



GDRA NEWS

Winter 2001

Regatta Results

By Doug Barker

This past year we had both novice and experienced adults compete at out of town regattas. Everyone that put it on the line at a regatta deserves our congratulations for the effort it took to get there. We have tried to list all the published results below – apologies in advance to anyone we missed. Jim Wall and Charlie Doyle deserve an especially big “well done” for winning a highly coveted Canadian Henley gold medal.

From the President

By Jim Wall

How do we measure success and accomplishments with our Greater Dayton Rowing Association?

My personality is keyed to progress and goals and success, so in my mind there are always new areas of accomplishments we want to explore and achieve.

The year 2000 was certainly one to be proud of. This year's increases in participation speak for themselves:

- 87 Adult members up 74%
- 57 Junior rowers up 19%
- 73 Learn-To-Row grads up 152%

At the Five Rivers Fall Regatta:

- 1018 Seats rowed up 56%
- Organizations attending up 46%.
- 3000 people in attendance by MetroParks estimate.

As I'm sure I've mentioned before, this success is made possible by the dedication of our trustees, officers and other volunteers.

Charlie Doyle and his accomplished coaches have the Junior program seriously competing in Midwest regattas. One result of this exposure is inquiries from some fifty colleges and universities looking for rowers

and offering scholarships. Another result is the continued support of the Junior program by MetroParks.

After three years as treasurer, Linda Clemens has turned that responsibility over to Jocelyn Piccone. Linda is now directing the Adult Rowing program including training this winter at Reality Fitness. Those who have the desire to compete or just row proficiently now have the available help and direction to accomplish this.

The Learn-To-Row program really exceeded our expectations this year thanks to Becky Doyle, whose tireless efforts kept everything working smoothly, and the coaches, especially Michelle Murphy and Alexis Krivian, who both coached all summer long.

Doug Barker and I have presented our long range plans for an addition to the boat house to the MetroParks board and received strong support.

So, your club is doing very well but I want to emphasize that our real measure of success is offering to as many people in the community, both junior and adults, the experience of the great sport of rowing, be it recreational or competition.

Toledo

1st Rec 1x Boehm
4th Master 2x Doyle/Wall

Ecorse

2nd Master 1x Murphy
5th Master 2x Doyle/Wall
1st Master open 2x Roe/Murphy
2nd Open lightweight 1x Boehm
1st Master 1x Doyle

Grand Rapids

1st Senior 1x Doyle

Canadian Henley

1st Master/E 2x Doyle/Wall
2nd Master 1x Doyle

Head of Ohio

1st Rec 1x Chris Luhn
1st Grand Master 2x Doyle/Wall
9th Lightweight 1x Boehm

Speakman

4th Mixed 2x Luhn/Piccone
2nd Master 2x Doyle/Wall

Head of Chattahooche

6th Mixed 2x Boehm/Murphy

Chattahooche Chase

3rd Mixed 2x Boehm/Murphy

Captain's Test Passes Muster

By Doug Barker

The Goal

The Captain's Test was implemented for the first time this past year. The goal was to establish a uniform standard for boat handling and basic rowing skills before people were allowed to row the club's more delicate and expensive Performance boats.

Who Took the Test

Nineteen scullers passed the test. Several people failed at their first attempt, but then passed on a later retest. Typically, this was because of one or two skills that they simply needed to practice, like backing or spinning. Several of our most experienced members took the test, either because they wanted to use a club Performance boat, or simply because they wanted to see for themselves what the test was like.

Who Gave the Test

Linda Clemens gave almost all of the tests this year. Having the same person do most of them turned out very well, since it established a uniform standard. We had feared that there would be some gut wrenching judgement calls on pass/fail decisions, but Linda reports that it was always pretty clear cut. The printed test form zeroed in on exactly what you had to be able to do.

Unintended Benefit

The "100 miles in a single" prerequisite and the test itself turned out to be a big incentive for many of our members to get their miles in and to work on their skills. There is no doubt that the single is where you build your own skills and confidence.

Adult Rowing

By Linda Clemens, Adult Rowing Director

What kind of rowing club do you want? Personally, I want a club crammed with different activities. Regattas, practices and training races. Picnics and post-row pizza. Clinics and coaching. Messing around with boats. So, welcome to the GDRA Adult Rowing Program.

