



USRowing

This Month

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DECEMBER 2006

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USRowing This Month is published monthly by USRowing and features association news and updates.

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A Letter from the USRowing President

Dear Members,

I would like to tell you about some decisions that were made last weekend at the USRowing Convention.

First, at the Special Meeting of the Members, the proposed amendment to the USRowing Articles of Incorporation passed. This amendment brings USRowing into compliance with federal law and the United States Olympic Committee's bylaws. The Ted Stevens Olympic and Amateur Sports Act established the powers of the USOC and the National Governing Bodies and laid out the rights of competing athletes. The USOC bylaws also define athletes' rights. One of the requirements of the Ted Stevens Act and the USOC bylaws is that athletes, who are elected by their peers, must be involved in making decisions about National and Olympic team issues such as team selection, athlete funding, etc.

Under USRowing's current constitution and bylaws, decisions specifically concerning National and Olympic team issues can be made by groups with no elected athlete representation, such as organizational members, putting USRowing in violation of the Ted Stevens Act. The recently adopted amendment addresses this by specifying who can make these decisions (essentially, a deliberative body that includes at least 20% athlete representation, per the Ted Stevens Act and the USOC bylaws).

The amendment to the Articles of Incorporation is just a first step, but an important one, in the overall revisions being considered for our basic governance documents. Led by Christine Collins and Laura Kunkemueller, the governance task force that I assembled is finalizing the proposed bylaws that will replace the existing constitution and bylaws. The task force has been working on major issues including the

committees and how to structure them, bringing the bylaws into compliance with the Ted Stevens Act, as well as Pennsylvania non-profit corporate law, and streamlining the membership voting process. The remaining topic that the task force is working on is how to achieve the required levels of athlete representation in voting and on committees as required under the Ted Stevens Act. We are working hand-in-hand with the USOC and with legal counsel to do this. Our plan is to put up the proposed bylaws for membership approval and vote at a special meeting anticipated for next spring.

Second, over the past several years, the masters rowing community, both directly and through the masters' committee, has proposed the use of "static" refereeing at the Masters National Championships. Static refereeing essentially places referees in fixed positions beside the course rather than in chase boats following each race. The Referee Commission has taken a strong stance against static refereeing, citing safety and fairness issues. In very simple terms, the argument boils down to the issue of running a supervised and fair race versus reduction of wakes created by the chase boats. Your Board of Directors has directed that the Masters Committee and the Referee Commission work with Glenn Merry, our executive director, to find a common-ground resolution for our Master's Nationals in the future.

I wish you all happy holidays and good health

Think Straight, Steer Straight

Don Langford
USRowing President

A Letter from the USRowing Executive Director

Dear USRowing Members and Regatta Organizers:

Over the previous few months, I have noted in our e-newsletter the changing climate of liability and accident insurance. Several major incidents and deaths during the preceding two years have impacted our loss record and created a major increase in the USRowing Insurance Program premium. In response over the past year, we have reviewed our safety program, investigated risk management plans and shopped for alternate coverage in an effort to reduce the costs of insuring our sport.

In the end, the cost to maintain a comprehensive insurance policy to protect our clubs, regattas and participants across the country has increased by \$400,000 for 2007. As you surmise from this letter, we will need to raise this money to meet the increase and dues are an obvious formula for that. This past weekend in Portland, Ore., the Board of Directors met and approved the 2007 dues structure.

When we approached the issue early this summer, we contemplated if we should even continue with the umbrella insurance program. We questioned if we should implement a mandatory individual membership program and pay insurance by the head. We considered what role and obligation we should have in insurance products. When we examined all of our constituent needs -- referees, regatta organizers, clubs, universities, high schools, national team and masters, we realized that for many unrelated reasons, we should maintain a system that allows for group coverage with an option to opt out.

So then the question came down to how we allocate the increased costs? There are three major insurance program users: 1) regattas, 2) individual members and 3) organizational members.

When we evaluate the risks among the groups, we find that there are a disproportionate number of rowers represented by our organizations that create a great deal of potential risk. What this means is that there are 1,100 USRowing organizational members of various sizes and levels that represent 70,000 active athletes who are not individual members. Currently, each club is charged the same amount when they use our insurance program despite the large variations in the number of rowers active in the club. This may have made sense when the claims were minimal and the cost could be split simply, but as the losses add up and the insurers look at the 70,000 active rowers that our organizations represent, we need to have a proportional system to pay in toward the cost.

