

# St. Louis Rowing Club



## It Was a Very Hot and Exciting Summer for SLRC!

### The summer started with...

...Youth Nationals! Fourteen of our Juniors competed, and the highlight of the regatta was the second place finish by the Boys 4+ -- **SLRC's highest finish ever at this regatta!** Our Girls' 4+ finished 15<sup>th</sup> and our Boys' 4x completed the competition in 16<sup>th</sup> place. Congratulations to all of our juniors who qualified and raced at junior rowing's highest level!

Nearly 100 SLRC Adults and Juniors competed at the Chicago Sprints on July 9-10. Once again, our team produced some stellar results, winning 8 events and placing second in 7 others.

Jon Young (quad) and Kaess Smit (straight four) represented the US Junior National Team at the World Rowing Junior Championships in Eton, Great Britain, August 3-7, **racing on the same course that will be used for the 2012 London Olympics.**

Continued next page.....

### Upcoming Events

8/27/11	Varsity Practice begins
9/17/11	Jr Novice Practice
9/24/11	Jr Novice Practice
10/09/11	Head of the Rock
10/29/11	Blake Haxton Fall Invitational
11/05/11	Head of the Hooch
11/??/11	Marathon Regatta



SLRC is looking for New High School Rowers and Coxswains

Join Our Nationally Competitive Team!

## It Was a Very Hot and Exciting Summer for SLRC!

Jon, a Ladue graduate who will be rowing for the Harvard lightweights next year, finished 10<sup>th</sup> in the 4x. Kaess rowed for SLRC for 3 years before his family moved to Philadelphia. He finished 12<sup>th</sup> in the 4- and will be rowing at Stanford in the fall.

Twenty-two of our Masters competed at the USRowing Masters National Championships in Oklahoma City, August 11-14. **This was the first time many of these rowers have competed at Masters Nationals and everyone truly enjoyed the experience.** Chuck Cook continued his Nationals success, winning the Hwt G 2x, placing second in the Ltwt G 1x and the Mixed G 2x with Nancy Hazelwood, and third in the Hwt G 1x. Our Men's D 4+ (Tom Lieb, Stu Sharp, Dean Hooks, Marty Strohmeyer, with the fantastic coxswain Abby Lane) placed second, and Brad Gutting earned the bronze in the AA 1x. Congratulations to all!

Finally, I want to **welcome all of our latest Learn-to-Row participants.** This has been a particularly hot summer to start rowing, but hopefully you have all enjoyed the experience and plan to continue with Miranda on the Intermediates squad. A special thank you to Tom Lieb and Cori Austin who did a terrific job leading the classes!

Tim Franck, Head Coach



**Youth National Medalists!**



## Class of 2011



*Bottom Row, L-R: Casey Phillip, Diana Kwon (Fordham U, coxing), Caitlin Ferris (U. of Dayton, rowing), Sarah Lasini (U. of Kansas, coxing)*  
*Middle Row: Jim Molloy (Vanderbilt), Jen Mach (George Mason, rowing), Emily Purvines (Brigham Young U), Rebecca Meier (Macalester College, rowing), Amanda Ames (Univ. of Tulsa, rowing), Alyssa Drevenak (Univ. of Alabama, rowing), Anna Olson (Brown, rowing)*  
*Top Row: Austin Vondras (Hobart and Smith, rowing), Shane Smith, Geoff Wright (US Army), Khurram Naveed (SLCC), Jack Welsh (Yale, rowing)*  
*Not Pictured: Jon Young (Harvard, rowing); Alex Kiehl (Univ. of Missouri)*



# Ask Rogue Rower!

Ever had a question you just weren't comfortable asking your fellow rowers? We have the perfect solution. Introducing "Ask Rogue Rower!"

Go ahead, don't be shy, ask anything.  
Send your questions to [roguerower@gmail.com](mailto:roguerower@gmail.com)

## Dear Rogue Rower:

I am new to rowing and unsure what to wear to practice. I see other athletes in the boathouse wearing tight shorts, but I lack the self-confidence to pull off that look. However, my coach tells me it's important to wear clothes that will not get caught in the seat wheels. What should I do?

Signed - Spankies are so 2008

Dear Spankies:

If rowing is about anything it's about Fashion and Fun! I say, break out of your timid shell and rock some spandex shorts! A crazy pattern in funky colors may be just what you need to get over your fear of spandex. Some rowers solve their fashion woes by going back to their prep-school roots and wearing a matching set of socks, tank top, shorts, and visor/hat...right down to matching their toenail polish color with their gear! More conventional rowers stick to wearing unis, whether they be grab-bag JL unis or old college unis. These rowers always look serious and intimidating, even if they're just walking around the boathouse flexing their muscles, drinking a protein shake, and talking about their college glory days. The SLRC boathouse is a veritable runway of smashing rowing ensembles. Take a look around and find some inspiration for yourself!

