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The St. Louis Rowing Club News



President's Report

Dear Folks,

#1 We are in the midst of the summer heat. The summer weather pattern has settled in. Hot, humid and often still. Perfect water conditions, but they can take a toll. Be careful. Drink fluids as needed and be careful for overheating.

#2 We are currently recruiting a new head coach. We have had several excellent candidates apply. We expect to make a decision soon. More to come in short while. In the interim, we have had the good fortune to have several fine young rowers step up to the plate and fill in. Jim Scalzo has been heading the summer program for juniors and has run the learn-to-row camp for juniors. Becky Pfeiffer has pitched in to help. Olivia Giddings has been a constant fixture throughout the summer and plans to continue coaching into the fall. Ben Boyd has been coaching the juniors and recently started filling in as an interim coach for the masters. Early reports are good.

#3 The boathouse is taking shape right in front of our eyes these days. The floor and footings have been poured, the driveway and parking lot areas have been bulldozed, and the utility runs have been excavated. Don't forget that we have to pay for the building. Most all should all have received fundraising letters and brochures. You can get yourself put on our own "do not call" list if you respond quickly. Thank you all who have kindly donated already.

-- Steve Giddings

Captain's Report

With the excitement of the new boathouse, we are planning the move from the pen in late August or early September. We will need volunteers to help with the move. Some activities will be just moving boxes. Others activities will include reconstructing the boat racks and oar racks. It will be an intense time, as we cannot do a lot of the work before we see actual wall and rafter layout. Much of the engineering will have to be done onsite. It will be important to get this work done quickly as the pen will be removed shortly after the boathouse is completed.

We will need scaffolding so as the get to the rafters, 14 feet above the floor. Anyone who might have access to such scaffolding please contact me. All help is appreciated. The fleet is in good repair at this writing. We have many wood-handled sweep oars that need handle replacements. A work crew is being assembled. Please let me know if you would like to work on oars. Also, thanks to those who have been using the log book and the repair log.

Have a great summer of rowing and enjoy watching the new boathouse construction.

-- Rein Zeidler

Novice Women's Report

The novice women finished their season with a strong showing at Midwesterns, with both 8's and one 4+ qualifying for finals. There was a slow start to the spring season at our home race, but the team bounced back by medaling strong in every regatta we attended afterwards. Results follow:

Silver

Junior Women's 8+ 2k in Topeka

Bronze

Novice Women's 8+ 2k in Oak Ridge

Junior Women's 4+ 2k in Topeka

Women's Novice 8+ 400m in Topeka

Women's Novice 4 + 2k at Midwesterns

Congratulations to the novice 4's bronze at Midwesterns. The 4+ consisted of Cox, Cailin Richardson-Villa, (4) Sarah Tinsley – St. Joe, (3) Margaret Meyer – Wydown Middle, (2) Gaia Nardie-Warner - Crossroads, (1) Kara Curran – U-City.

Congratulations also to Sarah Tinsley on receiving the 2003 Leroy Schmaltz Oar Award at the spring banquet. Sarah showed outstanding sportsmanship, positive attitude, commitment and athletic achievement during the three seasons she rowed with the novice women. Sarah attends St. Joe's and will be a sophomore next year.

Well, it has been a long journey this year, but it ended on a good note with a great regatta in Cincinnati, despite the rain and mud. I hope to see a strong showing with these novice women as they join the varsity squad this summer

--Coach Scalzo

Summer Results 2003

23rd Annual Chicago Sprints Regatta

SLRC raced at the Chicago Sprints Regatta on Saturday, June 21 and Sunday, June 22, 2003. The two day Henley-style sprint was sponsored by the Lincoln Park Boat Club. Thirty-three SLRC rowers raced. Race results can be found online at www.lpbc.net.

Gateway Regatta

SLRC hosted the Gateway Regatta, June 29, 2003. The course was a 1000 meter buoyed course with stake boats. Weather conditions were partly sunny with a slight quartering tail wind. Forty-eight SLRC rowers raced. Race results can be found online at www.slrc.net.

