



THIS IS

LOURDES ROWING





MEN'S JUNIOR 4+: NYS CHAMPIONS 2014

SUNDAY ■ MAY 30, 2010

Sports

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Lourdes captures national rowing title

Victory for girls junior four boat is first in history of the program

Dan Pietrafesa
Poughkeepsie Journal

It was the perfect ending to a historic season.

The Our Lady of Lourdes High School girls junior four boat captured the program's first national championship by winning the Scholastic Rowing Nationals in Saratoga Springs on Saturday.

Joanna Mulvey, Katie Roach, Liz Iacou, Katie Coffin and coxswain

Kaitlyn Albrecht completed the 1,500-meter course on Fish Creek in a time of 5 minutes, 57.05 seconds. Pine Crest was second in 6:06.81.

"It was just absolutely amazing to see them row this whole season," Lourdes coach Erik Haight said.

"The girls did make it look easy. All the work they put into it all year long was hard. They are a strong crew and they won by open water in the heat, semifinal and final. It was a phenomenal performance this weekend. They peaked on the right weekend — that's for sure."

The girls junior boat from Lourdes has won every major event it entered this season — the Saratoga Invitational, Triangulars, New York



Courtesy photo

The Our Lady of Lourdes girls junior boat team won its first national championship on Saturday.

terted this season — the Saratoga Invitational, Triangulars, New York

State Championships, Stotesbury Cup Regatta and nationals.

"We had a team meeting back in December and I asked them to set goals for this season," Haight said. "They told me they wanted to win states, Stotes and nationals. I put them on a program to do it and they did it."

"They were determined to hit those goals. The state championships were on the same weekend as the junior prom."

"My juniors skipped the prom so it would not impact their performance at states. It paid off because they won and qualified for nationals."

Haight said the national champion-

ons will have a few weeks off before training this summer for the Scholastic Rowing Association's Junior Development Camp. "I'm just so thrilled," Haight said of the team's success.



WOMEN'S JUNIOR 4+: NATIONAL CHAMPS 2010



THE BASICS.

WHO

What

Why

Where

When

How

WARRIORCREW

WHO IS LRA AND WHO IS CREW

WHO IS LOURDES CREW?

- ▶ Lourdes Crew comprises the young men and women who row for the scholastic rowing team representing OLL



WHO IS LRA?

- ▶ Lourdes Rowing Association is a 501(c)(3) non-profit corporation that is responsible for funding and promoting the sport of rowing at OLL
- ▶ LRA is run by an elected and appointed board of directors
- ▶ Parents of rowers are members of the association



THE ROWERS

WHO CAN ROW?

- ▶ Lourdes Crew is open to all students who attend OLL.
- ▶ No experience or tryouts are needed
- ▶ BUT, you must pass a swim test
- ▶ AND, pay registration fees and associated costs. OLL does not fund the entirety of the sport.



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WHAT'S THE DIFFERENCE...

WHAT IS ROWING?

- ▶ The act of propelling a boat by means of holding one oar, in a sweeping manner
- ▶ As a sport: it involves watercraft, called shells
- ▶ Lourdes Crew races 4+ and 8+

WHAT IS SCULLING?

- ▶ The act of propelling a boat by means of holding two oars (2x)
- ▶ As a sport: it involves watercraft, called sculls
- ▶ Lourdes Crew does not race sculls (1x, 2x, 4x)

WHAT DO NOVICES DO?

- ▶ Novice rowers must first pass the swim test, learn the parts of the boat, the motion and technique of the movements, how to lift and carry the boat, learn front/back/left/right and do it backwards, learn to row in the tanks, and erg...
- ▶ JV and Varsity already know all that stuff, they just work harder to row faster





WHAT IS AN ERG?

- ▶ Your new best friend
- ▶ a.k.a. Rowing machine
- ▶ You will learn the proper technique and names of each stage of the stroke movement on it
- ▶ This will also give you times, stroke rates, etc.

