



The Catch

Indianapolis Rowing Center's E-Newsletter

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March/

Welcome to the March issue of The Catch. After the long winter the ice on Eagle Creek has finally melted and the Juniors are back where they rightfully belong-on the water. As they prepare for their first competitions of the year the Masters are finalizing their Winter training at Fitness Concepts, before joining the Juniors on the water in April. It is sometimes difficult to recall how it feels to be afloat, after spending the Winter on ergs. Everyone looks forward to reacquainting themselves with the oar, the boat, the water and the wind. We have had another busy month at IRC, Cincinnati Tanks visits, Row-Thon, St. Patrick's Day Parade, and much more, most of which will be re-

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in this issue. In addition to the regular Reports there is the second part of Preuschl's series of articles relating to Rowing and Nutrition. There is also Book Review that failed to appear in last month's issue, and recognition of achievements of IRC rowers at the Crash-B Indoor Sprints in Boston as well as a Profile of a member of the IRC community. There are also links to other including one which gives us tips to help us protect that endangered species, the coxswain.

Let's hope the Winter is truly behind us and that, over the next few weeks we will see temperatures rise and the trees at Eagle Creek burst into color.

Happy Rowing

Kevin Connolly

From the Director

Thanks to a mild March, the Indianapolis Rowing Center is in full swing, the course and docks are in, regattas are running, members are out and juniors compete this Saturday in their first race.

While we have had a number of great accomplishments over the past few years, this spring is the most exciting! IRC has a number of dedicated volunteers and coaches moving steadily forward and creating quality programs and committees with clear goals: The membership committee is working on recruiting members and weighing in on dues structure and member activities; the fund development committee is honing the scholarship and financial aid process; the events committee is creating a regatta management packet in order to streamline the events planning process; the safety committee has updated the safety procedures and the fund development committee is exploring how to offer IRC efficiently to our membership and friends. If you would like to be a member of these committees, please visit the [volunteer page](#) of the website.

As you will read in this issue, IRC has made an effort to reach the community through programs and appearances. Thank you to the members, fans and organizers for these events. As a result of IRC outreach efforts, the Indianapolis Community is beginning to invest in IRC! We just received a grant from the Indianapolis Sports Corp Champs Grant Program toward the purchase of rowing barge (half of purchase price was awarded) and life jackets so that we can continue to offer summer outreach programs to Indianapolis youth.

On a national level, this past weekend, IRC hosted women's crews from Purdue, Notre Dame and IU for the 8th annual State of Indiana Collegiate Rowing Regatta. The University of Buffalo and Eastern Michigan also attended. When a regatta has crews from different regions racing, it elevates the importance of the results. For example, the crews that race Buffalo now try to figure out how they would have done against Notre Dame at IRC's spring event, the Indianapolis Collegiate Invite (ICI) is a cross-regional event and a seed event for the American Collegiate Rowing Association National Championship (ACRA's). Indianapolis has an excellent venue for these types of races as our buoyed 2000 course is seven-lanes across

while we may take this for granted, many rowing courses get by with three-four lanes of only 1900ish meters and a couple of buoys.

Your help is key in hosting a top national event. The events committee has done a great job lining up ICI volunteers, but we do need a few more to help with the venue and hospitality crew (help with parking, setting up, maintaining the paths and restrooms). Please email [Shawn](#) if you can help on April 24th. Thank you to all of you who have already volunteered and to the boosters for their help with food prep and merchandise sales and to the juniors for being stake boat holders!

April 17th is the annual Boathouse Cleanup Day. Please watch the [calendar](#) for more information. Come for an hour or more and see your teammates and friends! We will be readying the grounds and facilities for the Indianapolis Collegiate Invite and the spring season. The juniors did a nice job opening the boathouse and getting the venue ready for spring so they will be competing on the 17th so the boats will be out of the boathouse-the perfect time to get the fall leaves out of the corners!

I look forward to seeing you all at the Boathouse soon!

Bernadette

View from the Boathouse



The view from the boathouse has been much improved over the past month, and I know that IRC Rowers will agree with me that March has brought some great changes to the reservoir. The most obvious of these is that there is no longer a thick layer of ice covering Eagle Creek Reservoir which means that the Juniors are back practicing on the water. In the coming month the Masters rowers will join the Juniors with on-the-water practices, and then in one more month IRC class clinics will begin.

