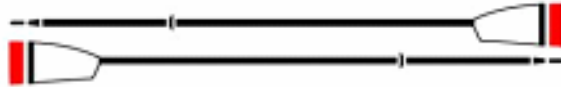




INDIANAPOLIS ROWING CENTER



## The Catch

An electronic newsletter for  
the Indy Rowing community

December 1, 2008

Volume 3, Issue 7

### Fall Wrap up and Holiday Happenings

#### Fall Racing

Juniors and Masters wrapped up their competitive season with the Head of the Eagle Regatta on November 1st.

82 junior rowers compete this season for IRC, as well as 12-20 team masters. The Juniors and Masters competed at the Frogtown Races in Toledo, The Columbus Fall Classic, and The Head of the Tennessee in Oakridge.

Thanks to Fall team coaches Mikella Robinson, Whitney Meyer, Eric Stoll, Greg Wilson, Brendan Chandler, Katie Lesko and Courtney Chan for their leadership this season. Thanks, also, to volunteers Ann Stephens, Jake Teitgen and Kyle Robinson.

#### Head of the Eagle

##### Great weather, great turnout!

26 teams from 7 states competed at this year's Eagle. The weather was ideal. We reversed the course to finish in front of Ricks Café, where a spectator party was in full swing.

**Thank you to all the volunteers who made this event a success and to Purdue Crew for their support!**

#### Eric "Major" Bishop

Eric Bishop passed away November 27, 2008.

Please keep Eric's family and friends in your thoughts during this holiday season. Information on the Memorial Service will be posted on the IRC homepage.

#### Eric Stoll Named to Washington College Athletic Hall of Fame

Eric's award cited Eric's coaching at Washington College and Villanova University, his years as associate executive director and national program director at US Rowing as well as his 12 years of service to Indy Rowing.

Congratulations, Eric!

#### Christmas Shopping from IRC

- Brand New Concept 2 Ergs for sale. No shipping charges—we deliver! \$950
- Vintage wooden rowing seats make a perfect wall hanging. \$75
- Mikes Carwash Certificates—Buy 4 get 2 free! \$32
- IRC bumper-stickers and window clings. \$3
- IRC Clothing available at Fitness Concepts.
- Learn to Row Gift Certificates for the 2009 Season. \$190

Contact Bernadette if interested  
[exec\\_dir@indyrowing.org](mailto:exec_dir@indyrowing.org)

#### IRC Speaker Series—Starts Dec. 16<sup>th</sup>.

- 7:45-9PM.
- Check the IRC homepage for information on speakers and locations.
- Free for IRC Members and families

#### December 16<sup>th</sup> -- IRC Speaker Series 1

Nutrition for the athlete

Speaker: Megan Tieda- Marion County Board of Health; marathoner and former rower

Location: Fitness Concepts

### **January 8<sup>th</sup>—IRC Speaker Series 2**

Rowing around the globe—taking a look at rowing cultures and competitions,  
Speaker: TBA, US Rowing  
Location: Fitness Concepts

### **January 15<sup>th</sup>—IRC Speaker Series 3**

Racing to win! The elements of a race plan—for erging and rowing  
Speaker: Bernadette Teeley, World Champion  
Location: Fitness Concepts

### **Jan. 20 or 22 tbd-- IRC Speaker Series 4**

Mental Preparation—tools for achieving your goals.  
Speaker: TBA, St Vincent Sports Psychologist.  
Location: TBA

### **Congratulations College Rowers!**

IRC alums rowing collegiately:  
Megan Bowman—MIT  
Larry Chen--Indiana  
Mallory Jones-- Michigan  
Kelsey Jeffs—Xavier  
Alyssa Gale--Purdue  
Katie Green – Bates  
Kristin Johnson – University of Pennsylvania  
Colin Ruemele – Purdue  
RJ Ryan – MIT  
Rachel Stoll – Marquette  
Andrew Warschauer – Washington University (St. Louis)

### **Free Erging for College Rowers!**

All Indianapolis-based collegiate rowers are welcome to train over the Holidays at Fitness Concepts at no charge!

### **WINTER TRAINING**

IRC Rowers are encouraged to download and complete in The IRC Holiday Challenge. Erg and weight plan are available on the IRC website.

### **Junior Practice @ Fitness Concepts.**

The erg room will be open daily 4-5:30 for junior practice at Fitness Concepts. Juniors are encouraged to erg at least 2x per week during this off season.

**Pre-season Begins January 5<sup>th</sup> at Fitness Concepts. All juniors encouraged to attend!**

### **Masters Practice @ Fitness Concepts**

Please join us Tuesdays and Thursdays 6-7:30pm for team erg sessions. Saturdays at 10 am.

### **Dates to Remember...**

January 5—junior pre-season training starts at Fitness Concepts. 4pm

January 24—Indoor Erg Championship @ International School of Ind.

January 25—Annual Dinner @ TBA

January 27—High School Callout and Returning rower parent meeting @ Brebeuf

### **2009 Annual Appeal**

Letters will be sent out this month for the 2009 Annual Appeal. There is also a donation link on the IRC fundraising page if you wish to make a year-end electronic donation. Thank you, in advance, for your consideration. We appreciate your support!