

CATCH THIS

Pittsford Crew Newsletter

March 2003



MESSAGE FROM THE BOARD

Greetings to all rowers who are active in our winter program as well as those who are active in other pursuits. The key word here is "active", of course; so that you will be fit for the spring sprint season! We hear good reports from the coaches that practices are going well at Sutherland High School. And we know that we can count on all of you to remember how fortunate we are that Sutherland HS allows us to store our equipment and hold our practices there. We hope that many of you will try to participate in the "Brighton Burn Ergatta" on Saturday March 15 at the Penfield Racquet Club at noon. We do want to support them by participating as much as possible in their events, just as they support us by participating in our regattas.

If you've driven by the boathouse, you've probably noticed our big new workshop addition on the parking lot side. Now Brad Sayer, our boathouse master repairman, is able to get an entire "8" into the shop for repairs. That will help make his work time more effective and efficient.

Our upcoming Indoor Rowing Facility will be getting started sometime in March-April. The ground has already been cleared of brush, and we are just waiting for a little cooperation from "Mother Nature". Our Indoor Rowing Facility will have the only rowing tanks in the area. It will be utilized by high school, collegiate, and amateur rowing programs. The rowing tanks will simulate rowing in a moving boat, and thus, will be a tremendous help in teaching correct and safe rowing technique.

Before we know it we'll be getting on the water again. So keep up your wonderful efforts. As always, we are very impressed and so proud of the dedication of our rowers, coaches, and parents!

Ceil and Rick Feins
Co-Chairpersons

Pittsford Crew Web Page: www.pittsfordcrew.org
Boathouse Phone Number: 381 - 9560
Crew Information Line: 234 - 7463



Attention!

Thank you

Special Thank You's – Power 10's

As your rowers will tell you, a "Power 10" is an extra effort put forth by a crew to gain speed and distance. Our crew is fortunate to have volunteers who give Power 10's to help us organize and run our many activities.

- **Erin Burruto** (son of board member, Fred Burruto) – installed the drywall in the new boathouse workshop.
- **John Heinrich** (dad of Samantha, novice) - performed much needed maintenance on all our ergs to prepare them for indoor winter practice.
- **Dave Pasternak** (dad of Dan, varsity) – has done a great job plowing the driveway down to the boathouse all winter.
- **Peggie & Ed Jeffries** (parents of Garrett, novice) – designed our new spring registration form so we can just check our information instead of filling out the whole form.
- **Salome Stewart** (mom of Doug, varsity) – coordinated all the winter registrations, and worked with **Peggie Jeffries** on spring registration.
- Team members who helped to move the ergs, the new DYNO weight machine and our free weights to Sutherland High School for winter practice: **Corinne Blum, Katie Hainsworth, Kendall Larsen, Daniel**

**Hagelberg, Nick Walker,
Mark Lotto and Jon Ferris.**
**Thank you to all our
volunteers for your hard work
!!!**

The Unisuit is Coming!

This spring, Pittsford Crew will be wearing new uniforms at all our regattas. The move from two-piece uniforms to unisuits has been considered for over a year. After much planning, it was decided this is the best time to make the change. The design of the long sleeve tops purchased by rowers this fall was planned and coordinated with the design of the new unisuit, so the two items can be worn together. A full color picture of the new unisuit is available on our website at www.pittsfordcrew.org

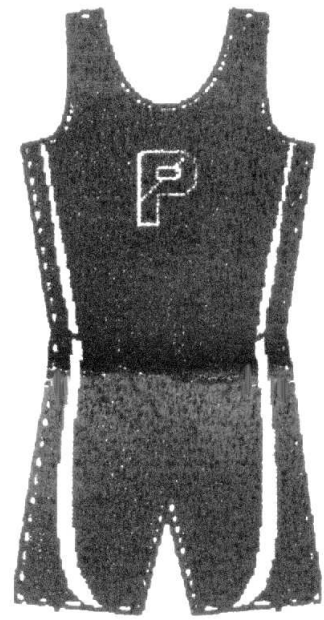
The new unisuits will be made of a new fabric that is comfortable, breathable, and causes less muscle fatigue. Collegiate rowers have worn unisuits for years, and most high school teams are transitioning to unisuits.

Many regattas require that all members of a boat be in the same uniform. We feel it is important for all the athletes on the team to have the same uniform because it gives our team a unified appearance.

In past years, it has only been our novice team members who need to buy uniforms, since the varsity teams had uniforms from the previous year. This year will be a change from that since all team members will need new uniforms. We have good

information from Pittsford Crew alumni who row in college that their high school uniform is very useful for practices. For this year's seniors who do not plan to row in college, we will offer a buy-back program for unisuits that are in very good condition. Please call Jacki Hagelberg at 385 – 5788 for information on the buy-back option.

