



USRowing

This Month

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USRowing Names 2007 Annual Award Winners

USRowing is pleased to announce the winners of its 2007 Annual Awards. This year's recipients of the Julian Wolf Award, Jack Franklin Service Award, Ernestine Bayer Award, Man of the Year Award, Clayton W. Chapman Award, John Carlin Service Award and Jack Kelly Award will be honored, along with the previously announced USRowing Athletes of the Year, on December 7 at the USRowing Annual Awards Reception in Miami, Fla. USRowing would like to congratulate all of the award winners and thank them for their contributions to the sport.

The Franklin and Wolf awards are given annually by USRowing and the Referee Commission to recognize the work of officials across the country. The Julian Wolf Award pays tribute to a referee for his or her contribution to rowing during the past year. This year's recipient is Ryz Obuchowicz. A graduate of Boston College, Obuchowicz became involved in rowing when his son took up the sport at West Springfield High School in Springfield, Va. He started as a referee candidate in 1994 and now serves as a clinician. Obuchowicz's primary focus is on the scholastic level, particularly the National Capital Area Scholastic Rowing Association regattas and the SRRA Championships. He is an executive board member and the referee representative on the NCASRA Board. As the referee liaison, he coordinates the spring and summer schedules for all sprint races in the Mid-Atlantic

region other than those held in Philadelphia and New Jersey. As a clinician, he is involved with both recruiting and training referees. During the past year, his efforts have led to an increase in both the recruitment of new referees and the participation of previously licensed referees.

The Jack Franklin Service Award is given to a referee for his or her lifetime contributions to the sport. This year's recipient is Dick Alcock. A 1962 graduate of San Jose State University, Alcock started rowing in 1979. He began officiating in 1989, received his plenary license in 1992 and became a clinician in 2002. For the past 15 years, Alcock has served as the chief official for 8-10 regattas per year. He has officiated at 12 USRowing National Championships, nine USRowing Masters National Championships, one world championship and one World Master's Games. Alcock has recruited, trained and licensed 31 referees in the Southeast Region and initiated the Southeast Winter Retreat clinic in 1999, which he has hosted for the past eight years. He also started a family legacy in officiating by convincing his son, David, to become a referee four years ago. As a competitor, Alcock races in the grand master category when he isn't working as a chief official. He served on the Atlanta Rowing Club Board of Directors for 17 years and is currently active in coaching novice scullers in the club's Learn to

"Award Winners" continued on page 2

Row program.

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 recipients are Brown University coaches John and Phoebe Murphy. Under their leadership, Brown has become the winningest program in NCAA Championship history, claiming five rowing team championships in the last 10 years including the 2007 NCAA Championship in Oak Ridge, Tenn. In addition, the Bears have placed in the top three in the team standings at every NCAA Championship since its inception in 1997. The 2007-08 season marks John’s 24th and Phoebe’s 22nd year at Brown.

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 recipient is Allen Eubanks. Eubanks serves as head coach and club manager of Oak Ridge Rowing Association, chairman of USRowing’s Youth Committee and runs the Southeast Junior Rowing Camp each summer. Oak Ridge Rowing Association, USRowing’s 2005 Club of the Year, supports a youth program for ages 13-18, adult programs for both beginners and experienced rowers and adaptive rowing opportunities. Its membership consists of approximately 120 masters rowers and 100 junior rowers. The organization also has more than 100 volunteers that help run the six to eight rowing events held each year at Melton Hill Lake.

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 Marc Nowak, MSPT. Nowak, clinical education director and senior physical therapist at Sports Physical Therapy Institute in Princeton, N.J., specializes in orthopedics and sports medicine, with extensive experience in treating high school, collegiate, professional and Olympic athletes. Nowak has provided physical therapy treatment for the U.S. Senior National Team since 2003, serving as a physical therapist for this year’s squad in Munich, Germany, as well as the 2004 Olympic Team.

The USRowing Man of the Year Award is given in recognition of outstanding contributions to men’s rowing. This year’s recipient is Conn Findlay. Findlay has served the sport of rowing with great distinc-

tion for more than a half century. He is a three-time Olympic-rowing medalist in the pair with coxswain, having won gold in 1956 and 1964 and bronze in 1960. Findlay competed in his fourth Olympics in 1976, winning a bronze medal with Dennis Conner in sailing’s Tempest class. He also competed on the winning America’s Cup sailing crews in 1975 and 1977. Findlay rowed at the University of Southern California and later coached at Stanford University for several years. He was inducted into Stanford University’s Hall of Fame in 2005. Findlay, who lives in Northern California, continues to serve as a referee at numerous regattas, such as the PAC-10 Championships, each year.

