



March 2024

A word from the Board President...

Greetings all!

It's begun!

Let's simply place this moment in time in perspective. A few weeks ago the first crocus popped in near the bird feeder. Ah... Spring... amidst mid-March, the cruelest month. Spring is about new beginnings.

On Thursday, our Club program took up the 'erg at MRC for the first vibrant wheel-whirring of the season. Coach Bob Perkins conducted the nine young and some nearly-new and some brand new to rowing, through a gamut of rowing basics. Like any new endeavor, it's exciting, and with fears put aside (there is comfort in numbers), the beginning of a new crew season is at hand. Much to learn, much to enjoy. (Bob left out the part regarding blisters).

To me, the phases of the spring season evolve through sugaring-off, mud-season, ice-out/docks in, black fly and then...Ah, Rowing! Our Barrett's Cove boating area will enjoy a work party Saturday, April 6th with the annual Docks-In event. If all goes well, this will also coincide with our re-populating our boat racks with club equipment, safely returned from winter storage in Searsport's Maritime Museum barn and Polly Saltonstall's Yellow barn in Rockland. All hands needed for next weekend starting at 9am in Barrett's Cove.

What else is new? Program organization – we're updating our website to be easier to view and navigate. Meredith, Will, Bob and Hugh are revamping the application and sign-up process for easier use through iCrew. We're launching our hybrid Membership enrollment for Masters rowers. We will be offering annual Memberships, as well as seasonal terms. More information will be forthcoming on those details.

Here are a few updates of activities and upcoming events.

April 28th - our annual outdoor Erg-a-thon on the Camden Village Green. This is the culmination of our spring fundraiser "Row the Coast" now in it's 5th year! Stay

tuned for details! Please support all your local rowers in this effort. Dollars raised will go toward the purchase of new oars.

The calendar for May is full of competitions for our Varsity Program! Details are included below.

We've also big news regarding the forming up of our Summer Coaching. Please note the introduction that follows of Tilghman Moyer! We're very excited with the enthusiasm, skills and talents that Tilghman is intent on bringing us this summer.

For me, it's a honor to be a part of these many efforts.

Thank you.

John F. Romain
Board President

Junior's Spring Training Begins April 1st! No Joke Sign up info below



Junior spring training kicked off with well-attended meetings at MRC on March 7 and 28th. This season's varsity team captains are Flora Gurdon, Sofia Howell and Tanner Carson. Focusing on increasing physical fitness to keep up with a busy competition schedule in May (every weekend - Milton, Worcester, Medford, and maybe Camden), they will also actively promote enrollment. It's going to be a great year.

If you missed these meetings, It's not too late to join! Here are the details outlined

at the meeting.

VARSITY ROWING DESCRIPTION

The varsity rowing team is for experienced high school athletes, and rowers ages 12+ by coach's invitation. If you are unsure of your skill level, please contact either **Meredith Currier** meredith@megunticookrowing.org or **Will Schaetzke** will@megunticookrowing.org.

This team will compete at regattas in the New England area. The focus will be on sculling with possible sweep rowing as well. Swim test or waiver will be required to participate in the on-water training.

Level of commitment:

All Practices and regattas are mandatory, and commitment is expected, but an athlete may be excused from a practice or regatta with advanced notification to the coaches. It is essential to planning for the coaches to know who to expect at a given practice.

Practices:

- Dry-Land (March 25th – April 21st): Monday through Friday 5:45 am to 7:15 am at Midcoast Recreation Center (MRC)
- On-Water (April 22nd – May 26th): Monday through Friday 5:45 am to 7:30 am at Barrett's Cove (BC)
- Captains' practice: Tuesday and Thursday 3:30pm to 5pm at the MRC when the facility is not being used by the club team, dependent on supervision by 21+ adult (this practice is optional, but strongly encouraged)
- TIMES MAY CHANGE BY 1/4 HOUR: ONCE WE ARE IN-SEASON, TIME CHANGES WILL BE POSTED ON SLACK

Coaches:

For Spring 2024, the Boys & Girls Teams will share Coaches - Meredith Currier and Will Schaetzke

Registration: through iCrew, links below

Cost*: \$640

*Regatta fees are included in the pricing; travel expenses and housing costs for regattas are not included. Rowers will be required to purchase a new uniform or borrow a tank uniform from the club for competition events.

Scholarships are available. For more information and to apply:

<https://www.megunticookrowing.org/financial-aid-form>

CLUB ROWING DESCRIPTION

Megunticook Rowing's Club rowing program is designed for rowers 12-18 who are learning to row, or rowers who prefer a more relaxed, non-competitive schedule.

The program's focus is an introduction to rowing, building technique and endurance, and enjoying time on the water. There will be an attempt to provide a broad exposure to rowing in different size boats. The focus will be on sculling (one hand on each oar) with possible exposure to sweep rowing (two hands on one oar).

Rowers in this program may have the option to compete at a home regatta at the end of the season and may be invited to join the varsity team based on skill level, schedule, participation, and enthusiasm. Swim test or waiver will be required to

participate in the on-water training.

Level of commitment:

Commitment encouraged but attendance can be flexible with proper ADVANCED notification to the coaches. It is essential to planning for the coaches to know who to expect at a given practice.

