



Spring 2024

Mile High Rowing Club's
Denver Indoor Rowing Championships, March 3

Central Youths (CY) (Regional Competition),
May 3, 4 & 5 in Oklahoma City
(CY) is the Qualifier for

Youth Nationals (YN) (June 6-9)
held in Sarasota, Florida

Spring Fees \$1500
plus OKC Regatta Fee of approximately \$770

YN Fees for those who qualify to be determined

Spring Coaches

Coach Grace Malacrida, Head Coach, USRowing Level III (2008)

(Started MHRC in 2009, USRowing ODP Coach, US Indoor Rowing Team, Rutgers Grad/Rower, USAF Officer/Veteran, Head Coach CJC 2007, Head Coach RMJC 2008)



Coach Liz Moore, Assistant Head Coach, USRowing Level II

(Gonzaga Grad/Rower, MHRC Coach since 2013, Former RMRC Coach, Former Portland State University Head Coach)



Coach Brooke McCulloch, Assistant Head Coach, USRowing Level III

(Former Coach Martha's Moms, Lake Washington and a USRowing Referee)

Our website master



Spring Coaches, continued

Coach Anne Strobridge, USRowing Level II (Retired CA Teacher, Gold Medalist World Indoor Rowing Championships, MHRC Coach since 2010) MHRC Absences Monitor

Coach Lisa Dirth, USRowing Level II (Former Head Coach CJC and Derryfield) MHRC Learn-to-Row Director

Coach McKayla Wood, Level II (Former CU Coach, University of Delaware, Grad/Rower)

Schmitt Comparison

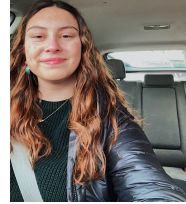
Submitted by: Anne Strobridge

(July 18, 2020)



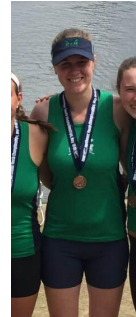
Spring Coaches, continued

[Coach Eloise Botka](#) (Former Bates Rower and CRI Rower)



[Coach Davis Varcoe](#) (Former MHRC Rower and former Hamilton Boys High School Rower New Zealand)

[Coach Abby Wilhelm](#) Rowed throughout high school in Rhode Island. Rowed at Tulane University. Coached for her high school team.



2024

Spring Coaches continued

[Coxswain Mentor](#) Haley Green, current CU athlete, former Marina Aquatic Center Coxswain.

Substitute Coaches

[Coach Bob Malacrida](#) (Grace's husband), USRowing Level II, former LBRA rower, current RMRC rower



[Coach Anthony Malacrida](#) (Grace's son), USRowing Level II, former LBRA rower former RMRC rower/coach, and former CJC rower.



MHRC Board Members

This info is available on MHRC website:
<https://milehighrowing.org/board.html>

Executive Committee

- President (Lawrence Mandes)
- Vice President (Dave Lindstrom)
- Treasurer (Nelly Dawallu)
- Secretary VACANT

Other MHRC Board positions

- Membership (Pamela Nagafuji)
- Marketing (Pamela Nagafuji)
- Regattas (Tamera Fairbank)
- Fundraising (Stacy Rechtin and Ramina Sarram)
- Maintenance (David Qualls)
- Volunteers-Gear (Christina Eller)

We are always looking for more volunteers to serve on the board and help with operations of the club.

Practice Days and Times

Spring Season starts on Monday, February 26, the last day of the season for your athlete is determined by their USRowing Central Youth Rowing Championship (CY) results. If they qualify for USRowing Youth National Championships (YN), they keep training. Training times between CY and YN will be set by the coaches and will include early before school practices.

Female Team

Monday	1700-1900
Tuesday	1700-1900
Thursday	1700-1900
Saturday	0730-1000
Sunday	0800-1030

Male Team

Monday	1700-1900
Wednesday	1700-1900
Thursday	1700-1900
Saturday	0800-1030
Sunday	0730-1000



Important Dates

March 3, Sunday, MHRC hosted Denver Indoor Rowing Championships

April 30th, Both Teams have practice (Week of Central Youths)

May 1st, Both Teams load the trailer. All athletes are responsible for this.
Make arrangements to be present for the entire loading process.

