

# OAR News

*The newsletter of Olympia Area Rowing*

December 2002

## Table of Contents

<b>OAR Annual Meeting</b>	<b>1</b>
<b>OAR Board Elections</b>	<b>1</b>
<b>Unity, Growth, and Flexibility</b>	<b>2</b>
<b>Boathouse Realities</b>	<b>3</b>
<b>From the Launch: Coach Comments</b>	<b>3</b>
<b>OAR Ambassadors to the Rowing World</b>	<b>5</b>
<b>Water Bottles!</b>	<b>6</b>
<b>Masters Dues Renewal in February</b>	<b>6</b>

## **OAR Annual Meeting: January 25, 2003**

Fred Honebein, Freshman Men's Coach at the University of Washington, will keynote the Olympia Area Rowing Annual Banquet at 5:30 p.m. Saturday, January 25, 2003, Room A at the Olympia Center, 222 N. Columbia St.

Honebein is a former Olympian and world champion rower. He was US Rowing athlete of the year in 1995.

OAR members and families, OAR juniors and families, and The Evergreen State College Crew team are invited.

Pasta will be provided by Budd Bay Café. We'll round it out by having masters (sweep or sculler) bring salads, Junior girls & families bring desserts, Junior boys and families bring breads, and TESC team members bring beverages (no alcohol, please). A \$5 a head donation is requested to cover excess pasta costs.

## **OAR Board Elections**

by Janet Waeschle

Bill Cullen, unwitting intimidator of junior men at Intra-Club regattas, was elected president of OAR at the December 12 OAR Board meeting.

"I'd like to see us get the Swantown Boathouse constructed and be on the way to the Guerin Park facility during my tenure as president," Cullen said. "I'd also like to provide the opportunity for more people to row. That is the OAR mission, and I'd like to encourage and promote the mission."

Cullen, who practices law in Olympia, has served as secretary on the OAR board since fall 2000, and was active in the club during OAR's previous incarnation in the 1980s. He rowed during his college career in the U.S. Naval Academy, 1958-62, and was a member of the National Champion Junior Varsity College Crew in 1962. He is currently an active sculler, consistently bringing home hardware and ribbons from the rarefied Men's Over 60 age category of singles. In OAR's last Intra-Club Regatta, Cullen rowed in a men's master 4+, challenging a junior men's boat, some of whom were overheard to express fear and dread when they discovered Cullen was on the competing team.

Bill's wife Joan is a member of the OAR Masters Sweeps program. Their daughter, Helen Kramer, has coached masters Learn-to-Row sweeps clinics and is a 1987 National Women's 4+ Champion Crew team member. OAR is currently recruiting the third generation of Cullens, with the first granddaughter approaching age 13.

Other 2003 board members include Stewart Johnston, treasurer; Nancy Bayley, David Buckland, Les Eldridge, Emily Garlich, Don Law, Scott Loerts, Peter Plimpton, Richard Ramsey and Janet Waeschle. Ex officio (coaching) members are Jim Bertolini, Whitney Buschmann and Jenna Starks. New to the board this year are Bayley and Plimpton. Bayley is the mother of Justin Bayley, a member of the OAR Junior Men's Varsity team, and she rowed recreationally in college. Plimpton is a longtime rower who has been active in the OAR sculling program as a sculler and coach, and who is OAR's Webmaster and membership czar.

The entire board was elected at the meeting, half for 1-year and half for 2-year terms. By law changes are expected to be adopted in January to set staggered two-year terms for board members. A committee is forming to recommend that as OAR grows, board members be elected by the entire membership.

## **Unity, Growth, and Flexibility**

Janet Waeschle

Immediate Past President

As a rower who has periodically committed herself pretty hard to this sport, I know that turning out for practices and training for regattas is very much a process of hard work, determination and perseverance.

Some practice days the technique in the boat just doesn't come together. Every stroke is trouble, the set isn't there, we cannot seem to find our swing or harmony, no matter how much effort and focus we seem to be applying to the task.

Some days the flow is there and it is effortless. We race a competing boat and diligently work past it - working hard, but with real joy and satisfaction.

So I'm finding it to be with the days of effort we put into making this a long-term, high functioning rowing club in Olympia! Some days I've headed down to the boatyard to drop off a launch motor that unexpectedly had to be repaired, and have found a fire marshal looking at our fuel locker and telling me we need to spend another \$500 to have an adequate one. Or I've spent weeks scrambling for coaching staff while trying to figure out a fair way to wait-list high school kids whom I know would have their lives changed for the better by this sport.

