



The Ultimate Rowing Experience

CREW NEWS

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HEAD COACH: Tom Tiffany



After a long, hot summer all of us are eager to get back on the water, or just plain start for the first time. The strength of our programs derive from what we all bring to the table. I know personally that five varsity girls traveled north and rowed at the Harvard and Navy camps for technical instruction, and one coxswain, Mikayla Taaffe, learned to scull at Craftsbury Sculling Center in Vermont. Among the boys, Alex Negroski and Shane Dluszinski also sculled on the cool waters of Lake Hosmer. Alex Taaffe, Matt Sobotka, Kyle Schmidt and Ian Stewart all had very successful summer campaigns with the Jr. National teams for which they were selected.

My own summer pilgrimages took me back to the Charles River and then west to the Mississippi River and for a very pleasant surprise---to the Milwaukee River, which runs into Lake Michigan. A note on that adventure: the Milwaukee River is rather brown in color from soil staining and the remnant pollution of tanneries that used to dot its lower reaches. As the river's water meets Lake Michigan, there is a truly dazzling visual line where the lake water becomes very cool and blue and DEEP and COLD. The Marquette coach who drove my launch with some scullers noted that one of her male oarsmen decided to jump in from the shell when he saw this wonderful divide. His breath was taken away and he literally shot back into the shell, lucky to be back from the lake's nearly freezing waters! I would like to hear from any athletes or parents about other waters discovered or rediscovered during the summer vacation.

Now back home, we start again: back to fundamentals of long, slow distance, changing sides perhaps, running long distances, many calisthenics, more time on the ergs. And if lucky, glimpse a dolphin fin, an eagle soaring by or an osprey hooking a fish. We practice in one of the most beautiful sites on the planet.

The fall racing is meant to be secondary to the training and development of technique and endurance. Lineups will be mixed. Coxswains will be shared. We all need to adjust to the current crop of our squad and continue to put our best efforts forward---in cleaning the boats and the site, listening attentively to coaches and coxswains, and striving for perfect attendance. The mental attitudes forged during the fall will show their strength in the spring racing in March, April and May.

ADMINISTRATOR: Laura Reilly

Pine View Bus

Many thanks to the parent volunteers who help make the Pine View Bus work this year, especially Karla Dupuis. If you would like your son or daughter to ride the bus please contact me. You will need to complete a form that is provided from the transportation board. Once completed it should be given to the bus driver. The bus stop is at the corner of Oak & Palmetto. The bus number is 9819. It runs Monday – Friday and is available to all rowers.

Incomplete Files

I will email parents in the next few days with forms that are missing from your rower's file. Please complete them and return to me via fax, email or US mail. You may also put them in an envelope with my name on it and have your rower place it in the hanging file at the oar house.

Fall Regatta's

Saturday October 11th is our first regatta at Indian Creek. It is an overnight in Miami. The assessment will be emailed shortly. The rowers and coaches will be staying at the Deauville Beach Resort (305-865-8511). You may contact the hotel directly for your family reservations. Also there is limited space on the bus. Seats on the bus are \$45 per person, so please contact me as soon as possible to make your arrangements.

Car Pooling

Amber Lyons can help with carpooling. She has a list of names from the parent meeting and can pass contact information along. She would also be interested in organizing Regatta Car pooling. Amber can be reached at 941-724- 6100 , amber@silverline1.com.

Spring Banquet

For those of you who were at the parent meeting on Tuesday September 2nd you were told that this year's banquet will be on May 3rd. However that has changed due to a regatta conflict. The new date will be on Friday May 8th. Please mark your calendars.

Rosters

I will soon distribute rosters with rower and family contact information. If you want your information kept confidential, please contact me.

Middle School

Saturday practice for middle school has been extended one half hour! Practice is from 8:30 am to 11:00 am.

RECRUITING

Recruiting for novices continues!!!! **We especially urge all of our novice rower families to talk to their friends about checking us out.** It's never too late to join! Laura Reilly will be happy to meet any potential rower for a tour.

NEW PARENT LIAISONS

Welcome new families to Sarasota Crew! As New Parent Liaisons, Amber Lyon and Poppy Scheibel are available to field any questions you may have. Our role is to provide seamless communication within the crew family and we can be contacted at the following:

Amber: 941. 724. 6100	amber@silverline1.com
Poppy: 941.586. 2911	popart@comcast.net

Thank you in advance for your commitment to crew. We look forward to getting to know one another.

