to boat you!

Expectations cont.

- All Masters will be expected from time to time, to scull and/or cox and/or volunteer their time helping coaches to be fair to those that cox in rotation more frequently
- If you are doing the Competitive Racing Group – you are expected to do at least 4 of the 6 posted workouts, either in practice or out of practice
 - Yes, attendance and workouts matter

Expectations cont.

- Races will be broken out by Group
 - It is the expectation that each group will have at minimum one race with JUST their group members
- Timed Pieces are due by the 7th of every month for Racing Competitive
 - No timed piece = no racing competitive group (you can row in advanced)

Expectations cont.

- You sign up, you show up
 - Make sure to be prepared for all weather and coxing
 - If coaches have to be there, so do you
 - If your boat isn't there, you will not be going out
- Communicate with coaches
 - If you need more from us or less from us, you need to let us know
 - coaches@mendotarowingclub.com

What we need from you...

- Come to Practice Rain or Shine
- Act like a team – everyday you show up
- If you don't understand what, why, where, how – ask
- If you need more information from us or you don't think we are clear enough – ask
- Fight for your seat and give it your all

What we need from you... (cont.)

- From the moment you put hands on a boat – nothing but rowing and focusing on rowing should be on your mind
- We don't have a lot of time together – 5.5 hours a week – you have to move quickly
- Understand, ALL your coaches WORK other jobs or are IN SCHOOL and probably spend 40+ hours doing those things, so be nice and respectful of that because we weren't DEDICATED, we wouldn't be here
- Give what you want to get

Summer Racing Schedule

- Grand Rapid Sprints - June 22
- Chicago Sprints – July 6 - 7
- Summertime Sprints – July 20
- Master Nationals – August 15 - 18
 - This is what all winter, spring and summer is training for

Fall Racing Schedule

- Tail of the Fox --??
- Head of the Rock – October 13?
- Charles (Oct 19 or other large fall race – Schuylkill – Oct 26)
 - Commitment to the Charles is required by July 1st to make sure we can get an entry in the hopper

All Group Practice Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 – 7:00am	Racing Danielle and Jackie	Sculling (piece focused) Larissa / Robin	Racing Danielle	Racing and Advanced Danielle and Jackie			Sculling (8am) Larissa / Robin
6:30 - 8:30am						Racing, Advanced, Novice Jackie* and Lizzy	
6:15 – 8:15pm (Sun dependent)	Advanced Lizzy	Novice Alex	Advanced Lizzy	Novice Alex			

*Jackie covering Saturday's until coach is found

April Calendar Practices ONLY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					6:30-8:30 am Adv/Comp	
6:15-8:00 pm Adv/Comp		6:15-8:00 pm Adv/Comp	6:15-8:00 pm Adv/Comp			

Arrive 15 minutes before practice for setup, please.

Broad training plan

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 – 7:00	Racing Pieces	Sculling Steady State	Racing Pieces	Racing and Advanced Technique and Steady State			Sculling Steady State
6:30 - 8:30						Racing, Advanced, Novice Pieces	
18:15 – 20:15 (Sun dependent)	Advanced	Novice Technique and Steady State	Advanced Pieces	Novice Technique and Steady State			

Weeks 1+2: Focusing on body swing

Drills of the week

Arms and body over pause, rock and row pauses

Type of Practice	Racing	Advanced	Novice
Pieces	Warmup 10 min drill 6x500m @ 30spm	Warmup 20 min drill 4x500m @ 28spm	Warm up 30 min drill 2x1k @ 26spm
Sculling	Warmup 20 min drill 60 min steady state	Warmup 20 min drill 60 min steady state	Warmup 20 min drill 60 min steady state
Technique and Steady State	Warmup 10 min drill 30 min steady 10 min drill 30 min steady	Warmup 15 min drill 25 min steady 15 min drill 25 min steady	Warmup 20 min drill 20 min steady 20 min drill 20 min steady

Weeks 3+4: Focusing on slide ratio

Drills of the week

Pause half slide, gunnel tap pauses, feet out rowing, eyes closed rowing

Type of Practice	Racing	Advanced	Novice
Pieces	Warmup 10 min drill 4x1k @ 30spm	Warmup 20 min drill 3x1k @ 28spm	Warm up 30 min drill 2x1k @ 26spm
Sculling	Warmup 20 min drill 60 min steady state	Warmup 20 min drill 60 min steady state	Warmup 20 min drill 60 min steady state
Technique and Steady State	Warmup 10 min drill 30 min steady 10 min drill 30 min steady	Warmup 15 min drill 25 min steady 15 min drill 25 min steady	Warmup 20 min drill 20 min steady 20 min drill 20 min steady

Junior Rowing Update

Since June 22nd, 2018 – the Junior's first practice, we have hit some pretty terrific milestones:

- Learned how to Scull
- 6th / 27th in the Varsity 4x at HOSR
- 12th, 26th & 28th in the Varsity 2x at HOSR
- 22nd /75 in the Varsity 4+ at HOSR
- 23rd & 33rd / 53 in the Varsity 1x
- Jack Austin being accepted to U18 Olympic Development Team for US Rowing.



Junior Rowing Update - Continued

- Went to winter training in Sarasota, Fla. – a place more members of the club should choose for training in the winter.
- Raced Sarasota Scullers – won an 8x8min scrimmage vs their V4x.
- All eyes are on May 18th when we try and punch our ticket for Nationals.
- Looking to grow our numbers over the next 3 months. Spread the word!



Learn to Row 2019



What is Learn To Row?

A **4-week intro program** to provide the general public with the opportunity to **learn the foundations of rowing** and take the next step to **join our Novice Team**.

