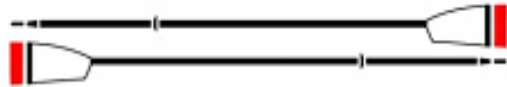




INDIANAPOLIS ROWING CENTER



The Catch

An electronic newsletter for
the Indy Rowing community

The Catch is published the 1st Tuesday of the month.

Please sign up to receive the catch on the [related links page of our website](#)

Volume 4, Issue 2

LEARN TO ROW DAY- MARCH 14TH

IRC and Fitness Concepts will be holding a learn to row day on March 14 11AM-1PM. The drop in session will introduce the sport through the indoor rowing machines, feature the 2008 IRC video directed/created by Tim Cordes, answer questions about the sport and IRC. A free Rowbics class will be held at 1pm. Please spread the word!

BECOME A USROWING REFEREE

IRC needs you! Join us March 7th at 10:00AM – 11:30AM to learn about the process. The intro session will be followed by a clinic 1:30-3:30PM. Wingate Inn (71st/ 465) Contact Clinician Larry Tolle with questions. ltolle@ccrtc.com

JUNIOR SEASON HAS STARTED!

65 Juniors joined us for our first day of the spring season. The group is training at Fitness Concepts 4:15-5:30 daily. See the website for more information.

IRC MEMBERSHIP IS OPEN ONLINE

This year registration will be handled through regatta central.com. Please see the [Mermbership page](#) of the IRC website for more details.

LEARN TO ROW/ SCULLING AND SKILLS DEVELOPMENT CLASSES TO START IN MAY.

The class offering calendar will be posted on the IRC Program page at the end of the month. IRC is offering a number of classes for new and experience rowers. All classes are open to the public and members receive a



discounted rate. This is the perfect opportunity to hone your sweep or sculling skills, or to get



On January 31, the Masters Program traveled to Cincy to workout in the indoor rowing tanks.

back in the boat after sitting out a season or two!

TEAM INDY RETURNS

The perfect opportunity to get your coworkers into a boat. The four week sessions start mid-may and are open to any group of 8 rowers. The course will focus on basic skills and end with a race against other corporate teams. Watch the Program page for details and registrations,

TEELEY NAMED TO HALL OF FAME

In February, Bernadette Teeley was the first rower to be inducted into the University of Dayton Hall of Fame. While at Dayton, Bernadette was named the A-10s Conference Student Athlete of the Year and twice named to the US Collegiate Honor Roll (The pre-cursor to the All-American Award). Congratulations.

DIRTY CAR? IRC CAN HELP!

IRC is selling Mikes Carwash Cupons. Buy individually or buy 4 tickets, get 2 free (\$8 each). Contact exec_dir@indyrowing.org

WATER LEVEL AT EAGLE CREEK PARK

The water level at Eagle Creek park is down about 10 feet as crews work on the levy and seawall at the south end. April 1st is the estimated end date of the project. Once the docks are in and the coaches are able to assess the situation more clearly, IRC will post club equipment

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guidelines on the homepage and email information to registered members.

Private boat owners are encouraged to use caution as the water level has exposed rebar and snags throughout the reservoir.

WHEN WILL THE DOCKS BE IN AND THE BOATHOUSE OPENED?

A good question as Eagle Creek is currently frozen in spots! March 16th is the first day that the junior teams will be in the boathouse. Historically, juniors have gotten on the water mid-March and the masters a bit later. This year, due to the temporary water level issue at Eagle Creek park, IRC's ability to put the docks in may be limited. The junior program will most likely be launching off jet floats in the boat storage area.

Email bulletins about dock and equipment usage will be sent to registered IRC members as the situation becomes more clear.

Registered members who are itching to get to the boathouse are welcome to erg or to spend some time tidying up the boathouse after the long winter!

All members should remember that cold weather can be deadly. No one should be taking out boats without a safety launch until the water and air tem-

INDIANAPOLIS COLLEGAITE INVITE – APRIL 25, 2009

Originally the Big Ten Regatta, the event has evolved to include 15 + top Midwest Collegiate Crews. The ICI is IRC's major spring fundraiser, and we need your help to make it a success! IRC volunteers serve as timers, dockmasters, launch drivers, hospitality and registration people. Please contact [Shawn Dresser](#) to volunteer.

IRC is also looking for an awards sponsor for this event. The sponsor's logo will be included on the Team Point Trophies. Contact [Bernadette Teeley](#) for more information.

MARCH HAPPENINGS AT IRC

March 1 IRC Registration
March 2 Junior Spring Season Begins
March 7 Referee Clinic
March 13 Junior Nutrition Spker during practice
March 14 Learn to Row Day at Fitness Concepts
March 28 Juniors to the Cincy Tanks

Juniors practicing daily at Fitness Concepts
Masters practicing T/TH /Sat at Fitness Concepts

A BIG THANK YOU TO OUR 2009 CORPORATE SPONSORS



EDGEWOOD BUILDING SUPPLY –CARMEL CAN HELP YOU WITH ALL YOUR SPRING GARDENING NEEDS!

THANK YOU FOR DONATING THE BRICKS TO THE 2009 INDY INDOOR ROWING CHAMPIONSHIPS.



Would you like to sponsor healthy kids, community development and outreach through the Indianapolis Rowing Center? Corporate Sponsorships are available at a variety of levels. Please contact [Bill Daughtery](#) for more information.

IRC BOARD OF DIRECTORS NEW MEMBERS

Thank you to Dan Hoyniak, Josh Holden, Dave Dwyer, George Plews and Sandy Kay, who recently accepted positions on the IRC Board of Directors. A complete list of Board members is on the IRC Website. Welcome.

IRC BOOSTER BOARD

[Tritty Gibson](#) is the current president of the IRC Junior Booster Board. She is mother of junior rower Chris Gibson. Vice President and Travel Chair is shared by the husband and wife team of David and Lisa Clarke, masters rowers and parents of Junior Gordon Clarke. The Clarkes and Tritty also represent the juniors on the IRC Board of Directors.

IRC WELCOMES TWO NEW COACHES

Welcome to Don Fouts and Emma Preuschl! Don brings his experience as a rower at the University of Southern Illinois, and as a crossfit trainer. He will be working with the Junior rowers to develop strength and conditioning.

Emma is a nutritionist and personal trainer who is will be coaching with the Junior girls program. She will coach the Outreach program and Learn to Row classes this summer. Emma is a silver medalist from the 2008 Beijing Paralympics.