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The St. Louis Rowing Club

*The Newsletter of
The St. Louis Rowing
Club
Volume 19 •
Winter 2006*

News



Head Coach's Report

We're back on the water on a full-time basis (for the most part). The other coaches and I are very proud of everyone who committed to the long, hard, boring months of winter training. I'm sure that those of you who committed to winter training will take full advantage of your increased strength, toughness, and appreciation for practices spent on the water.

For the Juniors, the spring racing is rapidly approaching and my level of anxiety is increasing. They kick things off with the St. Louis Sprints on April 8th, followed by our first trip to Cincinnati the following weekend. We have some racing scheduled with Wash U and possibly SLU on April 29th. Then it's on to Oklahoma City for our regional championship, which is also our qualifier for the National Championships, followed by our second trip to Cincy for the Midwest Championships. The Juniors are getting restless and are eager to show what they can do on the race course. All

of these races should be very intense and exciting battles.

A core group of the Masters have been training regularly and hard throughout the winter. We'll soon be finalizing a racing schedule for the summer, which will focus on the regional championships in Indianapolis. We'll also be deciding whether to go to New Jersey or Seattle, or both. The clocks have changed which is allowing more time for weekday practices. I look forward to working hard with them in putting together aggressive, fast crews.

Finally, I must INSIST on being consulted BEFORE any club member or coach makes a change to any boat owned by the St. Louis Rowing Club. This is especially important in regards to the rigging of the boats. An eight, for example, takes several hours to rig properly, and I rig our boats in a very specific and uniform way. It's crucial that I know about, and have approved of, what is done to SLRC boats. In order for things to be done right this racing season, every squad must be held to the same high standards.

This also applies to the lending of boats and other equipment to outside teams and organizations. This does NOT apply to changing our doubles to pairs and vice versa.

Thanks for your cooperation. Let's work hard to make this a highly successful racing season!

Timothy Franck



President's Report

Dear Club Members,

Hopefully, the final snows of the winter are gone and erging 24/7 is in the wintry past. It is great to see the boats back out on the water.

Congratulations go to our Juniors who made the trip up to Chicago for the indoor competition. Their performance and accomplishments are helping to put the Club at the top of the mid-west competition.

Also, Coach Tim has done an excellent job with recruitment and is building the numbers of junior rowers and creating a very competitive team. The Juniors are looking forward to an excellent season, including the upcoming St. Louis Sprints (April 8th).

As part of the event, sponsored by the Boosters, everyone is being asked to volunteer. In turn, the Boosters will be helping the Club in June at the Gateway Regatta. By volunteering at the St. Louis Sprints, Masters and Intermediates will have a great chance to see some

excellent rowing and to meet our Junior rowers.

Our Junior coaches (Brandon Harris and Brendan Patterson) continue to do an excellent job. They have been joined by Jeff Hoffmann, who is coaching the varsity men. The Club, however, always needs additional coaching staff. If anyone is interested in joining this select group, please let me (or Tim) know of your interest.

Coach Tim has been developing a summer program for the Juniors and returning alumni. In addition, the club will be sponsoring a summer learn to row camp for new juniors (eighth and ninth graders).

The Club's SLU division enjoyed a warm trip to Florida for spring vacation with their coach, Scott Allison. SLU had their first race March 26 against Washington University.

The Masters and Intermediates are finally back on the water as well. The first competition for the Masters and the Intermediates will be Gateway Regatta. Additional races may include Chicago, Regionals (Indianapolis), Nationals (Seattle), and Worlds (Princeton). The Masters and Intermediates will be meeting later in April to finalize the summer program.

Finally, the Club is dependent on volunteers to make this whole program work. For example, Barb Seeley led the most successful ergathon to raise money to pay off the remaining boathouse construction loan. Without everyone's involvement, the Club would not be the success it has become. Thank you to everyone for all their work.