For 2007, dues for individuals and regatta sanctioning fees will not change. Organizational dues will increase at the levels outlined below. A complete membership packet will be online and mailed to orgs shortly, but the quick and short version is as follows:

- 1) Organizational dues will be tiered, based on the number of active rowers in that club. (*see new fees below)
- 2) Organizations will be required to submit complete club rosters of active and social/non-active members (changes may be made throughout the year).
- 3) USRowing may audit those org records for accuracy of coverage.
- 4) Organizations who use other insurance will still be permitted to do so. There will no longer be coverage sharing between the two policies and proof of insurance will be required.
- 5) Organizations who are formed only as regatta organizers and have no members should contact USRowing directly.

* 2007 Organizational Dues	Dues Rate
Full Coverage through USRowing	
0-75 Active Members	\$1,250
76-150 Active Members	\$1,500
151-300 Active Members	\$1,700
301+ Active Members	\$2,000
Organizations Not Using USRowing Insurance	\$350
Organizations with 100% USRowing Individual Membership	\$900

We understand that many clubs have a membership roster that does not reflect who is actively participating. Organizational fees will be based on the total number of active rowers on the roster. For example, a club that has 74 active rowers and 20 volunteers or social members will submit a list of 94 names, with an organizational membership premium based only on the 74 active members. USRowing may audit the organizational rosters on a quarterly basis. Clubs may change members on their roster at any time. If their roster changes move them to a different level, a prorated dues change will be made.

As with any new program, there are likely to be issues, special circumstances and general questions that require individual attention. Please contact Kelly McGlynn at Kelly@usrowing.org in USRowing's membership department or me directly at glenn@usrowing.org. We appreciate your support and look forward to seeing you at regattas in 2007.

Regards,

Glenn Merry
Executive Director

News This Month

Marin Rowing Association Named 2006 USRowing Club of the Year

USRowing has named Marin Rowing Association as its 2006 Club of the Year, the organization announced in November. The award was presented to the club at the USRowing Annual Awards Reception on December 1 in Portland, Ore.

Located in Greenbrae, Calif., Marin Rowing Association was founded in 1968. For its first eight years, the program consisted of high school boys from Redwood High School and the “cardiac 8+,” a small group of men who had previously rowed in college and continued to row on Sunday mornings. In 1977, a high school women’s program was created at Redwood High School, and in 1984, the club added a program for adult women.

Today, the club has more than 120 junior and 280 adult members with the junior program drawing from high schools across Marin County, not just Redwood High School. Rowing on the Corte Madera Creek and the Larkspur Ferry Channel on the San Francisco Bay, the club offers competitive junior and adult rowing programs, as well as learn-to-row, inner-city/minority outreach and adaptive rowing programs. The competitive teams have been successful at the state, regional and national levels, while the junior program has produced several junior national and

senior national team rowers.

“The Marin Rowing Association staff and membership are proud to be recognized by our national governing body as an outstanding organization,” said Marin Rowing Association Director Sandy Armstrong. “We work diligently to ensure that the sport of rowing is offered to everyone in our community. At the same time, we are driven to ensure top results at the regional and national level. We are proud of our club and excited to have this recognition from USRowing.”

Now in its fifth year, USRowing’s Club of the Year Award is based on a points system focusing on the following criteria: performance, community outreach, service to rowing, USRowing participation, technology and communications, and safety. More than 1,000 member organizations across the country were eligible for the award. Previous winners include Oak Ridge (Tenn.) Rowing Association (2005), Boston’s Community Rowing, Inc. (2004), San Diego Rowing Club (2003) and Pittsburgh’s Three Rivers Rowing Association (2002). For more information on Marin Rowing Association, visit www.marinrowing.org.

2007 USRowing Calendar

April 6-8, 2007 (Tentative)
National Selection Regatta I
Lake Mercer -- West Windsor, N.J.
www.usrowing.org

April 27-29, 2007 (Tentative)
National Selection Regatta II
Lake Mercer -- West Windsor, N.J.
www.usrowing.org

May 21-25, 2007 (Tentative)
Pan American Games Trials
Lake Mercer -- West Windsor, N.J.
www.usrowing.org

June 1-3, 2007 (Tentative)
National Selection Regatta III
Lake Mercer -- West Windsor, N.J.
www.usrowing.org

June 1-3, 2007
FISA World Cup #1
Lintz-Ottensheim, Austria
www.fisa.org

June 8-10, 2007
USRowing Youth National Championships
Harsha Lake -- Amelia, Ohio
www.usrowing.org

June 22-24, 2007
FISA World Cup #2
Amsterdam, The Netherlands
www.fisa.org

July 13-15, 2007
FISA World Cup #3
Lucerne, Switzerland
www.fisa.org

July 13-29, 2007 (Rowing July 14-19)
Pan American Games
Rio De Janeiro, Brazil
www.rio2007.org.br/pan2007/ingels/indexing.asp

July 26-29, 2007
FISA Under 23 World Championships
Strathclyde, Great Britain
www.fisa.org

July 30-August 3, 2007 (Tentative)
Senior World Championships Trials
Lake Mercer -- West Windsor, N.J.
www.usrowing.org

August 8-11, 2007
FISA Junior World Championships
Beijing, China
www.fisa.org

August 9-12, 2007 (Tentative)
USRowing Masters National Championships
Oak Ridge, Tenn.
www.usrowing.org

August 26-September 2, 2007
FISA World Championships
Munich, Germany
www.fisa.org

Please visit www.usrowing.org for more information on each event. Dates for the remaining USRowing National Championship events will be available in the near future and will appear in next month’s calendar.

