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The St. Louis Rowing Club News

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Message (?) from the President

Away at Masters Nationals. Will return for September-October Edition.

– Steve Giddings

Head Coach's Report

Where to begin. It has been 12 long months and I'm ready for another. A lot of things have been happening this year mostly all good. But there are some areas where improvement can always be made.

1. LOG BOOK – As much as you may hate it you need to log in equipment used, mileage, who, and time in/out. This is not only for our insurance it will give us a true picture as to equipment usage and needs for the future. This information is vital for long term planning which changes based on needs. I realize you may forget from time to time so feel free to fill it in on your next time at the pen.

2. RIGGING – Now in regards to our small fleet of shells. The shells were set to a standard setting which believe it or not is acceptable for the majority. Numerous man hours have gone into this and unfortunately sometimes people

change settings without knowledge. Most of these changes regard height settings which the rule is "IF YOU CHANGE IT CHANGE IT BACK AT END OF SESSION". Now you can ask the head coach "me" as I am keeping the records and perhaps we can make other changes. So please discuss any changes before you do them. This does not include height as long as you return it to the height when you started. Your serious cooperation would be greatly appreciated. Also, if you do not know what you are doing just call me to set up a training session on how to do these adjustments.

3. EQUIPMENT REPAIR – Please remember to log in any damage and depending on severity notify myself and Rein Zeidler asap. We have had some unreported damage this summer and we need to know who/how so to educate and improve for the future. It is not for us to condemn but to simply repair in a timely fashion for the next crew/rower to use the shell.

4. FIRST AID SUPPLIES – The first aid supply area is for the use of coaches/members. It is not a tape dispenser. You should bring your own tape if you need some unless the club begins to provide some at a later date. If you take something out you should let someone know as that kit is the travel kit and is not inventoried prior to each trip. We have first aid in coach boxes (blaze orange) which carry everything you

would need. This would help us to not be without in an emergency out of town.

PROGRAMS:

1. LTR – I certainly enjoyed my class who are now all sculling in Rec singles. The other classes look like great future additions to the club.

2. Masters – Competitive depth is building and that creates some unique opportunities for this program as it grows. Possible restructure can enhance depending on numbers etc. Still the opportunity exists to improve.

The summer has shown some significant improvement in motor skills and although every race is not won we hold our own in the last 500 meters. A good thing! The US Masters nationals is coming soon and I am eagerly anticipating some very serious competition and solid performances from our squad.

One area that can help the masters is in regatta admin preparation. To help in this the following will need to be adhered to:

- **2 months prior** to regatta required commitment to head coach (or the designee). This is to be done in writing.

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- **6 weeks out** boat lineups will be done by head coach practice in lineups till regatta

The above needs to apply to team boats 8+.4+, & 4x. For Small boats 1x,2x,2- you need to follow #1 as you may also be in a team boat.

All this boils down to is polite, professional, communication. With this communication teams come together and the regatta is much more enjoyable.

4. JUNIORS – I can't tell how much I am looking forward to this fall and spring coming up. A lot of good rowers are returning, depth is better, and I am anticipating some extremely fast boats.

FALL SCHEDULE

The current fall regatta schedule is:

September 28

Head of Des Moines
Des Moines, Iowa

October 19-20

Head of Charles
Boston, Massachusetts

November 2

Head of Hooch
Atlanta, Georgia

I am still searching for one more in October. Stay tuned...

Well, I guess that's enough for now.
Yours in Rowing

-- Gene Jeffords

Treasurer's Report

The club entered the month of August with a cash balance of approximately \$10,000. Both income and expenses YTD have been at rates somewhat below budgeted levels so at the bottom line (income minus expenses), we're tracking our annual budget quite closely. The club's expenses average over \$8,000 per month. That means that our current cash balance will be insufficient to sustain us for long. All adult members who paid

half of their dues at the beginning of the year and all Juniors who are rowing during the summer season are reminded that their dues must be paid in full immediately.

-- Scott Allison

Captain's Report

Captain's Report:

Most boats are in good working order.

The second Pocock single has had significant hull repairs. It should be back in service by September 1st.

After Master's Nationals we will be cycling several 8Xs to Mr. Hogan for Hull Repainting.