Chuck Schagrin
El Presidente



We Can Row – Year 2

On April 19, WeCanRow will welcome a new group of cancer survivors to its 10-week learn to row program. Circle of Hope Bracelets is again funding the program, making it possible for SLRC to offer the classes free of charge. We are fortunate enough to have Jeanne Early, our volunteer physical therapist, and Kacy Rudawski, our stellar junior coxswain, returning to help with the program.

WeCanRow meets Wednesday nights at 6:00pm. Several rowers from last year's class have joined the Club and continue to row and erg with the Intermediates. They will serve as the core group of experienced rowers when our new rowers get on the water. We may need a few additional volunteers to help with the early classes. We could also use a launch driver. If you're interested in helping, please let one of us know. We'll be sending out an email asking for volunteers soon.

Linda Greensfelder & Barb Seely

WeCanRow Bracelets

Circle of Hope has designed two special bracelets for the WeCanRow Program. Each bracelet includes a silver charm of the WeCanRow logo – an oar bent in the shape of a breast cancer ribbon. Look for the bracelets at our home regattas. They are priced at \$21 and \$35. Made by volunteers, all proceeds go to support cancer research and cancer wellness programs.

Linda Greensfelder

Boathouse Capital Campaign – The End is in Sight!!!!

Two years ago, our debt to Washington University seemed enormous. We were looking at raising an estimated \$285,000 in three short years. Thanks to the hard work and generosity of a lot of people, that \$285,000 has been

reduced to about \$50,000. "About???" The \$50,000 figure assumes that pledges not yet fully paid will, in fact, be paid. Kathy Halley has been sending out statements periodically to remind people of their pledge balances. If you have a pledge balance, remember that these payments are due in full by 12/31/06.

And what about the last \$50,000? We're anticipating another very profitable silent auction at the Junior Banquet in May. This fall, we'll do one last major fundraising campaign. We hope that newer members will step up to give at the level of the members who actually lived through our Spartan past. Rowers and parents who have no memory of the chain-link fenced boat pen, carrying launches back and forth across the running path, hiking to the bathroom, or erging at Washington University and the "erg cellar" can't fully appreciate the luxury of having the Community Rowing Center. But we hope you'll take our word for it. We need each and every member to help retire this debt. With the boathouse paid for, we'll be able to turn our attention to more exciting things – like getting some new boats.

Again, thanks to everyone – we're almost there!

Linda Greensfelder
Boathouse Capital Campaign
Committee Chair

Boathouse Donation Recognition

Thank you! Thank you! Thank you!

Below is recognition of donations made through 12/31/05. Please check your entry to be sure it is in the correct category and names are correct – spelling, titles, Mr. & Mrs. Vs Dick and Jane, etc. Your name should be the way you want it. This information will be used for the eventual donor recognition plaque. We still have 2006 data to add, but let's be sure what we have to date is correct.

Novice - \$100 to \$999

Nancy Abdallah
Michael & Valorie Adrio
Mr & Mrs Fredrick Altvater
Anheuser-Busch
Augusta & Bela Arato
Thomas Atkinson
Mr & Mrs Steven Aul
Eldon & Patsy Ball
Mr & Mrs Robert Bamidge
Edward Bauer
Wemer Bauer
Joan & tom Bialczak
Lee Boeckstiegel
Kathy Bosin
Elizabeth Boyce
Connie Boyer
Mike Brown
Lisa Buwalsky
Jeffrey Burt
Meghan Butler
Stephen Cabler
Susan Casnocha
Carol & William Claypool
Mr & Mrs Mike Clayton
Mr & Mrs Roy Cleveland
Brian Cody
Pam Cohen
Hope & Steve Cranston
Kara Curran
Mr & Mrs Kevin Curran
Kathy Dubrowski
Chris Dadan
Mr & Mrs Mike DeHaven
Mr & Mrs Phillippe deLaperouse
Ron Dillard
Barbara Dite
Caterina Ditraglia
John Donnell
Jennie Dulac
Dorothy Edwards
Bob Eilers
Tom & Karen Evans
Express Scripts
James Fann
Chris & Kevin Feely
Emily Fields
Cheryl Fievet
Erin Finneran
Liang Fok
Ford Hotel Supply
Joan Fortune
Ed Geltman
Phil Gilbertson
Maia & Geoff Gladling
Ronald Gladney
Gary Goldstein

