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Print this Electronic Newsletter  
to Share with Your Club!

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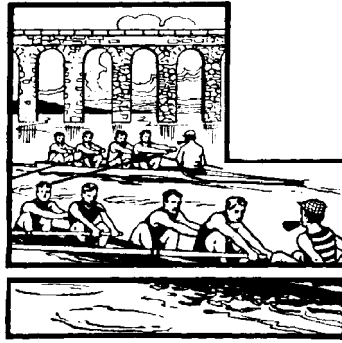
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## USRowing Welcomes These New Midwest Organizations!

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Cincinnati Rowing Club  
Howard Meisner, hmeisner@acm.org  
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# The Heat Sheet!

## Rowing News From and For the Midwest Region's 13 States

Volume 2 Issue 1 - July 2000

## GPS: Your High-Tech Coaching Tool

by Brad DeGrandis with Bob Valerian, Members of the St. Ignatius OH Coaching Staff

I joke to friends that rowing is the only sport that evolved from a form of capital punishment. Although today's goals are just semantically different... we try to kill ourselves in a row instead of someone else killing us; the equipment in rowing has changed so much that I find keeping up with the just the last decade of commercialism and technological innovation in rowing is a little less than an additional sentence of punishment.

GPS is my latest investment in the coach's toolbox. The government's gift of the Global Positioning System has benefited sailing crews for several years but surprisingly, has narrowly infiltrated the rowing community. Below I plotted a few of the helpful applications for GPS from a rowing perspective.

### 1. Exactly Mark the Start and Finish of a Race Course.

Are you certain the course your team marked out for timed pieces is the high school scholastic standard 1500m? A GPS handheld will tell you if you are actually marked at 1600 (or even 1501m if you are really a meter freak). If your course happens to include corners, measuring by GPS is a polished method of measuring

around twists and turns.

### 2. Seat Racing? Yes, Seat Racing with GPS Satellites.

An old anecdote that circulates in rowing circles is the coach who, infuriated with a rower for not pulling hard in a seat race, pulled him out of the shell and into the launch, removed the oar, and placed his lunch sandwich on the slide in place of the rower. After twenty strokes the ham sandwich was hanging tough in the race and eventually the seven rowers and ham sandwich started walking away. True or not, nothing would be a more obvious statement on a rower's effort than losing your seat to a deli sandwich. GPS gives me the same statement about a rower's boat ethic or ability by helping eliminate the externality factors that make seat racing so controversial.

You can go buy a SpeedCoach from NK Electronics and install the fin on the bottom of the boat to determine who is making the boat move faster; or you can buy a GPS handheld. As a high school coach, this decision is a no-brainer for me. I refuse anything that puts unnecessary moving parts in my kids hands. I have learned that if it is not made of

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# Annual Midwest Referee List

STATUS:  
F means Fully Licensed;  
A means Assistant Referee

# Seat Racing by Satellites!

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solid steel and is the size of a building, a high school rower will find a way to accidentally break it. This bans adjustable oar-handles and any speed reader-esque tools from the equipment list.

The handheld will tell you boat speed down to a tenth of a kilometer per hour, or if you prefer, the exact distance covered over a two-minute piece. Do this several times and easily you can determine that on average, the boat just moves better with 'Junior' rowing five. Just be sure that your launch pilot keeps a steady hand on the throttle because the device is sensitive and it is the shell's speed, not the launch you care about. If your bold enough, have your coxwain juggle the steering, manage the coxbox and read a GPS device. Maybe a few years from now coxboxes will have built-in GPS.

### 3. Recording Race Piece Times.

The GPS device has the ability to hold over several hundred times and distances depending on your model. Steer clear of bridges when recording, they tend to throw some interfer-

ence into the handheld's ability to read from the satellites.

### 4. Instant Courses. Just Add Water.

This one is of critical importance to me. I coach on the Cuyahoga River in Cleveland, which in Native American tongue translates to "twisted river." The straightest part is a rough 1250 meters. The Cuyahoga also touts a record as being one of the narrowest and busiest rivers in the U.S. with respect to commercial freighter traffic. My crews are often bouncing between freighters and jumping around corners to avoid anything that would put the rowers in the hospital and our boats in the workshop. In early spring, I am lucky to find the 1250 meter section of the river usable, free of the tugs, barges, freighters, tree trunks and dredges I compete against for water time.

Weather permitting we will take shells out onto Lake Erie. Inside the 300 meter wide break wall without any marked course, we line up the boats and reset the GPS handheld...

"ATTENTION! ROW!" The GPS tracks our distance traveled and exactly 1500 meters later... "PADDLE!!!" Amazing that you could make your own course anywhere on the water.

### 5. Comparing Performance Over Time, Eliminating the Elements.

The GPS is sensitive enough to measure wind drift and current on the shells. These elements can be factored out of results, allowing an accurate comparison of performances between the crew on different days or at different times of day. Rather than the subjective evaluation that a boat, 'seemed faster' on a given day, you can now add real data justification.

