

*Winter / Spring Season – 2023  
Women and Men for Others*

LOYOLA

LA

ROWING



# WELCOME

- Introductions
- [www.loyolaacademycrew.org](http://www.loyolaacademycrew.org)
- Video Vignette
- Program / Season Overview
- Q&A



# VIDEO VIGNETTE

[https://youtu.be/1ClwK\\_3nHAo](https://youtu.be/1ClwK_3nHAo)



# ABOUT LARA - LOYOLA ACADEMY ROWING ASSOCIATION

- Provides a rare opportunity to participate in a *nationally-regarded* high-school rowing program;
- LARA offers a *year-long* opportunity to train and compete on the same team;
- Strives each year *to win* at the MSRA Midwest Championships and the SRAA National Championships; and
- Is a '*club*' sport (strongly affiliated with Loyola Academy).



# ABOUT THE SPORT

- Physically & Mentally Demanding
- No Track-Record Needed / Virtually All Start as Novices
- Life Lessons & Character Building
- 'Purest' of Team Sports



# Loyola Academy Rowing Association Collegiate Rowers



*167 LARA alumni participated in collegiate rowing since our 1985 inaugural season*

American University  
Barry University  
Boston College  
Boston University  
Brown University  
Bucknell University  
Clemson University  
Coast Guard Academy  
Columbia University  
Cornell University  
Dartmouth College  
Drake University  
Duke University  
Duquesne University  
Eastern Michigan University  
Fairfield University  
Fordham University  
Fairfield University  
Franklin & Marshall College  
George Washington University  
Georgetown University

Gonzaga University  
Harvard University  
Holy Cross College  
Indiana University  
Lafayette College  
Loyola College (MD)  
Marquette University  
Michigan State University  
Mercyhurst University  
Northeastern University  
Oregon State University  
Princeton University  
Purdue University  
Rutgers University  
Santa Clara University  
Seattle University  
St Joseph's University  
St. Norbert College  
Stanford University  
Syracuse University  
Trinity College (CT)

United States Naval Academy  
University of Alabama  
University of California – Los Angeles  
University of California – San Diego  
University of Iowa  
University of Kansas  
University of Michigan  
University of Minnesota  
University of North Carolina  
University of Notre Dame  
University of Pennsylvania  
University of Southern California  
University of Texas  
University of Vermont  
University of Virginia  
University of Wisconsin  
Villanova University  
Wellesley College  
Yale University

# OUR TEAMS

- Novices (Men & Women)
- Varsity (Men & Women)

- Rowers and Coxswains
- Registration

<https://loyolaacademycrew.sportngin.com/register/form/632168688>



# OUR POLICIES & EXPECTATIONS

- Fitness Standard
- Attendance ([clofgren@loy.org](mailto:clofgren@loy.org))
- Behavior Expectations
- Communication Channels ([larasecretary@gmail.com](mailto:larasecretary@gmail.com))
- Competition





## **PRIORITY ON SAFETY**

- Swim Test
- Injury Notification / Avoidance
- Practice or Regatta Cancellations
- Safety Committee

## OUR COACHES



- LARA Program Director &  
Head Coach – Novice Men **Carrie Lofgren**
- Head Coach – Varsity Women **Mike Kelley**
- Head Coach – Varsity Men **Brian Martin**
- Head Coach – Novice Women **Ryan Maki**
- Assistant Rowing Coach **Jonathan Davis**
- Land-Trainer **Patrick Hageman**
- Land-Trainer **Leslie Tucker**