Janice Gonzalez-Diener
Patrica Grant
Julia Guinn
Colleen & Mike Havey
Charles Heil
Katja Helbing
Mr & Mrs Don Heman
Margaret Henderson
Caitlin Henry
Jennifer Henry
John Hensel
Ron Hill
John Hilton
Erin Hines
JD & MR Hixson
Jeff Hoffman
Cheri Hofman
Fielding Holmes
Ellen Honig
Darlene Hopkins
Mr & Mrs Hsieh
Mr & Mrs Thomas Huge
Mr & Mrs Gary Huge
Paul & MaryAnn Hunker
Mr & Mrs David Hunt
Richard Hyde
Joel & Jane Ann Iskiwitch
Arnold Jacobson
Dan Jay
Jim Jeter
Tamko & Frank Johnson
Mr & Mrs Michael Johnson
Stephen Jones
Jones-Hamilton Co
Mr & Mrs Dan Jura
Constance & Eugene Kahn
J. Timothy & Belle Keane
Earl Kepple
David Kirkland
Forest Kleberger
John Kloss
James & Jane Ann Kostelc
Kevin Krause
Andrew Lambert
Dick Lammert
Jane & Robert Lander
Melissa Lastarria
Mr & Mrs Ron Lauber
Robin Lee
Ivy Lee-Sharpe
George & Jerry Levesque
Mrinalini Lhila
Libby Inc.
Reinhard & Charlene Lotz
Michael & Robin Lynch
Jason Makansi
Sandra & Paul Manske

Randy Marten
Mastercard
Douglas McCarthy
Allison McClelland
Matthew McGruther
Katie Medar
Jeff & Sandra Melly
Linda Memins
Ruth Mesing
MICDS
Corey & Gantt Miller
Missouri Machinery
Moolah Temple Guides
Randal Moore
Keith Murphy
Mr & Mrs Dale Musick
Lucille Nave
Mr & Mrs Kenneth Neiman
Dan Nemes
Mr & Mrs Charles Nesmith
Francis Neuner
Mr & Mrs Andrew Nicholl
Pavla Nyklova
Mr & Mrs Mark Obermeier
Paul & Susan Ogier
Wendy Olk
Paul Pedtto
M. Jana Perea
Fred Peidak
Michael & Carlene Pfeifer
Mr & Mrs Ed Pfeiffer
Jonathon Phillips
Mike Pinney
Terry Portell
Christine Powers
Raul Quintanilla
Hafeez Qreshi
Pat & Ronna Ragusa
Marcus Raichle
Piers Rawling
Michael & Sandra Reesor
Earl Refsland
Catherine & Jeffrey Reus
Mr & Mrs Mark Richardson
Andrew Ries
Camelo Romano
Deborah Rudawsky
Cini Rusell
Katherine & Thomas Ryan
Donald & Debby Schlaprizzi
Mr & Mrs John Schranch
Colleen Schulte
Mr & Mrs Schumm
Tatiana & Robert Schwendinger
John Scott
Kristen & Michael Sherman
Jim & Lorraine Shinsky

Mr & Mrs Tom Sinks
Mr & Mrs Gregory Sloan
SLRC Marathon Relay Team
Kay Smith
Richard Snyder
Mr & Mrs Tim Spyers
Mr & Mrs John Stapleton
Steelite International Inc.
Laura Stenger
Ted Stocker
Darryl Strickler
Mr & Mrs Ermin Strikovic
Mike Taylor
Mr & Mrs Misha Tierney
Mr & Mrs Gene Tinsley
Sarah Tinsley
Mr & Mrs Simon Tonkin
Susan & Bob Trice
Michael & Anne Truskowski
Carie Turkey
Charles Uding
James Usdn
US Rowing Directors
Patavee Vanadilok
Paula Vetter
Jesse Vonk
Charles Waite
Ayoko & Hanuka Watanabe
Samantha Watts
David & Lynn Wells
Winco Window Co.
Mr & Mrs Bruce Wolferding
Debra Wolk
Mr & Mrs Rein Zeider