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 Finn M.W. Caspersen. A former rower, Caspersen is the founder and chairman emeritus of the Princeton National Rowing Association, which houses and sponsors the United States National Team and several secondary school and junior rowing programs including the Mercer Junior Rowing Club. He also is a trustee of the National Rowing Foundation. Formerly chairman and chief executive officer of Beneficial Corporation, he is currently chairman and chief executive officer of Knickerbocker LLC, a Delaware private management firm overseeing the accounting and investments of various trusts, foundations, and individuals; chairman of The Hodson Trust, a Maryland Trust; chairman and chief executive officer of various Florida, Rhode Island, Delaware and New Hampshire real estate holding companies; and chairman of Westby Corporation, a privately-held Delaware agricultural conglomerate. A graduate of The Peddie School, Brown University and Harvard Law School, Caspersen is a national leader in the field of education. He was a trustee of the New Jersey Independent College Fund and the New Jersey State Board of Higher Education, and is a trustee emeritus of Brown University. He also is chairman of the board of The Peddie School and a member of various Harvard University committees, including chairman of the Harvard Law School Dean’s Advisory Board. A longtime equestrian sportsman, he is president emeritus of the United States Equestrian Team.

News This Month

Carnegie Lake Rowing Association Named 2007 USRowing Club of the Year

USRowing has named Carnegie Lake Rowing Association as its 2007 Club of the Year, the organization announced on October 24. The award will be presented to the club at the USRowing Annual Awards Reception on December 7 in Miami, Fla.

Located in Princeton, N.J., Carnegie Lake Rowing Association was founded in 1985. CLRA is a community rowing association that has access to Lake Carnegie and Princeton University facilities and equipment by a special arrangement with the University. More than 200 members strong, the program operates year-round and includes a Learn-to-Row program, along with regular tank and lake workouts tailored for rowers of different levels of ability. Sweep oar rowing comprises the bulk of club activity, although the membership also includes scullers.

The club regularly races at regattas throughout the East Coast and hosts the Carnegie Lake Regatta each summer. At the 2007 USRowing Masters National Championships, CLRA won eight total medals including four gold medals. Carnegie Lake Rowing Association also provides all of the volunteer support to plan, manage and run two fall head races for Princeton University, provides volunteer support for Princeton University's spring regattas and provides volun-

teer support to USRowing's national team events held on Mercer Lake.

"We are thrilled to earn this recognition, which is a tribute to our club members, as well as our dedicated club leaders, past and present, and our club founders, who had the vision of starting a community-based rowing club in Princeton over 22 years ago," said Karen Ellis, President of Carnegie Lake Rowing Association. "Thanks to our unique relationship with Princeton University, our hosts on Lake Carnegie, CLRA is privileged to have access to a world-class rowing venue and facility. Being in Princeton, we have special opportunities to be part of the rowing world at virtually all levels – as rowers, competitors, volunteers, supporters and spectators. Fostering the sport both within our community and within the larger rowing community is what we're about. We thank USRowing for this recognition and are proud to be in the company of other outstanding clubs that have been named USRowing Club of the Year."

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 com-

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2007-08 USRowing Calendar

December 6-8, 2007

USRowing Annual Convention
Miami, Fla.
www.usrowing.org

May 9-11, 2008

FISA World Cup #1
Munich, Germany
www.fisa.org

May 30-June 1, 2008

FISA World Cup #2
Lucerne, Switzerland
www.fisa.org

June 13-15, 2008

USRowing Youth National Championships
Cincinnati, Ohio
www.usrowing.org

June 15-18, 2008

Final Olympic Qualification Regatta
Poznan, Poland
www.fisa.org

June 20-22, 2008

FISA World Cup #3
Poznan, Poland
www.fisa.org

June 26-29, 2008

USRowing National Championships
West Windsor, N.J.
www.usrowing.org

July 16-20, 2008

USRowing Club National Championships
Camden County, N.J.
www.usrowing.org

July 17-20, 2008

FISA Under 23 World Championships
Brandenburg, Germany
www.fisa.org

July 22-27, 2008

FISA Senior and Junior World Championships
Linz/Ottensheim, Austria
www.fisa.org

August 9-17, 2008

Olympic Games
Beijing, China

August 14-17, 2008

USRowing Masters National Championships
Long Beach, Calif.
www.usrowing.org

September 9-11, 2008

Paralympic Games
Beijing, China

December 4-6, 2008

USRowing Annual Convention
TBA
www.usrowing.org

Please visit www.usrowing.org for more information on each event.

Allen and McGee Named 2007 USRowing Athletes of the Year

Wyatt Allen and Portia J. McGee have been named USRowing's 2007 Male and Female Athletes of the Year, the organization announced on October 4.

Allen, a six-time national team member and 2004 Olympic gold medalist, finished fourth in the men's eight at the 2007 FISA World Rowing Championships, capping off another strong year. In addition, the 2001 graduate of the University of Virginia finished second in the men's pair at the third 2007 USRowing National Selection Regatta. He also won gold in the men's eight and silver in the men's four at the 2007 USRowing National Championships.

"It's a really great honor, especially since it comes from your peers," said Allen of winning the award. "It's strange to be singled out when the sport is so team oriented. So many people deserve recognition. I just hope that I can build on this and put it towards something special next year."