In addition to the changes at the boathouse, March held many new exciting additions to IRC's annual schedule. The Masters and Junior rowers participated in our First Annual Row-a-Thon at the NCAA Hoops Champions. Each rower was given two hours to complete 90 minutes of rowing, a challenge which each and every participant completed! Thank you to all of the rowers who came out, it was a great first year and a jumping off point for years to come. Many special thanks are also due to the NCAA staff for hosting and supporting IRC, Jim Barber for driving the 1x, and Junior rowers Stephani Barber and Abby Roach for helping to organize the event.

Finally, IRC participated in this year's St. Patrick's Day Parade. Rowers and staff met downtown in full IRC gear (with green accessories!) on a beautiful sunny afternoon to decorate the trailer, two 8+ shells, and the 1x. It is safe to say that it was a fun event for all, and a great way to expose IRC to the city.

Thank you again for all of you who helped IRC this past month! I look forward to seeing you all at the boathouse and on the water again soon!

Caitlin Gray
IRC Boathouse Manager

Masters Report

The days got warmer. The ice melted. The flowers began popping. It was only a matter of more daylight until we could get back on the water. The 'down below' winter training was coming to an end. The final distance training will be using distances of 4000, 2000, 100 and 500 meter oriented pieces.

March was an active time outside the gym. On March 13 IRC hosted a row-a-thon at the NCAA Hall of Champions. Groups of rowers took 1000 ergs for 90 minutes over the course of six hours. March 27th IRC crew found downtown erging on a float as part of the St Patrick's Day Parade. The 28th had the masters heading to Cincinnati to experience simulated rowing in water tanks. We have added a new coach to our staff, Sherry Boyne. Her notion of difficult times and challenges only making one stronger will add a new dimension to our developing group. Her brother Dan, wrote 'The Art of Sculling', which is a 'must read' for any rower. He writes about all dynamics of rowing. From rigging and physiology to nutrition and the science behind making energy with or without oxygen. This season we hope to compete in many regattas, and our ambitions include medalling at Masters' Nationals in New Jersey.

By Joshua Sobieski

Juniors Report



This March has been an exciting month for the Juniors. Eagle Creek is officially water again- which means practice has resumed at the boat house. We eased into boathouse practices with Tuesday/Thursday practices the first week to get the boathouse ready for spring, and to run. The following week the Juniors began normal daily practices. They have been graced with absolutely beautiful weather. The Varsity girls have been focusing on smaller boats- fours and quads- while the Varsity boys are practicing both eights and fours. The Novice team has been rowing in eights and teaching their newer members how to row. All teams are benefiting from personal attention from our coaches as we prepare for our first regatta on April 3rd. Because the Juniors program represents many different schedules, varying Spring Break weeks affect practices- but we do the best we can. It's an exciting time for the Juniors right now as we prepare for Golden Bear on April 3rd, and for the rest of our Spring Season.

By Bridget Bechtold

USRowing Article of Interest

Here's some sensible advice for coxswains from this month's US Rowing newsletter. Perhaps it's time we took better care of our coxswains! Don't forget that, without them, our on-water activities would be severely impacted.

restricted. So, if your coxswain appears to be suffering from the col then to read this short article about the various ways he or she might be much more comfortable (and warmer) on the water.

<http://www.usrowing.org/Coxswains/CoxswainFeatures/10marcox>.

Concept2

IRC still ranks highly in the Concept2 ranking system. We are currently lying in 6th position out of 505 Rowing Clubs, with our total of 19,600 meters, with an overall average of 678,194 meters for our 29 registered rowers. We are the highest ranking team with less than 30 rowers. Overall Category, which consists of teams of every shape, size and description, we are in 32nd position of 1477 teams. This is quite an achievement and we still have the rest of March and all of April to complete our season. Visit the rankings at:

<http://www.concept2.com/sranking03/challenge/univStandings2011?sort=distance>

There is talk of a number of the Masters rowers participating in the Concept2 Marathon Challenge (42k) during the latter part of April. If anyone is interested in doing this, or a Half-Marathon (21k), please contact David Clarke at dlgclarke@sbcglobal.net for details.

Who's That?

