



QUICK CATCH!

The Official Newsletter of Capital Rowing Club

Community Rowing in the Nation's Capital

Anacostia River - Washington, DC

Vol. 1, Issue 2, April 2008

<http://www.capitalrowing.org>

APRIL 2008: WELCOME BACK!

Letter from the Editor

As we start the 2008 rowing season, I would like to thank everyone for the supportive and positive comments about the first issue of our newsletter!

Let's face it: we joined Capital because we love to have FUN and also because we love rowing. CRC is a great place to row because we have fun and also because we have top-notch coaches for all programs and all levels of rower, great equipment, and excellent camaraderie and team support. (Indeed, one of our coaches, Guennadi Bratichko, provides some good advice in the *Coaches' Corner*, on page 3.)

Capital is, however, member-driven and primarily member-funded. This issue contains many useful articles, including one that focuses on a new addition to our Board of Directors who will help with fundraising, and an article on volunteer work and activities that exist to help make the Anacostia River a more scenic and cleaner place to row. These are Capital member-volunteers involved in fundraising and cleaning up – both of which help to make Capital a great place to row and an excellent club to be a member.

As the season starts, please make sure you do your part to help by volunteering with Capital. There is truly something for everyone – from assisting with the upcoming Novice classes, to working with launch engine and boat maintenance; and from helping with fundraising, to helping to clean up the Anacostia. Giving really does feel good, but you'll never know until you do it.

GO CAPITAL!!

Sameera Hasan
Secretary, Capital Rowing Club
Editor, *Quick Catch!*

SAVE THE DATE!

Upcoming CRC Events

- Wed. 4/09 – CRC Board Meeting @ 7pm
- Sat. 4/12 – Launch Driver's Ed class; contact Dorene Haney, membership@capitalrowing.org for more information
- Sat. 4/12 – Novice Sweep weekend class 1 starts (9am – noon @ the boathouse) – Come volunteer!
- Sun. 4/20 – Learn to Row day (downstream dock), 12 –4pm at the boathouse
- Sat. 4/26 – Anacostia River/Earth Day Clean Up; details provided on page 3
- **CORRECTION: Mon. 4/28 – Novice Sweep weekday class starts (Mon – Fri., 6:30 – 8:30pm)**
- Mon. 4/28 – Novice Sculling starts (Mon. 6:30 – 8:30pm and Sat. 9 – 11am)
- Wed. 4/30 – Novice Sculling starts (Wed. 6:30 – 8:30 pm and Sun. 9 – 11am)

For more info on these events, visit our website at

<http://www.capitalrowing.org>

SPRING HAS SPRUNG!

Spring season dues and annual membership fees for returning rowers are due by April 7th. Please use Regatta Central to sign up as a Capital member, register for your program(s) and also to make your payments.

For more dues and fees payment information, please contact your program representative.

Comments? Story ideas? Article or picture submissions? Email: sameera.hasan@capitalrowing.org

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

Member, Anacostia Community Boathouse Association (ACBA)

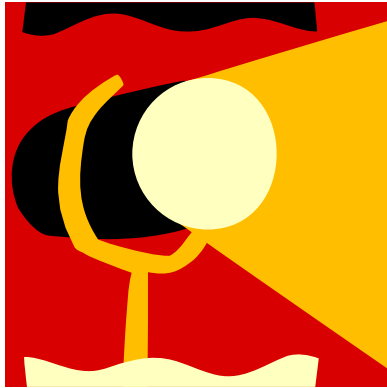
<http://www.capitalrowing.org>

GO CAPITAL!

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

WINDY SHEPARD, CRC'S DEVELOPMENT CHAIR

By: Sameera Hasan (AM, Sculling)



Capital welcomes Windy Shepard, who brings experience and excellence in the area of charitable fundraising and development. While not at her day job as an IT consultant, she is very active in the non-profit community, volunteering her time on a regular basis with many different organizations. Most of her time has been spent working to benefit The Leukemia & Lymphoma Society (LLS). In 2006 she was named The Leukemia & Lymphoma Society's Woman of the Year after raising more than \$82,000 during a 10 week campaign. She is also active with the Junior League of Washington, the Washington Humane Society, and serves on several host committees for some of the city's biggest fundraising galas and balls.

Windy joined Capital's Club AM program in Fall 2007, and was asked to serve on the Board of Directors as Development Chair in March 2008.

