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The St. Louis Rowing Club News



Head Coach's Report

Seasons Greetings!

I understand that this time of year can be hectic. Our juniors are writing exams. The roadways and shops are bustling with folks finishing or starting their shopping for holiday gifts and supplies. It can be frantic. I hope that you find the time you need for some peaceful moments (warm-up and stretch), some time to focus (erg), and a chance to reflect upon the going and coming years (abs and stretch). Seriously--it's been good to see those that have begun the winter routine. It's been very good to see that workout intensities--for the most part--have picked up where we left off. I think we are moving away from the notion that winter training feels like starting over. You're not. Training splits and testing scores have improved. We build on what we've established and the bar gets pushed higher. Good work.

Before the new year, you will have the schedule for the regattas in 2005. I hope all of you consider these events and look forward to racing. Preparation is crucial. 2005 will bring many challenges for us—on and off the water. I think you will rise to meet them all.

Enjoy these days with family and friends. Safe travels if you wander off. I look forward to pushing you toward excellence, and I look forward to smiles when you accomplish more than you thought you could.

All the best.

--John Wetzstein

President's Report

I think this is my last communication as the President of the St. Louis Rowing Club. I have been working through my files, discarding the 10057 iterations of the memoranda of understanding, lease agreement with county parks, ownership and operating agreement with Washington University, and so on. Included in the stack are copies of various editions of fold over brochures, bound solicitation documents, FEMA maps, maps of the grand design for Creve Coeur Park. Survey maps. Plat information. Invoices for boat parts. Even some boat parts themselves. Plans for a 2004 Festival Regatta, plans, plans, and plans. Boathouse on stilts, boathouse on a berm. Notes from meetings. Plans for fund raising. Lists of members, lists of donors. Wedding invitations. Birth Announcements. New friends. New members. Close friends leaving. Even close friends dying.

And so it goes.

The rowing club has done a great deal for me. I've become interested in a wealth of different areas. It has even redirected my career emphasis to a degree. I can tell you more about risk factors for cardiovascular disease and the pathophysiology of atherogenesis than you might care to know. The club and its members' experiences provided one impetus to become involved in a very important clinical trial in prevention of cardiac events in folks with

diabetes.

I plan to spend more time, as time permits, in the direct teaching of rowing skills. More coaching, more time trying to develop outreach programs of various types.

I would like to close with some challenges to you all, juniors and masters. Rowers and coaches, officers and members.

I get the sense these days that the collective fire has gone out of our belly a bit. That burning desire to be competitive is what provided the original impetus for club growth.

Now we have one of the things we have been working for as long as I have been with the club. We have a real boathouse. Our lake is being dredged, and we will be able to lay a course that is almost, if not a perfect, 2000 meters. So we now have a great facility, a good venue, enviable location. So why aren't we winning races any more?

I challenge you all to rededicate the club to rowing excellence, building standout crews. To do that, you need to commit to each other, to practices. You can't all pull sub 6 or even sub 7 or 8 2ks, but you can improve. One of the things I like most about this sport is the high correlation between work and success.

I am proposing a number of changes for the JUNIOR AND ADULT rowing program.

These include the following:

Junior programs:

If you don't show, your boat won't row.

Crew members will sign a contract at the beginning of each season that says you will show up for every practice.

Each junior will be allowed 3 scheduled in advance, negotiated, excused absences per season. To facilitate this, there will be only 4-5 structured practices per week. Juniors will have a total of 6 training sessions per week. The unstructured practice will be supervised and will be a predefined cardio workout. Juniors will sign in at the boathouse for this practice, which may be an erg piece or a run. The run will be performed with a GPS monitor that can be reviewed for distance and pace. The coach will be at the boathouse to oversee these training sessions.

Juniors who have an (That Is ONE) unexcused absence will be removed from whatever boat they are in and will row in pick up boats for the remainder of the season. Injured rowers will be allowed 3 absences and then placed in the pick up pool. Rowers in the general pool may be seat raced for priority boats a predefined points in the season at the discretion of the squad coach.

Each junior will be responsible for completing 3 strength training sessions per week. Results will be posted. There will be erg testing on a bi weekly basis and results will be posted.

Saturday or Sunday practices will be intensive and competitive.

Adult programs:

Adults may have three alternatives:

They may commit to the general competitive pool. These individuals will follow a training program and rules similar to the varsity juniors program, detailed above. Each rower will commit for the season. The head coach will place rowers by seat racing to be completed by end of the third week (weather permitting) of the season and set boats by that time.