# OUR FACILITIES & EQUIPMENT

- Waterway
- Boathouse
- Boats
- Training Equipment
- Other Assets



**Chuck Wagon**



**Towing Truck**

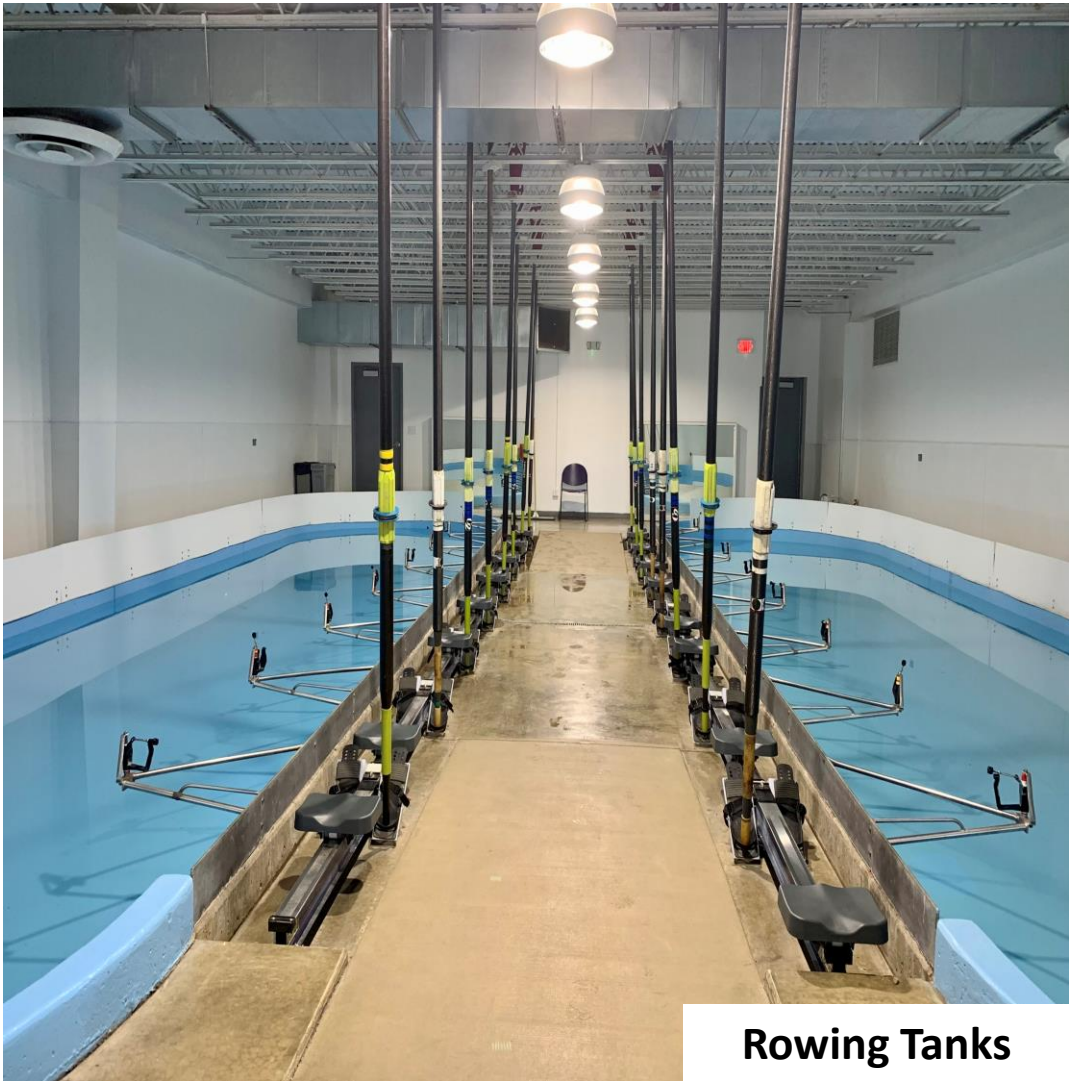


**Boat Trailer**

# OUR FACILITIES & EQUIPMENT



LARA Training Room

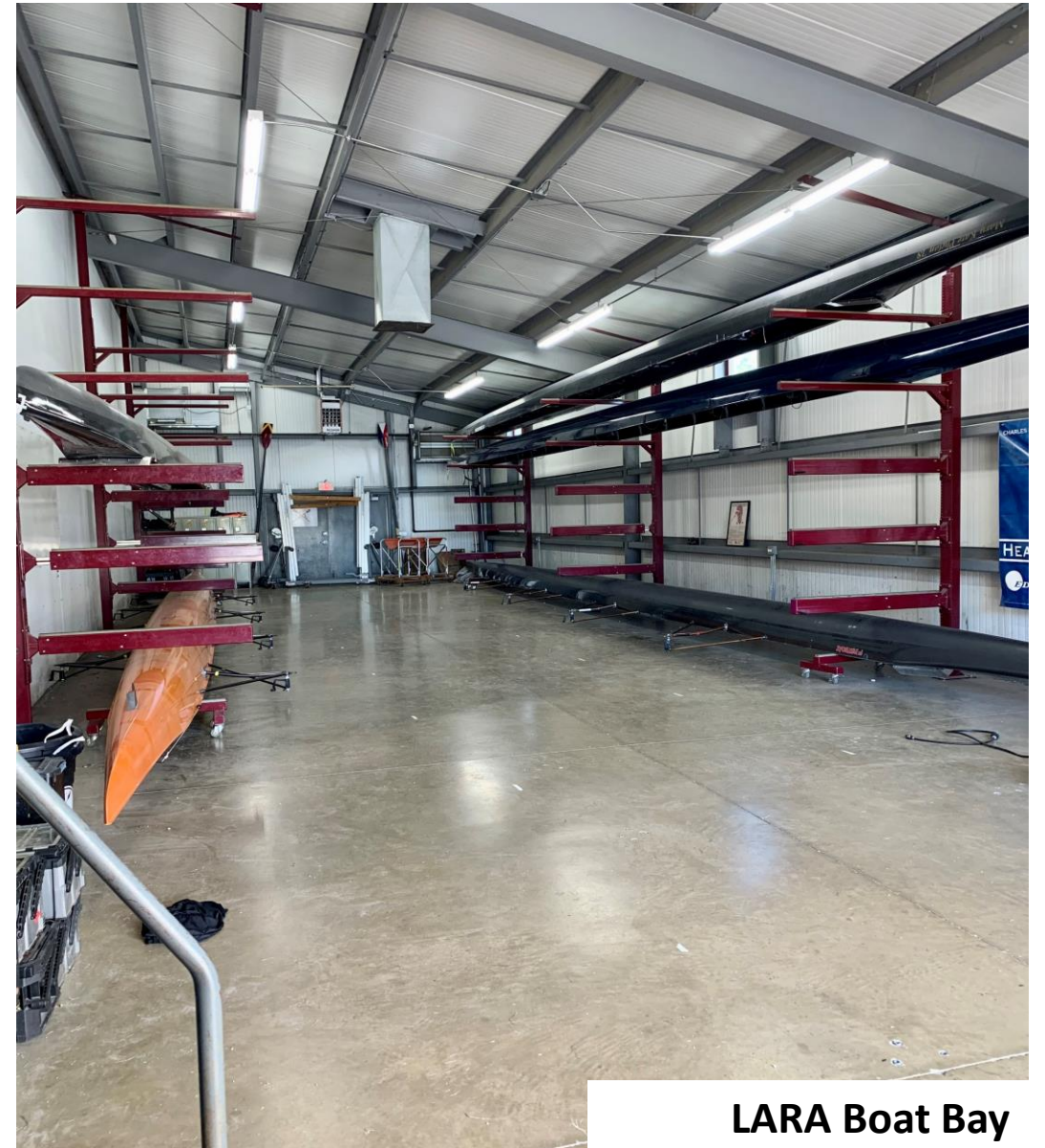


Rowing Tanks

# OUR FACILITIES & EQUIPMENT



Erg Room



LARA Boat Bay

# OUR TRAINING

- **Practice Schedule:** Mon to Fri (3:15-5:30pm), with one weekday day off, and Saturday practice\*
- **Spring Season:** January 9 to May 18 (except for Nationals, May 25)\*
- **Spring Training:** April 10 to 15, 2023 (Tennessee)

\*Jan to Feb, on Tuesdays novices shall train at LA from 3:00pm-4:45pm until notified otherwise; no shuttle service on Tuesdays during such period.

