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*The Newsletter of
The St. Louis Rowing Club
Winter 2006/2007*

The St. Louis Rowing Club News



Head Coach's Report

The Spring/Summer equipment policy is shown below. The main reason for this policy is to provide a big incentive for all of our crews to come to practice more often and practice together on a regular basis. Practicing together is the MOST important element in building a competitive/fast crew. And practicing together regularly is the only way a crew will have a chance of reaching its potential. A crew that practices together only 2 or 3 times a week will be a lot faster in one of our older boats than they would be having rarely practiced together and racing in our newest shell. Newer boats are stiffer and harder to set up. Sometimes, our existing equipment may "fit" a group that regularly practices better than the newest shell. And, there is nothing wrong with many of our existing boats. Finally, it all comes down to practice, technique, and attendance. If the newest shell was the miracle to success, we would all be there without having to work rally –and what would be the fun in that? But equipment is only part of the success story. Certainly, for crews that haven't practiced together and gotten a

chance to "gel", the choice of equipment can be critical.

Equipment Policy – Spring/Summer 2007

At their coach's discretion, the following boats and oars can potentially be used by the squads listed.

BOATS:

Any New Fours: Varsity Juniors, Masters

Pocock: Varsity Juniors, Masters

Iqbal: Varsity Juniors, Masters

Allison: Varsity Juniors, Masters

Note: In order to be eligible to practice/race in these boats, the likely line-ups for the squad's next race must attend at least 50% of their respective practices.

Heilman: Varsity Juniors, Masters, SLU Varsity

Power: Juniors, Masters, SLU, Intermediates

Lammert: Juniors, Masters, SLU, Intermediates

Schmaltz: Juniors, Masters, SLU, Intermediates

Smallidge: Juniors, Masters, SLU, Intermediates, LTR

Staley: Juniors, Masters, SLU, Intermediates, LTR

Limits: Juniors, Masters, SLU Varsity, Intermediates

Jessup: Juniors, Masters, SLU Varsity, Intermediates

Poona: Juniors, Masters, SLU, Intermediates

Dan: Juniors, Masters, SLU, Intermediates, LTR

Red 2x: Varsity Juniors, Masters

Blue 2x: Varsity Juniors, Masters

Hudson: Varsity Juniors, Masters,

SLU Varsity

Quad: Varsity Juniors, Masters, SLU Varsity

All other SLRC boats are available to any SLRC member and LTR at coach's discretion.

OARS:

Non-taped, Single Whites, and Double Whites, any new oars:

Varsity Juniors, Masters

Blue tape, Green and White tape: Juniors, Masters, SLU Varsity

All other oars are open to any SLRC members and LTR at coach's discretion.

*Timothy Franck
Head Coach*

President's Report

Club Members,

The Club Board and generous members work very hard to provide equipment for the Club.

Please let me review for the membership and make perfectly clear the expectations for boat use.

1. All boats must be signed out/in in the log book (located just inside the boat storage area). Any problems encountered with a boat during a practice must also be noted in the log.
2. The following doubles are all available for rowing at any time (but again, must

be signed out) . . . the Hudson, Patterson/Rouse, Dilg, and Emerson. On the double storage rack is a list of the boats and their size (lightweight, mid-weight, etc.)

3. The Ron Suermann and Kathy G. are to be used only with the permission of Steve Giddings or Cameron Carter (who is running the morning sculling program. Let me repeat, these boats are to be used only with Steve or Cameron's permission. And, the rowers need to sign the boats out/in in the log book.

The boats available for general use are fine boats. For work outs and even racing, they provide excellent hulls.

The Hudson and Patterson/Rouse can be rigged as doubles or pairs, providing even more flexibility. The Ron Suermann and Kathy G. are for racing, for rowers who have reached a particular skill level, and are not for everyday, knock-around use.

I know that I can count on the club membership for respect for equipment and the cooperation with implementing this policy. If any rower has a question about this policy and how it may impact him/her, please pick up the phone and contact me (314 504 4322)

Chuck Schagrin
President

Club Membership,

The Head of the Hooch this last November, was an excellent conclusion to a very successful year. For the fourth time in five years the club won the Club Team Trophy, with 433 points vs 274 for our nearest rival, the Atlanta Rowing Club

I want to congratulate everyone that made the trip to Chattanooga. At the regatta, SLRC accomplished a nice haul of medals. The Juniors won 3 gold, 1 silver and two bronze medals.

