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Print this Electronic Newsletter  
to Share with Your Club!

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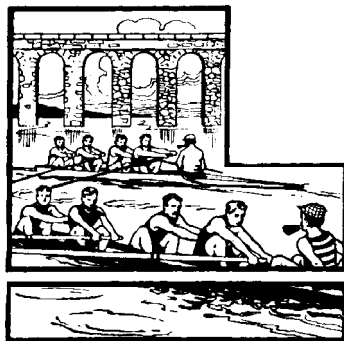
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What Have Your Midwest Regional Reps Been Up To? Don was appointed in 2001 as Treasurer of the USRowing Board of Directors, filling the seat vacated by Tiff Wood, and now serves on the Executive Committee (the highest decision-making body within USRowing). Don also serves as Commodore (President) of the Lincoln Park Boat Club, and is trying to squeeze in sculling lessons in his spare time. Kelly serves on the Nominating Committee, which searches for and makes candidate recommendations nationwide when a board position is vacated mid-term. She has co-drafted legislation with the Ohio Department of Natural Resources regarding the numbering and registration of rowing shells. Kelly and Don were both representing USRowing and the Midwest at the first-ever U.S. stop of the Zurich World Cup, held in Princeton, New Jersey...as volunteers (and not athletes), of course!



**USRowing**<sup>®</sup>

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# The Heat Sheet!

*Rowing News from the  
Midwest Region's 13 States*

Volume 1 Issue 1 - May 2001

## Cincinnati Juniors Dominate World Cup Scholastic Exhibition in Princeton, NJ

In perhaps their quietest victories on record, Cincinnati Junior men and women dominated Philadelphia-area prep and high school crews in a scholastic exhibition race at the Princeton stopover of the 2001 World Cup on Saturday, April 28th.

Racing against legendary East Coast institutions such as St. Paul's (a prep school in Concord, NH), St. Joe's Prep in Philly, St. Andrews and Lawrenceville, CJRC and head coaches Todd Jesdale and Mike Wenker truly delivered an upset to this exclusively East Coast crowd, who expected one of their crews to prevail.

With high wind and choppy waters, both the men's and the women's team took their leads in the first 500, which was televised stroke for stroke thanks to FISA on-water camera crews and an overhead blimp that provided a unique and exciting sky-cam view of the races to the large crowd of local parents and alumni.

The finish line has likely never been so silent for a CJRC crew, who have one of the most enthusiastic parents groups in the country. Fact was, the small contingent of parents were on the other side of the lake, far

away from the finish line or the medal ceremonies. This Midwest Board Member at the finish line made sure the following athletes received an entirely-biased champion's welcome as they climbed onto the medal platform!

<b>CJRC Men's 8:</b>	<b>Women's 8:</b>
Pat Haas (S)	Molly Todd
Joe Fahrendorf	Debbie Dryer
Joe Kleiman	Kristen Schwarz
Andrew Pfister	Erin Perry
Stu Harty	Ashley Johnson
Brian Bolinger	Leah Frank-Finney
Mike Kummer	Sarah Toebe
Mike Triebwasser	Ginny Mercurio
Mike Brandt (C)	Lauren Ellison

Men's Final Results (6 Entries):

1. Cincinnati Juniors
2. St. Joseph's Prep - Philadelphia
3. St. Paul's - Concord, NH
4. St. Andrew's - Middletown, DE
5. Brunswick School (New Jersey)
6. Lawrenceville (New Jersey)

Women's Final Results (6 Entries)

1. Cincinnati Juniors
2. St. Paul's - Concord NH
3. St. Andrews - Delaware

and also racing were:  
Norwalk River of Fairfield, CT  
Wilmington Crew of DE  
Lawrenceville of NJ

# New Masters Sweep and Sculling Camp June 29th at Indiana U.

Bloomington, Indiana will be the venue for a new Masters sweep and sculling camp held June 29th-July 1st, 2001 on the campus of Indiana University and the Lake Lemon Aquatic Center. The camp will be run by and for Masters rowers, and coaches working with Masters rowers are encouraged to attend. Jim Dietz, 6-time Olympic team member and coach will give insight on technique and style. Mark Wilson, 1992 Elite National 2x Champion, will help with training and rigging. Paul Fleschler, 1992 Olympic weightlifter, will offer rowing-specific strength training exercises in a classroom and weightroom setting. The weekend includes:

