OAR WHAT?!!!?!

Newsletter of Olympia Area Rowing

May 2002

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SPRING GROWTH

The new (to us!) white trailer with the sign welded on it that says "Capital City Crew" rolls out of the Swantown Marina parking lot nearly every weekend now, loaded down with boats.

An entourage of coaches and juniors and their parents, masters and their fans gather at various venues throughout the region to row the spring "sprint" races - 1,000 to 2,000 meters. OAR juniors and masters (adults over age 27) and Evergreen Crew members have been plying down racecourses and gaining race experience, with its exhilaration and thrills, panic or focus (or both) and hard work.

A rowing regatta seems such a simple thing: The aim is to get your stroke right and do it over and over again for a straight 1,000 or 1,500 or 2,000 meters. But getting your race day mind, heart and body together, and synchronizing it with four or eight other people, that is a complex thing indeed, for most of us.

We're among the newest clubs in the region, a region in which we compete with at least four junior clubs that have taken recent national championships, and in which there are masters who have a depth of race and rowing experience. And we're actually crossing the finish lines - sometimes ahead of the others, sometimes in the pack! OAR is bringing home a respectable amount of ribbons and hardware, but more importantly, the rowing experience is working its positive stuff on those of us who are part of this club.

The junior boys and girls coordinate practices so that each program gets out five times a week. The masters sweeps program bottled up its energy practicing once a week since February to finally burst into a 3-day-a-week practice mode once Daylight Savings Time hit in early April. Novice masters have been graduating and moving into the larger group. The Evergreen State College turned out six mornings a week until last week. OAR novice sculling classes are scheduled to begin later this month.

With all the practices and the comings and goings of boats to regattas, the tight coordination between programs and sharing of equipment has been a pretty amazing thing. OAR coaches are helping to shape our club into one of cooperation and cohesiveness as we come in and out of our compound and on and off our too-short plastic dock.

Meanwhile, equipment has been loaned and purchased to keep everyone afloat. Thanks to all of the junior parents who contributed to the new Junior Racing 8, the parents who loaned a third launch, and to all of the masters memberships which funded a new Maas Aero sculling single. Coaching dedication is a huge component of our success, as is the vision, commitment and energy of our board and every volunteer who pitches in.

Progress toward two boathouses continues (see related articles below). A summer junior program will be offered for fun and fitness (see below). OAR is maturing into a stable and well-functioning club. See you on the water!

Janet WaeschleOAR President

Masters Membership Dues Structure Changing

by Janet Waeschle

Beginning in February 2003, Masters dues will be paid once a year every February.

Membership dues will not increase this year. That's the good news for members. Good news for our hard-working treasurer, Emily Garlich, is that she will deal with dues just once a year, and not have to track each month who has an annual membership renewal coming due.

OAR members will soon receive a request for dues payment to bring memberships current through February 2003. Our annual dues will remain at \$250. This means if you joined OAR in the month of February and have not yet paid dues this year, you will owe \$250.

If, as is the case for most masters, you joined in a month other than February, you will be asked to pay pro-rated dues to get you to next February. The official rowing season is nine months long, from mid-February to mid-November. That means a membership is \$28 a month. So if you joined in May, for example, you will be asked to pay \$166 for this year's dues. If you joined in October, you'll be asked to pay \$28. Memberships are for one year and may not be pro-rated. The club's expenses are year-round.

Junior fees are paid seasonally. College students 18 years and older who wish to join OAR for the summer may pay a \$75 summer membership fee.

The sweeps program continues to grow and get more skilled. The sculling program is adding equipment, classes, and regular sculling times for reliable water buddies. In addition, OAR membership fees are what allow us to meet the financial needs of the club. We appreciate your continued membership and hope that OAR can be a continued source of recreation, fitness and fun in your life.

Please contact OAR Treasurer Emily Garlich (426-5276) if you have any questions or concerns.

Boathouse Dreams Update

Richard Ramsey and Janet Waeschle

The OAR Board approved a plan in January to pursue permanent boathouse facilities at the Port of Olympia's Swantown Marina and also at Thurston County's Guerin Park on Black Lake.