McGee, a three-time senior national team member and graduate of Brown University, raced in two events at the 2007 World Championships. She won a gold medal in the women's four and served as a last-minute substitution in the women's pair, finishing seventh and helping the U.S. qualify the boat for the 2008 Olympic Games. With Megan Cooke getting injured just two days before the start of competition, McGee jumped into the pair with Anna Mickelson and went on to win the B final, earning the United States a berth in the event in Beijing. Less than two hours later, McGee came back to win gold in the final of the women's four. In addition to her performance at the world championships, McGee won gold in the women's eight at the 2007 FISA World Cup race in Lucerne, Switzerland, and gold in the women's eight and women's four at the 2007 USRowing National Championships.

"It's a little overwhelming and a little embarrassing," McGee said. "It's such a team sport. It's hard to be singled out and recognized when every person in the boat matters so much. I've been rowing a long time. This summer was an awesome experience, and



this award means an incredible amount to me. The fact that the team votes for it makes it even more special. I'm thrilled."

The athletes and coaches of the 2007 World Championships squad selected this year's USRowing Male and Female Athletes of the Year. Allen and McGee will be honored on November 30 at the USRowing Annual Awards Reception in Miami, Fla. Both are first-time recipients of the award.

"Seattle" continued from page 3

munications, and safety. More than 1,000 member organizations across the country were eligible for the award. Previous winners include Marin (Calif.) Rowing Association (2006), 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 Carnegie Lake Rowing Association, please visit www.clra.com.

Four US Crews Win Gold at USA World Rowing Challenge

U.S. National Team men and women took on crews from around the world on the Oklahoma River in the country's first 2007 USA Rowing World Challenge October 12-13. The women's eight, men's quadruple sculls, men's double sculls and women's double sculls crews came home with gold medals in the 2,000-meter finals, while the men's and women's eights dominated with a pair of wins in the 500-meter night sprints under stadium lighting.

"Oklahoma has a long tradition of producing Olympic athletes, and we are looking forward to promoting the Olympic Spirit, as we move toward the 2008 Olympic Games in Beijing," said Regatta Director Mike Knopp.

International teams competing in Oklahoma City included Australia, Canada, Mexico, Georgia, Moldova, New Zealand, the Czech Republic and Switzerland. U.S. team members included 13 medalists from the 2007 FISA World Championships in Munich, Germany.

The women's eight of coxswain Mary Whipple, Caryn Davies, Caroline Lind, Susan Francia, Anna Mickelson, Sam Magee, Anna Goodale, Lindsay Shoop and Brett Sickler won in a 6:43.68, despite choppy water and challenging crosswinds. The US boat that won gold at the world championships finished more than five seconds ahead of Canada. Australia crossed the line third in a 6:49.62. In the 500-meter night sprints, the U.S. women's eight won in a 1:27.35, followed by Australia in a 1:29.46 and Canada in a 1:29.80.

"We don't get a lot of chances to face good international teams. Even with the conditions, it was great competition," said Mickelson. "Conditions weren't ideal, but racing is always ideal."

The men's eight crew of coxswain Marcus McElhenney, Jason Read, Bryan Volpenhein, Beau Hoopman, Chris Liwski, Sam Burns, Dan Beery, Matt Deakin and Wyatt Allen finished second in the final, with a time of 5:57.91. Canada won the event, clocking a 5:54.92, with Mexico in third and the Czech Republic in fourth. The US came back to win the 500-meter night sprints event in a 1:18.30, just 0.5 seconds ahead of Canada. The Czech Republic finished third in a 1:19.47, with Mexico in fourth. The U.S. lineup included six members of the men's eight that won gold at the 2004 Olympic Games.

In the men's quadruple sculls final, the crew of Mark Flickinger, Deaglan McEachern, Sam Stitt and



J. Sloan DuRoss won in a 6:28.83. Canada finished second in a 6:32.59. Stitt and DuRoss won the men's double sculls final earlier in the day. The duo crossed the line in a 6:52.12, with teammates Flickinger and McEachern in second with a time of 6:56.07.

Liane Malcos and Stesha Carle won the women's double sculls final in a 7:30.57. Teammates Ellen Tomek and Christen Brown clocked a 7:39.19 for second place, followed by Canada and Switzerland. Tomek, Brown, Malcos and Carle finished second in the women's quadruple sculls final earlier in the day. Canada won the event in a 7:23.29, with the U.S. crew clocking a 7:28.49.

In the final of the men's single sculls, Jamie Schroeder finished in fourth. Brett Sickler, a late entry in the women's single sculls event, finished fourth in the final. For complete results of the USA Rowing World Challenge, visit www.powerhousetiming.com.

As part of the 2007 Oklahoma Centennial Regatta Festival, athletes had the opportunity to participate in a variety of activities throughout their training week including a visit to the Oklahoma City Stockyards, the Oklahoma Historical Center, Bricktown District and the Oklahoma Centennial Parade. Major organizers and sponsors of the event were USRowing, the Chesapeake Boathouse, the Oklahoma City Boathouse Foundation, the University of Central Oklahoma, Chesapeake Energy, OG&E, Coppermark Bank, Dobson Communications, St. Anthony Hospital, Integris Heart Hospital, the Oklahoma Centennial Commission and the Oklahoma City Convention and Visitors Bureau.

