

QUICK CATCH!



Community Rowing in the Nation's Capital

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www.capitalrowing.org

2008 Head Race Season in Review

BY SAMEERA HASAN, Competitive Women's and Sculling programs

Many of Capital's rowing programs had their time to shine during the 2008 fall racing season. The entry rules for the fall regattas vary across the venues, and in many events collegiate crews can and do compete in Club events. Having entered so many boats in so many races this past fall, for sake of brevity this summary only includes 1st through 3rd place finishes.

In the first race of head season, the Head of the Anacostia, Capital fielded boats from every program and had some local competition from our cross-town rivals (used in the friendliest sense of the word), Alexandria Community Rowing (ACR).

The following day, Potomac Boat Club (PBC) hosted crews on the "other" river here in Washington, DC, for the Charlie Butts' Scullers Head of the Potomac (SHOP). Crews from PBC and ACR clubs as well as Georgetown, Lehigh, American and University of Maryland competed. Out of Capital's many entries, scullers Michelle Fryc and Phyllis Soller took 1st and 2nd place in the Womens Masters 1x and Veterans 1x races, respectively. In the Club 4+ race, the Competitive Women's team finished 2nd, and took 3rd in the Masters 8+. Club AM took 2nd place in the Mixed 8+ race to wrap up the beautiful sunny day on the Potomac.

Next stop in the fall was Pittsburgh, PA, for the Head of the Ohio regatta. Only a few hearty soldiers chose to truck out to the Steel City for this regatta, but of those who went, the Comp Women finished 3rd in the Masters 4+ and the Comp Men finished 1st in their Masters 4+ race.

The following two races were held at Sandy Run Regional Park in Lorton, VA, on the Occoquan Reservoir. The Occoquan usually has

relatively calm waters and not much wind. As a result, crews from all over the Mid-Atlantic region arrived with their game faces on. The Occoquan Challenge is a buoyed course with a remarkable U-turn midway into the race. Capital's sweep and sculling programs both cleaned up at the Challenge this year. Abigail Constantino placed 2nd in the Womens Novice 1x race and Phyllis Soller took 3rd in the Womens Veterans 1x event. The Competitive Men took 1st in both the Masters 8+ and 4+ events. Club AM took 2nd in the Mens Masters 4+ race and 3rd in the Womens Club 4+ race. Capital's Comp Women placed 1st in each of the Club 8+, Masters 4+, and Masters 4x events.

Capital's crews showed up the next weekend at the Occoquan Chase ready to continue our reign of the Occoquan. Capital scullers Michelle Fryc and Phyllis Soller each placed 1st in the Womens Masters 1x (30+) and (60+) events, respectively, and Duncan Spencer placed 3rd in the Mens Masters 1x (60+) race. Capital's Comp Men and Women took home 1st place in each of the following Masters events: Mens 4+ (30+), Mens 4+ (40+), Womens 8+ (30+), and Womens 4+ (30+).

After ruling the Occoquan for two weeks straight, selected rowers from Capital's sweep and sculling programs went on to compete in the Head of the Charles regatta in Boston,



Photo: Peter Courtney



Photo: Brett Rini

Club AM rowers Chris Bender and Scott Remley (top) and Club AM representative Mike FitzPatrick on the water during CRC's Head of the Anacostia on Sept. 20.



Clockwise from top left:

Comp Women's 8+ on the row up to the starting line at SHOP. Comp Men's program member Brett Rini helps move a shell off the Capital trailer at Head of the Occoquan. A Club AM Women's 4+ smiles for the camera at SHOP. Comp Men's 4+ breezes past the northern Virginia foliage at Head of the Occoquan.

MA. This is one of the most competitive rowing regattas in the world, with crews from as far away as Pakistan, the Netherlands, and the United Kingdom. Several Beijing Olympians from the U.S. and abroad competed in the various events during the 2-day race weekend. Capital fared relatively well, considering the high level of competition, retaining its two guaranteed entries in the Mens 4+ event and having several scullers complete the 1x race.

