



Westerville Rowing Club
February Board and Coaches Meeting Minutes
February 19, 2025, 6:30pm
Westerville Community Center, Westerville, OH 43081

- **Invited Attendance**

- Present:

- Chair- Jeff Latimer
- Vice Chair- Melissa Kappes
- Secretary- Allison Marshall
- Treasurer- Bruce Binnig (also Master's)
- Members-At-Large:
 - Jeff Klima
 - Victor Rosenberg
- Coaches:
 - Howard Bruss: Director of Rowing and U14 Head Coach
 - Grace Bordner: Women's Head Coach
 - Cory Henderson: Interim Men's Head Coach
 - Betsy Binnig: Masters Coach

1. Votes during this meeting:

- a. None.

2. Coaching

- a. Discussion about coaching assignments and plan for Spring.
- b. Discussion about coaching sessions and hours Jan 2024 vs Jan 2025.
 - i. Fewer sessions/hours YOY.
- c. Discussion about plan to set a budget for regatta spending.
- d. Discussion about coaching structure and the plan for Spring season and beyond.
 - i. Grace – Juniors head coach and sets programming/training plan.
 - ii. Cory – men's lead coach.
 - iii. Grace – women's lead coach.
 - iv. Cole, Ben, Chris, Emma – Juniors assistants.
 - v. Discussion of reporting structure, with issues flowing from assistants to Grace then to Howard.
- e. Discussion about U14:
 - i. Howard announced changing the name of the U14 program to Middle School.
 - ii. Program to focus on sweep.
- f. Discussion of coaches' compliance requirements:

- i. All assistants require updated background checks.
- 3. Registration:
 - a. Roster Check as of Feb 18 (Winter)
 - i. Men's: 28
 - ii. Women's: 26
 - iii. U14: 33
 - b. Roster Check as of Feb 18 (Spring so far)
 - i. Men's: 14
 - ii. Women's: 24
 - iii. U14: 13
- 4. Programming/Seasonal Updates
 - a. Spring
 - i. Updates
 - 1. Senior banquet week of May 19
 - 2. Scrimmage with Shaker Heights Mar 29.
 - 3. Discussion of goals for each segment in Spring season.
 - a. Qualify boats for Nationals.
 - b. Work on a cohesive stroke across the team.
 - c. Build technical understanding.
 - d. Increase physical fitness.
 - e. Grow mental and emotional toughness and maturity.
 - ii. Discussion about de-winterizing at the JCC.
 - 1. In addition to boats and dock work, there is cleanup that needs to happen.
 - iii. Discussion about future growth projections for club.
 - 1. Social media grant for advertising approved.
 - iv. Discussion of safety, including the water safety plan/manual, water safety drills, and ensuring team captains and coxswains know procedures.
 - v. Discussion about operational processes, including keeping gas canisters full, tracking equipment repair needs, and JCC site cleanliness.
 - vi. Discussion about upcoming equipment needs, including boats, launch maintenance, launch boat safety boxes, and small bits such as nuts/bolts/wrenches.
 - vii. Howard discussed a parent workshop with Coach Puff. Virtual meeting focusing on mental health, common stressors and warning signs of issues. Will be late March or April.
 - viii. Howard discussed two discover rowing sessions in Spring season, mid April and mid/late May. Dates TBA.
 - b. Summer
 - i. Updates
 - 1. Discussion of concerns related to overtraining and burnout among student athletes and the need for summer season to include rest and cross training.
 - 2. Week after nationals off.

3. Two weeks off after Dillon.
 4. Discussion about Masters attendance at RowFest.
 - c. Dillon
 - i. Discussion about improvements to readiness in the leadup to event.
 1. Need launch drivers.
 2. Course to be put in earlier in the week.
 3. Have open chair positions.
 4. Sound equipment needs some TLC.
 - d. Fall
 - i. Schedule
 1. Starts two weeks after Dillon.
 2. Decision on Charles to be made by early summer.
5. Discussion about recruiting efforts this spring and summer, including discover rowing.