March 2016

Hello parents!

I am Elizabeth Sangree, the new Head Rowing Coach for the Pomfret girls crew team this spring, and I want to, first off, introduce myself, and, secondly, share some information about preseason and the season ahead.

I'm arriving at Pomfret after a history in the New England rowing orbit. In 2008, I began rowing at Taft, just like your girls are doing now, and then went on to row in the first boat, year-round, for Bates College, the NCAA Division III national champion team. In May of 2015, I graduated from Bates, and I could not be more excited to continue my involvement in the rowing world! I know the ins and outs of technique, racing, team culture, and I look forward to instilling a love of rowing in your daughters. Once the season is underway and we’re out on the lake, I will be coaching boats 1 and 2 and Assistant Coach Katie Wells will be coaching boats 3, 4, and 5.

Now, preseason! For three days from March 23 (beginning at noon) to March 25 (ending around 6 pm), we will run an athletically challenging, team-bonding focused, and activity-packed preseason that should be a useful introduction for novices and an important refresher for veterans. Our workout goals include getting on the ergs and getting on the water. We'll spend some time in the weight room and outdoors as well. We have planned one trip to WPI in order to use the WPI indoor rowing tanks. And, of course, there are multiple bonding activities planned, including a home-cooked lunch to welcome the girls, a movie night, a team art project, and other such unwinding activities. The cost for preseason is $25, and we ask that, when the girls arrive at preseason on March 23, they bring a check or cash. For those athletes arriving by plane, we ask that you share how they are reaching campus, be it through parents, friends, or through a pick-up by the school. Chris Lamothe in the front office is only able to help facilitate student travel if she knows your needs in advance. This year, preseason is a little logistically tricky, as it coincides with Easter. For those athletes who are travelling from a long distance, there are several options for Saturday the 26th and Sunday the 27th—preferably your daughter can either return home with you, stay at a friend's house or go with another family member. We regret that logistical hurdle and ask that you communicate your plans so everyone is accounted for.

Here is our current list of 12 preseason participants. Be in touch if you wish to make a change and either add your daughter to the list or cancel their preseason commitment. Likewise, if you are receiving this email but do not wish to commit to crew for the spring season, please be in touch so we can remove your contact info from our mailing list.

DAY STUDENTS:   
Emily Buell   
Abi Trivella  
Kylie Blake  
Kailey Castle   
Madison Dean

Julie Sullivan  
  
BOARDING STUDENTS:   
Abby McThomas   
Rosemary Osborne  
Charlotte Apuzzo   
Ellie Marousis   
Kelly McCarthy   
Amanda Lim   
Abby Conway?

Looking forward to the season ahead, we will have mostly home races at our beautiful boathouse on Quasset Lake in Woodstock, Connecticut. Below is our regatta schedule (subject to change).

April 23: HOME Regatta vs. Nobles, Lyme Old Lyme, and Valley Regional

April 27: HOME Regatta vs. Berkshire, Medford, and Lincoln

April 30: HOME Regatta vs. Groton, Deerfield, and Taft

May 1: AWAY Founders Day Regatta at Gunnery (TBD)

May 14: HOME Du Pont Cup Regatta: Windsor, Miss Porters, Taft, Gunnery

May 21: AWAY Regatta at Middlesex

May 28: AWAY Regatta at NEIRA Championship Race in Worcester MA

If your daughter is not planning to attend preseason, any cardio or strength training over the break is encouraged so the conditioning curve feels less steep upon their return. Be in touch if you would like specific workout advice. Overall, jogging, yoga, biking, abs, wall sits, stretching, erging, dumbbell work, collectively can only help. Whatever they are able to integrate into their two weeks away from campus.

You can find more information about the girls crew program on our website:

<http://pomfretgirlscrew.weebly.com/>

I look forward to engaging with all of you over this upcoming season! Please feel free to introduce yourself, or direct any questions/concerns my way! You can contact me either through this email address, or on my phone, at 860.377.7349.

Thanks,

Liz Sangree

Head Coach – Pomfret Girls Crew

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