

PEOPLE TO KNOW

New Board – New Contact Info

President	Steve Bender	678-231-4684	fac_man@comcast.net
Vice President	Mary Kay Snyder	404-374-8318	marykaye@bellsouth.net
Secretary	Dottie Cecil	404-213-3700	dcecil@mindspring.com
Treasurer	Lisa Mittelstadt	770-256-6100	lisamcpa@charter.net
Facilities/Equipment	Ron Mountford	404-932-5954	mtfordr@bellsouth.net
Hospitality	Arlene Meyer	678-357-0837	meyerfamilybe@yahoo.com
Coaches Liaison	Joanne O'Donnell	770-565-0898	jodonnell53@hotmail.com
At-Large	Maureen Goldman	404-310-2006	maureen@editproof.net
At-Large	Russ Reineck	404-808-3496	rreineck@aol.com
Volunteer Coordinator	Beverly Podwojski		bpod@comcast.net



Steve Bender, AJRA President

Coaches and Contact Info

AJRA Head Coach	John Pearson	coachjp@gmail.com
Varsity Men Head Coach	John Pearson	coachjp@gmail.com
Varsity Men Asst. Coach	Ty Tucker	ty.h.tucker@gmail.com
Varsity Women Head Coach	Bryce Carlson	bac231@gmail.com
Varsity Woman Asst. Coach	Julie McQueen	julie.mcqueen@gmail.com
Novice Men Coach	Charles Paulk	charlesjpaulk@gmail.com
Novice Men Coach	Adrian Alonso	adrian.homes@gmail.com
Novice Women Coach	Anna Debban	debbanna1@hotmail.com
Novice Women Coach	Laura Jakubowicz	larajakubowicz@yahoo.com



John Pearson, AJRA, Head Coach

crew news



Varsity Men rowers Joey Gabianelli, Matt Goldman, Nate Reineck, and Alex Mountford were part of a group from Troop 467 in Atlanta who set a national Boy Scout hiking record in June. The group hiked 100 miles in 5 days on the Bartram Trail in Ga. and N.C. -- one of the most vertically challenging trails in the East. The terrain included a total elevation increase of 15,000 feet, which is half the height of Mt. Everest, and an elevation decrease of 14,000 feet.

NEED INFO?

Go to
www.ajracrew.com
 for news, updates, and
 calendar.



If coaches, rowers, or
 parents have
 announcements,
 please forward to
dcecil@mindspring.com

FALL SCHEDULE AT A GLANCE

Practice Schedule*

Varsity practice begins Wed., Aug. 12

Varsity Men: M-Th 4:30-7 PM, F 4:30-6:30 PM, Sa 8-10:30 AM

Varsity Women: M-Th 4:30-7 PM, F 4:30-6:30 PM, Sa 9:30-Noon

Novice practice begins Mon., Aug. 17

Novice Men: M,Tu,Th 4:30-7 PM, F 4:30-6:30 PM, Sa 8-10 AM

(Note change of practice days for Novice Men from last year)

Novice Women: M,W,Th 4:30-7 PM, F 4:30-6:30 PM, Sa 10-Noon

***No practice Labor Day weekend Fri., Sept. 4 – Mon., Sept.7**

Developmental practice begins Tues., Sept. 8

Development Program: M-W: 4:45-6:45 PM

Remember that **PRACTICE IS MANDATORY!** Missing practice means missing regattas! If you have any questions, review the attendance policy on our website. There is also a mandatory Varsity practice from Thurs. to Sat. of Spring Break, so plan accordingly!

Regatta Schedule

Parent Social

Sat., Sept. 12 at Roswell River Landing. Come meet other parents in the AJRA family, talk with the coaches, and enjoy good food and drink!

Oct. 10

Chattanooga Head Race

Chattanooga, TN. Varsity and Novice.

Oct. 17-18

Head of the Charles

Boston, MA. Select Varsity Only.

Oct. 30-31

Secret City Head Race

Oak Ridge (Melton Lake), TN. Varsity Only

Nov. 6-7

Head of the Hooch

Chattanooga, TN. Tennessee River. Varsity and Select Novice Only.

Nov. Date and Time TBD

Henley on the Hooch

Roswell River Landing. Scrimmage with St. Andrew. Varsity, Novice, and Development.

Nov. 27

AJRA Alumni Row

Roswell River Landing. 1:00 PM. All AJRA alumni are welcome.

THINGS TO KNOW

Uniforms:

The fall uniform for Novice rowers will consist of a burgundy AJRA t-shirt and navy JL spandex shorts. The t-shirts are \$20 each, and the shorts are \$25 each. Both will be available to purchase (or order if we run out of inventory) at registration as well as the parent social on Sept. 12. Novice rowers in the spring will order a Unisuit for regattas.

Varsity rowers will wear the existing Unisuit for both fall and spring seasons.

Last chance to get measured for uniforms is August 14th at the beginning of practice. If you do not have a uniform or need a new one, this is your last chance to get measured and order. Remember, without a uniform, you cannot participate in a regatta. Questions: Call Beth Christel at pbchristel@comcast.net or 770-650-0449.

Spirit Wear:

AJRA t-shirts, sweatshirts, car magnets, hats and other spirit items will be on sale at the parent social on Sept. 12 and periodically throughout the season. Questions: Email Cindy Waye at caw16@comcast.net.

