

FROM THE LAUNCH



THE OFFICIAL NEWSLETTER OF CAPITAL CITY ROWING

WWW.CAPITALCITYROWING.ORG

DECEMBER 2009

REGATTA SCHEDULE

Jan 30	Maclay Ergomania Tallahassee, FL All Rowers
Jan 30-31	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

Gulf Winds Track Club 10-Mile Challenge December 5

Gulf Winds Track Club hosts this annually held event since 1977, and Capital City Rowing is providing the volunteers for putting it on! Please be sure you've signed up to volunteer for the great event.

This is a good fundraiser for CCR. 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
545-7074



CHATTANOOGA, TN— There are two types of racing, headraces and sprints. A headrace, which is normally raced in the fall, is a race anywhere from 3,000 to 6,000 meters in length. The Head of the Hooch is a 5,000 meter (3.1) mile head race on the Tennessee River, is the largest regatta in the South East, and the second largest regatta in the nation. Conditions were perfect this past weekend for rowers and spectators with sunny skies, temperatures in the 70's, and very little breeze.

Capital City Rowing's Varsity Men's Eight A won a silver medal this year finishing 2nd out of 48 boats. The Men's Varsity Eight B finished 19th out of 48 and the Men's Varsity Eight C finished 41 out of 48. The Women's Varsity Eight A finished 9th out of 46, the Women's Varsity Eight B finished 30th out of 46, and the Women's Varsity Four finished 15th out of 74.



Join us for a Spirit Night at Chick-fil-A® to support:



Thursday, December 17th, 2009 from 5:00-8:00 p.m.

Chick-fil-A at Capital Circle will donate 15% of your total order (before tax) to Capital City Rowing for each person who comes in and mentions the name of this group when ordering at the register. This offer is available in the drive-thru, as well, just remember to mention Capital City Rowing.



3101 Capital Circle NE • Tallahassee, FL • (904) 511-0720

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DECEMBER BIRTHDAYS

Pinto, Rosie	12/08/94
Cohen, Tori	12/09/93
Cross, Onyx	12/11/92
Kucheman, Chandler	12/11/95
Rowan, Susannah	12/16/93
Graham, James	12/17/91
Selman, Micah	12/25/93
Vail, Daniel	12/27/93
Hadar, Brianne	12/31/91
Brooks, Holly	12/31/92
Bartholomew, Ryan	12/31/94

HOOCH RESULTS

MV8A—2nd Place— 13:58.8

Holden Harrell, coxswain (Chiles HS), Weber Gluesenkamp (Leon HS), Logan Jester (Leon HS), Sam Walker (Chiles HS), Zachary Copeland (Chiles HS), Justin Jarrett (Leon HS), Tyler Clayton (Leon HS), Chris Jones (Leon HS), and Hunter Munson (Leon HS)

MV8B—19th Place— 15:01.1

Olivia Cooper, coxswain (Leon HS), Micah Selman (Lincoln HS), Jake Gwynn-Shapiro (Leon HS), Andrew Bartholomew (Chiles HS), Benton Williamson (Leon HS), Trey Bedingfield (Chiles HS), Jon-Michael Francis (Chiles HS), Daniel Vail (Chiles HS), and Emerson George (Leon HS)

MV8C—41st Place— 16:06.6

Rosie Pinto, coxswain (Chiles HS), Jacob Auerbach (Leon HS), Grayson Manning (Chiles HS), John Beamish (SAIL HS), Nick Stoudt (Chiles HS), Keenan Campbell (Chiles HS), David Rice (Lincoln HS), Ben Sieloff (Leon HS), and Tim Bobroskie (Leon HS)

WV8A—9rd Place— 15:21.1

Tori Cohen, coxswain (Chiles HS), Brianne Hadar (Lincoln HS), Morgan Hooks (Lincoln HS), Onyx Cross (Leon HS), Eleanor Balogh (Chiles HS) Sally Bruner (Leon HS), Rebecca Hunter (Chiles HS), Pittman Mary-Faith (Christ Classical HS), and Rachel Shaeffer (Lincoln HS)

WV8B—30th Place— 16:32.3

Olivia Cooper, coxswain (Leon HS), Janice Gowen (Chiles HS), Kristy Schmidt (Lincoln HS), Ariana Picciuto (Chiles HS), Caroline Stonecipher (Leon HS), Susannah Rowan (Leon HS), Holly Brooks (Lincoln HS), Emma Corry (Lincoln HS) and Allannah Rubi-Mooney (Leon HS)

WV4—15th Place— 17:19.5

Savannah Davy (Leon HS), Brianne Hadar (Lincoln HS), Morgan Hooks (Lincoln HS), Maria Eggleston (Leon HS), and Eliza Horne (Chiles HS)

OARS for SALE!

CCR has 6-7 old oars for sale. These make great Holiday gifts for your rower to hang his or her medals on. Price is negotiable.

Contact Chris Minardi
294-8393
chirsminardi@hotmail.com

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DECEMBER 2009

CALENDAR UPCOMING EVENTS

December 5 Gulf Winds 10-Mile Challenge
December 17 Chick-fil-A Spirit Night
December 23 Winter Holidays begin
Check the website:
www.capitalcityrowing.org Calendar/Training for your workout schedule.

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
576-9647h/591-0070c

Jack Jarrett
jackjarrett@capitalcityrowing.org
576-9647h/445-1224c

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

Morgan Hooks
morgan@capitalcityrowing.org

Justin Jarrett
justin@capitalcityrowing.org

Jake Gwynn-Shapiro
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	Jay Newton
Director	Ray Manning
Director	Rich Budell

CCR GENERAL MEMBERSHIP MEETING

**Wednesday, January 13
7:00 – 8:30 PM**

YOU DO NOT WANT TO MISS THIS EVENT!

All rowers, parents, and siblings are invited to attend this informational meeting. Coaches will talk about the upcoming Spring Regatta Season; Board Members will highlight activities still in the works for this year; and we will call for volunteers to lead the 2009-10 Committees and Board positions. The meeting will begin at 7 PM in the Chiles High School Cafeteria. For more information, please contact

Maggie Gowen
942-2559(H) or 445-3562 (C)
maggigowen@capitalcityrowing.org

CAPITAL CITY ROWING STAFF

Men's Head Coach—Brett Tillotson
brett@capitalcityrowing.org
321-0732c

Women's Head Coach—Larry Gowen
larry@capitalcityrowing.org
320-2698c

Men's Novice Coach—Danny Gwynn-Shapiro
danny@capitalcityrowing.org
544-5795c

Women's Novice Coach—Rachael Dwork
rachael@capitalcityrowing.org
933-5062c

Middle School Coach—John Bickley
john@capitalcityrowing.org
591-8848c

Adult Program Coach—Chris Day
chris@capitalcityrowing.org
443-0057c

Intern Coach—John Godwin

Intern Coach—Sydney Phillips

Intern Coach—Kelsey King

Executive Director—Chris Minardi
chrisminardi@capitalcityrowing.org
294-8393c

ERGS for SALE!

Model C—\$200
(needs bungee)

Model C—\$250
(has bungee)

Contact Coach Brett
btillotson79@hotmail.com

Concept 2, 2006—\$400
(perfect working order)
Contact Lisa Fuller
fuller@cpservices.net