Other days, I meet with potential partners of OAR, or prospective funders for our permanent boathouse dream, and they are enthused about what our club is doing and might do for the community. The masters head out for a meal after a practice and share how positive OAR is in their lives. A parent of a junior rower or one of the masters offers to pitch in on some kind of project. Junior boys show up for a mailing party. I realize how effortlessly powerful it can seem - still working hard, but with joy and satisfaction.

As we show up and work hard for this club - either at practices, at fundraisers, serving as coaches or on the board or doing needed volunteer work - there are ebbs and flows to the process. The wonderful thing about the sport of rowing is you always have a good view of where you've been. As I step out of the steering seat, I'm looking back at how far we've come in the two years I've been president.

At the finish of our third fall season of sweep programs, this is one measure of our progress:

	<b>2000</b>	<b>2002</b>
<b><u>Athletes</u></b>		
Scullers	15	50+
Varsity Junior Girls	0	18
Novice Junior Girls	9	9
Varsity Junior Boys	0	11
Novice Junior Boys	9	11
Master Sweeps	8 (on a good day)	40
TESC	30	30
<b><u>Racing Equipment</u></b>		
8+s in compound	2	5 (+2 owned by TESC)
4+s	0	2 (+2 owned by TESC) + 1 new on order!
Singles & doubles	0	2 (+4 Aeros used in open water races)

Stroke by stroke, the organization has moved along. Every person's effort has made a difference in the progress we make. It has been a real honor to be a part of steering this club. As I hand off the metaphorical ropes to Bill Cullen, it is a pleasure to look back at where we've been, and to imagine what's ahead for all the possibilities for rowing in the South Sound.

## **Boathouse Realities**

OAR is moving ever closer to achieving the dream of a permanent boathouse facility. The OAR Board committed last year to pursue construction of a small boat facility at Swantown Marina on Budd Inlet, and a larger sweeps facility at Guerin Park on Black Lake. Progress has been made on both projects.

### **Swantown**

by Richard Ramsey

OAR is the catalyst in a collaborative venture with the Port of Olympia and City of Olympia to site, design, fund and construct a small craft rowing boathouse at the Port's Swantown Marina on Budd Inlet.

Beginning in the summer of 2002 the City's Outdoor Adventure Program stored sailboard craft in the OAR compound and offered classes from the OAR float/dock. The preferred home for the City's small craft program is on Budd Inlet, according to City staff.

The Port of Olympia has identified a building site and has proposed a ground lease for the facility at the head of the breakwater at Swantown Marina. OAR is proposing a single-story warehouse-like facility of approximately 3320 square feet, of which approximately 520 square feet would be occupied by the City's small craft programs. The facility would be for boat storage and would be unheated; it would include electricity and cold water for rinsing boats.

OAR, the Port and the City are proceeding with design of the facility such that the project would be in permit review by the spring of 2003. Based on a permit pre-submission conference with the City and the Port in October, we expect a permitting process of no more than 6 months. Construction could begin in the fall of 2003.

On December 3, the Olympia City Council directed city staff to explore the potential use of councilmanic bonds to fund construction of the facility.

### **Guerin Park**

by Janet Waeschle

OAR Board members Don Law and Les Eldridge met with Thurston County Parks & Recreation Department staff on Nov. 27.

Law told the OAR board at its Dec. 12 meeting that the county's Master Plan process for the park will begin shortly. A boathouse is a part of the master plan. OAR funded a wetlands study for the site, and "everything looked very favorable," according to Law. The written report from the study will be an additional cost, and it is expected that the county will cover that as it moves toward permit applications, which Law said could be submitted as early as March 2003.

Preliminary conceptual drawings for a boathouse at the site are being drawn up. Questions of governance and costs remain.

## **From the Launch: Coach Comments**

### ***Jim Bertolini. Masters Sweeps Program Coach:***

2002 was a season of growth for the OAR masters sweeps program. Many new faces were added to the crew. It was also a time for establishing the rhythms of the annual training and racing schedule. The season provided many opportunities to test our crews and get a feel for what we need to do to mature as a strong competitor.

Over 60 people experienced rowing on Budd Inlet with the program. These included those who had rowed with OAR during the past season or two as well as many newcomers. Some rediscovered rowing after an absence of many years or just a few. Some were college students who joined us for the summer. Still others were introduced to rowing with one of OAR's novice training sessions. Thanks to the skillful coaching of Pat Saldaña, Gretchen Van Dusen and Theresa Connor, and help provided by many experienced rowers and coxswains, many novices were bitten by the rowing bug and are off to a promising start.

