



## The Catch

*Indianapolis Rowing Center's  
E-Newsletter*

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**January /20:**

Dear Rowers and Friends,

Welcome to the January 2010 issue of The Catch. It is encouraging to note that over half of our off-water season has passed and that we might start looking forward to returning to the boathouse in a few months. For many of us that moment can't come soon enough. It will be interesting and challenging for everyone to see how the intense winter training translates into on-water performances and to be reminded, as well, of how important rowing technique is, in addition to general overall strength and endurance. However, that day is still a little way off and meanwhile we have the Indy Indoor Sprints to focus on. Looking forward to seeing many of you there next weekend and good luck.

Remember, if there's anything you'd like to contribute to The Catch please email me at [catch@indyrowing.org](mailto:catch@indyrowing.org). All contributions, suggestions and ideas will be gratefully received.

With best wishes  
Kevin Connolly (Editor)

[Join Our Mailing List!](#)

## From the Director

The New IRC Website is up! We are constantly updating and loading new content to the site. It has proved extremely helpful providing information for the Indoor event and for the junior spring program registration which is now in full swing. Summer classes and clinics will be posted mid-March, and the calendar page will be re-formatted soon into a more interactive program. Keep checking for updates.

Welcome to our newest sponsor, Clarion Inn and Suites Northwest, located at 71st and 465 has signed a sponsorship agreement with IRC. In addition to providing affordable and comfortable overnight stays for our competitors, Clarion Inn & Suites has also agreed to host the Shortridge Rowing Club as they take swim lessons next month in the hotel pool. Thank you, Clarion!

Please mark your calendar for the Annual Dinner and Awards banquet to be held February 20, 2010 6-8pm at First Congregationalist Church. Details below. IRC has much to be proud of!

We are currently planning for our 2010 programs and the Indianapolis Indoor Rowing Championships on Saturday, January 30th. We are expecting our largest group of competitors yet, with a number of non-rowing groups competing in the relay categories. Crews from Louisville Fort Wayne and Shortridge High School are traveling to race in the junior division. The masters and open division will feature IRC masters and rowers, the Indy Survivors Dragon Boat Crew, competitors from CrossFit gyms, IMPD, IFD, IU and PU among others. Good luck to all!

## MASTERS REPORT

There aren't many Masters who would agree that the dark days of winter are brightened by the contemplation of sitting on an erg and forcing one's body and mind to go to places they really don't want to go. However, there is a strange, almost perverse, satisfaction in going there, and, with Mikella's and Courtney's irrepressible encouragement and drive, we go there time and time again, until the benefits become obvious and split times we'd once thought unimaginable become achievable. Tuesday evenings are dominated by speed and strength sessions-intense periods of high performance erging. On Thursdays the emphasis is on endurance and stamina consisting of longer sessions at a lower intensity. Saturday we become Courtney's 'playthings' and might do a mixture of the above or the dreaded East German Work Out, the after effects of which guarantee much moaning and groaning until the following Wednesday. Taking the program as a whole there is no doubt that we are all getting stronger and faster and certainly more competitive. All of which augur well for the coming season on the water. Meanwhile, January 30th will see most of us on the ergs at the International School for the Indy Sprints. We look forward to the occasion with a mixture of feelings but recognize that this is an opportunity to test how far we have come during those long dark wintry days.

Kevin Connolly

## JUNIORS REPORT

As January rolled around, the Juniors returned from a two week break from practices. We were informed of a "Holiday Challenge" on the last of practice prior to our break, with a list of daily workouts on a calendar for us. Whoever completed the most assigned workouts would be awarded a highly sought-after prize- which we have yet to see, considering none of the Juniors completed the full Challenge. Make no mistakes however; we did not sit around and watch Christmas movies the entire break. Many rowers still exercised a healthy amount, and recorded/turned in their workouts. Stephanie Barber and Victoria Alden were recognized for rowing the most and completing the most challenges, respectively. Once practice started up again, many of us felt the affects of not erging religiously over break. Erg Sprints are coming up in a couple weeks, and our coaches are determined to make sure the Juniors are ready. Between sprints, endurance pieces, and body circuits, we do our fair share of training. Most recently was the Novice-Mandatory/Varsity-Optional (but encouraged) Spring call-out meeting at Brebeuf. Novice rowers interested and returning were encouraged to come train with us at Fitness Concept and as soon as the next day we had new faces showing up at practice. We encourage all returning novice and varsity to start working out a couple times a week with us- it will make Spring season more successful for everyone.