USRowing Names 2006 Annual Award Winners

USRowing is pleased to recognize the winners of its 2006 Annual Awards. This year's recipients of the Julian Wolf Award, Ernestine Bayer Award, Clayton W. Chapman Award, John Carlin Service Award and Jack Kelly Award were honored on December 1 at the USRowing Annual Awards Reception in Portland, Ore. USRowing would like to congratulate all of the award winners and thank them for their contributions to the sport.

The Julian Wolf Award pays tribute to a referee for his or her contribution to rowing in the past year. This year's recipients are Kirsten and Howard Meisner. Computer software professionals by trade, the Meisners have made an extraordinary contribution to the referee community through their creation and development of the Referee Database System. The database was designed for rowing officials to track their work, post their availability, and for chief referees to indicate their needs for staffing individual events. The system has enabled referees to maintain a record of their work experience and provides detailed information to the referee commission concerning staffing requirements for officials throughout the country. Both Howard and Kirsten have been involved in the sport for more than 15 years. Howard began rowing in 1987 at Buckingham, Browne and Nichols in Cambridge, Mass., and became a licensed referee in 2000. Kirsten began rowing in 1991 at Carnegie Mellon University in Pittsburgh and became a licensed official in 1999. They have served on the Board of Directors for both the Carnegie Mellon University Rowing Club and Cincinnati Rowing Club. In addition to officiating at regattas across the country, they are active members of the Cincinnati rowing community, sculling competitively and assisting with the logistics for the annual East Fork Chase Race in Cincinnati.

Formerly called the Woman of the Year Award, the Ernestine Bayer Award is given in recognition of outstanding contributions to women's rowing. This year's recipient is Princeton University women's head coach Lori Dauphiny. She was named the 2006 Collegiate Rowing Coaches Association National Coach of the Year after leading Princeton to a historic 2006 season. Dauphiny's varsity eight went 14-0 in the regular season and recorded open-water victories at both the Eastern Sprints and NCAA Championships. A multiple-time national team assistant coach, Dauphiny will enter Princeton's 2007 season with a career record

of 100-8.

The Clayton W. Chapman Award is presented annually to an individual who best emulates Mr. Chapman's 30-year stewardship of the Eastern Sprints and IRA Championship regattas and who consistently serves in a behind-the-scenes administrative role that has previously gone unrecognized. This year's winners are Eric and Deborah Stoll of Indianapolis Rowing Center. Eric joined IRC's staff in June of 1996 as its executive director. He serves as the junior women's coach and is responsible for organizing all regattas at Eagle Creek Park. Eric has served as regatta director for eight USRowing National Championships, as well as Indy's annual regattas including the Indianapolis Collegiate Invitational, Indianapolis High School Invitational and Head of the Eagle. Deborah, who works for IBM, is actively involved with IRC, primarily focusing on off-the-water activities. She manages the club's clothing sales, coordinates information for the newsletter and other communications, and works on recruiting new members. She also races with the masters program and hosts an occasional quad clinic to introduce learn-to-row graduates and sweep rowers to the joys of sculling. Eric and Deborah are graduates of Washington College and have two children, who are both collegiate rowers.

The John J. Carlin Award is given annually to an individual who has made a significant contribution and outstanding commitments in the sport of rowing. This year's winner is Chip Davis, publisher of *Rowing News* magazine. Davis founded *The Independent Rowing News* in 1994. Paying press bills with tips earned by waiting tables, Davis wrote and laid out each issue of the tabloid-sized newspaper on a used computer located in the bedroom he rented from a college teammate. Since 1994, *Rowing News* has grown into a full-color, glossy magazine with a professionally-staffed office and dozens of contributors from around the world.

The Jack Kelly Award is given to outstanding individuals who represent the ideals that Jack Kelly exemplified including superior achievement in rowing, service to amateur athletics and success in their chosen profession, thereby serving as an inspiration to American rowers. This year's recipient is Andrew Sudduth. A two-time Olympic rower who won a silver medal at the 1984 Olympic Games, Sudduth died of pancreatic

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USRowing Announces 2006-07 Scholastic Honor Roll Recipients

Forty-four student athletes earned 2006-07 USRowing Scholastic Honor Roll honors and 76 student athletes earned honorable mention scholastic honor roll accolades, USRowing announced in November.

