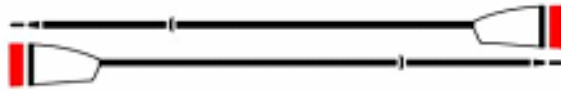




INDIANAPOLIS ROWING CENTER



## The Catch

An electronic newsletter for  
the Indy Rowing community

Volume 3, Issue 5

May 28, 2008

### Spring Wrap-Up & Summer Preview

#### National Learn to Row Day

IRC will have its annual open house **Saturday June 7 from Noon to 2:00 PM.** This is a membership driven and supported activity. Flyers have been mailed to all members to distribute. Please help by posting these wherever possible -- businesses, schools, apartments, health clubs, etc. Encourage your friends to attend.

We will also need volunteers on June 7 to help move and then set boats, greet visitors, give tours, demonstrate erging, etc. If you would like to volunteer please e-mail Dan Hoyniak ([dhoyniak@yahoo.com](mailto:dhoyniak@yahoo.com)).

#### OPEN ROW

**Experience an evening on the water!** Experienced rowers and former IRC members are invited to an OPEN ROW Sunday, June 22, 5-7pm. No membership necessary. (Members are welcome, of course!)

Club equipment will be available, and coaches will be on hand to facilitate lineups. Suggested a donation of \$5 for non-members.

**Come row! We'd love to see you again!**

#### Memorial Day Summer Picnic

Summer unofficially got underway on Monday when the first of our three holiday picnics took place at the boathouse. Despite a threatening overcast and increasing breezes, over 50 IRC members, parents and friends gathered for rowing, food and friendship.

The day got underway with Deb Stoll taking names and organizing boats for the traditional races. Masters, juniors and college rowers were all combined and in the end three eights and a quad took to the water for the grueling 500 meters sprints. Thanks to Peter Mokry for serving as starter and to all who competed.

Special thanks go to Herbey Zepeda for serving as chief organizer. The tradition of teaching new folks and parents to row in the quad had to be dispensed with due to a strong cross wind that kicked up. If you missed the fun, make plans to join us for the Fourth of July picnic.

#### Team Indy

Are you interested in fielding a corporate 8+? Please ask your co-workers or social group if they would like to row. Cost is \$750 per boat. Based on interest, the teams will start practicing one day per week with their IRC member "coach." Coxswains will be provided upon request. Team Indy is open for practices (you set your schedule) June 1 to July 12. Teams will compete in an exhibition race at the Midwest Masters.

### Junior Season Wrap-up

The IRC Juniors completed their season with the Midwest Championship Regatta. This is the premier junior race in the Region and is a qualifier for the National Championships which are held in June. The IRC juniors posted a strong showing: every IRC boat progressed from the heats to the finals. Additionally, the boy's team finished in the top half of Midwest crews (11<sup>th</sup>/22), and the girls finished 20<sup>th</sup>/ 28 teams. Overall, the IRC juniors showed a great deal of depth this season.

Best wishes to the IRC seniors who competed this spring: Sam Gonzalez, Stephen Hamori, Vince Neirste, Alina Richardson, Megan Bowman, Katelin Carter, Caroline Hoyniak, Kelsey Jeffs, Mallory Jones, Stephanie Young. We will miss you!

Thank you to the parents, the booster club, and the coaches for a great season. IRC Junior rowing will begin mid- August for the fall season.

Reminder, novice tank tops are due back to IRC. If you wish to purchase yours, the cost is \$25.

Junior updates are available at the website [www.indyrowing.org](http://www.indyrowing.org).

### Junior and Collegiate Sculling Camp

Begins June 3, T/Th/F from 6:15-8 AM. Rolling registration. Collegiate and Junior summer memberships are \$100. Scholarship applications are online.

Sculling is an excellent way for IRC rowers to improve their technique while trying a slightly different discipline. Please email Bernadette to sign up for the class.

Note: Junior Summer Members should not be rowing/ sculling without coach supervision.

### Masters Update

Check out the new masters page at [http://www.indyrowing.org/index\\_files/Page656.htm](http://www.indyrowing.org/index_files/Page656.htm) It currently has our training plan and new content will be added. There is also a new Bulletin Board at the Boathouse for daily announcements

### Practice Schedule

Please join us Tuesdays and Thursdays 6-8pm for team sessions. Based on attendance, the coach will make sculling or rowing lineups, and offer technical instruction while following the training plan workout.

### Intermediate Sculling

Intermediate Sculling also meets Tuesdays and Thursday nights 6-8. Masters members and private boat owners are invited to join the intermediate class for a night or so if you wish to review your sculling fundamentals. Tony Summers is the May instructor; Eric Bishop is the July and August instructor.

### Competition Opportunities

IRC masters are encouraged to compete in the **USRowing Midwest Masters Regatta here at Eagle Creek on July 12**. Coaches will be selecting team boats for interested individuals, and individual entries are also encouraged.

### Saturday, July 26th is the Michigan Club Invitational Regatta.

This would be an excellent all-team away event, and strengthen IRC's ties with other Midwest clubs. We would leave Friday night unload the trailer, stay as a group in a hotel and return Saturday night after racing. Bernadette will be polling the team masters for attendance. Ideally, IRC would enter a number of competitive and recreational club boats.

### **Masters Racing Uniforms**

Orders for rowing apparel are now being taken on our new website for masters and other interested rowers. Check out the racing tanks and shorts. Orders will be taken through June 15th and shipped together for summer racing. Individual orders can be placed at any time and will ship as they are received. The link can be found on the Indy Rowing home page or directly at <http://www.power10sports.com/> Choose Indy Rowing as your team and use IRC5 (in Capitol letters) as your password.

### **Summer Rowing Camps**

Juniors and masters alike can benefit for a week at a summer rowing camp. It makes a great vacation or college pre-view. Indy rowers have attended Craftsbury, Calm Waters, Charles River (Harvard), Navy and many others. Check out the list at: <http://www.row2k.com/camps/>

### **College Rowers**

Congratulations to all the IRC Rowers who recently completed their spring seasons in college. These include:

Katie Green – Bates

Kristin Johnson – PENN

Colin Ruemmele – Purdue

RJ Ryan – MIT

Laura Wright – Purdue

Meaghan Wareham – North Carolina

Adam Stoll – St. Joseph's

Rachel Stoll – Marquette

Andrew Warschauer – Wash U (St. Louis)

All Junior Alumni, whether you are rowing in college or not are welcome to join the masters or the juniors. Please welcome any other Indianapolis based college rowers who might want to join us over the summer.