

Highlights

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The St. Louis Rowing Club News



Head Coach's Report

With my time here in St. Louis ended and my move back to Canada complete, I thought I would use this ink in the newsletter to make sure everybody knows why this had to happen now. I'd also like to offer you some encouragement for the coming seasons.

Anyone that has been around me in recent months knows or suspects that my time outside practices and club business has been challenging. It is difficult to live day to day without the basic benefits that come with citizenship. We (North American cultural "we") take these things for granted. Visitors are welcome, but they aren't expected to stay and so this country--any country--doesn't make many provisions for their well-being.

The visa process has been a long one and hasn't left much room for optimism--it hasn't come with a promise for a certain end result or a date for the journey's end. When these uncertainties are coupled with the uncertainties that come with aging parents and a family still reeling over the loss of a loved one...well...I'm tired. Through all the fatigue and frustrations however, there is still a long list of things for which we can be thankful.

You have a club that works hard for your benefit. You live in a city that has a rich history apart from and including this sport we love. If the winds are blowing in the right direction (gently) and the carp are resting, it's easy to appreciate the beauty of the lake and park. You have a wonderful house in which to grow and a wonderful group of people with whom you can move forward. The club exists for you but also because of you. It's culture is what you wish it to be and work towards. Understand what you want it to be, recognize your resources, establish your priorities, and move on.

I hope anyone with whom I've had the pleasure of working feels that they have made some gains. For some it might be in strength or fitness. For others it might be in an understanding of how this rowing thing works. For some--I hope--it's both. Maybe it's something intangible that is hard to articulate--if you figure it out, let me know someday.

I also know that not everybody can be made happy all the time--so if I've frustrated you--I offer you my apology. I urge you to understand these things and reflect on them so that the situations and people that follow are better for your understanding.

I'm thankful that I have a chance to stay in touch with rowing and coaching in Canada. I'm also thankful that I've had the time I've had in your company. I'll be watching for your successes and hoping we meet on the water again--someday soon.

Best wishes to you all.

John Wetzstein

President's Report

Days are long, launch motors have been serviced, and miracle of miracles, the weather is warm. Spring/summer rowing is here.

SLRC juniors hosted an open house at the boathouse at the beginning this month. And the club raced along with other junior crews at the St. Louis Sprints Regatta the second weekend in April. As everyone is aware, John has returned to Canada. As a result of this, the club is searching for a new head coach.

The club has been very lucky to have new coaches. Rob Smith is directing the varsity men. Brendan Mackinnon-Patterson (a graduate of SLRC) is directing the varsity women. Greg Powell (another SLRC alum) is coaching the novice men. John Quin is coaching the novice women and masters. Scott Allison is continuing to coach the intermediates. And Cameron Carter is working with the masters part-time.

The club has received several inquiries for the position of head coach. Steve Giddings is heading the committee to select the coach.

The club continues to look to the future. Not only does the club expect fast crews who will win, but also works to expand rowing opportunities in St. Louis. Barb Seeley and Linda Greensfelder are introducing a rowing program for breast cancer survivors.

Finally, for all of the coxes and scullers who have avoided the dredge and its various components, the end of work is in sight. According to St. Louis County Parks Department, the dredge work will be completed and the dredge and its parts and pieces will be removed soon.

As the season progresses, I will keep the membership aware of events.

Chuck Schagrin

Meet the New SLRC Coaches

Brendan Patterson

For those of you I don't already know, I am the new coach of the varsity women's crew. I rowed for the SLRC in high school before heading to Seattle to continue my rowing career at the University of Washington. As a Husky I rowed for four years racing at both national and international competitions.

I am excited about the opportunity I have to help return the junior program at the SLRC to national prominence. I have been impressed thus far with the commitment and talent of the junior women, and look forward to the improvements they will make as they head into the racing season. The junior women will race aggressively and represent the SLRC with pride as they go after some serious hardware.

Since the first stroke I ever took at Creve Coeur Lake, rowing has taught me lessons that have defined me as both an athlete and a person. There is much to learn about yourself from rowing that translates to life both on and off the water. My goal is to help these young athletes realize their goals, and to get the most out of themselves and each other.

