



February 2024

A word from the Board President...

Greetings!

First off - thank you for being an advocate for rowing in Maine, a hard working volunteer and/or a participant in our Megunticook Rowing programs.

Here are a few updates of activities and upcoming events.

Our early-bird contingent of ergometer enthusiasts have been toiling 5 mornings each week at our MidCoast Recreation Center (MRC) facility. Morning workouts are led by the tandem team of Girls Varsity Coach Will Schaetzke and Masters Coach Don Seales. With high school winter sports wrapped up we expect our Junior athletes to return to the ergs to prepare for the spring rowing season.

We have a new rule for Megunticook Rowing's indoor workout space at MRC. An individual age 21+ needs to be present for activities in this space. This update was necessary to institute in order for Megunticook Rowing to be in compliance with MRC rules. Juniors should reach out to Masters, parents or their coaches via Slack to join them if they would like to use the space outside of the current practice schedule.

Our Board has been meeting diligently to offer a participant Membership model for Megunticook Rowing. This will be instituted effective April 2024. Membership details have been hammered out for the past 35 months and now we're about to introduce the features. Stay tuned!

To manage membership, programs and other features, Megunticook Rowing will be using iCrew. Through iCrew, we can manage our roster of all our active USRowing Members; practice times; equipment rentals; coached programs and more. This is an incredibly powerful and efficient framework to manage our functions.

This is not a new rule but yes, anyone who plans on being on the water as a Megunticook Rowing member must be a current member of

USRowing. Why? They are our insurers.

Meredith and Hugh will be rolling out an introduction of the iCrew signup features in the coming weeks (I believe March 7th for a group forum kicking off the Spring 2024 season.)

Docks In!! Punxsutawney Phil did not see his shadow meaning spring will come earlier.... we plan on **Docks In on Sunday, April 21st**. Mark your calendars to volunteer.

In the meantime we've been shoring up our coaching staff for the spring and summer programs. I hope everyone will take part in the 2024 program offerings. We're eager to hear your feedback for ongoing improvements so that we can provide the best possible rowing opportunities for all.

Thank you

John F Romain
Board President

Juniors! Spring Training Begins!

MARK YOUR CALENDARS

DOCKS IN APRIL 21ST



Doesn't that photo look great? We'll be back on the water before you know it!

While the juniors have been putting in the meters on the ergs at MRC, Meredith Currier, Head Coach, has been lining up practice and coaching schedules; and looking ahead to the spring regatta season.

Here are some important dates:

March 7th, 6:00pm at MRC - Varsity Team meeting for all returning rowers and new folks who are interested in joining the program. Bring a friend!

March 28 - 3:30pm at MRC

Club team info-session and first practice for all new and returning rowers for 12-years-old and up. Bring your gym shoes, workout clothes and motivation for your first workout!

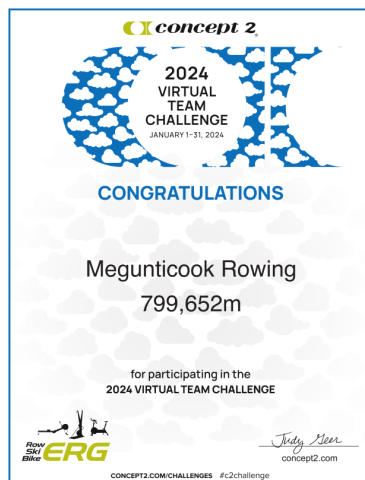
Spring Season Begins Monday, April 1st with Dry Land Training at MRC. More details to be announced at the March 7th team meeting and March 28th info session.

Sunday, April 21st - Docks in at Barretts Cove - all hands needed to get this done! Parents, we would love to see you there, too!

Sunday, May 5th - Row the Coast Erg-a-Thon on the Camden Green

In the meantime, get a jump on your fitness with winter training sessions:

5:30-7am Monday and Friday with coaches, Will Schaetzke and Don Seales



January Challenge

Masters logged nearly 800,000 meters in January! Megunticook Rowing finished 288th out of 735 teams from all over the world! Huge shout out to Polly Saltonstall and Meg Webb each logging 200K+. Also putting in the meters were: Amy Mitchell, Mark McAllister, Marnie Read, Don Seales, Meredith Currier, Leslie Forrand, Evan Waters, and Sarah Kuhn. Thanks to all who joined in!