Jacki Hagelberg



Volunteers Needed

Volunteers are what make our program work, and we always have a need for more! Many of our crew parents may have signed up for volunteer commitments in the fall season, and were not called upon to do the assigned task. Please do not be discouraged – we are still in the early phases of organization and sorting out what we need people to do.

There will be an opportunity to sign up for volunteer jobs at our parent meeting on March 25th. Here is a listing of some of the opportunities, so that you can give some thought as to how you can best contribute your expertise and time.

Team Parents

2 per team (NG, NB, VG, VB)

- Prepare a phone tree for your team
- Make phone calls as needed to notify team of changes in practice or other pertinent information
- Contact person for team for reminders on regatta payments, completed forms, etc.

Hospitality

8 – 10 people needed (5 N, 5 V)

- Plan and purchase food for both home and away regattas
- Assist in preparing and serving food at the regatta site

Chaperones Needed for our overnight trip to Saratoga

- Bus chaperones - ride bus to regatta; take attendance, supervise kids.
- Hotel chaperones – do room checks, be available for emergencies, make sure kids are awake in am.
- Coxswain chaperone/drivers – get up extra early to drive coxswains to early am meeting (usually at 6 or 6:30 am)

Tents

2 – 3 people

- Responsible for organizing kids to unload and set up tents when we get to regatta site (this is an early morning job)
- Organize the taking down and packing up of tents, and loading on trailer (this is an end of the day job)

News Reporter

2 – 3 people (need to be present at regattas to collect necessary information)

- Write articles about regattas attended. This includes pertinent information about boats entered, races won, and which kids were in the winning boats. Must be submitted to Brighton-Pittsford Post by Monday at 9 am.

Photographers

2- 4 people

- Take pictures of specific teams to submit to newspaper and to post on webpage.

Launch Drivers

4 – 6 people

- Complete launch safety course and be familiar with operation of launch.
- Note if available to drive launch for practice if a coach needs assistance with this activity.

Learn to Row

2 – 4 people

- Prepare posters and other promotional information for Learn to Row summer program
- Distribute information on LTR to various places in community

Senior Blades

2 - 3 people (June)

- Paint oar blades for presentation to graduating seniors

Year – End Picnic

4 – 5 people (June)

- Plan end of year picnic for entire crew team and families
- Purchase and set up food
- Arrange a serving plan
- Clean up after picnic

Fundraising

5 people needed – mixture of novice and varsity parents

- Work on committee to plan fundraising activities
- Organize and conduct fundraising activities

Pittsford Regatta Program

2 – 3 people

- Develop regatta program for Pittsford Regatta
- Sell advertising space in program to local businesses (sponsors for regatta)
- Put a map of Pittsford in program, noting sponsor's locations and where our t-shirts are sold
- Work with printer to have program printed on time

Community Service

- Organize a community service project for kids participating in crew
- Supervise kids in completing the project

Parents Needed to Drive Launches:

We have a need for parents to drive launches during our practice times to assist our coaches in providing supervision to all our team members. If you are available during any of our practice times (3:30 – 5:30, 4:45 – 6:45, 5:30 – 7:30, and 5:45 – 7:45), we would really appreciate your assistance. If you are interested in volunteering to help out with this (one day per week would be great!), please contact Jacki Hagelberg at 385 – 5788.

Parents club at irow.com:

Vespoli boatworks sponsors a web based "parents club" for parents of rowers. This is a place to get information about rowing activities and programs. Registration is free at irow.com

Independent Rowing News

This is an excellent and highly recommended periodical containing information of interest to both rowers and parents. Past articles have included news about regattas around the country, guidelines for proper off-season training, health and nutrition, and sports medicine issues. Great gift idea! To subscribe call **1-603-643-0059** or e-mail **RowingNews@aol.com**

Photographs Needed

Pictures, Pictures, Pictures!

If you have ever been to a regatta, you've probably noticed lots of people taking pictures. And if you've been to the Pittsford Crew web site, you may have seen some of the results. There are several of us who try to catch as much of the action as possible, be it on film or with digital cameras. The easiest way we've found to share them is to post the pictures to the web, where everyone can go and see them. We'd like to explain how it all works, and ask for your help if you'd like to contribute.

As you can see from the web site, some of the pictures are posted directly there. However, it is impossible to post them all there, since there are literally hundreds of them and the time and space required to organize them all is a problem. Enter a free online service called Ofoto.

