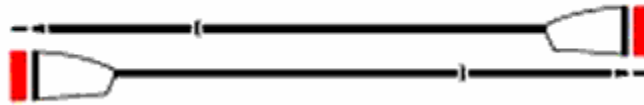




INDIANAPOLIS ROWING CENTER



## The Catch

An electronic  
newsletter for  
the Indy Rowing  
community

Volume I, Issue 13

December 8, 2006

### USRowing Annual Convention Issue

**Annual Convention Portland, Oregon November 30 December 2**

This year's USRowing Annual Convention was in Portland (more breweries per capita than any city in the world), Oregon. Indy Rowing attendees were Eric & Deborah Stoll, junior novice coach Whitney Meyer and assistant novice coach Ann Stephens.

Eric and Deb decided to make an adventure of the trip and took the Empire Builder train from Chicago. The 46 hour trip proved to be a relaxing and fun trip. Whitney and Ann flew out as bad weather moved east and played havoc on airline schedules, finally making it to the hotel at 11:30 pm the night before the convention began.

Ann and Whitney enrolled in USRowing's Level III coaching certification course and successfully passed their tests late Friday afternoon, joining Eric as Level III certified.

The four days were full of interesting sessions on training, coaching, regatta management plus the vendor fair showcasing the newest in rowing equipment. Special sessions on Row for the Cure and club fund raising were also well attended.

Friday evening brought the USRowing Annual Awards reception. Eric and Deb Stoll were honored as this year's Clayton W. Chapman Award winners. The press release follows:

The Clayton W. Chapman Award is presented annually to an individual who best emulates Mr. Chapman's 30-year stewardship of the Eastern Sprints and IRA Championship regattas and who consistently serves in a behind-the-scenes administrative role that has previously gone unrecognized. This year's winners are Eric and Deborah Stoll of Indianapolis Rowing Center. Eric joined Indy Rowing's staff in June of 1996 as its executive director. He serves as the junior women's coach and is responsible for organizing all regattas at Eagle Creek Park. Eric has served as regatta director for eight USRowing National Championships, as well as Indy's annual regattas including the Indianapolis Collegiate Invitational, Indianapolis High School Invitational and Head of the Eagle. Deborah, who works for IBM, is actively involved with Indy Rowing, primarily focusing on off-the-water activities. She manages the club's clothing sales, coordinates information for the newsletter and other communications, and works on recruiting new members. She also races with the masters program and hosts an occasional quad clinic to introduce learn-to-row graduates and sweep rowers to the joys of sculling. Eric and

Deborah are graduates of Washington College and have two children, who are both collegiate rowers.

<http://www.row2k.com/postcards/pickup.cfm?ID=44822>

### *Female Athlete of the Year - Anna Michelson*

This year's female athlete of the year, Anna Michelson has visited us here in Indy and met many of us at the Indy Indoor Sprints. She sends her best regards to Erik Johnson and Kristie Hill who hosted her when she was here.

### **Monon Update**

All are welcome to join the [Monon Fitness Center](#) (5301 N. Winthrop) for the amazing rate of only \$120 per year. The Monon also offers classes daily, such as Yoga and Aerobics. Come check it out.

### *Juniors*

Our junior rowers began winter training November 13<sup>th</sup> at Monon. While attendance has been pretty good, it's not too late for those who have not been there to begin. Last year we didn't get started until January, so we are far ahead of the game so far this year. Many are logging their meters on the Concept 2 website for the Holiday Challenge.

### *Masters - Practice 2k December 9<sup>th</sup>*

The masters have been ergging Tuesday and Thursday evenings at 6PM, and Saturdays at 9AM for the last several weeks. We have an average of eight people at each session, including several new people who work out at the Monon. We usually teach at least one new person to row at each session. We row together using several interesting new workouts and all agree that it is not only more fun, but we work much harder together.

One Saturday after practice we were joined by Alex Adams, one of our master rowers who runs preparation workshops for the Mini Marathon. Alex shared his experiences with heart rate monitors as a training tool. If you are interested in more information, just reply to The Catch.

Next Saturday (December 9<sup>th</sup>) we will have our second practice 2k, in preparation for the Indy Indoor Sprints February 10<sup>th</sup>. All are welcome to join, even if you don't work out at the Monon. We will adjourn after to Moe and Johnny's (54<sup>th</sup> and College) for coffee, about 10AM.