Rob Smith

Hello All,

I just wanted to take this opportunity to introduce myself as the Varsity Men's Coach. I have been a member of the club since '99 when I moved here from Buffalo, New York.

Although we don't have the numbers the other crew's have, we don't lack for effort and I am looking forward to a good year. I would also like to wish the other crews good luck this season. See you at the lake.

Greg Powell

I am very excited to be back with the rowing club coaching the novice men. I began my rowing career with SLRC in 1994 as a junior, and finished when I graduated from high school in 1998. After high school I continued rowing at Northeastern University, then at Rutgers University. I am thrilled to be back coaching with the club and am anxious to help young rowers have the great experiences I had as a junior.

John Quin

My name is John Quin, and I have taken over the junior novice women's team and some of the masters this spring. I was born and raised in Philadelphia, and came to St. Louis to attend Washington University. I graduated last year with a BA in History and will be pursuing a Master's Degree in journalism at the University of Missouri this fall.

I began rowing while in ninth grade. Most of my high school career was spent sculling in quads and doubles. While I did spend some of my time on the Schuylkill in fours and eights, I gained most of my sweeping experience on Creve Coeur.

Last spring, sidelined by illness, Coach Carter allowed me to stay on to work with novice rowers. After coaching a few boats that summer, he hired me as an assistant. Since then, I have been working with the Wash U novice and varsity women.

While I have coached college men and women as well as masters, this will be my first time working with juniors. Over the past few days I have had the opportunity to meet a couple of the girls and, judging by my conversations with them and Coach Wetzstein, they seem to be a fun and enthusiastic group.

I thank you for the opportunity to coach for SLRC and am looking forward to working with the girls.

SLRC Masters

One mission of the St. Louis Rowing Club is to bring rowing to, and to encourage rowing for, the masters. This group has been the backbone of the club, volunteering when called upon, working hard at practices, and rowing competitively. During the past several years, however, the summer coaching for the masters has not been as extensive, as inclusive, or as successful as it can be.

This summer will be different. The club has retained two excellent coaches to work with the masters over the course of the summer season. Cameron Carter and John Quin, who both coach for Washington University, have agreed to take on the coaching of the masters. Organized practices are on Tuesday and Thursday at 6:00 p.m. Weekend practices will not be organized by the coaches (because of other obligations) until the middle of May. At that time, Saturday and Sunday practices, at 7:00 a.m. will begin.

Cameron will focus on the rowers who want to make a commitment to be at every practice and who want to go to several races. John will focus on rowers who may not want to make as strong a commitment to being at every practice. No matter which coach a rower may work with, the opportunity to go to races is open to all masters. For races, boats will be made up of the fastest rowers and no seats are reserved or boat line ups pre-set.

Cameron has suggested that for weekend practices between now and mid-May, we go out and work on sculling. The advantage is that each rower can focus on their own rowing issues. Recreational singles are available, the doubles are possibilities, and of course, Steve's Sculling School is an excellent way to learn. Another alternative is to row one of the Club's pairs.

Again, the purpose of this coaching strategy is to make rowing as open as possible for all of the masters. With this approach there is a place for everyone. So, the Club looks forward to seeing as many masters as possible rowing this summer.

Please let Kathy Bosin know your plans - (Cameron's group or John's), port or starboard, height & weight, birthdate, 20 minute erg split time, and anything else you think Cameron should know. (Kathy Halley chose to include her personal motto). If you're rowing rec only, I suppose it would still be useful to know port or starboard, and if you

think you may be going to some regattas.

Kathy has posted a calendar at the boathouse for masters to sign up for when we're NOT going to be at practice. The calendar will also have regatta dates, etc. Nothing personal will be posted like age or god forbid - weight or erg times.

Chuck Schagrin

SLU Crew Update

The SLU Crew has bought its first boat, a bow coxed Vespoli DS4 (a light weight boat). While the SLU Crew will have first priority on the use of this boat, it is available for club use too. That will be a big help, especially at regattas when we simply don't seem to have enough fours to go around.

