

QUICK CATCH!



Community Rowing in the Nation's Capital

Vol. 2, Issue 1

www.capitalrowing.org

Welcome Back!

BY KELLEY O'CONNELL, CRC President

As we embark on our 2009 season, Capital rowers should commit to making safety and good health a top priority!

Please pay attention to all the safety rules and guidelines around the boathouse. CRC's safety manual is designed to help you navigate safety challenges, no matter how easy or difficult. Take a few moments to review the manual and safety procedures before getting back on the water. We share the Anacostia River with many rowers, paddlers and boaters and our numbers balloon each year. All Capital rowers and coxswains need to set the example in practicing safety all season long. This need doesn't end when it gets lighter or warmer outdoors. Accidents happen when you least expect them, or when you let down your guard.

During these first weeks on the water, while the water temperature remains chilly and the air temperatures warm up, wear layers for warmth. Try wearing a knit hat. Stay away from cotton which pulls and releases heat from your body quickly. There are many high-tech wicking fabrics good for use when the air is cold and your body is hot. Keep in mind, there will be times early in the season when you will be practicing drills by pairs, and sitting out to set the boat. No reason to be cold while you wait for your next turn to improve technique, and no reason you should be without adequate gear. Shannon Stichman (CRC Gear Goddess) can help suit you up from head to toe! (See "Spring Gear Order," page 5).

One for final reminder: Reduce plastic trash and bring your water in a reusable vessel!

Have safe and warm fun this year!



Coaches' Corner

BY GUENNADI BRATICHKO, with SAMEERA HASAN (Competitive Women, Sculling)

Capital's Competitive Men's and Women's coach Guennadi Bratichko was interviewed for this issue's Coaches' Corner article. In this piece, Coach Guennadi discusses transitioning from winter workouts to being back on the water, and how to remain healthy and competitive at the start of the season.

Welcome back, Capital! It's the beginning of our season on the water. Everyone is excited and ready to go, ready to work as hard as possible. That excitement is very much welcome and appreciated, but please keep in mind that rowers should be careful while switching from indoor to outdoor training, from weights and other exercises to rowing on the water. Changes in exercise type and environment cause stress on the body. All changes cause stress, and this stress can be good or bad. In order to stay aware of your body and avoid early burnout, injuries, and psychological exhaustion, proceed with caution due this transitional period.

Capital's rowing season training program is designed to take into account this transitional

period. At the beginning, the workouts will not be extremely demanding but will instead provide smooth continuity and flow from the winter workouts to the rowing season. This point of the season is unique in that we can dedicate plenty of time to improving the rowing technique. Everyone begins the season with trying to fix their technique issues. These are not necessarily problems, but everyone has room to improve and this is the time to do so. We will be rowing by numbers and keeping the practices simple in order to develop good technique habits. This is the ideal time to break bad habits and acquire new, good ones, and also to make fundamental changes in your technique, if necessary. Missing practices early on gives fewer opportunities to

improve a rower's technique and, in terms of conditioning, puts that rower at a competitive disadvantage.

All rowers can follow these steps in order to try and stay healthy, so that they can attend all practices. To try and avoid getting sick, rowers should remember that the weather and water temperature are still cold. It is important to keep your body warm during workouts, and it's better to be warm than to be shivering especially with your upper body (containing the lungs and heart.) Competitive team rowers are reminded that no skin should be showing, and to keep their backs and bodies covered. You may be called upon to cox, so be prepared with additional clothing. All rowers should keep a change of clothes handy in case they get wet on the water.

Another way to stay healthy is to eat well and enforce good nutritional habits. Drink plenty of fluids and stay hydrated, and have a diet that aids in working out. Lastly, even with the new wake-up time, rowers should try and get a good night's rest to replenish the body.

After the start of the rowing season, it takes the body about 2-3 weeks to adjust to the new workout and schedule. Practices may seem easy in the beginning but this adjustment period is necessary. Allow 2-3 weeks to get into the routine before considering additional workouts. After this time, an optional additional workout program will be offered.

Keep in mind – Capital's Competitive training program is designed for us to be at our best performance for the summer sprint races taking place at the end of July until mid-August. Although workouts are relatively simple at the start of Spring season, the water practices are similar to the winter workouts in that the training is cumulative and it builds up as the season progresses. Focus on this part of the season should be on transitioning from winter workouts to rowing, staying healthy and rested, and working on your own rowing technique issues. If we concentrate on these items now, then we will be able to further improve and will reap the rewards (medals!) later at Stonewall, Diamond State, and Masters Nationals!

See you on the water!



How Much is Your Equipment Worth?

Why You Should 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 You Can Do

Take pride in our club and equipment.

Take care when adjusting foot stretchers and handling boats.

Clean Up!