The Masters won 1 gold, 1 silver, and 1 bronze. Open rowers won not only 1 gold, but also a trophy for the Championship 2x In addition, there were any number of additional finishes just behind bronze that contributed team points.

So, thanks to the coaching staff (Tim Franck, Jeff Hoffmann, Elizabeth Heymann, Jacob Gerber, and Scott Allison) who got everyone in shape and rowing at their greatest cottontail.

And, again, congratulations to everyone.

Chuck Schagrin
"El Presidente"

Club members,

There is an old rowing mantra that goes "Neither rain nor ice shall keep a Club from a great annual meeting".

And the annual meeting January 13th was no exception. While the ice and rain and the lack of electricity at the Masons' home added to the challenges, Steve Giddings was kind enough to host the meeting at the last minute. And a very successful meeting it was.

For those unable to attend, I want to take this opportunity to keep the members current on club matters and issues.

With regard to the calendar for the next few months, the following events are scheduled.

April brings the annual St. Louis Sprints Regatta for our juniors. This event attracts excellent competition from the mid-west region. All of the masters are urged to volunteer for the regatta (and all of the Boosters, in turn, are urged to volunteer for Gateway Regatta). The Boosters will chair this event.

Finally, the Gateway Regatta is scheduled for June 23. Barb Seeley and Margie Freivogel are co-chairmen. Everyone is urged to participate and volunteer for the race. As the time gets closer, Barb and

Margie will solicit members to head up various committees.

As part of our lease obligation to St. Louis County Parks, the Club is obligated to present 3 weekend "Learn To Row" programs to provide a broad overview of the sport to the St. Louis community. As these weekends approach, the Club will need volunteers (launch drivers, rowers, assistants, etc.) to help make these programs a success. Not only will this help the Club meet its responsibilities, but will also be a source of new members.

Tim Franck reviewed the successes of the past year. In addition, he discussed the up coming spring/summer season and his expectation for even greater success with races and recreational rowing (both for the masters and juniors).

Linda Greensfelder made a presentation on the "We Can Row" program, which is entering its third year. This is part of the Club's effort to bring the sport of rowing to as large an audience as possible. Focusing on cancer survivors, We Can Row has been a great success.

Another opportunity for rowers, spouses, friends, etc. is to become a U. S. Rowing Official. Every U.S. Rowing sanctioned regatta needs these dedicated people to make the regattas official. While becoming an official takes a bit of training, the opportunity to meet interesting folks, travel, and help the sport of rowing is tremendous. Please contact either Terry Friel or me for further information.

Darlene Hopkins has garnered great publicity for the Club over the past year. If anyone has any additional ideas, media connections, or other suggestions for publicity, please contact her.

The nominating committee did not receive any nominations for Board positions prior to the meeting. At the meeting, there were no nominations from the members attending. All of the current Board members were

willing to serve an additional year, and were re-elected. (Just think, another year of my notes!).

Finally, there are two important items.

One, the Club is in a very tight financial position. Our budget is pared to the absolute minimum. There are no excess funds. However, because of the boathouse fundraising, the decision was made to keep the dues at the same level as last year. So, please pay your dues (either all now or divide the payment into two portions).

At the same time, the Club is aware of the need to address our equipment issues. So, as the year progresses, the focus of fundraising will be on equipment needs. Parts of our source of funds are new members. So, if you have a friend that may be interested in rowing, please encourage them to take our Learn to Row program. Tim will be starting a winter Learn To Row shortly, and the summer programs will begin in June.

Second, and perhaps the most important item of all, is the boathouse campaign. **THE NOTE IS PAID. THE BOATHOUSE IS OURS. THE FINAL PAYMENT HAS BEEN MADE TO WASHINGTON UNIVERSITY.**

This is an amazing high point for the Club. It is extraordinary to realize how the Club has grown from a chain-link enclosed pen on the beach side of the lake to a wonderful boathouse. I want to thank Linda Greensfelder for all of the work, dedication, and enthusiasm that she brought to the effort. And I want to thank all of the Club members for all of their work wrapping, soliciting, erging, telephoning, tupperwaring, begging and pleading. And, finally, I want to thank all of the Club members, parents, rowers and supporters for opening their wallets and checkbooks, for standing up, and giving, giving, and giving. This is a tremendous accomplishment for the Club.