The SLU Crew decided to do its spring break rowing in St. Louis rather than traveling down south as we have in the past few years. The decision was made in part because of the need to preserve funds to pay for new equipment. The SLU Crew will race at the Midwest Collegiate Sprint Championship in Omaha, at the Washington University Invitational Regatta and at the Dad Vail Regatta in Philadelphia.

The SLU Crew now has its own website. See www.pages.slu.edu/org/crew.

Scott Allison

SLIRC Results

The 12th annual St. Louis Indoor Rowing Championships was held on January 29, 2005 at the Washington University Athletic Complex. SLIRC, SLU and Wash U were well represented at the event. The overall women's winner was Breit from Washington University with a 2K time of 7:37.8. The overall men's winner was Rudy Ryback with a time of 6:31.2. Detailed race results are on the club website at SLRC.net.

--John Mason

SLRC Open House

SLRC hosted an open house at the boathouse April 2, 2005. The purpose of the event was to inform those in the community interested in junior and adult rowing programs. The hope is that new rowers attracted by the event will engage in making the club a growing and vital organization.

St. Louis Sprints

The St. Louis Sprints was on Saturday, April 9, 2005. SLRC raced with juniors from Lincoln Park, Camp Randall, Kansas City, Dayton and other clubs. Race conditions were ideal....cool temperatures, sunny skies, and a light breeze. Race results will be posted on the club website, SLRC.net. Thanks to all the volunteers—launch drivers, finish line judges, officials-- who helped make this event fun and competitive.

SLRC Race Schedule 2005

April 30, 2005

Ohio Governors Cup--Juniors only.

May 21-22, 2005

Midwestern Regional Championships--Juniors only.

June 11-12, 2005

USRowing Youth Invitationals--Juniors qualifying event.

June 25, 2005

Gateway Regatta--Juniors, open and masters.

July 9, 2005

Grand Rapids, MI--Juniors, open and masters.

July 16-17, 2005

Chicago Sprints--Juniors, open and masters.

July 20-24, 2005

USRowing Nationals, Indianapolis--Juniors and open.

August 2-7, 2005

Royal Canadian Henley, St. Catharines--Juniors, open and masters

August 10-13, 2005

Masters Nationals, Worcester, MA--Masters only.

September 24, 2005

Head of the DesMoines--Juniors and masters.

October 1, 2005

Head of the Ohio, Pittsburgh, PA--Juniors and masters.

October 9, 2005

Head of the Rock, Rockford, IL--Juniors and masters.

October 30, 2005

Head of the Elk, Elkhart, IN--Juniors and masters.

November 5-6, 2005

Head of the Hooch, Gainesville, GA--Juniors and masters

Steve's Sculling Clinics

Steve will continue with this year's sculling clinics on Saturdays and Sundays. Clinics will include instruction on technique, erg instruction, on-the-water instruction, videotaping, and critiques. The cost for each clinic is \$10.00. Moneys collected will go towards paying for the new doubles.

Please let Steve know if you are interested by responding to him at sjgiddings@aol.com

SLRC One-Day Learn-to-Row

Special abbreviated sessions of Learn-to-Row will be offered three times this summer. Interested participants will learn about the sport of rowing and actually experience rowing. The duration of each session is three hours.

Times the workshop is offered follow:

Saturday, May 7 at 12:00 noon and 3:00PM

Saturday, June 4 at 12:00 noon and 3:00PM

Saturday, July 23 at 12:00 noon and 3:00PM.

Contact Scott Allison if you or someone you know is interested in participating. Participation is limited to 18 people per workshop, first come first served.

WeCanRow for Breast Cancer Survivors

A special session of learn-to-row is being offered this year. WeCanRow is designed specifically for breast cancer survivors. The session will be on Wednesdays for ten weeks....from May 11 to July 13. The cost is being underwritten by Circle of Hope Bracelets.

Emphasis will be on providing muscle strengthening, body and self-image improvement and group support to women transitioning from the caring medical community to the less supportive community-at-large.

SLRC Juniors Banquet

On May 27, 2005 the juniors banquet will be held at the Pillar Church. Contact Valorie Adrio at (314) 567-6188 with questions or if you can help out. Volunteers appreciated.

