

STROKEWATCH

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COACHING CLINIC

By Don Erwin

Thanks to Dave Gill and everyone else who helped organize the coaching clinic on Saturday, August 13. Maureen Simpson from Austin coached lots of people on the water and later reviewed the videotaped sessions at a nice lasagna dinner at Dave's house. Maureen has a great way of emphasizing the positive while coaching. While there were many opportunities to point out mistakes in rowers' strokes on the video, Maureen asked us all to find what each rower was doing right. In this way rowers can visualize what they are supposed to be doing rather than what they are not supposed to do.

On Sunday morning, I drove Maureen in a launch to work some more with the crews and scullers on the water for their regular sessions. Maureen noted that our club does not have a "style". Typically, one can identify a rower's locale by his or her style. Our club is made up of people who have rowed all over the country and thus we all have different styles. This can be very confusing to novice rowers who may get conflicting "help" from different members. Maureen suggested that the club study the people rowing at our facility and identify five things our members do well and try to adopt these as a standard. Some of these things may be different than what some people are comfortable with, but it would help in communicating to newer rowers. Something to think about...

All in all everyone had a good time. Maureen asked me to pass along to anyone that felt they received only a little attention that it is not possible to fix everything at once. Her style is to identify one major thing for you to work on. After you fix that, then you are ready to work on the next.

COXSWAIN CLINIC

By Chris Woelfel

Question: What do the following have in common?

"Hey, Bow, square up early and you won't have those problems!"

"It's down to port, come on starboards, let's help them out!"

"You guys row like a bunch of women! (or "You women row like a bunch of men!") Let's move this boat!"

Answer: They are all commands typical of the beloved coxswain.

As everybody should be aware of by now, a sweep boat can not go out without the coxswain. (Clarification: A sweep boat cannot go out without the coxswain who is seated in the coxswain seat at the stem of the boat. There inevitably seems to be coxswains popping up in the other seats during a typical row.) Ideally, every sweep rower should be capable of coxing. It not only makes you more versatile and valuable to the club, but it provides you with a different perspective on rowing - much different than simply being an oarsman. You develop an appreciation and understanding of the need for "technique". Most importantly, the Coxswain is the individual responsible for his/her boat and crew.

There have been three (3) sweep classes that have completed instruction in recent months. As a result, the potential exists for several new crews to form - novice and experienced. Historically, the most difficult aspect of assembling and maintaining a consistent crew is the lack of qualified coxswains.

A coxing clinic/instructional session is being considered for the near future. The date and extent of training involved is contingent upon the numbers of individuals interested. Typically, an instructional session would consist of: coxswain responsibilities, commands, boat steering and maneuvering, safety items, and

perhaps, competitive tips. Also, some water time may be included.

Please contact Don Erwin or Chris Woelfel if you would be interested in becoming qualified as a coxswain. Additional information on instruction sessions will be determined by the response generated. Anybody is eligible, and everybody is encouraged. (We promise, you will not regret it.)

"SO LONG, FAREWELL, IT'S TIME FOR THEM TO GO!!"

It's a familiar routine here in Houston -- where so many people come from somewhere else and just pass through Houston on their way to the next transfer. You meet some nice friends and just get used to seeing their faces around, when BLAMMO!! they're off to Pensacola, Florida or Decatur, Alabama.

This time BARC is losing two incredibly enthusiastic members: our experienced and abused coxswain, Anil Raj, and Chris Woelfel, a row-til-you-die rower and also a coxswain. (Yikes!! We're losing TWO coxswains!!)

Anil will be leaving us at the end of September to follow his career. We will definitely miss his experience, hard work and ingenuity. Many of the amenities and improvements around the boat-house and equipment have resulted from Anil's unsolicited efforts.

Chris is leaving us at the beginning of September to follow his career as well. Chris's absence is supposed to be temporary, so hopefully we'll have his enthusiasm and energy back at BARC by next summer.