May 2nd, Team Flies to OKC (Central Youths), racing starts on Friday the 3rd.

May 11th, Persian Feast fundraiser hosted by Sarram & Rehtin Families

Requirements

Registration must be completed before the the athlete may attend practice.

Any updates to the athlete's medical condition need to be reported to the Head Coach, Grace Malacrida.

Any medical conditions that prevent the athlete from participating in any aspect of training, like running, need to detailed on a doctor's report and sent to Head Coach Malacrida.

The athlete needs to have a Championship USRowing membership \$65 and their [online USRowing Waiver](#) must be signed. These items are done on the USRowing Website.

If the athlete is 18 and older, they must complete the USRowing SafeSport Training. If the athlete turns 18 between now and USRowing Central Youth Championship, they need to complete SafeSport Training.

A parent/guardian/other adult family member who wishes to be MHRC Chaperones or Volunteer at Regattas, is required to complete the SafeSport Training per USRowing. More info on USRowing website. A screenshot of completed Safe Sport Training need to be emailed to president@milehighrowing.org

Snow Days



*On the days when we can't meet at the reservoir due to bad weather like snowstorms, practice will be via Zoom.

*Notifications will be sent via email addresses which were entered into Regatta Central registration form - athlete and legal guardians. Captains will send texts to athletes.

*"The friends of Mile High Rowing and Alum" page on Facebook will be updated.

* Athletes share your phone numbers with your Captains: Kelly Roach and James Monkley

**Please note that the coaches post pictures on that private Facebook page.*

Feel free to use photos of your athletes for your personal use.

Minimum Uniform Requirements

1) The travel uniform, Black Polo with MHRC embroidery and black training pants, this is included in your travel fee. The travel attire will be ordered based on the size entered on the athlete's registration.

2) The racing uniform which can either be:

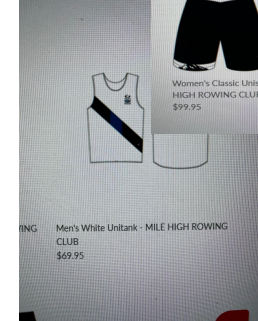
-
- MHRC Unisuit or
- Black shorts (rowing trou) and MHRC tank top

Our uniforms are made by JL Racing and Epic Sports

Uniform order link will be emailed to athletes and parents

in the first two weeks of the season, families order racing uniform individually.

Cost is approximately \$100-\$150



MHRC Attendance Policy

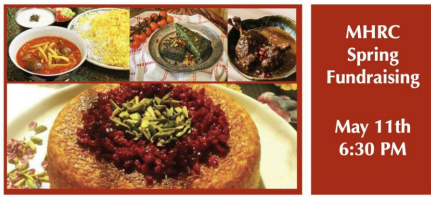
Coaches set up practice workouts based on a specific number of athletes in attendance. If an athlete fails to appear at practice or a race, last minute changes consume precious time, and if several athletes fail to attend, the result may be a canceled practice.

- Athletes must arrive on time to practices, races, and any other scheduled MHRC event. Those who are late will not be placed in a boat.
- Consistent absence from practice is grounds for dismissal from the team with no refund.
- Parent/Guardian email notification to absent@milehighrowing.org may excuse an illness or injury. Athletes may initiate the email, but must copy their parent/legal guardian.
- Written doctor's release forms are required to return to practice after missing more than three days of practice due to illness, injury or a surgical procedure.
- Known absences such as family vacations and other standing commitments need to be sent to the absent@milehighrowing.org at least two weeks prior to the absence for it to be taken into consideration for excusal. Just sending the email does not make it excused. You will be notified if your request has been approved.
- If the athlete qualifies for USRowing Youth National Championship, they are required to attend practices between USRowing Central Youth Championship and USRowing Youth National Championship.

2009

How we started.





