



History

History of the [St. Louis Rowing Club](#) dates back to 1875.

Fun fact:

“The first American Olympic rowing team to represent the USA in the Western Hemisphere paddled to the gold medal at Creve Coeur Lake in Maryland Heights during the Summer Games in 1904. And ever since those games, the St. Louis Rowing Club has kept the tradition alive on Creve Coeur Lake. With a wide range of skills, Master to Beginner, the ancient sport of rowing has been a constant in St. Louis since 1904.”

-Pat McGonigle, KSDK Channel 5, August 9, 2016

Meet the SLRC Novice Coaches

John Duncan- Assistant Coach

Novice Girls Coach

Email: CoachJohn@StLouisRowingClub.com

John was born and raised in St. Louis, where he attended Ladue High School. John went on to graduate from the University of British Columbia with an undergraduate degree in business, specializing in human resources and logistics in the spring of 2018. He currently works as a financial professional for Synergy Wealth Solutions. During high school, he was a competitive Junior Rower from 2010-2014, under the tutelage of former Junior Coach, and current Washington University of St. Louis Coach, Andrew Black. During this time, John raced as a Lightweight Rower, medaling in events, such as the Lightweight 8+, and Lightweight 4+ at the Midwest Junior Regional Championships. His lightweight career reached its peak in 2013, as he placed fifth at the Junior National Championships in the Lightweight 4+.

John Jaeger- Assistant Coach

Novice Boys Coach

Email: johnjaeger11@gmail.com

John started rowing for SLRC in the spring of 2012 under Andrew Black, where he developed a fierce passion for competition and a deep passion for the sport. He had the incredible experience of competing in the Youth National Championships in 2013, 2014, and 2015 in the pair, eight and four. The love of training and commitment to technical excellence is something that he still carries with him and hopes to inspire in all his crews.

In 2015 he was recruited to row at Brown University where he graduated with a degree in Chemical and Biochemical Engineering in 2019. He started coaching in the summer “Learn to

Row” during college and began his Assistant Coaching career with SLRC, coaching the Novice Boys team in 2022. John focuses on technique and building a love of training. He believes that with enough dedication anyone can be great at rowing.

Meet the SLRC Board of Directors

The SLRC Board of Directors is composed solely of parent volunteers and work tirelessly behind the scenes to promote the love of rowing in our parent community. Without volunteers from both girls and boys teams, many of the events and programs would not be possible.

SLRC President

Karthik Raghavan

Email: President@StLouisRowingClub.com

SLRC Vice President

Isabelle Kopec

Email: VicePresident@StLouisRowingClub.com

SLRC Secretary AND Communications

Deeps Khare

Email: Secretary@StLouisRowingClub.com

SLRC Treasurer

Carolyn Buselmeier

Email: Treasurer@StLouisRowingClub.com

SLRC Lieutenant

Tammy Miller

Email: Safety@StLouisRowingClub.com

SLRC Junior Girls Coordinator (Parent Representative)

JD Miller

Email: JrGirls@StLouisRowingClub.com

SLRC Junior Boys Coordinator (Parent Representative)

Brook Palanca

Email: JrBoys@StLouisRowingClub.com

Volunteer Requirements

Our club relies heavily on volunteers to make each season a success.

The SLRC Board has implemented a volunteer rule for each family. Each family is required to commit at least *5 hours per rower per season*. There are volunteer opportunities at the boathouse in addition to regattas for those families that find it difficult to travel. If you are unable to volunteer, there's an option to buy out your obligation for \$250 per season.

We would rather have volunteers than money but also know that many of you have demanding careers and other obligations. This rule is intended to be a guilt-free "buy out" for anyone who simply does not have the time to help. Any money received will be used to improve the Regatta experience and make things easier for the parent volunteers that can help. (One idea is to buy an enclosed trailer with all of the regatta supplies and have a parent transport the trailer to the regattas.) Whether you have the time to help, or simply want to pay to make things easier on the volunteers, your support is crucial to our athletes' development and overall experience.

You will receive a statement of volunteer hours completed/needed at the start of the Spring Regatta season so there are no surprises at the end of the season.

Click [here](#) to be directed to SignUp Genius for the Fall 2023 Volunteer Opportunities

Parent Communication

- Reach out to Robin Stewart at: novicecoordinator@stlouisrowingclub.com if you have any questions
- There is also an SLRC Facebook group called "SLRC Current Parents". Parents share and post various information that's club related, you'll find information about how and when to order SLRC merchandise, etc. This is also where you'll get the most up to date information about expected bus return times from regattas.

Carpool Information

Detailed carpool list to follow

Drop off/ Pick up

Please drop off and pick up your rower(s) in the far parking lot across from the boathouse. The parking lot at the boathouse can get very congested and we want to ensure everyone's safety

Dues and Fees

Dues are invoiced at the beginning of each season and are set by the Board of Directors. Dues for the Fall (AND) Spring Rowing Season are \$561 each.

