



# USRowing

# This Month

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JULY 2007

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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 Executive Director

Dear Members,

Summertime is here! Many things are coming together as USRowing continues to move forward with new ideas. I thought this month would be a good time to recap a few of them.

This past weekend saw the re-emergence of the USRowing Elite Nationals at Mercer Lake where several hundred rowers vied for the newly designed and minted National Championship medals. This event, while small this year, will become the outlet to showcase the best rowers from American clubs and training centers to the public.

Other changes are afoot at USRowing. If you have not done so already, please check out our new Media Platform, linked to the front page of [USRowing.org](http://USRowing.org). By clicking on the "menu," you can find content including photos and video of past events, video coaching tips and excerpts of coaching education materials. The new platform is part of a media plan that continues to develop. In the coming months, we will experiment with creating new, more relevant media connection to both our membership and the outside consumer.

On a more serious note, many of you are aware from my past letters to the membership and our rise in insurance costs for this year that our sport has faced several incidents that have generated concern regarding the safety of being on the water.

We should all think about rowing as a sport that involves risk, including injury and death. Rowing shells are delicate vessels that move in concert with other watercraft in multi-use venues. USRowing has made the recommendation for many years that practices should be supervised. But what does that mean to safety in the coaching launch?

Two years ago, one of our USRowing member clubs lost a young coach due to drowning. He was overseeing a practice of young rowers in good weather, during the summer season. He was not wearing a lifejacket when he went into the river. The story of John Steve Catilo is now posted to the USRowing Web site as a reminder to

all of us who step into a launch that there are real risks associated with this side of the sport. (<http://www.usrowing.org/Safety/SafetyFeatures/catilo.aspx>)

After considering this and other safety factors, USRowing is issuing the following safety recommendations for all of our organizational members beginning this summer:

- 1) Every member organization should create a safety committee to annually review the club's safety rules, protocols and procedures.
- 2) Coaches should wear PFDs at all times while on the water.
- 3) Engine safety/kill switches should be used whenever recommended by the motor manufacturer's literature.

These recommendations will be added to future safety videos and publications as they are reprinted.

Earlier this spring, USRowing partnered with Patagonia to offer a discounted PFD program. While this program has seen delays, we are continuing to work with this manufacturer and others to provide our members with access to affordable PFDs. Please continue to check the USRowing Web site for information on this and other safety products. USRowing is also renewing the classic safety video so many of us watch each year. The new DVD will be updated and should be available during fall of 2007.

When I look forward in our sport, there are many issues and items to be addressed, and our staff is energized to meet the challenges. As this summer continues, I plan on seeing many of you at Club Nationals and Masters Nationals and hearing your input on how we meet our future together. As always, please feel free to contact me with your thoughts and ideas at [glenn@usrowing.org](mailto:glenn@usrowing.org).

Regards,

Glenn Merry  
USRowing Executive Director

# News This Month

## Lightweight Women's Double Sculls Wins Bronze at World Cup Regatta in Amsterdam

The U.S. lightweight women's double sculls tandem of Wendy Tripician and Jana Heere won a bronze medal to highlight the U.S. performance at the second stop of the 2007 Rowing World Cup in Amsterdam, The Netherlands.

Tripician and Heere crossed the finish line with a time of 7:06.87 to finish behind two crews from China and ahead of the duo from Denmark. The Americans got off the line in fourth place but grabbed the third position as the crews rowed through the midway point of the race. As the boats reached the 1,500-meter mark, Tripician and Heere sat just 0.40 seconds behind the second-place Chinese crew of Dongxiang Xu and Shimin Yan and two seconds ahead of fourth-place Great Britain. In the final 500 meters, Xu and Yan were able to extend their advantage for second, while the Americans held off a late charge from Denmark to finish third. China's second boat of Haixia Chen and Hua Yu won the race in a 7:03.66, while Xu and Yan, the defending world champions, finished second in a 7:05.11. Tripician and Heere claimed the bronze medal with a time of 7:08.87. Denmark finished 0.97 seconds behind in fourth place, followed by Great Britain and Germany.

The men's quadruple sculls crew of J. Sloan DuRoss, Mike

Perry, Mark Flickinger and Shane O'Mara won the B final to finish seventh overall. The quartet took the lead during the second quarter of the race and rowed to a 1.69-second victory over Great Britain. The American boat clocked a 5:46.39, while Great Britain finished in a 5:48.08. Belarus finished third.

Matt Hughes and Sam Stitt finished second in the B final of the men's double sculls for an eighth-place overall finish. The duo sat in third position through the 1,500-meter mark before overtaking Poland for second place in the final quarter of the race. Belarus won the B final with a time of 6:15.79, with the U.S. finishing second in a 6:17.32. Poland finished third with a time of 6:18.58.

In the C final of the lightweight men's double sculls, Andrew Liverman and Richard Montgomery finished fifth for a 17th-place finish overall. The duo sat in third place at the 1,500-meter mark before falling to fifth. New Zealand won the C final with a time of 6:21.73, while Liverman and Montgomery clocked a 6:29.42.

