

- 2003 SLRC Indoor Rowing Championships
- Fundraising

- Masters Racing Calendar
- CPR/First Aid Class

The St. Louis Rowing Club News



Head Coach's Report

The winter is upon us which means enjoyable times spent on ergs and cross training. It is important to remember other exercises to help in overall strength improvement and to not forget your flexibility. Many people train for sports but not all train following guidelines that have been proven to enhance their performance to the maximum. One phrase that is commonly used is that some train hard and smart, while other athletes train hard and stupid. To train hard and smart requires following basic training methodologies that these articles will present.

So where to begin. First we must understand some of the principles involved. One of these is the wave form principle. This describes the training volume fluctuating on macro and micro cycles. That is perhaps weekly and monthly cycles where training volume peaks during the competitive season. Other approaches are as an example would be hard-easy approach. At any rate this follows the overload principle where a muscle receives stimuli by a training load, gets tired, and after a certain time recovers and is ready for a higher load. Now in the sport of rowing this calculation can be difficult due to combining different activities and relating them precisely. At any rate you want your training volume to be peaking around championship time where you will hit your peak performance.

To start however you must first start a plan. Now we must look at how a training plan is started. In many cases you work backwards from where you want your peak to occur and break down certain parts of the year into categories such as transition period, preparation period, and competitive period. These can be further broken down into introduction to training, general preparation, specific preparation, pre-competitive, and competitive.

Transition is utilized after racing season generally right after sprint and head seasons. The length of this depends on specific programs and their resources. Cross training is very good here to maintain cardio levels, strength levels, flexibility, etc. It also is good as a time to back away from the specific sport for physiological factors as well so that mental tiredness is avoided.

The preparation period is where development of further increases in strength, flexibility, and muscle endurance, ie. general fitness and rowing fitness, occur.

The competitive period aims are to further develop rowing fitness and to improve racing performance and peak for major competition.

The general phases of the training plan described above is simply a starting plan for those of you who have to develop you own plans.

One aspect of proper training is the application of plyometric principles where we basically are wanting the muscle to contract quickly as is needed in our power phase of the stroke. This will be further described in the next article dealing with physiological factors in training.

The next article will be dealing with the physiological systems that have to be trained and how we want the muscle to be trained so that we obtain maximum at the appropriate time in our plan. -- *Gene Jeffords*

St. Patrick's Day Parade

SLRC will be represented in the downtown St. Patrick's Day Parade scheduled on Saturday, March 15. The parade begins at noon.

Contact Megan if you would like to march: mkmraz@yahoo.com.-- *Megan Mraz*

2003 Indoor Rowing Championship Results

The annual Indoor Regatta was held at the Erg Cellar in Frontenac on February 1, 2003. Detailed results are posted at the cellar and on SLRC.net. Top results follow. Congratulations to all competitors!

Overall Women's Winners

1	Roewe	07:57.7
2	Geison	07:57.9
3	Campbell	07:58.2

Novice Women (Junior)

1	Tinsley	08:13.9
2	Nardie-Warner	08:29.6
3	Curran	08:41.9

Varsity Women (Junior)

1	Roewe	07:57.7
2	Campbell	07:58.2
3	Rice	08:01.0

Overall Men's Winners

1	Lyons	06:41.7
2	Tyra	06:48.5
3	Jordan	06:49.9

Novice Men (Junior)

1	Powers	08:09.9
2	Aul	08:38.6

Varsity Men (Junior)

1	Tyra	06:48.5
2	Jordan	06:49.9
3	Heimberger	06:53.7

Open Men

1	Preetam	06:50.6
2	Lambert	07:37.3

Coxswains

1	Grammar	07:48.9
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Masters Women

1	Geison	07:57.9
2	Mraz	08:43.2
3	Vanadilok	09:15.5

Senior Women

1	Bresler	08:06.2
2	Gibbons	08:06.9
3	Bosin	09:15.4

Mixed Junior 4+ (500 meters)

1	The Bashers	01:54.3
2	Flying Purple Turkeys	01:59.2

Masters Men

1	Lyons	06:41.7
2	Smith	07:05.7

Senior Men

1	Haselhorst	07:05.1
2	Vitale	07:22.9

Veteran Men

1	Jeter	07:38.4
2	Hill	07:50.5

Mixed Masters 4+ (500 meters)

1	Bada Bing Bada Boom	01:46.6
2	Little Debbie's Snack Cakes	01:49.6
3	The Lost Boat	01:50.0

"Year of the Boat" Update

Thanks to the generous donations of several families and groups, SLRC has purchased two 2002 VESPOLI M2 eight racing shells. The Boosters Club acknowledges the following for substantial donors: Tom and Joan Bialczak, Ed and Cheryl Feutz, George and Barbara Johnson, Mark and Kiki Jordan, Maria Schmidt and Carl Romano, The Masters Rowers, and Booster Club Parents.