The Swantown boathouse would be the center of OAR's recreational sculling program. The Guerin Park boathouse would house the larger OAR sweeps programs.

The Guerin Park site is currently undeveloped woods, but the process for development has begun. The Thurston County Parks and Recreation Advisory Board has recommended that a boathouse be included as part of the Guerin Park Master Planning process. The issue now goes before the Thurston County Commissioners. Meanwhile, a University of Washington architecture studio class is beginning a design process for the Guerin Park site.

At Swantown, the Port of Olympia has proposed to OAR a site for a small craft and rowing center boathouse near the head of the breakwater dock at Swantown. This proposal continues the Port's many accommodations of our rowing programs. The Swantown building envelope could be as large as 2,800 square feet, depending on the dimensions chosen.

The UW architecture studio may also suggest building options for the Swantown site. These concepts would be available later this spring. The next step is to refine a specific building proposal in continuing conversations with the Port staff. OAR board members Les Eldridge, Bill Cullen, and Richard Ramsey are proceeding in that dialogue.

Early construction of a more permanent Swantown boathouse may be critical for OAR. With the construction of the D, E and F floats at Swantown Marina potentially beginning as soon as autumn of this year, OAR may have to move from the current boat storage compound. As OAR progresses toward its larger sweeps program being sited at Guerin Park - Black Lake, the timelines of moving out of the compound and moving into Guerin Park may not coincide, so having a facility at Swantown is key for the sweep program in the short run and the sculling program in the long run.

The most significant long-term constraint affecting a Swantown boathouse may be the availability of

parking during peak usage of the marina, according to Port staff. Short term, it's likely OAR can continue to manage this issue with the marina. However as the Port continues commercial development on the peninsula, OAR may need to contribute to parking availability.

Juniors and What They've Learned from Rowing

What do I like about crew? I suppose the fact that I've discovered it's entirely possible for eight men to move as one body. When you find the swing, you feel like you're flying across the water, no matter how tired you might be. - Becca Williams, Junior, Novice, cox for boys, started 9/01

When I row in crew, I always find I need more discipline in mental endurance. Like a great coach once said, this is not a sport you can walk away from saying you could have worked harder. I enjoy it because I know I'm not only getting great exercise, I'm also getting mental exercise. Teamwork and dependence upon something is also tough, and that is something that I know I need. This sport is valuable to me and I hope to participate next year. - *Justin Bayley, Sophomore, Novice, started 3/02*

Rowing has been a great way to build teamwork and work past differences. It's great to see how far the team has come since its first full season. I really think we've made a good name for ourselves in just these two years. - Jesse Durkee, Senior, Varsity started 9/00

The crew experience I have had I wouldn't ever trade. When I am in the boat there is this calm that just can't be replaced by anything. - Sam Lowe, Freshman, Novice, started 2/02

Rowing has been an exciting adventure. Being with friends and having fun at the same time. I was skeptical about joining crew because I hadn't heard of it before, but I took a chance and I'm glad I did. - Robert Leslie, Junior, Novice, started 9/01

Rowing has been a very positive experience for me so far. Through it I have gained much experience, knowledge of this unique sport. It's also a great way to meet a variety of people from all around Olympia! - Jessie Knudsen, sophomore, novice

Eight people blindly following my orders - that's the best part of crew. - Owen Jarnagin, Junior, Boys Coxswain, Novice/Varsity, started 9/01

I enjoy stroking. - Paul Otto, Junior, Varsity, started 9/00

I like the idea of throwing Owen in the water. - Gus Steensrud, Junior, Novice, started 2/01

All I have to do to be happier is think about crew. It always lifts my mood. I love the teamwork, being outdoors on the water, and learning from the coach. - Lena Wolfe, Girls Coxswain

I've loved crew since the first day that we got on the water. I've never regretted any time that I've spent doing crew. - Brandon Snow, Senior, Varsity, started 2/01

Rowing is like running backwards with someone yelling in your ear. - Laurie Kraege, sophomore, novice, started 9/01