Farewell, guys, and Good luck! Don't forget to write! And just in case you make your way back to Houston, we'll leave the light on for you!

Editor's Note: I'll see one of you at the Rose Bowl. GO BUCKS!!!

BARC MEETING - AUGUST 29, 1994

7:30 P.M. CLEAR LAKE PARK BUILDING

Mark your calendar for Monday, August 29th. The BARC membership meeting at 7:30 p.m. at the Clear Lake Park meeting room will include a discussion of Rice Rowing Club's fall rowing program on Mud Lake. Other topics of interest include BARC's novice "mentoring" program, status of BARC's spring regatta, new club sculls (hatchets), Karankawa "tune-up" and BARC's entries in the ARC Pumpkin Head regatta October 29th. A coordinator for the Austin Race is needed, call Bill Dixon if interested.

KNOW YOUR 1994 BARC BOARD

☎ Bill Dixon, BARC President, (h) 480-7513 (w) 527-6071 (fax) 285-5163

☎ Anil Raj, VP, (h) 532-1147, (w) 483-7485

☎ Chris Woelfel, Secretary, (h) 286-6514 (w) 713/581-3730

☎ Jeff Tave, Treasurer, (h) 326-5098 (w) 333-7007

☎ Jim Potter, Membership, (h) 326-3718 (w) 280-2272 (fax) 280-3897

☎ Marc Bonin, at large, (h) 326-5667 (w) 333-7898

☎ Brenda Jamison, at large, (h) 474-3820

☎ Wally Madden, at large, (h) 538-1226

Many of the above are available by Internet email, ask Jeff Tave for info.

NATCHITOCHES MARATHON ROW - INTERESTED?

By Chris Woelfel

Bill Nystrom and Chris Woelfel are looking for two (2) additional oarsmen and a coxswain interested in forming a "4+" to participate in the "Natchitoches Marathon Row" in Natchitoches, Louisiana on Saturday, November 12.

We are both fully capable of rowing equally bad from either side of the boat, so interested parties will have their choice of rowing either port or starboard. Please call Bill (486-0028) or Chris (286-6514) to discuss.

BOAT CARE AND DOCK ETIQUETTE

by Don Erwin

All boats and oars should be washed and dried after use. This includes the riggers and seats. If you don't rinse off the boats, the metals parts, including aluminum and stainless steel, can start to corrode. Find a towel, even if it is a damp one, to dry the shell and riggers off with. The oars should also be washed and rinsed. Please remind anyone you see who puts up equipment without rinsing of this requirement.

We have seen previous mention of not leaving boats unattended at the dock. This can not be overemphasized. Please be aware of other boats on the water. Even if another crew or person is supposed to row the boat after you, if someone is waiting to come off the water, they should have priority over the person(s) on the shore. This may mean taking the boat up to tees or slings, but safety must be the first concern, not convenience. Also, someone on the water may be trying to get off to get the equipment to someone who is on time.

Docking a boat is probably the riskiest part of rowing as far as potential for damage. Be aware of docking boats. Be quiet on the dock when a boat is coming in. In crews, the whole crew needs to be able to hear the cox. If you are laughing and talking loudly, someone may not hear a command and the boat could be damaged. Also watch for boats that may need a hand while docking, especially when the wind is blowing. Be ready to go to the dock and help.

GUEST ROWING

by Jim Potter, BARC Membership Chairman

You will note a new logbook at the boathouse on the signout desk: The BARC guestbook is intended to help us track experienced rowers invited by members to row with us either as a prelude to membership or as out-of-town visitors. The sponsoring member will make the guestbook entry and ensure that the guest understands our club rules in the areas of safety, equipment use and boathouse security. The guest will sign the standard BARC waiver form (located on the back of the member data form in the file cabinet) and will NOT use the

