



Club News

St. Louis Rowing Club

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From the Head Coach by Tim Franck

Congratulations to everyone who competed during this past sprint season. Many of you had a tremendous amount of success, and we left each regatta with a number of medals. It's great to see people so genuinely satisfied with a victory—whether that victory comes in the classic sense of a 1st place performance or in the sense of accomplishment, having set a new personal standard, a new personal best. Use this success as evidence that all of your hard rowing and the changes that you've been making are paying off.

The rowing season is a marathon – continuous and year round for most. We are currently in the midst of seasonal transition (transitioning from sprint racing to head racing). For a lot of us during this time our sense of urgency can seem to fade, making it harder to keep your usual level of focus and intensity in practice. This is why focusing on your recent successes and accomplishments can be so important. The ideal is for everyone to strive to maintain

and hopefully build on that recent standard of success—both personal and team success—when transitioning from one season to the next. Our first head race is less than one month away. Strive to build on your success from the sprint racing and have a lot of fun doing it!

NEW COACHES

I'd like to welcome Miranda Portwine and Andrew Goldstein as the new-

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est members of SLRC's coaching staff. Miranda will coach the Intermediates, and Andrew will coach the Novice Boys. Both rowed for SLRC as juniors. Welcome back!



Head coach Tim Franck at Chicago Sprints. Which face is his "I am proud of you" face, and which is his "how many times have I told (insert your name) to (insert typical technique problem that Tim tends to tell you) face? You decide.

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Is It Checkup Time? by Mark Jordan

Once or twice a year, ever rower should consider getting a "rowing checkup". The following questions could be part of that exam:

- How good is my rowing technique, and what is the status of my endurance?
- What is my long-term goal? Do I want to continue rowing with my current group, or transition into another more rigorous program?
- Finally, if I want to transition to a

new group, what do I need to work on, and what should I target as my transition date?

After answering the question of what is your long-term goal, talk to your current coach for a critique of your rowing technique and endurance. Furthermore, ask for a list of what you need to do to be prepared for your next group. Excellent target dates to enter a new group are April and August. In April, we are all rusty from the winter ice season. Additionally, an August transition gives you

two months to prepare for the first Head Race.

One important thing to remember, none of us were 100% ready to transition into our current group. To some extent, we all grew into our program. Your coach can give you the guidance on when it is right to make your move.

How I Got Hooked On Rowing by Peggy Francis

It all started a year ago as the addiction of my 15-year-old. "Sure, son, you can do this rowing thing, and I'll take you to the lake a couple times a week." A few days later, we were busy figuring out car-pool schedules with people we barely knew so that he could be out on the lake six days a week.

And then the language started. No, not those four-letter-words we parents dread but are prepared to deal with. Rather, these were strange words with no apparent meaning. "Coxswain," "skeg," "weigh enough," "sculler," "stroke," and "erg" – among other exotic terms – entered my son's vocabulary. As if that wasn't enough, his 14-year-old brother also caught the rowing bug. Soon, the language barrier grew exponentially as they and their new-found rowing buddies constantly discussed such things as "catching crabs" and "flying fish," and argued over who is "rushing" and whose "split time" is the best.

It all became too much for me to grasp, despite my extensive education in foreign languages. Worried that my maternal bond with my kids was unraveling, I finally decided that I should attempt to enter the cult and learn its ways. So in February of this year I joined a "Learn to Row" program. Sure, it was fun. Sure, I met some very nice people and formed friendships. And sure, I fairly quickly noticed that I was getting into better shape. But then the word "racing" was mentioned by a coach. What? That's just silly! I'm not competitive! I'm a middle-aged woman with absolutely no athletic

ability!

Yet for some strange reason, I found myself heading back to the boat-house on nearly a daily basis for more workouts and rowing on those weird indoor machines with the strange name.

Then winter passes, the ice thaws, and we're now actually in real boats out on the lake. Man, it's still cold out here! What the heck do the boys see in this? But the magnetism of the people, the beauty of the lake, and the promise of a "good row" keep me coming back.

Fast-forward to Chicago, July 10th. I'm sitting in a boat in the middle of the Lincoln Park Lagoon with four other women waiting for our race to start. Trish, our coach, gives us a wonderful pep talk and assures us that we'll be fine. But how do we get to the starting line, and then what do we do when we get there?! What was I thinking? How did I get into this situation? What if I catch a crab with all of these people watching? What if I totally embarrass myself – and my kids – in front of all of their rowing friends? Okay, way too late to worry about that now! The official yells something, lowers the flag, and we're off and rowing . . . in a blur.

All of a sudden we're at the finish line. I immediately check to make sure all five of us are still in the boat! (We were!) I'm sure it wasn't pretty, and I hope there's no video of us on YouTube. I have no idea if my family was cheering me on or cringing in embarrassment. But wow! What a rush! And despite the fact that we were up against eight other boats (of well-conditioned teenage girls), I was hoping (and we later found out) that we didn't come in dead last! Sixth place out of nine boats wasn't bad for our first race, especially when my fear was that we might not even finish!

With the race over, we slowly row back to the dock, get our boat out of the water, and safely back to home base. We are all laughing, smiling, and talking about (what else?) – "Let's keep working on our technique! And when's the next race?!"



Back row: Coach Trish Milla, Peggy Francis, Lisa Benson, Amy Everhardt. Front row: Alex Bernardin and Shirin Pinto (coxswain)

Booster President by Jeff Jones

When my son played his last game of CYC baseball I was sad. Not because they didn't win the championship, but because I knew it meant a transition to high school and possibly the end of his participation in team sports. I would miss watching him on the diamond and at the plate. I would miss coaching the boys at first base; no matter how many times they were picked off, I enjoyed it. Then came high school and a possible end to team sports but, thanks to his mother, we decided to attend the open house in 2008 and we have never looked back.

