



# QUICK CATCH!

## The Official Newsletter of Capital Rowing Club

*Community Rowing in the Nation's Capital*

Anacostia River - Washington, DC

Vol. 1, Issue 1, March 2008 (*INAUGURAL ISSUE!*)

<http://www.capitalrowing.org>

## WHIP INTO SHAPE IN ONE MONTH

By: Maura McVeigh and Sameera Hasan

Only one month left until we're back on the water! If you feel like you've been slacking off or have become a couch potato during the off-season, then here is some great news for you. Club AM Head Coach Maura McVeigh has provided the following workout plan and some additional tips to help get your body used to regular aerobic exercise, and to give you a good base on which to build your strength and endurance prior to the start of the Spring season on March 31.

### Weeks 1 - 2

\* 45 minutes of aerobic activity, 3 times a week. (At least 1 of these sessions should be on the erg.)

#### **DAILY**

\* STRETCH - 20 minutes (hold all positions for at LEAST 45 SECONDS)

\* AB WORK consisting of 50 crunches and 50 bicycles

\* LEGS - 50 Squats (without weights)

\* Do as many pushups as you can. (If you can only do one... fine. Do that one. If you can't do one, try it on your knees.)

### Week 3

\* 45 minutes of aerobic activity, 4 times a week. (At least 1 of these sessions should be on the erg.)

#### **DAILY**

\* STRETCH - 20 minutes (hold all positions for at LEAST 45 SECONDS)

\* AB WORK! - 50 crunches x 2 (30 seconds rest between); 50 bicycles; and 25 leg lifts

\* LEGS - 50 x 3 Squats (without weights) (30 seconds rest between)

\* Do as many pushups as you can.

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## SAVE THE DATE!

### Upcoming CRC Events

- Wed. 3/05 - CRC Board Meeting @ 7pm
- Sat. 3/08 - Run the Exorcist Stairs! @ 8am, meet at the Georgetown Exxon; email [lilrower@AOL.com](mailto:lilrower@AOL.com) for more information
- Thurs. 3/13 - Organizational Meeting @ Marty's, 527 8<sup>th</sup> Street SE, at 7pm
- Sat. 3/15 - Capital Open House and St. Patrick's Day Float decorating, 12 - 2pm at the boathouse
- Sat. 3/16 - St. Patrick's Day Parade; email [Dan\\_Croghan@CapitalRowing.org](mailto:Dan_Croghan@CapitalRowing.org) for more information
- Sat. 3/29 - Take Out Day; your presence is requested to help get the fleet ready to go back on the water! Starts @ 8:30 am

For more info on these events, visit our website at <http://www.capitalrowing.org>

## SPRING SEASON STARTS ON MARCH 31

Good news, Capital! Program dues and membership fees will remain the same from 2007. Spring season program dues and membership fees are due and payable on **March 31, 2008**, via Regatta Central.

Be on the look out for an email with payment and registration links!

Comments? Story ideas? Article or picture submissions? Email: [sameera.hasan@capitalrowing.org](mailto:sameera.hasan@capitalrowing.org)

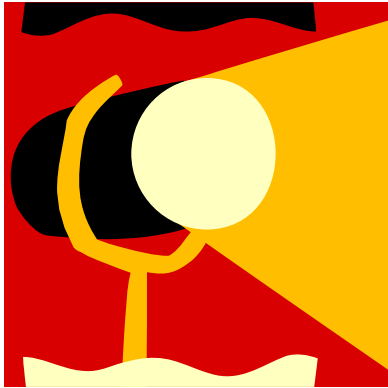
Capital Rowing Club located at \*1115 "O" Street S.E. \* Washington, DC 20005

Member, Anacostia Community Boathouse Association (ACBA)

<http://www.capitalrowing.org>

**GO CAPITAL!**

IT'S TIME TO SHINE  
THE SPOTLIGHT ON...



