
OAR E-News April 2007
Jim Bertolini, Editor

OAR Members and Supporters,

Check the website: www.OlympiaAreaRowing.org for more news and information.

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1) LAST OAR E-NEWSLETTER - - NEW OAR BULLETIN COMING

This will be the last OAR E-Newsletter. The end of an era? Also, the end of the “monthly” publication that came out only two or three times a year. But...there will soon be a new bulletin format for the OAR communiqué. Scott Marsh has generously offered to take over as editor. Please support Scott in this task by providing good content and newsworthy items for intraclub communication and for our supporters and prospective members. Submissions for upcoming bulletins can be sent to Scott at marsh2069@yahoo.com.

2) SWEEP ROWING INTRO CLASSES

Please help spread the word about OAR’s introduction to rowing classes. The first session of our Sweep Learn-to-Row is starting up on April 27. We’ve only had a couple of registrants, so far. Invite your friends to check the website for more information. You will also find color fliers on the website that you can download to post or share.

OAR will offer two learn-to-row classes (LTR) for sweep rowing this spring/summer. Participants learn in 8-oared shells. Each class consists of nine sessions.

<http://www.olympiaarearowing.org/Class.aspx>

Please contact Jim Bertolini at 943-5580 or jbertoli@nwifc.org for more information on LTR Session I which begins on April 27.

Leo Healey is the contact for our Free-Row Day on Saturday, June 9. This event, which is being held in conjunction with National Learn to Row Day, will serve as a kick-off for our second adult LTR session as well as our junior summer program. Leo is the contact for LTR Session II which begins on June 15. Leo can be reached at 754-8479 or OAR.Master.Sweep@gmail.com for more information.

3) SCULLING INTRO CLASSES

OAD's Basic Sculling Classes (BSC) are off to a great start. Congratulations to the March BSC participants who are now "checked out" for sculling: Rich Denges, Elyse Kane, Scott Marsh, Cindy Raves, Thom Woodruff and Jeff Weathersby.

Our April BSC is filled, but there are still slots available for the May, June, July and August sessions. They are filling up fast. Each class consists of four sessions. Follow-up training and assistance will also be provided for new scullers. <http://www.olympiaarearowing.org/scull.aspx>

For more information about sculling classes, contact Jim Bertolini at 943-5580, jbertoli@nwifc.org

4) MASTERS SWEEPS PROGRAM

The OAD Masters Sweeps Program encompasses a variety of skill levels from those who have recently completed an intro course to competitive athletes with many years of experience. "Masters" refers to athletes aged 20 and older. We also provide opportunities to college rowers who wish to row over the summer. Practices are oriented toward competitive as well as recreational rowers and are held on Saturday morning 8:00-10:00 a.m. and Tuesday and Thursday evenings 5:45-7:45 p.m. The group has an active race schedule that runs from March through November.

We're always looking for people interested in being a coxswain. Coxswains steer, motivate and keep the rowers working in unison. It helps to be smart and relatively small (<140 lbs.) to be a good coxswain. We'll train you if you are interested. There is no cost to participate as a coxswain.

For questions about the program, contact Head Masters Sweep Coach, Weikko Jaross at weikko@myuw.net.

Experienced rowers interested in joining the masters sweeps program should contact Joan Cullen at Grannyjoan4@aol.com to get on the roster and the email list for scheduling practice attendance.

5) MASTERS SCULLING PROGRAMS

There are many opportunities for all skill levels to get involved with group sculling practices. In addition, OAD members who are checked out for sculling may sign up for private one-on-one coaching or video analysis with WT Arnold.

Sunday 9:00-11:00 a.m. Sculling for all skill levels in small boats. Coach Jim Bertolini (jbertoli@nwifc.org).

Wednesday 5:45-7:45 p.m. Sculling for all skill levels in singles, doubles and quads. This practice has been informal over the past few weeks. Expect it to get going for real now that we have more daylight. Rick Peterson (candrpeterson2@comcast.net) will be the lead coach (as soon as the legislative session ends) with assistance from other OAD scullers.

Tuesday 6:00-8:00 a.m. (starting April 24) Interval workout for intermediate to advanced scullers in singles and doubles. Practice is uncoached. Group decides on a workout plan.

Sunday 7:00-9:00 a.m. Women's sculling program for intermediate to advanced level scullers. Coach Jim Bertolini

Sunday 9:00-11:00 a.m. Men's sculling program for intermediate to advanced level scullers. Coach Kiirsten Flynn (captainkk409@hotmail.com).

6) PRIVATE SCULLING COACHING AND VIDEO ANALYSIS – WT ARNOLD

A message from WT:

I have enjoyed coaching many of you at OAR in the past, and am happy to begin coming down more frequently to coach private lessons and possibly to put together and run some clinics.

If you are interested in receiving private coaching, please contact me directly at 206-660-4074 or wtarnold@hotmail.com.

Also, keep an eye out for sculling clinics for all abilities!

I look forward to working with you again!

Best wishes,
WT Arnold
Sculling Coach

7) A MESSAGE FROM THE CAPTAIN

The Facilities, Equipment and Safety Committee would like to recognize a few members for their work this winter: Jack Harden has been working hard painting the new colors on our sweep and sculling blades. If you're down at the boathouse you'll see spiffy new names on many of the boats; thanks to those who bid on the boats at last summer's auction and to Janet Waeschle who got the graphics and put them on the boats. Peter Plimpton and Adam Peterson and crew extended the dock so we can now launch an 8 more easily and safely. Our launches have been working beautifully and dependably and using less gas due to Rob Lowe's efforts. A huge crack in one of the Aero singles has vanished thanks to Gene Price's amazing repair job. Paul Arnold, with help from the Juniors and Masters Sweeps programs, has refurbished the Patty Dominick and will soon have the Exsudaore on the water too.