Thanks from Ron

The 2003 Gateway Regatta was fun and successful because of volunteers from St. Louis Rowing Club. Hosting a regatta requires an investment of time and resources, and SLRC members met these challenges. We do appreciate all the hard work for this regatta as well as the work you do for the club the rest of the year.

Again, thank you.

-- Ron Suermann

Moonlight Row

SLRC held the first Moonlight Row on Friday, June 13. Neither superstition nor daytime rain put a damper on the evening. The moon shone brightly over the lake for one eight, two singles, and three launch boats. It was a great experience to row quietly in the moonlight!

A second great surprise for the evening was a visit from Ahsan Iqbal, who took photos from a launch. A moonlight row would be a wonderful annual event!

--Cathy Chamberlin

National Learn-to-Row Day

May 31 was National Learn-to-Row Day, sponsored by USRowing and Concept 2 and hosted by about 70 rowing and health clubs around the country.

Our event was very successful. We introduced rowing to over sixty visitors, giving them an opportunity to try an erg and to dock-row. As a result, 10-15 people signed up to attend our new Youth Camp or our regular Learn-to-Row program.

As fringe benefits, the club has a chance to win a free stay for a member at Calm Waters; a participant could win free sculling instruction at Craftsbury; and the club has an opportunity to buy a couple of pairs of C2 sculls at a very attractive price.

Thanks to all pitched in to make this happen.

--Scott Allison

SLRC Learn to Row

The June session of Learn-to-Row (LTR) was wrapped up, and a great group of folks has been introduced to rowing by Ron Suermann, with the assistance of Tina Kelly, Courtney Everson, Linda Gibbons, Eric Miller and others. We hope that many of these new rowers are now "hooked" and will continue to row in the Intermediate Program.

The July LTR session was sold out. Jay Lyons was lead instructor. There's still space available in the August class, so if you have friends who are interested in giving rowing a try, encourage them to sign up. The August session meets on a Monday, Wednesday, Saturday schedule. Details and a sign-up form are available on www.SLRC.net.

Jim Scalzo has been running a daytime LTR program (Youth Camp) specifically designed for high school aged kids. The kids gather for two hours a day, five days a week for two weeks. By the time the second series of camps is over, Jim will have taught over twenty teens the basics of rowing. Our hope is that most will continue to row during the summer and that they'll form the nucleus of a very strong Junior novice squad in the fall.

--Scott Allison

The Rowing News Profile

In each edition of The Rowing News, the Masters Rowing Association sponsors a full page profile of a successful rowing club. The SLRC is profiled on page 6 of the July 6 issue. The article features photos of some of our "heroes" in action and of the new boathouse.

If you don't get The Rowing News, the profile is now posted on www.SLRC.net. You can see it by clicking on the following: <http://www.slrc.net/info/mraclubad.pdf>.

--Scott Allison

SLRC Class of 2003 Rowers

The St. Louis Rowing Club will once again be well represented at the collegiate level by 2003 graduates of the juniors program.

The following women have received rowing scholarships:

| | |
|---------------|-------------------------|
| Roz Bialczak | Michigan State |
| Megan Goodman | University of Minnesota |
| Katie Hilton | University of Virginia |
| Erin Rice | UCLA |

The following women are also planning to row at college:

| | |
|-----------------|-------------------------|
| Emily Cranston | Puget Sound |
| Rebecca Grammar | Johns Hopkins |
| Alexis Orf | University of Wisconsin |
| Elizabeth Potz | St. Louis University |
| Katie Stieven | University of Kansas |

The following men are planning to row at college:

| | |
|---------------|---------------------|
| Alex Affolter | University of Texas |
| Mike Hill | George Washington |
| Peter Jordan | Syracuse |
| Peter Murphy | Amherst |
| Steve Wynne | Marietta College |

Congratulations to all of the SLRC 2003 Graduates.