USRowing Announces 2007-2008 Scholastic Honor Roll Recipients

Thirty-six student-athletes earned 2007-2008 USRowing Scholastic Honor Roll honors and 40 student-athletes earned honorable mention scholastic honor roll accolades, the organization in early October.

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 17th year of this award.

The USRowing Youth Advisory Committee selected the winners based on a numerical ranking of their grades in academic solids, ACT or SAT scores, and class rank, if applicable. Overall, 185 student-athletes from 85 rowing clubs and schools from around the country applied for the 2007-2008 USRowing Scholastic Honor Roll.

2007-2008 USRowing Scholastic Honor Roll Recipients

(Schools in parentheses indicate high schools with no rowing program.)

Name, Hometown, Affiliation (High School)

Jessica Agatstein, El Dorado Hills, Calif., Capital Crew (St. Francis HS)

Genevieve Bentz, Stonington, Conn., Thames River Sculls (Stonington HS)

Megan Bowman, Indianapolis, Ind., Indianapolis RC (Brebeuf Jesuit Prep)

Kristen Boyle, Cheswick, Pa., Fox Chapel Area HS

Edwin Brower, Marietta, Ga., St. Andrew RC (George Walton HS)

Erin Convery, Virginia Beach, Va., Frank Cox HS

Savannah Cookson, Alpharetta, Ga., Atlanta Junior RA (Milton HS)

Emma Cox, Berkeley, Calif., Berkeley HS

Margaret Daly, Roswell, Ga., St. Andrew RC (Roswell HS)

Connor Edel, Delran, N.J., Bishop Eustace Prep

Mary Eileen Gaertner, Dallas, Texas, Ursuline Academy of Dallas

Christopher Gear, Leesburg, Va., Thomas Jefferson HS

Anish Goel, Herndon, Va., Thomas Jefferson HS

Nicole Grigg, Washington, D.C., National Cathedral School

Emily Hill, San Diego, Calif., ZLAC (Francis Parker School)

Victoria Koski-Karell, Arlington, Va., Yorktown HS

Christopher Kozak, Marlton, N.J., Bishop Eustace Prep

Hayley MacMillen, Hillsborough, Calif., Stanford RC (San Mateo HS)

Brian Marcus, Pittsburgh, Pa., North Allegheny HS

Michelle McRae, Eugene, Ore., Oregon Association of

Rowers (South Eugene HS)

Lindsay Miller, Pittsburgh, Pa., Fox Chapel Area HS

Will Mitchell, Washington, D.C., Woodrow Wilson HS

Meghan Monahan, Aspinwall, Pa., Fox Chapel Area HS

Benjamin Montague, Ada, Mich., Forest Hills Central HS

Erin Mooney, Dayton, Ohio, Dayton BC (Oakwood HS)

Mary Rebekah Mynatt, Charlotte, N.C., Charlotte Youth

Rowing (Myers Park HS)

Elizabeth Nitzan, Palo Alto, Calif., NorCal Crew (Palo Alto HS)

Faith O'Hanlon, Los Angeles, Calif., California Yacht Club (El Segundo HS)

Hilary O'Shea, Jenkintown, Pa., Mount Saint Joseph Academy

Emma Pelegri-O'Day, Menlo Park, Calif., NorCal Crew (Summit Prep Charter HS)

Ariel Pomputius, Saint Paul, Minn., Minnesota BC (Trinity School at River Ridge)

James Reed, Simsbury, Conn., Simsbury HS

Michael Schier, Orinda, Calif., Oakland Strokes (Miramonte HS)

Allison Simi, West Windsor, N.J., Mercer Junior RC (West Windsor-Plainsboro HS)

Alexander Topacio, Lafayette, Calif., Oakland Strokes (Campolindo HS)

Risa Trump, Pittsburgh, Pa., Fox Chapel Area HS

Jenna Wixon-Genack, Ashland, Ore., Ashland RC (Ashland HS)

2007-2008 USRowing Honorable Mention Scholastic Honor Roll Recipients

(Schools in parentheses indicate high schools with no rowing program.)