Summer Learn to Row

Three sessions of summer learn-to-row are scheduled. Instruction includes rowing techniques, terminology, water safety, and care of equipment. Dates are as follows: Session I, June 1 – June 25; Session II, July - July 30; Session III, August 1 – August 27. The cost of a session is \$200.00 per person. For details and to register, consult the club website at SLRC.net.

Rowers on Parade

The St. Louis Rowing Club will be participating in the 2005 V.P. Parade downtown on Saturday, July 2. All rowers and coxswains are welcome to participate. Look for future updates on the club website in May and June. Call Cathy at (314) 434-1180.

Cathy Chamberlin

Rawnucks Regatta

This year's Rawnucks Regatta will be held September 9-11. Volunteers are needed Contact Bob Eilers at roberteilers@excite.com if you can help out. This event promises to be fun and profitable with your help.

SLRC Fundraising

Thanks to everyone who made our 2004 fundraising such a success. The 2004 Donor Recognition list follows. We raised just over \$100,000 in contributions and pledges 2004 – pretty impressive for a Club of our size!

We're in the process of getting in touch with our newer members who were not contacted for giving last year. Newer masters have already received their letters. Parents of new juniors have been contacted. For those of you being asked to give for the first time, please be generous and support your club! Our goal is \$1,000 per family. Not everyone can give at that level. Some people can give more. We ask everyone to do his or her share. For those of you who have made pledges, please be sure to follow through in a timely manner. Kathy Halley is sending out periodic statements to remind you of your pledge status.

The February 2005 ergathon was a very successful boathouse fundraiser. About \$7,000 was raised. Thanks to all of the juniors and masters who participated in this effort.

Corporate fundraising is under way. While we anticipate that the St. Louis corporate community will be responsive to our requests, we can't just complacently assume that this effort will satisfy our remaining \$175,000 obligation. It is important that each and every club member continues to address the boathouse debt with energy and imagination.

Linda Greensfelder

St. Louis Rowing Club Donor Recognition – 2004

Contributions Received

\$1 – \$100

SLU	Gwen Altenhoff
SLU	Beth Andrus
B	Steven Aul
AM	Eldon & Patsy Ball
F	Lee Boecksteigel
AM	Ben Boyd
AM	Becky Beinke*
AM	Connie Boyer*
SLU	Katie Brown
F	Jeffrey Burt
SLU	Meghan Butler
F	Doug Caviness
F	Caterina Ditraglia
B	Roy Cleveland*
F	Linda Cooper
B	Ed Feutz**
AM	Cheryl Fievet*
F	Thomas Flynn
F	Joan Fortune
AM	Mary Erin Gabbert*
AM	Beckie Guillot

AM Julia Guinn*
 AM Halloween Party
 F Dave Hemingway
 AM Karl Heilman
 F John Hilton
 F Tom Hinton
 B Bill & Pat Hoye**
 B Mark & Patricia Mueller Hunter
 IM Jim Jeter
 B George & Barb Johnson*
 B John Kennedy
 F David Kirkland
 O La Spa Bella**
 B Gordon Lindenblad
 F Norman London
 B Jason Makansi
 B James Marks
 B Matthew McGruther
 SLU Mike McNary*
 AM Linda Merrins*
 B Keith Murphy**
 B Carrie Nardie
 B Ken Neiman
 SLU Paula Nyklova
 B Denise Obermeier
 SLU Johnathon Phillips
 IM Terry Portell**
 AM Hafeez Qureshi
 H Fran & Leroy Schmaltz*
 AM Barb Seely
 AM SLRC Marathon Relay Team
 F Nora Stokes
 SLU Mike Taylor
 B Donald & Lisa Uxa
 SLU Kelly VanGuilder
 AM Kelly Vogel
 SLU Samantha Watts
 AM John Wetzstein
 SLU Chase Wilhelm
 SLU Ryan Wilson
 AM Rein Ziedler