INVEST IN YOUR KIDS:

We are a non-profit organization and less than 2/3 of our budget is covered by direct tuition, Erg-a-thon and regatta assessments. The rest comes from the generous support of crew families, donors and foundation grants. We are deeply grateful to those who have contributed funds to cover this gap. These funds help provide coaching, equipment, and the support necessary to keep this dream alive and evolving.

Fundraising is an ongoing process necessary for the dream to evolve. As such, we ask each family to review the attached Major Sponsorship Opportunities and the Stars and Stripes Opportunities when determining whether or not a supporting contribution is possible from your family. If you wish to discuss specific funding opportunities or interests, please call the Fundraising Chairperson, Lee-Ann Corry 349-5373 or Elizabeth Nace 955-8222. Also, think about whether you may know others who might wish to help support Sarasota Crew (grandparents, employers, etc.). Thank you in advance for your consideration.

PARENT BOOSTER PRESIDENT: Pam Harding

COLLEGE NIGHT

We will be hosting a college night at 6:30 p.m. next **Tuesday, Sept. 23rd** in the HSP schoolhouse for all interested parents and rowers. Tom Tiffany, Judie Berger, and Mike and Tammy Taaffe will be on hand to discuss the college recruiting process.

VOLUNTEER OPPORTUNITIES

Sarasota Crew is essentially run and supported by parent volunteer efforts through our various committees. Parents organize events, support regatta logistics and much more. Sarasota Crew holds regular Parent Meetings at the Historic Spanish Point School House to give parents a chance to stay better informed, get more involved, ask questions, comment, meet each other and to provide support for a better environment for our kids.

We require one volunteer per Novice/Varsity family to work on a committee. In addition, all Novice parents must work **two weeks** as a parking lot chaperone. The parking lot chaperone comes early for pick up and stays until the last person is gone.

We still have plenty of volunteer opportunities available for those wishing to meet great people and get involved with Sarasota Crew. We are in need of committee chairs to head up **Special Events - Holiday Parties and Trailer Signs Fundraising**. We also need a **school liaison for Riverview and Venice** and a **phone tree parent for Boys Varsity and Girls Middle School**. If anyone has a boat they would be willing to place in the **Venice Boat Parade** please let us know and of course we will be looking for **regatta assistants and chaperones** in the next few weeks.

FOOD TENT

We are also looking for parents (or a group of parents) to take over the **food tent** responsibilities for next year. As we said at the meeting, Linda and Leslie will take this fall to train you and then join them in the food tent for the rest of the regattas so you feel comfortable with everything. They have everything noted in a handbook from table setup to all the recipes that they have used. Their kids are seniors, so they won't be here next year and would hate to leave the club without a food committee.

If any of these opportunities "float your boat " please give me a call at 377-1545/928-8832 or e-mail me at flharding@comcast.net. Thanks everyone for all of your help and support! We couldn't do it without you.
GO SARASOTA CREW!

ERGATHON: Maureen Borden, Kris Baker

Everyone should have their Ergathon Packets by now. If you do not have a packet please go to the Sarasota Crew website and download all the Ergathon material listed under 'Documents'. Stores are already displaying their Christmas items so it is not too early for us to remind everyone that packets and pledges are due no later than January 16th!! We are working on a great list of Prizes but in order to be eligible for those prizes you must turn in your pledges by the January 16th deadline. Personalize those sponsor letters and send them out soon! Better to reach people before they begin their Christmas shopping.

****ATTENTION MIDDLE SCHOOL ROWERS AND FAMILIES****

We have decided to have our middle school team fully participate in the Ergathon Fundraiser . This year's middle school group are an enthusiastic part of Sarasota Crew and it will be exciting to have them come out the day of the Ergathon and show off their new rowing technique in a public venue alongside the novice and varsity squads. We have set a \$150 fundraising goal for each middle school team member. **THIS IS ONLY A GOAL, NOT A REQUIREMENT.** If you did not receive an Ergathon Packet at practice please go to the website and download all the Ergathon materials listed under 'Documents'. If you download your forms PLEASE be sure to change the goal amount from \$500 to \$150.

If you have any Ergathon-related questions please feel free to contact Maureen Borden at dm1borden@verizon.net or Kris Baker at kbsandpipers@comcast.net - Thank you!