Rowing in the high school rowing program at the St. Louis Rowing Club has had a much greater impact than we could ever imagine. What looks like a simple action, rowing the boat along the water, requires discipline, focus and most importantly team work. The effort required of these young men and women to perform in one synchronous motion is inspiring. I watched as this sport has sharpened the focus and shaped the bodies of dozens of young men and women.

As much as I see the high schoolers enjoying the program, we got a wonderful side benefit as well. We gained an athletic social life again. Part of the sadness about the end of little league was the end of the interaction with the parents. Joining the SLRC junior program has introduced us to a much more diverse group of parents from around the entire region. While we don't spend 75 minutes rooting for the baseball teams anymore, the hours we spend at regattas watching boats from teams around the country gives us the opportunity to get to know other parents even more. There is a certain camaraderie to driving for hours to a muddy regatta site and watching your kids race for sometimes as little as 30 seconds. But we do it. Going to regattas offers a chance to get involved by helping with food preparation and chaperoning at the regattas. It's a festival-like atmosphere, and I know I will miss it when it's time to go to college. I say that like I'm going too.

But in the meantime, I invite you to join us at the fall regattas this year if you haven't done so. The head races, as they are called, are an endurance test over 5,000 meters. If you haven't seen one, I think you'll be impressed with how these kids persevere through sometimes extremely adverse conditions. Our regattas this fall are October 10 in Rockford, IL, October 30 in Columbus, OH and November 6 in Chattanooga, TN.

For the parents, I also ask that you consider volunteering with the Boosters. We have an outstanding and committed group of volunteers to help the coaches with the high school program by coordinating the travel and food for the regattas, maintaining rower information and handling registration, and planning events like the fall pot luck, and the Awards banquet.

By the way, I invite all junior parents to join the boosters at the home of Peter and Donna Westervelt on Saturday, October 2 for a get-together. This is an excellent way for the new parents and returning parents to get to know each other. Watch for more information from Pam Cohen in your email boxes.

Off the Bottle by Kathy Carlson

The Executive Committee has asked that we limit our use of recyclable plastic water and sports drink/vitamin water bottles at the boathouse. Our goal was to completely eliminate their use by September 2010.

As our membership continues to grow, clutter from plastic bottles has become an even more difficult problem. Not only do they get left all over the boathouse, but they are being thrown into the recycle bin half-full (or half-empty), making the process of recycling them even more difficult and tedious.

On top of that, the use of plastic bottles has become a critical environmental problem. We want to help protect our environment by joining the increasing nation-wide

trend to ban these bottles.

Let start a new trend ... Tap water is the way to go! Let's make a pledge to stop using bottled water. Why? Simple: it's costly for the consumer and for the environment. Water in bottles can cost \$10 a gallon vs. about a penny for tap water. Bottled water has to travel far and wide to get to us, using up valuable natural resources. It takes as much as 41 billion barrels of oil a year to make, transport and chill all the bottled water we consume in the US annually. Nationally we spend about \$10 billion a year on bottled water. Yikes! That's a lot of money that could be better spent on a lot of causes!

So — why do we buy it? The marketers

have manufactured demand by creating a new perception

— they've convinced us that bottled water is cool, bottled water is safer (not generally true, but please use it in countries where the water is indeed unsafe), bottled water is convenient (really?... park, go into a store, pay, go back to the car versus turn on a tap in your house, filter or not, drink). Go to www.storyofbottledwater.org to watch a short film (a well-done film, we might add) and see if you don't agree!

Thanks for your cooperation and commitment!





St. Louis Rowing Club

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Important Dates

Junior Intro Practice

9/18/2010
12-2pm

Junior Intro Practice

9/25/2010
12-2pm

Head of the Rock

10/10/2010

Blake Haxton

Fall Regatta

10/30/2010

Head of the Hooch

11/06/2010-11/07/2010

We're on the web
Stlouisrowingclub.com

Executive Committee

President

Mark Jordan

Vice President

Tom Lieb

Treasurer

Scott Allison

Recording Secretary

Kathy Carlson

PR/Communications Secretary

Marty Strohmeyer

Captain

Rein Zeidler

Lieutenant

Jay Lyons

Booster President

Jeff Jones

Coaching Staff

Head Coach

Varsity Women/Masters

Tim Franck

Varsity Men

Andrew Black

Novice Men

Andrew Goldstein

Novice Women

Trish Milla

Recreational Masters

Pat Bronder

Intermediates

Miranda Portwine

Competitive Sculling

Steve Giddings

Beginning Sculling

Michael Pera

vol·un·teer·ism (vŏl'ən-tîr'iz'əm)

n. Use of or reliance on volunteers, especially to perform social or educational work in communities.

Volunteerism may be defined as contributing one's time or talents for charitable, educational, social, political, or other [worth-while](#) purposes, usually in one's community, freely and without regard for compensation. Since the seventeenth century, Americans have shaped their nation by their voluntary efforts: providing services, organizing political action, caring for the poor, reaching out to the disadvantaged, providing education, ensuring equality and civil rights for all citizens, and working for change.

To Our Volunteers

credit to author Lisa Ellinwood

V is for the Very special people that you are

O is for the Overwhelming support & compassion you offer others during their time of need

L is for the Little things you do that make such a difference

U is for the Unspoken words that sometimes mean just as much

N is for the Need you fill when others aren't able

T is for the Time you give of yourselves on top of your own busy schedules

E is for the Emotional support you continually give

E is also for the Endless energy you all seem to possess

R is for the Responsibility you have taken on & never once complained

S is for the Smiles you bring to all of us!

Thank you volunteers, we can't do it without you.