Bridget Bechtold, IRC Junior

## USRowing Article of Interest

Further to Don Fout's description of Cross Fit training in last month's Catch, US Rowing have an article in their January issue that deals with the same subject. Here's the link:

<http://viewer.zmags.com/publication/f43a8bfc#/f43a8bfc/6>

## CONCEPT2

We are managing to hold onto 6th position of 483 similar teams in the Concept2 (Rowing Club) Ranking table

<http://www.concept2.com/sranking03/challenge/univStandings2010.aspx?sort=distance>

This is a major achievement considering that we only have 26 registered rowers. Our overall standing would be greatly improved if more rowers got on board (the process is very easy-just follow the Concept2 instructions) and if those who have registered actually recorded their meters. Both Shawn Dresser and Eric Stoll have passed the 2 million meter mark for the current season. Congratulations to them both. A number of others have passed one million meters and are or close to doing so. Please log on and register those hard earned meters as this is a way to represent IRC during the off-water season. It is clear that other rowing clubs take this aspect of their training very seriously.

## WHO'S THAT?

### PROFILES OF MEMBERS OF OUR ROWING COMMUNITY

Emma Preuschl

Originally from Bakersfield, CA, I moved to Indianapolis when I was four years old. I live on the eastside of Indianapolis in a quaint neighborhood called Irvington. I am the second oldest of four kids. We are lucky to be graduates of Our Lady of Lourdes Catholic School and Cathedral High School (Sarah '01, Emma '03, Anna '08, Michael '10). I am a huge Packers fan because my family is from Wisconsin and you can't live in Wisconsin unless you like the Packers. My youth was colored by extracurricular activities: CYO sports, Irvington little league, Girl Scouts student council, peer mentoring and leadership programs, church youth group and ministry. I was always busy doing something as a kid and you better believe I was doing it to win.

I am a first generation college graduate from Purdue University '08. I joined the rowing team as a freshman and it completely changed my life. I lost about 45 pounds, became a vegetarian and changed my major from communications to nutrition. Five years later I received a Bachelor of Science in Dietetics and Nutrition, fitness and health. I rowed for the Purdue Crew club for 4 years; I was on the executive board as the publicity director and an assistant novice women's coach. In my spare time, I worked part time to help pay for rowing. All my hard work eventually paid off. After graduation I took time off from school and moved to a full time position at the Tippecanoe County Women Infant and Children Program to start paying off my student loans. In the summer of 2008 I had the opportunity to take a leave of absence from my job to compete in the 2008 Paralympics in Beijing, China. Our team won a silver medal in the legs, trunk and arms mixed coxed four. I returned to WIC in October 2008 but found myself missing rowing too much so I moved back to Indianapolis to live with my parents so I could row.



Currently, I live with my mom and dad. I am a professional degree-seeking student at Purdue completing my dietetic internship to become a registered dietitian. This semester I am working as an intern at Franklin Township School Food Service Department and St. Vincent Sports Performance Sports Nutrition Department. After school I am a part-time personal trainer at Fitness Concepts and a part-time IRC Varsity Women's assistant coach. I also spend time training for my own rowing events. Right now the focus of my training is my mental game. I hope to continue to compete internationally. The next international event is the 2010 Rowing World Championships at Lake Karapiro, New Zealand (Oct. 31 - Nov 7).