Thanks again for tremendous support.

Treasurer's Report

As dues payments have started to come in, our account balance has begun to look a bit healthier. We're not out of the woods yet. So, if you're an adult member (Regular or Family) and missed the 1/31/03 deadline for making your dues payment, please get your check in the mail right away. Juniors...invoices for February-May season dues have been mailed.

January is the month when we always have large insurance bills to pay. Our vehicle, liability, and Directors and Officers policies have been renewed through the USRowing group plan. We switched carriers for our property insurance coverage which resulted in a lower premium and substantially reduced deductibles.-- *Scott Allison*

Fundraising: SLRC Raffle

The St. Louis Boat and Sports Show was held at the America's Center & Edward Jones Dome in downtown St. Louis, February 11 to February 16.

St. Louis Rowing Club held a 50/50 Raffle. The winner was chosen at random on Sunday evening, February 16. Fifty percent of the proceeds, about \$500, go to the club.-- *Jan Adams*

Single for Sale

John Wetzstein is selling a wooden Stampfli racing single. His asking price is \$3000.00. That price includes oars—Concept 2 hatchets.

Anyone interested can contact John:

Phone: (314) 645-5428

Email: johnniemav@earthlink.net

Masters Racing Calendar (Tentative)

4/12/03

St. Louis Sprints, Home

4/27/03

Dogwood Regatta, Oak Ridge, TN

6/13/03

Moonlight Row, Home

6/28/03

Gateway Regatta, Home

7/19/03 – 7/20/03

Chicago Sprints, Lincoln Park, IL

8/21/03 – 8/24/03

Masters Nationals, Sacramento, CA

Learn-to-Row Schedule

June 6/2 - 6/25

Monday/Wednesday/Saturday

No class 6/7

July 7/8 – 7/31
Tuesday/Thursday/Saturday
No class 7/19

August 8/4 – 8/27
Monday/Wednesday/Saturday
No class 8/16

-- *Scott Allison*

A Long, Long Row

If you think two or three circuits around the lake are a good workout, pick up a copy of *On the Water* by Nathaniel Stone and read about his long row. Between April 1999 and August 2000 the author circumnavigated the eastern third of the US in a recreational single. He started in Brooklyn, rowed across New York to the Ohio and Mississippi Rivers and then down to New Orleans. Then he made his way along the Gulf and Atlantic coasts to Maine. Photos taken during his trip are at www.natstone.net.

CPR / First Aid Class

Gene Jeffords and Samantha Esarey arranged a training session on CPR and First Aid for the club. All coaches and eight other SLRC members received American Red Cross certification in life-saving skills.

We hope they will never have to put this knowledge to the test in a true emergency, but it's important that we be prepared for any eventuality. Thanks to those who invested their time and money to receive this training.

Volunteers Needed

All Masters are strongly encouraged to volunteer time to the club.

Ron Suermann has agreed to chair this year's Gateway Regatta. Please let Ron know if you'd like to help him put on a first class regatta.

Volunteers will also be needed for Learn-to-Row classes this summer.

Also, SLRC is required to hold six, 2-hour classes through the Parks Department. More on this later.

SLRC Credit Card Update

Linda Greensfelder encourages greater participation in the SLRC credit card program. SLRC receives 1% each time the credit card is used and an even higher percentage with selected bonus merchants.

Additions to the Bonus Merchant List and the contributions to the club follow:

Pasta Pomodoro - 8%
Sav Max Foods – 3.5%

Harvest House Natural Foods – 8%

A complete list of the Bonus Merchants and a Credit Card FAQ are appended to this edition of the newsletter.

If you have not applied for an SLRC credit card and would like to support the club in this way, please contact Linda Greensfelder: lcgreens@mindsprint.com.

The Boathouse

Negotiations with Washington University continue. Construction on the boathouse will begin after the master plan, due the end of April, is approved. SLRC has formed a fundraising committee which meets every other Monday in Clayton.

SLRC must raise an additional \$300,000.
Bob Staley raised \$30,000.

Anyone wishing to join the fundraising committee can contact Steve Giddings:
giddings@medicine.wustl.edu.