In the D final of the men's single sculls, Jonathan Burns finished third for a 21st-place finish overall. Burns crossed the finish line in a 7:00.40, less than three seconds be-

"Amsterdam" continued on page 8

## 2007 USRowing Calendar

### July 9-11, 2007 (Tentative)

Under 23 World Championships Trials  
Mercer Lake -- West Windsor, N.J.  
[www.usrowing.org](http://www.usrowing.org)

### July 13-15, 2007

FISA World Cup #3  
Lucerne, Switzerland  
[www.fisa.org](http://www.fisa.org)

### July 13-29, 2007 (Rowing July 14-19)

Pan American Games  
Rio De Janeiro, Brazil  
[www.rio2007.org.br/pan2007/ingles/indexing.asp](http://www.rio2007.org.br/pan2007/ingles/indexing.asp)

### July 18-21, 2007

USRowing Club National Championships  
Camden, N.J.  
[www.usrowing.org](http://www.usrowing.org)

### July 26-29, 2007

FISA Under 23 World Championships  
Strathclyde, Great Britain  
[www.fisa.org](http://www.fisa.org)

### July 30-August 3, 2007 (Tentative)

Senior World Championships Trials  
Mercer Lake -- West Windsor, N.J.  
[www.usrowing.org](http://www.usrowing.org)

### August 8-11, 2007

FISA Junior World Championships  
Beijing, China  
[www.fisa.org](http://www.fisa.org)

### August 9-12, 2007

USRowing Masters National Championships  
Oak Ridge, Tenn.  
[www.usrowing.org](http://www.usrowing.org)

### August 26-September 2, 2007

FISA World Championships  
Munich, Germany  
[www.fisa.org](http://www.fisa.org)

Please visit [www.usrowing.org](http://www.usrowing.org) for more information on each event.

## Three U.S. Crews Win Medals at World Cup Regatta in Austria

Three U.S. boats won medals at the first stop of the 2007 Rowing World Cup in Linz/Ottensheim, Austria.

U.S. crews finished second and third in the final of the women's pair. The USA 1 entry of Anna Mickelson and Megan Cooke finished second in a 7:10.49, followed by the USA 2 boat of Caroline Lind and Susan Francia in a 7:11.97. The crews sat in fourth and fifth place, respectively, at the 1,000-meter mark before passing Canada and Great Britain in the last half of the race. Australia's Sarah Cook and Kim Crow crossed the finish line with a time of 7:09.39 to win the gold medal. Canada's Jane Rumball and Darcy Marquardt, the defending world champions, finished fourth with a time of 7:12.38. The third U.S. pair of Anna Goodale and Lindsay Shoop won the B final for a seventh-place overall finish. The duo clocked a 7:23.00 to defeat China by 3.15 seconds.

In the women's single sculls, Michelle Guerette brought home the bronze medal. After getting off the line in third place, the American sat in second position as the scullers passed through the 1,500-meter mark, four seconds behind Belarus' Ekaterina Karsten and two seconds ahead of the Czech Republic's Mirka Knapkova. However, Knapkova, the defending world championships silver medalist, was able to pass Guerette in the final few strokes to win the silver medal. Guerette finished with a time of 7:31.68, 0.68 seconds behind Knapkova. Karsten, the defending

world champion, won the race in a 7:28.39. France's Sophie Balmay finished fourth, nearly six seconds behind Guerette.

Ala Piotrowski and Jennifer Kaido narrowly missed a spot on the medal stand in the women's double sculls after finishing fourth by 0.09 seconds. The duo led at the 500-meter mark and held the second position behind China as the crews reached the final quarter of the race, just ahead of Germany's second boat. The American crew battled Germany 2 throughout the final 500 meters. However, Germany 1 used a late charge to pass both crews at the line. China finished first with a time of 7:09.42. Germany 1 finished second in a 7:13.31, with Germany 2 crossing the line 0.13 seconds behind in a 7:13.44. Piotrowski and Kaido finished 0.09 seconds further back in a 7:13.53.

The lightweight men's four of Tom Paradiso, Patrick Todd, Colin Farrell and Andrew Bolton finished sixth in the final, 3.76 seconds behind the winners from China. In what was a tight race the entire way down the course, China came back on Italy 1 in the final 500 meters to earn the victory. The Chinese crew clocked a 6:03.13 to finish 0.58 seconds ahead of Italy 1. Great Britain finished third in a 6:04.74, with the Netherlands finishing fourth in a 6:06.02. The U.S. finished with a time of 6:06.89, 0.22 seconds behind fifth-place Italy 2.

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## Third 2007 National Selection Regatta Completed

The third 2007 National Selection Regatta (NSR) took place June 1-3 at the Finn M.W. Caspersen Rowing Center on Mercer Lake in West Windsor, N.J.

With the third NSR serving as a possible selection event for the men's pair, men's double sculls and lightweight men's double sculls, the winners had the opportunity to be automatically selected to the 2007 National Team if they met the required time standard.

In the men's double sculls final, Caspersen Training Center's Matt Hughes and Sam Stitt took a five-second advantage in the first 1,000 meters before cruising to the victory. The duo captured first with a time of 6:26.88, followed by Princeton Training Center's J. Sloan DuRoss and Mike Perry in a 6:31.88. Caspersen's Francis Cuddy and Deaglan McEachern took third with a time of 6:34.93. Hughes and Stitt met the time standard and now have until July 17 to accept the men's double sculls berth on the 2007 National

Team or the event will be opened up to trials.

