



WaterLogged



What the Saskatchewan Rowing Association Means to You and Me

It's been 20 years since I took up the sport of rowing and I've enjoyed every minute of it. Like you I have a very strong connection to my home club and rightly so but sometimes we forget about the valuable role of the Saskatchewan Rowing Association (SRA).

Rowing is fortunate to be counted among the members of Sask Sport. We are the envy of many other provincial rowing organizations. Sask Sport membership affords us the opportunity promote our sport, support the development our member clubs and our provincial elite athlete like those who will proudly represent our sport and province this August at the Jeux du Canada Games in PEI.

The volunteer members of the SRA Board of Directors and our professional staff are working everyday to promote the sport of rowing to as many people as possible. They accomplish this in partnership with our member clubs. Annually we are striving to introduce our sport in more Saskatchewan communities. In Regina we have supported the development of an adaptive rowing program for people with disabilities.

Establishing improved safety protocols within our members clubs, certification of rowing coaches and the training of officials are just three of the valuable programs the Saskatchewan Rowing Association performs in support of rowing.

I hope you enjoy the inaugural issue of the Saskatchewan Rowing Association newsletter.

Thanks to my fellow SRA volunteers and the staff who support our efforts. Have an enjoyable and safe on water rowing season.

Sincerely,

Bruce Acton

President

Inside this Issue

What the Saskatchewan Rowing Association Means to You and Me.....	1
Sacramento Bound.....	2
Coaches Corner.....	3
Meet Rower Kelly Silcox.....	3
Winnipeg Rowing Club Takes on Water.....	4



Sacramento Bound

(written by John Wetzstein)

The athletes that were heading to Sacramento, California were excited to go. Getting away from the bite of winter and being on the water again was something to which everyone looked forward. For the athletes from Regina, the drive up to Saskatoon was quick, and after a quick lunch, all the athletes and coaches met at the airport to await the departure. A slight delay out of Saskatoon made the initial connection in Denver impossible, but a later flight accommodated all of us. The arrival in Sacramento was later than anticipated, but everyone was in good spirits when we got there and getting to bed was easy.

We gave the athletes the morning off after the lengthy trip down. With everyone sleeping in, the coaches walked over to the Sacramento Aquatic Center to check out the facilities, confirm all the arrangements and figure out what equipment was ours to use. The facilities were tremendous and the available equipment very satisfactory. The folks at the Sacramento Aquatic Center were very helpful and obliging.

After lunch, we walked down to the site for our first row. The excitement to be on the water again was not contained. Despite the fact that the weather was not as warm as we had anticipated, the conditions for training were excellent. The fact that nobody was going to come back with a tan didn't seem to concern anyone.

We also discovered that the Rowing Canada was down there too. Mike Spracklen and Terry Paul were there with some of the senior lightweight and heavy men, as well as a few lightweight women. Seeing and meeting some of these athletes was an unexpected bonus and our athletes were excited about this too.

The week of rowing went off without any incident. We rowed twice a day and alternated the athletes between sweeping and sculling. Crews and boating orders changed for every row and athletes were attentive to the skills we were working to develop. Over the course of the week, the athletes made very perceptible improvements. The athletes also had the opportunity to come together socially and bond. Friendships were already present, but they strengthened and the atmosphere was one that we as coaches were very happy to see.

For the most part, we managed to avoid the foul weather. It rained on only a few occasions and we were blown off the water only once. Thankfully, the Aquatic Center has a fantastic erging facility. While nobody was terribly excited to erg again, the workout was productive and positive.

All work and no play makes for cranky rowers and coaches. A movie night, some shopping, team meals, and our Valentine's Day row made for some necessary fun. Whether or not anyone would count the Valentine's Row as a highlight remains to be heard, but everyone got into the spirit of silliness and had a good time. It was one of the rougher water days too, so goofing around a bit was just right.

By the time we were ready to head home, hands were sore, people were tired, but everyone acknowledged the success of the camp. Getting up at crack of 2:00am didn't sit well with anyone, but it got done and we were at the airport with plenty of time to spare. Athletes dealing with fatigue and running on little sleep define a whole new level of crazy. Once on the plane though—the flights were quiet. Soon we were back in Saskatoon and through customs. After the hugs and handshakes, the Regina athletes headed home. Reunited with our teammates back home, the work to prepare for the summer continues. Without question, the camp has helped raise excitement and the resolve for success.