So, onward to what will be an excellent year.

*Best wishes,
Chuck Schagrin and the Board*



Steve's Sculling

Dear Scullers and those wishing to be one:

Don't give up hope. Weather permitting, we will take back the water. The tentative start date will be Saturday, March 10 and Sunday, March 11. An added bonus, daylight savings starts that weekend.

In the interim, erg as much as you can. Compete in the erg race. Follow Tim's work outs. If you can erg more often than 4 times per week, do it. Add Long-Slow Distance work outs. These should be 13-18 seconds per 500 meters slower than your best 20 minute pace, or at 60-70 % of your heart rate reserve.

Calculate your HRR as follows:

Maximal Heart Rate - Resting Heart Rate

Example:

If the target hr = 60% -70% and

Resting HR = 50

Max HR = 150

$HRR = 150 - 50 = 100$

Target heart rate: $0.6-0.7 \times HRR +$
Resting Heart Rate or 60 to 70 + 50
or 110 - 120.

These work outs should be a minimum of 40 minutes - non stop. Once you establish your pace, hold it there, even if your heart rate drifts upward out of the zone during the body of the piece. This will happen due to fatigue and volume loss through perspiration and expired air. Do maintain hydration. Remember that in the winter, when the air is

cold, and heated air is dry, you respiratory fluid loss can be substantial, even in the absence of copious perspiration.

Add pause drills into your work out. Vary stroke rate, do Tetis or fartlek. The variations make time pass more quickly.

As you erg, focus on technique. Keep your head up. Keep your back straight. Get your catch angle from the hips. Work on increasing your stroke length by bringing the seat of the erg up underneath you at the catch. Focus on pulling into the chest at the finish. Let your shoulder stretch forward at the catch and squeeze your shoulder blades together at the finish. Keep your feet flat on the foot stretcher to the greatest degree possible, push your heels down immediately after the catch and hang on the handle. Then swing all the way through to the finish. Relax.

I would like scullers who have significant sculling experience, including everyone who was in my groups last year to come on Saturday morning if at all possible. I will spend about 30 minutes reviewing the basics of the rowing stroke, with particular emphasis on how to set a stable platform. We will then get out on the water and spend about 1 hour working on the finish, and setting the foundation for maintaining a stable platform all the way through the recovery to the catch. We will be doing several drills to focus your attention, nothing terribly difficult, but bring a set of dry clothes just in case. Just like skiing, if you don't fall over at least every once in a while you are not pushing your limits.

I would like all of the newbies on Sunday. We will spend an hour in introduction, do some video review and then go for a short paddle in some reasonably stable boats. It will take some time to learn how to get the boats to and from the water, get them rigged, make sure the oars are in correctly, how to get in and out of

the boat, how to get on and off the dock, etc.

Note to all:

1. This year classes will begin promptly at the time specified. If it takes you 30 minutes to get a tub rigged and ready to go, come early enough to get the tub ready by the appointed hour. We will not be waiting for you (be forewarned). This leads to:

2. When we go out as a group, stay together. If you don't get on the water at the appointed time you are not staying with the group. I am not going to chase people all over the lake. The point of these classes is not to demonstrate how much faster you are than everybody else. If you do not stick with the group, you will not be coached. If you are pulling ahead, slow your rate and work on controlling the recovery. If you are falling behind, pick up the rate. If we are doing pauses, pause on every third stroke rather than every second. If you are pulling ahead during pause drills, pause on every stroke.

If you make this a habit and there is an equipment shortage (which I anticipate) you will be asked not to take precious equipment away from others who will stick to the program. In future weeks, you will be asked to go out at another time until you can demonstrate your ability to stick with the group.

This year we will be adding a bit of harder work to complement our technical focus.

Steve Giddings



Treasurer's Report

Many thanks to the Masters, Intermediates and Juniors who have send in their dues checks in response to the invoices which you have all received. Your dues provide the lion's share of the money that we

count on to operate the club. So it's crucial to the club's existence that they are made on a timely basis. If you haven't mailed your dues check yet, please do so asap. If you've decided not to row with the club in '07 please let me know (swallison@alum.mit.edu) so that I can keep our roster up to date.