Sameera Hasan: I've lived here for about 6 years but hardly ever come by people who were actually born and raised in the District. Where are you from originally?

Windy Shepard: Atlanta, GA (specifically Alpharetta)

SH: What interested you in rowing with Capital?

WS: Crew was a huge part of my life in high school and college. I was excited to rediscover it through an acquaintance who rows for CRC.

SH: What made you wanted to be involved with the Board?

WS: Fundraising/Events and Rowing are my biggest passions - what better way to combine them than be a part of the Board?

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ON THE ROAD WITH THE NAVY BAND

By: Patrick Johnson (Navy Yard)

The Washington, DC-based United States Navy Band's 4-week national concert tour ended on March 13th in Los Angeles. Some members of the U.S. Navy Band are also rowers in Capital's Navy Yard rowing program which meets three times per week, with days and times varying to accommodate the band's schedule.

While playing a full concert schedule almost daily and being in a different hotel nightly while on tour, these 10 band member-rowers lugged around ergs and weights, and trained in order to stay in shape and remain motivated for the upcoming sprint season.

To see what exactly the U.S. Navy Band is all about, check them out online at: <http://www.navyband.navy.mil/>.

For more information on Capital's Navy Yard program, please contact the program representative, **John Martinich**, at NavyYard@capitalrowing.org.





COACHES' CORNER

By: Guennadi Bratichko, with Sameera Hasan (AM, Sculling)

*For the April Coaches' Corner article, Capital's Competitive Men's and Women's coach **Guennadi Bratichko** was interviewed. In this article, Coach Guennadi provides his perspective and advice to rowers on the topic of returning to rowing after months of being off-the-water.*

April is the beginning of the most challenging time of the year-long rowing season. The four weeks of April require lots of adjustments – from waking up before 5 am, to changing your mode of training. Think of the rowing season as spanning the entire year, going from land workouts (weights and running) in the winter, to on-water rowing during the rest of the year. This change in type of workout is very stressful on the body, as it is anytime there is a switch in mode of exercise.

April is a month of transition from winter on-the-land training into spring on-the-water training, and this month is a very important part of the spring. This month returning rowers should be dedicated to being consistent in how they approach this transition by not sleeping through your alarm clock, and coming to all practices. April is about developing and living a new routine, and new habits need to be reinforced.

Being early in the on-water part of the rowing season, April is a perfect time to establish correct form and technique and fix technical problems carried over from the last year. The April workouts are not as intensive as future months' workouts, which give rowers set boats with which to work on technique.

In his experience, Coach Guennadi has noticed that some rowers tend to worry about getting out of shape after months of winter training by doing his program of low-intensity workouts to start the spring season. He reminds rowers that the change in training type (from land- to water-based)—in addition to filing your tax return—requires many physiological adjustments and that these adjustments alone are very demanding on the rower's body, and therefore, are great training.

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ROWER SPOTLIGHT: WINDY SHEPARD, continued

SH: Do you have any specific goals with respect to this year's fundraising and development agenda for Capital?

WS: My biggest goal for this year is creating a baseline Fundraising Plan that CRC can build off of going forward. I also want to quickly get a Press Kit and Sponsorship Package in place that can be easily accessed via the website. My focus this year is getting down the basics and growing the things CRC already has in place for fundraising ... but I do have some new ideas up my sleeve too ;-)

Time for 10 quick fun questions in 30 seconds:

1. *Sweep or scull?*

Sweep, but plan to begin sculling lessons this spring

2. *Beach or mountains?*

Definitely beach

3. *Dogs or cats?*

cats, but hope to have a dog someday too

4. *Best present ever received*

"Just Because" flowers

5. *Oars: wooden or composite?* wooden

6. *Favorite DC landmark/monument?*

Roosevelt Memorial on the Tidal Basin

7. *8s or 4s?* 8s

8. *Brunch or dinner?* Brunch

9. *Most useful or necessary piece of gadgetry you own?*

My crackberry, it's a necessary evil. Oh and I guess my DVR - otherwise I would never see ANY TV shows since I have to be in bed before most come on during the season ;-)

10. *Lottery: you gotta play to win or waste of money?*

You gotta play to win! I mean someone has to win, right?