The USRowing Scholastic Honor Roll recognizes high school seniors who have excelled in both academics and rowing. Applicants must be USRowing members, have rowed or coxed at least one year and successfully competed at or above the league or regional level. This is the 16th year of this award.

2006-07 USRowing Scholastic Honor Roll Recipients

Gold Level

Name, Affiliation, Hometown

Mary Teresa DiSipio, Merion Mercy Acad., Havertown, Pa.

Maureen French, Wayland-Weston Rowing, Weston, Mass.

Michaela Glaeser, Berkeley H.S., Berkeley, Calif.

Alyssa Hartsell, St. Ignatius College Prep, Hinsdale, Ill.

Megan Kesselman, Oakcrest H.S., Mays Landing, N.J.

Christian Klein, Thomas Jefferson H.S., Herndon, Va.

Michael Maggar, Oak Ridge R.A., Knoxville, Tenn.

Genevieve Matone, Oakwood H.S., Dayton, Ohio

Christopher Mayerfeld, New Tier Township H.S., Kenilworth, Ill.

Caroline Nash, Maritime Rowing Club, Darien, Conn.

Karen Orrick, Walt Whitman H.S., Bethesda, Md.

Christopher Policastro, Lower Merion H.S., Wynnewood, Pa.

Paul Shay, Fox Chapel H.S., Pittsburgh, Pa.

Natalie Wang, Marin R.A., Mill Valley, Calif.

Paige Wolf, Charlotte Youth Rowing, Charlotte, N.C.

Silver Level

Name, Affiliation, Hometown

Joseph Apathy, Conestoga Crew, Devon, Pa.

Nicholas Birasa, Washington-Lee H.S., Arlington, Va.

Luke Eldridge, Norwalk River R.A., New Canaan, Conn.

Kelly Erickson, Marin R.A., Corte Madera, Calif.

Stephanie Farris, Mount Saint Joseph Acad., Flourtown, Pa.

Nanneke Jansen, NorCal Crew, San Mateo, Calif.

Jennifer Lampen, Thomas Jefferson H.S., Alexandria, Va.

Matthew Luchette, St. Ignatius College Prep, Burr Ridge, Ill.

Taylor Montague, St. John's Jesuit H.S., Sylvania, Ohio

Mary Parsons, Sebastian River H.S., Wabasso, Fla.

Juliette Power, Fox Chapel H.S., Pittsburgh, Pa.

Matt Ramlow, Anthony Wayne R.C., Waterville, Ohio

Taylor Thul, Chattanooga Rowing, Chattanooga, Tenn.

Claire Tradewell, Camp Randall R.C., Madison, Wis.

Martin Willner, Mt. Baker Rowing, Seattle, Wash.

Bronze Level

Name, Affiliation, Hometown

Allison Adamonis, Sammamish R.A., Medina, Wash.

Christine Bonini, Cincinnati Country Day School, Cincinnati, Ohio

Katherine Broderick, Toledo R.C., Perrysburg, Ohio

Neil Butler, Brighton Rowing Club, Rochester, N.Y.

Courtney Chapel, Cincinnati Country Day School, Cincinnati, Ohio

Derren Cheng, Greenwich Crew, Cos Cob, Conn.

Samantha Houston, Austin Rowing Club, Austin, Texas

"Honor Roll" continued on page 6

“Honor Roll” continued from page 5

Stephen Krackhardt, Fox Chapel H.S., Pittsburgh, Pa.

Leigh Latimer, Hillsborough H.S., Lutz, Fla.

Grace Luczak, Ann Arbor Pioneer H.S., Ann Arbor, Mich.

Abby Martin, Thompson Boat Club, Alexandria, Va.

Michaela Strand, Green Lake Crew, Seattle, Wash.

Frederic Tompkins, Coggeshall Rowing, San Diego, Calif.

Andrew Woerner, Capital Crew, El Dorado Hills, Calif.

Honorable Mention

Name, Affiliation, Hometown

Ethan Bannister, Green Lake Crew, Seattle, Wash.

Elizabeth Barnett, Sagamore R.A., Huntington, N.Y.

Hali Baxter, NorCal Crew, Atherton, Calif.

Ashleigh Bell, Saratoga R.A., Saratoga Springs, N.Y.

Brian Blum, Canisius H.S., Buffalo, NY.

Brooke Boehm, Our Lady of Mercy Acad., Bayville, N.Y.