Great Participation!

As the saying goes you've got to be in it to win it. Megunticook Rowers

showed up strong in hopes to gain a guaranteed free entry into this fall classic. Alas, while we qualified for two chances thanks to the 8 juniors who joined a dozen masters, Megunticook Rowing was not one of the 10 clubs drawn out of the 269 clubs that entered.

That just means we will have to qualify with our talent! As of today, HOCR is 232 days away!

Who's on the Board?



Laura Riordan, Junior Board Member

Laura is a student at Camden Hills and a passionate junior rower. Since starting in 2019, she has found the team to be supportive and consistent in a time of lots of changes. Laura is excited to step into a leadership and organization role on this team, because she has felt what a gift having that is as a rower. Since her first day in a boat, there have been strong, kind leaders Laura looks up to in this program. She is excited to give back to the Megunticook Rowing community. She is dedicated to learning about science and our local environment, and loves spending time outside.



Connor Howland, Junior Board Member

Connor has lived in Camden his whole life, and is currently a student at Camden Hills Regional High School. Connor was introduced to rowing in 2018, starting on the erg and then moving into the coxswain position with the novice program on the water. He advanced to the varsity team as a coxswain in 2021, and has gained invaluable experience participating in the program. Outside of rowing Connor loves photography and exploring the Maine coast by hiking and sea kayaking. He's looking forward to continuing his rowing with the team, and helping build the Megunticook Rowing organization.

To see a complete list of Board Members [Click here](#)

WINTER Shenanigans!

Frosty Oarsman at the Toboggan Championships



February is a fast and furious month. To launch this month, Megunticook Rowing entered a 4-man sled in the 33rd US National Toboggan Championships held on Camden's Hosmer Pond Feb 4-6. A sled was rounded up, and team members were recruited.

Novices to tobogganing all, Hugh Brock, Marnie Read, Amy Mitchell and Flora Gurdon met at the Camden Chute on a sunny cold Saturday for the first run. The second run would take place on Sunday with a third, if they qualified that afternoon. All except Hugh were having second thoughts so it was decided it was an one-and-done event for the Frosty Oarsmen.

Next they all attempted to fit on the sled in the various recommended positions. Nope, the sled could have been for four ten-year-olds. Fortunately, they were able to borrow a Snow Bowl sled with the thick cushion. They established their lineup based on recommendations from experienced tobogganers. And off they went!

For those who have never seen the toboggan chute, it is Camden's version of a guillotine. A team of handlers, situates the sleds on a platform, loads riders on the sled, and slides the sled into position. Then levers are pulled, the sled is tipped forward and zoom - 9.98 seconds of official terror before sliding over the pond for twice that long!

We all ended up ok, although Flora's helmet came off, Marnie burned through 4 layers plus some of her own skin. Laughs were had all around.

If anyone would like to join Hugh next year, please let him know, there are 3 seats available.



Ways to Support Megunticook Rowing

Recycle! Every bit counts!

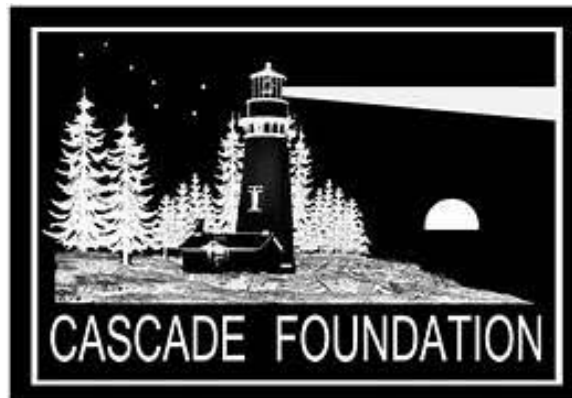
Donate your bottles and cans to Megunticook Rowing through Clynk! You can purchase Clynk bags at Hannaford and get stickers from **Sarah Kuhn**!

Make a Donation

Become a Sponsor

As a 501(c)3 organization, donations are essential to our viability. Sponsorships range from \$12,000 to \$300 and give you a wide range of visibility throughout the year. Won't you join these fabulous sponsors?

Contact marnie@megunticookrowing.org for more information.



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