- Coaching for both sculling and sweep rowing
- Coxswains welcome - some coxswains will be provided
- Rowing in eights, fours, doubles, and pairs
- 5 on the water rowing sessions
- Video review and rowing classroom sessions include a take home video
- Classroom sessions include training methodology, nutrition, and strategy specific to masters
- 2 weight training classroom sessions
- 2 hands-on weight training sessions
- Weight program to take home
- Spouses are welcome to enjoy meals and the camp's social aspects at no additional charge

## Camp Dates and Time:

Friday June 29th-Sunday July 1st. The camp will begin Friday at 5 pm and run all day Saturday. The camp concludes after brunch on Sunday.

## Camp Fees:

Rower Fee: \$325.00 Coxswains Fee: \$250.00 Coaches Fee: \$325.00 (if the coach brings 4 or more rowers, the coaches' fee is \$100.00) The camp will include Friday evening social and dinner, Saturday breakfast and lunch. Sunday the camp will conclude with a fabulous brunch in the Indiana Memorial Union's Tudor Room. Fees do not include hotel accommodations or dinner on Saturday evening. For information on hotels, dining and Bloomington-area attractions and events, visit the Bloomington Visitors Center Website at [www.visitbloomington.com](http://www.visitbloomington.com).

Please contact Mark Wilson at (812) 856-4485 or [wilsonmr@indiana.edu](mailto:wilsonmr@indiana.edu) with questions or to receive more information about the camp.

## Junior Women's Rowing Camps At Wisconsin

Two camps will be held this summer at the University of Wisconsin for high-school age girls. Both camps are open to beginning and experienced coxswains and rowers. Camps will focus on technique, and will be taught by UW coaching staff. Cost for a week is \$550, resident camper; \$495 for returning/group

camper; \$450 day camper; \$400 group day camper. Includes housing (if resident camper), all meals, t-shirt and video.

Session 1: June 17-23

(recommended for rowers with 2+ years of experience)

Session 2: July 8-14

Call Carrie Davis at (608) 265-8677 or [cbd@athletics.wisc.edu](mailto:cbd@athletics.wisc.edu)

## *Calm Waters Rowing*

Offers Masters Sculling Camps in Virginia for Novice & Experienced Scullers

Charlotte Hollings and John Dunn have opened a new sculling camp 75 miles east of Richmond, VA on the Chesapeake Bay at Camps Mill Pond. Camp sessions will be limited to groups of 12 to keep traffic to a minimum and coaching to a maximum.

Campers will receive two coached sessions daily plus a third, less structured row in the afternoon. Videotaped practices are included, as are all meals. John coached at Cornell for 25 years, and rowed for four years on the US National team. Charlotte also rowed for the US National team, and coached at Stanford, Boston University and Cornell. They have coached at Craftsbury as well as the Florida Rowing Center.

An elegant inn is part of their sculling camp package, called The Inn at Levelfields. During peak season (April to October), depending on the room size you select, a 3-day weekend of coaching and accommodations runs from \$795 to \$660. A 4-day midweek camp can run from \$900 to \$720. Rates are per person double occupancy, 50% discount for non-rowing roommates. Discounts available for parties of six or more. Off-Peak season, November to March, offers lower rates.

For more information, contact Calm Waters Rowing at 1-800-238-5578, [www.calmwatersrowing.com](http://www.calmwatersrowing.com) or [information@calmwatersrowing.com](mailto:information@calmwatersrowing.com).