\$101 - \$500

B Michael & Valarie Adrio*
 B Frederick Altvater
 H Lee Boeckstiegel
 AM Cathy Chamberlin*
 O CPR Class
 AM Ron Dillard
 AM Bob Eilers
 AM Emily Fields
 AM Linda Gibbons
 SLU Phil Gilbertson
 B Gary Goldstein* **
 AM Debbie Hall**
 AM Kathy Halley
 B Phil Hanel*
 B Charlie Heil**
 AM Nancy Hazelwood

SLU Erin Hines*
AM Jeff Hoffman
F Thomas Huge
B Gary Huge
B Michael Johnson
AM Andrew Lambert*
AM Robin Lee*
AM Mrinalini Lhila
B Kenneth Neiman
SLU Dan Nemes
AM Mike Pinney*
AM Mark Richardson*
SLU Amanda Robert
AM Bob & Liz Roewe**
AM Ann Samuels
AM Fran & Leroy Schmaltz*
AM Barb Seely**
B Gregory Sloan*
B John & Bet Stapleton**
B Ermin Strikovic*
B Gene Tinsley*
B John Tirrell*
AM USRA Memberships
AM Patavee Vanadilok
AM Anthony Vitale
B Bruce & Diane Wolferding

\$501 - \$1000

AM Stanley Becchetti
AM Brent Benjamin
AM David Bentzinger
B Barbara Bryan
B Thomas & MaryEllen Campbell
AM Diana DeGraf
B Kevin Curran & Donna Harper* **
AM Mary Farmand
F Joan Fortune**
AM Bill & Margie Freivogel*
B Ed Geltman
B Howard Henry*
C Landmark Builders*
C Lions Choice
B Urs Lottenbach*
AM Jay Lyons*
AM George Murray
AM John Rice
B John & Sally Terril * **
AM Jim Tobias*
B Mark Vittert
F Julia Volmert

\$1001 - \$2000

B Guiseppe Aliperti
AM Megan Mraz Compton

\$2001 - \$3000

AM Steve & Kathryn Giddings*
AM Linda & Chris Greensfelder
AM/B/F Ballpark Concession Stand (Sportservice)

\$3001 - \$5000

B Kevin Carlie**
B Mark Jordan
B Joe Rechter
B SLRC Boosters – Silent Auction Proceeds

*Part of a multi-year pledge

** Includes donations of goods, accommodations or services to Silent Auction

Additional Pledges

AM Kathy Bosin
SLU Eric Bryan
SLU Cathy Carty
SLU Katy Casmus
SLU Alice Chiu
B Kathy Dabrowski
AM Keith Esary
B Cliff Faddis
SLU Phil Geigengack
SLU Laura Gunter
AM Jen Henry
SLU Kyle Myers
SLU Katie Niekamp
SLU Eric Sandusky
AM Chuck Schagrin
SLU Krissy Schlake
AM Colleen Schulte
SLU Stephanie Szymczak
AM Marcia Turner
AM Bruce White
AM Helen Woznack

Donations in Memory of Kevin Curran's Mother

Linda Cooper
Caterina Ditraglia
Thomas Flynn
Dave Hemingway
Tom Hinton
Norman London
Nora Stokes

Donations in Memory of Ron Suermann (2003)

Alex Bernal
Linda Greensfelder
Mr. & Mrs. Daniel Hale
Norma Hotz
Libbey, Inc.
Judith Ludwig
Jean Martin
Mr. & Mrs. Barry McReynolds
Midwest Professional Reps
Eric Miller
Megan Mraz
Mr. & Mrs. Richard Owens
Piers Rawlings
Mr. & Mrs. Tim Spyers
Steelite International Inc.
Mr. & Mrs. Sylvester Suermann

The Pinnacle Group
Robert Walsh
Mr. & Mrs. Michael Woodson
Mr. & Mrs. William Woodson

Thank you to all who donated and pledged money towards the effort of paying for the boathouse.

Linda Greensfelder

New Boats

The essence of the rowing club is rowing. Steve is focused on the future of rowing at SLRC. He recently purchased two doubles. These will be paid for by revenue from Steve's sculling school and donated to the club when they are paid for. Thank you, Steve.

Oar Maintenance

Prior to her departure, Helen Woznack led the oar repair effort. You may notice missing oars. The club will pay for replacement of damaged oars --one set of oars with wooden handles and another set with plastic grips.