Junior - \$1000 to \$2999

Jan Adams
Dr & Mrs Giuseppe Aliperti
John Arnold
Stan Bechetti
David Bentzinger
Thomas Boudreau
Mr & Mrs Andrew Bresler
Barbara Bryan
Bunge Corporation Foundation
Thomas & Mary Ellen Campbell
Cathy & Bill Chamberlin
Commerce Bancshares
Megan Compton
Hank Conard
Charles Cook
Mark Cusamano
William Danforth
Diana DeGraff
Henry Engster
Enterprise Foundation
Mary Famand

Ed & Cheryl Feutz
Linda Gibbons
Debbie Hall
Kathy Halley
Phil Hanel
Nancy Hazelwood
Karl Heilman
Mr & Mrs Howard Henry
Pat & Bill Holtmeier
Linda & Ahsan Iqbal
William James
Tina Kelly
Kepner Landmark Builders
Desmond Lee
Lion's Choice
Mr & Mrs Urs Lottenbach
Jay Lyons
John Mason
McDonnell Douglas
Barbara McDonnell
Monsanto
JoAnn & Rick Moore
George Murray
National City Bank
New England Financial
Purdue Farms
Plaza Motors
Liz & Bob Rowe
Ann Samuels
Leroy & Fran Schmatiz
Teresa Sedacek
Barbara Seely
SLRC Busch Stadium Concession
Stand Team
Ron Suermann
Andrew Taylor
Anthony Vitale
Julia Volmert
Gloria & Joseph Wotka

Intermediate - \$2999 to \$4999

Brent Benjamin
Kevin Carlie
Margie & William Freivogel
John Rice
Sonny Rouse
Jack Taylor
Jim Tobias
Bruce White

Master - \$5000 to \$9999

Scott Allison
Anonymous
Bemoudy Foundation
Linda & Chris Greensfelder
Paul Hollis
Mr & Mrs William Hoye

Mr & Mrs Mark Jordan
Peshing Chaitable Trust
Joe Rechter
Chuck Schagrin
SLRC Boosters

Elite - \$10,000 to \$19,999

Anonymous
AG Edwards
Ellen & Stephen Erbe
Dr & Mrs Steve Giddings
Mercantile Trust
Isabelle & Jean-Paul Montupet
Thomas Terril
Mr & Mrs Mark Vittert

Olympic - \$20,000 +

August Busch III
Emerson Electric
Susan & Alexander M-Patterson
Bob Staley

In Memory of Kevin Curran's mother
In Memory of Ron Suermann
In Memory of Andrew Engster
In Memory of William Scott
In Honor of John Scott
In Honor of Ahsan and Linda Egbal

*Linda Greensfelder
BCCC Chair*

*For corrections please contact Linda
Greensfelder: lgreensfelder@charter.net*



Captain's Report

WIIH LIST

Captain Rein Zeidler has composed the first official SLRC Wish List. These are items the club would like to have and may purchase as club funds become available. It is not in priority order or exhaustive and all items are not on the coaches "need immediately" list. If anyone wishes to donate or add items, please contact a board member.

Recreational Singles:

Peinert Zephyr Rec Single \$3,350.00
Peinert Dolphin Rec Single \$3650.00
Pocock Bay Shell 21 Rec Single \$2,950.00

Little River Sprint Rec Single \$2,795.00

MAAS Aero 21 Rec Single \$3,095.00

Vespoli Parts and Tools:

M45 Vespoli Boat Slings \$109.00

RS01A Vespoli Single Action Seat for 8+ \$105.00

RS01A1X Vespoli Single Action Seat 1X \$105.00

RS01 Dual Action Seat \$105.00

FS10.NM Vespoli Shoes (9 to 16) \$55.00/70.00

FS10.VHP Vespoli Shoes (7 to 15) \$70.00/87.00

M21 Pitch Meter \$39.00

M42 Euro Style Pitch Adjuster \$34.00

M08 White Hatch Cover \$7.25

RS04.03 Stainless Steel Axle \$5.00

Misc. Tools:

Small Belt Sander \$100.00

Fine Sanding Orbital Sander \$70.00

Cordless Drill \$190.00

Cordless Circular Saw \$200.00

Hammer Drill \$250.00

CLEANING THE BOATHOUSE

Thank You! Thank You! Thank You! to all who participated in the First Annual Boathouse Cleanup. The place looks great and is certainly ready for the Regatta season. For those who could not attend, we removed all the boats, cleaned hulls, inspected and cleaned interiors, and noted any repairs required. While this as being done, a crew swept and power washed the bays. Many old accumulated items were discarded. A special thanks to Liz and Bob Rowe for the use of their power washer. Another crew cleaned the bathrooms and the workout area. We had a great turnout of the SLRC family. Junior Rowers, Booster Parents and Masters all lent a hand. Again many thanks and enjoy the clean space and equipment.

KEEPING THE BOATS AND BOATHOUSE CLEAN

Now that we have a really clean boathouse, keeping it that way is a lot easier. Please make every effort to go to slings after using a boat. This will allow you to clean it and inspect for damage. Whenever you see a bottle of

water that seems to be abandoned, please **THROW IT AWAY**. Whenever you see clothing that seems to be similarly lying around, put it in the lost and found. If you make a noticeable mess (muddy shoes in the bathroom), clean it up before you leave. It may be a week or two before a regular cleanup crew can get to it. By that time it has become a bigger mess and has aggravated more than a few folks. Yes, I know I sound like your Mom, but so be it.

USING THE LOG BOOK

Yes, we have a REAL book to log use and repairs needed. It is located on a white table near the door from the workout room and the boat bays, just next to the first boat bay door. Visit the book and log when you use a boat. Cox's should be logging the use for their team boats. It is very important as this is a safety issue as well as an insurance requirement.

FAIR ST. LOUIS VP PARADE

We will be walking in the Fair St. Louis VP Parade July 4th weekend. We'll have the boats and plenty of fun. Please make plans to join the team and show our colors to the great crowd that will be there to watch the parade. More details will follow.

Rein Zeidler



Treasurer's Report

Thanks to everyone who responded to my request for early dues payments. With your help we were able to keep our heads above the financial waters during the first quarter of 2006. If you haven't paid your dues yet, please do so soon or your name will be removed from the club roster.

Scott Allison

Booster News

The racing season is upon us. If you have volunteered to chaperone check the web site under Boosters. You will find

an outline of chaperone duties. You may want to take one with you.

Besides the racing schedule, Spring brings our annual banquet. It is set for May 26. Besides honoring the teams, individual awards will be given. We also sponsor a silent auction with all proceeds going to the Boathouse Fund. Please plan to attend and help us recognize the coaches and rowers.

Parent involvement at the boathouse cleanup was terrific. Thanks to all. We also have a good bit of help for the Junior Sprints which brings me to the board itself. Most of our Booster Board leaves at the end of the season. We will need replacements in almost every position. Please think about getting involved. The program is on the upswing thanks to Coach Tim's recruiting, so the work of the boosters is crucial to the Juniors' success.

The Booster Board positions and their descriptions are posted in the handbook. I would be more than happy to answer questions about our duties. Like all club members, the parents are a good group to know and work with.

See you on the water!

Kevin Curran

Booster President

Summer Learn-to-Row

As always, the club will be conducting Learn to Row classes in June, July and August. If you have friends, co-workers, etc. who are interested in learning to row, please have them visit the club website for information on this year's schedule and a registration form.

Of course, we'll need volunteers to conduct the classes. If you're interested, please get in touch with Scott Allison.