In the Gym

In November, we got started with Winter Training at Reality Fitness in downtown Dayton. Many thanks to Chris Luhn for renovating our workout space! Over a dozen rowers are participating in the workouts, which focus on building cardiovascular fitness, strength, and good ergometer technique. Doug Barker designed the basic training plan. The weekly schedule mixes erg work and weight training. The winter long schedule uses monthly macro-cycles to build up, peak and then allow for recovery before starting into the next cycle. The 2000 meter times are falling, and the group logged over 1.2 million meters in two months. Winter training will continue until the water and weather warm-up this spring.

On the Water

Spring will come some day. When it does, look for these activities:

Skills & Drills Adults who want to improve their rowing technique will meet weekly for coaching, videotaping, etc.

Racing Practices Competitive rowers will meet weekly for training races and videotaped practices.

Sculling Camp Intermediate and advanced scullers will partake in an intensive weekend with a guest coach. Lectures, videotaping.

Competition

Masters National Championships will be starting on August 22nd in Indianapolis. The GDRA crew will compete in singles, doubles, and our new Kaschper quad. A table of potential target races is given below.

Sign-up sheets and details on regattas and other activities will be posted on the website (www.daytonrowing.org) and at the boathouse or gym.

Please contact me if you have questions or suggestions. What kind of rowing club do you want?

2001 Date	Adult Program Potential Target Races	Location
Feb 11	Cincinnati Indoor Championships	Cincinnati
Apr 29	Dogwood Regatta for Masters*	Oak Ridge TN
May 6	USRowing Tune-up Regatta	TBA
June 9-10	USRowing Youth Invitational May include Open & Masters events	Cincinnati
June 30	Ecorse Invitational Regatta	Detroit
???	Grand Rapids Regatta	Grand Rapids
July 14	Detroit Boat Club Regatta	Detroit
July 25-29	USRowing National Championship	Camden NJ
Aug 4	Midwest Masters* Regional Regatta	Indianapolis
Aug 22-25	Masters* National Championship	Indianapolis
Aug 30-Sep 2	FISA World Masters* Championships	Montreal QB
*Masters start at age 27		

Membership

Becky Doyle, Membership Chairman

Dues and Fees

In December, the 2001 GRDA Dues and Fees paperwork was sent to all 2000 members, 1999 members who did not re-join, 2000 Learn-to-Row students who haven't joined yet, and to all of the GDRA Juniors and their parents. The basic dues and fees have remained the same as last year, except for "Post LTR membership". People taking Learn-To-Row in 2001 will pay \$75 after finishing LTR in order to join the club and keep rowing for the rest of 2001. Juniors are not required to have Student memberships but are welcome to, as are all full-time university students. Annual dues and fees run from January - December. All GDRA Membership and Program paperwork will soon be available at the club's new website: www.daytonrowing.org

Email

At the top of the Membership Dues and Program Fees form, there are two spaces regarding email. This is an attempt to defray postal mailing expense and at the same time increase the frequency of communication among club members and GDRA Juniors as much as possible. So, I urge you not only to neatly print your email address(es), but to mark that YES you will receive informational messages via email rather than postal mail whenever possible. There are times when it is just not economical to send a postal mailing to all club members and/or juniors when the same information can be disbursed via email. All such notices also will be simultaneously posted at the boathouse for those who do not have access to email. When it is vital that all concerned receive a particular notice then steps will be taken to do so via postal mail.

Membership Needs

The rowing club is growing and so are its needs. This is a happy thing! Currently there are more jobs to be done than people doing them. So, along with the membership paperwork for this coming year was a special insert of suggested ways that club members, juniors, and junior parents can help. Please thoughtfully consider your talents and ways that you may be able to help with some of the GDRA programming, equipment, and facilities needs with your time and/or resources. More mention will be made later regarding a Wish List and To Do List for the club. If everyone "gives" a little then no one will have too great a burden.

