

The RePORTer

PORT ROWING'S NEWSLETTER | ISSUE NO 1



PAGE 2

PRESIDENT'S DECK

and

PROGRAM UPDATES

PAGE 3

COACHES' CORNER

PAGE 3

ATHLETES



Welcome to the first edition of Port Rowing's Newsletter. The RePORTer - A newsletter dedicated to bringing you updates about programming, coaches, accomplishments, and so much more.

President's Deck

"I hope everyone is doing the best they can as we eagerly anticipate getting to the other side of the COVID-19 pandemic.

We are so fortunate that Port Rowing does not just survive, but that our athletes thrive. We have been able to train, and row, and achieve ever-higher fitness levels in the face of such challenging circumstances.

We thank our coaches Emilie, Isa and Mike for continuing to provide an engaging and safe program for our rowers. We thank our board of directors for volunteering their time to help steer the ship. And we thank all our donors for keeping us financially afloat. Hats off to our rowers for staying focused and continuing to advance and grow in an environment of teamwork and camaraderie!

Let's all continue to work hard through the winter and look forward to a great spring when we can get back on the water!"

Vernon McDermott II



PROGRAM

Our athletes have been catching, driving and finishing their way into top rowing shape during the Winter I and II season trainings at The Village Club. Thanks to strict adherence to covid-19 safety protocols, cooperation by the athletes, diligent efforts by the coaches, and a newly installed "Molekule" air purification ventilation system (donated by President McDermott), it's been a fun and productive season. Our athletes are ready for the highly anticipated spring season.

Season Practice Schedules:

Winter II: ends on March 12, 2021

Spring season start dates:

High School: March 15th; Middle School: April 5th; Adult and Inclusion: more information will be released to athletes soon.



Recruits

**RYAN CRILLEY (LEFT, BOW SEAT) -
UNIVERSITY OF DELAWARE**

Ryan will be continuing his rowing career at the University of Delaware with the men's lightweight rowing team. See page 4 for a quote from him.

**BEMI FABIA (RIGHT) - RUTGERS
UNIVERSITY**

"I committed to Rutgers November 22, 2020. I swam for 12 years before I began rowing. I did learn to row at port summer 2019 and joined the team fall 2019. This year would make it my second year on the team. I applied to 4 departments, Nursing, Engineering, Pharmacy, and Arts and Sciences for Public Health. I was admitted into the school of arts and sciences while the others are still pending. I have passions in each area, so I'd be happy with whichever I decide to go with."



COACHES' CORNER



**Congratulations Isa for
receiving the 2021
Regional Double Goal
Coach Award!**

Coach Isa Rahman: "Give me a place to stand and I will move the whole world' Not quite, but our girls are doing plenty of moving. This year we're trying something new with some early morning winter workouts at the Village Club and learning kettlebells. We're prepping to be sharp during our dual racing season and beyond. I think we're all excited to see what the Spring brings."

Coach Mike MacMinn: "The boys are making good strides forward this winter, and we're looking forward to measuring that progress with 30 minute and 2000 meter max effort ergs in early February. All signs point towards a fast and fun Spring 2021!"

Coach Emilie Johnston: "Middle school has been working hard and doing a great job of learning to train despite the difficulties this year has thrown at us. We look forward to continuing to build momentum towards a fast and fun spring season."

From our Rowers:



"I like Port Rowing in the winter because I get plenty of exercise. I'm looking forward to going in the water in the spring"
- Gavin Bluni (Inclusion Team, Seen Left)

"Despite the fact that this year has been unlike any other that the team has faced, it has most definitely been beneficial in the sense that the guys have never been more athletically able and motivated to make boats move fast come spring season. In the last week alone, practically every single guy on the team - from the freshman to the seniors - attained personal records on their 30 minute tests. In the coming weeks we are preparing for a 2k

test and everyone's well prepared to put down a solid effort." - Ryan Crilley (Varsity Boys' Team, 12th grade)

"While crew for the winter season isn't how I expected it to be, I am happy I can still see my team and continue staying fit. I'm really excited for the racing season to begin!" - Sydney Silverstein (Freshman Girls' Team)

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The Port Rowing Store is still open at:

https://www.portrowing.org/content.aspx?page_id=22&club_id=336088&module_id=452968



Donate:

https://www.portrowing.org/content.aspx?page_id=305&club_id=336088&item_id=7496

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Registration for the spring season opens 2/15

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