

Ten Reasons Why YOU Should Join USC Crew

- 1. Everyone starts from scratch**— No one has been rowing since he was three. Everyone starts as a novice and works his way up to varsity.
- 2. College scholarships**— Especially for girls, full crew scholarships are becoming more and more available to balance out those of football.
- 3. You become one big family**— Because we spend so much time together, everyone forms bonds and friends for life.
- 4. Away trips and hotels**— We all get out of school early, take a coach bus, and chill in hotel rooms the night before a race. Race day we pitch a huge tent and all hang out to watch the races.
- 5. Enjoy beautiful Pittsburgh by boat**— We row down to the heart of downtown, rowing through the “City of Bridges” and passing the convention center and PNC Park.
- 6. Get in GREAT shape**—Crew is a year-round sport. Rowing is an intense cardio workout for all muscles of the body: pushing with the legs, stabilizing with the core, and pulling with the arms and back.
- 7. No one is a benchwarmer**— We need all the rowers we can get. The more people, the better the boats, the more we win. Everyone is essential to having a good team. Everyone races!
- 8. Learn helpful skills to use off the water**— Time management, initiative, leadership, determination—all of these you learn by participation in crew that can take you throughout life.

9. Meet/race against teams from all over— Yes, we *do* race Lebo, Central Catholic, Fox Chapel, North Allegheny and other local teams, but we also race teams from all over Ohio, Michigan, West Virginia, Indiana, and Illinois. It’s a great opportunity to meet new and interesting people.

10. It makes high school *THAT* much better— On the crew team, you can really leave a legacy if you are determined to. Sometimes high school can be rough, and joining a team where you are automatically accepted, you always have someone to laugh, hang with, and talk to.

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Upper St. Clair Crew

2009-2010

About the Team

Founded in the fall of 1989, Upper St. Clair Crew is in its 19th year of rowing. Now under the leadership of coaches RJ Pisani, Hope Feldman, and Jess Michalak, the team sports a strong foundation of dedicated rowers with great parental support backing the club. USC Crew pays entirely for all its equipment. Because the school recognizes crew as a club sport and not a varsity sport (although letters *are* still issued), crew relies entirely on fundraising.

USC Crew rows a total of seven different boats of various shapes and sizes:

- Intrepid - 2001 Vespoli DM Racer 8
- 2007 Vespoli Advantage+ 8 (leased)
- Serendipity - 2001 Vespoli DM Racer 4+
- William A. Pope - 1998 Vespoli DM Racer 4+
- Thomas B. Sapienza - 1995 Vespoli DM Racer 4+
- Gemini - 1999 Vespoli DM Racer 2x/-
- 2005 Dirigo 4+ (donated for our use)

Upper St. Clair Crew utilizes the Three Rivers Rowing Association (TRRA) Lambert boathouse on Washington's Landing on the Allegheny River for the storage of boats and for conducting fall and spring practices.

The team practices from 4-8pm Monday-Thursday (including travel time), and 8:00-12:00am on Saturday mornings. We also train at the Upper St. Clair High School during the winter conditioning season.

What is Rowing?

Rowing is the act of propelling a boat through the water with the use of oars. In a rowing shell the rower sits on a seat that moves both forward and backward. This enables the rower to bend and straighten his or her legs increasing the length of each row or "stroke" as we say. This makes the boat much more effective and faster than a regular rowboat. The rower basically rows using the oars to push the water in front of them causing them to go backwards. There are two different types of rowing, sweep and sculling. In sweep rowing each rower holds one oar with both hands, and is in a boat with 2, 4 or 8 other rowers. In sculling, each rower has two oars, one in each hand, and may row in a single, double or quad.



A Typical Rowing Year

FALL

- Last Saturday in August: First Practice (4-8 PM, Mon.-Thurs.; 8-12 AM, Sat.)
Head Races (approx. 5000 meters, 20 min.)
- 1st weekend in October: Head of the Ohio, Pittsburgh, PA
- Last weekend in October: Speakmon Memorial Regatta, Columbus, OH

WINTER

- 2nd week of November: Winter Practice Begins (5-7 PM, Mon-Thurs)
- Thanksgiving and Winter Breaks Off
Indoor Erg (rowing machine) Competitions (2000m, 8 min.)
- 1st Saturday of February: Pittsburgh Indoor Sprints
- 1st Saturday of March: North Allegheny Indoors

SPRING

- Around March 15: First Spring Practice (4-8 PM, Mon.-Thurs.; 8-12 AM, Sat.)
- Spring Break Off
Sprint Races (approx 1500 m, 6 min.)
- Last weekend in April: Ohio Governor's Cup, Columbus, OH
- 1st weekend in May: Scholastic Sprints, Lake Arthur, Portersville, PA
- 2nd weekend in May: Midwest Scholastic Championships, Cincinnati, OH
- 3rd Wed. in May: Spring Sports Banquet