## Dear Rogue Rower:

How can I tell my coxswain that I love her? I stroke the 8+. I spend 2 hours knee-to-knee in the boat every day, staring into her intense eyes, and listening to her strong voice. I just know that she's the one for me. I would give anything to have her boss me around for the rest of my life....how can I let her know? She doesn't let us talk in the boat.

Signed – Silenced and Dejected

Dear SAD:

Have you tried writing a message to her on your forehead with permanent marker? Or perhaps in puffy paint on the front of your T-shirt? Silly boy, just wait until you're OUT of the boat before asking her out. Surely once the shell is on the racks, she'll allow you to speak? Now, if general shyness is your problem, just ask her for some constructive criticism...perhaps over a snack at the local ice cream parlor? Once you've paid for her peanut buster parfait and bolstered your courage with a little sugar, you'll have no trouble asking her to take a stroll around the lake with you. Go get her!

## Masters Nationals Dreams.....

By Lisa Jones

Attention....GO! The mixed double competitors jumped on their legs at the starting line and pushed to be the leading boat in the race. Our SLRC's mixed double including Head Coach Tim Franck and me, the experienced Master Lisa Jones, easily moved into second place following our patented super-secret, super-special, six-stroke starting sequence of full slide, 3/32, 5/12, 7/15, 8/13, 31/32! The high 20, glide, building 10 allowed us to push ahead and secure a position dead even with the leading boat. We couldn't have asked for a more competitive race on the Oklahoma River under the blistering southwestern sun! The perfectly matched movements, the calm recoveries, the powerful drives! We could hear the rest of the SLRC Masters team cheering excitedly from the shore –chanting “S-L-R-C!!!, S-L-R-C!!!”

I think it was the heady feeling and the goose bumps from the cheering that momentarily caused me to lose my focus and lighten up on the power for a stroke or two. Suddenly we weren't so in sync. Tim was screaming at me from bow seat “Push hard with the legs! Get it together, Jones!” and my mind was scrambled....what was I doing in a boat with the coach?? Why am I stroking?? Why am I in a double, I'm a sweep rower?? What is going on here?!??

The mind game, as it so often does, was getting the better of me. My nervousness and Tim's anger with our performance killed our momentum. What was going on? Why were my dreams of gold at Master's Nationals falling apart? My heart was beating wildly and I was struggling for a breath....

....and then I woke up.

(The preceding was an embellished description of a real dream (nightmare?) of Lisa Jones' just before Day 3 of the Master's National regatta in Oklahoma City.)

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### Add in on two. That's one, that's two.....

Anthony James Pera, was born 12:59 PM 16 July at St. Anthony's. 9lbs, 12oz. and 22.75" long. Mom and baby are doing very well, and older sister Abigail is excited to be a big sister. Only thing left to decide is port or starboard.

Join us in congratulating Coach Michael Pera and his wife on the birth of their son!



## *International Competition. It's not just for the kids!*

In addition to our Juniors going to Worlds, **Nancy Hazelwood** and **Esther Galvis** will also be competing internationally. They are going to FISA World's in Poland in early September where **Nancy will be defending her gold** that she won last year at FISA in Canada.

## *Interview with a Rower*

Thursday afternoon I sat down with Vic Paglisotti to get to know him a little better. Here is what I learned about Vic:

**Q.** How did you get interested in rowing?

**A.** Bought a rowing machine years ago to help lose weight

**Q.** How long have you been rowing?

**A.** Started with the February LTR

**Q.** What is your favorite seat in the boat?

**A.** Stroke Seat

**Q.** What does that say about your personality?

**A.** I am meticulous

**Q.** What is something your coach has said that has really stuck with you?

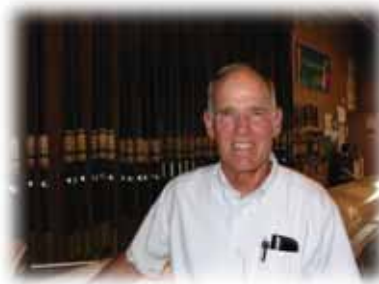
**A.** Make every part of the stroke consistent.

## *You Know You're a Rower When....*



“Your hands are covered with blisters and calluses”  
Laura Bleeke

“When you can't go out on the weekend because you have to work out”  
Katie Westervelt



“The high point of the day is at the end of practice...at 7:00am!”  
Ron Hill

**Pull for the St. Louis Rowing Club**

**Join our Nationally Ranked High School Team!**  
**No experience needed! Lots of College Scholarship Opportunities!**

**Introductory Meeting/Practice at our Creve Coeur Lake Boathouse:**  
 Sat. Sept. 17th 12noon – 2 PM or Sat. Sept. 24th 12noon - 2 PM

Questions? Please contact coach Tim Franck at...  
 314-489-2017 or TimSLRC@hotmail.com

**www.stlouisrowingclub.com**

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