

Alexandria Community Rowing

ACR Sliding Seat

A memorial fund has been established for the family of John Steve Catilo. Contributions can be sent to:

The John Steve Catilo Memorial Fund

c/o Burke & Herbert
Bank & Trust Co.
1705 Fern Street
Alexandria, VA 22302

Checks should be made payable to:

"The John Steve Catilo Memorial Fund"

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Highlights from the August Steering Committee meeting

- Need to clarify some financial issues re the mortgage to the addition.
- Forms for Sculling I need to go to Betsy for safekeeping and so members can be included on membership list.
- Discussed a number of safety issues, including the use of PFDs by the coxes and how coaches should communicate during practices; further discussion is needed by the Safety Committee.
- Shell insurance schedules will be updated and insurance payments adjusted, as necessary.
- Talked about the need to better inform membership of club budget/expenses...Betsy to follow up.
- Discussed whether it is necessary for pairs to be accompanied by a launch — if we require same flip test/self-recovery rules that apply to sculling singles/doubles.
- Discussed cost of "rowing prom" and will set ticket price at the September SC meeting.
- ACR will make a contribution to the John Steve Catillo memorial fund.

Clean for others as you would have others clean for you.

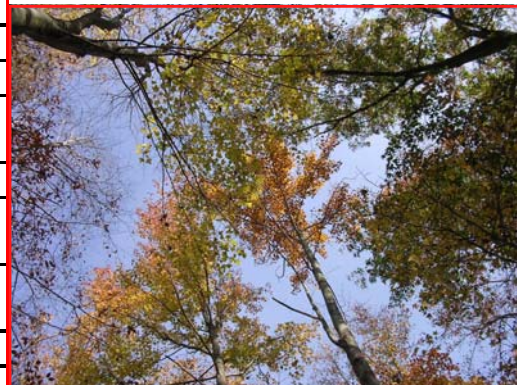
— *The golden rule of dock cleaning*

We have no goose-poop police checking up on whether the dock-cleaning gets done....but we all know how gross it is to get the stuff under one's fingernails while pushing off and how unfortunate it would be if someone slipped on it while carrying a boat. *(See the cleaning schedule on page 5.)*

"Did you hear about the yard sale on October 16th? They've got some fantastic stuff already! I heard about it when I was in line getting my coffee"

2004 Fall Regatta Schedule (tentative)

Date	Regatta Name	Web Site
Saturday, 9/18	Wye Island	www.annapolisrowingclub.com
Saturday, 9/25	NK Challenge	www.nkchallenge.com
Saturday, 10/2	Head of Potomac	www.rowpbc.net
Sunday, 10/3	Occoquan Challenge	www.occoquanchallenge.com www.roninracing.com
Saturday, 10/2	Head of Ohio	www.threeriversrowing.org
Sunday, 10/17	The Chase	www.gmu.edu/org/crew www.roninracing.com
Sat-Sun, 10/23-24	Head of the Charles	www.hocr.org
Saturday, 10/30	Head of Schuylkill	www.hosr.org
Saturday, 11/6	HOTO	www.rowobc.org www.roninracing.com



MINUTES—ACR Steering Committee Meeting—July 13, 2004

Respectfully submitted, Maryann McDermott Jones (surrogate Secretary for July 13 meeting)

Approved August 10, 2004

Present: Wanda Street, Suzi Gilbert, Dale Schmidt, Sally Reams, John Vestal, Pete Stramese, Chris Idler, Sharon Jacobson, Maryann McDermott Jones

Guest: Debbie Wells

June Minutes were approved. Dale Schmidt needs to be put on the Steering Committee mailing list.

Financial Report:

- No checks have been received for tuition from Sweep to Scull and Novice Sculling classes.
- Sharon reported that the last coupon in mortgage payment book has been sent; she believes that means that the mortgage for addition has been paid off.