As I reflect on my experiences and goals I can honestly say that I love what I do and I am doing exactly what I love. I can't say my lifestyle is easy but at least it is fulfilling and I am having fun. I am excited to thin

about the future; but quite frankly the present is too important to give up right now.

Emma Preuschl

## **Who's That?**

Nathaniel Kallmyer

I am currently a sophomore at Brebeuf. I started rowing at the beginning of my freshman year. Before I started rowing, I trained in Tae Kwon Do for four years, attaining second degree black belt. During my first novice season, I was still participating in Tae Kwon Do, and I was not always present at the practices. I soon discovered the importance of good attendance and finally decided to quit Tae Kwon Do and dedicate myself to rowing. During my second season, I was taught to sweep both sides but I still found myself rowing at bow during most of the regattas. During the summer, I learned how to scull and first sculled in a race at Grand Rapids. My lineups finally began changing as I entered my first varsity season. For the first quarter of the fall season, few of the juniors were experienced at sculling, so my sculling capability was valued more heavily and I found myself sculling in a quad most of the time. My only opportunity to race in the quad was at Lemonhead; however, there were no quads to compare times with. I was later moved into a lightweight four and eight at the Speakman regatta. During the last regatta of my varsity fall season, the Head of the Eagle, I rowed in a single scull and in the varsity eight [and we were denied victory by a Women's Four slowly crossing under the bridge after missing their race]. Overall, rowing has helped me athletically and academically. Before I started rowing, I was absolutely terrible shape. During that time, I would not have dreamed completing a six kilometer erg test as I do today. Enduring long erg pieces has also improved my mental discipline, which has proved helpful academically. Rowing has also served as an outlet for my stress, completely changing my demeanor. I have enjoyed rowing with others who are willing to row with all of their effort; I dislike running with those who choose to run a 5k holding a walking stick. Thankfully, these negative experiences have been scarce. Rowing has introduced me to many great friends and has served as a sport which I hope to enjoy throughout college and the years beyond.

Nathaniel Kallmyer

## **January Challenge**

In addition, the Eric Stoll led January Challenge team is also doing very well, positioned in 35th position out of 96 teams. It's not too late to register for this not to record your meters rowed during January. The team's name is 'Indy Rowing Center'. Contact Eric Stoll at [estoll@sbcglobal.net](mailto:estoll@sbcglobal.net) if you wish to register.

## **Octuple Link**

Thank you Nancy Crome for sending this YouTube video link that features

what appears to be known as an 'Octuple'. Perhaps we should think of rigging one sometime!!

<http://www.youtube.com/watch?v=tC5joNDvIMk>

## IRC Wish List

Thank you for your support of IRC, the following items would help us to achieve 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 donation to IRC [online](#)

## FAREWELL

All at IRC would like to wish Don Fouts, whose profile was featured in December's The Catch, every good wish as his career takes him to the sunnier climes of San Diego. Though we will miss his presence at team-mate and trainer, we are happy that this new appointment is a promotion and one which will further his career. Thank you Don for all that you did at IRC both as crewmate and as coach, and Good luck in your new position. Make sure you keep in touch.



Good luck to Patrick Close as he moves west this month. Patrick, who won IRC's national title this summer in the 1x and 2x at Club Nationals has been offered residency at US Rowing's Oklahoma Training Center in Okalahoma City. He will be training and competing to make the US Rowing Team this summer. Good Luck, Patrick!



## Annual Dinner

Please Join Us!

The IRC Annual Dinner is February 20th, 2010. 6-8pm @ First Congregationalist Church (7171 N Penn). A pasta dinner will be served and the 2009 awards will be presented during the program. Thank you the Junior boosters for hosting. Proceeds will benefit IRC's scholarship and equipment funds. \$10/ person or \$40/family. Watch your email for your invite or RSVP to [jrnews@indyrowing.org](mailto:jrnews@indyrowing.org)

***The Indianapolis Rowing Center's mission: To develop youth and adults of all social and economic backgrounds through the sport of rowing by providing experienced and knowledgeable instruction, a 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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