In the men's pair final, Caspersen's Beau Hoopman and Matt Schnobrich captured first place with a time of 6:38.35. Teammates Daniel Walsh and Wyatt Allen finished second in a 6:41.08, followed by Caspersen's Giuseppe Lanzone and Alex Hearne in third. Hoopman and Schnobrich also met the time standard and now have until July 17 to accept the men's pair berth on the team or the event will be opened up to trials.

In the lightweight men's double sculls final, the Malta Boat Club/Penn AC entry of Andrew Liverman and Richard Montgomery took first with a time of 6:35.13, followed by Tim Larson and Greg Ruckman of Riverside Boat Club in second with a time of 6:39.95. Undine Barge Club's Dan Urevick-Ackelsberg and Cody Lowry placed third with a time of

"NSR" continued on page 6

## Sixteen Titles Awarded at 2007 USRowing Youth National Championships

Long Beach Junior Crew won the women's eight and Pacific Rowing Club won the men's eight to high-light racing at the 2007 USRowing Youth National Championships at Harsha Lake in Batavia, Ohio. In total, 16 crews were crowned national champions.

In the women's eight, Long Beach Junior Crew defeated Maritime Rowing Club by 3.37 seconds to win the gold medal. Long Beach took command of the race in the second 500 meters, clocking a 7:08.16 to Maritime's 7:11.53. St. Ignatius Crew finished third in a 7:13.11, winning the bronze medal.

Pacific Rowing Club won the title in the men's eight, defeating Green Lake Crew by 1.79 seconds. Pacific clocked a 6:17.19, while Green Lake finished with a 6:18.98. Pacific took a half-length lead on the field in the first 600 meters and had built a length advantage at the midway point of the race. Capital Crew finished third to win the bronze medal in a time of 6:23.06.

Maritime Rowing Club ended Malvern Preparatory School's four-year hold on the men's quadruple sculls title by stroking a 6:41.87 to defeat Malvern by 3.70 seconds. Maritime, who missed winning gold last year by 0.01 seconds, pulled away over the final half of the race to earn the victory. Malvern finished second in a 6:45.57, while Cincinnati Country Day School earned the bronze medal in a 6:53.98.

After finishing second in last year's race, Steel City Rowing Club's Suzanne Maddamma came back to win the women's single sculls event this year. Maddamma pulled away from the field during the middle half of the race, cruising to a 4.26-second victory. The Steel City sculler crossed the finish line with a time of 8:19.01. Tempe Junior Crew's Erin Crawford finished second in an 8:23.27 to win the silver medal, while Craftsbury Sculling Center's Emily Dreissigacker took the bronze medal in an 8:27.57.

Racing unaffiliated, James Hills won the men's single sculls final by 4.52 seconds over Miami Rowing and Watersports Center's Robin Prendes. Hills and Prendes grabbed an open-water lead on the rest of the field during the first 500 meters before Hills slowly pulled away. Hills clocked a 7:20.67 to win the gold medal, while Prendes finished in a 7:25.19 to take the silver. Saratoga High School's Elihu Reynolds passed GMS Rowing Center's Kynan Reelick in the final 500 meters to win the bronze medal with a time of 7:32.73.

For the first time ever, the Youth Nationals fea-

tures races in the lightweight double sculls. In the lightweight women's double, Dallas Rowing Club easily won, clocking a 7:49.05. The Dallas boat took a commanding lead early in the race and crossed the finish line more than 13 seconds ahead of second place. The battle for the silver medal, however, was very tight as Holy Spirit High School edged out California Yacht Club by 0.05 seconds. Holy Spirit finished with a time of 8:03.01 to California's 8:03.06.

In the lightweight men's double sculls final, Malvern Preparatory School defeated Vancouver Lake Crew by less than two seconds to win the gold medal. Malvern clocked a 7:07.60, while Vancouver Lake crossed the finish line in a 7:09.42. Consetoga High School's "B" entry finished third with a time of 7:12.99 to win the bronze medal.

Narragansett Boat Club took the gold medal in the women's double sculls by 1.50 seconds over Sammamish Rowing Association. Narragansett stroked a 7:58.96 to win the race. Sammamish held off Navesink River Rowing by 0.18 seconds for the silver medal, finishing in an 8:00.46.

In the men's double sculls, Marin Rowing Association easily defeated Christian Brothers Academy to win the title. Marin crossed the finish line in a 7:12.46, while Christian Brothers finished in a 7:20.11. St. Louis Rowing Club defeated Maclay School for third place, finishing a half-second ahead in a 7:23.42.

Los Gatos Rowing Club won the final of the lightweight women's eight by nearly three seconds over Marin Rowing Association. Los Gatos finished with a time of 7:16.21, 2.96 seconds ahead of Marin's 7:19.17. Mount Saint Joseph Academy finished third in a 7:24.14.

In the lightweight men's four with coxswain, Marina Aquatic Center Junior Rowing defeated Wayland Weston Crew by more than six seconds to win the gold medal. Marina Aquatic Center clocked a 7:02.11, while Wayland Weston finished with a time of 7:08.94. Berkeley High School Crew won the bronze medal, stroking a 7:10.11.

Austin Rowing Club Juniors won the women's quadruple sculls by 4.48 seconds. Austin finished with a time of 7:37.15, followed by Quad City Rowing Association in a 7:41.63. Oregon Association of Rowers finished third in a 7:41.83, just 0.20 seconds behind.