FALL REGATTA SCHEDULE: Subject to change

Head of Indian Creek, Miami, Fl Saturday and Sunday	October 11-12
Head of the Charles, Cambridge, Ma Selected Rowers	October 17-19
Head of the Hooch, Chattanooga, Tenn School Passport Req'd, Leave Thursday Evening	November 1,2
Head of the Giblet, Orlando, Fl	November 15
Sunrise Sprints, Orlando, Fl	December 6

NOTE: Novice Only

NEW TO ROWING? Here's a Rowing Primer

General:

Rowing is divided into two categories, sweep rowing and sculling. In sweep rowing, each rower has one large oar held with both hands, and rows on either the port or starboard side. There is a matched number of ports and starboards in a sweep boat, so there must be an even number of rowers in sweep boats. In sculling, each rower has two smaller oars, one in each hand. Sculling boats are denoted with an x.

Sweep Rowing:



Sculling:



There are different boat sizes as well, the max is eight rowers, the minimum is one rower. Boats are designated by the number of rowers in them. Boats have rolling seats that slide along tracks in the boat. Most of the work in rowing is done with the legs and not the arms.

Larger boats usually have a coxswain (cox) that steers the boat, gives the rowers feedback on technique, and motivates the rowers during races. Rowers face towards the stern of the boat and not in the direction the boat is moving. Rowers in non coxed boats have one rower called the "tow" who gets to look over their shoulder to see where the boat is heading and steer the boat. Boat categories with a cox are denoted with a +, those without are denoted with a - and are called "straight". For example, a cox'ed four is denoted 4+, and a straight four is denoted 4-.

Common boat types:

For sweep rowing

Eight 8+

Four 4+

Pair 2-

For sculling

Quad 4x

Double 2x

Single 1x

Anatomy of an Eight:

Each rower in an eight is designated by a number, 1 for the bow man, up to 8 for the stroke seat.

C Cox

8 / Stern

7 \ Pair

6 /

5 | Engine

4 | Room

3 \

2 / Bow

1 \ Pair

Stern pair sets the stroke pace and form for the rest of the boat. They should have good form and fitness. The rest of the boat mirrors the strokes that the stern pair takes. The rower at the front of the stern pair is called the Stroke seat. The engine room four are there to make the boat go fast. The bow pair is very important to a fast and balanced boat. Bow pair rowers tend to be lighter so that they don't weigh down the bow. A bow pair with a good strong catch can help lift the bow of the boat out of the water, letting the boat glide over the water instead of cutting through it. This allows the work that the engine room do during the drive to be more efficient. The bow pair is also critical for boat set (balancing the boat) because the boat responds much more to their handle motions than the rest of the boat. Many novice rowers think they're in the least important seats when they're put in the bow pair, but in collegiate rowing, three and four are the "ejector seats".

Races:

There are generally two major types of races, Sprint races, and Head races. A sprint race is typically 2000 meters and lasts about six minutes. Competing boats line up next to each other and race in separate lanes (up to seven lanes). Sprint season is during the spring and summer. Head races are longer 5000 meter races and the courses usually have several curves. The boats start one at a time with a stagger between each start, and faster boats will catch up to and pass slower boats. Head races are held in the fall.

WHAT A DEAL!

Looking for a new barber or hairstylist? Anna Luedeka of Tutto Dolci Salon is offering to donate 10% of every service to Sarasota Crew members and their families from now until March 15th. She does an excellent job with boy's cuts and she's great with ladie's cuts and color. She listens to the customer and will cut off anywhere from 1/4" to a 'Locks for Love" length! Tutto Dolci is located at 5338 Clark Rd, Sarasota, FL. For the donation you must schedule with the owner Anna Luedeka by calling 374-0086. If you have any questions please email Maureen Borden at dm1borden@verizon.net.

SARASOTA CREW

Last Chance to Order These Items Until Next Year!



Windbreaker Zip Front \$85

Windbreaker Pullover \$77

Adult S M L XL



Cool Max w/ Logo \$40

Adult S M L XL



Matching Warm-Up Pant \$45

Adult S M L XL



Uni-Suit \$75

**Mandatory Item
For ALL Rowers!
You MUST fill out the Uni-Suit
order form to ensure proper fit!**

Email Laura Leeming with your Order Today! LeemingL@aol.com

Check out these Crew sites:

- www.Sarasotacrew.com
- <http://www.concept2.com/us/default.asp>
- <http://www.floridarowing.org/>
- <http://www.row2k.com/>
- <http://www.usrowing.org/>

**Sarasota Crew
343 Palmetto Ave
Osprey Fl 34229
941-966-9791**

SarasotaCrew.com

Our Mission:

- To provide a positive, developmental, competitive rowing experience for youth in Sarasota County
- To utilize rowing to promote strong character, high integrity, positive self esteem, contribution to community, and a healthful life style