



Westerville Rowing Club
December Coaches Meeting Minutes
December 4, 2024, 6:30pm
Westerville Public Library

- **Invited Attendance**

- Present:

- Chair- Jeff Latimer
- Vice Chair- Melissa Kappes
- Secretary- Allison Marshall
- Treasurer- Bruce Binnig (also Master's)
- Members-At-Large:
 - Jeff Klima
- Coaches:
 - Howard Bruss: Director of Rowing and U14 Head Coach
- Not Present:
 - Victor Rosenberg, Member-at-Large
 - Grace Bordner: Women's Head Coach
 - Cory Henderson: Interim Men's Head Coach
 - Betsy Binnig: Masters Coach

- 1. WRC Stated Objectives**

- Spectrum of needs of athletes.
- Training plan to focus on cross-training and injury prevention.
- Equipment requests
- Coxswain development: conference in January
- U14 to Varsity transition
- Discussion Vision/Mission/Purpose.

2. Coaching Structure:

- Discussion of short term vs long term plan
- Coach #s during practice winter vs on-the-water
- Use of new apps/programs for team management

3. Registration/Recruitment:

- Discussion of recruitment events/opportunities this winter/spring.
- Learn to Row
 - i. U14
 - ii. Juniors
 - iii. Master