If you end up checking out a handheld GPS on the internet or at your local boating store, be sure to get a 12 channel, or more specifically, a device that reads from 12 satellites. Anything else would be selling your experience short. Several models are equipped to download their data to PCs; I settled for a relatively inexpensive \$90 Garmin GPS. Good luck and more leg drive.

questions? [bdegrandis@aol.com](mailto:bdegrandis@aol.com)

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## Coaching & Referee Clinics from USRowing:

July 22-23 Level 1 Clinic - \$100  
Quad Cities Rowing Club - Iowa  
Call: Glenn Merry [gtmerry@aol.com](mailto:gtmerry@aol.com)

August 5-6 Level 1 Clinic - \$100  
Lincoln Park Boat Club - Chicago  
Call: Glenn Merry [gtmerry@aol.com](mailto:gtmerry@aol.com)

August 5 Judge Referee Clinic  
Syracuse, NY  
Michael Richardson-Bach,  
781.631.3950 [Mb28@cornell.edu](mailto:Mb28@cornell.edu)

## Directory Deadline for USRowing Org Members

The 2000 USRowing Member Organization Directory will go to press soon. Every member org received a questionnaire in the mail, but you can also print one off from USRowing at: [www.usrowing.org/Membership/orgquest.html](http://www.usrowing.org/Membership/orgquest.html)

The information you provide will be used for our annual member directory. If you have any questions regarding the questionnaire or suggestions on how to improve future directories, please contact Member Services at 1.800.314.4769. Don't delay--or your club or school will be left out! Also, please print legibly or type the answers to ensure that the correct information will appear in the directory. Thank You!

# Masters Director Hired

INDIANAPOLIS, Ind. - USRowing is pleased to announce the appointment of Margot Shuster as the director of the newly expanded USRowing MastersGroup. Shuster has been the volunteer chairperson of the USRowing Masters Committee for the past year and a half and will be responsible for serving the growing number of masters rowers in the United States in her new capacity. A competitive masters rower, Shuster founded and rows for the Potomac Boat Club's masters sweep team. Shuster will serve as USRowing's liaison to the masters community. Please feel free to contact her with your suggestions and questions at [MargoChels@aol.com](mailto:MargoChels@aol.com) or 703.525.5103.

## Congratulations!

to these Midwest High School Students named to the 12-member USRowing 2000 Scholastic Honor Roll:

Brandon Burd, Dublin OH  
Dublin Scioto High School  
Meredith Gerber, Upper Arlington, OH  
Upper Arlington High School  
Lauren Marlotte, Ann Arbor, MI  
Community High School  
Paul Van Duyne, Taylor Ridge, IL  
Quad Cities Rowing Assoc.  
Christen Young, Upper Arlington, OH  
Upper Arlington High School

A total of 12 student-athletes were recognized, all outstanding high school seniors who have excelled in both academics and rowing over the past year, and have successfully competed at the league or regional level. Honorees were selected by the USRowing Youth Committee based on a numerical ranking of their grades in academic solids, ACT or SAT scores, and their class rank.

### Named Honorable Mention:

Sarah Bunnell, Kansas City  
Shawnee Mission East High School  
Marc Johnston, Huron High School  
Kristy Laudick, Culver Academy  
Michael McGivney, Cleveland OH  
St. Ignatius High School  
Amanda Simpson, Culver Academy  
Christina Wallace, Quad Cities  
Central High School

## Olympic news & notes

Katie Couric from the "Today" show spent a day filming a segment with the U.S. Men's Hvwt. 8 at the Princeton Training Center. She coxed the 8, and received the Coxswain's Toss at the end of practice! The shoot will be used as part of NBC's Olympics coverage in September. Row2k has a nice story on it with pictures at [www.row2k.com/stories/katie.shtml](http://www.row2k.com/stories/katie.shtml)

Speaking of NBC, their NBC Olympics website covers each of the Olympic sports. Guess what sport is #2 right behind gymnastics in popularity and website hits? ROWING! Check out [www.nbcolympics.com](http://www.nbcolympics.com) and choose Rowing to see all their terrific coverage.

Gold Medal Dreams: The U.S. has not brought home a gold in the men's 8 since 1964. Sydney is our best chance in 36 years to do just that, coming off 3 consecutive world championships and a great 1999 for the Itwt women's double and the women's 8 (which took silver at the 1999 Worlds.)

Mark Your Calendars: The Rowing events in Sydney will be from Sunday Sept. 17th through Sunday Sept. 24th. Sunday the 24th is the finals for the Men's 8 and the Women's 8.

# ROW olympic speed with the U.S. Women's Olympic Team!

One last chance to row with the women of the U.S. Olympic team before they head to Sydney.