\*Rowers qualifying for Nationals will continue to May 25; all rowers may be required to clean and store equipment during the last week of May / first week of June.

# WEEKLY PRACTICE SCHEDULE



|               | Monday      | Tuesday         | Wednesday   | Thursday    | Friday          | Saturday     |
|---------------|-------------|-----------------|-------------|-------------|-----------------|--------------|
| Novice Men*   | OFF         | @LA 2:45-4:45pm | 3:30-5:30pm | 3:30-5:30pm | 3:30-5:30pm     | 9:00-11:00am |
| Novice Women* | 3:30-5:30pm | @LA 2:45-4:45pm | 3:30-5:30pm | 3:30-5:30pm | OFF             | 9:00-11:00am |
| Varsity Men   | 3:30-5:30pm | 3:30-5:30pm     | OFF         | 3:30-5:30pm | 3:30-5:30pm     | 7:00-9:00am  |
| Varsity Women | 3:30-5:30pm | 3:30-5:30pm     | 3:30-5:30pm | OFF         | @LA 2:45-4:45pm | 7:00-9:00am  |

\* Important Note: The end-time for novice practices during the week is targeted for 5:30pm, but may run over until 6pm during the first weeks of the season, as the novices learn the boathouse systems.



## LARA REGATTA SCHEDULE\*

### SPRING SEASON 2023

- |    |           |             |  |
|----|-----------|-------------|--|
| 1. | Week      | April 10-15 | Spring Training @ Dogwood, TN (Local Scrimmages) |
| 2. | Saturday  | April 22    | LARA Local Scrimmage (Home at DRC) -- Prom       |
| 3. | Saturday  | April 29    | Mitten Series (Michigan)                         |
| 4. | Saturday  | May 6       | Judge Dunne (Home at DRC)                        |
|    | or Sunday | May 7       | Judge Dunne (Home at DRC)                        |
| 6. | Saturday  | May 13      | Midwest (Michigan)                               |
| 7. | Saturday  | May 27      | Nationals (Tennessee)**                          |

\*Regatta schedule subject to change due to, *inter alia*, host cancellations, weather, racecourse conditions.

\*\*Special regatta fees for qualifying boats only; involves travel and additional fees of approximately \$1,500.

# OUR STRUCTURE

- 501c3 Not-For-Profit Corporation
- Board of Directors / ExComm
- Loyola Academy Moderator (Tim Kane)

## ➤ Committees:

- Annual Report
- Chuck Wagon
- Community Service
- Development (Fundraising)
- Equipment & Facilities
- Ergathon
- Finance
- Food
- Legal
- Regatta Planning
- Registration
- Safety
- Secretary
- Social
- Social Media
- Spiritwear & Uniforms
- Travel & Chaperones
- Website Coordinator



# OUR COMMUNITY

- Community Service
- Alumni Network
- Social Events
- Spring Awards Banquet
- Regattas / Dibs
- Speaker Events



Loyola Academy Rowing  
is sponsoring a

## Winter Coat Drive

to benefit the Humboldt Park  
community served by the amazing  
Mission of Our Lady of the Angels

**WHEN TO DROP OFF:**  
Monday, Nov 28 to Friday, Dec 2

**WHERE TO DROP OFF:**  
Boxes in Piazza  
and Front Lobby

**Please Donate**  
**New or Gently Used COATS**  
**Also needed: Hats, Scarves, Boots, Gloves, Blankets**  
Children's Sizes and  
Small & Medium Adult Sizes  
especially helpful but all  
welcome!

**GOAL: To donate coats for the Mission of Our Lady of the Angels' Winter Coat Giveaway on Dec 3, 2022.**

This giveaway will benefit the residents of West Humboldt Park, presently one of the materially poorest neighborhoods in the City of Chicago.

 thanks you for your donation!