Clothing Orders

The SLRC website has information for anyone wishing to order SLRC race apparel and more. Contact Donna Harper for order information. Prepayment is required.

Donna Harper

Treasurer's Report

The vast majority of the returning Junior and adult members have made at least partial payments on their 2005 dues. This has helped us manage to cope with the high level of expenses (primarily insurance bills) that hit us early in each new year. Thanks to the many who have paid their dues. A reminder to those who have not...please send in your payment ASAP. Mail your dues to

SLRC
PO Box 411094
St. Louis, MO 63141

Scott Allison

SLRC and the IRS

In the last newsletter we discussed our interaction with the IRS as part of their "random" audit of our 2001 tax return. The process, still not complete, focuses on issues related to compensation of our head coach and on the reimbursement of volunteer coaches for the expenses which they incurred. Club member, Bill Cronin, who has been helping us with tax issues for several years, has taken a teaching position at the U. of Illinois (Springfield) and is no longer available to provide his advice. At Bill's suggestion, we have enlisted the help of the accounting team at Stone Carlie to help us deal with the ongoing audit process.

Scott Allison

Boosters News

The Spring season is about over, and volunteers made the season a success. Thanks to all boosters who volunteered with the Sprints and travel to the regattas.

The spring banquet date is set. The location is the same as the last few years. We still need help with the planning and setup. It is May 27 at Our Lady of the Pillar.

The transition to two new coaches is a success. Both Brendan and Rob Smith are working the crews hard with John Quin and Greg Powell taking care of the novice rowers.

If you know someone who is interested in rowing, we have several summer learn-to-row programs starting in June. Some of us staffed a booth at the MICDS summer opportunities fair. There is a lot of interest in this sport. With stronger recruiting efforts the number of junior rowers should increase. John Wetzstein has visited some schools already.

If you want us to go to your school or can help with recruiting please let me know. Or, if you know a junior rower who has lost contact with the sport encourage them to come back out. There is so much good going on at the boathouse. It would be great to get some of our ex-rowers back for the spring.

You know that Coach John W. has left us. He helped many young rowers over his time with us. He will be missed by all. The club is already working on his replacement with the help of a Booster representative. The club board and the master rowers are all committed to a vital junior program.

Kevin

Lake Dredging

Watch those buoys! The dredging on the lake was postponed for a while due to labor problems. But it has begun again. Please be very careful, especially with the big white buoys in the middle of the lake. A large pipe lurks near the surface between the barrels. Two eights have already been severely damaged when they tried to go between the buoys. Also exercise caution near the smaller buoys. They drift around, they are not anchored.

Emergency Contacts

SLRC masters haven't updated emergency contacts lately. If your emergency contact has changed - or if you never gave one last year to Kathy Halley, please update. Also include any pertinent personal medical history. The information is confidential and is stored in a hidden location, but we need it just to be safe.

Kathy Bosin

Calling All Coxswains

The Masters need coxswains. Will train. Membership dues for masters coxswains will be waived for a six month period.. Requirements: None. If you know anyone interested, please tell Cathy Chamberlin.

SLRC Coaches

Cameron Carter: Masters and Junior/Open summer program
Brendan Patterson: Varsity Women
Greg Powell: Varsity Men
John Quin: Novice Women and Masters
Rob Smith: Novice Men
Steve Giddings: Sculling
Scott Allison: Intermediates and SLU

SLRC Executive Committee

President: Steve Giddings
Vice President: Cathy Chamberlin
Secretary: Barb Seely
Communications Secretary: Kelly Vogel
Treasurer: Scott Allison
Captain: Rein Zeidler
Lieutenant: Rob Smith
Boosters President: Kevin Curran

SLRC Phone Numbers

The phone number at the boathouse is (314) 878-7980. This number is not equipped with voice mail. But you can use it if you need to reach a coach or make a last minute schedule change with one of your rowing partners. The official club phone number remains (314) 434-8299.

About the Newsletter

Submissions for the Summer 2005 newsletter are due to me, Kelly Vogel, by June 15, 2005. Email your submission to me at vogelka@charter.net.

--Kelly Vogel