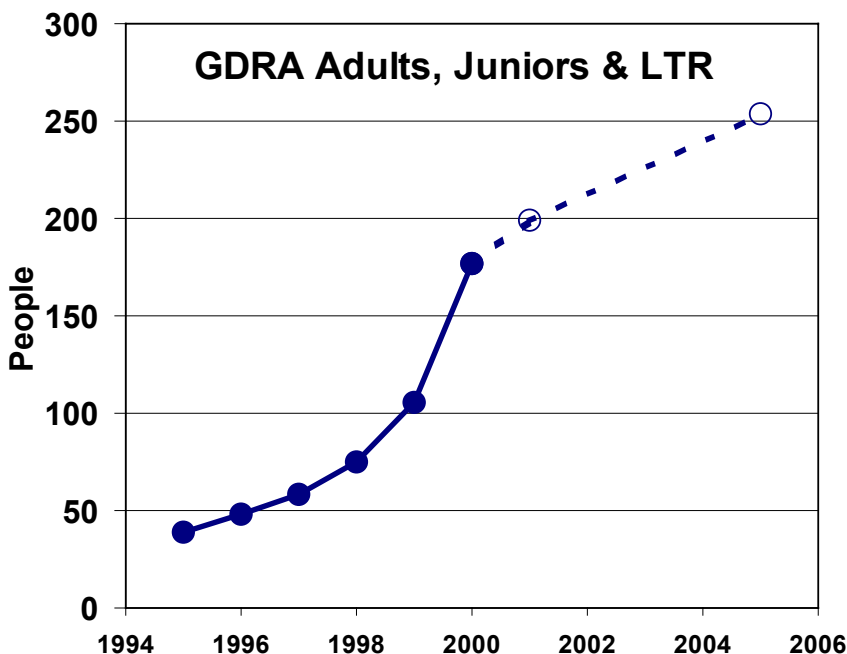
The club is seeking a person to take the helm of the Clothing Committee. In the meantime, if you have a GDRA-logo clothing request or suggestion, please forward them to Jim Wall.

Membership Recruitment

Membership recruitment is everyone's responsibility. Please share your rowing experiences with a friend, relative, neighbor, or colleague and encourage them to take advantage of the recreational and competitive rowing opportunities on the scenic Miami River. Learn-To-Row will likely start in May again.

2001 Goal

I have set a Membership Dues and Junior Fees goal of \$14,000 for 2001. There has been a very nice early response from the adult and student membership categories, and I hope that the Juniors will rally soon with their remittances, too. Please respond early toward reaching that goal for the betterment of rowing with Greater Dayton Rowing Association!



RowerDoc

by Dr. Todd Sobol

Rehab for Anterior Knee Pain

Pain in the anterior (front) portion of the knee is a frequent disorder and in most cases best managed by conservative intervention. One method involves strengthening the vastus medialis obliquus muscle group, which is the large muscle group alone in the inner thigh connected to the knee. In the Muncie method, you sit on the floor with one leg flexed (bent) and held close to the chest. The other leg (the one with the painful knee) is extended straight with the toes pointed away from the body. Then lean forward hugging the flexed leg, rotate the extended leg outward, tighten the thigh muscle and lift the extended leg off the ground one inch for 5 seconds. Try 20 repetitions a day.

GDRA Web Page

Webmaster: Linda Clemens

www.daytonrowing.org

The GDRA website is moving to a new location, so it is time to update your favorite links. The new address will be easier to remember, and we will have more space and resources for keeping everyone up-to-date. We will also be expanding the number of forms and publications that are available in printable copies.

The new website is currently under construction, but during the transition, it will link you with all the information and photos from the old site.

If you would like to contribute articles or information to the GDRA website, please email Linda Clemens.

GDRA Club Boats

by Doug Barker

The GDRA fleet will add several new boats this year. The Adult program has ordered a new Peinert26 single and a Kaschper Quad!! The old Peinert26 has been a very popular boat, so adding a second one was a pretty easy decision. The new Quad now, may shake things up a bit. Quads are very fast, a lot of fun to row, and this one will be a brand new, racing quality shell. I expect it to be in big demand!! (note: everyone in the Quad will need to have passed their Captain's Test before they set foot in the boat). After an aggressive boat buying program last year (two fours), the Junior program's current plans are to acquire a Kaschper 97 double scull from a high school in Dallas.

Dept. of Treasury

by Jocelyn Piccone

Happy New Year scullers and sweeps. I trust you are all maintaining your physique in preparation for the upcoming season. As the newly appointed Treasurer I say "hi" to all past members, new members, and volunteers who assist this organization. I thought you all might like to know what functions fall under the responsibility of the Treasurer.

- Accounts Payable
- Accounts Receivable
- Account Reconciliation
- Organizational Membership
- Insurance
- Non-Profit Tax Status
- Financial Reports
- Paperwork.....

I welcome any questions from our members. If I do not have the answer, I will get you the answer. I look forward to meeting each one of you over the season.

2001 Trustees and Officers

The GRDA Trustees for 2001 will be elected at the Annual Membership meeting on February 13th. The way the club works is that the members elect the Trustees and then the Trustees appoint Officers and Coaches who actually get things done. In the past, many of the Officers job were taken on by Trustees. But as the club grows, we need to start spreading out the responsibility and the workload. So take a look at the open slots in the list below, and think about what you might want to do.