Scott Allison
Treasurer

Lake Closures

As always, the lake will be closed several times this summer for special events. The closures will occur on the following dates:

6/1-3--Dragon Boat races

6/8-11--Power boat races

7/27-28--Handicapped water skiing (tentative date)

8/2-6--Power boat races

Scott Allison

Summer Learn To Row

Under the guidance of Tim Franck, with able assistance from Liz Deighton and Barb Seely, sixteen new rowers are participating in a Winter Learn to Row class. That's the biggest Winter LTR group we've ever had. We welcome the class members to the sport of rowing and to the SLRC.

Plans for the Summer LTR program have been set. In addition to the usual June, July and August sessions, we plan to offer a 4th class in September/October. Details are available found on www.slrc.net. As always, we'll be looking for volunteers to help teach these classes. Please give some of your time to introduce new folks to our sport. It will make you a better rower!

In the past two years we've decided at the last minute to add a Fall session and then failed to get enough people to sign up. We might be more successful in getting participants if we advertised a Fall session from the get-go. What do you think?

Scott Allison



Indoor Rowing Championships

John Mason and Cameron Carter once again did a great job of organizing and running the St. Louis Indoor Rowing Championship.

Hosted by Washington University and St. Louis Rowing Club.

Competitors from the following clubs or colleges: St. Louis Rowing Club, Louisville Rowing Club, Kansas City Rowing Club, Washington University, St. Louis University, University of Missouri-Columbia, University of Illinois, Southern Illinois University.

Results can be found at

http://www.slrc.net/events/2007_SLIRC_RESULTS.htm

BIG THANKS to John and Cameron!



Erg-a-thon

We did it! The Erg-a-thon raised \$20,000! Thanks so much for your hard work collecting pledges - and rowing 10,000 meters. I am really proud to be part of such a great group of people.

Please collect your pledges and turn the money in to me by March 11th. I should be at most practices until then. Checks should be made out to SLRC. If you want to mail checks to me, my address is 12525 Weber Hill Rd., St. Louis, MO 63127.

Thanks again for your generosity of spirit and wallet.

Barb



Trivia Night

For those of you who overlooked the bombardment of emails early this

year, the SLRC hosted its "First-Ever Trivia Night" on Saturday, February 24. We had a maximum capacity of 200 people (25 crews of 8), and we sold 24 of those 25 boats! WOW!!!! Even more amazing, less than 30% of those seats were occupied by SLRC members. You did a FABULOUS job of recruiting your non-rowing friends to support this event, and we raised over \$3500 towards new equipment. To recap the evening –

Easiest Round: Not surprisingly, Loose Change (the visual hand-out). Of the oral categories, a tie between Pairs, Fours, Eights (and Triples?) and All Around Town.

Hardest Round: A tie between Rainbow Connection and Olympic Moments.

Easiest Question: There were 13 questions answered correctly by all crews; it would take too much space to write them out.

Hardest Question: A tie between "New discipline added for 2008 Summer Games in Beijing?" and "When did the Panama Canal Open?"

Most Mulligan-ed Round: Rainbow Connection

Most Mulligan-ed Question: Coulrophobia

Worst Abuse of Mulligans: Crew 1, using THREE in one round (completely against the rules!)

Scoring Errors by Tim & Bill: None (not even with food bribes from Crew 2 and Crew 18)

Q&A Research Errors by Liz: Just one proven to date (1920 Summer Games were held in Antwerp, not Great Britain)

Most Creative Answer: The crew who suggested that the new discipline added for the 2008 Summer Games is "drug testing."

Most Common Wrong Answer: Lake Superior (Deepest lake in US?)

Prettiest Answer Sheets: Crew 2 (Team Spaz) – Great Doodles!

Erg-Off Challenges (against Jeff Hoffman for contested answers, or for extra Mulligans): NONE. (In the follow-up survey, one person encouraged us to "choose someone smaller" for them to challenge next year. I don't think so!)

Equipment abuse: Many crews used their centerpiece oars to engage in mock jousts with neighboring crews. The worst abuse of an oar, though, was by the crew who used their oar to cut a chocolate cake!

Huge thanks to the committee who helped make the evening happen: Susan Casnocha, Chris Dadian, Margie & Bill Freivogel, Kevin Krause, Corey Luke, Rod Uttenhove, Chris Whiteman and, last but not least, Tim Franck, lead scoring judge and extremely cooperative "yes-man" to every task I dumped in his lap. Additional thanks to Charles Uding & Scott Allison, neither officially on the committee, yet each delivered on every request I made of them. Couldn't have pulled it off without you!