Rowers must accept their seat assignments or relinquish them to an alternate at that time.

Commitment to a seat means commitment to the practice schedule and to compete in the assigned boat for the priority race (defined by the head coach). Rowers may find subs for other races if those subs are acceptable to other

members of the crew. Substitutions must be decided and committed within 3 days after boats are set.

Adults may choose to form their own boats and their own practice schedules. These rowers must arrange individually with the head coach for coaching, or must hire their own coach. These crews will be set season by season (if you agree to row in a boat, you must commit to be there for the other members of your chosen crew).

General rowing. Adults not otherwise assigned to specific crews will be assigned to boats, practice by practice, according to ability and availability of equipment.

Rating:

Objective evaluative scales will be developed for all rowers. These will be defined for all potential areas of participation in club activities, not just competitive rowing, fitness or technical skills, but will include them.

All rowers in all programs will be rated for technical proficiency. Proficiency will be judged by the head coach using videotape review. Each rower will be taped at least once per season. Those in boats preparing for competition, biweekly.

Rowers will be rated for the following:

- Slide control
- Acceleration to the finish
- Proper body control at the finish
- Hands down
- Hand height on the recovery
- Correct timing of the recovery
- Correct timing for squaring
- Correct timing of the catch
- Isolation of the hands/arms at the catch
- Relaxation
- Hand grip
- Hand placement.

Rowers training for competition will in addition be evaluated for fitness and strength:

- Erg times
- Average mass on dyno for
- Leg Press
- Arm pull
- Arm press

All ratings will be posted.

There will be objective measurements of coaching skills and training in coaching.

--*Steve Giddings*

SLRC Race Results

Head of the Ohio
Pittsburgh, PA
October 2, 2004

Details at www.headoftheohio.org.

Ninety-three clubs rowed at the 18th annual Head of the Ohio this year, hosted by the Three Rivers Boat Club. SLRC juniors were among them. See the website for race results.

**Head of the Rock
Rockford, IL
October 10, 2004**

Details at www.headoftherock.org.

SLRC masters and juniors and SLU rowed at the 19th Head of the Rock Regatta. See the website for race results.

**Head of the Charles
Boston, MA
October 23 - 24, 2004**

Details at www.hocr.org

Helen Woznack competed at the 40th Head of the Charles Regatta in a championship double women's boat. See the website for race results.

**Head of the Chattahoochee
Gainesville, GA
November 6 - 7, 2004**

Details at www.atlantarow.org/hooch/

SLRC masters and juniors and SLU raced at the Head of the Chattahoochee Regatta. SLRC earned 260 total points. See the website for race results.

Steve's Sunday Sculling School

A Smashing Success!!

Masters scullers had a special treat this fall when Steve Giddings offered a weekly sculling workshop. Held on Sunday mornings, Steve offered two hours of focused attention to sculling technique. Each week, Steve would give a 15 minute overview of the plan for the day, then scullers would head out in singles, doubles and the quad.

Following closely behind in a launch, Steve was able to drive the boat, yell instructions ("SLOW THAT SLIDE!!!!") and videotape - all at the same time, which is really remarkable in and of itself.

After practicing the technique of the day, we'd all head into the boathouse to watch ourselves on tape. Seeing what we were doing immediately after being on the water made a tremendous difference in understanding what we were doing wrong - and right. There was always great footage of Steve's feet, the water, and the bottom of the launch. On special occasions, Steve would demonstrate his ability to rotate the camera 180 degrees so we understood what rowing uphill and upside down was like.

Not only did sculling ability improve across the board, but interest in sculling has increased dramatically among the masters.

Steve's profession as a physician helped as well, as his human anatomy terminology was right on the mark - he was able to tell us exactly where to pull in those oars!

For some odd reason however, Steve always had the audio turned off.

Steve - we are sincerely grateful for this opportunity to practice and learn, and for your incredible patience. You're amazing! And we hope you do it next year!