Coaches Corner

(with John Haver)

We are approaching the on water season. One of the great things about getting on the water is that we are able to row in crew boats. The basic skill of body sequencing can be improved on the ERG's and have a HUGE impact on the feeling of synchronization. Body sequencing refers to the gross movements of the body, the order in which the movements take place, we can forget about blade work, blade timing and balance, even though all of these things are positively affected by proper body sequencing.

BODY SEQUENCE:

To keep things simple, we can break the stroke down to 3 segments.

Arms, Back, and Legs.

Starting from the finish- Hands push the handle down extracting the blade out of the water before the handle turns feathering the blade. once the blade is feathered the first movement to the stern is done with the legs remaining down and the back in the finish position. the back does not swing over until the arms are fully extended out in front of the rower, once the arms are out, the back can swing out of the bow into the "catch position". The last segment is the legs coming up to the heels with the arms staying straight and the back remaining in the catch position.

This can be very mechanical when being practiced, and needs to be done at a very low rate to allow the rower time to think about what he/she is doing with the body. Once the rower feels more comfortable the rates can come up and the feeling of being mechanical will go away.

The reason why we start from the recovery is because what happens on the drive is a mirror image of the recovery. For example, if a rower does not set all of the catch angle from the finish while the legs are still down, and he/she sets it right before the blade enters the water (right before the catch), what will most likely happen during the drive is the back will open up right away before the legs have done their work to accelerate the boat.

Simply put, we want to use our biggest muscles first, before we use the small ones.

example: you do not throw a fast ball by flexing your wrist, bringing your arm across the body and THEN twisting your body.

SPRING 2009

2009 Regatta Schedule

Date	Event	Location
June 6	Western Canada Sprints	Regina
June 27	Alberta Open	Calgary,
July 18	Prairie Rowing Championship	Saskatoon
August 17-21	Canada Summer Games	Summerside, P.E.I.
August 21-22	NWIRA Regatta	St. Paul, MN
	Canadian Masters	Elk Lake, Victoria
September 12	Saskatoon Head Race Regatta	Saskatoon
October 10-14	World Masters Games	Sydney, Australia
November 3-4	National Rowing Championships	London, ON



MEET KELLY SILCOX

My name is Kelly Silcox and I have been a member of the Regina Rowing Club, rowing as a Master since 1997 and currently sitting on the SRA Board.

Over the years I've enjoyed participating in a number of special events including World Masters Games in Portland, Montreal and Edmonton.

I had the privilege of working with Dave Millar as a Sport Captain for the 2005 Canada Summer Games. In 2007, Dave and I worked together again to co-chair the NWIRA in Regina. I was proud to have been involved with these very successful events.

Rowing has provided me with much more than fresh air and exercise. I treasure the many wonderful friendships I have made through the years.

Winnipeg Rowing Club Takes on Water

Members of the Winnipeg Rowing Club had been counting on a brand new, \$70,000 dike to keep the club dry this spring.

They weren't banking on ice as well, however. The club is prone to flooding, because it's in a low section of the Red River in the south end of the city. On Friday, a large buildup of ice at the Norwood Bridge breached the club's new barrier.

Vic Bartel, the club's vice president of house and grounds, said once the ice pierced the dike, water inundated the ground floor of the building.

"Some of the training boats that are actually sitting on the floor ... they did float a little bit. We put some of those up on top of our coach boats, which are inside for the winter as well. But the actual rowing boats, the better ones, they are fine. They are on the racks and stuff. No damage to that at all."

Bartel said city workers came to help close the breach in the dike, and crews are monitoring the pumps around the clock.



Waterlogged

Developed by JP Farago

Special thanks to Bruce Acton, Kelly Silcox, John Haver, John Wetzstein, Lynn Seguin, and CBC.ca for the Winnipeg Rowing Club article
Any comments or suggestions please email jp.farago@stantec.com