Name, Hometown, Affiliation (High School)

Chad Bailey, Folsom, Calif., Capital Crew (Folsom HS)

Brett Beekley, San Carlos, Calif., NorCal Crew (Summit Prep Charter HS)

John Busche, Oklahoma City, Okla., Chesapeake Junior Crew (Classen School of Advanced Studies)

Celena Chan, Piedmont, Calif., Oakland Strokes (St. Ignatius College Prep)

Kyle Chriscoe, Roswell, Ga., St. Andrew RC (Blessed Trinity Catholic HS)

Marietta Coburn, Darien, Conn., Maritime RC (Darien HS)

Rosa Cox, Berkeley, Calif., Berkeley HS

Taylor Dana, Ottawa Hills, Ohio, St. Ursula Academy

Dara Dickinson, Lafayette, Calif., Oakland Strokes (Acalanes HS)

Emma Dunn, Folsom, Calif., Capital Crew (St. Francis HS)

Rebecca Durr, Pittsburgh, Pa., Fox Chapel Area HS

Henry Fitts, Rochester, N.Y., Brighton HS

Jeannette Friedman, Wilton, Conn., Maritime RC (Wilson

“Scholastic” continued on page 7

2007 Notice of Annual Meeting

To: USRowing Member Organizations

From: USRowing

Re: Annual Meeting 2007

Date: October 24, 2007

PLEASE TAKE NOTICE

The Annual Meeting of the members of the United States Rowing Association will take place on Saturday, December 8, 2007, at 5:00 p.m. EST, at the Radisson Downtown Miami, 1601 Biscayne Blvd., Miami, Fla. No business has been submitted by the Board of Directors or USRowing membership to be voted on at the Annual Meeting.

Also, nominations for elective office within the Association for the 2008 term are due on Monday, December 3, 2007. Board and Committee Nominee Commitment Forms, along with other information about seeking a position on the USRowing Board of Directors or a USRowing Committee, are available under the "About USRowing" section, "Governance," "2008 Board of Directors and Committees Election Materials" of the USRowing Web site at www.usrowing.org.

2008 Election Materials

2008 USRowing Board and Committee Call for Nominations

The USRowing Constitution and By-laws dictate that our organization be governed by individuals who serve on the USRowing Board of Directors or Committees. Northwest and Northeast Board and Committee members are up for election, as are the athlete-at-large representatives to the Board.

Individual members of USRowing are encouraged to participate in this electoral process, both as voters and as potential candidates.

Prospective candidates must submit the nomination form with all required materials no later than 5 p.m. EST on Monday, December 3, 2007, to USRowing and acknowledge acceptance of the responsibilities and duties of the position that they seek by signature on the self-nomination form. All prospective candidates must be individual members of USRowing as of July 1, 2007.

Materials outlining the available positions on the USRowing Board and elected committees, as well as the responsibilities of each group under the Constitution and By-laws, are available on the Web site in the Governance section under About USRowing. Nomination forms also are available on the Web site.

"Scholastic" continued from page 6

HS)

Alexander Geralnick, Arlington, Va., Woodlawn HS
Caroline Godfrey, Lafayette, Calif., Oakland Strokes (The College Preparatory School)
Gregory Hausheer, Maitland, Fla., Winter Park HS
Caroline Hecht, Vienna, Va., McLean HS
Daniel Helgeson, Eugene, Ore., Oregon Association of Rowers (South Eugene HS)
Margaret Hlousek, Chicago, Ill., Ignatius Chicago Crew
Elizabeth Hutsell, Arlington, Va., Yorktown HS
Michael Kang, Los Gatos, Calif., Los Gatos RC (Harker School)
Meg Kehan, Ambler, Pa., Mount Saint Joseph Academy
Patrick Kenney, Williamsville, N.Y., Canisius HS
Lindsey Kirchoff, Knoxville, Tenn., Oak Ridge RA (Webb School of Knoxville)
Andrew Lewis, Princeton Junction, N.J., St. Paul's School
Victoria Mather, Ridgewood, N.J., Ridgewood HS
Austin Meyer, Cohoes, N.Y., Shaker HS
Patrick O'Malley, Arlington, Va., Yorktown HS

Charlotte Palmer, Mill Valley, Calif., Marin RA (Tamalpais HS)
Erin Radigan, Westerville, Ohio, Westerville RC (Westerville Central HS)
Hannah Rozowski-Vogt, Rocklin, Calif., Capital Crew (Loretto HS)
Ellen Sandmeyer, San Mateo, Calif., NorCal Crew (Aragon HS)
Matthew Shea, West Seneca, N.Y., Canisius HS
Devon Stewart, Lower Gwynedd, Pa., Mount Saint Joseph Academy
Valerie Tainsh, Winter Park, Fla., Winter Park HS
Shifumi Terasaka, Dublin, Ohio, Dublin Crew
Byron Thompson, Ann Arbor, Mich., St. John's Jesuit
Harrison Vale, Woodside, Calif., Stanford RC (Summit Prep Charter HS)
Taylor Vella, Long Beach, Calif., Long Beach Junior Crew (Los Alamitos HS)
Alexandra Zottola, Pittsburgh, Pa., Fox Chapel Area HS

2007 Annual Convention

Come and join us in Miami for the 2007 USRowing Annual Convention December 6-8 at the Radisson Downtown Miami. Tropical attractions, amusements and natural wonders lead the way for your Miami destination. From glass-bottom boats to miles and miles of beaches, Miami has something to offer for everyone.

The following sessions are available:

Level I runs Thursday from 2-5 p.m. and Friday from 9 a.m. to 5 p.m.