Blair Brown, Stanton College Prep, Jacksonville, Fla.

Bethany Brun, Dayton Boat Club, Beavercreek, Ohio

Evan Carlos, Capital Crew, El Dorado Hills, Calif.

Amanda Chain, Mount Saint Joseph Academy, Fort Washington, Pa.

Geoffrey Ciarlone, Tampa Catholic H.S., Tampa, Fla.

Caroline Clark, NorCal Crew, Hillsborough, Calif.

Kaleigh Cole, Westerville Crew, Westerville, Ohio

Emily Collins, Hillsborough H.S., Lutz, Fla.

Krista Doersch, Maritime Rowing Club, Norwalk, Conn.

Kyle Dopfel, Wayland-Weston Rowing, Wayland, Mass.

Shannon Dunn, Fox Chapel H.S., Pittsburgh, Pa.

Elizabeth Elrod, Winter Park H.S., Winter Park, Fla.

Mac Farrell, Oakland Strokes, Orinda, Calif.

Patrick Fernbach, West Side R.C., Williamsville, N.Y.

Emily Frank, Saratoga R.A., Queensbury, N.Y.

Jason Frey, Yorktown H.S., Arlington, Va.

Nicholas Galante, Long Beach Juniors, Rancho Palos Verde, Calif.

Christina Georgiadis, Our Lady of Mercy Academy, Hicksville, N.Y.

Victoria Gordon, Merion Mercy Academy, Haverford, Pa.

Rebecca Gould, Maritime Rowing Club, Westport, Conn.

Christopher Guerra, Canisius H.S., West Seneca, N.Y.

Alexander Havens, Woodbridge H.S., Woodbridge, Va.

Mary Horan, Our Lady of Mercy Academy, Upper Brookville, N.Y.

Kathleen Janosco, North Allegheny H.S., Pittsburgh, Pa.

Carolyn Johnson, Long Beach Juniors, Long Beach, Calif.

Matthew Judd, Yorktown H.S., Arlington, Va.

Megan Kelly, Hillsborough H.S., Tampa, Fla.

Caitlin Kiefer, Marin R.A., Greenbrae, Calif.

Sebastian Kirwan, Maritime Rowing Club, Wilton, Conn.

Jennifer Kulakowski, Simsbury H.S., West Simsbury, Conn.

Rebecca Laymon, Rocket City Rowing Club, Huntsville, Ala.

Carter Lindborg, Malvern Prep, Coatesville, Pa.

Nikki Loesch, Dayton Boat Club, Xenia, Ohio

Meghan Loftus, Simsbury H.S., Simsbury, Conn.

Ellen Macnamara, Washington-Lee H.S., Arlington, Va.

Steven Marcus, North Allegheny H.S., Pittsburgh, Pa.

Ashelyn McConnell, West Springfield H.S., Springfield, Ca.

“Honor Roll” continued on page 7

“Honor Roll” continued from page 6

Mary Katherine McKinney, W.T. Woodson, Fairfax Station, Va.

Lindsay Meyer, Holy Names Academy, Seattle, Wash.

Carol Ann Michel, The Hun School, Cranbury, N.J.

Anne Moriarity, Washington-Lee H.S., Arlington, Va.

Rachel Mossinger, Long Beach Juniors, Rancho Palos Verde, Calif.

Nathaniel Oak, Old Dominion Univ. R.C., Alexandria, Va.

Kari Ogrodowski, Oak Ridge R.A., Knoxville, Tenn.

John Olbrys, Wakefield H.S., Arlington, Va.

Sarah Otto, Saratoga R.A., Gansevoort, N.Y.

Max Perel-Slater, Berkeley H.S., Berkeley, Calif.

Mara Perman, Mount Saint Alban, Bethesda, Md.

Meta Helen Rieck, Austin Rowing Club, Austin, Texas

John Riesenber, Chesapeake Juniors, Oklahoma City, Okla.

Michael Rosenberg, Fox Chapel H.S., Pittsburgh, Pa.

Hillary Roviario, Winter Park H.S., Winter Park, Fla.

Carol Schoenecker, Fox Chapel H.S., Pittsburgh, Pa.

Samantha Schnoerr, Maritime R.C., Norwalk, Conn.

Laura Scott, Frank W. Cox H.S., Virginia Beach, Va.

Rebecca Shoemaker, Winter Park H.S., Orlando, Fla.

Elizabeth Simmonds, Yorktown H.S., Arlington, Va.

Christopher Slater, San Diego R.C., San Diego, Calif.

Elizabeth Stanowski, Mount Saint Joseph Academy, Lower Gwynedd, Pa.

Regina Steigerwald, Oakland Catholic H.S., Glenshaw, Pa.

