

# FROM THE LAUNCH



THE OFFICIAL NEWSLETTER OF CAPITAL CITY ROWING

WWW.CAPITALCITYROWING.ORG

OCTOBER 2009

## REGATTA SCHEDULE

Oct 10	First Coast Head Race Jacksonville, FL 10-12th Grade Varsity Rowers
Oct 15-19	Head of the Charles Regatta Boston, MA Select Rowers
Nov 6-7	Head of the Hooch Regatta Chattanooga, TN Select Varsity Rowers
Nov 21	Sprint—GAR Tallahassee, FL All Rowers
Jan 30	Maclay Ergomania Tallahassee, FL All Rowers
Feb 6-7	Southern States Indoor Sprints Melbourne, FL All Rowers
Mar 5-6	Sprint—St. Andrews, AJRA Roswell, GA All Rowers
Mar 19-20	Sprint—Winter Park, Plant, GAR Tampa, FL All Rowers
April 3	Sprint—Episcopal Jacksonville, FL All Rowers
Apr 9-10	Sprints League Championship Orlando, FL All Rowers
Apr 23-25	FSRA State Championship Sarasota, FL All Rowers
May 7-9	SEYRA Championship Sarasota, FL All Rowers
June 10-14	Youth National Championship Cincinnati, OH Select Rowers

## PARENT AND ROWER VOLUNTEERS NEEDED!

We have a very current need for parents to volunteer to set-up, clean-up, and manage traffic for the fall picnic October 1. We always need volunteers to attend and assist with crew functions. Rowers please contact your captains, and parents please contact:

John Schmidt  
[johnschmidt@capitalcityrowing.org](mailto:johnschmidt@capitalcityrowing.org)  
539-5601h/545-6769c

## **YOUNG ACTOR'S THEATRE Benefit Performance November 16, 7:30**

We are kicking off a new fundraiser this year. CCR will be selling tickets to a performance of *Once Upon A Mattress* by the Young Actors Theatre on Glenview Drive. The profit from the benefit performance on Monday, November 16 at 7:30 PM is solely for Capital City Rowing, so we will want to sell tickets for the entire theatre and balcony (about 200 seats). If each rower sells a minimum of just 4 tickets, we will fill the theatre and have a huge success, so that is what we plan to do!!!

For those of you who may not be theatre buffs, this musical comedy is sure to be entertainment for all ages. It is a hilarious, raucous, romantic and melodic tale based on the classic Princess and the Pea. With a moat-swimming princess, a domineering Queen, a mute King and a conniving Jester, this family-friendly show is full of humor, wonderful songs and sidesplitting shenanigans!

For further information contact:

Jean Jester  
[jeanijester@comcast.net](mailto:jeanijester@comcast.net)

## **Greenery Sales**

The Capital City Rowing Annual Greenery Sales offer parents of rowers a way to help offset their rower's monthly assessments. Forty percent of sales are credited to your account. This Fall Fundraiser provides the finest quality in fresh, fragrant wreaths and garlands to be enjoyed by family, friends, and coworkers for decorating during the Holiday Season. Packets have been distributed to rowers or you may pick one up at the Launch dinner. Items are shipped from the Pacific Northwest between the last week of November and the first week in December. Parents, please remember to collect payment from your customers at the time of the sale. Checks should be made payable to Capital City Rowing, Inc. Place all money collected and the sales record in an envelope and turn in no later than October 30. Return all forms to:

Kim Bartholomew  
668-3774  
[kimesuu@aol.com](mailto:kimesuu@aol.com)

## **ERGS for SALE!**

Model C—\$200-\$250  
Contact Coach Brett

## **CALENDAR UPCOMING EVENTS**

October 3	Middle School, Forest Meadows, 3-4 PM
October 10	First Coast Head Race
October 17	Middle School, Forest Meadows, 3-4 PM
October 17-18	Head of the Charles Regatta
October 23	Teacher Planning Day
October 30	Greenery Sales Deadline
October 31	Middle School, Forest Meadows, 3-4 PM
November 7-8	Head of the Hooch Regatta
November 11	Veteran's Day Holiday
November 12	Middle School Program Ends, Pizza Party
November 16	Young Actor's Theatre—Once Upon A Mattress
November 16 – 19	Middle School Make-up Days
November 23,	Team Photographs with Betsy Barfield, Lake Hall
November 25 – 27	Thanksgiving Holidays

## **OCTOBER BIRTHDAYS**

	Picciuto, Ariana	10/01/94
	Pinto, Rosie	10/02/92
	Pittman, Mary-Faith	10/04/91
	Pozzuoli, Bryan	10/04/93
	Rice, David	10/08/92
	Rowan, Susannah	10/08/93
	Rubi-Mooney, Allanah	10/11/93

## **Gulf Winds Track Club 10-Mile Challenge**

Gulf Winds Track Club hosts this annually held event since 1977, and Capital City Rowing is providing the volunteers for putting it on! The race is on Saturday, December 5 with an 8 AM start time beginning and ending at Killearn Lakes Elementary School. Adults and rowers can volunteer or run. Help is needed in solicitation of sponsorships as well. Sponsors get their company logo on the t-shirts! To volunteer or ask about sponsorships or registration, please contact

Nancy Stedman-Laux  
[realtornancy@comcast.net](mailto:realtornancy@comcast.net)  
545-7074

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### Regatta Hotel Information

Hotel reservations are made for all rowers, coaches, and chaperones. Parents who are not chaperoning will need to make their own reservations for out-of-town regattas.

