

READY ALL, ROW!



UVRF's Newsletter

Mid-March, 2025

Chuck Nagle is UVRF's new Executive Director

It's as if Chuck had been on the ED-job starting line, blades squared and buried, waiting for Erika Dade's Board to drop the flag and say "Go!" Chuck went right to work, easing the burden on UVRF's volunteers.

No need for new-job orientation, He's been a club coach for so long, Chuck knows just about everyone who keeps our ship afloat. And he knows when to make a suggestion or offer hands-on help.

Now that UVRF's Juniors use the old Harley-Davidson building on Miracle Mile in Lebanon for their 5-day-a-week erg program, Chuck has increased the use of the facility at no cost to members of any age. UVRF members are welcome to drop in occasionally or regularly on Monday, Wednesday and Friday from 7:00 to 8:30 am, and on Saturday mornings from 7:30 to 9:00.

"Our club has grown considerably coming out of the pandemic, and your Board decided it was time to get help to make us more sustainable into the future," president Erika Dade said in her announcement. She said Chuck is working on the club's databases in USRowing, RegattaCentral, and SafeSport, making sure that all UVRF members are meeting membership and certification requirements.

Chuck also is working with Program Chair Martha Beattie, helping schedule sessions and coaches through the fall. One change: in addition to the two MWF morning sweep programs, there will be TTh morning sculling sessions between June 17 and the middle of August.

"I am excited to be in the newly created position of Executive Director for UVRF," Chuck wrote. "I answer to the Board, but I serve all the members of the club. Happy to hear about any thoughts, concerns or anything else on your minds." executive.director.uvrf@gmail.com.



Chuck at the Fish '24

QUICK TAKES:

Workday, Membership, Swim Tests

Workdays: Sun, Mar 23 - Meet at Kendal parking lot at 1pm to move small boats off trailers & down the hill. Then we'll go to HHS boathouse at Wilson's Landing to load 8s & 4s on trailers. Fuller dock building date: TBA mid-to-late April.

UVRF Membership: If you aren't a 2025 member yet, now's the time to jump through the hoop requirements: Maintain USRowing membership; Find your member category on the UVRF website (scholarships are available); Pass the Swim Test (dates below); Complete Safe-Sport training; Watch the Safety Video; Register at RegattaCentral.

Swim Test Dates:

Wed, March 26 - Jrs 6-6:30 pm; Masters at 6:40
Wed. May 7 - 6-7 pm; Wed. June 4 - 6-7 pm
Wed. June 18 - 6-7 pm; Wed. July 2 - 6-7 pm
Wed. July 18, 6-7 pm

Erg Honors: Terry Harwood placed 5th in the 60+ category of the HOCA 4702 Erg Race.

Tim Cox placed 7th in the 70+ category.

CREW & the Survivor Rowing Network: And Morse

is a member of the SRN steering committee, a Rowing Cares Program launched in 2023 with 11 programs—CREW was a founding member—to offer "strength, joy, confidence & community through rowing to cancer patients & survivors." Now there are more than 30 SRN programs.

Middle School Rowers & Spring Junior Racers



Photo by Carin Reynolds

Juniors erg weekdays in the facility at the old Harley-Davidson building on Miracle Mile in Lebanon. **All club members** are welcome to erg at the facility MW&F from 7:00 - 8:30 am & Sat 7:30 - 9:00 am

MIDDLE SCHOOL ROWING

This year, UVRF is offering Middle Schoolers two program options, MSR for kids who are new to rowing, and MSR2 for kids who've had one year of experience.

Word's gotten around that Middle School rowing is great fun—the program's just been increased to FOUR sessions, with only three spaces open to fill, according to Chuck Nagle.

Coached by Dylan Hartwick, Laura Gillespie, and Micah Trautwein, the six-week non-competitive programs will run start on April 21, with MSR and MSR2 kids learning how to row in coxed quads.

If you want one of those three free seats, Email Chuck at executive.director.uvrf@gmail.com.

SPRING JUNIOR RACING

Spring Junior Racing participants finished their optional two-week pre-season erg sessions and started regular season erging on March 3. They erg five days a week in the new, spacious indoor facility at the former Harley-Davidson building on Miracle Mile in Lebanon, and they'll get on the water as soon as conditions allow.

The Spring Junior Racing coaches are Carin Reynolds, Chuck Nagle, Ian Girdwood, Tyler Bergmeier, and Christine Perry. The team's first race will be at the Dublin School on April 26.