Since the last newsletter, OAR Masters participated in the NW Masters Regional Championships (June 21-23) for the first time. The regatta was the largest yet for a masters regionals with about 50 clubs from southern California to B.C.

represented. It was a great experience for the 13 sweep rowers and 2 coxswains that competed in the 4 sweep events we were entered in. Each boat rose to the occasion and put in a season's best effort for their race. The weekend also offered time for team-building and developing friendships. Competition was very tough; however, we came away inspired rather than discouraged. Each boat was competitive in their event and our women's novice 4+ of cox: Myron Toyama and rowers: Helen Goodlett-Miller, Emily Garlich, Mary Groothuis and Joan Cullen, who managed to capture a bronze medal, gave us all reason to celebrate and look forward to faster boats in the future. Getting a couple of our best boats into the finals next year is an attainable goal.

Summertime gave us some down time to get in steady state rows and work on technique, gradually building to head races in the fall. However, the masters women's 4+ of cox: Robin Seagoe and rowers: Helen Goodlett-Miller, Emily Garlich, Pat Saldaña and Pat De Neui got in some off-season racing, finishing 3rd in the Green Lake Summer Extravaganza. Summer also saw the addition of Courtney Haedt and Erin Walker to the coaching staff. Both come with many years of rowing and coxing experience and did double duty as coxswains. Their presence resulted in immediate improvements in technique for our crews.

The fall season saw exciting racing for the OAR Masters. Highlights included a 2nd place finish in the Tail of the Lake Regatta for the mixed masters 8+ of cox: Courtney Haedt and rowers: Theresa Connor, Marika Bertolini, Don Law, Stewart Johnston, David Hansen, Casey Ward, Helen Goodlett-Miller and Gretchen Van Dusen. This regatta was followed by a 1st place finish in the Tri-Mountain Regatta by the masters women's 4+ of cox; Myron Toyama and rowers: Theresa Connor, Marika Bertolini, Helen Goodlett-Miller and Janet Waeschle.

The Head of the Lake Regatta was most notable for us for the numbers of entries. In addition to a mixed masters 8+ and masters women's 4+, we also boated a "young" women's boat of cox: Erin Walker and rowers: Alison Lord, Elizabeth McManus, Shannon Ries, Pat De Neui, Amy Christiansen, Natalie Parks, Becky Andersen and Ariana Jacobs. This crew, which included three women who just started rowing this spring and four others who had just returned to rowing after a number of years, rowed as a 3rd varsity women's 8+ and finished a very respectable 8th place.

We're off the water for the winter now, but still working hard. Workouts are distributed via e-mail and rowers are working out at various locations. The focus for the winter season is training for aerobic base, strength and flexibility. Circuit weight training on Wednesday evening at Jefferson Middle School offers the crew an opportunity to get together and keep our sights set on competition this spring.

If you are interested in joining the program, either this winter or next spring, or would just like more information, please contact Masters Sweeps Coach, Jim Bertolini.

#### ***Whitney Buschmann, Varsity Junior Boys Coach:***

Keeping in line with the rest of the club, the OAR Juniors program has seen impressive growth since its inception in the fall of 2000. The increase in participant numbers, combined with additions to the coaching staff allowed for both the Junior Men's and Junior Women's teams to divide into separate novice and varsity squads this fall. The partitioning of athletes based on experience levels permitted coaches to provide more focused instruction with the purpose of better aiding athletes in achieving their desired goals. The teams maintained continuity with one another through overlapping practice times and mutual regatta participation.

The Fall 2002 Varsity Junior Men's team was composed primarily of athletes returning from last year's men's novice team. Despite being relatively new to rowing, the group made a smooth transition, adopting the increased focus and commitment integral to training and competition at the varsity level. Practice sessions incorporated both on the water and dry-land training. Water training sessions were spent mainly in fours, with the goal of improving skill, and developing a strong aerobic base through long rows. Land-training sessions again targeted base training, as well as power work. The team successfully competed in respective lightweight and heavyweight fours, and in the Junior Men's eight. In addition to the team's achievements on the water, two members received invitations to attend a weekend training camp in December at the University of Washington with the US Men's Junior National Team Coach.

December 2 marked the beginning of winter training for the Varsity Junior Men. The team will spend December and January off the water with the goal of increasing muscular endurance through weight training sessions, as well as strengthening the aerobic base developed over the fall season through endurance work on the ergometer and aerobic cross-training. The winter season will culminate on February 1, with the team competing at *Ergomania*, a 2000 meter indoor rowing race in Seattle. After a brief break, it will be time to hit the water again on February 10!

If you are interested in joining the junior program, either for winter workouts or spring crew, or you would like more information, please contact Whitney Buschmann at 786-1972 or [whitneykate78@hotmail.com](mailto:whitneykate78@hotmail.com).

