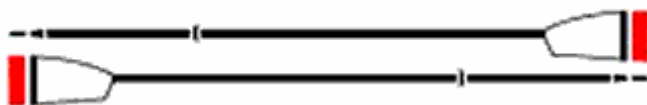




INDIANAPOLIS ROWING CENTER



The Catch

An electronic
newsletter for
the Indy
Rowing
community

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Nationals Update

The USRowing National Championship regatta begins Wednesday, July 19th and runs through Sunday, July 24th. We expect more than 1,000 athletes and coaches from throughout the US to be here.

Regular Indy Rowing rowers need to know that our docks will be moved to the Nationals boat launching area north of the swimming beach next Monday. There should be limited launching off the wooden docks at our regular dock area until Tuesday evening. Once the regatta begins on Wednesday, local rowers will have to launch from the Nationals docks and will have to follow the posted traffic pattern. Because of the crowds, it is recommended that Indy rowers stay off the water during Nationals.

We still need volunteers. If you have not been in touch with Cori about your availability, it's not too late. Reply back to Catch if you can help and haven't signed up yet.

4th of July Picnic and Pick-up Races - Tuesday July 4

Rain failed to dampen our 4th of July festivities last week. The day began wet, but the weather improved as about 40 friends, relatives and rowers showed up to race, learn and eat. The day began with 2 eights made up of experienced and Learn to Row students who provided the morning's fireworks in two hotly contested races of 1000 and 500 meters. The two boats split their races, so everyone came away a winner. After the 8s race, food was the order of the day as burgers, dogs and chicken fueled the hungry rowers. After lunch, experienced scullers took out new scullers and sweep rowers unfamiliar with rowing with 2 oars, out in quads.

One of the highlights was Cori Bucherl's dad, Mark, returning to an eight for the first time since he rowed at Purdue. Daughter and dad rowed #s 7 & 8 in one of victorious eights. Pictures of the picnic and the racing are online.

Our next picnic is scheduled for Labor Day, September 4th. Don't miss out on the fun! Stay tuned for more information.

Learn to Row Fleet Repairs Underway

Chris Luhn of Dayton Boat Works attended the 4th of July picnic and brought back two of the Learn to Row singles damaged in the storm a few weeks ago. He hopes to have 2 more back here next week. The storm totaled one regularly used Learn to Row and 2 that were not currently in use. Shortly after the storm we purchased a used Small Craft single, so we'll be back to full strength after Nationals.

The recreational shell racks have been repaired and all who use the boats are reminded to bungee the boats to the racks after use. The 2 red Alden Horizons do not have to be bungeed, but all the others should be secured after use.

Learn to Row Sweep Class

Learn to Sweep class will be finishing up next Saturday morning. Once class is complete, graduates are welcome to start coming to masters practice on Tuesday and Thursday evenings and Saturday morning at 7:30. There are opportunities to race this fall, so if you are interested in competition, come to the masters practices and learn more.

Sculling Monday nights - Peter Mokry - Masters Coach

Intermediate to advanced scullers are invited to join us Monday evenings around 6 for some friendly competition and coaching. If you are looking to improve technique and speed, grab your single (or one of the club's) and meet us on the race course between the 1500 meter mark and finish. If you joined us last summer, I hope to see you again. If you did not, these sessions are organized as casual groupings where we all help each other by offering advice on technique and providing additional motivation.

Quad Clinics

After the successful outing on the 4th of July featuring four quads, some of the masters rowers are planning on organizing more opportunities for Learn to Row folks to get out in team boats. Learn to Row sweep and scull students and recent graduates are invited. The plan is to take a couple of new rowers out with one or two experienced mentors. The first one is planned for this Sunday July 16 at 4PM. We will continue after Nationals if there is interest. Reply to Eric Stoll if you would like to try out the quads or you could help teach.

Juniors Begin Practice August 14

It seems like summer is barely here, but fall practice for the high school rowers begins in about a month, Monday, August 14th. Experienced and novice rowers begin fall practice together, but new rowers will be welcome through August. If you know a high school student who may be interested, have them contact Eric Stoll. for more information.

Fall Race Schedule

This fall brings a busy racing schedule. The Junior rowers will be competing in the races listed below as will some of our masters rowers. A highlight of this fall's season is the inaugural **I-70 Challenge**. The I-70 challenge is an alliance between Indy Rowing and our sister clubs, Greater Dayton Rowing Association and Westerville Crew. Crews competing at all three of our regattas, Dayton Five Rivers, Columbus Crew Classic and Head of the Eagle will be eligible for special I-70 Challenge trophies.

September 30	Head of the Licking - Cincinnati
October 1	Dayton Five Rivers Regatta (<i>I-70 Challenge</i>)
October 7	Columbus Crew Classic (<i>I-70 Challenge</i>)
October 21	Head of the Eagle (<i>I-70 Challenge</i>)
October 28	Head of the Schuylkill - Philadelphia
October 29	Head of the Elk - Elkhart (Butler only)

Director on Vacation after Nationals

Hours after the completion of Nationals on July 23rd, Eric, Deborah and Adam Stoll head to London to see daughter Rachel and the rest of the St. Paul's Episcopal Church choir as they wrap up their United Kingdom tour with a week of singing at Westminster Abbey. Cori Bucherl will be staffing the boathouse during most of the day, but boathouse staffing will be less than normal through August 3rd.