Two of Capital's Finest!  
CRC Spring 2007  
Novice grad, Club AM  
rower and US National  
Adaptive Rowing  
Team alternate,  
**Kendra Berner** (left),  
and one of the Club  
AM Most Valuable  
Rowers for 2007, **Sarah  
Juckett**, at the 2007  
Head of the  
Occoquan regatta.

## ROWER SPOTLIGHT: AMANDA SCHREFFLER, CLUB PM & SCULLING

By: Jen Thompson

*Jen Thompson: Where are you from originally?*

Amanda Schreffler: I am originally from Orlando, Florida, which is known for its huge animated mice.

*JT: When and where did you learn to row?*

AS: I started to row in high school during my sophomore year. I loved it so much that I continued to row in college for the University of Miami. After I graduated, I rowed for two other club teams in Alabama and New Jersey.

*JT: How long have you rowed with Capital? With what program(s)?*

AS: I have rowed for Capital for a year and a half. I row for Club PM and I also scull. I have found Capital and especially Club PM to be one of the friendliest clubs to row for. I enjoyed the evening practices with a happy hour promised on Thursdays. Who can pass up an hour of happiness?

*JT: Describe your most memorable rowing experience.*

AS: My most memorable experience has to be my most embarrassing experience. This past fall I registered for the single sculling open women's event at the Head of the Charles in Boston, Massachusetts. I practiced in the mornings and evenings to prepare for the race. Race day comes along and I start out very well. When I come up to the second bridge a girl calls out to give her room to pass. However, there is no room for me to go anywhere due to the upcoming bridge. At this point, the girl runs into my boat and we both flip. I get back in, the boat is full of water, and I am pretty shaken up. But thanks to some Capital spirit provided by Christina (Gabela, also a CRC sculler) who urged me to continue as she rowed by – and so I started rowing. I finished the race and ended up not being last place!

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L-R: Amy Best, **Amanda Schreffler** &  
Molly McCoy (Club PM WO4+)





## WHIP INTO SHAPE, continued

### Week 4

\* 45 minutes of aerobic activity, 4 times a week. (One of these sessions should be on the erg.)

#### **DAILY**

\* STRETCH – 20 minutes (hold all positions for at LEAST 45 SECONDS)

\* AB WORK! - 50 crunches x 3 (30 seconds of rest in between)

-75 bicycles

-25 leg lifts

-25 bridge ups (lay on back, knees bent, lift hips up until your body makes a line from your knees to your shoulders, and then let your hips back down)

\* LEGS – 50 x 3 Squats (without weights) (30 seconds between)

\* 1 minute of wall sits x 3 (30 seconds rest in between)

\* Do as many pushups as you can. Then drop to your knees and do additional pushups on an assisted level.

### **Already in pretty good shape and want to crank it up a notch?**

- When doing lunges, hold weights in both hands.

- Twice a week, do the squats with a bar bell across your shoulders. Or one weight held straight above your head. (Be extra careful of your technique!)

- Crunches should be done with a 10 lb weight in your hands held straight out in front of your chest.

- Join your teammates at the Exorcist Stairs on Saturday, March 8<sup>th</sup> at 8:00AM!

## ROWER SPOTLIGHT: AMANDA SCHREFFLER, continued

### *Most memorable rowing experience, continued*

AS: The next day I am walking through Boston and I receive a text message that says to check the Boston Globe. I open up the sports section and there I am on the first page. Four pictures document me flipping into the water, and to make matters worse they say it was me who ran into the other girl, how unfair! But to look on the bright side: not many rowers can say they had four pictures in the Boston Globe for rowing at the Head of the Charles.

*JT: If you had your own boat, what would you name it?*

AS: Funny you ask...I actually just bought my own boat at the end of the fall season. It is a lovely baby blue and I can't wait to row my heart out in it. I named it "The Three Year Plan 2008-2010" because the night of my misfortune in Boston, as I lay awake in bed, I came up with a brilliant three year plan. Step 1) buy my own boat so I can practice whenever I want in a rowing shell designed for shiny medals. Step 2) work my butt off for the next three years to build my rowing prowess. Step 3) return to The Head of the Charles in 2010 to medal in the Masters division. That's it, easy as 1-2-3!

