

Hello and Welcome Back!

I hope everyone has had a fantastic summer! The fall rowing season is right around the corner, and I wanted to reach out to you and give you a rundown of the 2023 fall rowing season. The fall season is an important time in the rowing cycle to build vital aerobic and lactic threshold capacities that will help your athlete peak higher come late spring. This year I am hoping to expand the fall rowing program to be more in line with the competitive teams we'll be racing against in the spring. With that said we will have the option to row six days a week. I know some of your children may have obligations or jobs that will conflict with a Saturday or Sunday practice. I completely understand and we will have the option for those athletes to practice 4 days a week (Monday-Thursday) as has been the traditional schedule.

I have spoken with some of the parents and athletes to gauge their interest in doing races in the fall and the overwhelming response was YES! I am more than excited to get the kids out and racing in the fall as I personally will also be competing in most of the local regattas and would love to bring your athletes along. This, however, will require a certain level of commitment from your daughters. A standard fall head race is 3 miles long. For context the races we do in the spring are .9 miles long. To simply complete one of these long races requires a consistent practice schedule and many miles of rowing. Most of the upperclassmen have competed at the Head of the Schuylkill and know that it is a long race. The Head of the Schuylkill is the shortest of the fall races measuring 2.36 miles long or 3800 meters heading downstream. For reference, The Head of the Charles is 3.1 miles or 5000 meters long and the course goes up stream. With that said I must be realistic about which groups of athletes will compete at certain events.

The current plan is to compete at four fall races: *The Kings Head Regatta*, *The Ocean City Chase Race*, *The Navy Days Regatta* and *The Head of the Schuylkill*. **As many athletes as possible** will compete, **including freshmen**, at *The Ocean City Chase Race*. **Varsity athletes** that elect to race in the fall will be in contention to race at *The Head of the Schuylkill*. **Athletes that are consistently at practice 6 days a week** will be eligible to compete at *The Kings Head Regatta* and the *Navy Day Regatta*. Coaches will make boating selections off attendance, athletic capabilities and sportsmanship to their fellow athletes and coaches.

Furthermore, I have worked with the board and have gotten the approval to merge the old summer rowing program we used to do in August into the fall program. For athletes that are interested in starting early we will be rowing **Monday - Friday mornings at 6am starting August 21st until the start of school on the 5th**. If your child can't make the morning sessions during August, they are more than welcome to join on September 5th.

If your daughter is interested in racing this fall the board will be adding an additional fee to cover the entry fee for the races. More information on registration will be available later this week.

Fall Season Schedule and Races

Varsity Practices:

August 21st - September 1st: 6:00am Monday - Friday

September 5th - October 29th: After School Monday - Saturday

Varsity Races:

Sunday September 24th - Kings Head Regatta - Upper Schuylkill River

Saturday September 30th - Ocean City Chase Race - Home

Sunday October 15th - Navy Day Regatta - Schuylkill Racecourse

Sunday October 29th - Head of the Schuylkill - Schuylkill River Racecourse

Freshmen Practices:

September 5th - October 26th After School Monday - Thursday

Freshmen Races:

Saturday September 30th - Ocean City Chase Race - Home

I'm looking forward to a fantastic fall season. Together we can build the foundations over the next three months for a very successful spring season.

Online registration information for the fall season will be sent out via the board later this week so keep your eyes open for that email.

Thank you for your time,

Coach Stewart