



**ROWING ON THE HUDSON SINCE 1950**

**Greetings FDR Crew Alumni and Friends**

**In this newsletter and others to follow, we're sharing legacy stories.**

These are families who have generations of FDR crew members. As you know, crew is very much a family sport. If you love it as a high school athlete, you often hope to instill that same feeling in your children or other family members.

**This issue's legacy story is about the Strattons.**

Josh Stratton began rowing at FDR as a freshman in 1994, in the first freshmen boat. Coach Dave Vertullo taught Josh how to row, along with some of his best friends to this day. The time spent at FDR was very formative for Josh as he felt at home with the crew. Excelling at rowing, he found his place in the sports world!! Throughout his four years, he dreamt of rowing at the collegiate level, eventually being recruited to row at Syracuse University where he rowed for four years, captaining the team his junior and senior years.

Josh now coaches at Marist College. He loves coaching those young men. Josh also gives back to the high school community through his coaching at Hudson River Rowing Association (HRRA). He enjoys seeing both his son Julius and his daughter Sarah so passionately involved in the sport both for FDR and HRRA.

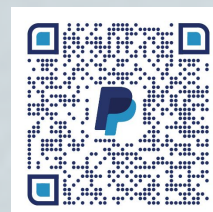
Josh has many people to thank for his rowing career and experiences, including Judy Sanford and Mike Vertullo. They recruited him to become a rower in math class at FDR, for which he is eternally grateful.

Charlene began her rowing career in the spring of 1993 when she was in eighth grade at Haviland. She never considered herself an athlete and joined the team because her friends did. When Mike Vertullo took over the girls team in 1995, Charlene was a sophomore at FDR. Coach Vertullo transformed the FDR girls rowing team into an elite competitive program. Under his leadership, Charlene's lightweight girls boat went on to medal at several competitive regattas, including a first place win at the Scholastic National Championships in 1996. Charlene says "Every time I walk into the FDR boathouse and I see the banner hanging, commemorating that win, I get goosebumps. Coach Vertullo is one of the most influential people in my life. Rowing with my FDR team under his leadership played a monumental role in who I am today." Charlene went on to row for a year at La Salle University and got back into the sport as a master rower with HRRA about ten years ago.

Charlene sums it up this way....."I am so happy that Julius and Sarah are both into rowing. It has really brought our family closer together and I am grateful for everyone who has played a role in helping FDR CREW continue on."

## **DONATE TO HELP CONTINUE OUR ROWING TRADITION**

**Checks payable to  
HPRA  
PO Box 135  
Staatsburg, NY 12580**



**Or via  
[paypal.me/FDRCREW](https://paypal.me/FDRCREW)**

**The Current Coaching crew:**  
**This season, all our coaches are former FDR Crew Athletes.**  
**They bring all those years of experience with them.**

Harry Harrington- class of 1977- Boys Varsity  
 Andrew Runne- class of 2010- Girls Varsity

Bob Beckmann- class of 1978- Boys Novice  
 Christy Guercio- class of 2013- Boys Novice Asst  
 Courtney Woodard- class of 2008- Girls Novice  
 Megan Cerulli- class of 2007- Girls Novice Asst

*If you are in the area, we'd love you to come cheer on our athletes.*

**2024 Schedule**

<b>Date</b>	<b>Race</b>	<b>Location</b>
4/27	Kingston Invite: early AM	Rondout Creek, Kingston
5/1	Dutchess Cup: 5 pm	HRRR Boathouse
5/3	Triangulars: 5 pm	HRRR Boathouse
5/4	Triangulars: 4 pm	HRRR Boathouse
5/11 - 5/12	NYSSRA Champs: early AM	Saratoga Lake
5/17 - 5/18	Stotesbury Regatta: early AM	Philadelphia, PA
5/18	Syracuse Chargers Invitational: early AM	Onondaga Lake, Syracuse
5/19	HVRL Championships: early AM	Rockland Lake
5/22	W.A.R.S. Meet: 5 pm	HRRR Boathouse
5/28	HVRL Sculling Champs: 6 AM	Rondout Creek, Kingston
6/1	HVRL Champs: 6 AM	HRRR Boathouse
6/2	Miles of Hope: 6 AM	HRRR Boathouse

**We are always having to replace outdated equipment.**  
**Some of our shells are at least 20 years old.**

<u><b>Item</b></u>	<u><b>Estimated cost</b></u>
Double/Pair	\$17000
Sweep oars (8)	\$450 each
Sculling oars ( 2 sets of 2)	\$700 per pair
Coxswain box- NK	\$900 each
Ergs- Concept 2 Model D	\$1000
Stroke Coach GPS- NK	\$450
Sponsor athletes	Any donations to this will be distributed to athletes at the discretion of the HPRA board

In an effort to reduce costs, we'd like to send future newsletters via email, send your email to [fdrcrewinfo@gmail.com](mailto:fdrcrewinfo@gmail.com)

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**fdrrrowing**