Scott Allison



Learn to Row Community Workshops

As you may have remembered, SLRC has a commitment to the community to share our love of rowing. Three days each summer we offer two, three-hour clinics to the community. These clinics depend on club members volunteering for jobs like "experienced rower", "launch driver", and "coxswain". Please try to be a part of this wonderful experience by signing up. The first community LTR is April 29th. Classes will be from 12 – 3 pm and 3 – 6 pm. Cameron will be the coach. Don't forget to tell all your friends to sign up!

2006 Annual Meeting

The Club's annual meeting was held January 21, 2006 at the beautiful home of John Mason. The club's officers were elected as follows:

President: Chuck Schagrin
Vice President: Margie Frievoegel (for Cathy Chamberlin)
Treasurer: Scott Allison
Recording Secretary: Barb Seely
Publicity/Communications Secretary: Dalene Hopkins (for Kelly Vogel)
Captain: Rein Zeidler
Lieutenant: Rob Smith

Terry Fiehl reported to the club that US Rowing officials were needed. There is training required. If interested, contact Chuck Schagrin for information left by Terry.

The club voted unanimously to increase the SLRC dues in 2006 to cover various costs.

Single Membership: \$500/year
Family Membership: \$750/year

The meeting was adjourned.
Thank you, John, for letting us use your house for the meeting.

St. Louis Indoor Rowing Championships

SLRC and Washington University hosted the annual St. Louis Indoor Rowing Championships on Saturday, February 4th at the Washington University Athletic Complex. The event was chaired by John Mason and was the largest tournament in the history of the event.

Competitors from the following universities, high schools or clubs attended Washington University, St. Louis University, University of Missouri-Columbia, St. Louis Rowing Club, Kansas City Rowing Club, Milwaukee Rowing Club, Trinity High School (Louisville, KY).

Needless to say, SLRC did awesome, medalling in nearly every event. The Gold and Silver were taken in the following events: Junior Novice Girls, Junior Open Girls, Junior Lightweight Girls, Junior Novice Boys, Master Women (50-59), and Master Men (50-59).

Gold Medals were taken by Junior Open Boys, Collegiate Lightweight Women, and Master Men (40-49).

Silver Medals were won in Junior Lightweight Boys, Collegiate Open Men, Master Women (30-39), and Coxswain Women (500 meters). Names and times can be found on Row2K.com.

Thanks to all that participated or came to support and cheer on our indoor rowers. Thanks to John and Cameron for organizing the event.

Dalene Hopkins



Chicago Indoor Rowing Championships

The Juniors went to Chicago on February 11th to compete in the annual Chicago Indoor Rowing Championships – they did QUITE well!
Congratulations to them and their

coaches for their hard work. They made SLRC shine!

Junior Novice Women

1st – Jenny Teibrock
2nd – Libby Jongeward
3rd – Amy Gatenbet

Junior Novice Men

1st – Paul Begemann

Junior Women

1st – Kirsten Campbell (best female time!)

Junior Lightweight Women

2nd – Megan Wolferding
3rd – Izzy de Laperouse

Coxswain Women

1st – Bridgid Cody

Excellent job!! For more SLRC results and times, go to www.chicagoindoorrowing.com

Dalene Hopkins



Annual SLRC Ergathon

Masters, Intermediates, Juniors, and Parents,

WOW! You guys are the best! The Ergathon was a smashing success bringing in a total of \$12,604.00 in pledges. The Masters and Intermediates raised \$7,745.00, the Varsity Juniors raised \$1,438, and the Novice Juniors raised \$3,421.00. The Novice win entitled them to throw coaches Brandon Harris and Tim Franck into the lake. They are still trying to get warm. Dusty Weddle won the gift certificate prize for the Junior raising the most money. Dusty raised \$1000. Way to go, everyone!!!

Barb Seely
Ergathon Chair

Thank you Barb for your hard work chairing the ergathon! If anyone still has money collected from the ergathon, please get it to Barb or Scott.

