



## The Catch

*Indianapolis Rowing Center's  
E-Newsletter*

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**December /2009**

Dear Rowers and Friends,

Welcome to the December issue of The Catch. In addition to the regular Executive Director report from Bernadette, there are, once again, reports from the Juniors and Masters groups as well as links to a US Rowing article of value and a new section which profiles members of our rowing community. It is hoped that this will become a regular feature in The Catch and a means by which we might get to know each other a little better.

If there's anything anyone would like to contribute to The Catch, feel free to write to me at [kevinconnolly2@gmail.com](mailto:kevinconnolly2@gmail.com).

We would like to wish you all a very happy holiday season and a peaceful New Year.

Sincerely,

Kevin Connolly  
Editor

### **From the Director**

Welcome to the newest version of The Catch. In order to

facilitate sign up and opt outs, as well as to create a nicer newsletter, IRC is using Constant Contact, a web-based email software. If you'd like to forward this email or update your e-mail address, please follow the links at the bottom and top of the page. Thank you to rower Jen Vona for suggesting the program.

We hope you find the text and layout pleasing. Future editions will contain more photos as we expand our image library. Let us know what you think-or send us photos for inclusion [catch@indyrowing.org](mailto:catch@indyrowing.org)

As 2009 comes to a close, IRC is busy tallying the year's statistics, and planning for 2009-2012. In December, IRC received two grants: a professional development grant and an outreach grant. The Indiana Youth Institute (IYI) provided funding to offset the cost of attendance at the the USRowing Conference for coach Caitlin Gray. Eli Lilly Technology Center provided \$2000 to IRC to continue the summer rowing program for teenage girls at Rhodius Community Center. Thank you to IYI and Eli Lilly Technology Center!

The USRowing Conference was held in Tempe, AZ December 3-5. Many of the talks this year were on training plan design and cross training. IRC has already implemented most of the training guidelines discussed at the conference, but it was nice to know that we are on the right page! I presented on the director panel at the registered regatta workshop along with the club directors from Austin Rowing Club, Oakridge and the Referee Association President.

Next year's conference is in Tampa the first weekend in December, and all USRowing Members are welcome.

January is the deadline for IRC to submit additional grant proposals to funders, as well as a proposal to host the Big Ten Women's Rowing Championships annually, starting in 2011. If any members or friends would like to serve on the IRC event committee, or to help with the IRC grantwriting, please contact me!

January 30th is the Indianapolis Indoor Rowing Championships. This exciting indoor event will include teams from the IRC juniors, masters, and outreach programs, as well as relay teams from area CrossFit programs and gyms. If you know a group of four people who would be interested, please encourage them to sign up on [regattacentral.com](http://regattacentral.com). IRC and sponsor Fitness Concepts will be giving away an erg to the winning co-ed (at least 2 women) relay team.

I hope to see you all there, either as competitors or fans!

Happy New Year!

Bernadette

## View from the Boathouse

Although boat repairs have slowed with the onset of



freezing temperatures, there has been a lot going on and plenty to do around IRC! The boathouse was left to take care of itself in the first week of December, when Bernadette and I traveled to Arizona for the USRowing conference. At the conference, in addition to attending a wide variety of classes and presentations

touching on any and every thing in the realm of rowing, I took several boat and oar repair workshops. Some of what I learned I already knew, which made for good review and practice, and some of it was new and will come in handy as my time at IRC continues.

Since returning from AZ, some of my time has gone towards maintenance while most of it has gone towards planning and organizing events such as the **Indianapolis Indoor Rowing Championships**. This satellite regatta for the C.R.A.S.H.-B. will take place at ISI on January 30, and we would like as many people there as possible. Please plan on attending, and please bring friends along to compete and to watch. I would be happy to coach those who do not yet know how to use the machines!

Finally, IRC would like to hold an Erg-A-Thon at the end of February or the beginning of March. Although we are in communication with a few public venues, a location is still up in the air. If any IRC members have a public location where we could host this indoor-erging fundraiser, please contact me ASAP.

Thank you all for your support of IRC. Stay warm and happy holidays!

Caitlin Gray  
Boathouse Manager  
IRC Coach

## MASTERS REPORT

As the year draws towards a close, the Masters find themselves in the middle of an intense period of training with the Indy Indoor Sprints looming on the horizon. Turnout at training has never been higher and improved times are being recorded on every erg. We still enjoy the demands placed on us by our coaches and also enjoy the

variety that the dreaded East German Workout, under the watchful eye of Courtney, brings to our training sessions.

