

**COMING UP:**

**REGISTRATION FOR SPRING 2014!**

Spring registration is open! Sign up today.

Regattacentral.com/programs

**DO NOT PASS GO!**

Do buy Concordopoly...Monopoly customized to the City of Concord. Purchase at Merrimack County Savings Bank or regattacentral.com/clubs

**NEVER MIND THE COLD:**

**Spring Season begins in March!**

Mark your calendars for the first regatta of the spring season:

Lawrence, MA on **April 12** versus Greater Lawrence Rowing and Westford High School

More details on the Spring schedule will be posted on the website and made available to all athletes once Spring rowing commences!

# Winter Fitness ("Win Fit")

The entire team enjoyed both improvement and success in the Fall regattas. Fitness is paramount to crew and so each winter, Concord Crew offers the opportunity for coached erging at no cost to athletes. Additionally, the crew team has numerous athletes competing in other sports that support overall fitness. A sampling of other sports includes, but isn't limited to: snowboarding, alpine and Nordic skiing, soccer, basketball, and swimming. Other athletes are likely busy with their own workout regimens, including running, wall

sits, crunches and crunches!

All of our coaches are hopeful the athletes return for the spring season and arrive rested and fit, ready for hard work, teamwork and success!

Let your New Years resolution be Win Fit! Let your commit-

ment to fitness help you and your teammates have continued success this spring.

If you need ideas for fitness routines, post your request on Facebook. You are sure to get plenty of helpful suggestions.



## The Year of 1719

History buffs may tell you in 1719 Thomas Fleet published "Mother Goose's Melodies for Children." Friends of Concord Crew buffs will tell you 1719 is significant because that is the number of wreaths sold by this year's crew team. The team sold 1719 wreaths! This averages out to OVER 21

wreaths per athlete. A unique feature of this fundraiser: 100% of team members participated in the campaign. Fantastic! A special thank you to Louise Spencer and Karen Joyal for all of their hard work and enthusiasm. HOORAH to one and all!





PO Box 1781 Concord NH 03302  
ADDRESS SERVICE REQUESTED

**Friends of Concord Crew is an independent nonprofit committed to:**

- Enhancing youth lifelong fitness, character and excellence through the sport of rowing;
- Serving all high school age youth, including those who seek a competitive sport as well as those who wish to row for fitness and fun; and
- Encouraging respect for and appreciation of natural resources.

***Community generosity helps us serve youth of all means and maintain quality equipment.*** Registration fees cover about two-thirds of the cost of operating Concord Crew. We receive no support from public schools. We appreciate all donations! To donate, go to <https://www.regattacentral.com/clubs/> and follow the prompts for Friends of Concord Crew or mail a donation to PO Box 1781, Concord NH 03301.

***Effort Beyond Talent...Character Beyond Effort***

## Rowing On

Concord Crew alumnus **ETHAN CURRIE** now rows for Wesleyan University in Middletown, Connecticut. Ethan was part of a very successful Varsity 1 boat for the Cardinals this fall, highlighted by a 1st place finish and fastest time of the day at Head of the Fish and a 5th place finish at Head of the Charles in Boston. Pictured to the right, Ethan sat bow seat for Wesleyan's Varsity 1.

We asked Ethan about his experience with Concord Crew and how it has influenced his involvement in the sport. For Ethan's perspective,

**Read on!**



*I didn't just learn how to row at Concord--I learned how to love the sport. And I have since learned that you will never do what it takes to go fast if you don't have a true passion for rowing. Speed relates directly to your work ethic; success is built entirely upon your commitment. And if I hadn't spent four years in such an incredible, encouraging environment, I don't know what I'd be doing today.*

Note to all Concord Crew athletes: Effort beyond talent...character beyond effort! Your hard work will build a foundation for success for your future endeavors. Row hard and have fun!

**HOORAH!!!**