New Boats: Pete has been told to expect that two lightweight doubles will arrive by the end of July. Original contract calls for the price to be cut by \$1000 if they are not in our possession by July 15; we should expect that will happen. SC voted to name them "Oronoco Bay" and "Torpedo Factory"

Safety Update from Alexandria Crew Boosters: Debbie Wells:

- Water Safety course offered by the harbor patrol to ACB coaches on July 10 will be offered at other clubs later; ACR coaches interested can do so

there.

- ACB demonstrated to the Harbor Patrol the ability of a swamped 8 to stay afloat and that adjustable length oars are competent floatation devices. ACB Safety Committee will test the ability of sculling oars to do the same.
- ACB rowers demonstrated that while wearing the "Suspenders" PFDs ~30% of their stroke was lost.
- While ACB has made immediate on-the-water changes, boathouse issues remain: need for wall-mounted First Aid kits; acquiring a defibrillator; new emergency phone connection (DSL) upstairs; better record-keeping
- ACB recommends that ACR coxswains wear PFD (Atlantic Kayak has offered a 25% discount) and that everyone demonstrate that they know how to put on PFD available in launches.
- John Dane (US Rowing) has indicated that it will be reviewing its Safety video
- There is now a safety link at TCW website safety@tcwcrew.org

(Continued on page 3)

Thank you Betsy Meade

for being the founding editor of the ACR sliding seat! Betsy produced the first electronic Sliding Seat and spent many hours each month putting it together. Although her SS editorial duties have been turned over to Deana Volker, Betsy continues in her role as secretary of the steering committee.

Her work often goes unrecognized, but is very important. She maintains the club membership listing, the email distribution listing, screens out any inappropriate or junk mail sent to the ACR-Members group email, ensures important emails are forwarded to the club list, and maintains steering committee minutes and the ACR Handbook.

(July 13 Minutes—Continued from page 2)

After Debbie left, SC directed Maryann to make recommendations on the following:

- Whether ACR coxswains should wear PFD and carry whistles or some other communication device
- Whether ACR should buy US Rowing memberships for its coaches, so they can gain insurance for injury, death, etc.
- What kind of formal communications system should exist between launches on the water and launches and someone on the dock; should ACR require that a club representative be on the dock during formal program hours

On August 7, mini-clean-up will be held to clean out closets and find a place to store records

To consider: Does the ACR/ACB structure make sense, especially for tax reasons?

Pete reported that the project to move the dock 60 ft off-shore has been put out to bid; work may come quickly, as soon as late August, early September. If it appears that task will take as much as a month, it will be postponed until November.

Scullers' log-books will be posted in Shed, Addition, and Main Boathouse – with signage reminding folks they MUST sign out, whenever they go out without a coach and launch; this is a requirement of our insur-

ance policy and we will be monitoring compliance. Chris Idler agreed to have Banana Signs make up three, saying something like "Did You Sign Out," to be placed near the bay doors, where they can't be ignored.

Pete indicated there is a need for a new trailer for small boats; will probably cost about \$3500, perhaps to be split with Steve Weir's programs.

Some coaches have suggested that start times be pushed back as fall approaches, because one can't coach what one can't see in the dark. Were this to happen, one of two adjustments would have to occur: getting back later (~7:30) or making work-outs shorter. Concern was expressed that for many club members, later start might well mean they would not be able to row for work-related reasons. Is it fair to change the program after people have paid their program fees, not knowing when they did that they would no longer be able to participate?

Shortened Sculling I will start on August 7 (to run until mid-September) with Daron Keller coaching.

Pete reported that other than Wye Island, head-race season is October, including both Head of the Potomac and Head of the Ohio on October 3.

The dock cleaning schedule

Monday-Wednesday-Friday

Aug 16-20 Men's 5-day Competitive Sweep
 Aug 23-27 Women's 5-day Competitive Sweep
 Aug 30-Sept 3 Sculling Team
 Sept 6-10 Women's 3/4-day Competitive Sweep
 Sept 13-17 Men's 5-day Competitive Sweep

Tuesday-Thursday-Saturday

Every Tuesday Sculling II
 Every Thursday Men's 3-day Competitive Sweep
 Every Saturday Women's non-Competitive Sweep

Rowing On a Windy Latte

by Betsy Jones

The day dawned cloudy with rain threatening, The Capital Sprints Regatta was a few hours away on the Anacostia River.