Suzanne Sweetnam, Camp Randall R.C., Madison, Wis.

Katherine Swenson, Rose City Rowing, Portland, Ore.

Alexandria Thornton, St. Ursula Academy, Maumee, Ohio

Brandon Walz, Oakwood H.S., Dayton, Ohio

Bianca Wiczorek, Winter Park H.S., Orlando, Fla.

Molly Wike, New Tier Township H.S., Winnetka, Ill.

Eric Yang, W.T. Woodson, Fairfax Station, Va.

Jennifer Young, Mount Saint Joseph Acad., Huntington, Pa.

Justin Yu, NorCal Crew, Burlingame, Calif.

Kevin Zusy, Friends Academy, Old Brookville, N.Y.

“Awards” continued from page 4

cancer on July 15 of this year at the age of 44. Sudduth was a member of eight U.S. National Teams between 1981 and 1990, winning silver in the eight at the 1984 Olympics and finishing sixth in the single sculls at the 1988 Olympics. He also won four medals at the world championships. Professionally, he helped develop computer technology that continues to be used by Internet providers today. From their early days, Sudduth worked on DHCP and DNS servers, which now help form the backbone of the Internet. At American Internet (AIC), he shared a patent for his help in inventing “self provisioning,” which allows individuals to choose their own services, pay for them and connect to the Internet without human intervention on the side of the service provider. This technology is what brought AIC to the attention of Cisco and ultimately what led

to the company’s purchase of AIC. At Cisco, Sudduth continued to innovate, helping to define and develop its address management technology and products, as well as finding many innovative uses for DHCP and DNS servers. In addition, Sudduth is a historical figure in the history of the Internet. In 1988 while working in a computer lab at Harvard University, he circulated the first major warning regarding the infamous Internet Worm virus. For more information on Sudduth, visit the memorial Web site at <http://home.comcast.net/~sudduth.andrew/index.html>.

USRowing Coaching Clinics

Level I and II coaching clinics are now being formed for the fall and winter. The Level I clinic is a great way to introduce young coaches to the information they need to be effective and safe.

If your club would like to host a clinic or you would like more information on the program, please go to <http://www.usrowing.org/coaches/index.aspx>. Contact Willie Black at willieb@usrowing.org or (317) 540-3229 for questions or to register.

Level II
December 27, 2006
Albany, N.Y. area

Level I
December 28, 2006
Albany, N.Y. area

Level II
January 6-7, 2007
Buffalo, N.Y.

Level I & II
January 13-14, 2007
Deland, Fla.

Level I
January 20-21, 2007
Allendale, Mich.

Level II
January 27-28, 2007
Allendale, Mich.

Level I
January 27-28, 2007
Tempe, Ariz.

Level II
February 18-19, 2007
Boston, Mass.

Level I & II
March 3-4, 2007
Cambridge, Mass.

Level I
TBA, late Jan. or early Feb.
Sacramento, Calif.

Level I
TBA, late Jan. or early Feb.
Philadelphia, Pa.

Level I
TBA, late Jan. or early Feb.
Seattle, Wash.

Level I & II
TBA, January or February
Washington, D.C. area

Level II
TBA, late Jan. or Feb.
Oklahoma City, Okla.

Level I
TBA, June
Austin, Texas

Hilton Hotels Offer USRowing Member Benefit

Great news! Here's another advantage of being a member of USRowing: we have negotiated great discounts and other travel benefits for our members by partnering with The Hilton Family of Hotels – the official hotel sponsor for the 2006 and 2008 U.S. Olympic and Paralympic Teams.

When you book a Hilton Family hotel through our Team USA™ Advantage Web site, you'll have the ability to save on hotel room rates at participating Hilton Family hotels* across the U.S.A., including Hilton® • Conrad® Hotels • Doubletree® • Embassy Suites Hotels® • Hampton Inn® • Hampton Inn Suites® • Hilton Garden Inn® • Hilton Grand Vacations Club® • Homewood Suites by Hilton®

TRAVEL BENEFITS

Booking hotel rooms – whether to travel with the team or even to

travel for personal reasons – has never been easier.

At our customized Team USA™ Advantage hotel booking Web site, www.rowing.hfadvantage.com, you can search for rooms, features, and availability at any of the great brands in the Hilton Family and create a personalized profile of booking preferences, so that the next time you book rooms through the site, the process will be even faster.

When you book rooms through this Web site, you'll automatically receive 10 percent off the Best Available Rate*

• The Hilton Family's Our Best Rates. Guaranteed. promise.*

• Earn Points/Miles on every stay if you are enrolled in Hilton HHonors®, the Hilton Family's award winning guest loyalty pro-

gram.