Hope to see y'all next year for the Second-Ever SLRC Trivia Night!

Liz Deighton



Rowing Nutrition

Did you know Gatorade is better than all the other sports drinks for endurance athletes? That's what Shannon Hayes, MS, RD, LD, Sports Nutritionist said during her lecture on February 17th. The sugar in Gatorade is from a complex wheat carbohydrate instead of a simple carbohydrate. Drinks made with simple sugar have a tendency to irritate the stomach while drinking Gatorade will settle the stomach and fuel the

energy needed for a longer period of time.

Luckily, competitive rowers get to eat a LOT. Males need 3,000 – 3,500 calories per day and women get to eat 2,300 – 2,800 calories per day. We should eat three meals per day, breakfast being the second largest meal and the largest meal should be the one before the next rowing practice. Carbs need to be 60-70% of our diets. She suggested complex carbs such as bagels and pasta. Fruits and fruit juices tend to upset the stomach because they provide simple sugars. Power Bars should be a "recovery snack" as opposed to a "before snack" and should never be used to replace a meal.

Diets high in protein such as Adkins and the Zone are not for rowers. Large amounts of fats and protein will make you feel sluggish and cause the stomach to feel full and uncomfortable.

Hydration is also a key factor in endurance. Of course the body requires extra fluids for sweating and a mere 2% drop in hydration impairs athletic ability. If you wait until you're thirsty to drink, you will only replace 50-70% of the body's needs. Shannon suggested that during a rowing practice, a large glycine bottle is about the amount of water that should be consumed.

These are just some of the highlights from her lecture. For more information, her e-mail address is hayesnutrition@hotmail.com.

Darlene Hopkins

Schnucks Community Card

The Schnucks eScrip Community Card program is off to a great start! Since its introduction in August, a good number of our members have been using it each month. With a total of 63 people signed up for the program, the potential for earnings is really exciting. If we can increase the

number of people using the card and improve on our consistency of use, our proceeds will continue to grow.

Here is our record of activity and earnings through 11/30/06:

Month	Number of Transactions	Amount Earned for Club
August	11	\$ 7.39
September	89	64.68
October	157	88.42
November	113	68.87

As you can see, it's really important to use your card each time you shop at Schnucks. The fall-off in number of transactions in November suggests people are forgetting to use their cards.

If you've already signed up for a card, please continue to use it each time you shop at Schnucks. If you're a Schnucks customer but haven't registered a card yet, please either pick one up from the basket next to the water fountain in the boathouse or at any Schnucks Courtesy Counter.

Remember, now that the boathouse is paid for, all of the money earned from this program will go toward new equipment.

Questions? Contact Linda Greensfelder at lgreensfelder@charter.net



Lieutenant's Report

Dock

We are back on the water! Hey, where's the dock? Work on the dock was delayed due to the cold weather. We are in the process of finishing up some of the smaller parts and will soon be ready to move the big sections out of the boathouse to finish them up. After planks and foam are replaced and the dock-ramp connection is finished, we will be ready to float the dock. Be on the lookout for emails asking for

help on these last few steps and for help putting the dock in the water.

Boathouse and Equipment

The boathouse is paid for. Now we need to take care of it. ALL club members need to be mindful of the general condition of the boathouse, erg room, offices, and bathrooms. Please report any repairs needed and PLEASE, PLEASE, clean up after yourselves. You are responsible for the mess you make.

Boats, Oars, and Cox Boxes

Repairs are getting expensive. Please be careful with ALL equipment and report any damage immediately.

Boathouse Cleaning

Scheduled for Saturday, March 31st. Last year we had a great turnout and we all know how nice it was to get everything clean. Be sure to make time for this event.

Charles Uding
Lieutenant

Photo's available at uding.smugmug.com

"Lift with your legs, not your back".



Upcoming Sprint Races

Check the "Upcoming Events" Calendar for races you are interested in and sign up as soon as possible at the boathouse. If you know of other races, let me know.

Thank You,
Darlene Hopkins



Boathouse Cleaning

SPRING/SUMMER BOATHOUSE CLEANING SCHEDULE

The cleaning schedule is posted next to the women's restroom. Please check it and make every attempt to

take part in keeping the boathouse clean.