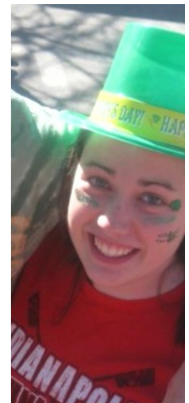
PROFILES OF MEMBERS OF OUR ROWING COMMUNITY

Abby Roach

I started rowing as a freshman at Brebeuf Jesuit and became completely addicted. Rowing was something new and different. No one in my family knew anything about rowing so it became my little thing. My older brother Mike played soccer all his life, my mom was a swimmer, and my dad biked and played basketball. I floated around through many different sports until I found my rowing niche. Everything about the sport pulls me in. I have met the greatest people rowing and it has become a major part of my life.

My novice fall of rowing was rough. I was never in the top eight. My boat came in last in every single race, and that is no exaggeration. The losing seemed to bring the girls on my team closer together and we had more fun at practice goofing off than I had ever had in a sport before.

When spring came our novice team changed and we seemed to actually get better. When May came and we got to Midwest we only had eight girls to make one eight. Before the race our coach Brendan told us we actually had a chance of winning our heat. We all knew that he was just trying to get us to race our best. We got out on the water and it was hard to pump ourselves up because this was our first major spring



After racing we ended up winning our heat. We blew everyone away. That was the highlight of my rowing career. I still enjoy watching the video of that race and seeing how we all worked together. Rowing has brought so much into my life. Whether it is pain, blister, friends, or the feeling I get after a great practice on the water, I know that rowing is probably the best thing that has happened to me. It is unpredictable. When you drive up to the boathouse for practice you know what kind of craziness you are going to be getting yourself into that day. Sometimes you have a pleasant row and sometimes Eagle Creek decides to torture you with waves and rain, but whatever it is I know I am always going to have fun!

By Abby Roach

C.R.A.S.H.-B. Results

Congratulations are in order for Emma Preuschl who won the Women's Sprint in Boston on 14th February in the Adaptive Rowing Class in a time of 3:49.7. Also for Eric McDaniel, now of Texas Rowing Center, but trained with IRC for much of the Summer and Fall of 2009, who won the final (Adaptive Men's) in a time of 3:17.8. Well done to them both. A link to the complete list of results is:

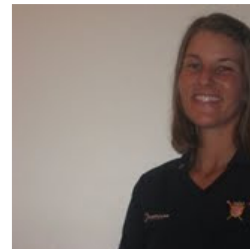
<http://www.concept2.com/us/racing/crashb/crashb2010/results2010>

Nutrition and Rowing

Part Two: Eating for Performance

By Emma Preuschl

Do you have trouble concentrating during your erg pieces? Does your rowing performance decrease towards the end of your workouts? Does it take you more than a day to recover from high intensity races or practice? If you answered 'yes' to any of these scenarios you might want to consider taking a closer look at what you are eating before, during and after training sessions.



Here are 3 ways to improve your rowing performance:

1. Eat a large meal 4 hours before your workout consisting of a high carbohydrate diet. Make an effort to consume 16 oz of clear fluids during the 2 hours prior to practice and grab a small snack (90-150 calories) 1 hour preceding a workout.
2. Drink and re-fuel your body during your workout. Bring a carbohydrate beverage with various carbohydrate sources (e.g. maltodextrin, sucrose, fructose, dextrose) and a water bottle with you on the water. Be sure you are taking a healthy sip whenever you have the opportunity.
3. Eat after your workout to help your muscles recover from your workout. There is a "30min-glycogen window" where you have optimal muscle absorption. Be sure you eat something that has a 4 to 1 ratio of carbohydrates and proteins respectively. The addition of small protein amounts provides amino acids to aid in muscle protein repair.

Financial Assistance

IRC has a financial assistance program to help members - juniors a masters alike - who would otherwise be unable to pay their dues or program fees.

Assistance is limited to those persons or families in need, whether from general circumstances or temporary situations.

The awards - also known as scholarships - will be made only as long as funds are available.

To apply for a financial award, fill out a Scholarship Application, which may be downloaded from the IndyRowing website (www.indyrowing.com) or obtained from the IRC, and return to Executive Director Bernade Teeley. Please be as specific as possible about the financial circumstances that justify an award.

Applications are reviewed confidentially by a subcommittee of IRC's Development Committee, which gives preference to those applications that demonstrate the most need.

In return for receiving an award, scholarship recipients agree to provide volunteer service and to represent the IRC with a positive attitude.