--Roy Cleveland

Rowing Center Construction

St. Louis Rowing Club Members,

As everyone is aware, construction of the new boathouse is underway, with a planned completion at the end of the summer. TM2 is the general contractor for the Project. Washington University, our partner in the boathouse, is providing construction supervision and coordination.

As the construction proceeds, everyone needs to recognize that the area is a construction site. Because of insurance regulations and risk, the site is not open for visits, exploration, or inspection. This is true even after hours when no work is taking place.

In addition, the workmen and staff of TM2 are not available to answer questions or provide information. Should any of the club members have questions or suggestions, please contact me, either in the evening at 727-8832 (home) or during the day 504-4322 (cell). I will be more than happy to pass along the suggestions or find out the answers to questions.

Again, I cannot stress enough that club members need to keep out of the construction site, because of the risks

involved. With everyone's cooperation, the project will proceed smoothly and quickly.

--Chuck Schagrin

Treasurer's Report

Reminders have been sent to each of the masters who made partial dues payments at the beginning of the year. The second installment is now due. Dues notices have also been sent to the roughly 40 Junior and Open (college) athletes who are rowing this summer. Their dues must also be paid.

This dues income, plus the Learn-to-Row income will be crucial as we face the new expenses related to opening the boathouse later this summer. If you are rowing or planning to row and have not paid your dues, please send Scott Allison your check as soon as possible.

--Scott Allison

Summer Calendar

| | |
|---------------|--------------------|
| July 26 - 27 | Raw Knucks Regatta |
| August 4 - 27 | SLRC Learn-to-Row |
| August 5 - 10 | Canadian Henley |
| August 16-17 | Indianapolis, IN |
| August 21-22 | Rancho Cordova, CA |

Raw Knucks Regatta

SLRC 2003 Raw Knucks Regatta Festival
July 26 and 27
Creve Coeur Lake

Dearest Rowing Friends!

As you know, the Raw Knucks Regatta Festival is a fun event that can introduce people to rowing and give the club some good PR. This year's Raw Knucks will consist of group rowing instruction, team practice, and a regatta. Extravagant trophies will be awarded to the winners. For details contact robert.j.eilers@monsanto.com.

To make this event successful (i.e.. fun) we need your help. The following are volunteer opportunities:

1. Experienced Rowers to make up the stroke pair of each boat.
2. Coxswains.
3. Launch Drivers (We need safety launches out during practice and the regatta. The more volunteers we have, the less time any one person will need to be out.)
4. Course Officials. (These essential people will start the races, stop the races, and time the boats.)
5. Miscellaneous Helpers (These essential people will do everything else.)

The most critical needs we have are for rowers and coxswains to work with the individual boats. Each boat will need 2 experienced rowers and a coxswain. The practice and racing schedule will vary from boat to boat, so you can coordinate your availability with the boat captain you're working with.

If you'd like to volunteer (and we hope you do!), please let us know and we'll put you in touch with a team captain. Please let us know whether you're a starboard, port, or coxswain when you volunteer.

If you can drive launches, serve as a course official, or provide other help, just let us know which you prefer. We promise that all jobs are easy and lots of fun.

Thanks very much!

--Bob Eilers and Bob Roewe

Join the Rowing Referee Corps

Racing, coaching, spectating and fundraising aren't the only ways to be involved in rowing. One very important way to support the sport is by serving in the ranks of U.S. referees.

Refereeing gives you the opportunity to attend regattas across the country and work with a terrific group of others like you who love the sport of rowing --whether they have been rowers or not. This is a great sport, but racing can't happen without referees, and our region needs you! .

Active referees are expected to work a minimum of four regattas a year; and every other year or so, work a regatta outside of your region. It takes approximately one to two rowing seasons to complete the requirements to become a licensed referee.

In the U.S. we have three levels of licensed referees. An associate is the first level of referee. The next level is a full referee. With this achievement, one is able to be the Chief Official at a regatta. The highest level of refereeing is to become a FISA official. This means that the international rowing federation has tested you, and you are able to work world championship and Olympic regattas.