What's more, every time you book with the Hilton Family of hotels through www.rowing.hfadvantage.com, a donation is made to USRowing from the Hilton Family of Hotels, helping them offset future travel expenses.

GETTING STARTED

Simply go to www.rowing.hfadvantage.com, whenever you need to book a hotel room. For your convenience, we've also placed a link to this site on the USRowing Web site. For more information about the benefits and details of this great travel program, please visit www.usrowing.org to download the e-brochure and start saving today!

Go Team USA!

USRowing Membership Information

New for Fall 2006!

All athletes attending USRowing registered regattas will now be able to submit their waivers online. Thanks to the hard working staff at RegattaCentral, electronic waivers will now be stored year-to-year for the convenience of all athletes and regatta organizers. The feature will be fully integrated with RegattaCentral and will require no additional Web sites or accounts. Your waiver status will be linked to your RegattaCentral ID. Please visit the RegattaCentral Web site to submit your waiver. Athletes under the age of 18 must have a parent or legal guardian submit their waiver. This feature will be available beginning in the month of October, just in time for fall racing. If you have any questions regarding this new feature, please contact USRowing Membership at 1-800-314-4769.

2007 Membership Brochure and Insurance Information

All 2006 registered USRowing member organizations receive liability coverage as a benefit of being a member. This membership and insurance coverage expires on 12/31/2006. The online version of the brochure will be available by December 15. To renew your membership online, please visit our Web site at www.usrowing.org and click the Join/Renew link in the upper right-hand corner. After clicking the Join/Renew link, you will then click the "Organizational Membership" link. You will need your Organization ID, which can be found either on your certificate or by calling membership at 1-800-314-4769. Your other option is to wait for the 2007 brochure to arrive in the mail. If you are paying by check, you will need to wait for the brochure to arrive in the mail. Please renew your membership no later than February 15, 2006. If you have any questions please contact Kelly McGlynn at Kelly@usrowing.org.

Spotlight On Membership Discounts

Leonard Insurance Group -- Leonard Insurance Group, Inc., is offering a special discounted rate to individual members of USRowing for coverage on their rowing equipment. Call Leonard Insurance for details and rates at 1-800-Sculler. For more information on all of your membership discounts, please visit the "About Us" section on our Web site or call 1-800-314-4769.

Christmas is coming...

What are you getting for your special rower? Check out the Rowing Store online at www.usrowing.org. We're always changing to bring you the best in USRowing apparel.

Gathering of Like Minds

Have you been looking for ideas for your upcoming regatta or searching for a regatta to attend? If you have been looking for some extra support or an opportunity to talk with fellow rowing enthusiasts, the below listservs may interest you. To join, click on the link associated with the group.

Youth Rowing – for junior coaches and administrators
<http://groups.yahoo.com/group/youthrowing>

This listserv was started to provide a network for junior coaches and administrators. It is supported and sponsored by USRowing's Youth Advisory Committee. USRowing hopes that the listserv will assist in the day-to-day running of your program. Please use this outlet to look for racing opportunities, boat rentals and equipment sales, cross-country trailering trips, coaching questions, etc. USRowing will use this service as a means to spread the word about nationwide youth rowing opportunities.

Masters Rowing – for masters-aged athletes, coaches, and administrators

<http://groups.yahoo.com/group/rowingmasters>

Supported by the USRowing Masters Committee, this group has grown to more than 900 masters rowers, coaches, and administrators.

Regatta Roundtable – for regatta directors and organizers

<http://groups.yahoo.com/group/regattarountable>

This group came together after the regatta roundtable discussion held at the 2004 USRowing Convention. Administered by Kourt de Haas and regatta roundtable leader Robert Walton, this listserv is a wonderful way for regatta organizers to bounce ideas off of like minds. It provides an electronic forum for the exchange of ideas relating to the organization and administration of rowing regattas. The scope of topics includes sprint races, head races, scratch regattas, timing methods, results compilation methods, course installation, insurance, and other regatta related topics.

Adaptive Rowing

Supported by USRowing's Adaptive Committee, this listserv can be used as a networking tool for you or your organization. Ask about equipment, regattas, training, finding a training partner, how to start an adaptive rowing program, or whatever you need to know. This group is for anyone interested in adaptive rowing: rowers, potential rowers, clubs, coaches, boat builders, those involved with rowing equipment, medical personnel, and regatta directors.

To sign up, send an e-mail to: AdaptiveRowing-subscribe@yahoo.com.