BARC facility unescorted. We actively want guest rowers to try out our facility. After three guest rows, local rowers will be required to join BARC as a condition of further use of our boathouse. We are attempting to simplify the formal "checkout" procedure for new members and guests whereby a designated club member makes sure that a rower is ready to row safely either in club equipment or in a private shell. One page checksheets are being prepared so that checkouts cover the appropriate information every time. Until these procedures are in place, see one of the officers to arrange a checkout on a case-by-case basis for guests who have significant rowing experience. For sweep rowers, this process has traditionally involved rowing with a designated crew the first time. The Sunday 9:30 mixed eight is a particularly good choice. For scullers who did not graduate from a club class, it is generally a one-on-one with an instructor who covers the relevant material from the class on subjects such as the traffic pattern, avoiding windsurfers and other obstacles, lights at night, log entries, etc.

Earlier this summer, BARC received inquiries from a record number of experienced rowers. I hope some of our college rowers will go back to school and spread the work that the sport of crew is alive and well in the Space City. I wish rowers who have called over the part year had been able to get in a boat than did. With the help of the membership and the log of actual participation, I hope we can do better in the future.

SCHEDULING OF KASCHPER "QUAD"

The new Kaschper "Quad" is available for use by club members. It has been receiving considerable use on weekend mornings and occasionally during the week. The Quad can be reserved by any individual club member. (The only requirement is that the individual in Bow seat is an experienced sculler.)

At present, the boat is reserved for the two (2) following times: 0830 Saturday (Open Row) and 0800 Sunday. Scheduling of the Quad is to be done through the "Sweep Equipment Scheduler", Chris Woelfel. The same policies will apply to the Quad as to the sweep boats.

CALL FOR MENTORS

By Don Erwin

As mentioned previously, the club has a lot of new people on the water. In order to make rowing more satisfying to our new members, I am asking EVERYONE to lend a hand in helping the newer members progress to higher levels of expertise. We could use rowers and coxswains on Wednesday evening and Saturday and Sunday mornings.

If your crew needs a substitute, consider calling one of our newer members. They have all had great training and would be comfortable in any boat. The experience they get from rowing with you is more valuable than any amount of coaching they get from a cox or a coach's launch. If you need some ideas on who to call for subs, contact me, Paul Lanoux or Anil Raj. Our numbers are on the phone list.

SWEEP SCOOP

By Don Erwin

Here's some of the latest news and gossip going on in the sweep world of BARC rowing.

1. So far this year we have completed three sweep rowing classes. That's a potential of 24 new sweep members, some of whom may even learn to scull. In March, we taught a class made up mostly of Texas A&M University at Galveston students, also known as Aggie Crew. In June we had an all-woman class (by chance, not design). The Aggies who were around for summer school rowed with the students of this class pretty regularly. In July we had another class.

These crews will probably be rowing together on Wednesday evenings and as separate crews on the weekends. (See related article by Don).

2. We are trying to bring as many new people as possible to Austin on Halloween weekend for the Pumpkin Head regatta. I would encourage everyone to go to this event. It's usually very fun and a great way to meet other people with a passion for rowing.

3. There were a bunch of college students in Houston over the summer who rowed pretty regularly. These students row at school and were here for school, work or because they live in Houston. Many of our regular members

rowed with them. This gave the students a way to keep in shape and it gave our members some good experience. Two graduates from the June sweep class have also returned to school, one of which may pursue crew at UT.

4. As school starts up you will probably notice more college students around the boathouse. We are working on an agreement with the Rice Crew who will train out of our facility. We are also working on the details of an agreement with the Aggie Crew for use of club equipment and experience in training new members of the Aggie Crew club. Having more people in the boathouse will create some new challenges in scheduling and equipment maintenance, but fostering the sport of rowing in Texas is part of the club's charter and we can provide no greater service to the sport and students who want to row than by helping them in this capacity.

Well I am sure I have missed a lot, but that's enough for now.