Rowing is the true team sport: everyone in the boat must think the same way at the same time and it only takes one to destroy the mindset. The synchronization of these many personalities is why I like rowing. - *Jeff Edwards, Junior, Novice, started 2/01*

Rowing is the juxtaposition of finesse and power. I am challenged by the physical aspect of rowing as well as by the requirement of rhythm and technique. Once can't just pull hard and fast; the strongest rower who lacks technique is less effective than a rower who is not as strong and has better technique. - *Brodie Buckland, Senior, Varsity, started 9/00*

I am challenged by the physical aspect. This combined with the opportunity to be out in the fresh Sound air makes OAR worthwhile. - Dylan Clifthorne, Junior, Varsity, started 9/01

At first rowing is the most awkward thing ever. But once you get the rhythm and technique you can fly. And once you get to that level you learn to love hearing your coxswain yelling. - *Emily Allen*, *freshman*, *novice* 9/01

"It's a great art, rowing. It's the finest art there is. It's a symphony of motion. And when you're rowing well, why it's nearly perfection. And when you reach perfection, you're touching the divine. It touches the you of you which is your soul." (From the University of Puget Sound website) If I can achieve that with the seven other people in my boat for even and instant, that day was a success. That's what brings me to practice every day. That's what I love about rowing. - *Spencer Tribwell, Junior, Novice, started 2/02*

A Master Novice Tale

By Lahni Allen

Saturday - February 23, 12:30 p.m. - far enough into the day for that morning nip to have worn off... but it hadn't. It was 40-something degrees, overcast and raining. But there, bundled up like Nanooks of the North, were my "new" rowing mates, standing by the oar shed, tentatively looking forward to 2 hours on Budd Inlet. The water was quite calm the wind minimal, but I was cold and very wet. Did I mention that I hate to be cold and wet?

Looking like ducklings following Mother Duck to water, we followed our instructor to the water's edge. After some instruction and guidance, we carefully removed the shell from the rack and deposited it in the water. It wasn't poetry in motion, but no damage was done. Carefully we took our place in the boat. Which side is starboard? Wait a minute - which way does the boat actually point?

Seat 1, that was my place. My rowing career had begun as one of the bow four. Having trained on an erg for fitness is great preparation, but controlling an oar that dips into the water - that requires a different skill, even before you try to synchronize your stroke to anyone else.

With four rowers holding their oars for balance and four oarsmen trying to row, we looked more like an uncoordinated giant water spider than that sleek finely tuned craft I'd seen propelled across the finish line in the last Olympic Rowing final.

The cold and wet was taking it's toll. We weren't yet skilled enough to row long enough to warm up. But, the occasional shiver aside, those water proof socks with the wool linings were holding out for meand since frozen feet can really mute my enthusiasm for a sport, I was grateful for the tip my novice rowing daughter had offered as I headed out to my first row.

What kind of a sport requires one to remove one's shoes at the dock on a cold, wet morning and still expect them to revel in the experience ahead?

We never made it past 4 oars on the go, 4 for balance - but that didn't matter. Our fledgling strokes had somehow propelled the boat ahead with surprising ease. We were moving as a team, and for a moment I felt the wonder of the rhythm, the beauty of the synchrony, and a tinge of hope that one day I might actually be a member of one of those sleekly guided shells.

Spring Regatta Results

March 23 Greenlake Spring Regatta (1000m):Juniors

4:16.95

Varsity:

7th W8+ 4:19.36 5th 3:35.69 M4+ **Junior Varsity** 6^{th} W4+ 4:15.68 Novice 1st W8+ (A) 4:01 2nd 4:20.56 W8+ (B) 5th 4:00.59 M8+ 1st W4+ 4:28 4th

April 6 *Husky Invitational* (2000m):

Juniors

M4+

W8+ 5th 8:00 M8+4th 7:10

April 14 Commencement Bay Spring Regatta (1500m) *Called short due to wind **Juniors**