2000 Trustees:

Todd Sobol
Jim Wall
Doug Barker
Charlie Doyle
Michelle Murphy
Barbara O'Hara
Steve Herbert

Tentative 2001 Officers:

President	Jim Wall
VP Operations and Boathouse Mgr.	Doug Barker
Treasurer	Jocelyn Piccone
Adult Director	Linda Clemens
Junior Director	Charlie Doyle
LTR Director	*** OPEN ***
Membership Chair and Club Secretary	Becky Doyle
Regatta Director	Jim & Becky
Publicity	*** OPEN ***
Newsletter Editor	Doug Barker
Corp. Relations	Jim Wall
Competition	*** OPEN ***

Coaches:

Junior Men	Ben Boehm
Junior Women	Mary Kunes
Learn-To-Row	*** OPEN ***

Junior Rowing

by Charlie Doyle,
Junior Rowing Director

Winter Meeting

The GDRA Juniors' Winter Meeting will be held at 7 PM on February 21 at Wegerzyn Garden Center, 1301 E. Siebenthaler Avenue. Parents are invited and encouraged to attend the "Waiver signing party". We will review the US Rowing calendar in order to tentatively decide which events to race in Spring, Summer, and Fall 2001. There will be refreshments...Don't be late.

Winter Season

Ergometer practice continues daily at Reality Fitness and it seems as if it will never end. One good thing to say about ergometers is there are a few good opportunities to participate in ergattas. The Cincinnati race is to be held on Feb. 11 (Sunday) and it is hoped that everyone will be able to attend. Additional erg races are held in Detroit Feb. 3, Toledo Feb. 10, Marietta Feb. 17 and back to Detroit on Mar. 3. Those of you who got a late start or can't seem to get going should think seriously about Mar. 3.

Junior National Team ID Camps to be held:

- Women - Cincinnati, March 3&4
- Men - Philadelphia, February 3 (additional site in Michigan at a later date is currently being explored by US Rowing).

Equipment

We are purchasing a 1997 Kaschper double scull from the Episcopal

School of Dallas. I asked the coach why he was selling this boat and he said he just bought one of the Olympic shells from US Rowing and needed the space in the boathouse. He also mentioned that our new boat has won several major races and several rowers were upset with his decision as they like this Kaschper over their new Empacher. We also ordered two sets of Concept II ultralight sculls to be used in the new double.

Education

Several of our senior rowers are thinking of rowing in college, with a few of our people talking seriously with collegiate coaches about scholarship money. Good grades are important along with good ergometer scores. Sophomore and Junior rowers need to work on their grades and standardized test scores (ACT & SAT). At the boathouse you need to work hard to win some races so you can tell college coaches of your accomplishments on the water and on the erg.

Recruiting

It is always something of a disappointment for me to find out that a first year rower who shows good ability at this sport is in 12th grade already. It seems a shame that some people start rowing so late that they are unable to train long enough to make significant improvements for their Junior rowing career, which ends when they are 19. We hope to recruit younger rowers (14+) who will be able to row with GDRA Juniors for several years. As you all know Ben is out in California with his job and will not be back until the end of March, and Mary has plenty enough to do with our current rowers. Several questions arise "How do we introduce new people

to the sport when we don't have coaches?" and "Where can we get new people who might be interested in trying rowing?"

Intro Rows

The plan is to have "intro rows" every Saturday morning at Reality Fitness from 10 AM until noon. I will be there with instructional material/videos and several Junior rowers will help with coaching. When you teach someone else a skill it strengthens your understanding of that which is being taught. Recognizing that erging is not as interesting as water workouts, we are hoping to teach the rowing basics and have the newbies get on the water with the rest of us this Spring.

As you know this sport does not appeal to everyone, so don't just run out and invite the first people you bump into. Think about telling neighbors, relatives, and friends along with the freshmen, sophomores and juniors at your school about the GDRA Junior rowing program, so that they will have some time to work on their skills before going off to college.

Tentatively, the "info rows" will start on Saturday, January 27th from 10 AM - Noon. In the meantime, just track me down with any questions.

Junior Director:
Charlie Doyle

Women's Coach:
Mary Kunes

Men's Coach:
Ben Boehm

Greater Dayton Rowing Association

c/o Doug Barker



Club Meeting

Tuesday, February 13

The Annual Members Meeting will be held at 7pm
Wegerzyn Center, 1301 E. Siebenthaler Avenue
(note: the bridge to Riverside Drive is closed)

- Election of Trustees
- Reports from Officers
- Upcoming Year's Goals & Activities

Call Jim Wall if you have any questions