FALL ROWING REMINDERS

LIGHTS-- As the hours of daylight diminish it's critical that all BARC coxes and scullers take responsibility to light their boats. Crews using lights at the boathouse should periodically contribute fresh batteries, too. Brenda has bought a nifty bow light which takes "D" size cells. The perlight strobes which are used on the four and some sculling boats are available for under \$10 at the Oshman's Superstore on I-45. You may recall Dave Gill's piece in American Rowing which showed how to mount a bow light too.

LOG BOOK-- All rows must be logged in the log book. Suggestions to make this easier and more useful are welcome. Ample blank log sheets will be available.

BOATHOUSE COMBO-- It's time to change it again. Target date is Labor Day. The new combination will be distributed only to dues-paid members. If your name does not appear on the boathouse list, contact Jeff Tave, BARC Treasurer.

STUDENT ROWERS PROVIDE SUMMER POWER

By Chris Woelfel

There have been a few new faces around the boathouse over the past few months belonging to students of one type or another. A few of these students are originally from Houston and have returned to spend their summer break at home. The others have come to the Bayou City during their hiatus for training or an internship. Each of these individuals is an experienced oarsperson who participates/competes in rowing at their respective institutions. Observing their different styles and nuances allowed club members to note different techniques and approaches to rowing. However, all of these talented individuals demonstrated that they had a couple things in common - enthusiasm and a desire to row. This certainly was a welcome addition to the club scene. For the most part, none of them belonged to a consistent, established crew, but they were always willing to jump in on an "as-needed" basis and contribute. This resulted in a mutual trade-off: the club was able to get in some very good rows with ambitious oarspeople, while the students were able to maintain their training routines.

The following is a listing of the students and a little background information provided for those club members who have not had the opportunity to meet these individuals.

Elizabeth "The Elitist" Coon, Yale University

The club considers itself very fortunate to have a genuine Ivy Leaguer deem us worthy of her presence for the past summer. "The Elitist" is from Houston and will be a sophomore this year at that fine bastion of higher education in the East, Yale University, where she is a Biology major ("Pre-med"), and also a member of the Women's Crew. A smooth starboard rower, Elizabeth showed much enthusiasm while on the water and is looking forward to rowing this fall. We would certainly hope that Elizabeth returns next summer. Her rowing technique is different than that of most everyone else in the club - it is strong and efficient. Her style is so impressive, she lacks calluses on her hands claiming they are forbidden at

Yale. (That's a typical Ivy Leaguer for you.) Needless to say, she stands out in a boat. However, another season or two rowing with us, and we will have her adopting our style. (Repeat to yourself: Quick slide, square late; at the catch, hesitate.) The club has no room for elitists - conform to our standards or be doomed...

Mary Jenkins, Purdue University

Mary returned to Houston for the summer after completing her freshman year at Purdue University. She is also a Biology major, with intentions of becoming a Veterinarian. She was introduced to crew last fall and rowed starboard for the Boilermakers' Novice Women during the year. Mary is a very powerful rower and does her best to get the boat moving. When she is unable to row on the water, she has expressed a fondness for doing one-hour pieces on the "erg". (Shoot, I daresay she can outpull 99% of the men in our club...) She has a good, positive attitude and we would like to see her back in the future. We wish her well against all competition - except for the Badgers - in the upcoming Big Ten season.

"Englishman" Allison Cullen, Bath University, Bath, England

Allison was exiled to Houston for the summer from her Mother Country. She has been serving an internship for an energy company, British Gas, while here in the United States. Allison is a jolly ol' chap-ette studying Business Administration at Bath University and is a member of the crew team. She is a natural athlete and row "stroke-side" (port) after picking up the sport last fall. Allison was always willing to row in the Sunday morning boats, and was a substitute on occasion on Saturday mornings. She has improved considerably in the short time she has been in Houston, and should be an asset to the Bath-ers. It was nice to have a little international flavor around the boathouse. However, as might be expected, language barriers sometimes made communicating with Allison difficult. . . If Allison returns to Houston in the future, she certainly will be welcome back to the club.