Signed -

Kathy Bosin (most improved excellent sculler and sculling school hog)
Anthony Vitale (exemplary sculler)
Bruce White (exquisite sculler)

Michael Adrio (rockin' sculler)
Margie Freivogel (outstanding!)
Ann Samuels (magnificent sculler)
Linda Greensfelder (first-class sculler)
Nancy Hazelwood & Linda Gibbons (scull and look equally fabulous!)
George and John (who are gonna have some competition next year!)
Kelly Vogel (sterling sculler)
Barb Dite (incomparable sculler)
Jan Adams (notable bow seat)
Megan Mraz (exceptional sculler)
Rob Smith (even better than he was)
Kathy Halley (flawless technique)
Colleen Schulte (gorgeous sculler)
Patavee Vanadilok (super-duper sculler)

--Kathy Bosin

Masters Cross-train – the Marathon Relay

Three teams of master rowers participated in the St. Louis Track Club's Marathon Relay Sunday, December 5 in Forest Park. This marks the fourth consecutive year the Masters have fielded teams in this event. Starting at the newly renovated visitor's center, each team ran four consecutive runners, each of whom covered the same 3.25+ mile loop in the park. The runners then each did a second leg, completing the 26.2 mile course just in time to head to the ever-popular and always delicious post-relay brunch.

This year's brunch was hosted by Margie Freivogel. I think I can safely say we all consumed many more calories than we burned!

Next year, we invite the juniors to join us. Preparing for this event is a great way to cross-train. You don't have to be a serious runner. The idea is to participate and have a good time. Running the relay is always fun, and the cooking (or carry-outs!) of SLRC teammates is a real treat. Come sweat with your older and creakier counterparts!

This year the Washington University Women's Crew also entered a team. Perhaps this could even become an annual event for the entire Community Rowing Center!

--Linda Greensfelder

SLRC Winter Schedule

SLRC Executive Committee

Monthly Executive Board Meeting
Jan 9, 2005 7:00pm
Cathy Chamberlin's house
Contact: Cathy Chamberlin
cmc8@sbcglobal.net

SLRC Boosters

"A Guide to Rowing in College"
Jan. 22, 2005, 1:00 PM
Boathouse.
Contact: Kevin Curran
currank3@slu.edu

SLRC Rowers

Annual Meeting

Jan. 22, 2005, 6:00 PM
Steve's House
Contact: Steve Giddings
sjgiddings@aol.com

SLRC Rowers

St. Louis Indoor Rowing Championships
Jan. 29, 2005
Washington University
Contact: John Mason
Masonje@aol.com

SLRC Rowers

Erg-a-thon
Week of Feb 21, 2005
Boathouse
Contact: Linda Gibbons
lgibbons_1@charter.net

Winter Learn to Row

Detailed plans haven't been finalized yet, but we definitely will offer a Winter Learn-to-Row program in January. If you know anybody who might be interested, please have him or her contact Scott Allison for information and to sign up (swallison@alum.mit.edu).

--*Scott Allison*

St. Louis Indoor Rowing Championships

The 12th annual St. Louis Indoor Rowing Championships will be held on January 29, 2005 at the Washington University Athletic Complex. There will be different categories depending on age, experience, and weight class. Medals will be awarded to the top finisher in each category and to the top three male and female overall finishers. Please check the website for more information.

--*John Mason*

Ergathon Week – 2/21/05

This year the ergathon will take on a new look. Designated as a boathouse fundraiser, the ergathon will involve both masters and juniors. The week of February 21 has been set aside for this event. Additional information will be available in January....

Just think – an entire week of fun and erging (together in the same sentence, no less!) Perhaps drawings and door prizes?... Linda Gibbons is chairing. Let her know if you would like to help.

Boathouse Campaign Update

Thank you! Thank you! Thank you! Thanks to your help and generosity, the Boathouse Fund has received contributions and pledges from over 90% of our members (of record as of 4/15/04). With this extraordinary level of participation, the Fund is receiving an additional \$12,000+ in challenge money pledged in recognition of this

accomplishment. This challenge money brings our 2004 fundraising total to around \$85,000. Not too shabby!

As this phase of our member solicitation winds down, the corporate solicitation is getting into high gear. The development of corporate marketing materials and marketing strategies were completed in early November. Corporate sub-committee members have now begun making their contacts. A special thanks to David Bentzinger, Kevin Carlie, Nancy Hazelwood, Mark Jordan, Joe Rechter, Barb Seeley and Bruce White for their work on corporate fundraising. Their energy and enthusiasm is amazing, and we look forward to being able to report significant support from area corporations.

With such a strong focus on getting the corporate solicitation up and running, we are somewhat behind with contacting new members, former members, and friends who have given in the past. If you who would like to make a contribution before the end of the year, please don't wait to hear from us! Just send your check to the club address, and mark it for the Boathouse Fund.

And to those of you who have given, but not at the \$1,000 per family level, please think about an additional contribution. As the calendar year draws to a close, you may want to consider the tax advantages associated with another gift.