In the women's four with coxswain, Peddie School

"Youth" continued on page 8

## Twenty-Three Titles Awarded at 2007 USRowing National Championships

Twenty-three national titles were awarded on June 23 at the 2007 USRowing National Championship Regatta at Mercer Lake in West Windsor, N.J.

The closest race of the day came in the afternoon's final race, the men's eight, when two USRowing National Training Center crews battled it out stroke-for-stroke in the final few meters. In the end, the Caspersen Training Center A boat defeated the Caspersen B boat by 0.54 seconds to win the gold medal. The crew of coxswain Marcus McElhenney, Beau Hoopman, Bryan Volpenhein, Dan Walsh, Chris Liwski, Josh Inman, Wyatt Allen, Giuseppe Lanzone and Matt Schnobrich crossed the finish line with a time of 5:25.66. The second-place boat finished with a time of 5:26.20. Bantam Boat Club finished third in a 5:39.19.

In the women's eight, Caspersen Training Center's A boat of coxswain Mary Whipple, Susan Francia, Caroline Lind, Rachel Jeffers, Anna Mickelson, Sam Magee, Erin Cafaro, Portia McGee and Brett Sickler defeated Canada's London Training Center by a little over three seconds to win the gold medal. The Caspersen crew clocked a 6:06.48 to the Canadian crew's 6:09.53. The Caspersen B boat, which is training for the Under 23 World Championships, finished third in a 6:11.82.

In one of the best match-ups of the day, the defending world champions from Canada, Jane Rumball and Darcy Marquardt, held off the Caspersen Training Center tandem of Anna Mickelson and Megan Cooke to win the women's pair. Rumball and Marquardt finished with a time of 6:56.51, 2.13 seconds ahead of Mickelson and Cooke's time of 6:58.64. Caspersen's Caroline Lind and Susan Francia finished third in a 7:08.90.

The Caspersen Training Center crew of Lindsay Shoop, Caroline Lind, Portia McGee and Brett Sickler beat teammates Rachel Jeffers, Anna Goodale, Sam Magee and Erin Cafaro by 5.01 seconds to win the national title in the women's four. The winning crew crossed the finish line in a 6:29.43, with the second boat finishing in a 6:34.44. The Canadian crew finished third, followed by Vesper Boat Club.

Caspersen Training Center's Renee Hykel won the lightweight women's single sculls with a time of 7:44.11, finishing 5.58 seconds ahead of teammate Julie Nichols. Nichols clocked a 7:49.69. Canadian Lisa Carey-Moore finished third in a 7:56.64, followed by Undine Barge Club's Nicole Nelson in an 8:08.64.

In the women's single sculls, Vesper Boat Club's Ann Holmes clocked a 7:50.06 to win the gold medal. Holmes finished 2.10 seconds ahead of Undine Barge Club's Beth Greene in a 7:52.16. Undine Barge Club's Shannon Kaplan, the defending champion, finished third in a 7:54.14.

Penn AC's Ivan Baldytchev easily won the national title in the lightweight men's single sculls. Baldytchev crossed the line in a 7:02.77, more than 10 seconds ahead of Undine Barge Club's Greg Kaplan. Penn AC's Andrew

Grzybowski finished third.

In the men's single sculls, Potomac Boat Club's Jamie Schroeder clocked a 6:55.31 to win the national title. Schroeder, who finished 12th in the event at the 2006 FISA World Championships, finished nearly seven seconds ahead of Princeton Training Center's Warren Anderson. Anderson stroked a 7:02.16. New York Athletic Club's James Dietz finished third.

Caspersen Training Center's Cameron and Tyler Winklevoss won the gold medal in the men's pair. The duo crossed the finish line in a 6:32.65, finishing less than two seconds ahead of Caspersen's Sebastian Bea and Gabe Winkler. The duo finished with a time of 6:34.27. Caspersen's Chris Callaghan and Troy Kepper finished third in a 6:39.07.

In the women's double sculls, the Caspersen duo of Ala Piotrowski and Jennifer Kaido finished first with a time of 6:56.57. The crew, which has already been named to the 2007 World Championships Team, finished 3.49 seconds ahead of teammates Liane Malcos and Lia Pernell in a 7:00.06. Caspersen's Reilly Dampeer and Lindsay Meyer finished third.

In the men's double sculls, the Caspersen Training Center crew of Francis Cuddy and Deaglan McEachern defeated Potomac Boat Club by just under six seconds. Cuddy and McEachern, who will represent the U.S. at the Pan American Games in July, won with a time of 6:29.93. Potomac finished in a 6:35.83, followed by Vesper Boat Club in a 6:38.89.

The Caspersen Training Center's crew of Bryan Volpenhein, Dan Walsh, Matt Schnobrich and Beau Hoopman clocked a 5:51.13 to win the national title in the men's four. The quartet finished nearly five seconds ahead of the Caspersen boat stroked by Chris Liwski. The second-place crew clocked a 5:55.92. Caspersen's C boat, stroked by Cameron Winklevoss, finished third in a 5:59.93.

In the men's four with coxswain, the Caspersen Training Center boat of coxswain Marcus McElhenney, Brett Newlin, Patrick O'Dunne, Steven Coppola and Matt Deakin defeated Penn AC by three seconds to win the gold medal. The Caspersen crew crossed the finish line with a time of 6:05.80, while the Penn AC boat finished in a 6:08.83. Bantam Boat Club finished third.