"Mach II" Michael Hsu and Todd "The Barbarian" Bode, Cambridge University, Cambridge, England (Naval Academy Graduates)

The Club was honored to be host

to two future "Top Gunners". Mike and Todd could easily be mistaken for identical twins - only a couple slight differences in body structure and skin complexion distinguishes them apart from one another. The similarities do not end there. These two rugged youths are graduates of the U.S. Naval Academy and are participating in identical post-graduate programs. Each is seeking a Master's of Science degree from Cambridge University in England. Houston is serving as their home for the summer prior to beginning classes across the Atlantic in the middle of September. They share neighboring offices at NASA working on a special project designing a potato launcher capable of hurling spud projectiles onto the surface of Mars.

Bode "The Barbarian" is from Seattle, WA. Early in his teenage years, he was a large Nirvana fan and became caught up in the Grunge Rock scene which worried his teachers and parents. They encouraged him to seek out the military and get some structure in his life. He heeded their warnings, got a respectable haircut, started bulking up, and eventually was accepted into the U.S. Naval Academy. Things only got better. He took up the fine art of rowing and was a member of the Varsity team - rowing "stroke" as needed - until his graduation this past Spring (B.S. - Physics). He looks forward to continuing rowing in England for a club with a reputation for killing people - he vows to hold up this tradition. Todd is taking (private) flying lessons this summer and is planning on going to Flight School to become a "Top Gun" following completion of his Master's degree. He is unsure whether he will be returning to Houston next summer.

"Mach II" Mr. Hsu is a protege of our very own Bay Area Rowing Club - learning how to row in the summer of 1993. Mike hails from the hills of Tennessee. He was attracted to rowing immediately upon being told that he could actually wear shoes, albeit they were fastened to the interior of the boat. He will be promoting the BARC style overseas where he rows for the Trinity First and Third Rowing Club. Mike has aspirations of becoming a "Sweep Rowing Instructor" upon his return to England. (Yes, the BARC style is destined to "sweep" across Europe and become recognized internationally.) Mike graduated

from the U.S. Naval Academy with a degree in Control systems Engineering in 1993, and is currently pursuing his Master's Degree in Physics at Cambridge. "Mach II" Mike is enrolled in private flying lessons in Houston and also plans to attend Flight School in the future. Mike has enjoyed his time spent rowing with the Bay Area Rowing Club, and the Club was happy to have him around. He does not know what the future holds for him, but he did indicate that Wendy Lawrence has some influence over his destiny. (We can always use another strong port next summer, Wendy!)

Seth "Howitzer" Howell, Philip Exeter Academy, Exeter, New Hampshire; University of Chicago

This strapping, young lad was discovered in the dark, dank and musty confines of an area gym. He was wearing a T-shirt noting some reference to rowing, and upon interrogation, confessed to have gained some competitive rowing experience at Philip Exeter Academy. Having already conquered the "erg", Seth was seeking an opportunity to get some "on-the-water" training prior to enrolling in the University of Chicago. This desire made him an easy recruit for the club. Seth is a personable fellow and maintains a dedicated training regimen. He is eager to seize every chance he can to row. The fact that he is capable of rowing either starboard or port increases these chances - as does his enthusiasm. Seth will be a Freshman at the University of Chicago this fall pursuing a degree in Mathematics, the second love in his life after rowing. (He had mastered Calculus by age 15.) Seth has spend some time as an exchange student in France and is able to speak three (3) languages. He is now spending a month living in Germany and France. This modern day "Renaissance Man" lives with his parents in Houston while not at school. He will definitely be sought out to fill up a seat in the boat anytime the club knows he is around. He just will need a ride to the boathouse.

The club certainly hopes these folks return to row with us in the future. They contributed the talent and power for many good, hard rows to take place over the summer. Their positive attitudes were also noticed. Thanks a lot, guys!