CLEANING TASKS

1. Bathrooms - Scrub inside of toilets with toilet brush and toilet bowl cleaner. Scrub outside of toilets. Replace toilet paper if needed. Scrub sinks and clean mirrors. Scrub shower walls and floors. Sweep and mop bathroom floors. Empty trash cans into blue trash barrels outside of the Boathouse. Put any discarded clothing in Lost and Found.

2. Erg Room - Neaten up room and throw away any trash. Empty trash cans into blue trash barrels outside of the Boathouse. Put any discarded clothing in Lost and Found. Sweep floor. Mop floor and mats. Wash glass in door to parking lot with glass cleaner inside and out. Wash all parts of drinking fountain with cleaner.

EACH SQUAD IS RESPONSIBLE FOR PERFORMING THESE TASKS SOMETIME DURING THE WEEK AS SCHEDULED .

Barb Seely
Boathouse Cleaning Nazi



A Note To Masters

Masters, Congratulations to everyone who attended the Hooch on your hard racing, medals won, and big contributions towards the team points trophy! We won by a landslide.

Also, the club's strong performance has gotten the attention of some of the rowing media -- row2k.com and Rowing News. So look for mentions of SLRC in those two places...again congrats!

Now we're finishing Winter rowing, and although we'll try to get on the water on the weekend when the weather is accommodating, we'll still be spending some time inside on the ergs. Winter training can be long, boring, and monotonous, but there are a few things that you can do to help keep yourselves motivated.

I'd encourage everyone who is regularly attends Winter practices to keep a log of their scores on each workout. We do a number of workouts over and over throughout the Winter and being able to look at your past scores and see consistent improvement on the erg makes a very big difference.

Try getting a training partner, someone who is close to you in terms of erg scores, etc. to train/race with. Having someone to push you, encourage you, and race with you will also help you to progress faster.

See you at the boathouse!

Tim



WeCanRow 2007

WeCanRow is beginning its third year at SLRC and will welcome its new class of rowers on Wednesday, April 18th. We'll again be meeting for 10 consecutive Wednesdays, 6:00 to 8:00 pm. Specifically designed for breast cancer survivors, this program is offered free to participants thanks to the generous support of Circle of Hope Bracelets.

If you know of anyone who might be interested in participating in WeCanRow, please have her get in touch with one of us. And if you'd like to help with the program, please let us know that, too!

*Linda Greensfelder
Barb Seely*

Clothing Orders

An order form for various items of SLRC gear is now available on club website, www.slrc.net. You may also contact JLRacing on the internet. They are very prompt and easy to deal with.



SLRC Coaches

Tim Franck : Head Coach, Masters, Varsity Girls – Rowed for the Cincinnati Junior Rowing Club and Northeastern University. He coached at CJRC for 5 years and is in his second year as Head Coach for SLRC.

Jeff Hoffman: Varsity Boys, Masters, Recreational Rowers – Rowed for Union College in New York State. Jeff has coached for Washington University and is in his second season of coaching the SLRC Juniors. He also helps coach the Masters.

Elizabeth Heymann: Novice Girls – Rowed for Mendota during high school in Madison, Wisconsin. Rowed for Harvard and graduated in 2006. Elizabeth coached for Cambridge Rindge Latin.

Jacob Gerber: Novice Boys – Rowed for Upper Arlington High School in Columbus, Ohio for 4 years. Jacob is a senior at Washington University.

Steve Giddings: Sculling

Scott Allison: Intermediates & SLU



Upcoming Events

Mark your calendars for the following scheduled items:

March 31 – Boathouse Cleanup

April 7 – Junior Sprints
April 18 – WeCanRow Begins
April 21 – LTR Workshop
April 28 – LTR Workshop

May – Learn to Row
May 5 – LTR Workshop
May 28 – Memorial Day

June – Learn to Row
June 1-3 – Lake Closed
June 6-11 – Lake Closed
June 15 – Junior Banquet
June 23 – Gateway Regatta

July – Learn To Row

July 14-15 – Chicago Sprints
July 21-22 – St. Catherine's Invite
July 27-28 – Lake Closed
July 28-29 – Indianapolis Regionals

August 2-6 – Lake Closed
August 9-12 – Masters' Nationals
November 4 – Daylight Savings Ends

Darlene Hopkins

Publicity Report

Thank you to everyone who helped me show St. Louis that there really is a competitive rowing club out there. Unfortunately, I have pretty much exhausted all of my resources and ideas in one year. So, I need your help in finding places for SLRC publicity. Pop me an e-mail and do the rest.