If you are a chaperone, you will receive instructions from Jack and Carroll Jarrett about your responsibilities. Chaperone hotel room costs will appear on the rower's monthly statement following the regatta.

Look for more information on the website. If you have questions regarding regattas please contact:

Carroll Jarrett  
[carrolljarrett@capitalcityrowing.org](mailto:carrolljarrett@capitalcityrowing.org)  
576-9647h/591-0070c

Jack Jarrett  
[jackjarrett@capitalcityrowing.org](mailto:jackjarrett@capitalcityrowing.org)  
576-9647h/445-1224c

#### Head of the Hooch Regatta

Ross's Landing Park  
Riverside Drive  
Chattanooga, TN37402

#### Holiday Inn Express

3710 Modern Industries Parkway  
Chattanooga, TN 37419  
423.424.0125

#### Southern States Indoor Sprints

Charles & Ruth Clemente Sports & Rec. Center  
Florida Institute of Technology  
150 West University Blvd.  
Melbourne, FL 32901

#### Holiday Inn Express, Melbourne

4510 West New Haven Ave.  
Melbourne, FL 32904  
321.724.2050

#### Sprint – AJRA, St. Andrews

Roswell River Landing  
245 Azalea Drive  
Roswell, Georgia

#### Hampton Inn

Alpharetta/Roswell  
10740 Westside Way  
Alpharetta, Georgia 30009  
770.640.0930

#### Sprint – Plant, Winter Park, GAR

Tampa By-pass Canal

#### Hampton Inn & Suites Tampa-North

8210 Hidden River Parkway  
Tampa, Florida 33637  
813.903.6000

#### Florida Sprints League Championship

Turkey Lake  
Lake Fairview Park  
2200 Lee Road  
Orlando, FL 32810

#### Fairfield Inn & Suites

7495 Canada Avenue  
Orlando, FL 32819  
407.351.7000

### CAPITAL CITY ROWING CAPTAINS

#### Brianne Hadar

[brianne@capitalcityrowing.org](mailto:brianne@capitalcityrowing.org)

#### Morgan Hooks

[morgan@capitalcityrowing.org](mailto:morgan@capitalcityrowing.org)

#### Justin Jarrett

[justin@capitalcityrowing.org](mailto:justin@capitalcityrowing.org)

#### Jake Gwynn-Shapiro

[jake@capitalcityrowing.org](mailto:jake@capitalcityrowing.org)

### 2009-2010

### BOARD OF DIRECTORS AND OFFICERS

#### Executive Board:

President	Clay Jester
Vice President	John Schmidt
Treasurer	Kim Walker
Secretary	Maggie Gowen
Member at Large	Chip Bedingfield

#### Directors at Large:

Past President	Brian Hadar
Membership	Debbie Bobroskie
Regatta Operations	Carroll & Jack Jarrett
Novice parent	(pending)
Director	Cari Roth
Director	Jay Newton
Director	Ray Manning
Director	Rich Budell

### CAPITAL CITY ROWING STAFF

Men's Head Coach—Brett Tillotson

[brett@capitalcityrowing.org](mailto:brett@capitalcityrowing.org)  
321-0732c

Women's Head Coach—Larry Gowen

[larry@capitalcityrowing.org](mailto:larry@capitalcityrowing.org)  
320-2698c

Men's Novice Coach—Danny Gwynn-Shapiro

[danny@capitalcityrowing.org](mailto:danny@capitalcityrowing.org)  
544-5795c

Women's Novice Coach—Rachael Dwork

[rachael@capitalcityrowing.org](mailto:rachael@capitalcityrowing.org)  
933-5062c

Middle School Coach—John Bickley

[john@capitalcityrowing.org](mailto:john@capitalcityrowing.org)

591-8848c

Adult Program Coach—Chris Day

[chris@capitalcityrowing.org](mailto:chris@capitalcityrowing.org)

443-0057c

Intern Coach—John Godwin

Intern Coach—Sydney Phillips

Intern Coach—Kelsey King

Executive Director—Chris Minardi

[chrisminardi@capitalcityrowing.org](mailto:chrisminardi@capitalcityrowing.org)

294-8393c

### Maclay Garden Passes

Rowers must present their passes at the gate each day to enter the park without paying an admission fee. Park passes should remain with the rower, not the parent. These passes will permit entrance to the park during weekdays only. Parents, please tell the gate attendant that you are picking up from crew practice to enter the park free.

### Registration Forms for New and Returning Rowers

For those you still working on their rower's forms, please turn them in as soon as possible. We especially need the physical form (signed by your physician) and the liability form. Forms are available on the Capital City Rowing website.

<http://www.capitalcityrowing.org/>

Completed forms may be sent to:

Debbie Bobroskie  
3186 Whirlaway Trail  
Tallahassee, FL 32309  
[debbiebobroskie@capitalcityrowing.org](mailto:debbiebobroskie@capitalcityrowing.org)  
668-8501(h)