Reminder to Rowers: One Strike and You're Out!

Major rules violations including but not limited to the following will result in immediate dismissal from AJRA with no refund and no opportunity for future membership:

- use of drugs, alcohol, weapons or other illegal items.
- theft of any other person's personal items.
- intentional damage to the AJRA boathouse, equipment or surrounding Roswell properties.
- intentional damage to hotel property.
- physical abuse to any individual or actions resulting in injury of another person.

Attention Juniors and Seniors:

- If you need to take the SAT this fall, check with your coach regarding your expected race time for Sat., Oct. 10. Rowers whose races likely will be scheduled in the afternoon may wish to sign up to take the SAT at the University of Tennessee—Chattanooga that morning.
- Let your coach know if you are interested in rowing in college. There are scholarships available for rowers, especially women, and rowing is also considered a special skill or talent by many admission officers. Your coach will be able to help you determine opportunities which may be available for you!

Seniors: US Rowing Scholastic Honor Roll Qualifications Announced

For the 19th consecutive year, US Rowing will recognize high school seniors for the 2009-2010 school year who excel in academics and rowing. Nomination criteria include having a minimum of 3.5 grade point average on a 4.0 scale and a minimum single test composite on SAT of 1600 (out of 2400) or ACT of 24. Applications must be postmarked by Sept. 11 to be considered. Rowers who think they may qualify for nomination should let their coach know ASAP.

New Dress Code

The coaches have implemented a new dress code for rowers:

Males: Must wear a t-shirt or tank top at all times while on land, with the exception of erging.

Females: Must wear a t-shirt or tank top over sports bra at all times.

All Rowers: Must wear appropriate thick and long spandex shorts at all times. The coaches recommend the JL brand spandex shorts which will be on sale at registration and at the parent social. The JL brand spandex is thick and very durable but you may also purchase any other brand of thick spandex shorts for practice. These are generally available at sporting goods stores, Target, Kohls, etc. **Please note that athletic shorts, workout**

pants, compression shorts, thin Under Armour-type shorts, or thin spandex shorts will not be allowed.

New Parking Rules

Because there are not enough parking spaces in the boathouse lot to accommodate all rowers, new parking rules have been approved by the board. **Beginning this fall, only seniors or those rowers who carpool will be able to park in the boathouse lot.** All others will be required to park at Azalea Park, which is approximately ¼ mile beyond the boathouse on Azalea Drive. Rowers should walk to their cars together after practice.

Remember, the parking lot is always busy! Always pull all the way into a space. Never pull into the lot and stop to let rowers out of your car! This blocks the parking lot entrance – creating a safety hazard and backing up traffic on Azalea Drive. All drivers should be on the lookout for bikers and pedestrians who use the path along Azalea Drive, especially when entering or leaving the boathouse parking lot. Also, be aware that the Roswell Police frequently patrol this area. Please be alert and courteous to prevent accidents! When events are scheduled at Roswell River Landing, all rowers must follow the parking requirements communicated by the coaches. As part of our rental agreement with the City of Roswell, special events take precedent over AJRA parking needs.

Parents: We Need Your Help

AJRA is a parent-run organization. To make each season a success, we need a commitment from each family to volunteer their time. If you are unable to commit to any volunteer hours, you may pay an opt-out fee of \$250. Volunteer areas include communications, administrative work, spirit wear, facilities/equipment, regatta food preparation, regatta chaperones, membership/registration and many other tasks. For questions or to volunteer for a specific area, contact Beverly Podwojski at bpod@comcast.net.

Refund Policy

As stated in the registration forms, AJRA has a refund policy which recognizes that athletes new to the program may not enjoy the experience as much as originally hoped. The policy also takes into account that the organization incurs costs regardless of whether a rower stays in the program. The refund policy – which is strictly adhered to – is as follows:

- Season fees are fully refundable up to one week from the start of practice, less an administrative fee of \$50.
- If a rower withdraws after one week of practice but less than two weeks from the start of practice, season fees are refundable less \$100.
- If a rower withdraws after two weeks of practice but less than three weeks from the start of practice, season fees are refundable less \$350.
- After three weeks of practice, season fees are no longer refundable.

Rowers: Does Your School Have a Crew Club?

The start of a new school year is the time to find out if your school has a crew club. Last year, Northview, Pope, Roswell, and Milton High Schools had active clubs. Rowers from those schools were awarded Varsity Crew Club letters by their schools if they met requirements such as practice and regatta attendance determined by each club. If your school does not have a crew club, most schools allow students to organize a club or club sport through the administrator assigned to support clubs at their school. Generally, all that's required is student interest, potential members, a proposal of purpose (for example, promoting physical fitness and the Olympic sport of rowing), and a teacher sponsor. Most active school crew clubs include AJRA and St. Andrews rowers, and some clubs even have members who don't row on teams. Crew clubs can only be formed by students but AJRA encourages our rowers to form a club or to be active in an existing club so they can get the local recognition they deserve! In addition to Varsity club letters, crew club members often are able to get rower achievements such as regatta results included in school announcements, newsletters, broadcasts, and other communications. Questions? Contact dcecil@mindspring.com.