## OUR FEES & FINANCIAL AID

- Use of Funds
- Registration Fees (Spring: \$2,250 per rower)
- Uniforms
- Special Regatta Fees
- Chaperone Fees
- Financial Aid

REGISTER NOW!

[https://loyolaacademycrew.sportngin.com/  
register/form/632168688](https://loyolaacademycrew.sportngin.com/register/form/632168688)

# OUR FUNDRAISING

- Fund-Raising Goals
- Fund-Raising Initiatives
  - Ergathon
  - Brick Campaign
  - Spiritwear
  - Corporate Sponsors
  - Boat Naming



Spiritwear Table

# OUR EXPECTATIONS OF PARENTS



- Service-Mindedness & Dibs

Pls email [larasecretary@gmail.com](mailto:larasecretary@gmail.com) if you would like to volunteer to chaperone, join a committee or lend a hand in any other way.

- Calendar Review and Support

- Pls Respect Lines of Communication / Boathouse, Boat & Coach Areas

Pls let our coaches do what they do best...coach LARA rowers!

- Pls Give all LARA Reps the *Positive* Benefit of the Doubt

# OUR EXPECTATIONS OF ROWERS

## Loyola Rowing Values

- ✓ **Be Present**: Put forth 100% of your energy and effort at practice. Remain focused on the tasks or goals at hand with minimal distractions (cellphones, airpods, watches). Use each practice as an opportunity to improve yourself and the team.
- ✓ **Be Respectful**: Listen to the coaches and upperclassmen. Respect your teammates, coaches, competitors, and equipment. Conduct yourself appropriately and trust the process.
- ✓ **Be Accountable**: Take ownership over your actions. Hold yourself and your teammates to a higher standard in all aspects. This includes being organized at school, practice, and races. If you need help, ask a teammate, coach, teacher, friend, or tutor.
- ✓ **Be Positive**: Encourage one another in and out of practice. Have an optimistic mentality before, during, and after workouts. Commit to a positive mindset to help your teammates succeed.
- ✓ **Be Extraordinary**: Work hard and constantly perform with your best self. Put in the time and effort to get better. Don't settle for being pretty good. Strive to better yourself as a student-athlete altogether.
- ✓ **Be Efficient**: Arrive to practice early and be prepared to work hard. Assist your teammates with practice and regatta tasks. Be productive at practice and get the hard work done.
- ✓ **Be Vocal**: Everyone has a voice. Talk to your rowers, coxswains, and coaches. Be aware of your schedule and communicate with the team about attendance. Know the goal of each practice by working with the coxswains and coaches.
- ✓ **Be a Team**: Work together as a unit. Every rower/coxswain is important to the teams success, so it is imperative to help your teammates improve. All Loyola rowers/coxswains will uphold the traditions and values of Loyola Academy Rowing.

## OTHER USEFUL INFO

1. [www.regattacentral.com](http://www.regattacentral.com)

2. [ww.herenow.com](http://ww.herenow.com)

3. [www.midwestscholasticrowing.com](http://www.midwestscholasticrowing.com)

4. [www.loyolaacademycrew.org](http://www.loyolaacademycrew.org)



# FINAL THOUGHTS...FOR THE ROWERS

- Practice DO's & DON'Ts
- This is YOUR Year
- Have a Great Season

**Go Ramblers!**

**Row Hard!**



# Loyola Academy Rowing Association

## Mission Statement

Founded in 1985, Loyola Academy Rowing Association (LARA) provides a rare, highly desirable opportunity for Loyola Academy students to participate in the sport of rowing. Of fundamental importance, LARA believes that the arduous, demanding nature of the sport creates the ideal environment for the physical, mental, and spiritual development of student athletes. To this end, LARA endeavors to lead students toward recognition, appreciation and fulfillment of their true athletic potential through the shared pursuit of winning both the MSRA Midwest Championships and the SRAA National Championships. The teams, as constructed, strive toward excellence with dedication to Jesuit ideals, including aspiring to become “***Women and Men for Others.***”