WHAT ARE TANKS?

- ▶ Novices start rowing in the indoor tanks at the boathouse
- ▶ The tanks are stationary “boats” with the same sliding mechanics as shells, so you won’t be going anywhere, BUT you are one step closer to rowing on the water!





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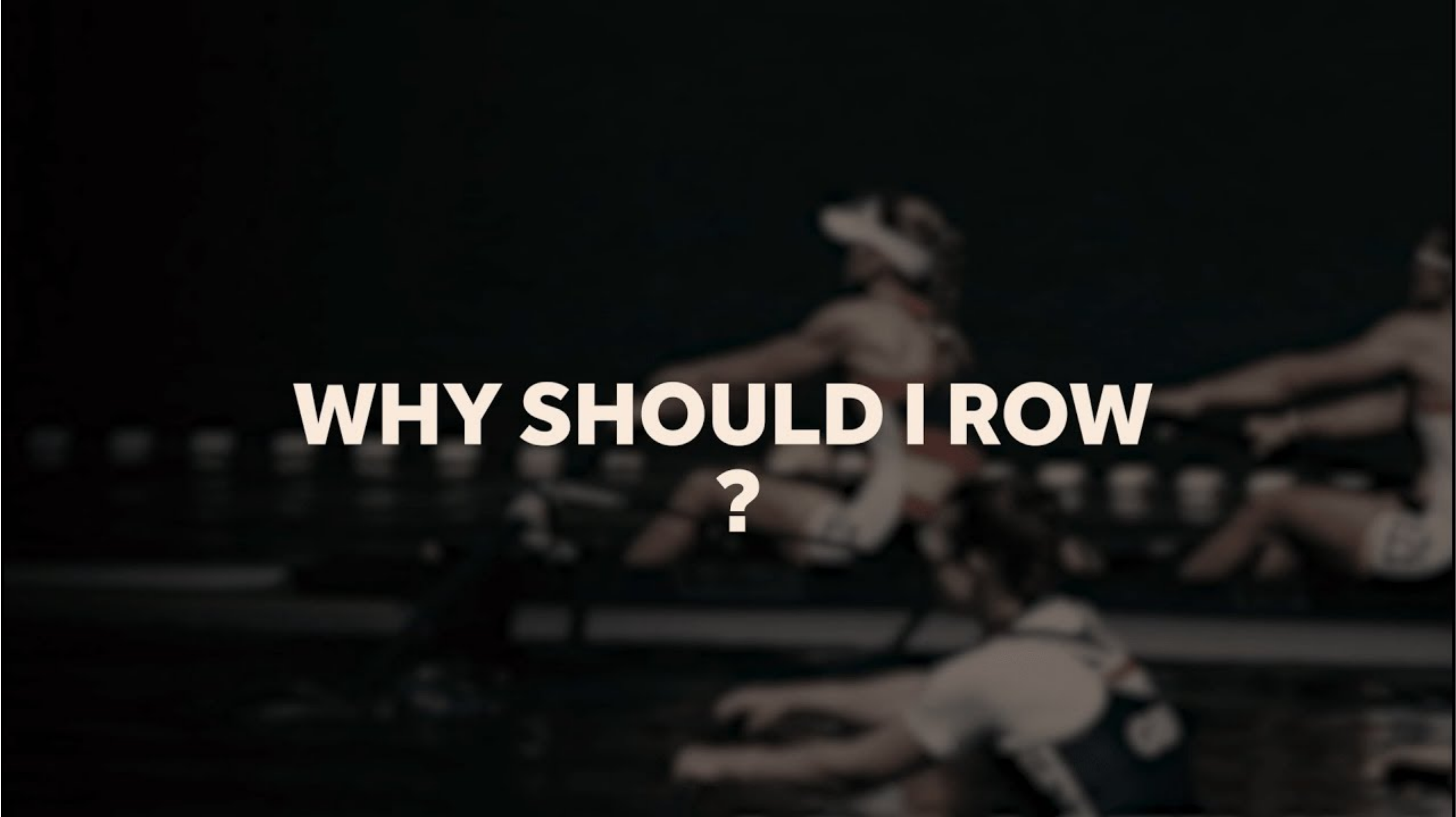
WHY ROW?