### ***Jenna Starks, Varsity Junior Girls Coach***

The varsity girls had a successful fall season, racing strongly and gaining a lot of head racing experience. This fall we had five returning varsity girls and thirteen of last year's novices moving up into the varsity program. The competition at the varsity level is very intense. The rowers who moved up to the varsity stepped up to this challenge and met the additional expectations with enthusiasm. The fall was spent doing long steady-state pieces which helped us build a fine aerobic base and brought the veterans and the newcomers together, rowing as one. We worked hard this season through team-building activities, team goal setting and on-land physical challenges to build trust and a stronger more unified varsity team. New for this fall season were two races, Tail of the Lake on Lake Union and Tri-Mountain Regatta on Lake Washington. Both were good races and will likely stay on our fall racing schedule in years to come. The varsity girls moved indoors for the winter training season on December 2<sup>nd</sup> and will compete at Ergomania on February 1<sup>st</sup>. We will be back at the water for the spring racing season beginning February 10<sup>th</sup>.

For information or to join the junior girls programs for winter or spring, contact Jenna Starks at 357-4932 or [coachjenna@hotmail.com](mailto:coachjenna@hotmail.com)

### **Sculling Highlights**

#### ***Peter Plimpton***

2002 was a busy year for the OAR sculling community.

During the late spring and summer season, the club held 5 basic sculling classes, introducing some 25 folks to the magic of rowing. Instructors included Steve Wells, John Butler, Jim Bertolini, Bill Cullen, Peter Plimpton and Mary Linders.

In June, Peter Plimpton held an intermediate sculling class, focusing on efficient technique and navigational awareness. During the class Mary Linders filmed the action with a digital video camera generously loaned by Steve Wells. After the boats were put away, the group adjourned to view and analyze the video at Peter and Mary's house. The video gave the athletes clear images of what they were doing well on the water, and what they need to be working on.

During the course of the summer OAR members participated in a number of sculling races, including the Sound Rowers Regattas, the Master's regionals, the Green Lake regattas and the Head of the Lake. (Note from the Web Master – A results page will be added to the OAR website in 2003)

For sculling boats, the club now has 4 Maas Aeros -including a new carbon fiber boat, purchased this summer. The Aeros are lightweight, stable shells, designed for the open water. They are great boats for beginners and experienced rowers alike. The club also owns a Kaschper racing single and an Owen racing double, in addition to several other miscellaneous craft. The sculling fleet will continue to grow and evolve as OAR grows.

If you are interested in learning to scull or perhaps sculling more regularly, or if you are looking for sculling coaching advice, contact Peter Plimpton at [peterplimpton@yahoo.com](mailto:peterplimpton@yahoo.com).

### **OAR Ambassadors to the Rowing World:**

OAR sweep rowing has been around just a couple of years, but already our rowers are out making waves in the larger rowing community. Besides all those who have taken life lessons from rowing, below are some of the OAR alumni we know of who have gone on to bigger rowing ponds.

Anna Morsett - Lewis & Clark College, Oregon  
Brandon Snow - Pacific Lutheran University, Tacoma  
Brodie Buckland - University of Washington, Seattle  
Drew Silver - Mount Holyoke College,  
Hayley Hillman - Deerfield Academy (high school), Massachusetts

In addition, Justin Bayley and Sam Lowe, both members of the OAR Varsity Boys team, were invited to and participated in

a USRowing talent I.D. rowing camp December 14-15. The camp, held at the University of Washington, is coached by the U.S. Men's Junior National Team coach, as part of the junior national team selection process. Bayley, 17, is a junior at Charles Wright Academy; and Lowe, 15, is a sophomore at Capitol High School.

### **Water Bottles!**

The Junior team fundraiser is still on the go. If you would like to purchase an OAR logo Nalgene water bottle, please contact a member of the junior coaching staff, Nancy Bayley - 754-1076, or Lahni Allen - 867-1050. The cost is \$10. Thank you for your support!

### **Masters Dues Renewal in February**

OAR Annual dues of \$250 for master sweeps rowers and master scullers will be due in February.

Annual dues provide access to OAR's fleet of sculling equipment to scullers; sweeps equipment for sweeps rowers, plus regular coached practices. Dues income allows OAR to pay for its boatyard space, moorage of the floating dock, and additional club needs like equipment maintenance and repair.

OAR also relies on donations and fund raising proceeds for new equipment purchases and for the club's costs associated with boathouse developments.

Beyond finances, OAR also operates thanks to a huge amount of dedicated service from its membership. Thanks to all who have pitched in on fund raising efforts, boat maintenance work parties, gasoline purchasing, and/or publicity efforts, taking out the trash! This year, OAR is formalizing an expectation that members each contribute at least 10 hours of volunteer effort annually. Watch your emails and watch for notices on the "Boathouse" walls for volunteer opportunities. If you have a special talent that you would like to offer, please contact Janet Waeschle at 943-7759 or riosout@msn.com.