At 7:00 am, the Blue Plains Sprints Regatta was underway in choppy windy conditions on the Potomac. Many ACR rowers had spouses, friends or children participating and were actively cheering on the sidelines as the chop on the Potomac increased. A Hatfield's and McCoy's Race was offered and many ACR rowers jumped in boats with their children or spouses to participate in a grueling 500 meter chop fest.

The sun came out in full force as the 3 day Rec women traveled from Alexandria to the Anacostia. Each woman seemed to have nothing more on her mind than making it to the finish line. After many trips to the bathroom, our fearless leader George showed us how to rig our boat on the stretchers in the blinding sun and remove our seats for track cleaning (this became an issue for one of our rowers, Elizabeth, who creaked her way across the finish line with a stuck seat).

After about 30 minutes of stretching and spectacular positive reinforcement from our coach, ACR teammates and families, we are on the long

walk to the dock to place our boat in the water and push off – in 1-1/2 minutes (yeah, right).

Our lineup: cox – Virginia and stroke to bow – Patty, Becky, Maura, Carolyn, Eve, Betsy, Elizabeth and Anna – 5 of these ladies were novices. We push off and get away from the dock – pick drilling our way to the start. When we reach the start area, we are advised that we will be assessed points for getting to the start late. "What, huh?" many of us said in our pre-race adrenalin delirium. A minute later another boat came up to the starting line and our points were removed from our record.

We are lined up for our first sprint race. Hearts beating fast, "Remember to breathe, you can pass out," says Virginia. "Breathing, oh right, is that breathe out at the catch or the finish?"

Count down, lowered flag, we are off. Our start felt good, then we learned the power of the wind and too much adrenalin. As the wind continued to carry us towards the shore and the parking lot of pleasure boats, our cox called out, "Hard on starboard, harder on starboard." I can't row any harder, I thought after the first 500 meters. It seemed like boats loomed within feet of our oar tips. "Harder on starboard, light on port," came the commands.

Boink, splash. That was the first of two lane markers we touched with

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our starboard oars, but, the boat's still in our lane. Whack, splash, whack. That was the only buoy we grazed (it was surprisingly softer than I thought). With each obstacle, came a small or large crab caught by various members. At one point I believe every oar was making its own path through the course.

With 250 meters to go, we had passed all markers in the water. Virginia had coxed and Patty had stroked us to an almost flawless last place finish. Not quite a full minute behind the winning boat we were prideful for many reasons: (1) We successfully completed, for many of us, our first sprint race; (2) we didn't look too bad when the spectators could see us; (3) we did not hit a dock or another boat or even put a scratch on our boat; and (4) we learned that blown up rubber balls on the water cannot hurt you.

But most importantly, we learned to row as a team, to feel another woman's pain, joy and the sheer majesty of completing a feat that many of the older women may not have imagined they could feel when their children were young.

I am proud to be coached by George and his daughter, Joanna, who coxes us during the week. I have learned more and pushed myself physically to do more than I could ever have imagined. There is a great camaraderie within our group, which has been proven to me this past week.

We are all looking forward to our next few months of practice and the Head of the Occoquan, which I compare to the most exhausting experience next to child birthing!

Congrats to all our winners, your spotted and ribboned badges looked great on your unis! We hope to join you one day.

Do you have an old cell phone that you are no longer using? *Did you know that old cell phones in working order can still be used to call 911? If you have an old cell that you would like to donate to ACB to increase our safety and ability to contact emergency services while on the water, please bring it to the boathouse and leave it for ACB President, Debbie Wells. We'd like to put one in each boat that goes out.*

The Sweep to Scull program

My Name is Colin Jones, I am a student at West Potomac High School, I am 15 and have had one competitive sweep season. I have always wanted to learn to scull, and thought that the advanced sculling program was not open for me, so I signed up with my Mom, an ACR Non-competitive rower, for the one week Sweep to Scull Program.