The Lions Choice certificates are completely sold out. That's another \$1,000 for the Boathouse! Thanks to Barb Seeley for organizing this and to Jim Tobias for connecting us with this great Lions Choice fundraising opportunity. Hopefully we'll be eligible for another \$1,000 worth of certificates in 2005.

You'll see elsewhere in this newsletter some preliminary information about the upcoming ergathon – There's tremendous potential here - Just do the math – if 30 Masters and 30 Juniors are able to raise an average of \$100 each...\$200 each... \$500 each...

Wishing you all a healthy and joyful Holiday Season – and a wonderful 2005.

--Linda Greensfelder
Boathouse Capital Campaign Committee Chair

Treasurer's Report

It appears that we'll end the year in reasonably strong financial condition. By exercising restraint on our expenditures, we've been able to increase our cash balance a bit despite the increased costs associated with operating the boathouse. The New Year brings with it substantial expenditures for insurance coverage (liability, D&O and property insurance). Last year our insurance bill exceeded \$13,000. We've got enough to cover these bills but will need the adult members to respond promptly when they receive 2005 dues invoices in the mail. Otherwise we may be "in the red" sometime in the first quarter.

Earlier this year the IRS notified the club that it had been selected for a "random audit" of its 2001 tax return. For those of you who don't know, even though we're a tax exempt organization, we still have to file a return each year. When the IRS conducts a random audit, they have free reign to explore every aspect of an organization's finances. They can and, in our case, did request all sorts of information until their curiosity has been satisfied. The audit process is now nearing an end. The IRS has accepted our 2001 return as filed with the exception of an ongoing concern about the way we handled the payments to our head coach. The question boils down to whether he was an independent contractor, as we believe, or an employee, as the IRS insists. If the IRS decides against us, we may owe back FICA and Medicare payments for 2001 and 2002. It's not a trivial matter.

Club member William Cronin, who is a tax attorney and CPA, has spent many, many hours advising us on our dealings with the IRS on this and other tax-related matters. We all owe Bill a great deal for his efforts!!

--Scott Allison

Thank You Steve Giddings – SLRC President 1998-2004

Steve's silhouette on the lake rowing his single is a familiar sight. We see him rowing on a daily basis, even on the most blustery of days. We've come to count on Steve to coach learn-to-row classes, set race courses, compete in a variety of boats, and basically do whatever needs to be done. We've become accustomed to Steve's leadership as club president for the last six years. What we haven't seen, are the endless hours of work Steve has put into the creation of the club boathouse.

Steve worked to create a positive relationship with the St. Louis County Parks and to reach an agreement to permit the building of our boathouse. He maintained a working relationship with Washington University as the boathouse became a joint venture. Countless hours were spent drafting documents and working out agreements on the structure and operation of the boathouse. Steve has worked on boathouse fundraising efforts and has personally given generously.

Steve's enthusiasm for rowing extends far beyond his own rowing experience. He is continuously generating new ideas for the club and thinking of the future. He recruited excellent coaches. He started a new sculling class. He added safety equipment and improved procedures for maintaining a safe rowing environment. We owe him our gratitude for what he has accomplished as club president in making the boathouse a reality and for leading the club into a promising future.

Thank you for all you have accomplished. And thank you in advance for your continued daily presence and personal investment in the St. Louis Rowing Club.

--Cathy Chamberlin

VP, on behalf of the St. Louis Rowing Club

Proposed Slate for the SLRC Executive Committee

The annual SLRC meeting will be held at Steve's house on 1/22/05. The slate for the new committee will be announced. The proposed slate is as follows:

President - Chuck Shagrin
V. P. - Cathy Chamberlain
Treasurer - Scott Allison
Secretary - Barb Seely
Communications Secretary - Kelly Vogel
Captain - Rein Zeidler
1st Lieutenant - Rob Smith
2nd Lieutenant - Helen Woznack

The nominating committee recommended both Rob and Helen for the Lieutenant position, and the committee decided to make them first and second lieutenants with a shared vote on the Executive Committee.

SLRC Coaching Shortage

We are short coaches this winter. Contact Steve Giddings if you can help out.

Calling all Coxswains

Masters need coxswains. Will train. Requirements: None. If you know anyone interested in coxing, please tell John W.

Booster Notes

Mark this date - "A Guide to Rowing in College" Jan. 22, 2005, 1:00 PM, at the Boathouse. The Boosters are presenting Larry Connell, Head Coach at LaSalle College, former freshman coach at University of Pennsylvania and founder of Rowing Services, Inc.. He will discuss all aspects of applying to and rowing in college. His discussion will include admission procedures, picking the right school, and scholarship opportunities. All parents and high school senior rowers are encouraged to attend. NCAA rules prohibit rowers who are not seniors from attending , their parents are welcome.

