

Olympia Area
Rowing Association
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OAR NEWSLETTER

Summer 2011

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Not familiar with OAR?
Visit our website:
www.olympiaarearowing.org

Please contact me if you have contributions you wish to have included in a subsequent newsletter. Photos are especially needed. Anything as large as a full article or as small as a rowing joke is more than welcome!

Leslie Brodie
OARnewsletter@gmail.com

End of the Junior's Spring Season

Ashley Lane

The OAR junior team seems to gain success with each spring season. Besides several boats that placed at this years' USRowing Northwest Junior Championship Regatta in Vancouver, Washington, a women's varsity double qualified for USRowing Youth National Championships in Oak Ridge, Tennessee.

To a rower or parent who has never attended the three day regionals event, the sheer vastness of the regatta may seem overwhelming at first. This is the biggest regatta in the Northwest, complete with three days of racing by a total of twenty three teams. "It was cool to see all of the extremely talented and hardworking people doing their best at a sport we all love", says Reazen McAvoy, who recently moved up to the varsity guy's team. Olympia Area Rowing was proud to leave the course on

the last day of racing having medalled in 7 events—one in first place, two in second, and four in third (26 medals in all!).

After placing second in a women's first varsity double event, Stella Wiloughby and Ashley Lane went on to race at the Nationals in Oak Ridge, Tennessee, placing fifth overall. "It was exhilarating to race at such a competitive level," says Stella.

Overall, the juniors' Spring season wrapped up very well. Athletes, coaches and parents alike were all proud of the race results, as well as the obvious team unity.



Photo Karen Latch



Photo Sandra Inglin



Photo Kiirsten Flynn

US Rowing NW Masters Regional Championship

Gretchen Van Dusen

June 24-26, OAR sent a large contingent of 28 enthusiastic rowers in 26 different entries to the NW Masters Regional Championship at Vancouver Lake, Washington. The group spanned 6 age categories, from the young bucks in the women's A4+ and A4x to the self named "geezer quad" in the men's F quad. In the weeks prior to the Regional regatta we collaborated on extra practice time for the racing line-ups. Everyone went down the course at least twice, with Bob Maki making 10 (!) trips over the span of the 3 day event. Our equipment served us very well-- we had lots of entries but very few overlaps. In particular, the two racing quads, the "Bill and Joan Cullen" and the "Bill and Mary Kay Kalenius", competed in 1/2 of the OAR races.

We found some flat water, rougher conditions in the afternoons, a high spring water level leaving some mud to contend with, good officiating and overall a well run regatta. In addition to rowers from the NW Region a

fair number of competitors arrived from California and Canada. We found the Canadians to be particularly competitive and in some races they kept OAR off the podium. The silver lining was that in a few events we know we were one of the top boats from the NW region even if we didn't come home with a medal to show. Everyone took home inspiration and motivation to be a little faster next year along with being older and wiser!

Some highlights included: Sig Hardy and Sue Hedrick making the finals in their first day of IK racing ever (Sue medalled in her light weight quad); Kiirsten Flynn, Bob Maki, and Richard Ramsey medalled in both sweep and sculling events; the "engine room" of the mixed 8+ and the mens 8+, Mark Williams Scott, Jack Harden, Paul Arnold, helped race both their boats to third place finishes.

Bow seats and coxswains deserve kudos for their willingness to take on a little extra pressure



Photo: Kiirsten Flynn

and responsibility. THANKS to Joy Michaud, Ann Wade, Christina Lock, Emily Garlich, Paul Arnold, Gretchen Van Dusen, Richard Ramsey, Greg Rohner, Peter Plimpton, Leslie Brodie, Bob Maki, Kiirsten Flynn, & Myron Toyama. For a number of these rowers it was their first time racing in the bow seat of a straight quad.

Finally thanks especially to the coaches: Helen Kramer, Kiirsten Flynn, Christina Lock, and Gretchen Van Dusen, and to Ann Wade for all their work creating, coordinating, and registering the race entries.



Photo: Zoe Vandergrift



Extra practice for regionals. Photo: James Dollins

Summer Season for the Novice Juniors

Alaina Hellum-Alexander

The summer novice season is off to a great start. We have a group of 28 rowers—10 girls and 18 boys, with about 4 interested in learning to cox. Ages range from 12 to 17, and all of the rowers are getting along and enjoying each other's company, despite the age differences. Lead Coach Alaina Hellum-Alexander and assistant coaches Eamon Smith and Taylor Brundstad have chosen to keep the group together rather than split them up by gender, and the rowers are benefitting from learning from each other in a mixed gender group.

The first week was focused on the basics, and the rowers ex-

ceeded expectations and moved through the beginning phases faster than planned. By Thursday, rowers were on the water in eights. On Friday the week ended with rowing flat slide by pairs, focused on catching together and getting the basics movements clean and consistent.

Eamon and Taylor have taken on the erging aspect of the season, helping the rowers to become acclimated to the ergometer and building a positive relationship with the erg. The rowers have committed themselves to focusing on slow and controlled practice with the basic stroke on the erg and have

made great strides towards a strong and controlled rowing technique.