To see pictures of the ergathon and the coaches being thrown in the water, go to <http://uding.smugmug.com/gallery/1230618>. These are great pics taken by Masters Rower Charles Uding and can be ordered for \$.19 each. Also, don't miss the pictures of Cameron sweating out his 10,000 meters after SLRC President Chuck Schagrin gathered up \$500 in pledges from the masters. (sweet justice)
You can also see pics Charles has taken at other regattas and order them.

Dalene Hopkins



Crash-B Sprints World Indoor Rowing Championship

Congratulations to John Mason who went to the Crash-B Sprints, an event sponsored by Concept 2. It is THE EVENT in indoor rowing, and people come from all over the world to compete. John erged in the Senior Men (40-49, Heavyweight) division and placed 22nd (6:38.10) out of 76 die-hard rowers. Way to go, John, and thanks for representing SLRC. For more information, go to <http://www.crash-b.org>

Dalene Hopkins

Junior Banquet

The annual Junior Awards Banquet and Silent Auction will be Friday, May 26th. Parents, rowers, friends, and SLRC members are invited to participate in the ceremony for our Junior rowers who practice six days per week all school year. They competed in six regattas and two erg competitions during the past school year.

The silent auction is from 6:30 – 7 pm. Auction donations are needed and all proceeds go to help retire the boathouse debt – EVERYONE benefits!

For questions, contact Nina Davis @ 314.725.4577 or ncdavis@artsci.wustl.edu.

Gateway Regatta almost here

On June 24th, SLRC will host the annual Gateway Regatta – that's 12 weeks away – and everyone seems to be working hard to make SLRC shine (with medals, of course). Chuck Schagrin and Nancy Hazelwood have offered to co-chair the event.

Our T-shirts this year will have sponsors on the back, so if you know anyone or a business that wants some cheap advertising, tell them about our regatta. The logo advertisements are only \$100 each and will be worn by athletes across the Midwest. Now how can you say “no” to that??

Dalene Hopkins

FISA World Masters Regatta

The Club's Masters will have a once-in-a-lifetime opportunity to compete against Masters from all around the planet when the FISA World Masters Regatta takes place on Lake Mercer near Princeton, NJ September 7 - 10, 2006. The '05 regatta in Strathclyde in the UK attracted 2,800 rowers from 30 countries.. Think how it would feel to win a world championship medal. Now's the time to start preparing!

SLRC Upcoming Events

You may want to add these dates to your calendar or use them as a quick reference (Some dates are still undecided or not published on row2k):

April 2006

8th – St. Louis Sprints
13th – Master's Meeting 6pm
19th – WeCanRow begins
29th – LTR Community Workshop

May 2006

LTR Community Workshop

26th – Junior Banquet
20 – 21st – Junior Nationals

June 2006

Summer LTR
LTR Community Workshop
9 – 11th Lake Closed
24th Gateway Regatta

July 2006

Summer LTR
8th – Grand Regatta, Grand Rapids, MI
15th – St. Catharine's Invite, ONT (Jrs)
21 – 22nd Lake Closed
Chicago Sprints
VP Parade

August 2006

Summer LTR
10 – 13th Masters' Nationals (Seattle)
Masters' Regionals (Indianapolis)
17 – 20th – Lake Closed

September 2006

7 – 10th – FISA World Masters Regatta (Mercer Lake NJ)

October 2006

29th – Daylight Savings Ends

November 2006

'Hooch

December 2006

Marathon Relay

If you know of anything else that needs to go on this calendar, email me at ddhopkins37@yahoo.com

Thanks,

Dalene Hopkins



Masters Meeting

Dear Masters,

Spring is back (who could miss the wind) and time to be back on the water in earnest. With the longer days, it is a great opportunity to get together and review summer rowing plans. In order to enhance everyone's rowing

experience, the following information will be useful.

There will be a meeting on Thursday, April 13th at 6:00 pm at the boathouse. The purpose of the meeting is to explore options for practices, to discuss regatta destinations, and to focus on making the masters a great success.

