

Mandatory Fundraising

The team typically has two mandatory fund raisers each year. Money from these efforts is what supports our capital expenditures each year (boats, oars, launches, motors, repairs and the like).

Still Interested?

Complete and return the information below or email it to Terri Lucas at lucas1@adelphia.net. We'll be sure to keep you informed about joining crew. Our team picnic will be September 10th, and novice practices will start the week after that. Visit our website, www.mtlrowing.org to keep up to date about events.

Mount Lebanon High School Crew

Name: _____

Address: _____

Zip Code: _____

Home Phone: _____

Email Rower: _____

Email Parent: _____

Sex Male Female

Grade in Fall '06 _____

Complete form and mail to:
Terri Lucas
Mt. Lebanon HS Crew
744 Scrubgrass Road
Pittsburgh, PA 15243

Questions: Call Terri Lucas @ 412-341-5837



Mt. Lebanon High School Crew

Real athletes row

Everyone else

just plays games

What is Crew?

Rowing is a sport where team members (the crew) row a lightweight boat, called a shell, as fast as it will go. At Mt. Lebanon either four or eight rowers, each with a single oar, power a shell, which is steered by a coxswain (pronounced cox'n).

Success is measured not by the ability of one or two superstars, but by the willingness of everyone in the boat to work hard and in unison. Learning to make a boat go fast takes time, dedicated training, and both physical and mental discipline.

As a parent once put it, "The beauty of crew is that you do not have to be a behemoth or 'natural athlete' to excel. It is a sport where dedicated training, good coaching, and teamwork all come together. Balance and precision are much more valuable than brute strength. **It also has become a great sport for females, and is a great opportunity for college scholarships.** Finally, it is an absolutely beautiful sport to watch. A bunch of healthy and happy kids who are proud of what they are doing is wonderful to see. And it is a 'sport for life.' Once it is in your blood, either as a crew member or a parent, it does not go away."

Rowing at Mt. Lebanon

The rowing team at MTL started in 1993. The first team was started with small, but enthusiastic group of rowers. Today, MTL Rowing has about 50 team members

Rowing is a Club sport at Mount Lebanon High School. As a Club sport, the team members provide the financial support for the team and its activities (racing, purchasing equipment, travel, etc).

Joining Mt. Lebanon Rowing

All academically and physically eligible students at Mount Lebanon High School are welcome to come out for the team. An informational meeting for prospective team members and their parents will be held in mid July and then again shortly after school begins in the fall. Dates for all meetings and forms for joining will be posted and made available at our website: www.mtlrowing.org.

Those who wish to join the team must:

- Provide proof of a recent physical exam—after June 1, and provide all other forms as required by the crew club rules.
- Pass a swim test – the crew team will have a few swim test dates at the high school in early September.
- Comply with academic requirements consistent with those of MLHS and crew team eligibility rules.

Summer Rowing

There will be a summer rowing session held from July 31 – August 12 at the TRRA boathouse on Washington's Landing. There will be instructional rowing for novices. The session will be from 6 AM to 8 AM each weekday morning. Each weeklong session will be \$75. If you are interested, complete a Summer Rowing Registration form – also available on the website. It is NOT necessary to do these sessions to be able to row in the fall, but it will be a great way to get an introduction to the sport.

What is the first year like?

As a novice, rowers will spend the fall season learning the fundamentals of the sport – terminology, how to carry and care for the equipment, and of course, how to row.

Rowers begin at the indoor tanks at the TRRA boathouse in Millvale, and move quickly to rowing on the water. Fall practices usually run until early November.

Winter training begins in January. During the winter season (which is really an extension of the Spring season), the focus is on developing cardiovascular fitness and increasing strength, while continuing to make technical improvement. Most of these practices are at the High School; one or two days a week may be at the tanks in Millvale.

The spring season is our primary competitive season. As such, practice time is geared to technical refinement and specific race preparation. Competition begins in April and continues through May, with practices held most weekday afternoon and most Saturday mornings (weather permitting) at the TRRA Boathouse on Washington's Landing. Novice rowers begin to compete in the spring.

How much does Crew cost?

Dues have typically been collected in three separate phases. 2005-2006 dues were as follows, and are expected to remain the same in 2006-2007.

Fall--\$320
Winter--\$100
Spring--\$340

Additional costs will also be incurred for Uniforms, other clothing and trip fees for away races.