# midwest coaching positions

Ohio State Seeks Volunteer Assistant

Contact Andy Teitelbaum, 614/292-6009, if interested in a volunteer assistant position starting September 2001. teitelbaum.6@osu.edu

Drake University Asst. Coach

Drake University's Athletic Department is searching for an Assistant Women's Crew Coach. This position is a nine month, part time position. Assist in planning and execution of a competitive Division I women's crew program. Contact Charlie DiSilvestro, 515/271-4995, or charlie.disilvestro@drake.edu  
Lincoln Park Juniors Coach

Lincoln Park Juniors are seeking coaches for the 2001-2002 season. The 80-member team was formed in 1998 with a grant from the United States Olympic Committee. 30% of the rowers row for FREE and are from at-risk neighborhoods. Contact Frances Kern, 773/248-2141 or fckern@yahoo.com

Coxswains Needed at Row As One Camp

Row As One is offering coxswain internships for its masters women's rowing camps June 24-29 and July 8-13 at Mt. Holyoke College, South Hadley, Mass. Work with former Olympic athletes and national team coaches. Free room and board. 781/ 326-4648; or e-mail info@rowasone.org.

St. Louis Rowing Club Head Coach

Hiring full-time, salaried head coach to direct and supervise all St. Louis Rowing Club programs, and to coach a nationally-competitive junior squad. SLRC programs include adult summer rowing league and community youth rowing. Web site is www.slrc.net. Contact Steve Giddings for a job description; sjgiddings@aol.com or fax at 314/289-7009.

Duluth Rowing Club Head Coach

Seeks competitive coach from May to August 22nd. Start date negotiable. Base salary \$2,000, additional salary ne-

gotiable, free housing possible. Letter and resume to Alan Denman, 121 N. 66th Ave W., Duluth, MN 55807. 218/628-1116.

Indiana U. Graduate Assistantship

Offering Graduate/Assistantship in the sport of Women's Rowing. Position is open to begin in the Fall of 2001 and will offer tuition and stipend. Candidates should be interested in learning about Div.1 Big Ten athletics and have a sound rowing background. Contact Mark Wilson at 812-856-4485 or e-mail wilsonmr@indiana.edu

St. Ignatius College Prep - Chicago

Seeks coaching assistance for established, supported program of boys, girls, novice & varsity. Contact Kevin Krakovsjy at 773/561-2196 or ICCKevin@aol.com

HS!

## USRowing 2001

### Senior Development Camps in the MW

The USRowing Development Camps are regional camps that provide excellent coaching, rowing, and racing opportunities for college-age athletes who are currently participating in our National Team Testing Program. Each program differs slightly in format, cost, and racing opportunities based on the length and location of the camp. The practice schedule is predicated on the idea that the athletes will have summer jobs or will be taking classes at a local institution. The camp organizers are responsible for athlete selection, coaching, and equipment, not housing, jobs, and

transportation. Although some camps have posted application deadlines, all camps have limited capacity, so please contact the coach as soon as possible.

University of Wisconsin- Madison  
Open Women - Sweep & Sculling

June 25 - July 30

Application due by May 15th.

Contact Amy Appleton

1440 Monroe St.

Madison, WI 53705

Tel: 608-263-6698

Fax: 609 263-7849

E-mail: [aka@athletics.wisc.edu](mailto:aka@athletics.wisc.edu)

University of Wisconsin

Lightweight Women Sweep

June 25 - July 30

Contact Maren Watson

1440 Monroe Street

Madison, WI 53711

Tel: (608) 265-6642 - office

Fax: (608) 263-7849

[MLW@athletics.wisc.edu](mailto:MLW@athletics.wisc.edu)

Camp Randall Rowing Club

Open Men's Sweep Madison, WI

June 27 - August 12

Coaches: Dan Gehn, Chris Clark,

Greg Myhr

Contact: Dan Gehn

Tel: (509) 328-4220 ext. 422

Fax: (509) 323-5787

Email: [gehn@gonzaga.edu](mailto:gehn@gonzaga.edu)

## June

2	Double Dam Row (18 miles!)	Rockford, IL	
2	Minnesota Rowing Classic	St. Paul, MN	<a href="http://www.boatclub.org">www.boatclub.org</a>
9-10	USRowing Youth Invitational	Cincinnati	<a href="http://www.usrowing.org">www.usrowing.org</a>
9	Cincinnati Sprints (masters, open held at USRowing Youth venue)		
16	Tulsa Sprints	Tulsa, OK	
16	Waterloo Sprints	Waterloo, IA	<a href="http://www.cedarnet.org/wrc">www.cedarnet.org/wrc</a>
23	Ecorse Invitational	Ecorse, MI	
30	Gateway Regatta	St. Louis	<a href="http://www.slrc.net">www.slrc.net</a>