1. Practices will start promptly at 6:00 pm on Tuesday and Thursday evenings. In order to maximize the time on the water, the masters will set their own lineups, get the equipment out, launch, and start their warm up down to the cove. If Tim's junior practice runs late, Time will pick up the boats during the warm up.

2. On Saturdays and Sundays, practice will start at 8:00 am. Tim will be coaching these practices as well. In the event Tim is away on a regatta or unable to work a practice, he will post the workouts in advance of the practice.

3. Tim is organizing a coxing clinic open to all rowers. Since everyone will be coxing, everyone should attend. The more each of us knows about coxing, the more effective and comfortable each of us will be when it's our turn to cox. Tiffany Such, one of our well experienced coxes, will present the seminar. The clinic will highlight how to get around the lake, benchmarks for a work out, and how to meet Tim's coxing expectations.

4. Time will set workouts that will be focused with specific goals. The practices will build on the strengthening and conditioning that everyone has achieved through the winter training season and will build toward the racing season that will shortly be upon us. Again, if Tim's obligations with the Juniors prevent him from leading a practice, he will post the workout. If your level of rowing fitness is more at the "pre-season" level that you would like, don't let that keep you away – it is 12 weeks until the Gateway Regatta!

See you all on the 13th and see you all on the water. I am looking forward to a great year of rowing in 2006

Chuck Schagrin

Publicity Report

Publicity is a new job tacked onto the Communications Officer job of which I have been elected for 2006. I've been very busy trying to find ways to let the people know there is a state-of-the-art boathouse and a couple hundred rowers racing around Creve Coeur Lake. Thank you to all who have given me ideas and suggestions to let SLRC be known to St. Louis – some of these have turned out better than expected!

Amy Bertrand from St. Louis Post Dispatch will be spending some time at the boathouse interviewing key people and watching practices and will write an article in the Monday Health & Fitness section of the paper. Look for it around Gateway Regatta time.

We bought a "Club Ad" in SwimBikeRun Publication and Matt Cazales (publisher) was so interested in us that he put a blurb about our club and pictures on his daily website. He'll be at the boathouse to actually learn to row and will be writing a very large article about rowing and SLRC. Please welcome him. He has been very good to our club.

Our calendar has been sent to the Post Dispatch and St. Louis County Parks. Whether or not they chose to publish our information is up to them.

Again, thank you for your help and ideas and don't hesitate to contact me about a lead!

Dalene Hopkins
dlhopkins37@yahoo.com

Clothing Orders

An order form for various items of SLRC gear is now available on club website, www.slrc.net.

You may also go to JL Racing's website, get the phone number and call. It's a great company and they're more than willing to help any way they can.

Diane Wolferding of the Boosters is handling clothing orders. If you need more information, you can contact Diane at woofthree@aol.com.

SLRC Coaches

Tim Franck: Head Coach
Brendan Mackinnon-Patterson: Juniors
Brandon Harris: Juniors
Jeff Hoffman: Juniors
Steve Giddings: Sculling
Scott Allison: Intermediates & SLU

SLRC Executive Committee

President: Chuck Schagrin
Vice-President: Margie Frievoegel
Treasurer: Scott Allison
Secretary: Barb Sedy
Communications Secretary: Darlene Hopkins
Captain: Rein Zeidler
Lieutenant: Rob Smith
Boosters President: Kevin Curran



SLRC Website

Much of what you want to know about the St. Louis Rowing Club is on the website at www.slrc.net. Visit frequently for news about the club, updates on the rowing calendar, etc. Send information for the web site plus your suggestions for improving it to Scott Allison who maintains the site.

Head Coach's Contact Info

Tim Franck can be reached by email at the address: TimSLRC@hotmail.com. His cell phone number is (314) 489 2017.

SLRC Phone Numbers

The phone number at the boathouse is (314) 878-7980. This number is not equipped with voice mail. If you need to reach a coach during practice or make a last minute schedule change with a rowing partner, try the boathouse number.

The "official" club phone number remains 314 434 8299