Being an experienced sweep rower, I found sculling a totally new technique. I felt a little out of place being the only kid in the group, but thanks to good coaching from Daron, it didn't matter at all. We spent 4 days rowing in quads, I spent a lot of time as the stroke (I have found I am not the best at steering).

After Sweep to Scull, I took a one month TC Summer Program – Advanced Sculling. I think it is great to be able to row in a double or a single instead of rowing in an eight all the time. I am looking forward to trying out for ODBC in the fall. If anyone gets a chance to try this program next summer, I suggest you do because it was great fun and a wonderful learning experience.

—Colin Jones, 15, West Potomac High

Why am I rowing . .

What makes a teenager want to get out of bed at 5:00 in the morning – that is what first piqued my interest. (Having ridden my bicycle through Old Town for over 20 years, I never gave a thought what went on behind those thick walls in that decrepit old boathouse down King Street or the current gem that sits off the water in Oronoco Bay.) I found out when I accompanied a friend to watch her daughter row on the Anacostia – the teamwork and camaraderie I saw inspired me to give it a shot. Having given up full court basketball at the age of 35 and softball at the age of 50, I missed the team aspect of sports.

Rowing has restored that feeling (in spades). I can truthfully say I know of no other sport where all the participants have to act as one. Having been a quarter mile sprinter in high school, the only personal comparison I have is the handoff of the baton in a relay race. Many hours were spent at practice nailing it down. But to accurately compare the two, I would have had to pass the baton each stride of my race.

So now, for the past few weeks, I have looked forward to getting up at 5 am to have my time on the river. The coaches have provided excellent instruction, guidance, and encouragement through their love for the sport. Hopefully old rowers don't fade away and there will always be "geezer" boats shoving off the dock.

—George Bergmann, 55, Novice, Alexandria, VA

From Rower's Almanac

http://www.roversalmanac.com/result_search.asp?OrgDetail14852.8

Rower-Friendly Restaurants: *Perk's Coffee Shop*

“Coffee joint with some baked goods. Owner memorizes names like crazy. Outside seating.”

822 N. Fairfax St., Alexandria, VA 22314, (703) 706-5886

(every 10th cup is on the house)

Ask Phil about the special

"Double shot SKIM milk latte with WHOLE milk foam"

Personal Journal of an Adult Novice Rower

Holly Huston Krueger

Week 1: Thirty enthusiastic rower wannabes turn up for the T/TH/S adult novice rowing program. It is 6:00 AM and there are no parking spaces already! Who is up at 6AM?! We are introduced to our patient, enthusiastic team of coaches, Jesse, Azim, and Clive. We tour the boathouse and discover why there are no parking spaces...the ergs are already filled with hard bodies. Will we ever look like that? We practice taking the boats in and out, and dock rowing. This is easy!

Weeks 2 and 3: We get out on the water. This is NOT easy. They wanted us to row together? What the heck is setting the boat and why is our 13 year old cox yelling at us to do so? We find out what catching a crab is and why we are supposed to wear wet-able gear. I understand what my son meant when he sagely said, "Mom, you can't have any pride as a novice"

Week 4: We work our way up from rowing by pairs, to fours, then sixes, and finally by all eight. We think we're pretty good. Then the ACR 8s go by and we realize what is meant by rowing as one! We proudly compare our blisters and our first team member takes a swim. It took three of us to pull her from the mud! This is glamorous.

Week 5: Today marked a turning point in our development as rowers. As our team was waiting around for enough rowers to make a second 8, tapping our feet impatiently for these late-comers, we looked at our watches and saw it was 5:45...that is 5:45 AM. We realized we had changed our perspective on what is "late" for good.