The oar sets have been measured and marked. Please keep them together as a set on the racks. Also, please note any repairs required. This includes damage to the blades, shaft cracks or splits and loose, broken or rotted handles.

Thanks to those who have been cleaning the "Smoothie" handles. They look a lot better. Clean handles will row better and help keep you hands from infection.

The log book in the Pen has been available for several weeks. Please use it to note usage and any needed repairs. It is very important that we can show our insurance provider that we can track who is on the water at any time. This will become more critical as the weather turns cooler.

Please **print** repair descriptions as some notes seem to be written by a doctor and thus are illegible.

-- Rein Zeidler



Fundrai\$ing

The Club wants to raise funds for two eights using a 3-part strategy:

AUGUST-SEPTEMBER 2002

- Rebates from a ScripCard MasterCard
- Annual giving campaign
- Corporate Sponsorship

Under this plan. Club members (both Masters and Juniors), family, and friends can earn rebates through purchases on a special MasterCard: 1% on all purchases; more on purchases from retailers in the National Scrip Center's retail network. More information can be found at the website: www.nationalscripcenter.com or directly from Linda Greensfelder and Greg Goodman (the co-chairs of the ScripCard initiative) at a Club banquet near you. Stay tuned for information on the other elements of the fund raising strategy.

REGATTA RESULTS

U.S. Masters Nationals

Women's Lightweight "C" 4+ GOLD

Stroke Nancy Hazelwood
Cheryl Fievet
Linda Greensfelder
Cathy Chamberlin
Cox Becca Hoye

Women's "E" 4+ SILVER

Stroke Nancy Hazelwood
Ann Samuels
Barbara Dite
Jan Adams
Cox Becca Hoye

Mixed "A" 4+ SILVER

Stroke Jay Lyons
Rob Smith
Debbie Geison
Megan Mraz
Cox Becca Hoye

Mixed "E" 4+ BRONZE

Stroke Ron Hill
Steve Giddings
Barbara Dite
Jan Adams
Cox Jackie Roewe

'02 Royal Canadian Henley

After several days of intense competition, several SLRC crews had advanced to semi-finals, with one crew advancing to the final rounds.

Junior Women's 4+ 6th place

Anne Feutz
Megan Goodman
Meredith Clayton
Roz Bialzak
Kerry Brian

Chicago Sprints

In a word: HOT!

GOLD

Junior Men's 1x

Hill

Masters Men's 8+

Chagrin

Masters Men's 2x "C-D"

Giddings/Wetzstein

Masters Women's 8+

Geison

Junior Women's 8+

Bialzak

Masters Women's Lightweight 4+

Hazelwood

Men's Lightweight 4+

Hill

Junior Men's 4+

Curran

Junior Women's 2x

Musick/Roewe

Junior Men's 8+

Curran

SILVER

Women's Lightweight 8+

Roewe

Master Men's 1x "D-G"

Giddings

Masters Women's Lightweight 1x "A-C"

Fievet

Junior Womens's 2x

Lohman/Cranston

Master Men's 4+

Lyons

Master Women's 4+

Mraz



2002 Raw Nucks

The 2002 Raw Nucks Regatta will be held on September 7th, 2002 (This will be between the sprint and head race seasons).

The cost will be \$20.00 per person or \$160.00 per boat.

The course will be 1000 meters.

A crew is to be six (6) inexperienced people and two (2) experienced rowers.

A crew may be all male or female or a mixture of both and of any age. A crew is to wear matching t-shirts or some sort of uniform (we are not betting shirts).

There will be a trophy or plaque for first place.

The races will be double elimination. A crew must loose twice to be eliminated.

The week prior to the races (August 24 thru September 6) each crew will be given three hours instruction and practice.

We will need the help of all SLRC members to serve as judges, rowers, instructors, launch drivers, etc.

On September 7th we will also have our first annual "Novice Race" for all the year 2002 LTR people. This will be a single 1000 meter race. Should the Raw Nucks turn out be large we may move the novice event to Sunday, September 8. There will not be a trophy for novices.

Both events are for fun.

— Ron Suermann

Comments? Questions? Contributions?
Send e-mails to SLRCNews@aol.com
