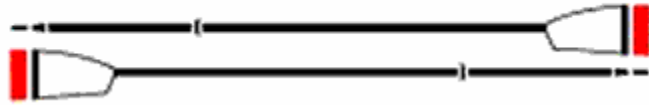




INDIANAPOLIS ROWING CENTER



The Catch

An electronic
newsletter for
the Indy
Rowing
community

Volume I, Issue 12

November 6, 2006

Winter Training Kick-off Issue

Boathouse Closed - Monon Open!

The launches are out of the water, the course buoys are (almost) cleaned and the Learn to Row boats are ready to winter where the ergs normally live the boathouse will be pretty quiet until March. It's time to follow the ergs and head to the winter home of Indy Rowing, Monon Fitness.

All are welcome to join the Monon Fitness Center (5301 N. Winthrop) for the amazing rate of only \$120 per year. Last year we had many masters and parents join us at our new winter home to erg or use the weights and cardio equipment. The Monon also offers classes daily, such as Yoga and Aerobics. Come check it out. Even if you belong somewhere else, the benefits of working with other rowers is easily worth it!

Juniors

Winter training for all juniors officially begins Monday, November 13. Practices will be set up male/female, with the fall novices working out with the varsity teams. Membership for the juniors is included in their dues, so no extra payment is required. Coaches have been in touch with the rowers with details.

This is the earliest start for winter training for the juniors. The goal is to get started before the rowers lose the fitness gained during the fall and continue to build strength. Practice is daily from 4-6 pm with juniors required to attend 3 or 4 sessions a week. It may sound clich'd, but coaches know that spring races are won during the winter.

Masters

The masters will meet as a group Tuesday and Thursday evenings at 6PM, and Saturdays at 9AM. You are of course welcome at the Monon any time you would like to work out. Parents are particularly encouraged to join us. We will be glad to teach you to row, why not join in the same sport you child loves!

Virtual Erging at home or other clubs

This year we are building a training plan for the masters with the Indy Indoor Sprints race as a goal. If you would like to be a part of this virtual community, please reply to the Catch. We will provide suggested workouts, hints and tips and encouragement. If you belong to another club, we would love to work with them to offer coaching to their staff and clients. Please let us know where you are working out.

Indy Indoor Sprints

Now that the on-the-water rowing season has drawn to a close, we are in the midst of organizing our annual indoor rowing race, The Indy Indoor Sprints. This race is planned for February 10th 2007. 2007 will be the fifth year of this event which has grown from just over 50 athletes the first year to over 100 in 2006. We are hoping for sustained growth this year. Unless there is a severe blizzard, we guarantee that this event will not be affected by the weather!

Interested in buying an erg?

Would you rather erg at home? The Indoor Sprints presents an opportunity for you to buy a new erg at a discount. We usually order 10-12 brand new ergs from Concept2 who help us run this event. We use these ergs for the race, a couple of them then go to the boathouse, and we sell the remainder to members who have placed orders prior to the event. You will be able to pick your erg up after the race, or we can deliver it to you. Sorry this will not be in time for the Holidays. If you are interested in placing an order please [reply](#).

Final Fall Race Update

Our roving Catch reporters missed spotting Emma Cordes, a freshman rower at Xavier University at the *Head of the Charles*. Did we miss anyone else?

Masters rowers Caryn Atkinson and Eric Major Bishop traveled to the *Head of the Hooch* this weekend. They placed 12th out of 18 in the mixed doubles. Major was recruited to join a quad from Greater Dayton which placed third. He credits the Sunday afternoon quad clinics with preparing him for the race. Both had planned to row singles but the difficulty of the course and a sore leg conspired to make them scratch and watch the singles from shore.

Mongolian Barbecue Fundraiser - November 8th from 5-9

Don't miss out on the Indy Rowing Juniors fundraiser at bd's Mongolian Barbeque (3838 E. 82nd Street) on Wednesday, November 8th from 5-9 p.m. Indy Rowing makes a dollar for every person who dines between 5:00-9:00 pm and mentions us! Don't forget, all tips for the grillers go to Indy Rowing!

An Evening of Giving - Greenwood Mall & the Fashion Mall

Shop for the Holidays on Sunday November 19th from 6:00 to 9:00 PM.