Help keep water bottles off the dock (and out of the river), trash in cans not the boathouse, and use the recycle bins for paper, plastic and aluminum.

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 the CRC Operations.

Equipment	Cost	Notes
Sweep 8s	\$18,000-\$30,000	Watch the riggers when moving boats on and off the racks and out the bay doors.
Sweep 4s	\$10,000-\$15,000	Many of our boats are on floor rollers. Never step over a boat.
Sculling 2x	\$10,000	Damage to a double strands two rowers on land.
Sculling 1x	\$3,000-\$8,000	Treat it like your own. Wash it, wipe the tracks.
Oars	\$250-\$350/ea.	Do not leave on dock after practice.
Cox Boxes	\$600 ea.	The microphone alone costs \$100 to replace.
Bow & Stern Lights	\$25/ea.	Indispensable.
Launch Radios	\$150/ea.	Submersible does not mean it floats!

Heron Rises From The Dark, Summer Pond by Mary Oliver

So heavy
is the long-necked, long-bodied heron,
always it is a surprise
when her smoke-colored wings

open
and she turns
from the thick water,
from the black sticks

of the summer pond,
and slowly
rises into the air
and is gone.

Then, not for the first or the last time,
I take the deep breath
of happiness, and I think
how unlikely it is

that death is a hole in the ground,
how improbable
that ascension is not possible,
though everything seems so inert, so nailed

back into itself –
the muskrat and his lumpy lodge,
the turtle,
the fallen gate.

And especially it is wonderful
that the summers are long
and the ponds so dark and so many,
and therefore it isn't a miracle

but the common thing,
this decision,
this trailing of the long legs in the water,
this opening up of the heavy body

into a new life: see how the sudden
gray-blue sheets of her wings
strive toward the wind;
see how the clasp of nothing
takes her in.

"This Mary Oliver poem is about a blue heron, and I thought it was interesting because we see so many herons by the river."

- Michèle Moriarty, Oct. 2007

*Contributed in memory of Michele
by Mary Ellsworth (SAW)*



CRC Says Goodbye to a Teammate

Michèle A. Moriarty, SAW Rower (1953-2009)

BY JIM SMAILES (SAW Program)

Michèle Anne Moriarty, 56, rowed with the Senior and Weekend program (SAW) from April 2003 to May 2008. She wholeheartedly shared our love of rowing and the early mornings on the Anacostia River.

Born in Hartford, CT, Michèle graduated from Wellesley College in 1975 with a degree in German. She received a master's degree in library science from the University of Maryland in 1991. From 1981 to 1990, Michele worked as a translator at the World Bank in Washington, where she wrote, edited and researched documents. Earlier she taught English in Germany and in Senegal, and worked in the World Bank resident mission in Cameroon. From 1991, Michele had been a consulting French and German translator for the World Bank and the International Monetary Fund as well as the Justice and State departments. She was a pilot and owned a Cessna 182, a single-engine plane. She was also an accomplished horsewoman. She died January 17 at her home in Takoma Park, MD. She had breast cancer.

Michèle was an enthusiastic rower, a pleasure to coach, and a dedicated volunteer who came to every Take-Out Day and Put-Away Day. It was rowing that brought Michèle to Capital and she became very dear to many of us. She was focused in the boat and became a very good rower. Occasionally, though, she and Mary Ellsworth would see magnificent blue herons on the banks of the Anacostia, and she was so moved by the sight that she sent a poem about the herons to her fellow SAW rowers (see "Heron Rises from the Dark"). Michèle also had a wonderful collection of colorful socks that awakened us at 7:00 a.m.

As quiet as Michèle was, her socks spoke volumes. Michele could also be seen more than once wearing a lovely pearl necklace with her athletic clothes and once called out for the pool boy to clear the river of debris.

While Michèle did not row in college, she had been rowing with Capital about two years when she went to her 30th class reunion at Wellesley and was able to participate as a rower in the very beautiful and moving opening event. Michele had noticed a call for volunteer rowers to be part of the opening ceremony and of course, she stepped up to the plate! Quite impromptu, she handed off her bag, went directly to the docks and got into one of the shells for the first rehearsal. That evening after dinner, the ceremony began at dusk before an audience assembled on the Wellesley "beach." Out on the water the rowers did formations in 8-person shells. For the finale, four crew-shells formed a large 'W' for Wellesley. In the deepening twilight, the rowers held their oars up in a vertical salute. Each girl then held a flashlight against the oar, shining upwards, illuminating the length of each long oar. They rowed away, followed by a fireworks display.

Several members of SAW, enough for an 8+ with cox and coach, paid tribute to her at her memorial service on February 15. Her spirit will be with us as we get ready for a new season.