Novice

1st W8+ (A) 7:21 2nd W8+ (B) 8:32

April 20 Seattle Sprints Varsity

2114	6:23.4
4 th	7:24.2
2 nd	7:38.2
2 nd	6:04.7
/	
_	
5 th	6:44.3
4 th	6:35.0
-	6:50.0
-	6:26.5
3 rd	7:39.2
4 th	8:06.8
3 rd	6:42.5
3 rd	7:32.1
	2 nd 2 nd 2 nd 7 2 nd 5 th 3 rd 3 rd 3 rd 4 th 3 rd 3 rd 4 th 3 rd

-nd

April 26-28 32nd Annual Brentwood College International Regatta, Oak Bay, British Columbia (1500 m)

Novice

8+ 6th 6:08 4+ (B) 3rd in heat 7:46

May 11 Sound Rowers - Commencement Bay 6.8 miles Masters - Singles
Peter Plimpton - 1st in Rec. IV
Bill Cullen - 3rd in Rec IV
Steve Wells- 2nd in Rec III
Chris Guy - 3rd in Rec III
Dave Meyers - 1st in Rec II

Coaches' Corners

Masters - Jim Bertolini

OAR Masters shoved off on Feb. 17 and began once-per-week Sunday practices with June's NW Regional Masters Championships in our sights. One of our goals for the first part of the season was to establish an organized routine for scheduling line-ups and for getting boats on the water. Despite the sometimes frigid morning weather, we got pretty good at arriving punctually and getting right to the task of making optimal use of our limited time on the water. The early season was devoted primarily to long steady-state rows at low cadence and to improving technique.

An exciting development in the early season was the arrival of some new members of the crew. Marika

Bertolini joins us with three years of rowing at Fordham University and New Haven Rowing Club, Cindy Wilson comes to us with four years of varsity crew at UW and Pat De Neui brings a solid foundation from Green Lake Junior crew (with Les Eldridge coaching). In addition to these veteran rowers, we also have some new additions from this year's first novice class. Lahni Allen, Amy Christiansen, Debby Goodwin and Stewart Johnston have joined the ranks of the experienced rowers. Thanks to Pat Saldana's training, the novices are all off to a great start. New coxswains, too! Phyllis Sund and Myron Toyamma are learning the skills so crucial to the success of our program.

Beginning with the first week of daylight savings time, we made the transition to practicing three times per week and shifted the emphasis of our training to race preparation. We started on a high note on April 7, when we had an Armada of three 4+s and an 8+ on the water and had some good practice races for the 4+s. Practicing more frequently has already produced some dramatic improvements. Our training is geared for racing, but a strength of our program is that despite busy schedules, everyone, those with racing in mind and those who enjoy rowing for a variety of other reasons, is able to enjoy the sport.

Those looking to compete are starting to get opportunities. Our race experiences to date have been a women's 4+ in the Seattle Sprints and a women's 8+ at the Masters Spring Tune-up Regatta. In both cases, the crews rowed well and were competitive in their events with very good performances for the amount of training time they had. The margin up to race winners was considerable but not insurmountable. Some decisions lie ahead about what we want to achieve with our rowing, this season and in the years ahead, and how much time and effort we're willing to devote... there's already been some talk of organized, land-based training this winter.

Junior Boys - Whitney Buschmann

The OAR Junior Boys program has seen tremendous growth this spring. The team began as a group of 17 athletes from three area high schools, almost half of whom were entirely new to rowing. The early season focused on basic technique and skill building, followed by the development of strength and race focus. Both the novice and varsity have performed well in competition.

In addition to having developed into stronger athletes over the course of the season, they have grown as individuals. Returning athletes met the challenge of adjusting to a new and very different head coach, novice members embarked on the journey that is rowing.

With the program in its second year, this season's team has helped to solidify a foundation that will support the development of a well-established rowing program providing recreation, competition and life lessons for years to come.