Recipients this year will be asked to sign an agreement confirming their obligations.

Book Review

The Red Rose Crew: A true story of women, winning, and the water by Daniel J. Boyne, and *The Last Amateurs: To hell and back with the Cambridge boat race crew* by Mark de Rond

Though I have read relatively few rowing-related books to date, I've already noticed a common theme that exists over and over: that is extreme desire of rowers, elite and not so elite, to excel to win, see at almost any cost to themselves or often, frankly, to anyone else. The passion, drive and exclusive intensity in the sport of rowing are epitomized within these two masterly works. My election to combine review, however, was prompted more on the basis that authors Boyne and de Rond each take the reader on a captivating journey that follow the historic crew in the making. Boyne provides a retrospective, evolutionary story of the infamous Red Rose Crew, the first US National women's crew that, distilled from a group of 36 athletes and shaped under legendary Harvard coach Harry Parker, won silver in the 1975 World Rowing Championships in Nottingham (several returned to win Olympic bronze the following year in Montreal). De Rond, on the other hand, shares a practically real-time account of Cambridge University's 2006-2007 crew as its 39 members are gradually culled to a final, international crew of men and a woman coxswain and goes on to achieve its ultimate objective of beating traditional rival Oxford in the 2007 Boat Race, a strenuous and one quarter miles on the Thames. In both books, we are treated to rare insights into the individual athletes' personalities, their motivations, strengths and weaknesses, struggles and conflicts, and the demands they endure as their coaches mold them into the cohesive machine they must become to achieve their highest goals. Boyne writes beautifully of each Red Rose crew member, including Wisconsin stroke Carie Graves, and Yale rowers Chris Ernst and Anne Warner who were later famed for staging the courageous "strip-in" that shamed their college into Title IX compliance. While *The Red Rose Crew* is an

interesting read, I found de Rond's first-hand account of the Cambr squad in *The Last Amateurs* fascinating. As professor of ethnograp Cambridge University, de Rond was privileged to study the Cambric rowers by living with them during their seven months of preparatio participating in their everyday lives in order to understand what ma them tick... why they do what they do and why it makes sense to tl De Rond covers both the memorable and less colourful aspects of tl experiences and pulls no punches in his sometimes graphic, uncens narrative, but in doing so brings both characters and events to life : that I often felt I was beside him at the gym or in the launch. My b lines: *The Red Rose Crew* is a must read for anyone serious about t sport because of the historical significance this crew and its various members have had for women's rowing; any junior contemplating \ for a seat on a prestigious college boat should pick up *The Last Amateurs*. Enjoy!
By David Clarke

(Note: Daniel J. Boyne is the brother of the new Master's coach, Sh

Erging Video Link

Once again, Nancy Crome has spotted a useful training video and s link to *The Catch*. As you will see, the video-clip shows some slightl unorthodox ways of using the ergometer in ways that will benefit st and technique. Visit the video at:

<http://www.youtube.com/watch?v=wM7J6TsSGGw>

Notice Board

There have been a number of requests for an IRC Notice Board to b included in *The Catch*. If you have a rowing related notice you woul to post, or wold like to reach the extended IRC community, please : catch@indyrowing.org

IRC Masters team rower, Heidi Heldt, is looking for a junior or OARI program rower or cox who is interested in babysitting my 3 great b ages 10, 9, and 5. Babysitting could include Tuesday and Thursday at IRC during masters practices from 6 pm - 8:30 or 9 pm and som hours during home and away regattas. Occasional weeknight/weekends/summer break days may also be a possibility home in Carmel. Please call or email if you are interested - 317-84 8701 or heidiheldt@indy.rr.com

Interested in purchasing a Ltwt/mdwt single shell please call or em Gath 313-6687 or Sue.Gath@yahoo.com. Also looking for someon can repair boats-new slide, shoes and decking needed please call c email Sue Gath if you are interested Sue.Gath@yahoo.com 313-666

Eagle Creek Foundation

For those who wish to know more about our hosts, Eagle Creek Par Foundation, here is a link to their website. The site is updated to ini

the public of the various activities and plans the ECPF generate.

<http://www.eaglecreekpark.org/>

Contributions to The Catch

If there's anything you would like to discuss or write about that is o
rowing and/or IRC nature, please submit your idea to
catch@indyrowing.org

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

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