### **Indy Indoor Sprints - February 10th 2007**

#### *Virtual Erging at home or other clubs*

We are working with health clubs around the city to include as many new people as possible. If there is an erg at your club please let us know. We will offer coaching clinics as well as workout tips for them. Please help us to expand our rowing community at you club.

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.

## **Holiday Challenge**

For those of you who don't log your erg meters online, take the time to set up a personal log at the [Concept 2 Web site](#). As mentioned above many are participating in the Holiday Challenge to row 100,000 or 200,000 meters between Thanksgiving and Christmas (see below).

Even if you don't want to do the challenge, join our online Indianapolis Rowing Center erg group. We are currently 120<sup>th</sup> (out of 898) in meters rowed so far this season (which ends April 30<sup>th</sup>). Help us break into the top 100 (2 weeks ago we were 137<sup>th</sup>).

**The Challenge:** Runs from American Thanksgiving (November 23) to Christmas Eve (December 24) at midnight. That's 32 days total. Choose one of the following goals for your total meters rowed:

- ⎄ 100,000 meters (an average of 3125m per day)
- ⎄ 200,000 meters (an average of 6250m per day)
- ⎄ 50,000 meters for Kids under 16 (an average of 1563m per day)
- ⎄ Adaptive rowers may choose 50K, 100K or 200K

It's easy to participate. All you need is a Concept2 Online Logbook where you will enter all the meters you row. If you don't already have an Online Logbook, here's how to create one:

1. Visit the [Online Logbook](#) at concept2.com.
2. Under New Users, click Register.
3. On the Profile page, enter all required information, and click Submit.
4. When you see the "Thank You" message, click Continue.
5. Log in with the user name and password you just created to begin logging your meters!

## **Fall Fund Raisers**

Thanks to all who attended the fall Booster fundraisers. The Mongolian Barbecue outing brought in over \$400 and the Simon Season of Caring netted \$518. Many thanks to Lori Zeronik and Deb Gale for organizing these 2 fun events.

## **Holiday Clothing Sales**

Need a Holiday gift for the rower in your family, or just a great treat for yourself? Consider one of our new items the stylish Red/Black & White Rugby shirts (\$55), or our black 'Rakish Hoodie' (\$25). Hats (\$10) and Long Sleeve Racing Shirts (\$30) are also available for Holiday delivery. We are also collecting orders for Fleece Jackets (\$60) and Vests (\$50). Land's End requires a minimum of 6, so please help put us over the line!

Just reply to [The Catch](#) to order. 'Secret' delivery outside of rowing practice can be arranged for gifts.

## **Culver rowing scholarship honors fallen Marine**

1st Lt. Andrew K. Stern 98 and his passions rowing and the Marine Corps were remembered Sept. 16 in a solemn ceremony in which his parents awarded a scholarship in their son's memory.

Stern, 24, was killed in action Sept. 16, 2004, in fighting near Fallujah, Iraq, while assigned to the 1st Tank Battalion, 1st Marine Division, I Marine Expeditionary Force. He is the only Culver alumnus to die as a result of the war on terrorism.

At an all-school gathering in front of the Legion Memorial Building, the 1st Lt. Andrew Stern Scholarship & Rowing Award was presented to Niklas von Kuczkowski 07 of Hannover, Germany. Von Kuczkowski won the men's singles sculls title at the U.S. Rowing Youth National Championship Regatta this past summer.

The recipient of the annual \$1,000 scholarship is designated as the senior member of the rowing squad male or female who best demonstrates the traits of dedication, honesty, joyfulness, respect, and integrity personified by Lt. Stern.

Andy loved to row and he loved the Marine Corps, Richard Stern told the gathering, explaining why he and his wife, Eileen, chose to remember their son in such a way. He really loved the Culver structure. He thrived here, Richard Stern said.

Lt. Stern had great affection for rowing, his crewmates, and his coach. While at Culver, he rowed for four years and was co-captain of the crew team. He was a member of the Midwest Scholastic Championship Scull Team and participated in the U.S. Youth Rowing Championships. His leadership and ability to motivate peers earned him the rank of Artillery Battalion Commander his first-class year.

In Lt. Stern's memory, one of the crew shells bears his name.

I immediately thought of him, Coach Guy Weaser said. Whenever I see the boat, I can still hear Andy's gruff voice always greeting me, Hello, Mr. Weaser.' He was a great person.

Lt. Stern is buried in Arlington National Cemetery.