Level II, III and Advanced Coaches programs run from 8:30 a.m. to 5 p.m. on Thursday and Friday. On Saturday from 9 a.m. to 5 p.m., there will be several presentations open to all participants as part of the registration fee. Coaching, boat repair, nutrition, and many other topics will be covered.

Attention Coaches

Do you have an athlete with a technical problem that you can't fix? Let the U.S. National Team coaches help you. You will need to provide 30 seconds of video shot from the perpendicular with a clear view of the rower. The coaches will review the video and offer suggestions at the convention. This is a great opportunity to talk about problems that club, college and high school rowers have and see what the experts say. The video can be from last spring, summer or this fall. In the next week, there will be more info on the convention page of the Web site about submitting the videos.

Attention Masters Rowers

Charles Huthmaker, Director of Rowing at Norwalk River Rowing Association, will present information for the masters rower at the Annual Convention. The session will take place Saturday afternoon from 1-5 p.m. Topics will be physiology and anatomy for the masters rower; training, plans and goals for masters rowers; and basic rigging.

Level I Coaching Education Certification

Cost: \$190

Description: This level is designed for someone who is seriously considering coaching the sport of rowing and who has not previously been USRowing coaching certified. This is an introductory course that is excellent for college students, recent graduates, parents or those who are just starting out in coaching.

Restrictions: Class limited to first 50 registrants.

Level II Coaching Education Certification

Cost: \$245

Description: This level is designed for a beginning coach who has held an USRowing Coaching Educa-



tion Program Level I certificate for at least six months. If you have not obtained a Level I certification, you do qualify for Level II with at least one year of coaching experience. Ideal for novice and assistant coaches.

Restriction: Class limited to first 150 registrants.

Level III Coaching Education Certification

Cost: \$300

Description: This level is designed for an intermediate coach, who has been USRowing Level II certified for at least one year. If you have not obtained a Level II certification, you do qualify for Level III if you have coached a minimum of five years. Ideal for an experienced assistant coach or a new head coach.

Restrictions: Class limited to first 200 registrants. Please note that additional requirements of CPR, first-aid and boating safety are needed to fulfill the Level III certification process. They are not required prior to the convention.

Advanced Coaches Series

Cost: \$200

Peak Power, injury prevention through core strength training and rowing technique analysis are the focus for this year's convention. Discussions on peak power production and its relationship to rowing will be led by Jay T. Kearney, PhD, USOC Performance Services Team Leader. Jay T. was an Olympic paddler and, since joining the USOC, has worked very closely with rowing through research and testing. Zach Weatherford and/or Kim Sanborn, USOC Strength and Conditioning coaches, will lead the core strength program. Zach was instrumental in designing the core strength program used by the U.S. Women's Team prior to its world-record and world-champion performance in 2006, and Kim Sanborn is currently working with our national teams. Technique analysis will be led by our national team coaches but also will be headed by other coaches in discussions of technique of your rowers. USRowing will be asking for short video of your rowers to illustrate problems and offer solutions. This year's program will offer practical and useful informa-

"Convention" continued on page 7

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 program.
- 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!

Introducing the USRowing Communicator delivered by AT&T

USRowing and AT&T welcome you to join a growing community of USRowing fans and download the USRowing Communicator. With the USRowing Communicator, you will always be one "click" away from the latest news and information.

What is a Communicator?

It is your online source for USRowing news, delivering official organization news and info directly to your desktop. Quickly scan the headlines and then click on the headline to go directly to the full article on the Web site.

To download the Communicator, please visit <http://usrowing.newtier.com>.

Minimum System Requirements: Currently for PC only. Windows NT, 2000, XP Operating Systems. Internet Connection required to receive data feeds. Persistent (Broadband) Internet Connection highly recommended

"Convention" continued from page 6

tion that can be implemented for any age or level of athlete.

Thursday Evening Vendor Reception – Free to all registrants. Kick back with the vendors after the first day of clinics are complete. Free drinks and appetizers for one hour after the conclusion of Thursday classes.

USRowing Awards Reception – Please join us for this special occasion on Friday evening to recognize and honor the best and the brightest in the sport. Celebrate the history of our sport and the success of our national team. Cost of the Awards Reception is included in your registration fee.

Registration Information:

Radisson Downtown Miami
1601 Biscayne Blvd., Miami, FL
1-800-333-3333
305-374-0000
<http://www.radisson-miami.com>
Rate: \$115/night. (Deadline to secure this rate is November 17, 2007)

Coaching and Trailering Clinics

Below is a current list of clinics for 2007 and 2008. USRowing is continuing to add more clinics this fall, so please check the Web site for new additions. If you are interested in hosting a clinic, please contact Willie Black at willieb@usrowing.org or (317) 450-3229.

For more info on our coaching clinics, please see our overview <http://www.usrowing.org/Coaches/CoachingEducationProgramOverview/index.aspx>. And for more information on hosting a clinic, please visit <http://www.usrowing.org/Coaches/HostingaClinic/index.aspx>.

Upcoming Coaching Clinics

Clinics for 2007

Level I Coaching Clinic

Location: Williamsburg, Va. (exact location TBA)

When: November 10-11, 2007; Saturday, 9 a.m.-5 p.m. and Sunday 9 a.m.-Noon.