## July

7	Grand Regatta	Grand Rapids	<a href="http://www.grrowing.org">www.grrowing.org</a>
14	Chicago Sprints	Chicago	<a href="http://www.lpbc.net">www.lpbc.net</a>
14	161st Detroit B.C. Regatta	Detroit	
15	Lottie McAlice Regatta	Pittsburgh	<a href="http://www.threeriversrowing.org">www.threeriversrowing.org</a>
21	Duluth International	Duluth, MN	
25-29	USRowing Nationals	Camden, NJ	<a href="http://www.usrowing.org">www.usrowing.org</a>

## August

4	Midwest Masters Regatta	Indianapolis	<a href="http://www.usrowing.org">www.usrowing.org</a>
8-12	Royal Canadian Henley	St. Catharines	<a href="http://www.vaxxine.com/henley/">www.vaxxine.com/henley/</a>
22-25	USRowing Masters Nationals	Indianapolis	<a href="http://www.usrowing.org">www.usrowing.org</a>
26	Lake Arthur Regatta	Pittsburgh	<a href="http://www.threeriversrowing.org">www.threeriversrowing.org</a>
30-9/2	FISA World Masters Regatta	Montreal	<a href="http://www.fisa.org">www.fisa.org</a>

## September

8	Death Row (18 Miles)	Duluth, MN	<a href="mailto:mjcochran@altavista.com">mjcochran@altavista.com</a>
22	Head OT Cuyahoga	Cleveland	<a href="http://www.wrra.cc">www.wrra.cc</a>
29	Head OT Licking	Cincinnati	<a href="http://www.cincinnatirowing.com">www.cincinnatirowing.com</a>
29	Head OT Des Moines	Des Moines	
30	Five Rivers Fall Regatta	Dayton	<a href="http://www.daytonrowing.org">www.daytonrowing.org</a>

## October

6	Head OT Mississippi	Minneapolis	<a href="http://www.mplsrowing.org">www.mplsrowing.org</a>
6	Head OT Ohio	Pittsburgh	<a href="http://www.threeriversrowing.org">www.threeriversrowing.org</a>
7	Tail of the Fox	Green Bay	
13	Chicago Chase	Chicago	<a href="http://www.chicagochase.com">www.chicagochase.com</a>
13	Quad Cities Rowing Classic	Moline, IL	
13	Frogtown Races	Toledo	<a href="http://www.toledorowing.org">www.toledorowing.org</a>
13	Lemonhead Regatta	Bloomington	<a href="mailto:wilsonmr@indiana.edu">wilsonmr@indiana.edu</a>
14	Head OT Rock	Rockford, IL	<a href="http://www.headoftherock.org">www.headoftherock.org</a>
14	American Royal Fall Classic	Kansas City	<a href="http://www.kcrowing.com">www.kcrowing.com</a>
20-21	Head OT Charles	Boston	<a href="http://www.hocr.org">www.hocr.org</a>
20	Head OT Eagle	Indianapolis	<a href="http://www.rowirc.org">www.rowirc.org</a>
27	Jack Speakmon Regatta	Columbus	<a href="http://www.columbusrowing.org">www.columbusrowing.org</a>
28	Head OT Elk	Elkhart, IN	<a href="http://www.rowelkhartusa.com">www.rowelkhartusa.com</a>
28	Head OT Iowa	Iowa City	

## November

4	Wichita Frostbite Regatta	Wichita, KS	<a href="http://www.wichitarowing.org">www.wichitarowing.org</a>
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## December

6-8	USRowing Convention	Boston, MA	<a href="http://www.usrowing.org">www.usrowing.org</a>
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# Midwest

## Rowing Calendar

### *fyi -mw youth info*

Midwest Scholastic Rowing  
Association  
[www.culcom.net/~weaserg/  
INDEX.HTM](http://www.culcom.net/~weaserg/INDEX.HTM)  
Championship Regatta is May  
12-13, Stony Creek, Michigan

Midwest Junior Rowing  
Association  
[www.slrc.net/mjra/index.html](http://www.slrc.net/mjra/index.html)  
Championship Regatta is May  
19-20, Cincinnati, Ohio