*JT: What do you do when you're not rowing?*

AS: I love being active outside which includes running, surfing, and snowboarding. I also just began a job as a Federal Investigator, so that is taking a lot of time... but I feel powerful flashing my badge and announcing myself as Special Agent Schreffler.

## BUSY LIFE FITNESS TIPS

By: Maura McVeigh

- Stretching can be done in the shower. It is a great way to sneak in a little extra help for your body.

- TV time is the perfect moment to fit in stretching or squats. While your show is on, sit on the floor and stretch. Try fitting in squats during commercial breaks.

- The best time to fit in pushups are right when you wake up and get out of bed and 20 minutes before dinner. If you have a private office and have a moment or two to spare... get on the ground!

- Fit in the aerobic activities when you can. Sometimes one can be fit in before work, while another is done during a lunch break or after work. Don't stress about fitting it all in at once.



# HOW MUCH IS **YOUR** EQUIPMENT WORTH?

*An educational flyer from Capital Rowing Club<sup>[1]</sup>*

## WHY SHOULD YOU CARE ABOUT EQUIPMENT?

- If our equipment is in good condition, it is SAFER.  
*cox boxes function, oar locks function, foot stretchers function, launches function*
- The better and safer our equipment is, the better your row will be  
*pitch on oarlocks is correct, boats are clean and stiff, hardware is exact, nothing is missing*
- Repairs cost time and money  
*when equipment is out of use, it affects ALL of us!*

## WHAT CAN YOU DO?

- Take pride in our club and equipment  
*Take care when adjusting footstretchers and handling boats*
- Clean up!  
*Help keep water bottles off the dock, trash in the cans not the boathouse – remember to use the RECYCLE bins*
- Expect the best
  - √ *hold each other to high standards when handling boats*
  - √ *practice PATIENCE and CARE when landing on the dock and putting away boats*
  - √ *take the few minutes necessary to clean equipment you use*
  - √ *carefully examine equipment and report problems promptly to CRC Operations*

Sweep Eights	\$18,000 to \$30,000	<i>Watch the riggers when moving the boats on and off the racks.</i>
Sweep Fours	\$10,000 to \$ 15,000	<i>Many of our boats are on floor rollers. Never step over a boat.</i>
Sculling Doubles	\$ 10,000	<i>Damage to a Double strands two rowers on land.</i>
Sculling Singles	\$3,000 to \$8,000	<i>Treat it like you own it. Wash It! Wipe the tracks clean – no grit means smoother rows!</i>
Oars	\$250 to \$350 each	<i>Not to be left on the dock after practice</i>
Cox Boxes	\$600 each	<i>Did you know that replacing a microphone alone costs \$100?</i>
Bow & Stern Lights	\$25 per light!	<i>Indispensable</i>
Launch Radios	\$150 each	<i>Submersible does not mean it floats...</i>

<sup>[1]</sup> Adapted from a flyer issued by Lions Rowing Club of Marina Del Ray, CA.

## CAPITAL ROWING CLUB'S PICTURE PAGE

MARCH THEME – LOVE IS IN THE AIR! CONGRATULATIONS TO THESE CAPITAL NEWLYWEDS!



Competitive Team rowers **Anney Che** and **Angus Chen** (left) were married in Taiwan in December 2007. Also pictured with them are their former Club AM teammates, Scott Eichelsdorfer and Nina Solanki.

Competitive Team rowers **Meredith Miller** and **Dan Croghan** (below) were married at the Cameron Estate Inn, Mount Joy, PA, in Sept. 2007.



Men's Competitive Team rower **Dave Barksdale** and Competitive coxswain **Libby Stancik** (below) were married in August 2007, in Libby's hometown of St. Joseph, MI. The couple is shown in Prague, their honeymoon destination.