Ofoto is a subsidiary of Kodak, and offers both storing and sharing of pictures. Use of the service is free, and the only cost would appear if you wish to order prints of the pictures you see online. Ofoto requires you to create an account, using your e-mail address as your account ID. Once you create an account, you'll need to log in whenever you want to use it to see crew pictures. If you find that you like the service, you can also use it to store and share your own pictures, but that's up to you.

How can you help, you ask? If you would like to take and share pictures of any activities related to Pittsford Crew, you are welcome to join the photo staff – just send an e-mail to Geoff Rummel

(rummel@pittsfordcrew.org) or Pete Davison (davison@pittsfordcrew.org).

Both parents and crew members are welcome, and pictures can be of regattas, practice, work at the boathouse, or whatever! All we ask is that you somehow get your pictures into a digital form, either by shooting them with a digital camera or having the film-based pictures scanned. Two scanning services which have worked well so far are the Eckerd CD (available through Eckerd) and the Kodak Picture CD (available almost anywhere film is processed).

Peter Davison

Communications

Pittsford Crew communications with rowers and parents

In order to reduce the rather significant expenses that we regularly incur for photocopying and mailing we have decided to use the Pittsford Crew Website and e-mail communication as our primary means of distributing information to our rowers and their parents. For those rowers and/or parents who do not have access to an e-mail account at home or work we suggest that you make arrangements with another rower and/or parent from your team to help keep you informed of coming events and other important information. Another good alternative is to obtain a free e-mail account at www.hotmail.com. You can then access your Hotmail account from computers available for public use at the Pittsford library. If you have any questions about this policy please contact Geoff Rummel at rummel@pittsfordcrew.org.

Geoff Rummel

Spring Schedule Update

Spring registration packets were mailed out at the end of February. Registration for spring crew must be received by March 14th, 2003.

Parent Meeting:

There is a mandatory meeting for parents of all participants in Pittsford Crew on Tuesday, March 25 at 7:30 p.m. in Lecture Hall 2 at Mendon High School.

Enter through the front doors of the school and turn right. Lecture Hall 2 will be on your left at the end of the hall.

Spring Practice Schedule:

Spring practice begins on Monday, March 31st.

Novice Girls: 3:30 – 5:30 pm,
Monday - Friday

Novice Boys: 5:30 – 7:30 pm,
Monday - Friday

Varsity Girls: 5:45 – 7:45 pm,
Monday - Friday

Varsity Boys: 4:45 – 6:45 pm,
Monday – Friday

** Practice times may be adjusted 15 – 30 minutes from this schedule**

In early April, varsity teams may go to the river for on – water practice. Novices will practice at boathouse, weather permitting. Specific information about practice locations will be announced closer to March 31st.

Varsity teams are planning to hold practices during the April school vacation. Check with the coaches for practice times, as they may be different from regular practices.

Swim Tests:

**Tues., 3/18 & Thurs., 3/20:
2:30 - 3:45 pm Novice swim tests at SHS**
All novices must complete the swim test prior to spring crew
For questions about swim tests, contact Mary Claire Hamlin at 248 – 0921 or Jacki Hagelberg at 385 – 5788.

Spring Regatta Schedule:

Saturday, March 15: Ergathon, sponsored by Brighton Rowing Club

Sunday, April 6: Spring Equipment Preparation at Boathouse, weather permitting. Details to be announced.

Saturday, April 26: Liverpool Regatta (varsity & novice)

Sunday, May 4: Westside Regatta, Buffalo, NY (varsity & novice)

Saturday & Sunday, May 10 & 11: NYS Championships, Saratoga, NY (varsity & novice)

Date TBA: Cascadilla regatta (we will travel to Ithaca) (varsity and novice)

Saturday & Sunday, June 14 & 15 : Pittsford Regatta (varsity & novice)

Regatta Information will be sent to all crew members via email this spring. Please check your email regularly for updates.

Driving directions to out of town regattas will be posted on our website at www.pittsfordcrew.org - please check the website and print out your own directions to the regatta site.

Practice Cancellations & Changes:

When the Pittsford Central School District is closed for the day or cancels after school activities, Pittsford Crew will not hold practice.

With the beginning of spring practice, we will be altering our practice schedule for the first few weeks according to the weather. There may be indoor practices instead of on-water practices early in the spring season.