If you are finding the idea of becoming a referee the least bit interesting, please step up and give it a try. There is no cost to try, and chances are you will find the corp of referees to be some of the most smart, interesting and diverse individuals you will be associated with.

Please contact me, Terry Friel, the only local USRowing official, by phone (314) 514-0842 or by email – tfriel@yahoo.com.

I have lots more information to share.

--Terese Friel

USRowing Memberships

Hello fellow SLRC members!

I am once again heading up USRowing memberships, whether they are new or renewed. Those who had a membership last year recently got a renewal notice in the mail. You also probably noticed the increase in price: \$65/year for rowing member over the age of 27, \$45/year for those under 27.

For every 6 memberships, we will get one free. That's a \$9 dollar savings. That's \$9 per rower that can go into the SLRC boathouse! And that is my proposal: the money saved will go to the boathouse fund.

For your information...if you plan to participate at Midwest Regionals in Indianapolis on August 16-17, a USRowing membership is required!

Release of Liability that must be signed for each membership. You may obtain a copy of the waiver by clicking here. Please also include your membership # (for renewals only) and your date of birth on the form. If you don't

know or can't find your #, email membership@usrowing.org and they can look your number up for you. Copies of the Release of Liability are also at the boat pen.

I encourage you to check out the USRowing website (www.usrowing.org) to see the benefits of having a membership.

Please make a check out to Megan Mraz for \$65. As I receive groups of 7, I will send the information in on a first come, first served basis. AND, for your information, I will be using a SLRC credit card to pay for the memberships. Every dollar counts!!

Any questions? Please contact me by email mkmraz@yahoo.com or I'll be at the pen at Master's practices.

Thanks for your support!

--Megan Mraz

Photographers Welcome

Let's make a memory, as only the SLRC can, and capture it on film. We're looking for that special someone who can help us document for posterity the fun of the Raw Knucks Regatta and future regattas, here and on the road.

If you, or someone you love, is good with a camera, and has a camera to be good with, and would like to help with this critical job, please let me, Bob Eilers, know as soon as possible. We need to get team pictures, pictures of practices, pictures of races, and pictures of the ubiquitous joy that will certainly be part of this festival.

Did I mention that this is a critical job? The regatta will pay for all supplies and you, or someone you love, will be lauded and slathered with compliments and flattery for years to come. High quality film or digital images are satisfactory. We need to fill this role soon, so please respond quickly. Thanks!

--Bob Eilers

Safety Issues in the Pen

Everybody should know that a HARMLESS water snake may have taken up temporary residence in the pen. Apparently it's been attracted by the presence of the baby birds currently living in the 2x and/or by the eggs in the robin's nest on the oar rack. It may also have decided that the nooks and crannies in our boats provide a cool place to hang out. In any event, the snake appeared near the Hudson double and may show up again.

Before you take out a double or single, it would be well to have a quick look around to make sure that the snake is not about. We'd prefer that nobody get startled by its sudden appearance and drop a boat! There's no need to try to kill the snake. It's not dangerous and is just doing what comes naturally, so let's live and let live.

Farewell to SLRC Coach

Head Coach, Gene Jeffords, will no longer coach SLRC after July 15 of this year. Gene has given us tremendous support during the growth of the SLRC program.

Thank you, Gene. And best wishes.

SLRC Executive Committee

President: Steve Giddings
Vice President: Jan Adams
Secretary: Barbara Dite
Communications Sec'y: Kelly Vogel
Treasurer: Scott Allison
Captain: Rein Zeidler
Lieutenant: Jay Lyons
Raw Nucks Chair: Bob Eilers & Bob Roewe
Regatta Chair: Ron Suermann
Boosters President: Pat Hoye

About the Newsletter

Thank you for contributing to the SLRC newsletter. Articles are published as submitted, with a few exceptions. To submit an article for the September/October SLRC newsletter, attach a file to an email message to:

VogelKellyA@msn.com

The deadline for submissions is August 20,2003. Please be certain submissions are in final form.