Off Season Success at Erg Sprints

CRC Rowers Medal at Mid-Atlantic Erg Sprints and C.R.A.S.H.-B

BY SAMEERA HASAN (Competitive Women, Sculling)

Medals are medals, and everyone likes to win. But think about how hard is it to focus and train, concentrate and compete when you're a rower – if you're not actually feeling the wind off the river, and seeing out of the corner of your eye the boats you're passing by? It's extremely hard! And yet, a few members of Capital's Competitive teams still managed to train hard enough to win medals at this year's Mid-Atlantic Erg Sprints hosted by T.C. Williams High School in Alexandria, VA, in January. Kae Gerhard took home the gold and Jennifer Ney took home the bronze in the Masters Women's 30-39 category.

Then, as if erging her heart out down the street wasn't enough, Kae took her gold-winning show on the road up to Boston for the C.R.A.S.H.- B Sprints World Indoor Rowing Championships where she earned a silver medal in the Masters Womens 30-39 category.

At the Great Baltimore Burn, Capital Competitive team members Sarah Dunham and Duncan Spencer placed third in the 30-minute Row for Charity and Men's Veterans (60+) events, respectively.

Please join us in congratulating Kae, Jen, Sarah and Duncan on their early start to what promises to be a winning sprint season! GO CAPITAL!

Email your race results and event/category to either your program representative or to secretary@capitalrowing.org to have your winning achievements published in a future newsletter.

Team Gear Order

Place Your Order March 11-22

Anyone interested in ordering CRC gear will be able to do so beginning March 11 at Capital's Organizational Meeting. Samples of new CRC items will be available to order, and currently-offered, in-stock gear will be available for purchase. Gear will also be available to purchase and order at the boathouse on Take Out Day (March 21) and at the Comp erg test (March 22). Bring your checkbooks!

All orders and payments are due on March 22. Orders will be placed to vendors on March 23 to ensure that everyone will receive their gear in a timely fashion – that is, for sprint season!

Contact Shannon Stichman, CRC Gear Goddess (sstichman@gmail.com) for more information or if you have questions, comments or suggestions. Check www.capitalrowing.org next week for more information, too.

CRC EVENTS

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

All events to be held at Anacostia Community Boathouse unless otherwise noted.

Saturday - March 14

St. Patty's Day

Float Decorating Bonanza

11:00 a.m. - 4:00 p.m. Help dress up the Beast for D.C.'s St. Patrick's Day Parade to be held on Sunday, March 15. For more information, please contact Scott Remley, Social Director: remleys@gmail.com

Saturday - March 14

Roller Derby @ DC Armory

4:00 - 8:00 p.m., bout begins at 5:00 p.m. Tix. \$12. Join Dan Croghan and other Capital members as they watch the DC DemonCats from "suicide seats" as they take on Scare Force One in a thrilling bout! Show up early and stay late for pre- and post-tailgating. For more info, please contact dpcroghan@gmail.com.

Saturday - March 21

Take Out Day

Noon. The annual tradition of taking out the boats and opening the boathouse for the season is a mandatory club member attendance event at the boathouse. Contact your program representative for more information.

Sunday - March 22

Competitive Erg Test 1

Contact the Competitive Men's or Women's program representatives for more information.

Sunday - March 22

Capital Rowing Club Open House

11:30 a.m. - 1:30 p.m.

Monday - March 23

Spring Season Starts

Please contact your program representative for more information about practice times and dates.

Wednesday - April 1

Capital Rowing Club Board Meeting

7:00 p.m. (location TBD). Contact secretary@capitalrowing.org for attendance information.

Saturday - April 18

Anacostia Watershed Society's

Earth Day Clean Up

7:00 a.m. - noon.

Saturday - April 18

Novice Sweep 1 begins

9:00 a.m. - noon. This class meets Saturdays and Sundays, from 9:00 a.m. to noon, until May 17. Volunteers are greatly appreciated! Contact membership@capitalrowing.org for more information.

Wednesday - May 6

Capital Rowing Club Board Meeting

7:00 p.m. (location TBD). Contact secretary@capitalrowing.org for attendance information.

Saturday - May 30

Stonewall Regatta hosted by

DC Strokes Rowing Club

Contact your program representative for more information.

Saturday - June 6

National Learn to Row Day

Volunteers will be needed to help expose would-be rowers of all ages to the joy of rowing, especially on the Anacostia. Contact your program representative for more information.

Capital Rowing Club
Community Rowing in the Nation's Capital



Don't think you can do this?
YES YOU CAN!

***SPRING 2009 NOVICE CLASS
BEGINS APRIL 18***

WEEKEND CLASS:

Saturdays & Sundays - 9:00 a.m. to 12:00 p.m.
Session runs April 18 to May 17

INFO: learntorow@capitalrowing.org



www.capitalrowing.org

ANACOSTIA COMMUNITY BOATHOUSE
1105 O STREET, SE
WASHINGTON, DC