Only two races remained in the fall season after the Charles – Head of the Schuylkill in Philadelphia, PA, and Head of the Occoquan in VA. After being canceled due to bad weather in

2006 and 2007, this year's Head of the Schuylkill regatta became a two-day event with youth/junior, collegiate and club events on Saturday, and Masters events on Sunday. High gusting winds, pelting rain, and a strong current made for near ocean-like conditions on the Schuylkill River. On Sunday, however, rowers enjoyed much better weather and the Comp Women placed 3rd in the Masters 8+ race.

At the final race of the fall head season, Capital crews made one last trip to the Occoquan. In the sculling events, Amanda Schrefler placed 3rd in the Womens Championship 1x race and Abigail Constantino placed 2nd

in the Womens Novice 1x event. In the sweep races, Capital's Comp Women took 1st place in the Masters 8+ (30-39), 2nd place in the Masters 4+ (30-39), and 3rd place in the Club 8+. The Comp Men placed 1st in each of the Masters 4+ and 8+ events.

Although Capital faced some stiff competition from other rowing clubs such as ACR, PBC and BRC, and from colleges such as Georgetown, Lehigh, and George Washington, competitors across all sweep and sculling programs raced hard and had an extremely productive fall racing season.

Let's make 2009 even better – GO CAPITAL!

CRC's End of the Season Party (EOSP) is the place to be every November.

From left to right: Michael Brown and Windy Shepard; Christina Erling and Michelle Fryc; Mandy Sims and friend; Jim Smailes.



Human Capital

A Community Club Supports Its Own

BY BRETT RINI, Competitive Mens program & MATT BRUNO

On July 28, 2008, Nick Bartick, a Capital Rowing Club member since 2005 and husband of Claire (Stackhouse) Bartick (a former Competitive program coxswain), was involved in a serious accident at work. He was in a cherry picker when he was thrown out of it and landed on his head. Nick was rushed to the Prince George's County Hospital where he was treated for a traumatic brain injury among other injuries in the Intensive Care Unit. After a week, he was transferred to Baltimore Shock Trauma where he continued to be treated.

While an injury of this magnitude is never welcome, the timing of this accident was especially inopportune. Four days after the injury, Nick and Claire were expected to move from Leesburg, VA to Alexandria, because their lease was ending. In addition to the move, Claire was merely two days away from finishing up her internship in Winchester for her Doctor of Psychology degree. With Nick incapacitated and Claire at the hospital 24/7, someone had to step in to help out.

As soon as friends and family heard about the accident, several Capital members sprang into action. Many CRCers visited Nick in the hospital and brought Claire support, love, and sustenance. Then, under the leadership of some Competitive program members, a group of more than 30 volunteers was split into four teams with four missions: (1) pack up the Leesburg apartment, (2) clean the Leesburg apartment, (3) move into the new townhouse, and (4) move things from Claire's parents' house.

The Barticks' move from Leesburg to Alexandria was completed in less than four hours! With a human conveyer belt in full swing, boxes and furniture were placed in the appropri-

ate parts of the house. What was even more remarkable was that several of the rowers "slash" movers were not acquainted with Nick or Claire personally, but shared a common bond of rowing for Capital and hence came out to show their support. The moving crew was an all-volunteer effort and consisted entirely of Capital's Competitive Men and Women, Club AM and PM members, CRC coaches; individuals from the local high school rowing community (in which Claire used to coach); and additional friends and family.

Faster than most doctors expected, Nick recovered enough to be transferred from Baltimore Shock Trauma, to the National Rehabilitation Center in Washington, DC. There he received physical, occupational, and speech therapy for the next three weeks. He was released from the hospital and able to return home on September 4.

After the move, the support from CRC and other friends and family did not stop. Once Nick came home from the hospital, current and former Capital members volunteered to cook meals for the Barticks. Nick and Claire were still traveling to and from the hospital on an almost daily basis for therapy, leaving



them with neither the time nor the energy to cook. The home-cooked meals were a huge help, and the effort continued for over two months while Nick and Claire readjusted to life at home.