Riverside Boat Club's Will Daly and John Nichols had no trouble winning the lightweight men's pair. The duo came home with a time of 6:43.22, finishing more than 16 seconds ahead of teammates Andres Diebold and Tim Larson. The Under 23 Lightweight Men's Development Camp crew of Dan Armitage and Matt Carey finished third.

Riverside also easily won the lightweight men's quadruple sculls. The crew of Gavin Frase, Jonathan Winters, Jeff Forester and Peter Morelli finished with a time of

"Nationals" continued on page 12

# USRowing Coaching Clinics

USRowing is now scheduling coaching clinics for this summer and fall. If you are interested in hosting a coaching clinic, please contact Willie Black at willieb@usrowing.org or (317) 450-3229 or visit our clinic hosting page at <http://usrowing.org/Coaches/HostingaClinic/index.aspx> for more information about what is required to be a host.

To register for USRowing Coaching Clinics, contact Willie Black.

## Level I Coaching Clinic

**Location:** Austin, Texas (Exact location TBA)

**When:** July 14-15 (New Date); Saturday: 9 a.m.-5 p.m., Sunday: 9 a.m.-Noon or 1 p.m.

**Cost:** \$125

## Level I Coaching Clinic

**Location:** Lowell, Mass.

**When:** TBA for mid July/early August (Please check back soon); Saturday: 9 a.m.-5 p.m., Sunday: 9 a.m.-Noon or 1 p.m.

**Cost:** \$125

## Level I Coaching Clinic

**Location:** Minneapolis, Minn.

**When:** TBA for August; Saturday: 9 a.m.-5 p.m., Sunday: 9 a.m.-

Noon or 1 p.m.

**Cost:** \$125

## Level II & Continuing Education Coaching Clinic

**Location:** ARCO Olympic Training Center, Chula Vista, Calif. (near San Diego).

**When:** September 7-9; Friday: 6-8 p.m., Saturday: 8 a.m.-6 p.m., Sunday: 8 a.m.-Noon.

**Cost:** \$150 for Level II (limited to 35 participants.) Housing and meals at the training center are included in the price of the clinic.

The Foundation for Rowing Education will be offering trailering clinics at the following locations. Registration is through [www.regattacentral.com](http://www.regattacentral.com). The Foundation is looking for sites for future clinics. If you are interested, please contact them directly at <http://www.rowingeducation.org>.

## Trailering Clinic

**Location:** Three Rivers Boathouse, Pittsburgh, Pa.

**When:** July 14, 9:30 a.m.-3:30 p.m.

**Cost:** \$125

## Trailering Clinic

**Location:** Wilmington Rowing

Center, 1040 S. Madison Street, Wilmington, Del.

**When:** August 25

**Cost:** \$125

## Trailering Clinic

**Location:** ZLAC, San Diego, Calif.

**When:** August 25

**Cost:** \$125

## Trailering Clinic

**Location:** Saugatuck, Westport, Conn.

**When:** September 9

**Cost:** \$125

## Trailering Clinic

**Location:** West Side Rowing Club, Buffalo, N.Y.

**When:** September 22

**Cost:** \$125

## Trailering Clinic

**Location:** Edison High School, 5801 Franconia Rd, Alexandria, Va.

**Date:** September 29

**Cost:** \$12

"NSR" continued from page 3

6:40.21. Liverman and Montgomery just missed the time standard but will have until July 17 to meet it or the event will be opened up to trials.

While the men's events served as selection races at this NSR, the remaining races served as an opportunity for crews to test their speed in preparation for big boat selection camps and future trials.

In the women's pair final, Brett Sickler and Portia McGee of Caspersen Training Center captured first with a time of 7:27.94, followed by teammates Megan Dirkmaat and Samantha Magee

in second with a time of 7:39.94. Third place was taken by Potomac Boat Club's Jennifer Reck and Ruth Stiver, who finished with a time of 7:40.19.

In the women's double sculls final, Liane Malcos and Lia Pernel of Princeton Training Center took first with a time of 7:11.13, followed by Vesper Boat Club's Jana Heere and Wendy Campanella in second with a time of 7:15.67. Finishing in third with a time of 7:17.52 was Potomac Boat Club's Margot Shumway and Reilly Dampeer.

For complete results, please

visit [www.powerhousetiming.com](http://www.powerhousetiming.com).

The NSRs and the World Championships Trials are sponsored by the National Rowing Foundation as part of its support of the U.S. National Team.

# USRowing Membership Information

## Buy Six Get One Free-

Please don't forget to take advantage of our buy six, get one free offer for group memberships. This will benefit those organizations that are currently signing up their members for the Club Nationals event July 18-21. All participants must be current individual members of USRowing. The group membership application can be found on our Web site in the Join/Renew section under Waivers, Applications and Forms. If you have any questions about the group membership, please contact member services at 1-800-314-4769 or e-mail [members@usrowing.org](mailto:members@usrowing.org).

## Waivers

### How Do I Get My Rowers to Sign a Waiver Online?

Signing a Waiver on RegattaCentral.com -- All RegattaCentral users may now sign the USRowing waiver online. To be able to sign the waiver online, you must provide an e-mail address for each participant when registering for an event. If you are a coach signing up a group of rowers and you don't want to enter in all of these e-mail addresses, you still have the option of having them sign a paper waiver and handing them to the regatta organizer.