MHRC
Spring
Fundraising

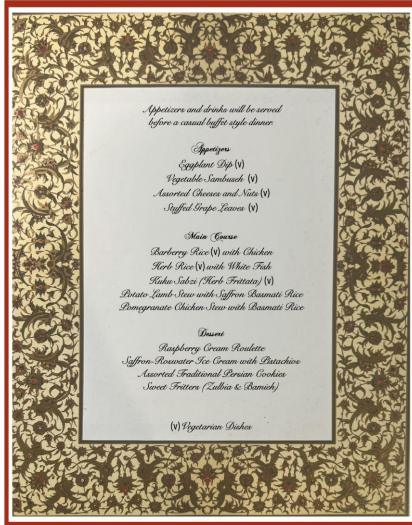
May 11th
6:30 PM

Join us for a
Persian Feast Dinner on
May 11th at 6:30pm

Hosted by Ramina & Ali Sarram And Stacy & Jim Rechten

Indulge in a delectable evening filled with mouthwatering Persian Cuisine, refreshing alcoholic and non-alcoholic drinks, and delightful socializing. Each person's ticket is \$100, and every cent goes directly to supporting the MHRC team.

ADULTS ONLY ! Mark your calendar and sign up in the included link above.



Fundraising Efforts

We would like to be able to decrease our costs and one way to do that is to raise funds. An easy one is linking your King Soopers card to Mile High Rowing. You can ask friends and family to do this as well.

1) create a King Soopers digital account

2) link your card to Mile High Rowing via the searchable link on the registration page. That's it! King Soopers donates an amount based on a percentage of your total spending for the year, at no cost to you.

<https://www.kingsoopers.com/i/community/community-rewards>

Persian Dinner- May 11th

Spring Break

Mile High Rowing Athletes attend many different schools and as such have different Spring Break Days.

If we were to take that time off the team would not have practice from March 18- April 8th.

This is the first time that we have so many schools with the same break scheduled.

Depending on the weather, there might be an optional practice offered during the day for those who are on Spring Break. That would only be the week of March 18-22 when the majority of the schools have off.



Staying Safe in the Spring

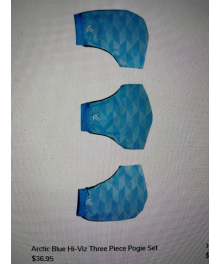
Our water is quite cold at the start of the season. For that reason, we start our Spring Season in bigger boats of eights, fours and quads. When the water temperature rises, generally, the beginning/middle of April, we can then have the athletes move into smaller boats.

Daylight savings times starts March 10th which will help with our visibility at practice in the evenings.

We ask that you come dressed for the cold weather. Our temperatures drop dramatically in the evening when the sun sets so be prepared with layers to wear. Be prepared for practice when you arrive. Have your running shoes on. No more crocs as athletic footwear for running.

[Thermo Gear - JLAthletics](#)

Hats, jackets, pogies, rubber boots, gloves are good for staying dry and warm.



Spring Racing is done in Lanes, Side By Side, 2k

Spring Racing is different from the Fall Racing.

We will be learning things like....

How to back into Stake boats

How to do Starts from a dead stop.

How to Sprint in those last 250m with the red buoys.

Most importantly, we will be learning to row as one as only one bow ball crosses that finish line.

Attendance is important to learn to row/race with your teammates.



Practice Requirements

Bring your own water. NO sharing of water bottles.

Eat before practice. Have a snack for after practice. (Nutrition talks will be included in the training)

Dress for the weather. The weather is changing- bring layers. Have a plastic bag to keep the extra clothes dry.

Legs and arms must be covered: pogies, hats, gloves.

No exposed cotton layers. No cotton hoodies. Mixed synthetics are best to keep you dry during practice.

Coxswains need to wear rubber boots, wellies. Keep your feet dry.

Waterproof gloves and hats are also needed.

Check the weather forecast know what is predicted for that day's practice.



Training while on Vacation

Athletes, you must stay in shape on vacation.

Running, jump roping, HIIT workouts, you need to stay in shape.

You will be 2k tested upon your return.

The team is selling off their 2019 ergometers for \$600.

These will be available to take home after the Denver Indoor Race is done.