UPCOMING (TRASHY) VOLUNTEER EVENTS

By: Wendy Drake (2007 Novice Class, AM)

• Saturday, April 5 (9 am to 12 pm) – The Alice Ferguson Foundation's 20th **Annual Potomac River Watershed Cleanup** takes place at over 300 sites within the Potomac River watershed, including sites in DC, MD, VA, PA and WV.

http://www.trashfreepotomac.org/trash_initiative/trash_cleanup.html

• Saturday, April 26 (8:30 am to 2:00 pm) – The 14th Annual **Anacostia Watershed Earth Day Cleanup and Rally Celebration** includes a trash cleanup from 8:30 to 12:00 at 31 sites within the Anacostia River watershed and a rally celebration from 12:00 to 2:00. <http://www.anacostiaws.org/Programs/Honor/EarthDay/earthday2008.html>

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TRASH TALK

By: Wendy Drake (2007 Novice Class, AM)

Have you ever wondered what it would be like to row on the Anacostia River after a rainstorm and not hit a plastic bottle (or aluminum can, basketball, floating car seat, etc.) with your oar? It may be a while before this becomes a reality, but it turns out that you're not alone. The Potomac River Watershed Trash Treaty—signed by elected officials in the region in 2007—includes the goal of a trash-free Potomac (which would also include a trash-free Anacostia) by 2013.

The Anacostia River is 8.4 miles long from its headwaters in Bladensburg, MD, where the Northwest and Northeast Branches converge, to its mouth at Hains Point. That may not seem very long, but consider the 176 square miles of land that drain into the Anacostia River—80 percent of which is in MD and also includes most of DC east of Georgia Avenue. When you also consider the more than 1 million people living in this watershed, it becomes clear why that bottle and the gazillion others happen to be floating exactly where you happen to be rowing. The most likely reason that bottle is there is because someone somewhere within those 176 square miles dropped it on the ground (either intentionally or not). The bottle then made its way into the underground network of storm sewer system pipes that are designed to move stormwater—not debris—off of the streets, sidewalks, and parking lots, and finally into the waterway.

What can you do about this river's notorious trash problem? Well, you're in luck because this is the right part of the year for getting involved. Spring is an especially good time to volunteer for a trash cleanup or engage in the other activities that local organizations offer now that the weather is starting to warm up. And as for that bottle in your oar's way—if 2013 seems a long way off for those of us needing more instant gratification, I can tell you that it can be quite rewarding to spend a few hours and get a few hundred of those off of this special river's shores.

COACHES' CORNER WITH GUENNADI BRATICHKO, continued

From a coach's perspective, Coach Guennadi says rowers should be worried about staying healthy and injury-free. He recommends that rowers keep extra clothes in case they are asked to cox, or get wet, or just to stay warm. In this chilly time of year, extra clothes are recommended to help prevent muscle stiffness, which can lead to injury.

Coach Guennadi recommends that rowers pace themselves throughout the entire on-water season so that rowers can be in the best shape possible for racing in the summer and fall. He also notes that each month has a goal. The goals for April are to:

- Stay healthy and injury-free!
- Establish and stick to your everyday routine
- Develop good technique, and
- Grow the desire to do more great rowing (not be exhausted going into racing season!)

Finally, Coach Guennadi stresses that the people who come to practice everyday, those who will be productive and not tired from over-training, illness or injury, will be the ones who will get the most out of coming.

With those tips in mind, WELCOME BACK!

Did you know?

The Nacotchtank Indians used to inhabit the shores of this once pristine river, and the word "Anacostia" comes from the Nacotchtank word "Anaquash" meaning "village trading center."

Courtesy of Wendy Drake (2007 Novice Class, AM)

MORE UPCOMING (TRASHY) VOLUNTEER EVENTS

- On the 1st and 3rd Saturdays of every month, the **Earth Conservation Corps**—a local non-profit that provides hands-on education, environmental training, professional experience, and leadership skills for disadvantaged young people between the ages of 17-25 years old—organizes river restoration activities for interested volunteers from 8:30 am to 12:00 pm, as well as Anacostia River patrol boat tours from 2 to 4 pm to educate people about the river's environmental threats. <http://www.ecc1.org/>
- Throughout the year, the **Anacostia Watershed Society** offers a variety of volunteer activities designed to improve the health of the river. <http://www.anacostiaws.org/Programs/programs.html>

WE'RE BAAAA-ACK... CAPITAL RETURNS TO D.C.'S ST. PATRICK'S DAY PARADE

By: Meredith Miller (CW) and Alison Senger (AM)

Due to the relentless efforts and hard work of Social Director Dan Croghan and Transportation Guru Dave Barksdale, Capital made a triumphant return to Washington's St. Patrick's Day parade this year with a Best Novelty Float trophy to add to our collection.