- Rowers of all ages (14+) and abilities are welcome.
- 2 classes on land, 6 classes on water

2018 Year in Review

75 new rowers participated across **6 sessions**

Over \$13,400 in revenue! Wow. But we could earn up to \$16,800...

Class at 78% capacity: June and July classes almost full; May classes half-empty

71 rowers at National LTR Day

2018 Year in Review – Thank you!

7 lead instructors:

Janet B.

Ben B.

Mark L.

Nancy J.

Stephanie F.

Mireille R.

Sandy H.

16 assistant instructors:

Al G.

Caroline J.

Elizabeth Z.

Laurie W.

Katrina C.

Harlan H.

Anna R.

Elizabeth C.

Pacia H.

Jack A.

Mary M.

Terry F.

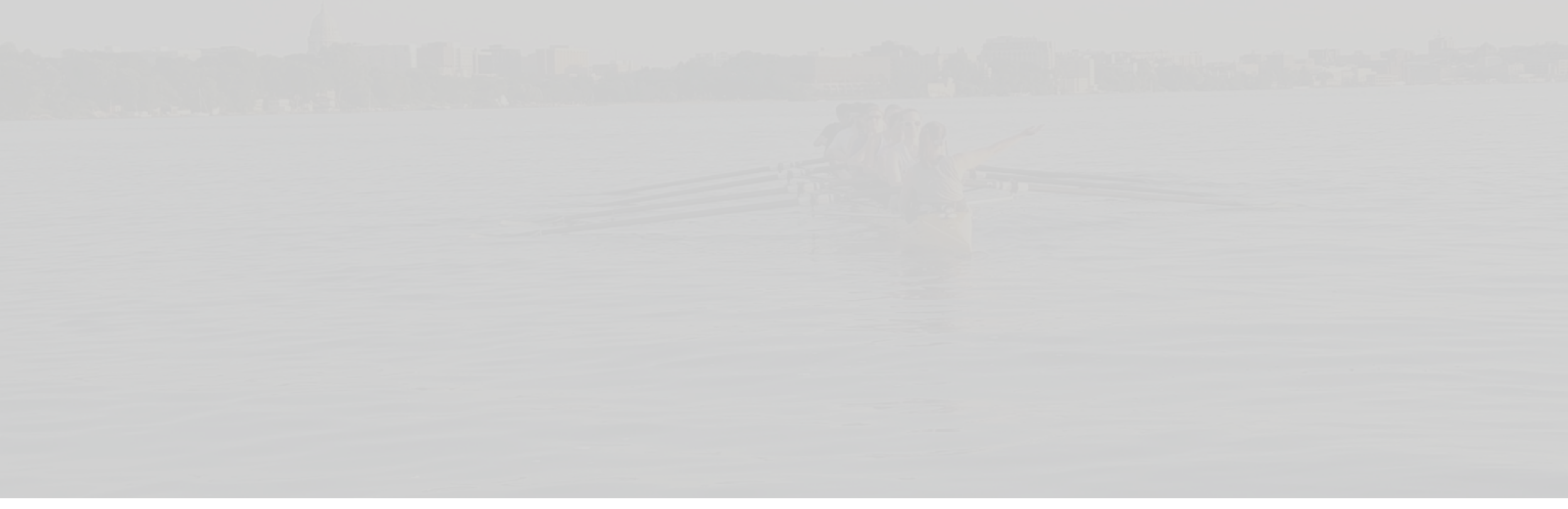
Hilary H.

Katy T.

Amy W.

Kathy C.

And thanks to Ben and Katy!



2018 Goals: How did we do?

Goal: 85% of seats full (82 students)

Reality: 78%, 75 students

Goal: Smoother LTR → Novice transition

Reality: 23% of LTR students continued as novices

Goal: Ben not teaching all the classes 😊

Reality: Ben only taught part of one session!

2019 Goals

- 80% of seats full (77 students)
- More students in May sessions
- Smoother LTR → Novice transition (again)

What's new this year

- **More training!**

- Instructors' workshop Saturday, April 20th
- Coxing workshops in May and June
(coxing beginners can be hard!)
- More safety launch training and practice

We need help with coxing workshops and launch training!

We need you!

- One lead instructor + two assistants for each class (x6)
 - 1st assistant should commit to the whole class
 - 2nd assistant can be filled by subs
- Instructor and assistant substitutes available on an on-call basis
- Sign up on google sheet

Lead Instructors

1. Previously assisted a LTR class at MRC
2. Become a certified launch driver
3. Become Safe Sport certified
4. Have approval from the LTR Coordinator

Assistant Instructors

1. Cox, row, demonstrate proper technique
2. Coach technique and lead drills on ergs
3. Assist with set up and break down
4. Help ensure student's safety

Help get the word out

- Share MRC's LTR posts on social media
(videos work best!)
- Talk to friends, family, colleagues
- Advertise in your health club, neighborhood newsletter, community group (any more ideas?)
- Take some flyers! Put them everywhere

National Learn to Row Day

Save the date! Saturday, June 1

All-hands-on-deck volunteer event

We can only be successful with your help!



BOD Elections

Board of Directors Candidates (vote for up to 3 candidates)

- [] Melissa Austin – 3-yr term

- [] Hilary Hartman– 3-yr term

- [] Danielle Scodellaro– 3-yr term

- [] Jack Austin – 2-yr term



Engine Room Award

The Engine Room is awarded annually for exceptional long-term service to the club, by working hard in the background and out of the limelight.



Amy Wencil

Clean Oarlock Award

The Clean Oarlock is awarded annually for exceptional service to the club during the past year.



Katy Thostenson

Thank you for attending and we look forward to seeing you at the boathouse!