I think it is VERY important to focus on our Juniors soon. They work incredibly hard and their countless hours of rowing and commitment have paid off in their numerous wins and accomplishments. Three of the Juniors already have scholarship offers and two others may be selected for the National Team. I have a few tricks left up my sleeve and am hoping to have the crew featured in the Sunday Everyday section of the Post. Cross your fingers.

From the Captain

Dock moving and sealing:

Thanks to all who helped remove the dock, clean the sections and seal them. As of this writing only a few more pieces need to be cleaned and sealed. When completed we will need help moving the sections back to the waters edge, replacing the missing deck boards and floatation. When these tasks are completed we can schedule a time to reassemble the dock. Since this is done after the sections are floated we will need a large crew to complete the task. It will be great to have our good stable dock back in operation.

Boathouse cleaning:

As the outdoor season approaches cleaning the boat bays and the boats will again become a priority. We will be posting the date for a general cleaning session but until then please feel free to grab a broom.

Safety since the water is still COLD:

According to the Ohio Department of natural Resources here's how to Survive a Cold-water Accident

IT'S NOT HYPOTHERMIA BUT THE SHOCK REACTION:

When preparing for a boating trip, the easiest but most dangerous thing to overlook is maintaining your body's temperature. Water cooler than the normal body temperature of 98.6 degrees can cause heat loss. Cold water will cool a body 25 times faster than cold air of the same temperature.

Falling into cold water triggers the body's cold water immersion responses, beginning with an uncontrollable gasping reflex. A well-fitted lifejacket will keep the airway out of the water -- which is most important when the gasping reflex begins. Heart rate and blood pressure increase dramatically, increasing the risk for cardiac arrest. The victim may hyperventilate and find it difficult to get air into the lungs. (Since few if any of us use a life jacket this applies to all cold weather Rowing)

Any water less than 59 degrees (The water was 35 degree on March 3rd) will trigger the physical response to cold water, but some studies suggest that the water can be as warm as 68 degrees. The colder the water, the more severe the response. Total immersion in cold water is very painful and the disoriented victim can quickly panic. With these combined reactions, the victim may drown quickly. The best prevention for this danger is to wear a lifejacket.

St. Louis Rowing Club

The colder the water, the greater the risk to the unprepared person. If the water temperature is under 50 degrees, the window of opportunity for rescue is only a few minutes if the involved person is not dressed for the water conditions. Nearly 90% of boating fatalities are due to drowning and nearly half of those are attributed to the effects of immersion in cold water.

Should an immersion occur, try to get out of the water as quickly as possible. Do not try to remove clothing or shoes. Air trapped between layers of clothing will help keep a person afloat and also protect from direct exposure to cold water.

Should you manage to keep your head above water and stay afloat, the following chart provides a general idea of survival times in water of varying temperatures. Factors that may alter these estimates include clothing or protective gear, the individual's health condition, and water conditions.

Survival Time		
Water Temperature	Exhaustion	Death
32.5	Under 15 min.	15 min. or less
32.5-40	15-30 min.	30-90 min.
40-50	30-60 min.	1-3 hrs.
50-60	1-2 hrs.	1-6 hrs.
60-70	2-7 hrs.	2-40 hrs.
70-80	3-12 hrs.	3 hrs.-indefinite

REMEMBER! Don't row without a launch if the water temperature plus the air temperature total is less the 100 degrees.

Thanks
Rein Zeidler

Photo Contest

Rein Zeidler, our Captain has an idea to take your photos public! He is offering a photo contest – winner gets their pic on SLRC postcards and SLRC calendar which will be available for sale and perhaps distributed in tourist areas for sale. Excellent idea, Rein.

Darlene Hopkins
Communications/Publicity Secretary

Also, submit your photo's for the photo/donor recognition wall.

SLRC Executive Committee

President: Chuck Schagrin
Vice-President: Margie Freivogel
Treasurer: Scott Allison
Secretary: Barb Seely
Communications/Publicity Secretary: Darlene Hopkins
Captain: Rein Zeidler
Lieutenant: Charles Uding
Boosters President: Mark Jordan

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.

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

SLRC Website

Much of what you want to know about the 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.

PO Box 411094
St. Louis, MO 63141

TO THE PARENTS OF.....