The amazing support for Nick and Claire once again showed the value of "community" in community rowing at Capital. Capital members and friends are always willing to step up when the need arises. Nick and Claire are very grateful for everyone's support during this life challenge.

Claire and Nick Bartick (*above*), a Capital couple through and through, were showered with support from the CRC community after Nick suffered a traumatic injury while on the job.

Capital members gathered at the Anacostia Community Boathouse before a whirlwind day of packing and moving the Bartick's to their new home.



QUICK CATCH! is the official newsletter of Capital Rowing Club.

As with nearly everything Capital-related, the newsletter is fueled solely by the efforts of volunteers.

In 2009, the newsletter will be issued every two months in order to provide adequate time for story and photograph submission, content layout, and editing. We are actively interested in receiving feedback, article submissions, calendar events, and photographs from all members in every program. It is our goal to make the newsletter truly representative of the entire club, but we cannot be everywhere at all times. We rely on you to provide us with items that you think are worthy of inclusion in the newsletter and that you think others want to read about.

As the new year creeps up on us, we ask that you resolve to submit at least one story, idea or picture to the newsletter in 2009. Help us make this year's issues even better than 2008!

HAPPY NEW YEAR from the newsletter committee.

- Sameera Hasan, Editor/Contributor & Rachel Freedman, Graphic Designer



Changing of the Guard

New Board Members Selected for the 2009 Season

Every four years we elect a new president of the United States. But as Capital members, we have an election every November for most of the seats on our Board of Directors. As the by-laws are currently written, both the club president and the vice president of resources (a/k/a treasurer) are elected for two years. All other positions are elected or appointed by the president for a one-year term. Here are the comings and goings on Capital's Board of Directors, listed with the programs to which they belong.

INCOMING

Kelley O'Connell (CW) was elected to be Capital's club President.

Mae Wu (CW) was elected to serve as the VP of Membership.

Fana Gebeheyu-Houston (CW), Michael Zgoda (CM), and Brandon Hunt (Club AM) were elected to serve as Program Representatives for their respective programs.

Gretchen Abell (CW), Craig McKay (CM) and Abigail Constantino (Club PM/Sculling) were elected as 3 of the 4 Directors-at-Large.

Scott Remley (Club AM) was elected Social Director.

Shannon Stichman (CW) was appointed to be Capital's new gear contact person for 2009.

OUTGOING

The outgoing club President is Rich Fitzgerald (CM).

Outgoing VP of Membership is Dorene Haney (CW).

Meredith Miller is the outgoing Comp Womens Program Representative.

Dan Croghan (CM) is the outgoing Social Director.

Jen Thompson is the outgoing Club PM Program Representative.

Christina Galligan (CW), Janet Fitch (CW), Brett Rini (CM) and Magnus Carlsson (Sculling) are the outgoing Directors-at-Large.

STAYING, BUT CHANGING

Peter Courtney is the outgoing Comp Mens Program Representative, and will serve as a Director-at-Large in 2009.

Molly McCoy was the appointee in charge of Capital's Community Programs/Outreach, and was elected to serve as the Club PM Program Representative for 2009.

Rachel Freedman hands over her Gear Procurement Specialist position and was appointed as Capital's Artistic Director for 2009.

RETAINING 2008 POSITION

Michael Brown (Club PM/Sculling) will continue in his post of VP of Operations.

Michelle Fryc (CW/Sculling) and Jim Smailes (SAW) will continue to serve as Program Representatives for the Sculling and Seniors and Weekend (SAW) programs, respectively.

Sameera Hasan (CW/Sculling) will continue on as the Club Secretary, and Deb Pianko (CW) will serve her second year of her term as VP of Resources.

Windy Shepard (CW) will remain in her position as the appointed Development Director in 2009.