Week 6: Off to the races!! We actually competed, and stayed afloat! All who participated in the "Blue Plains Sprints" had a great time. I was terrified, however, when my two boys and I were recruited for the Hatfield and McCoy race. As our boat gathered, I realized that there were 5 gigantic T.C. Williams Varsity rowers and three of us lowly novices! All we could think about was keeping the pace and avoiding the dreaded crabs lurking in those choppy waters. We made it and lost in a photo finish to another boat which was stacked with Yale varsity rowers! We made new friends and many of us will continue through the fall with our wonderful coaches. Another turning point: we realize that the bulk of our day is now filler between rowing events!

Alexandria erg group hits 1 million meters

On July 22, the ACR team erg account for this season (May 1st on) hit 1 million meters. So far, 16 rowers have established (free) Concept2 personal accounts that they've linked to the (also free) ACR Concept2 club account. Congratulations to 50,000+ meter contributors Suzanne Armstrong, Virginia Drewry, Kat Gonyea, Wanda Street, Mark Walsh, and Cindy Young, as well as to the other participating rowers (Jill Finsen, Jack Hickey, Jennifer Kopac, Abby Martin, Jim Rutherford, Ed Salt, Pauline Storum, John Vestal, and Bill Yeingst).

Compared with the rate at which ACR logged erg meters during winter conditioning, taking almost three months to reach the million meter mark is a slow start (but a happy reminder that the weather has been good over much of the last 60 days). Many of the ergers have plans to increase their indoor rowing to build endurance for the head race season, so the group ought to be able to reach 5 million meters, the next Concept2 team benchmark, well before the on-water season ends, especially if more rowers join the effort.

Watching the group's meters pile up makes indoor days and winter conditioning much more fun. If you're doing the work anyway, you may as well let it count for something. Join the group today.

If you don't have a Concept2 account, go to <http://www.concept2.com>. In the left column, under "Indoor Rowing," click "personal logbook" to set one up. Be sure to list "Alexandria Community Rowing" where you are asked for your affiliation. If you have an account but it isn't linked to ACR, open your "profile" (the link is towards the top of your page), hit "edit profile", and, near the bottom of your profile, enter "Alexandria Community Rowing" as your affiliation. Once that's done, all you have to do is to remember to log in your meters. Concept2 will supply a handy dandy free paper log to help you with that: just e-mail your request and mailing address to <http://www.concept2.com>.

Happy erging to all of you!

Report from the Dockmaster for Programs...

Farewell to **Steve Pritzer**, competitive sculling team coach who is leaving ACR to return to graduate school at UVA. He gave ACR a summer of outstanding coaching and his rowers have reported that his enthusiasm and intensity bumped up the overall performance level of the team.

Andy Batchelor is the new lead coach for the ACR competitive sculling team. Andy joined our coaching staff in July. He rowed for Princeton University Varsity Crew for four years, for Brookline High school four seasons, and for Community Rowing, Inc. in Boston. He has a strong racing background, including singles and doubles. He medaled at the USRowing National Championships at Lake Onodaga, as well as the Eastern Sprints. He has also been a canoeing instructor and enjoys playing bridge – he's a former winner of the Princeton University Bridge Championship. He started a new job in July as a fellow at the Population Resource Center.

The **Sculling I** program, coached by Daron Keller, will only run for six weeks. This program will continue the technical development of those who completed the novice sculling classes earlier this summer.

Practicing in the dark. Rowers are asked to be considerate of and cooperative with coaches who want to alter fall practice routines due to darkness. Particulars will be at each coach's discretion. Coaching in the dark has limited value for rowers, little reward for coaches, and it increases risk. There are many alternatives you may be asked to consider. For example, working inside for the early part of practice, or to changing the normal start/finish times. You may want to consider showering/ changing at the boathouse for the last couple of months (lockers in the shower rooms will be made available). Consider also if you can make a temporary change to your workhours. If there are weekend mornings when your program is not going to a regatta, you may be asked to switch a weekday practice to a weekend morning during day light (if equipment is available). *Rowers are asked to please be flexible and cooperative!*