Junior Girls - Jenna Starks

Just two weeks left in the Spring 2002 season and the Junior Girls are gearing up for a very exciting Northwest Junior Regionals in Vancouver. We have had a great season, and we'll all be a little sad to see it end. The novices have been very strong this year, placing 1st or 2nd in nearly every race they entered. The varsity has continued to get stronger over the season and are becoming more mature

competitors. I am excited about next year when we will add our promising novices to our returning varsity rowers and the varsity team will grow both in size and experience. We have five graduating seniors on the team (Drew Silver, Anna Morsett, Debbie Abbot, Christy Lowell, and Haley Beach) and several of them will be going on to row or cox in college and hopefully beyond.

A small group of novice girls competed in the 32nd Annual Brentwood College School International Regatta in April and got to race some of the best junior teams in Canada and the Western United States. We met several members of the University of Mexico team, as well as clubs from California and Oregon. I was reminded of how great this area is for rowing after sending out an email to clubs requesting an 8+ to borrow for the event and receiving six replies in just two hours! We were offered five different boats to borrow, and I look forward to the day when Olympia Area Rowing has the equipment to share and can be as generous to other clubs as they have been to us.

This has been a fun, rewarding and challenging season for me as a coach. With 31 girls on the team, the help of assistant coaches Steve Baum and Lauren Storm was invaluable. Both Steve and Lauren continue to develop their coaching skills and we were very glad to have their help. I am proud of the achievements of the entire junior team this season. Our athletes continue to build the reputation of our team as a serious competitor and a friendly squad.

The Evergreen State College - Aaron Starks

Evergreen ended its second year of competitive rowing at the Western Intercollegiate Rowing Association Championships Regatta in Sacramento, Calif., May 4 and 5. Twenty-five teams from Washington, Oregon, California, and Colorado competed on Lake Natoma. Evergreen's Varsity women's 4+ placed 2nd in the Petite Final (8th of 19 overall) with their best race of the season. The women's novice eight placed fourth in the Petite final (10th of 19 overall). The men's varsity four had a difficult race, finishing last in their category while the novice men's eight took second in the 3rd final (14th of 18 overall) in a nail-biter of a race across the finish line with Southern Oregon University. Overall, a fine showing for the new team.

This has been another growth year for the team. We started the season with two sets of oars and one racing shell but were able to purchase a Pocock E-1 women's racing 8+ from Gonzaga and a midweight Owen bow-coxed 4+ from UC San Diego in addition to another set of oars from the University of Minnesota. Another cox-box is on order too. All of these purchases were made possible by the hard work in fundraising from the athletes. For the second year in a row we have raised over twenty-thousand dollars to cover expenses and buy necessary race equipment.

As rowing continues to show competitive race results and spark enthusiasm among the faculty, staff, and students of Evergreen we foresee a continued growth towards our goal of being among the top competitive teams on the west coast. It is still our hope to attain varsity sport status with the school and think that our actions to date have assisted in this goal. At present we are uncertain whether the coaching position will be paid or volunteer next year and what that decision would mean for the direction the team takes next year. It is

anticipated that we will race a women's varsity eight, women's novice eight, men's varsity four, and men's novice eight next year.

Junior Summer Program

The Junior Summer season for experienced junior rowers and coxswains will be held June 24 to Aug. 2, Monday/Wednesday/Friday from 6 to 8 a.m. Cost is \$100 for the session.

The season will culminate with participation in the Green Lake Summer Extravaganza Regatta on Saturday, Aug. 3. Regatta fees would not be included in the OAR summer program.

Summer season is open to all who have completed at least one season with OAR, and will include further sweep rowing instruction, along with an opportunity for an introduction to sculling. Coach Whitney Buschmann says the goals of the program are to have fun, keep active, and to strengthen the ties between OAR's boys' and girls' programs.

Understanding that summer schedules are not always consistent, attendance at every practice is not required, but there will be a sign-up system so that the class can maintain a maximum 1:16 coach-to-rower ratio.

Please contact Coach Whitney Buschmann at whitneykate78@hotmail.com or 786-1972 to sign up or for more information. Sign-up deadline is June 20, and the class minimum is 10.