- ▶ You love being on the water
- ▶ You want to be part of a team
- ▶ You want to stand out from the crowd
- ▶ You want a challenge like no other
- ▶ You are one of the few teens who has this opportunity...



WHY ROW?

- ▶ If you need more words and less drama, check out what these rowers from across the pond have to say...



**WHY SHOULD I ROW
?**



THE BASICS.

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WARRIORCREW

THE BOATHOUSE

WHERE DO YOU LEARN TO ROW?

- ▶ Lourdes Crew operates out of the Hudson River Rowing Association (HRRRA) boathouse on Water St. in Poughkeepsie
- ▶ HRRRA offers Learn-to-Row, junior, and adult programs to people of all ages in the Spring, Summer, and Fall months.



WHERE DO YOU RACE?

- ▶ Novices race here on the Hudson River and they may have an away regatta in Saratoga. Regattas in Saratoga are on Fish Creek at the NYS boat launch.
- ▶ JV/V races may be in Saratoga, Philadelphia, Rochester, and the Hudson Valley.





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WHEN DOES PRACTICE HAPPEN?

- ▶ Novice crew will begin instruction five days/week after school at the boathouse. This begins when weather is warmer and water is row-able. If scheduling allows earlier tank availability, it may begin with three days/week.
- ▶ When season starts, there may be occasional Saturday and/or weekday mornings; Spring Break excluding holy days and Easter Monday.





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JOIN NOW

HOW DO YOU JOIN?

- ▶ Sign up today by providing us with your names, emails, numbers
- ▶ An email will follow with paperwork, instructions, and waivers. LRA will be making forms available on the website: <https://www.ollchs.org/athletics/lourdes-rowing-association>
- ▶ Deposits will be taken, and balances must be paid in full by March 15th.





THE FINE PRINT

HOW MUCH DOES IT COST?

- ▶ Novice Crew registration for 2022 is \$700
- ▶ Lodging and food for any away regattas will be the responsibility of the parents/guardians of each rower. LRA works to secure hotel room blocks/rates when there may be overnight stays.
- ▶ Fees cover only a portion of the actual cost to row, and fundraising is an essential part of the LRA duties.

MANY HANDS MAKE LITTLE WORK

HOW CAN YOU HELP LOURDES CREW?

- ▶ LRA needs your great ideas for fundraisers, especially in this pandemic era. We are implementing funding ideas this year to make your seasonal and routine spending benefit Lourdes Crew. For instance:
- ▶ Restaurant nights
- ▶ Holiday goods sales
- ▶ Lourdes Crew merchandise sales on RedBubble: <https://www.redbubble.com/people/Lourdes-Rowing/shop>
- ▶ Letter writing campaign to alumni and friends
- ▶ Sponsorship opportunities for individuals and businesses
- ▶ Grant applications

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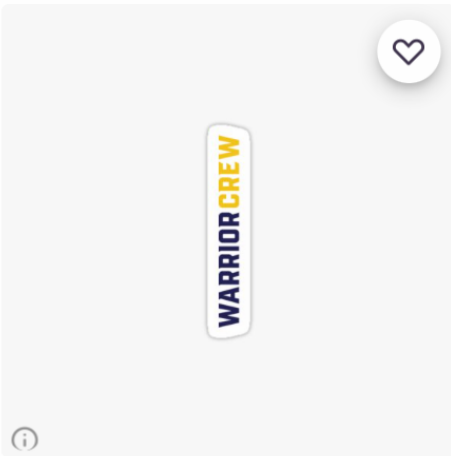
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