Stability Ball Exercises to Build Strength and Flexibility

BY MIKE PRICE, article first appeared in *Triathlete Magazine*

If you're like many multisport athletes, your biggest complaint isn't the pain in your butt or legs; it's the pain in your back.

The key to thwarting the chiropractor and the massage therapist is developing core strength. A strong core region (abdominal, lower back and hip muscles) stabilizes your spine and acts as a link in the transmission of power between the upper and lower body.

A weak core region may result in an inability to maintain structural integrity of the lumbar spine; causing or exacerbating lower-back pain. Additionally, a weak core region costs you power and you'll experience upper-body fatigue sooner.

Core exercises are important for maintaining lower-back integrity, reducing fatigue and improving stability. The stability ball forces the body to adapt to unusual positions and, unlike floor or machine exercises, stability-ball exercises recruit many stabilizing muscles, which aids in the enhancement of muscular strength and endurance.



ABDOMINAL EXERCISES

Curl-up: Begin with the stability ball centered beneath your lumbar spine (the lower back just above the tailbone) and your feet flat on the floor. Exhale as you contract your abdominal muscles, causing your trunk to slowly curl up until your shoulders and upper back are lifted off the ball. Pause briefly, then inhale as you return to the starting position and repeat. Maintain your neck in a neutral position, about a fist's width between the chin and upper chest, throughout the movement.

Diagonal Curl-up: Do everything the same as in the curl-up, except rotate your trunk from left to right, drawing your left shoulder toward your right hip. Pause, then inhale as you return to the starting position. Now curl and rotate right to left. Continue rotating in alternate directions.

Reverse Curl-up: Lie on the floor on your back with arms extended out along the floor at a 45-degree angle and palms down, for support. Grip the stability ball between your heels and the back of your thighs. Keep your lower back flat as you exhale and contract your abdominal muscles causing your hips to be pulled two to three inches off the floor. Pause, then inhale as you return to the starting position, making sure the stability ball does not touch the floor, and release tension from the working muscles.

LOWER-BACK AND HIP EXERCISES

Opposite arm and leg lift: Begin on your hands and knees with the stability ball underneath your trunk, providing support. Inhale as you slowly lift your right arm and left leg simultaneously until your right arm, torso and left leg form a straight line in the same plane. Pause and then exhale as you slowly return to the starting position. Repeat the exercise with the opposite arm and leg and continue in alternating fashion. Keep the eyes focused on the floor throughout the movement to avoid overarched the neck and lower back.

Back extension: Lie face down with the stability ball under your hips, legs straight except for a slight bend in the knees, and the balls of both feet on the floor. Drape your upper body over the stability ball and cross your arms over your chest. Inhale as you contract your lower-back muscles, causing your upper body to rise until your head, spine and lower back form a straight line. Avoid overarched the neck or lower back. Pause, then exhale as you lower your upper body in a controlled manner to the starting position and repeat.

Bridging: Lie on the floor on your back, arms extended out at a 45-degree angle along the floor with the palms down for support. With your heels on top of the stability ball, lift your buttocks off the floor until your torso forms a straight line with your legs. Pause briefly, re-

turn to the starting position, and repeat.

Hip extension: Lie face down with the stability ball beneath your abdomen. Place your hands on the floor as in a push-up. Your legs should be nearly straight, with only a slight bend in the knees, and the balls of the feet lightly contacting the floor. Maintain your head in neutral alignment with the spine. Inhale and contract the buttocks, causing both legs to rise until they form a straight line with the spine and head. Pause briefly, then exhale and lower your legs in a controlled manner to the start position and repeat.

For best results, perform the exercises one after another in the suggested order. Begin with one set and work up to three sets of 15 to 25 repetitions of each exercise, two or three non-consecutive days per week.

STRETCHES

Stretching after your stability-ball core workout will help alleviate post-workout soreness. For optimal benefits, ease into each stretch, hold it without bouncing for 20 to 30 seconds, then ease out of the stretch. Repeat it a total of three to four times.