Junior Learn-to-Row Class

OAR is offering a Learn-to-Row class to juniors Aug. 5 to Aug. 23, Monday/Wednesday/Friday from 5 to 7 p.m. Cost is \$75.

Boys and girls age 13-18, grades 8-12 in school in the fall are welcome to learn basic fundamentals of the stroke, boat handling, water safety and equipment care. Attendance is required for this class unless cleared by the coach.

Please contact Coach Whitney Buschman at whitneykate 78@hotmail.com or 786-1972 to sign up or for more information.

Novice Masters Classes

The Masters Novice Sweeps program is successfully training adults in the basic skills of sweep rowing. The first two sessions have filled and participants are joining the larger group.

Coach Pat Saldana has been teaching basic rowing technique, safety, and sportsmanship. Once the session is complete, there is an opportunity to join the Masters group. The class is designed for those with no experience. Participants range in age from 17 to 60.

The OAR Website olympiaarearowing.org (tab to "classes") has details on dates, times, costs, and preliminary forms to complete for sweep rowing and sculling classes.

For more details on sweep rowing or to sign up call Pat at 352-8761.

Sculling classes will be offered this summer as well. For more details or to sign up, call Steve Wells at 943-3458.

Calendar

May 17-20 Junior Regionals - Vancouver, Wash.

May 18 Port of Olympia Boat Swap & Chowder Challenge - Swantown, Olympia - watch for

the OAR Booth - contact Marika Bertolini to help - 943-5580

May 31 Junior Awards Banquet watch emails for location and time

June 8, 7 a.m. Intra-club Regatta, christening & pot-luck - SwantownJune 21-23

Masters R

June 24 - Aug. 3 Summer Junior Program (see article above for details) August 4

Croquet & Champagne Gala Fundraiser, 1:30, Evergreen State College

August 26 Junior season begins for returning rowers

September 9 Junior season begins for novices & Summer Learn-to-Row graduates

September Harbor Days Regatta

Upcoming Social Events You Will Want to Attend!

Intra-Club Regatta

We will name the newest member of the OAR Fleet as well as one of last year's steady Pocock crafts at the June 8 Intra-Club End-of-Season Christening Regatta Potluck. Races will go off shortly after 7:30 a.m.

Junior parents provided the extra oomph of donations after the OAR board approved \$2,000 seed money in January toward a new (to us) racing 8+. The juniors have been considering name possibilities all season and will christen the boat at this event.

OAR Masters have undergone a naming campaign as well, for one of the two 8+s that were acquired in February 2001. That boat will also be christened.

Starting at 7 a.m., the Intra-Club Post Season Regatta will begin. OAR juniors, masters, and The Evergreen College crew have been invited to compete against and among each other in various configurations - maybe 8s, 4s and singles. These will be followed by a Ham-n-Egger, in which coaches, coxswains and rowers have their names drawn and are boated randomly in a final racing event of the morning.

Perhaps the biggest suspense is whether OAR has enough boats to attempt this.

After the races, a potluck and the official boat christening. Juniors, college rowers, masters & families are all invited to attend. Athletes should arrive by 7 a.m. and will be boated by their coaches the morning of the event (unless the coach has another plan, in which case

he/she will inform you in advance).

Save the Date Now for the Annual OAR Croquet & Champagne Gala Event -

Sunday, August 4, 1:30 to 5:30 p.m. Sponsored by OAR and The Evergreen State College- Rowers, friends, families, supporters and croquet enthusiasts are encouraged to participate in this fun event. In addition to croquet participants and donors, many volunteers will be needed to make this another successful fundraising event. For more information please call Mary Eldridge at 754-3711.

Visit the OAR Website: olympiaarearowing.org

Help Wanted:

OAR is in need of a club rigger and boat maintenance crew. Anyone with boat repair / fiberglass repair experience, or all-around handiness and a willingness to learn, please contact Scott Waeschle at 943-7759. Our boats are one of our many assets. We're working to create a system of maintenance and repair that will sustain boats through many years of high use. Filling this need will earn you huge respect & devotion by all.

Happy Summer! See you on the Water!