The sub-60 temperatures and intermittent sprinkles didn't dampen the team spirit on Sunday, March 16, as eleven members of CRC volunteered to represent the Club. Early in the morning at the boathouse, the team equipped a trailer with the Robert Day training barge and two shells, and upon arrival at the marshalling area on the Mall, the rig was further festooned with streamers, shamrocks and balloons. During the wait for the parade to begin, the float garnered plenty of attention from the junior set: the volunteers hosted the first novice training class of the season as three area youths climbed aboard.

Following banner-bearers Meredith Miller and Kathryn Kurre, Dave fearlessly and flawlessly drove the Beast down the middle of Constitution Avenue towing barge rowers Peter Courtney, Alison Senger, Joe Olbrys, and Karen Walsh. The rowers reenacted the Irish journey to America under the direction of Dan as St. Brendan the Navigator, resplendent in a shamrock cassock and Lucky Charms hat (surely historically accurate!). Small-fry riots erupted throughout the parade route thanks to the work of enthusiastic candy tossers Dorene Haney, Mike FitzPatrick, and Mandy Sims. Libby Barksdale saved the day by bringing the leash that was required for CRC's mascot and protector, Frannie the St. Bernard, to join in, and they both marched the route with the float.



ABOVE, L-R: **Meredith Miller** (Comp. Women) and **Kathryn Kurre** (CW)

RIGHT, L-R: **Dan Croghan** (Comp. Men), **Alison Senger** (Club AM), **Mike FitzPatrick** (AM), **Karen Walsh** (AM), **Dorene Haney** (CW), **Kathryn Kurre** (CW), **Meredith Miller** (CW), **Peter Courtney** (CM), **Dave Barksdale** (CM), **Frannie the Swimming St. Bernard** and Parade Mascot; (kneeling) **Mandy Sims** (PM) and **Joe Olbrys** (Sculling).

At the close of the ten-block parade, the team stripped the float of its balloons and piled into the bed of the trailer for a high-speed (and very open air) tour of Rock Creek Parkway on the way back to the Anacostia. An hour later, thanks again to Dave's leadership, the barge was reassembled, the shells put to bed on their racks, the trailer parked, and the last Guinneses drunk. (It was reported that more than one of the revelers were asleep by 8:00 that night.)

Many thanks and congratulations to the rowers who braved the elements and got the Capital name out there! Going from "banned" to "best in show" in just one year is very impressive!





WHAT DOES MY \$65 ANNUAL USROWING MEMBERSHIP GET ME?

An educational flyer from Capital Rowing Club^[1]

1) Does my USRowing membership include insurance as a benefit?

Yes, your USRowing annual membership dues provide you with \$2,000,000 per occurrence of liability insurance and \$25,000 of accident excess medical coverage.

2) Don't I have coverage for this type of incident under my Homeowners/ Tenant Insurance policy?

A Homeowners/Tenants Insurance policy may or may not provide coverage for this. For the cost of your USRowing membership, you receive this insurance protection along with all of the other benefits of USRowing membership.

3) What if I am sued by another rower? Where can I get insurance protection?

Because there is no "player vs. player exclusion" in this policy, this insurance would apply.

4) What if I am injured while participating in a scheduled, supervised club activity or registered regatta? Will my medical bills be covered?

As a member of USRowing, you also receive a \$25,000 excess accident medical benefit and \$15,000 of accidental death and \$50,000 of dismemberment coverage.

5) Why do I need this coverage? I have health insurance through my employer.

Your health insurance may or may not cover all of the expenses associated with your rowing injury. In the absence of other insurance, your USRowing excess accident medical coverage will respond as primary insurance and pay your medical bills, up to the policy limit and subject to the terms and conditions of the policy. If your health insurance does respond to your medical needs, but you have out-of-pocket expenses or deductibles that are not covered, you can submit those expenses for consideration under the USRowing plan.

6) If I am between jobs and without insurance and I am injured while rowing, do I have coverage?

Yes, the accident policy will respond as primary in the absence of other insurance, provided the accident occurred during an approved, scheduled club activity or a USRowing registered regatta and meets all of the definitions for coverage under the policy.

7) If I am a coach or referee, can I be covered by this program?

