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A view from the launch of one of the last Junior practices.

The Catch

Indianapolis Rowing Center's E-Newsletter

In This Issue

[Director's Report](#)

[Boathouse Manager's Report](#)

[Masters Report](#)

[Juniors Report](#)

[Regatta Report](#)

[USRowing](#)

[Training Tips](#)

[Memorial Day Picnic and Race](#)

[National Learn to Row Day](#)

[Nutrition and Rowing](#)

[Concept2](#)

[Eagle Creek Foundation](#)

[Save 20% at LTR Day](#)

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May/2010

Welcome to the May issue of The Catch. The Juniors' season has come to an end and their performances in regattas indicate that IRC is on the way up as a serious competitive force, improving with almost every event. This is reward for all the time spent on ergs or on the water, achieving fitness, strength and technique, and marrying them to the indefinable will to compete at the highest level, and at the greatest intensity possible. Without the Juniors, the boathouse has become a quieter and less lively place, and those of us who visit the boathouse during the week, look forward to their return. There are a couple of events scheduled in the near future which require as much participation from IRC members as possible. They are The Memorial Day Picnic on Saturday, May 29th at 10 a.m. and the National Learn to Row Day on Saturday, June 5th at 11.00 a.m.. Further details of both events may be found in this issue. Your participation is greatly encouraged.

As well as the usual articles and reports, Emma Preuschl's fourth and final article in her series on Rowing & Nutrition also appears. Now that the weather has substantially improved, it is a joy to be on the water at beautiful Eagle Creek. Though the geese continue to make their presence felt on the docks, enjoy!

Kevin Connolly

From the Director

Summer is the season of Club Rowing! Nationally, juniors and collegiate teams move out of the limelight as the masters and open programs around the country move to center stage. Along with this shift in personnel is a widening of focus--the spring emphasis on the big, strong 8+ widens to include smaller boats, mixed boats, sculling and sweep.



As the mood around the boathouse shifts from the rush and structure of juniors, many IRC seasonal rowers to return to the boathouse, and many curious community members to join us!

Accordingly, IRC is gearing up for Learn to Row and Learn to Scull Classes and [youth camps and clinics](#) for kids ages 8-18. The **training barge** is set to arrive by June 1st and will be used daily throughout the summer. We will once again be offering **Rhodium Rows** through Indy

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[^ top](#)

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