Back stretch (Drape): Begin with your hands and feet on the ground and the stability ball beneath you for support. Drape yourself over *continued on page 6 >*

CRC EVENTS

For more information on these events, visit www.capitalrowing.org

Tues. 1/6/09

CRC Board Meeting

Location TBD

7:00 p.m. Email secretary@capitalrowing.org for more information.

Sat. 1/31

Mid Atlantic Erg Sprints T.C. Williams High School Alexandria, VA

Registration is now open. Register before January 7 for early bird fees. Please visit ergsprints.com for more information.

Sat. 2/7

The Great Baltimore Burn Baltimore, MD

Erg sprints hosted by Baltimore Rowing Club. Please visit baltimorerowing.org for more information.

Sun. 3/8

Daylight Savings Time Begins Spring forward!

Sun. 3/15

D.C. St. Patrick's Day Parade

Decorate CRC's float and march in the parade.

Sat. 3/21

CRC Boat Take Out Day

8:00 a.m. 'til ... Help prep the boats for the start of the 2009 rowing season.

Sun. 3/22

Competitive Team Erg Test 1

Mon. 3/23

2009 Rowing Season Begins First Day of Practice

Sat. 4/18

First Sweep (Weekend) Novice Class Begins

This five-weekend introductory course is all-volunteer run. Please mark your calendars and consider helping out.

Sat. 6/6

Stonewall Regatta XVI Anacostia River, D.C.

Hosted by D.C. Strokes Rowing Club.

Sat. 6/13

Schuylkill Navy Regatta Philadelphia, PA

Sat./Sun. 7/4-5

Independence Day Regatta (IDR) Philadelphia, PA

Sat. 7/11

Capital Sprints Anacostia River, D.C.

Hosted by Capital Rowing Club

Sun. 7/26

Diamond State Masters Regatta Middletown, DE

To submit photos for inclusion in the events calendar, or elsewhere in Quick Catch!, please email freerayn@capitalrowing.org.

the ball and slowly roll forward and backward as the ball provides a supported, comfortable stretch to the lower back.

Back stretch (Rotation): Lie face up on the floor, knees bent and your feet flat on the floor. Hold the stability ball above you between your palms with both arms fully extended. Keep your eyes on the ball and your shoulders on the floor as you gently rotate the stability ball and your knees in opposite directions until they both touch the floor. Return to the starting position and repeat to the opposite side.

Abdominal stretch: Begin with the stability ball centered beneath your lumbar spine and your feet flat on the floor. Relax and allow your upper body to gently drape over the ball.

STABILITY-BALL CORE WORKOUT TIPS

Use the following tips to get the most out of your stability-ball core workouts.

1. Establish a strong mind-body connection. Visualize the working muscles contracting through the appropriate range of motion, and generate a smooth, slow movement.
2. Never inhale or hold your breath when flexing the spine. Inhaling or holding your breath will increase resistance to spinal flexion and may result in injury to your lumbar spine.
3. Interlacing the fingers behind the head for curl-ups may cause injury to the cervical vertebrae. Instead, cup the palms of the hands over the ears, with the heels of the hands near the temples and the fingers directed toward the back of the head.
4. To enhance muscular endurance, maintain the contracted position of the last repetition of an exercise for 15 to 20 seconds.

WORKOUT 1	WORKOUT 2
Curl-up	Diagonal Curl-up
Reverse Curl-up	Reverse Curl-up
Opposite Arm and Leg Lift	Back Extension
Bridging	Hip Extension
Back Stretch (Drape)	Back Stretch (Rotation)
Abdominal Stretch	Abdominal Stretch

5. Excessive abdominal mass (potbelly) significantly increases the load on the lumbar spine. To lose your potbelly, generate a caloric deficit sufficient for loss of up to two pounds of body fat per week.

www.active.com/fitness/Articles/Stability_Ball_Exercises_to_Build_Strength_and_Flexibility.htm