Yes, your USRowing membership provides the same liability and excess accident medical protection afforded to other USRowing members. You no longer have to purchase this coverage separately. Please indicate your title when registering.

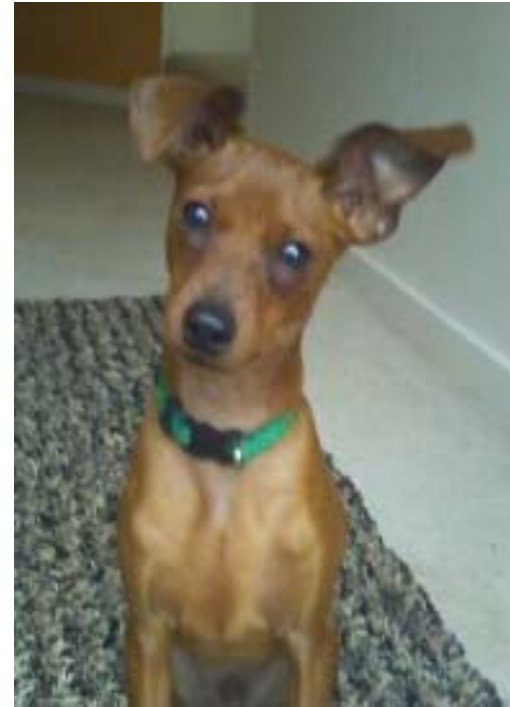
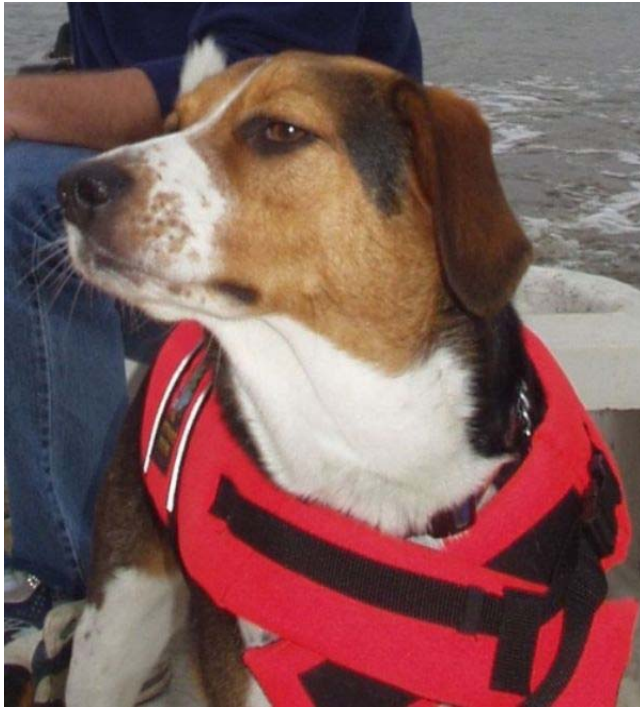
In appreciation for your support, USRowing extends to you the following benefits:

- Electronic registration and release form – NO need to file waivers at each registered regatta as USRowing's national office will manage your waiver for you!
- Automatic eligibility to participate in USRowing-owned events such as the USRowing National Championships, USRowing Masters National Championships, USRowing Convention, and other owned USRowing regional events
- Automatic eligibility to participate in national team testing
- Automatic eligibility to participate in our coaching education program
- Subscription to USRowing's monthly e-newsletter
- Access to discounts from Avis Rent-A-Car, Hilton Hotels, Craftsbury Sculling Center, Rubini Jewelers, and more!
- "Full-privilege individual members only" discounts on shell and rowing equipment insurance through Leonard Insurance Agency with Travelers Insurance Company.
- Complete access to USRowing's premier resource library
- Assistance in locating rowing clubs across the nation
- USRowing merchandise discounts
- Annual Yearbook

Do you own cost-benefit analysis and become a USRowing member today!

CAPITAL ROWING CLUB'S PICTURE PAGE

APRIL THEME – IT'S A DOGGIE-DOG WORLD



Who are my pet parents?

Clockwise, from top left: **Toby** (Nancy Kellner - Sculling); **Walter** (Kami Fleck - PM); **Slim Shady** (Karen Werth - Sculling); **Thumper** (Alison Senger - AM); **Frannie** (Dave and Libby Barksdale); **Buzz** (Melba Black - CW); and **Kiko & Rory** (Emmie and Brian King - AM/Sculling).