Spring Banquet- if you are interested in helping with the Spring Banquet, please contact any booster board member. We are also considering a new venue. All ideas are welcome.

Booster Dues- every year your Booster dues go to purchase equipment for the club. This year, at Coach John's request, we are purchasing mats for the "weight room" portion of the erg room and medicine balls. We hope to have these items in place by January.

Cleaning-Speaking of the erg room, the club has started a cleaning schedule. The juniors are part of the rotation. Not only should we take care of our wonderful facility, it is important to keep the boathouse looking good for any potential donors who stop by.

Happy Holiday.

--Kevin Curran

SLRC Roster

Scott Allison has updated the roster of St. Louis Rowing Club members--names, addresses, phone numbers, and email addresses. If you would have not already received an updated Excel spreadsheet attached to an email message from Scott and would like the new roster, let him know. His email address is swallison@alum.mit.edu.

Billiken Rowing

St. Louis University now has a website for SLU rowers, boosters, and an executive board. See pages.slu.edu/org/crew.

Music at the Boathouse

Master's request music vol. 1 seemed to be a hit... so I'm requesting more input for master's requests vol. 2! For those of you that prefer email, just send your requests to Helen Woznack at Helen.Woznack@savvis.net. I'll also be posting another sign up sheet on the whiteboard at the house. I still have a few requests from the last sign-up that will be put on this second cd... but need at least 10 more. Feel free to request 2 or 3 as I will always make more cds if there are more requests.

Thanks!

--Helen Woznack

SLRC Clothing

An order form for various items of SLRC gear is now available on SLRC.net. You can find it from the boosters page or, at www.slrc.net/boosters/slrc_uniform_and_clothing_order_.html on your browser.

Winter Cleaning Schedule

We have the boathouse. We must clean the boathouse. Here are the tasks and the cleaning schedule. Each squad is responsible for cleaning tasks during the week listed.

Masters	1/7/05
Varsity Juniors	1/15/05
Novice Juniors	1/22/05
Intermediates	1/29/05
SLU	2/5/05
Masters	2/12/05
Varsity Juniors	2/19/05
Novice Juniors	2/26/05
Intermediates	3/5/05
SLU	3/12/05

Christmas Greetings from Karl

MERRY CHRISTMAS FROM SUNNY FLORIDA WHERE WE CAN ROW EVERY DAY.

I HOPE SLRC CAN GET GOING SOON ON RAISING THE NEEDED MONEY TO PAY BACK THE WASH U BOATHOUSE LOAN. HOPE TO SEE ALL OF YOU NEXT MAY.

Nancy has a Health Tip

Always fuel up before you workout.. Try some caffeine, an amount in a can of soda or an eight-ounce cup of coffee. This shot mobilizes the fatty acids in your body so that you use fat more efficiently as a fuel source.

Have an easy-to-digest snack such as crackers, a banana, or cereal about an hour before workout.. After your workout you need to fuel your body as well with both carbs and proteins, such as cottage cheese and a cracker or half an apple with peanut butter. If you don't eat after exercising, your body breaks down muscle to convert into glucose for fuel.

Remember these are small portions..

--*Nancy Hazelwood*

Megan Married Rob Compton

Megan Mraz was married to Robert Compton on November 20, 2004 at Graham Chapel on the Washington University Campus. The fall weather was cool, and the sky was perfect for pictures. The reception was at the Viking Room. Congratulations to the couple. They now reside at 1209 Fairview Drive, St. Louis, Missouri 63011.

SLRC Coaches

John Wetzstein: Head Coach
Steve Giddings
Scott Allison

SLRC Executive Committee

President: Steve Giddings
Vice President: Cathy Chamberlin
Secretary: Barb Seely
Communications Secretary: Kelly Vogel
Treasurer: Scott Allison
Captain: Rein Zeidler
Lieutenant: Andrew Lambert
Boosters President: Kevin Curran

SLRC Phone Numbers

The phone number at the boathouse is (314) 878-7980. This number is not equipped with voice mail. But you can use it if you need to reach a coach or make a last minute schedule change with one of your rowing partners. The official club phone number remains (314) 434-8299.

About the Newsletter

Submissions for the first 2005 newsletter are due to me, Kelly Vogel, by January 30. Email your submission to vogelka@charter.net.

--*Kelly Vogel*