The Pittsford Crew Information Line is updated when there is any change in the practice schedule. Make it a habit to check the **Information Line at 234 – 7463.**

e-mail address

If we don't already have your email address, please send it to Scott Wagner at scott.wagner@usa.xerox.com



**PITTSFORD CREW
WEB PAGE:
www.pittsfordcrew.org**

Pittsford Crew's Web Page has the latest information about our programs, profile of our coaches, registration and waiver forms, regatta results and pictures, current calendar of events, order forms for fan wear and much more!! If you have suggestions or pictures and info you'd like posted, you may contact the webmaster, Sandip Sur, through the site

**Pittsford Crew
Information Line
234 - 7463**

Pittsford Crew has a phone line that is specifically for giving information to the community. This phone line is updated weekly with practice schedules and upcoming regatta information. This line will also be used when we are traveling out of town to regattas, as a source to disseminate information on arrival time home.

**Boathouse Number
381 - 9560**

The boathouse phone number can still be used to contact someone at the boathouse during practice time.

Pittsford Crew News

Updated, current information will be sent periodically via email. If you have not received a notice, please contact Scott Wagner at: scott.wagner@usa.xerox.com

"Catch This" newsletter

The Pittsford Crew newsletter is to help communicate information for athletes, coaches, parents, and members of the board. You are welcome to contribute and make suggestions. Please feel free to contact Julie & Jeff Steele at 381-0780 or jsteele5@rochester.rr.com

**Guidelines for Pre-
Exercise Nourishment**

From: Clark, Nancy. Sports Nutrition Guidebook 2nd Ed. Champaign, IL: Human Kinetics, 1997. P. 167 – 173.

Experiment with the following guidelines to determine the right pretraining or precompetition meal for your body. You may find that your food preferences vary with the type of exercise, level of intensity, and time of day.

- **Every day, eat adequate high-carbohydrate meals to fuel and refuel your muscles so they'll be ready for action.** Snacks eaten within an hour before exercise keep you from feeling hungry. The best refueling occurs within an hour post-exercise.
- **If you will be exercising for more than 60 – 90 minutes, choose carbohydrates with a moderate to low glycemic effect.** Some examples of these foods include yogurt, bananas, oatmeal, bean soup, lentils and apples.
- **If you will be exercising for less than an hour, simply snack on any tried and true foods that digest easily and settle comfortably.** Bread, bagels and pasta are some examples.
- **Limit high-fat proteins.** Foods with a high fat content may contribute to sluggishness, as well as nausea.
- **Be cautious with sugary foods (soft drinks, jelly beans, or even sports drinks.** Some athletes who eat sugary foods before exercise find that after an initial increase in blood sugar, their levels

decrease rapidly, leaving them very tired and light-headed.

- **Allow adequate time for food to digest.** High calorie meals take longer to leave the stomach than do low-calorie foods.
- **Allow more digestion time before intense exercise than before low-level activity.**
- **If you know that you will be jittery and unable to tolerate any food before an event, make a special effort to eat well the day before.** Have an extra large bedtime snack instead of breakfast.
- **If you have a "magic food," be sure to pack it along with you when traveling to an event.** Although food is provided at our regattas, if you prefer a specific nutrition bar or type of fruit, you should bring it with you.
- **Always eat familiar foods before a competition.** Don't try anything new.
- **Drink plenty of fluids.** Drink an extra 4 glasses of water the day before, and be sure to drink plenty of water the day of competition.

"Fanwear News":

I would like to thank all families for their past support in buying "fanwear." This is one of our fund-raisers. This year we are happy to welcome Lester's Upstate Sports as our new supplier of fanwear. Check out the new items and colors listed on the order form included in this issue. The orders will go in on March 28th so that we can have the items by mid-April..

Ramona Moore
(381-9102)



Coaches Corner



For the Varsity Boys....

Winter practice has been going well. The Varsity Boys have been working on building their aerobic capacity by doing long, low stroke erg pieces and increasing their strength by doing weight circuits and getting friendly with the Dyno. Everyone appears to be making progress and I have been enthused by the effort many have exhibited.

As I have shared with the Crew, our goal is to increase the precision in our technique while convincing ourselves that we can row hard and well without having to row high, but as Spring and races begin to loom, we'll also work on increasing intensity, just in case we have to go a little higher in the last 500!

I have been encouraging each individual to use the Concept2.com website to log their erg workouts. Not only does this allow the oarsman an ongoing record of what they have done (time and distance,) but it also gives them the opportunity to see where they stand, for various distances and times, internationally, within their age group. I believe this helps to add perspective to our workouts and helps establish a 'concrete' (at least electronic) measure of accomplishment for the oarsman.

We're all looking forward to an early Spring, getting back on the water and moving those boats fast.

Coach Y

For the Novice Boys....

Welcome! To Erik-Lars Hansen who is our newest Novice Boys coach. Erik is a graduate of Pittsford Sutherland High School and rowed at the University of Buffalo. He coached high school students at Westside Rowing Club while living in Buffalo. We are pleased to have him on board to work with Holly coaching the Novice Boys.