Some of your teammates' favorite rowing Internet links

Rowing Results & Schedule at NBC Olympics dot com:
<http://www.nbcolympics.com/results/1549022/detail.html>

Craftsbury Sculling Center – Technical Tips:
<http://www.craftsbury.com/row/techTip.php>

Rowing Drills: <http://www.ithaca.edu/athletics/wcrew/drills.htm>

More Rowing Drills: <http://www.mit.edu/~sloan-crew/rowDrills.html>



The Olympic Flame carried in an 8+

To all:

I want to thank you once again for this opportunity to edit the ACR Sliding Seat. I received some great input from members this month. I hope you enjoy reading about what the different crews at ACR are doing. I've tried to balance the light, recreational reading with the serious business of the club.

I asked a few people whom I knew for input. I was excited to find that I received articles from others as well. In fact, I already have the beginning of an article for next month's issue—Who's in the Seat in Front of Me? I intend to print a little

bio on a male and female member in each issue. This was inspired by Skip Bea and Jim Rutherford.

I plan to publish the newsletter around the 15th of each month. Don't be shy, let me know throughout the month what you would like to see in the next ACR Sliding Seat.

Thanks again, especially to those who provided input for this newsletter.

Your "Temporary" Editor (*yes, I will go home someday*),
Deana Volker, ACRSlidingSeat@verizon.net

August & September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16	17	18	19 (Masters Nationals)	20 (Masters Nationals)	21 (Masters Nationals)
22 (Masters Nationals)	23	24	25	26	27	28
29	30	31	Sept 1	2	3	4
5	6	7	8	9	10	11
12	13	14 (Steering Committee)	15	16	17	18 (Wye Island)
19	20	21	22	23	24	25 (NK Challenge)

“Victory or Death”

BY KATHRYN MULLAN (*ACR Women's 5-day Sweep*)

The women's five-day sweep program doesn't take life or the summer sprint season too lightly—aside from our recent dock-sweeping duties (oops, sorry!) and our occasional theme-song morning rows (“Bow Club”).

First evidence: We started the summer with a kickin' new 8, a Vespoli M2, the hard-earned yielding of a highly successful yard sale at the end of April—thanks to all who contributed their time and goods for the cause!

After much deliberation over what to name our new boat, we determined that it should be called the “Atalanta,” named for an unbeatable female Greek athlete. After some misspelling attempts by the boat-name painters (whoever they may be)—“no, not Atlanta, AtAlanta”—that is now the name on the bow of our boat. In reflection, I realize now how significant that Greek theme has become, starting and ending our summer as a team.

So, back to the fact that our team takes life seriously. It's perhaps no mere coincidence that the biggest thing on our horizon will also coincide exactly with a much larger global rowing event—the Olympic events in Athens. The masters' national events, running August 19 through August 22, will parallel our own U.S. national team's athletic journey to bring back medals and reclaim an ancient heroic, competitive ideal as still alive in today's world.

Okay, so maybe that headline is a little fierce (no impending death for us, unlike Greek athletes, who often took “Victory or death” as the motto for the Games). We've had a good summer of sprint-racing, with our share of golds, blue and silver watches, and trophies. All these hours of minute-on-and-off pieces, swing rows, back-splashing, erg tests, and practice starts/high-30s will culminate in the hills of Tennessee at Oak Ridge.

Although not all of us are going—many cannot, due to summer schedule conflicts or being too young & feisty for the “elder” racing—this is something we have trained for and anticipated all season. The most recent *U.S. Rowing* e-mail newsletter had a piece on the Rural Henley. Perhaps U.S. Rowing Masters Nationals 2004 in Oak Ridge can become our Rural Olympics, a “Rural Athens”?

Where the views might not be as good nor the Mediterranean lifestyle as rich, I'm willing to bet that the same power that propels Kate Johnson and her 8 that week will be the force that drives ACR to solid victory-hungry rowing—all of us American athletes to the core.

“A” for Alexandria, Atalanta, and Athens—clearly Greek, the theme.