SLRC Executive Committee

President: Steve Giddings
Vice President: Jan Adams
Secretary: Barbara Dite
Communications Sec'y: Kelly Vogel
Treasurer: Scott Allison
Captain: Rein Zeidler
Lieutenant: Jay Lyons

Head Coach: Gene Jeffords
Associate Coach: John Wetzstein
Nov. Women's Coach: James Scalzo
Nov. Men's Coach: Greg Powell
Asst. Coaches: Samantha Esarey
Katie Erbe
Learn-To-Row: Scott Allison
Raw Nucks: Ron Suermann
Regatta Chair: Ron Suermann
Boosters President: Joan Bialczak

About the Newsletter

Thank you for contributing to the SLRC newsletter. Articles are published as submitted. To submit an article for the April/May SLRC newsletter, attach a file to an email message to: VogelKellyA@msn.com.

The deadline for submissions is March 17. Please be certain submissions are in final form.

ST LOUIS ROWING CLUB CARDSCRIP PROGRAM - FAQ

What is the SLRC CardScrip Program?

CardScrip is a credit card fund raising program for nonprofit organizations. It is run through the National Scrip Center and MBNA. Individuals apply for the credit card as they would any credit card. The club earns money on every purchase made on this card.

How much money does the Club earn?

The Club earns 1% on all purchases charged to the card, and between 2% and 11% on purchases made at Bonus Merchants. (Bonus Merchants are listed on reverse side.)

How will my participation in the CardScrip Program help the Club?

According to National Scrip Center data, nonprofit organizations earn approximately \$5500 per year for every 50 cardholders in their membership. At this time SLRC has far fewer than 50 cardholders, but our numbers are consistent with that rate of income. With 50 members participating in this program, the Club could expect an income stream of \$5500 annually from this program. With 100 members participating, that figure climbs to \$11000.

What if I don't want to give up my Airline Miles?

You don't have to! Continue using another card if you like, but make it a habit to put some of your purchases on the SLRC card. Maybe you'll decide to use the SLRC card for gasoline or groceries or clothing purchases. But remember, its especially helpful to use the SLRC card when you shop at Bonus Merchants.

How do I apply for the SLRC CardScrip Mastercard?

Call toll-free **1-888-778-9467**. Use Priority Code **FB5K** when calling.

If you prefer to apply by mail, contact Linda Greensfelder or Greg Goodman to receive an application form.

What is the annual fee and APR for purchases?

There is no annual fee. The APR for purchases is 12.99%. For information about other terms and conditions, talk with the customer service representative who assists you at the toll-free number. Or, you can request an application form, which contains all the information, from Greg or Linda.

How can I learn more about National Scrip Center?

Visit their website at www.nationalscripcenter.org

What if I still have questions?

Contact: Linda Greensfelder at 991-6969 or lcgreens@earthlink.net
Greg Goodman at 259-7109 or Gregory.Goodman@slbg.com

CARDSCRIP BONUS MERCHANT LIST

Merchant Partner	Trading Area	Rebate
1-800 Flowers.com	Nationwide	4%
American Airlines	Nationwide	4%
Avis Car Rental*	Nationwide	8%
Backyard Spa	Southern California	10%
Best Buy	Nationwide	2%
Big 5 Sporting Goods	Western States	4%
Courtyard by Marriott*	Nationwide	10%
Dorn True Value Hardware	Wisconsin	4%
Eddie Bauer*	Nationwide	5%
Eddie Bauer Home*	Nationwide	5%
Factory 2-U Stores	Nationwide	4%
Fairfield Inns by Marriott*	Nationwide	10%
Farm & Home Foods	Colorado Only	3%
Groceronline.com	Internet	3%
Hammacher Schlemmer	NY/Chicago/Catalog	6%
Harvest House Natural Food Store	Internet	8%
Home Bistro	Internet	8%
JC Penney*	Nationwide	4%
Joseph A. Banks Clothiers	Nationwide	5%
Marriott Hotels & Resorts*	Nationwide	10%
Marriott Vacation Club*	Nationwide	10%
Media Play	Nationwide	4%
Musicland	Nationwide	4%
New World Hotels*	Nationwide	10%
On-Cue	Nationwide	4%
Pasta Pomodoro	Nationwide	9%
Pep Boys	Nationwide	4%
Promeli's Grocery	Los Angeles Only	3%
Renaissance Hotels*	Nationwide	10%
Residence Inns by Marriott*	Nationwide	10%
Sam Goody	Nationwide	4%
SavMax Foods	California	3.5%
Spa Finder	Nationwide	5%
Spiegel	Nationwide	5%
Spring Hill Suites	Catalog	10%
Strouds	California/Nevada	7%
Suncoast Motion Picture Company	Nationwide	4%
The Sharper Image*	Nationwide	11%
Tower Records	Nationwide	9%
Town Place Suites*	Nationwide	10%
Wherehouse	Nationwide	6%

*Asterisk indicates special merchant policy

Bold indicates St. Louis presence