There are many more projects at the boathouse that could use your help. Please contact Martha Jensen, jensenm@w-link.net, or Gretchen Van Dusen, vanramseydusey@hotmail.com, if you have a skill to share or you want to learn how to repair, replace, rig,... Thanks to all who help keep the boathouse and our equipment in working order!

8) AERO NAMING – FUNDRAISING CHALLENGE

The club's Aero's have been workhorses in our fleet. Scores of people have learned to scull and improved their skills in these boats. Presently named OAR 1, 2, 3 and 4 and "New Aero," Peter Plimpton wanted names a little more in keeping with the freedom and exhilaration a new sculler feels the first time they get a sculling boat "flying." Names that would also remind us of the incredible natural beauty that surrounds us each time we take off into Budd Inlet.

Peter made an offer the OAR Board couldn't refuse:

"I would like to make the following offer to the OARA board. I would like to name the 5 Aeros after water fowl. In exchange for this right I propose to donate to the club \$500. In addition I will offer an additional \$500 matching donation, if we can raise an additional \$500 in donations towards the cause. If these additional donations can be raised then the total amount raised would be \$1500.

The names that I have identified are:

W. Grebe (Western Grebe)

B. Kingfisher (Belted Kingfisher)

D.C. Cormorant (Double-Crested Cormorant)

Bufflehead

P Guillemot (Pigeon Guillemot)

C Merganser (Common Merganser)

If there are other common Budd Inlet water fowl that others would like to recommend, I'd be happy to consider their names too."

If you would like to get in on the Aero-naming challenge, please contact one of the Fundraising Committee Co-Chairs, Marika Bertolini (meeka60@gmail.com) or Don Law (dlaw@lldkb.com).

9) FOATING DOCK EXPANSION

On February 4, 2007 (Super Bowl Sunday) a work party convened to complete the dock expansion. The club now has a dock long enough to launch an 8+ with ease!

Until very recently 2002 OAR's rowing dock has been 24 "Candock" blocks long. This was long enough to launch an 8+ but only if the stern pair bunched up around 2 seat, or the stroke could walk on water... In October 2006 the Board of Directors approved the acquisition of parts to expand the length of the dock by another 3 blocks (or approximately 5 ft). A pallet with these parts arrived in mid-October and was stored in the back of the middle boat bay. During the last week or so of January Peter Plimpton with the assistance of Adam Peterson assembled the dock extension in the boathouse.

On the big day, Adam arrived early to prepare the existing dock by cleaning off the mussels and barnacles while removing and saving the bolts and spacers which were to be re-used. We were not at all sure how easily the new extension would attach to the existing dock so we had various contingency plans, including a plan to float the old dock over to the boat ramp...

As it turned out the addition went very smoothly. Rob Lowe moved the closest launch out of the way first. Next, six of us carried the extension down to the dock and launched it into the water. We maneuvered the extension around to the west end of the dock. There were a few moments of

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suspense as we lined up the tabs of the existing dock with the new extension. By moving bodies to various places on the old and new docks we were able to get the tabs line up and the big grey bolts to take, and before we knew it the dock was another 8 ft long. Not a dramatic difference, unless you are launching an eight and you are standing on the new extension instead of hoping not to fall into the Inlet!

This ex-Captain noticed how remarkably smooth the work party went – a sign of good karma perhaps? We didn't have a sign-in list, but in addition to Adam and Rob, the group included John Jacobson, Martha Jensen, Kiirsten, Ian and Diamond Flynn, Will Hutcheson, Emily Garlich, Weikko Jaross and Jim Bertolini. (There were others. Please send peterplimpton@yahoo.com a note if you were there.)

Dock Notes. Rowing docks are unique to rowing, because they sit low in the water, allowing riggers and oars to glide over them easily. They are our connection to the water. It is virtually impossible to launch rowing shells from any standard marina dock without risking equipment damage. OAR's dock has been expanded several times. The original dock in 1999 was 20 blocks long, comfortable for 1xs and 2xs. Then it was expanded to 22 in 2000, 24 in 2002 and now 27 blocks (approximately 42.5 ft long) in 2007.

(submitted by Peter Plimpton)

10) JOINING OAR / DUES RENEWAL

February 1st began the annual dues cycle for OAR membership. Prospective members are encouraged to join and inquire about class offerings at any time. New members pay a full year's dues regardless of when they join. Dues are pro-rated upon renewal of the second year of membership.

For more information about membership, including forms to submit, please check this link:

<http://www.olympiaarearowing.org/member.aspx>

Current members received a dues renewal notice in the mail in mid-January and were asked to submit their dues for 2007 by February 1st. If you are rowing, but haven't paid your dues yet, what are you waiting for!?! Dues remain the same as in 2006: \$300 individual and \$410 for families. You may make arrangements to break up your payment into installments. Contact Jim Bertolini for information (jbertoli@nwifc.org)

11) SOCIAL NOTES

The First Tuesday Tradition continues! Masters rowers gather for dinner and beer the first Tuesday of each month. The Fish Bowl Brew Pub is the site for the First Tuesday gathering, right after masters sweeps practice. Please join your rowing buds at The Fish Bowl on Tuesday, May 1st at about 7:45 p.m.

Please contact Jim Bertolini (jbertoli@nwifc.org) if you wish to be removed from this email distribution list.