Register: E-mail or call Willie Black

Level II Coaching Clinic

(Note: If you have just completed the Level I clinic in Williamsburg, you will need at least six months of coaching experience before attending a Level II clinic.)

Location: Norfolk, Va. Day One will be at the Lafayette Library. Day Two will be at the Rowing Center.

When: December 1-2, 2007; Saturday, 10:15 a.m.-5:15 p.m. and Sunday, 9 a.m.-Noon.

Register: E-mail or call Willie Black

USRowing Annual Convention Level I, II, III and Advanced Coaches Programs

Location: Miami, Fla.

When: December 6-8, 2007

For more information, please see the convention page in this newsletter (page 4) or visit www.usrowing.org.

Clinics for 2008

Level II Coaching Clinic

Location: Boathouse at Upper Marion High School (Philadelphia area)

When: January 12-13, 2008

Register: E-mail or call Willie Black

Level I Coaching Clinic

Location: Allendale, Mich. (Grand Valley State University)

When: January 26, 2008; 8 a.m.-6 p.m.

Register: E-mail or call Willie Black

Level II Coaching Clinic

Location: Allendale, Mich. (Grand Valley State University)

When: February 5-6, 2008

Register: E-mail or call Willie Black

Level I & II Coaching Clinic Plus Masters Symposium

Level I and II coaching clinics will be offered along with a unique day-and-a-half symposium designed for the masters rower and/or masters coach. The program will include many speakers who will address skills and fitness for the masters rower. Participants must choose one clinic to attend. They will all run concurrently.

Location: Norwalk Inn in Norwalk, Conn.

When: February 9-10, 2008, with optional cocktail reception Friday evening at 7:30 p.m.; Saturday 9 a.m.- 5 p.m. and Sunday, 8 a.m.-Noon or 1 p.m.

Cost: \$125 for Level I and \$150 Level II, includes manual and test on site. Cost of the Masters Symposium TBA.

Register: E-mail or call Willie Black

Level I & II Coaching Clinics

Location: Washington, D.C. area

When: January or February, TBA

Level I & II Coaching Clinics

Location: Cleveland, Ohio

When: January or February, TBA

Level I & II Coaching Clinics

Location: Seattle, Wash.

When: January or February, TBA

Level I & II Coaching Clinics

Location: Boston, Mass.

When: Early March, TBA

Safety: Dress for Rowing in Cold Weather

By Bebe Bryans

Rowing in cold weather is a reality for many of us who enjoy and participate in the sport. Even in the west and south, winter mornings can be very cold and special precautions should be taken to make sure your workout is as safe and productive as it can be.

Lance Armstrong had this to say about cold weather training: “It can be not only unpleasant, but dangerous as well, with potential problems, (ranging from) decreased blood circulation to your extremities to a fall in core body temperature or frostbite. Dressing defensively is the only way to train effectively and avoid illness when the weather turns cold.”

Back in the day when our parents all walked barefoot in the snow to school, uphill in both directions, chances are good they also were wearing cotton or wool to try and stay warm during their trek. A lot has changed since those days, hopefully including the stories we tell our kids about how tough our lives were when we were their age! One of the great evolutions has been in the fabrics used to make workout wear.

According to Catherine O’Brien, research biologist for the U.S. Army Research Institute of Environmental Medicine, “The goal of a cold-weather clothing system is to create a ‘microenvironment’ that conserves heat while providing adequate ventilation to prevent moisture accumulation. Its function depends on using fabrics that insulate well and do not readily absorb moisture. Cotton and (traditional) wool readily absorb moisture and become heavy and bulky when wet. Polyester and polypropylene fabrics that are lightweight do not readily absorb moisture and wick sweat away from the skin to allow it to be evaporated from the outermost clothing layer.”

On the natural front, some silk and wool products have been refined in recent years to successfully compete with the human-created products. Look for the word “wicking” when choosing these fabrics.

The American College of Sports Medicine and just about every other source out there agree that layering is absolutely the way to go when exercising in cold weather, and the three-layer system works best.

Layer one: Wicking. This layer should keep you as dry as possible, which means getting the sweat off of your skin and away from your body so that it can evaporate at the surface. This layer is normally thin and snug, made of fabric that will perform this “wicking” action. When you think of cotton, think of your

bath towel. Its job is to absorb water, which is exactly what it does on your torso – it absorbs it and holds it there next to your body, which will make you wet and cold. Don’t forget about your cotton underwear.

Layer two: Insulation. This layer should be fairly loose, and will keep the air warm around your body while letting the moisture out. Lightweight fleece and wicking wool are good choices for this layer, and it can be either a vest or a full sleeved top – either will serve to keep the core of your body warm. A garment that is full or partial zip is great, as you can allow for more ventilation if you begin to get overheated during your workout.