Referee Tips for Rowers: Ensuring the Fairness of Each Race

By Bob Appleyard

In 2,000-meter sprint racing, crews race side-by-side to determine who can reach the finish in the shortest time. This format embodies the essence of athletic competition. We apply the Rules of Rowing to ensure that each race is conducted in a manner that is consistently safe and fair. “Fairness” dictates that conditions which may affect the progress of each crew (current, wind, lack of obstructions) are uniformly equal. More generally, the principle of fairness mandates that individual crews are neither disadvantaged, nor advantaged, by outside circumstances. The determining factors in each race should instead be only the athletic capability and technical skill of the crews themselves.

In most sports, we see one or more officials positioned in the field of play to observe the moment-to-moment progress of the race, match or game. Sports officials typically call penalties whenever an athlete or team violates a rule of competition. They often will stop the flow of the game and assess penalties to the transgressor. Sprint racing in rowing is no different, in that there are one or two referees who follow each race that are empowered to stop the race and/or assess penalties to the crews. However, Rule 2-401 sets rowing apart from almost all other sports. This rule instructs that each crew is to be assigned a lane which shall constitute its “own water for the duration of the race”. Furthermore, “a crew that rows in its own water is entitled to protection by the referee.” This instructs the rowing referee to intercede in a race by proactively warning a crew before it is about to commit a

transgression, either by causing unfair interference to another crew or by gaining an unfair advantage over others in its race. The referee does not wait to “blow the whistle” only after a foul has been committed in order to penalize the offender; the referee instead takes action to prevent a crew from breaching the principles of fairness without otherwise interfering with the flow of the race. Crews which respond appropriately to the referee’s warning are not penalized. Penalties are only applied when a crew does not respond to the warning, and in almost all situations, the objective of the penalty is to restore fairness to the crews that were adversely affected during the race.

Ensuring the safety of individual rowers is the overriding concern for race officials, but maintaining the fairness of each race consumes most of the referee’s attention. This, in fact, is the primary reason why each race is followed by at least one referee, to enable the referee to intercede by warning crews which appear to be on the verge of violating the fair conduct of the race. This provides assurance that the final order of finish will be solely reflective of the athletic capabilities and technical skills of the crews, unhindered by any outside circumstances which may have unfairly advantaged or disadvantaged one crew relative to another.

Of course, things still happen during some races which cause a crew to claim that the race was unfair, at least from their perspective. This situation will be discussed more fully in a following article.

Getting the Most Out of Erg Time

By Mayrene T. Earle, M.Ed.

Now that winter is here, most rowers in northern states have moved indoors to train on the ergometer. Many see winter erg training as a chance to maintain or improve strength and fitness in hopes of making their boats go faster in the spring and summer. To achieve this, it's natural (and effective) to focus on your numbers while erging, since the monitor provides immediate feedback, making it easy to set goals, gauge your progress and push yourself to reach a new "personal best."

Unfortunately, in the drive to maintain or improve your erg results, it's all too easy to overlook technique. In doing so, you weaken the connection between your erg training and your rowing, which means you're not getting the full benefit of all your erg work. After all, the erg provides a perfect opportunity to improve technique in a stable environment. And surely each and every one of us can improve at least one aspect of his or her stroke.

I'm so convinced that careful erging can improve technique that I even recommend to rowers in warm climates that they come off the water for brief periods to work on the erg. I promise them that erg training with a focus on technique will lead them to use their time on the water more effectively – and

appreciate it more too!

So here's my suggestion: When erging this winter, occasionally drop your focus on the numbers and work on technique. The not-so-big secret is that this will result in better numbers!

Here are some areas you can concentrate on while erging:

- * Keep your hand and chain heights steady.
- * Move your hands and body out of bow without pausing.
- * Keep your upper body steady once you establish your reach.
- * Feel the tension in the chain as it brings you into the catch.
- * Feel the "boat" moving out underneath you on the recovery.
- * Take the catch with your legs.
- * Relax your arms and shoulders and feel them being stretched by the chain.
- * Keep the shoulders ahead of the hips until the legs are at 165 degrees.
- * Delay the arm draw until the back has moved past vertical.

* Keep the elbows at the same height as the wrists.

* Repeat again. And again. And again.

Generally it's best to do drills during warm-ups, when you can focus on areas that need improvement and then carry that over into your work. Steady-state erg pieces also are ideal for working on technique and rhythm.

In addition to practicing technique on the erg, watch as much video as you can -- video of yourself and of others. There are a lot of great DVDs out there. Seeing and visualizing good rowing also helps improve your technique.

May you have a healthy and productive winter and a wonderful holiday season. See you in 2007!

Mayrene T. Earle, M.Ed., is founder of MastersCoaching. She conducts camps and clinics for masters rowers around the world. She also provides coaching for coaches and offers Erg Inspiration classes by phone. Contact Mayrene at mayrene@masterscoaching.com. Copyright © Mayrene T. Earle. All rights reserved.

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