Practices:

- Dry-Land - 3 sessions - Tuesday, April 9th; Wednesday, April 10th; & Thursday, April 11th, 3:30 pm - 5:00 pm at Midcoast Recreation Center (MRC)
- On-Water (April 22nd – May 26th): Tuesday, Wednesday, Thursday 3:30 pm - 5:00 pm at Barrett's Cove (BC)
- TIMES MAY CHANGE BY 1/4 HOUR: ONCE WE ARE IN-SEASON, TIME CHANGES WILL BE POSTED ON SLACK

Coach: Bob Perkins

Registration: through iCrew, links below

Cost: \$375

Scholarships are available. For more information and to apply:

<https://www.megunticookrowing.org/financial-aid-form>

TO REGISTER:

Varsity Girls: <https://icrew.club/smurl?t=crl&id=20149975>

Varsity Boys: <https://icrew.club/smurl?t=crl&id=20149769>

Club: <https://icrew.club/smurl?t=crl&id=20149871>

Questions about the program's details: Email Meredith
meredith@megunticookrowing.org

Questions about signing up on icrew: Email Hugh
hugh@megunticookrowing.org

COME ROW WITH US!



Welcome Tilghman Moyer Head Coach of Summer Programs

Megunticook Rowing is proud to announce



that Tilghman Moyer, Recruiting Coordinator and Men's Assistant Coach at Colby College, will lead our summer programs.

Moyer says

"Megunticook Rowing is at the forefront of club rowing in Maine and I am very excited to be a part of it and lead great cohort of athletes with diverse backgrounds, all with the common goal of perfecting their stroke."

Originally from Philadelphia, Tilghman Moyer rowed for Crescent and Vesper Boat Clubs on the Schuylkill River. He rowed for a year at Temple University, finishing his rowing career with a silver medal at the Dadvail Regatta. He spent the summer of 2017 working as the Fleet Manager for the Craftsbury Outdoor Center in Vermont. Tilghman coached the u17 juniors for Crescent Boat Club in 2018 and Malvern Preparatory School in 2020.

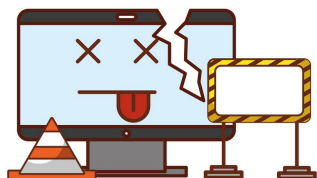
An avid outdoorsman, Moyer completed a through hike of the Appalachian Trail and then received his B.S. in Environmental Science from Temple University in 2020.

After graduating, Tilghman moved to Utah working in conservation and wildfire management. During the summer of 2023, he hiked 1500 miles of the Continental Divide Trail before being in his current role at Colby College. Tilghman will begin his MBA at Thomas College in the fall of 2024.

"I am looking forward to working with different coaches throughout the summer. I want to strive for a collaborative effort so we as coaches can continue to grow and be best prepared for our eager athletes."

The summer program schedule is being finalized. More details will be announced in the coming months, including Learn-to-Row.

A Word About Megunticook Rowing's Website



Your volunteer Board of Directors are combining their myriad skills to operate Megunticook Rowing.

This includes the website. While revamping is underway, we will include all pertinent links and sign-up info in Newsletters. If you have questions you

can always reach us via email:
row@megunticookrowing.org

Thanks for understanding!

Docks In April 6th! Barrett's Cove

This is the earliest ice out on Megunticook Lake since 1903, therefore we have moved-up Docks- In to Saturday April 6th, 9am at Barrett's Cove. Many hands make light work! Never have truer words been spoken especially when it comes to getting Megunticook Rowing on the water. Work gloves and boots are a good idea to bring.



We'll have refreshments afterwards so please plan on joining us!



Row The Coast! Sunday, April 28th

Our annual spring fundraiser is underway and will culminate on Sunday, April 28th on the Camden Green.

Support your local rowers as they erg, or possibly row meters on the lake, to "Row the Coast". Each meter rowed will help raise funds for essential equipment - Oars!

Stay tuned for more information on how to donate and/or participate.

Ways to Support Megunticook Rowing

Recycle! Every Nickel Counts!

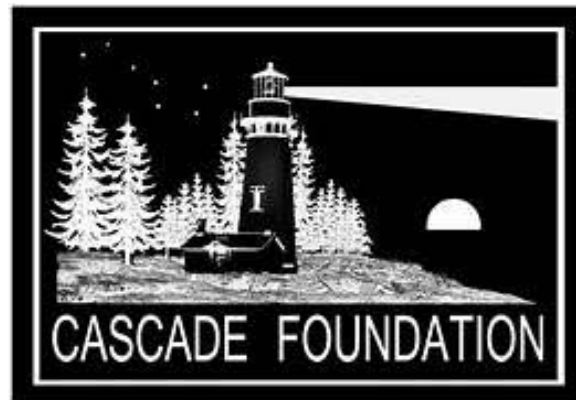
Donate your bottles and cans to Megunticook Rowing through Clynk! You can purchase Clynk bags at Hannaford and get stickers from **Sarah Kuhn!**

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.



U S H A R B O R S 



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Camden Coast
Real Estate 





Megunticook Rowing
P.O. Box 855
Camden, Maine 04843
Email: row@megunticookrowing.org
Website: megunticookrowing.org

CONNECT WITH US



Megunticook Rowing | P.O. Box 855, Camden, ME 04843

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