Layer three: Protection from wind and water. This layer can be lightweight, but should be water and wind proof and be breathable to allow the sweat to escape/ Sweating can exceed this layer’s breathability, however, so getting a garment with zippers in the armpit area and other venting is a good idea. This layer need only be worn when it’s raining or rough (or if you and your boatmates create a lot of backslash.)

The extremities: Feet, Hands, & Head. Because the body redirects blood to the core in cold weather to protect the internal organs, the feet, head and hands are vulnerable to cold and frostbite. Using the same insulating fabrics mentioned above works well in covering these areas, as it allows for moisture evaporation while preventing wind penetration. Cover your entire head and neck if it is extremely cold. Socks need to allow for proper circulation (not too tight when in shoes), and pogies or gloves with a waterproof, breathable covering are ideal.

Lastly, remember to rehydrate even though your body is less likely to tell you it’s thirsty in cold weather. And since alcohol dilates blood vessels and increases heat loss, it’s probably not a good idea to use that as a hydration source.

The snow is coming – get out there and enjoy it!

USRowing Membership Information

New Membership Discount: Power to Save a Life

An additional 40,000 lives could be saved each year in the U.S. alone with widespread access to defibrillators. All USRowing member organizations can now receive a 30 percent discount off a Phillips Automated External Defibrillator, while supplies last. All AEDs come with a wall mount cabinet w/ alarm. For more information please contact Kelly McGlynn at 609-751-0703 or 1-800-314-4769, ext. 0703.

Member Organization Membership Renewals

2008 renewal information will be mailed out late fall to all organizations that joined in 2007. Please do not attempt to renew online or mail in your 2008 renewal until you have received your renewal applications in the mail. Please update your mailing addresses prior to November 15 to be sure your application gets to the right individual for processing.

USRowing Merchandise Discount

All USRowing full-privilege, individual members can now receive a discount on USRowing merchandise just by showing your card. Get a 10% discount on all USRowing apparel when you show your current membership card at the USRowing tent.

Fall 2007 Store Travel Schedule

November 2-3: Head of the Hooch

*Check out new items recently added to the online Rowing Store.

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.

How to get set up:

1. Visit 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

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/youth-rowing>

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/>

regattaroundtable

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@yahoogroups.com.

Getting the Most Out of Winter Training

By Mayrene T. Earle

"Just keep going. Everybody gets better if they keep at it." -- Baseball legend Ted Williams

By now, nearly all head racing is over for the year, and rowers are gearing up for the winter training season.

Even if you live in a warm climate where you can stay on the water in winter, I recommend training off the water between the fall and spring seasons. Off-water training is an ideal opportunity to back off from the pressures and physical demands of months of racing and focus on technique. During the summer and fall seasons, we often compromise technique to gain short-term boat speed. Now, you can get back to work on your stroke, as well as on strength, conditioning and flexibility.

Begin by giving yourself a break. Now is the time to take seven to 14 days off from rowing to rest and heal the body, as well as the mind. When I say off, I mean completely off. Use this time to look back at the past 12 months and ahead to the next 12. How did it go this past season? Did you accomplish your goals? Why or why not? What are your goals for the next three months, six months and 12 months?

Erg training is a wonderful way to shift your focus away from boat speed and results. You can concentrate on making technical changes and practicing them until they become ingrained. The idea is to use the winter to establish and reinforce good fundamentals.

When you're back on the water, you can add features and fine-tune your stroke.

When working on the erg, technique is critical. Whatever you practice on the erg will show up on the water in the next racing season. I like to say, "You are what you erg." I suggest erging in front of a mirror. Once in a while, get a training buddy to videotape your erg workouts, so you can see yourself and show it to a coach for feedback.

To improve strength and conditioning, consider hiring a personal trainer. Many rowers I know attribute much of their rowing success to their personal trainers. Be sure to work with someone who will develop a program designed to fit your goals.

In all your workouts, be sure to understand the goals of the workout, so you train at the desired intensity and heart rate.

Here are a few more suggestions for winter training.

- **Strength train.** When done properly, strength training can improve balance and technique, in addition to building muscle mass. Free weights are more effective than machines for both balance and strength. If you don't have access to a gym, do weight-bearing exercises such as squats, lunges, crunches and pushups.

- **Do your core work.** Take a Pilates class or do physioball exercises.

- **Improve your flexibility.** Many rowing injuries are a result of poor flexibility. If you get bored do-

ing stretches on your own (who doesn't?), consider a yoga class.

- **Keep a logbook.** Record your workouts, keeping notes on what does and does not work, as well as on how you feel physically and emotionally. This record gives you invaluable feedback about your progress and will help you determine if you are under-training or over-training.

For those of you who live and/or train in warmer climates, find a rowing coach to work with you, at least on a part-time basis. If you can't find one in your area, consider attending a sweep or sculling camp.

Most importantly, have fun. The best way to do this is to find cross-training activities that you love and work them into your training regimen. When your rowing workouts feel stale or boring, or you can't stand the site of the erg, you can step up other forms of exercise.

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 mayrenmasterscoaching.com. Copyright 2007 © Mayrene T. Earle. All rights reserved.