Uplifted as we are by the marked improvement, on a more personal level we are sad to finally say 'farewell' to Katie Lesco, our coach for the past eighteen months. Though Katie is leaving us in the capable hands of Mikella and Courtney, we have many reasons for which to be grateful to her. She undertook the daunting task of shaping a disparate group of then, halfhearted, rowers into the disciplined, hard-working and enthusiastic group we are today. Through her tireless dedication and attention to detail, Katie transformed our hearts, minds, and, ultimately, our bodies, into the determined and undoubtedly faster rowers that we have become. This is no small achievement. What is even more remarkable is that this new level of competitiveness has been achieved through a process that always possessed good humor and even, at times, compassion!

Though we are certain that we will continue to develop and thrive under Mikella and Courtney, there is no doubt in any of our minds, that Katie showed us the way.

Thank you Katie and we all wish you and Greg the very best in your new life in Florida.

## JUNIORS REPORT

Now mid-December, the Junior Program has truly started to settle into the winter training routine. Attendance varies daily, with anywhere from the few regular attendees to having more rowers than ergs. The coaches are working with the team on lowering their splits and maximizing their strength. After doing initial testing, they calculate what times Juniors should be hitting on various erg pieces. Technique on the ergs has become a real focus- even the most experienced rowers have trouble with this. By video taping practice, the rowers get to watch themselves erg and critique each other. They've found that the filming is very helpful; while it's one thing to hear from a coach that you're dropping your hands at the catch or not using enough body angle, it is completely different to see yourself doing it. By making these rowers more conscious of their erging, changes can be made to maximize results and improve the quality of the workout. The cold weather creates a longing for the warmer days in which beautiful water was taken advantage of, but everyone knows that the work that gets accomplished during this season



guarantees the best possible results in later seasons. In addition to daily workouts, the coaches are using the winter as an opportunity to engage the Juniors in other activities, including yoga and a nutritional speaker. Finally, IRC has been invited to the Golden Bear Invitational- a regatta that is April 3rd-- very early in the spring season. Juniors know that they won't have much water time to prepare for this- one, maybe two weeks max. For this reason, it becomes even more imperative that as many improvements as possible are made this winter.

Bridget Bechtold, IRC Junior

## USRowing Article of Interest

Here's a link to a short but informative article that appears on the US Rowing website about the history of rowing.

<http://www.usrowing.org/uploads/docs/26a-1.pdf>

## CONCEPT2

### IRC Ranks Sixth Nationally!

The recording of our winter-training meters is slowly moving us up the league table of competing Rowing Clubs. During the last month we have moved up from 9th position (of 426 clubs) with 16 rowers registered, to our current 6th position (of 469 clubs) with 22 rowers registered. By registering you are representing IRC even off the water. If you haven't considered doing so before now you might find it motivational to do so. Two of our rowers, Shawn Dresser and Eric Stoll, are rapidly approaching the 2 million meter mark for the season. An astonishing achievement by them both. View IRC's total at [Concept 2 Club Standings](#)

It is very easy to register. Simply follow the instructions on the [Concept2 Homepage](#) or contact [Eric Stoll](#) with questions about how to log your meters.

## WHO'S THAT?

PROFILES OF MEMBERS OF OUR ROWING COMMUNITY

### DON FOUTS

#### Junior Coach, Masters Rower and CrossFit Trainer

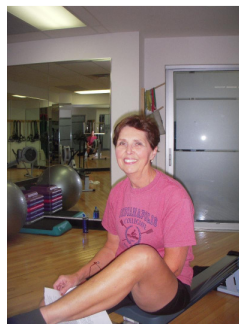
I am 26, and a full time Network Administrator at MD-Sleep located in Carmel, IN. I did not have the opportunity to row in high school, and joined the NAVY soon after High School Graduation. During my time in



the Navy I was a Cryptological Communication Technician and reached the rank of Petty Officer Third Class (Surface warfare.) My enlistment ended in December of 2004 and I moved to Indianapolis, tended bar until I started school in Aug of 2005. I have been rowing since my sophomore year of College so about 5 years. I went to College at Southern Illinois University in Carbondale, IL. Received a BS in Management of Information Systems and a BS in Economics. Moved back to Indy to be close to my newly relocated family while I found a Job. I quickly tracked down IRC to continue rowing and approached Bernadette about a Juniors' coaching position.