Catch them while you can, and get some great coaching at the same time. USRowing proudly announces the THIRD Women's Fantasy Camp Rowing Weekend.

FRIDAY, JULY 28 to  
SUNDAY, JULY 30, 2000

Live the fantasy and help the Women's Olympic Team at the same time. 20 seats are available to competitive female rowers who want to spend the weekend rowing at the ARCO Olympic Training Center in San Diego, CA. Camp will include:

- Coaching in sweep and sculling boats
- Rowing with the Olympic Team
- Video instruction and critique on erg and water w/take home video
- Weight lifting, erg and stretching sessions, and a workshop on Master's health and training issues
- Housing and transportation in San Diego, and meals and training at the ARCO Olympic Training Center
- Banquet featuring former Olympic rowing medalists

Cost - \$1000 - a percentage of which is tax deductible

Meals, local transportation, lodging and equipment included. You pay transportation to and from San Diego. Call Nicole Biegel at USRowing to sign up; 1.800.314.4769.

## *juniors: join the new listserv!*

USRowing is starting a new listserv for juniors, based on its popular masters e-group newsletter. The USRowing Listserv for Juniors will be an electronic newsletter published once a month by USRowing, the Youth Committee, Regional Representatives, and Coaches.

### Instructions for Joining the USRowing Junior Listserv:

1. If you are already a member of USRowing and we have your e-mail address, you will automatically receive the monthly message.
2. If you are already a member and are not sure if USRowing has your e-mail address on file, please call us at 1-800-314-4ROW and we will be happy to check your file. You may also e-mail us at [members@usrowing.org](mailto:members@usrowing.org).
3. If you are not a member of USRowing and would like to join and receive the listserv, you may either call us at 1-800-314-4ROW and sign up over the phone using a Visa or MasterCard, or you can print a membership application at our website at [www.usrowing.org](http://www.usrowing.org)

## *masters: e-newsletter, listserv news*

Every other week, USRowing produces an e-newsletter on masters topics. Are you on the distribution list? To subscribe to the newsletter, send an e-mail to: [usrowingmastersnews-subscribe@eGroups.com](mailto:usrowingmastersnews-subscribe@eGroups.com). To receive back issues of the newsletter, e-mail [members@usrowing.org](mailto:members@usrowing.org). To receive the twice-a-month USRowing newsletter AND be a part of the chat room/listserv (you'll receive several e-mails a day from masters around the US), just send one e-mail to [rowingmasters-subscribe@eGroups.com](mailto:rowingmasters-subscribe@eGroups.com) and you'll receive BOTH.

## midwest coaching jobs:

Bowling Green State University Rowing Club in Northwest Ohio seeks a head coach for the fall and spring rowing season. We're a small team seeking to become more competitive. Since we are a club team we can only offer a salary of \$1000 per year. We own a heavyweight Vespoli eight and a new Dirigo four. Please call or e-mail if interested-- Laurie Klimkowicz, [love\\_to\\_row@yahoo.com](mailto:love_to_row@yahoo.com) 419-352-3560 (Bowling Green)

Cincinnati Juniors is offering opportunities for novice and varsity coaches. Contact Keith O'Brien at 513.688.0442 or email: [obrn52@aol.com](mailto:obrn52@aol.com)

Case Western Reserve University's club program (Cleveland, OH) seeks a coach for the fall. Contact Evan Halprin [ejh2@po.cwru.edu](mailto:ejh2@po.cwru.edu)

## summer rowing camps



NIKE Rowing Camp, University of Michigan, Ann Arbor, MI

July 23-27 GIRLS ONLY, 14-18

Campers will train daily on nearby Belleville Lake and stay in comfortable dormitories on campus. Co-directing the camp is Head Coach Mark Rothstein, Varsity Assistant Coach Emily Ford and Novice Coach Karen Smyte. [www.us-sportscamps.com](http://www.us-sportscamps.com)

Cost: \$515 Resident; \$415 Day Only

Rowing Adventures Camp, Ontario Cabin Country

August 20-27

ALL AGES AND LEVELS

Originally set up as a youth camp, the Director, Peter Somerwil, is happy to take masters rowers as well (Kelly Blazek gives Peter a big thumbs up; he has coached her at other sculling camps). Campers must be at least 14 years old, and will receive sculling instruction twice a day with an optional third row. Boating safety, erg technique and weight training will also be included. A unique ecology education component is part of Camp; Instructors from the Leslie Frost Natural Resources Center will teach campers about lake and wetland ecology. Dorm-style accommodations have two rowers per room; a lounge offers TV, VCR and satellite hook-up. Three meals a day are provided, campers also receive a take-home video and a T-shirt. Cost: About \$575 US (calculated 7/4/00). Located on Lake St. Nora, about 2.5 hours from Toronto. For more information, 905.569.6856 or [info@rowingadventures.com](mailto:info@rowingadventures.com)