

FOMR Meeting 9/3/19  
Start 6:30pm End 8:20  
V222

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## **ATTENDEES**

Nancy Galvin, Frank O'Leary Dee Calvert, Chris DelloRusso, Aaron Manes, Jason Truong, Kristina DiPlacido, Stacie Canavan, Suzannah Campbell, Susan Fairchild, Joanne Allen (Parents from old/new students)

## **AGENDA/PARENT MEETING**

Nancy introduced herself and the board to new and old parents of rowers. Chris and Aaron introduced themselves. They went over expectations of the program and rowers.

### Chris Dello Russo - Head Coach Boys Team

- Graduated Medford High 2012, started coaching in in 2013 as assistant
- Goals/Expectations to have a successful team and enjoy rowing

### Aaron Manes - Head Coach Girls Team

- Has been coaching since 2012, a lot of the time invested in girls.
- Has coached at MHS for a number of years and has been following the progress of the program and wants to help improve it.
- He has also coached at Arlington-Belmont and helped at MIT
- Goals/Expectations to (Win) but more importantly improve as the program progresses

You can read more about the coaches and learn more about the program via the website [www.medfordrowing.wixsite.com/mhsrow](http://www.medfordrowing.wixsite.com/mhsrow)

## **Practices**

- BOYS Monday through Friday 3-5 (may have to be adjusted to 3:15 depending on transportation etc) No Saturday practices
- GIRLS Monday through Friday 3:30 - 6 (Saturday practices TBD)

## **Regattas**

- Oct 13th in Worcester (GPS address will be sent out to parents)
- Oct 27th in Lowell (GPS address will be sent out to parents)
- Buses are provided for kids (usually meet at Hormel time TBD)
- There may be a regatta Oct 6th but that is TBD and will only be for varsity rowers

### Other Agenda Items

Nancy asked for help from ALL parents and rowers to help out with Sept 8th Boat House clean up at 9am at Hormel. She asked for assistance with mowers, weed wackers etc. Suzannah to set up a Sign Up Genius for these items.

Nancy also asked for parents to help with various tasks throughout the year. She put up tasks that came to mind on the white board and asked parents to take a look. Approximate dates for these tasks will be posted on the website. Website is where you would find meeting minutes etc.

[www.medfordrowing.wixsite.com/mhsrow](http://www.medfordrowing.wixsite.com/mhsrow)

We are not like the other teams in MHS, FOMR owns most of our equipment without fundraisers, help from parents, etc. We simply would not exist. Please consider helping if able. Nancy also put together a GO FUND ME letter that each rower hopefully will be able to tailor to themselves and send out to at least 10 people. She and Jason need help sending out letters for donations to various businesses (no donation too small)

It was stated by Nancy and in agreement with both coaches that all rowers please make **ALL PRACTICES**. If they cannot, provide coaches with ample notice why they cannot attend. If one rower doesn't attend it affects the whole boat and other teammates may not be able to row. Please be respectful of this.

Coach Dello Russo needs all rowers to pay their registration dues. [please click here to continue on to the Online Payment Center link](#)

If you find you can't do this pay online fill out User Fee Form. [Download form here.](#) Fill out form and give check to Coach Dello Russo or Coach Manes. Check payment is \$175 and made to Medford High School Athletics

Parent meeting ended at 7:20pm

**FOMR AGENDA/notes**

## **Reports from board:**

Nancy

- Set up Venmo ( to find - Search people then put in Medford Rowing)  
Nancy to send out info for Venmo to parents
- Still working on assistant coaches position, found a great candidate but her transportation fell through. Nancy to still speak with her to have her at the ready should we hire her in the future.
- Gave trophies to Paul D'Avella (Mayor's Cup and the 2 plaques (Byron and McGlynn awards))
- Blue plate still in progress will speak to Mark Rumley Thursday
- Moved the 3 ergs back to school for more efficiency with tests, weather etc.
- Has a plan in place for Sept 8th's boat yard clean up
- Gave Kudos to Chris Ramsey (genius at work) has been very instrumental in updating the website. Thank you Chris

Stacie

- Set up date with Fire House in Medford for Nov 5th Election day bake sale, will follow up with Captains to get sign up started and posters made
- Still working on banner for MHS. Chris Dello Russo to email Stacie to tell her what other wins should go on this banner. We have to date GBL Boys champs 2013,2014 and 2015 and Girls Co-champs 2013-2014 are on there.

Susannah

- Collected money from several parents for food.

Jason

- Gave the board financials and results of previous fundraisers
- He will continue to bring transactions to board as it will be helpful for other tracking, such as food payments
- He will keep hold of the Square App. which is used for other forms of payment and will bring or give it to someone at regattas to be able to accept food payments or clothing payments

- Added Nancy as a signer on FOMR checking acct along with Jason, given 5 blank checks just in case Jason is not available.

Joanne

- Still accepting clothing orders. Has some clothing readily available

## **NOTES**

### **Old Business**

Status of middle school program discussed at length. Leaning toward option 3 of Susannah's middle school option list. Still needs to be fine tuned. Problems facing the middle school program is not enough equipment. We need at least one more quad and a launch to run program. We would need a coach to run the program. We may be able to retro fit other boats to be able to skull but will not know anything until Sunday the 8th. Susan suggested that a subcommittee (?led by Frank) be formed to discuss options, one of them inviting previous rowers for a day of rowing or possibly a week. She also suggested the coaches think about what they what the middle schoolers to know coming into high school, for example, getting a boat in and out of the water properly. Aaron brought up the possibility of bringing back the Halloween Row. Maybe some middle schoolers could get on the water with some more experienced rowers. We have about 10-12 7th and 8th graders. It was decided to limit it to 7th and 8th graders anyway due to size and now numbers. It was discussed that due to time constraints even the fall (clinic/day row) may not be able to happen.

Aaron brought up trying to get more exposure for the team. Unfortunately, the only way for us to get in the paper is for us to WRITE and submit the articles ourselves. The transcript deadline is Monday for following Thursday.

### **NEW BUSINESS**

Nancy requested if emails come into the Medford Rowing Gmail account and it specifically pertains to you please move to appropriate folder. Jason to take care of the paypal giving accts, as they need more attention when receiving them.

Meeting ended 8:20pm