Signing a Waiver on USRowing.org -- This is a benefit ONLY for USRowing full-privilege individual members. You must have a membership number to sign a waiver on USRowing.org.

*\*\*If you are participating in a USRowing Registered Regatta that does not use RegattaCentral and your rowers are not USRowing full-privilege individual members, you will need to submit a paper waiver to the regatta organizers.*

## Reminder: Discounted Background Checks

USRowing has created a partnership with the National Center for Safety Initiatives (NCSI) to bring your organization discounted

background checks for all employees and volunteers working with youth. The screening will cost \$20 and can be completed in five easy steps. This is a benefit for USRowing member organizations only.

"The National Center for Safety Initiatives (NCSI) offers unique and effective solutions to some of the most complicated issues facing youth serving organizations today... how to better protect our youth while navigating through an increasingly complex maze of ethical, legal and financial challenges."

How to get set up:

1. Visit [www.usrowing.org](http://www.usrowing.org).
2. Click on Organizations and then click the link named National Center for Safety Initiatives.
3. Follow the instructions on the NCSI Web site.
4. NCSI will review your submission and USRowing membership status.
5. NCSI will send a Data Access Agreement that will need to be signed and returned to NCSI and then they will send your account information and instructions.

**\*\*If you have any questions, please contact Kelly McGlynn at 1-800-314-4769 or 609-751-0703**

## USRowing Official Merchandise

### July Travel Schedule

#### July 18-21 -- USRowing Club National Championships; Camden, N.J.

\*Don't forget to bring your membership card to these events to receive a discount.

Check out our online Rowing Store. Hats, T-Shirts, DVDs, Backpacks and MORE!

## 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/regattarroundtable>

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,

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# Hilton Hotels Offer USRowing Member Benefit

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## GETTING STARTED

Simply go to [www.rowing.hfadvantage.com](http://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](http://www.usrowing.org) to download the e-brochure and start saving today!

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hind the race winner from France. Pierre-Jean Peltier won the race in a 6:57.57.

The Rowing World Cup series was launched in 1997 and includes all 14 Olympic boat classes. The overall Rowing World Cup champions are determined after a series of three regattas. The first stage took place June 1-3 in Austria. The remaining stage will be held July 13-15 in Lucerne, Switzerland.

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easily rowed to a six-second victory. Peddie crossed the finish line with a time of 8:06.28, finishing 6.07 seconds ahead of Pocock Rowing Center in second position. Mt. Baker Rowing and Sailing Center won the bronze medal in an 8:18.23.

Belmont Hill School repeated as champions in the men's four with coxswain. Rowing with three members of last year's boat, Belmont crossed the finish line with a time of 7:16.17. Lakeside School Crew finished second in a 7:22.99, followed by Wayland Weston Crew in a 7:25.94.

In the lightweight women's four with coxswain, NorCal Crew claimed a 3.33-second victory over Wayland Weston Crew. NorCal clocked an 8:34.60, while Wayland Weston finished with an 8:37.93. Stanford Rowing Center finished third in an 8:38.62.

The lightweight men's eight final was a close race with Canisius High School capturing first with a time of 6:32:16. Everett Rowing Association battled St. Joseph's Prep through the finish, taking second with a 6:34:67. St. Josephs Prep won the bronze medal in a 6:34.82. Canisius won its second consecutive title in the event.

# Taper Strategies for the Racing Season

By Sergei Beliaev Ph.D., President, Super Sport Systems LLC

Summertime is all about racing. For competitive rowers, this is the most exciting and rewarding part of the year, but it also can be a bitterly frustrating or disappointing time as well. Performance during this period clearly depends on prior preparation (the foundation that was built during winter and spring training). There is no way to magically pull a rabbit out of a hat at this phase of the season, but there are a number of techniques and training strategies that may help get you through this intense period. In this article, we will discuss some of these training strategies and tips for the summer period that may help you enjoy racing more and enable you to receive maximum satisfaction from your performance.

Eventually, every season comes to the point where racing becomes the dominant thought. This leaves little, if any, time for actual training between races. For purposes of our discussion, we are going to assume that training was well thought out and planned accordingly long before the racing season started. If this is not the case, then strategies for this particular period of the season become much more complex, since we cannot rely on the solid foundation that should have been created specifically to support performance at this critical juncture.

With this in mind, we suggest treating the competitive season as part of the overall preparation plan and can then deal with issues related to pre-race preparation according to “standard procedure.” In this article, we will discuss the two most common scenarios: preparation for a single event and preparation for a series of events with the focus on a major one (usually the last one in any given cycle).

## 1. Single Event Taper-- Secrets of the “Perfect” Taper

There are a lot of myths and legends about taper. The effect of taper is associated with the phenomenon of increased speed along with a drop in general training volume at the end of the season, usually several weeks prior to the main event. By definition, this scenario suggests that you can achieve this effect only after substantial periods of training overload. If this is not the case, and your training loads were built up gradually and/or were not consistent prior to competition time, reduction of general training volume during

this period will hardly make a difference. And in the worst case scenario, it may even impact your performance in a negative way. In situations like these, training is structured differently and should not follow “standard” taper strategies (if such a thing exists).