It's Time to Get Ready for Saratoga!

It's not too early to reserve a hotel room for States! Parents who are interested in going to this 2 day/weekend regatta should read this carefully!

The States Regatta will be held in Saratoga, NY on May 10th and 11th (Mother's Day Weekend). All rowers attend (novice and varsity). Rowers are bused to the event Friday evening and housed in a hotel Friday and Saturday nights because we have to be at the race site around 6:30 a.m. on Saturday & Sunday mornings for the Coaches /coxswains meetings, rigging the boats, and tent setup. Races usually begin by 8 a.m. (Specific regatta information will be communicated to you via e-mail and through the pittsfordcrew.org website closer to the date of the event).

The hotel arrangements have already been made for the rowers, coaches and (to be determined) chaperones. A second "block of rooms" is being held under "Pittsford Crew-Parent Rooms". If you think you are interested in attending the regatta, you should call the hotel directly, identify yourself as a Pittsford Crew parent and give them your name and credit card # to confirm a reservation. **After April 11th, the rooms will be released** and available for sale to the general public. This is an extremely busy time of year due to college graduations and weddings. I suggest you make your reservation TODAY if you plan to attend and need a hotel room.

To book a hotel room, call: The Hampton Inn, (518) 785-0000. The guaranteed group rate is \$99.00 night. Rooms with just one King bed as well as rooms with two double beds are being held. (Jennifer Sarver is the group sales hotel representative, however any of the desk clerks should be able to take your reservation. Just be sure to identify yourself as being with Pittsford Crew to get the reduced group rate.). A complimentary breakfast buffet is included with the room.

If you have any questions regarding the hotel (or if you are interested in being a hotel chaperone for this regatta) – contact Cindy Brickley 264-1963.

The Board of Directors meets at least once a month. If you have any issues or concerns that you would like addressed by the board, please contact any board member. *Jacki Hagelberg*

**PITTSFORD
CREW
"FANWEAR"**

ORDERS DUE: March 28, 2003

Make checks payable to: **Friends of Pittsford Rowing**

Mail form and check to: **Ramona C. Moore**
68 Deer Creek Rd.
Pittsford, New York 14534
(phone: 381-9102)

Crew
Member

 Order Form

Minimum orders must be met. You will be contacted if your entire order cannot be filled.
 Allow 21 days for delivery.

PHONE

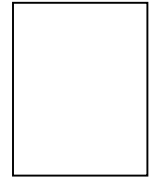
#	Item	Description	Size	Qty	Price	Total
1	Women's White Polo Shirt	White, cotton polo shirt, embroidered with Pittsford Crew logo left chest. S, M, L, XL, * 2XL, 3XL			\$25	
2	Men's White Polo Shirt	White, cotton polo shirt, embroidered with Pittsford Crew logo left chest. S, M, L, XL, * 2XL, 3XL			\$25	
3	Luna Pier Rain Jacket	Yellow, Rip-stop nylon rain jacket with mesh and taffeta lining. Water/windproof. Roll-up hood. Logo on left chest. M, L, XL, * 2XL (note: No size small)			\$60	
4	Fleece Full zip Jacket w/sleeves	Color: Navy . Embroidered logo. S, M, L, XL, * 2XL, 3XL			\$45	
5	Fleece Headband	Color: Navy Embroidered logo	N/A		\$12	
6	Duffel Bag	Canvas . Color: Navy. Embroidered logo. 16" x 10" One Size. For monogram add \$4.00 Monogram (write clearly):	N/A		\$20	
7	Sport cap	Color: Stone . Embroidered logo. One Size	N/A		\$15	
8	Tote bag	Canvas. Color: Natural/ Navy . Embroidered logo. 21 1/2"x 16"x 7" For monogram add \$4.00 Monogram (write clearly):	N/A		\$25	

* Add \$2.00 for 2XL and 3XL

TOTAL # OF ITEMS _____
TOTAL ORDER \$ _____



Pittsford Crew
Friends of Pittsford Rowing, Inc.
www.pittsfordcrew.org
33 Summit Oaks
Pittsford, NY 14534



Calendar of Events

Important Dates, 2003

Parent Meeting:

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Tues., 3/18 & Thurs., 3/20: 2:30 - 3:45 pm Novice swim tests at SHS

All novices must complete the swim test prior to spring crew

For questions about swim tests, contact Mary Claire Hamlin at 248 – 0921 or Jacki Hagelberg at 385 – 5788.

**Check the information line (234-7463)
Or www.pittsfordcrew.org**