During the last summer while I was finishing up the last 6 credits I needed for my econ degree my boss asked me if I wanted to workout in his gym! He introduced me to Crossfit - an on-line fitness revolution! At "Rocky's Gym" in Carbondale I was introduced to both Olympic lifting, and the consistent mental and physical exertion that is the foundation of crossfit's success. Within the Crossfit community I have seen first hand the importance of cross training (in the most literal meaning of the term) and how your diet has a huge impact on not just weight but performance, and overall condition of life. Crossfit made such a huge impact on my life, health, and performance I became a level one crossfit training in November of 2008. I have been preaching the crossfit way ever since! I found a great passion in coaching, and helping other find performance gains. IRC has become a crucial venue for this passion of mine, and have truly become a second family to me.

## Who's That?



### **Nancy Crome Masters Rower**

My passion for rowing was instantaneous. I learned to scull in the late 50's at the Girls Club (PGRC) on Boat House Row in Philly when it was still an oddity to see women on the water. Though it's known that the club was founded by Ernestine Bayer (who continued to compete into her 90's), I didn't know her nor was I aware of her importance. Suggested reading Ernestine Bayer: Mother of U.S. Women's Rowing by Lew Cuyler.

After a lapse of more than forty years, being retired and a new resident to Bloomington, IN, I pursued my passion for rowing that had, until that moment, been untapped. In 2003, I stumbled upon Mark Wilson's rowing group. We were a rag-tag informal community group with no dues! As a loosely organized arm of IndianaUniversity, we were

permitted to row out of IU's boat house on LakeLemon. In 2006, when it became clear that changes at the university meant that the Riddlers had to die or move, the group morphed into Riddle Point Rowing Assn. Shortly after, I joined IRC in an insatiable quest for more and more varied experiences in coaching, racing, and training. I retained a membership at both clubs for a couple of years, but currently belong to IRC and the internet composite group, Avalon. My initiation into sweep rowing at IRC during the 2006 season was memorable for the degree of total confusion I had in not knowing the simplest of sweep techniques - that each hand has a separate job. My lessons in mastering sweep came very slowly, and from other rowers ... until Ms. Coach 'Meany Head' (a.k.a. Katie Lesco) appeared to save me and our other esteemed masters!

There are benefits and great excitement in belonging to a composite group. Not only is it a fabulous opportunity to network with other rowers from all over the world, but it's my only opportunity for racing with others in my age category. This past August the Avalon Women's 8+ "G" won gold at Masters Nationals; I raced 5 events in total. This is the first year I competed at the Charles; an Avalon age 60+ women's 8+ .

With every passing year I set new rowing goals. For me the IRC masters are an extension of my family. I have a strong appreciation and love for our members, and for the uncommon spirit, fun and dedication that is our bond.

## **POTLUCK DINNERS**

**Come for the Fun! Help support the IRC and feast with friends!**

The IRC Fundraising Committee is organizing a Potluck Dinner Group to meet periodically at a different member's home. Guests will bring a dish - and a donation for the money they otherwise would have spent on a night out. The group will meet once every two months or more often if its members wish.

If you are a parent of a junior rower, a master rower, or even just a friend of IRC, please consider joining. If enough persons are interested, additional groups may be formed. Please contact [Tritty Gibson](#) if you are interested.

## **Youth Advisory Board**

IRC is currently accepting applications for the Youth Advisory Board. This committee will serve as the youth leadership panel at IRC, advising the director on youth

programming throughout the year. Rowers will be asked to committ to a one-year term (January-January). Meetings will be held bi-monthly (1 hour), and leadership training will be provided. Rowers should be committed to the IRC mission to develop youth and adults of all social and economic backgrounds through rowing by providing experienced and knowledgable instruction, a variety of skill-enhancing programs, and world-class facilities.

Applications are due December 31, 2009.

Please email Bernadette if you would like more information or would like to apply ([exec\\_dir@indyrowing.org](mailto:exec_dir@indyrowing.org)).

### IRC Wish List

Thank you for your support of IRC, the following items would help us to acheive our mission.

Large TV for Boathouse (to watch film from practice).  
DVD player for Boathouse (to watch instructional videos)  
Used plastic cool-whip or large yogurt containers (used to mix epoxy for boat repair)  
A pickup truck to tow our boat trailer (5,000 lbs)  
16 vest-style life jackets for our outreach programs  
Digital voice recorders (to record our coxswains for coaching)  
A used desk-top or lap-top computer

You may make a financial dontatation to IRC [online](#)

***The Indianapolis Rowing Center's mission: To develop youth and adults of all social & backgrounds through the sport of rowing by providing experienced and knowledgable variety of skill-enhancing programs, and world-class facilities.***

**SIGN UP NOW!**

THE INDIANAPOLIS INDOOR ROWING CHAMPIONSHIPS  
January 30, 2010 @ ISI  
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