US Rowing Association Membership

Membership in the [USRowing Association](#) is required to participate in sanctioned regattas.

Please complete your annual registration before your rower(s) first regatta. Your rower(s) will be

assigned a Membership number that will stay with them for the entirety of their rowing career. Basic membership is all that's required.

Events

Check out the [SLRC Website](#) for upcoming club events and future regattas

Practice Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Girls	12-2	X	4-6	4-6	4-6	4-6	10-12
Boys	10-12	4-6	4-6	X	4-6	4-6	12-2

Fall Novice Regatta Schedule:

[Blake Haxton Regatta- 10/28/23](#)

Qualification Requirements:

Rowers must average 4 days of weekly attendance to be regatta eligible

Date: Saturday, October 28, 2023

Event: [Blake Haxton Regatta](#) - Columbus OH (Sponsored by Upper Arlington High School Rowing)

Location: Scioto River at Griggs Reservoir

Parking: Spectator Parking is available in the Nottingham Lots and on the East side lane of Griggs Park Drive (access road running parallel between the Scioto River and Riverside Drive). Vehicles are not permitted to park and/or drive in the grass per the City of Columbus. Violators will be ticketed and/or towed. Oversize vehicles blocking the road will be ticketed and towed.

VIP Paid parking is available at 3300 Riverside Drive. [See link on Regatta Central](#) for payment. Shuttle service will be available - do not cross Riverside Drive for safety reasons - police can and will issue tickets.

Format: The Blake Haxton Regatta is a 5000m "Henley Style Start" Head Race for high school age students in both Novice and Varsity categories. Rowers will be racing against the clock, not other boats, per se.

Lodging:

You will be able to find lodging near and around the racecourse. A quick Google search for "hotels near Griggs Reservoir Columbus, OH" will yield plenty of options. Rowers stay in hotels together with their team, coaches and parent volunteers.

Spring Novice Regatta(s) Schedule:

Mark your calendars now, more details to follow as we get closer...

[Cincinnati Invite - 4/12/23- 4/13/24 \(Cincinnati, OH\)](#)

[Dogwood Regatta - 4/26/23- 4/28/23 \(Oakridge, TN\)](#)

[Midwest Juniors Championship - 5/17/24- 5/19/24 \(Bethel, OH\)](#)

Qualification Requirements:

Rowers must average 4 days of weekly attendance to be regatta eligible

Regatta FAQ's:

- Time zones
 - Please be mindful of time zone changes, especially if you have volunteered for setup the day before the regatta. Many of the regattas are in the eastern time zone so be aware when traveling to and from.
- How do I know when my rower is racing?
 - Coaches will provide times when each of your rowers are racing, usually the evening before the race. This sometimes gets lost in translation to parents. The website [Here Now](#) provides information on all current and upcoming regattas. Simply click <Races>, Find the Regatta Name and click <Heat Sheets>. This will include the number of boats (Bow) in each heat. The Stroke Seat is the only rower named in each heat.
- What time should I arrive at the regatta?
 - The earlier the better, even if your rower doesn't have an event until late morning or early afternoon. Most regattas start at 7:30 am so you can use that as a gauge on what time to arrive.
 - Due to parking limitations, once you arrive at the regatta, you should plan on being there the entire day. Leaving your parking spot is generally not a good idea if you can avoid it.
- What should I plan to bring to the regattas?
 - Comfortable clothing and footwear- prepare for inclement weather and dress in layers. Races will go on in all weather except for thunder and lightning storms
 - Lawn chair(s)
 - Many families bring pop up canopy tents for added comfort
 - Food/Drinks/Snacks- there are generally a few food trucks at each regatta but the lines can sometimes be long and options aren't always the best.
 - Binoculars
 - Sunscreen

- Regattas are family and pet friendly
- Can my rower ride home with me after the regatta?
 - Generally not, unless otherwise cleared by their coach in advance. The club works hard at building community within the team and bus rides to and from regattas are part of it.
- Where and when do I pick up my rower after the regatta?
 - Rowers can be picked up at the SLRC boathouse. Arrival times home will vary depending upon departure time from the regatta venue and distance. Check the SLRC Current Parents Facebook Group for the most up to date times. Chaperones will give frequent updates.
- What are the average expenses for each regatta?
 - A fair amount to budget for each regatta should be between \$250- \$300 per rower. This will generally cover the cost of bus transportation, hotel accommodations, onsite regatta meals, and boxed lunches home. Each family will be invoiced prior to the regatta for all costs. You should also plan to send some additional spending money for travel day and evening meals, as well as on-site merchandise vendors (optional).
- Are there chaperones traveling with the rowers?

Yes! Chaperones are with the rowers for safety and comfort on the buses and while staying in hotels during regattas.