Varisty boys and girls have volunteered their time to cox, row, run, and workout with the novices and have been a positive influence on the rowers. They are mentoring the novices to show them how to be strong, poised, and committed rowers in Olympia Area Rowing.

The novice coaches are looking forward to the Greenlake regatta at the end of the season, and perhaps a small scrimmage here at home at the end of July.

Volunteers Needed!

OAR currently needs individuals to take on the following roles:

Publicity

Improve publicity about OAR in the wider community . Tasks would include:

- Press releases to the newspapers when we have great news, especially about success at regattas
- Connecting with local high schools and middle school to promote the Junior program
- Publicizing OAR through staffing tables at the market and at community events

Gear Orders

Organize clothes and uniform orders—this is not a particularly time consuming task, but goes in 'spurts' and requires some organizational skills. This would be a good job for someone relatively new to the club!

Please contact Lisa Iverson lisaiverson@comcast.net if you have questions or are interested in taking on these tasks for the benefit of OAR.



Vancouver Lake mud (a prevalent substance at both Jr. and Master's Regionals) as documented by Imogen Williams (age 3).



OAR Website

Peter Plimpton and Sue Hedrick have worked hard to get the website news and information up to date. If you haven't already, please take some time to familiarize yourself with the ins and outs of the website. In particular, take a look at the new **calendar**. It is now much easier to see all the club activities—hopefully this will reduce confusion and conflicts. Although the monthly activities are a little overwhelming (we're a busy club!), try looking at the activities one week at a time by clicking on the 'WEEK' tab.



Calm Waters Rowing Clinics

Gretchen Steiger

Calm Waters Rowing is coming to Olympia! Here is your chance to focus on your rowing technique to become a more efficient sculler with great coaches in a relaxing, positive atmosphere.

Coaches Charlotte Hollings and John Dunn bring their sculling camp to Budd Inlet and Olympia Area Rowing
1-day clinic: Wednesday, Aug 24th
2-day clinics: Thur-Fri, Aug 25-26th or Sat-Sun, Aug 27-28th
Open to all rowers from beginners (have taken a basic sculling class or some sculling experience) to elite level competitors.

Format: Two sessions/day on the water (approx 7:00- approx 4pm each day includes demonstrations, two-a-day rowing sessions, personalized video and technique discussions (times may be later for the Sat-Sun clinic), also included is an invitation to a social evening with the coaches for all attendees. Classes will be small—about 12 rowers with two coaches, so sign up soon.

First to register—first choice of boats:
Costs: \$150 for 1 day, \$250 for 2day
Deposit needed for registration: \$100 (can be refunded if there is a wait list with another rower who can fill your spot).

About the coaches:
John Dunn and Charlotte Hollings have been teaching sculling at the Calm Waters Rowing in Lancaster, VA for the last 10 years. John coached at Cornell for 21 years where his crews were National Champions in 1989 and IRA Champions in 1995. He also rowed at Cornell University where he was a member of the National Championship eight in 1971. He rowed on the US National team where his boats took silver at the World Championships in 1975 and bronze in 1976.

Charlotte Hollings rowed at T.C. Williams and the University of Virginia. She was on the US National Team between 1985 and 1994; her boats took silver at the World Championships in 1985 and gold in 1994. She coached at Stanford,

Boston University and Cornell, where her crews were IRA Champions in 1996 and 1998.

Discovered years ago by Bill Cullen, Calm Waters Rowing Camp has become popular with a number of OAR rowers who have attended their camp including Helen Kramer, Joan Cullen, Janet Waeschle, Jim and Marika Bertolini, and Gretchen Steiger. They have done clinics with OAR in 2007 and 2009. Save yourself the airfare and take advantage of this opportunity to work with these great coaches.

<http://www.calmwatersrowing.com>

To register or ask questions, contact Gretchen Steiger, 352-5320, GSteiger@cascadiaresearch.org. If registering include date, contact information, and state if using own boat or requesting club boat. Deposit checks (made out to Calm Waters Rowing) can be mailed to Gretchen.

Upcoming Events

- July 24** Collegiate Recruiting Fair for High School Class of 2012 (contact Becky Hellman for more information — oarparentrep@gmail.com)
- August 6** Green Lake Extravaganza <http://www.greenlakecrew.org/>
- August 10** Combination to the boathouse changes! If you are a full member and have not received the new combination, please contact Lisa Iverson.
- August 21** Row to Boston Harbor Marina and have breakfast with the gang. Look for a Google docs sign-up on the website or contact Elizabeth Booth for info.
- August 24-28** Calm Waters Sculling Clinics (see article above)

Flotsam and Jetsam

Email Flotsam and Jetsam materials and ideas to oarnewsletter@gmail.com

Rowing Trivia and OAR Alums. The Henley Royal Regatta was first held in 1839 in the town of Henley (about 40 west of London) and has been held annually ever since, except during the two World Wars. Originally staged by the Mayor and people of Henley as a public attraction with a fair and other amusements, the emphasis rapidly changed to competitive amateur rowing. This year, there were 2 OAR Jr. alums who qualified to attend. A men's 4x from Green Lake was coached by Malorie Harden. Brodie Buckland rowed for the Australian National team and made it to the third round. Both Malorie and Brodie started their rowing careers with OAR.