### *Taper Duration*

In traditional thinking, taper normally lasts several weeks (at least two). During this time, training volume and the amount of high intensity workloads are generally lowered. The idea behind this strategy is to achieve stabilization of the athlete’s adaptive systems after a period of training overload. However, this approach appears to be valid only when the training process is NOT optimized, or more explicitly, when training loads are not progressive and NOT individualized to meet individual adaptive abilities on a consistent basis.

When a progressive training plan is followed, the taper period can be reduced significantly (to only 7-10 days). Plans like these “lead” an athlete to peak performance at a specific time. Therefore, the last week or so is used to “fine tune” all systems before the race.

### *A Taper Planning Technique*

Preparation for taper requires “planning back” (actually counting training days backwards) from the date of the event. Every training session of taper should then be carefully weighted from the perspective of maintenance or cohesiveness and used to achieve a specific goal in one or the other. At the same time sufficient recovery time between training sessions also is necessary. This will allow you to compete on your race date fully rested, but still “perky” and sharp. In doing this, we are assuming that all necessary training goals have been achieved and that you are ready to perform to the best of your ability.

### *Taper Strategies*

There is no such thing as “one taper fits all.” All athletes are different, and they have each had different training experiences during the season as well. When you approach the start of your taper period, you must evaluate your form to understand whether or not you

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are “exhausted” by your previous training regimen, or just eager and ready to race “no matter what”. It is important to understand that responses to taper strategies may be different in different types of athletes. Some respond well to rest and to a reduction of training volume prior to the start. Conversely, others may continue to improve through their usual workload. You will have to determine which approach works best for you.

In any event, you may still want to consider including all of the same types of exercises that you used during your preparatory period, since you need to support all of the functional abilities all the way up to the race date. We suggest the following procedure and workloads during the last week of preparation prior to the main start:

- Continue to work on endurance in Zone Ia at or below anaerobic threshold (e.g. 5,000 m X 2/3 times and some cases up to 20 kilometers)
- Continue support of functional abilities. This is VERY important! (e.g. 3/5 X 1000 with a relatively short rest period of 20-45 seconds between repetitions)
- Include more exercises to develop anaerobic power (e.g. 4-8 X 250 / 500 meters @ ~95% of maximum speed with 2-4 minutes of rest, etc.). Depending on the taper strategy you choose, this type of work should end completely 3-5 days before the start to secure maximum recovery of anaerobic capacity. At higher levels of competition, we often use an alternative strategy that actually excludes this type of work one or more weeks prior to the start. Special training protocol should precede this strategy, which works best in highly controlled and carefully managed training environments (collegiate and national levels).
- Include drills and technical exercises. After all, taper is all about sharpening your senses and skills. (You do not want, however, to work on changing your regular stroke the last week before the start.)

NOTE: Two types of speed work require special attention

- Ability to achieve and keep maximum speed (e.g. at 250 meters)

- Ability to work at competition speed usually at longer distances (e.g. at 500 or 1,000 meters with 3-6 repetitions).

As a rule, be sure to include sets in zones Ia and possibly II (slow interval exercises), since this type of work will improve your ability to recover and also help with finding your proper tempo and stroke rate.

## 2. Multi-Event Taper with Focus on a Major Event

Preparing for a major event through a series of races is not an unusual strategy in competitive sports. In some cases, especially at the professional level, athletes in different sports may participate in as many as 100-130 starts a year, leaving little time for systematic training. But they still need to devote significant time (at least two months) in order to build a proper (aerobic) foundation before the start of their race season. A longer “foundation” phase will lead to a longer and more consistent race season.

Races in this case are used as preparatory steps, each solving a specific tactical or other task. Since races by definition are executed at work intensity close to maximum levels, they may substitute for the needs of high intensity training. One important thing to remember here is that you are not aiming at winning every race you enter. Reaching “smaller” goals in preliminary races may be more important than just rowing full out, especially if you are still in the preparation phase of your season.

Goals you may target in each preparatory race can be divided into several categories.

- Technical: Here your goal is to be able to maintain a specific stroke count during the whole distance or a specific part of it. You should concentrate on specific skills and / or elements important for the improvement of your stroke or boat handling ability (regardless of the outcome of the race).
- Performance: Here your goal is to maintain a specific speed during particular parts of the race (e.g. keep maximum speed for the first 500, 1,000, etc.), or to be able to increase speed to a specific level / maximum (e.g. during the last 500 meters, etc.).
- Strategic: Rowers should be able to execute a spe-

# USRowing Masters E-Newsletter

## Not Up for Today's Workout? Just Do Something!

By Mayrene T. Earle, M.Ed.

Some years ago, when a coaching buddy from Boston was visiting me at my home on Cape Cod, I found myself totally intimidated by her energy for exercise. During our short visit, she ran 8 to 10 miles a day and did hundreds of sit-ups on my living room floor. (And she wasn't even training for anything.) Anyway, before my friend's visit, I had been feeling pretty good about my routine, which at the time consisted of a 3-mile daily "walg" (walk and jog). But by the end of my friend's weekend visit, I had slipped into a total funk. Because I judged my own routine as lame by comparison, I nearly lost my motivation to do anything.

Does this happen to you? Maybe you're signing into the club logbook before your morning row. You've got a workout plan that you feel good about – that is, until you read the log entry of the rower before you. Apparently she went out for a 20-mile row on the river. Now your own plan feels so trivial that you're tempted to skip the workout altogether. Maybe you do.

Then there are those days when you drag yourself out of your warm cozy bed, drive 45 minutes to the boathouse and, maybe because it's cold out, or hot, or windy, or for no reason whatsoever, you just don't feel like going out on the water. Do you give in to that feeling or go for a coffee instead?

One strategy that has helped me in both situations is what another

friend of mine calls her "just do something" plan. The idea is that on those days when you feel completely unmotivated, for whatever reason, you at least do some small part of a workout, even if it's so modest as to seem laughable. The point is that something is better than nothing.

So maybe your "something" is going for a technique row and working on just one small part of your stroke. Or maybe it's as easy as warming up and doing some much-ignored stretching to address your flexibility challenges. Or, maybe it's doing 50 curl-ups, then going to the local coffee shop for some much-needed "me time," which might be equally important in your busy life.

The beauty of the just do something plan is two-fold. First, by giving yourself permission on your low days to reduce your workout goal to something really modest, you make the workout feel less onerous, which helps overcome your resistance to doing it. Second, often once you start doing "something," you'll find yourself getting into a groove and dropping the negative tape that was playing in your head.

Here's a just do something plan that a rower from Cambridge (Mass.) Boat Club told me she uses. On those days when she simply can't get motivated to do much of anything, or when the workout she is doing is going nowhere, she does 20 on and 10 off (20 full-pressure strokes and 10 paddle

strokes). It's a short-enough interval that even if you just can't get it right, soon enough you'll be taking a break, so you can gather your energies to try again. Even if it's not your best, it's a workout. And it helps you avoid the trap of doing nothing then beating yourself up for the rest of the day.

Want to make the 20 on and 10 off workout more interesting? Try this: 1 X 20 minutes of 20 on 10 off, changing the ratings in pyramid fashion – 20/22/24/26/24/22/20.

*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](mailto:mayrene@masterscoaching.com). Copyright 2007 © Mayrene T. Earle. All rights reserved.*

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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.

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cific strategy during the race.

You must realize of course that this is a rather simplistic view of the peaking process, but for purposes of this article, it will give you a basic understanding of some of the elements that need to be examined before you choose a taper or re-taper strategy.

For more information about this and other season planning topics, please visit <http://www.RowingTraining4Life.com> or <http://www.3SUniversity.com>, attend a 3S Clinic or call Dr. Beliaev at 804-519-1201.

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6:01.13, more than 14 seconds ahead of the second-place crew from Undine Barge Club. The Undine boat finished with a time of 6:15.57.

In the lightweight women's double sculls, Undine Barge Club's Nicole Nelson and Megan Welsh defeated GMS Rowing Center by more than five seconds to win the national title. Undine finished with a time of 7:23.16, followed by GMS in a 7:28.39. New York Athletic Club finished third.

Caspersen Training Center's Bjorn Larsen and Simon Carcagno won the lightweight men's double sculls by more than six seconds over Caspersen teammates Matt Smith and Shane Madden. Larsen and Carcagno stroked a 6:28.19 to Smith and Madden's 6:34.63. Riverside Boat Club's Cameron Booth and Tim Wong finished third in a 6:37.52.

The Caspersen boat of Tom Paradiso, Patrick Todd, Andrew Bolton and Colin Farrell won the lightweight men's four by more than 12 seconds. The quartet won with a time of 5:52.23. The Under 23 Lightweight Men's Development Camp finished second in a 6:04.89, followed by Caspersen's B boat.

Racing unaffiliated, Canada's London Training Center won the final of the women's quadruple sculls. The crew of Rachele De Jong, Janine Hanson, Krista Guloien and Anne-Marie De Zwager finished with a time of 6:18.97, nearly three seconds ahead of Caspersen's B boat. The Caspersen boat of Margot Shumway, Lindsay Meyer, Megan Kalmoe and Stesha Carle finished in a 6:21.93. The Caspersen A boat of Liane Malcos, Ellen Tomek, Christen Brown and Lia Pernell finished third in a 6:24.11, followed by Vesper Boat Club.

In the men's quadruple sculls, Caspersen Training Center's Francis Cuddy, Deaglan McEachern, Jamie Schroeder and Warren Anderson won the gold medal in a time of 5:49.23. The crew finished just over five seconds ahead of Undine Barge Club's 5:54.25.

In the adaptive rowing events, Philadelphia Rowing Program for the Disabled's Laura Schwanger won the women's arms-only single sculls, defeating Patty Rollison, last year's world championships silver medalist, by 8.30 seconds. Schwanger covered the course in a 7:04.50, with Rollison finishing in a 7:12.80. With the victory, Schwanger earned a spot on the 2007 USRowing Adaptive National Team that will compete at the world championships in August in Munich, Germany.

The four-time defending world champions in the trunk-arms double sculls, Angela Madsen and Scott Brown, raced unopposed to win the national title in the event. The duo finished with a time of 4:34.53.

In the legs-trunk-arms four with coxswain, the Philadelphia Rowing Program for the Disabled boat of coxswain Ryan Pawling, Jesse Karmazin, Jamie Dean, Aerial Gilbert and Tracy Lee Tackett also raced unopposed, finishing with a time of 3:45.61 to win the national title.

