

# CATCH

At The

Anchorage Rowing Association Newsletter

May 2017



## Welcome Back Head Coach, Eddie Rosales

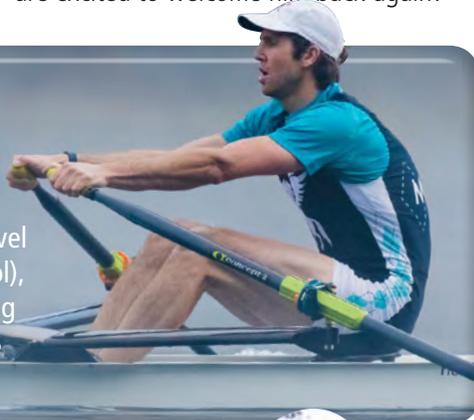
Head Coach Eddie Rosales comes to us originally from Inglewood, California and most recently from the University of North Carolina Rowing Team. He promotes self-development, with rowing as the medium and enjoyment of the sport to support lifelong rowing. "My first

priority as a coach is being instructive and positive," Rosales said. "It's all about helping people." He rowed for Ithaca College in upstate New York, where he graduated with a B.S. in Exercise Science. This is Eddie's third year with ARA and we are excited to welcome him back again!

New Coaches

### Rich Connell

Rowing Coach Rich Connell will be flying up for his first summer with ARA from Vermont Academy where he is the varsity boys coach. He was first introduced to the sport back in 2004, and has been involved in coaching in one aspect or another since 2007. His previous experiences include coaching at the collegiate level (Franklin Pierce University), high school level (Vermont Academy and Dublin School), and masters level (Merrimac River Rowing Association). He is comfortable coaching and competing in both sweep or sculling, and has no preference as long as there's an interest and excitement to learn. *We look forward to working with Rich!*



### Emilie Gross

Emilie Gross will be joining us this summer from Dayton, Ohio where she is the novice rowing coach for the University of Dayton. She was also the Juniors novice coach and masters assistant coach for the Three Rivers Rowing Association in Pittsburgh and the Head Masters Novice Coach for the Chicago Rowing Union. Emilie has her Masters of Arts from the University of Northern Colorado in Sports Coaching, and Bachelor of Science from Michigan State University, where she was a coxswain in charge of the Second Varsity eight and led the boat to 1st in Big Ten, 2nd in Region, and 6th in Nation in 2009. We look forward to working with Emilie this summer!



## ARA Maintenance Days

The ARA Maintenance team has scheduled 5 maintenance days, 3 hours each day, to take care of various repairs and keep the boats in good shape. Each session will have a particular focus based

on current repair need. Come learn some new skills or share some of your expertise. One of the goals is to have some fun while getting some good work done!

row line: 907.566.0ARS (6277)

### Mark Your Calendar

- May 20
  - June 17
  - July 22
  - August 26
  - September 16
- 9am to Noon each day

## Racing Update

The ARA Racing Committee, currently composed of Robby Bear, Dan Brokaw, Elisa Samuelson and Sue Sheard, has the task of developing team racing policies and setting the racing schedule in the best interests of the team and its members; policy updates and racing schedule are approved by the ARA board before bringing them to the entire team. There were no policy updates in 2017.

ARA is looking forward to an exciting season of local regattas: Moose Nugget Regatta 7/15 & 7/16; Tail of the Bear (TBA); and the Big Head (9/23).

Over the recent winters, the committee has worked to establish a racing cycle that will allow members to plan their training as well as their spending for races. In 2016, the committee selected the 2017 FISA

World Rowing Masters Regatta in Bled, Slovenia. Fourteen ARA members have signed up to compete September 6-10.

The Racing Committee has determined that ARA's 2017 team-sponsored Outside regattas for Juniors and Novice will be the Green Lake Extravaganza in Seattle (August 5th).

Masters are encouraged to self-organize this season. A list of potential regattas will be presented at the Icebreaker or can be viewed online at Regatta Central. If there is a large enough group going to one regatta, members can receive team support upon request (Racing Policy 2,b).

The Racing Committee invites ARA members to share their thoughts on racing. Please take ARA surveys - they are a very efficient way to voice your preferences!

## Loeffler-Kozak ARA Wedding Reception

Who knew that when Ben Loeffler showed up to coach ARA in 2015, he would end up marrying one of our rowers, Carolyn Kozak! To celebrate their marriage with the team, Ben and Carolyn are having an ARA wedding reception on **July 22 from 5:30-8pm at Kincaid Chalet**. Congratulations Ben and Carolyn!

## 2017 World Rowing Masters Regatta - Bled, Slovenia

**2** Bled, Sweat and Beers is the name that has been given to the group heading to Bled, Slovenia for the 2017 World Rowing Masters Regatta. There are 14 Anchorage rowers that have met, found housing and decided what races they want to enter - pretty exciting! There are another 14 from the Kenai Crewsers that are planning for the same regatta so there will be

some combined boats that will give us a lot of opportunities to row many races.

Later this spring we will work on line ups and water training, and everyone has already been working on their training plans anticipating open water. I'm sure there will be lots of small boat practicing going on at different times this summer but we will do our best not to impact everyone else in the club.

Everyone is excited and, as they purchase their airfare, it is feeling very real even though it is still four months out. There are plans for post-racing travel around Europe that range from visiting friends, exploring, hut to hut hiking and even a river cruise on the Rhine.

Details of the trip may show up on Facebook - I'm sure we have some in the group that are skilled in that area - so we will share as the competition begins. We hope to represent ARA well and thank everyone in advance for their patience and support this summer!

## 2017 Racing Season

### June 11 Dave Thorsness Rowing Challenge

(For community sponsors) Jewel Lake, Anchorage, AK

### June 24-25 Fairbanks Solstice Row

Chena Lakes, Fairbanks, AK

### July 15-16 Moose Nugget Regatta

Wasilla Lake, Wasilla, AK

### August 5 Green Lake Extravaganza

(Juniors & Novice) Green Lake, Seattle, WA

### August 19 Tail of the Bear Regatta

Bear Lake, Seward, AK

### Sept 6-10 FISA World Rowing Masters Regatta

Bled, Slovenia

### Sept 23 Big Head Regatta

Big Lake, Big Lake, AK



Bled, Slovenia

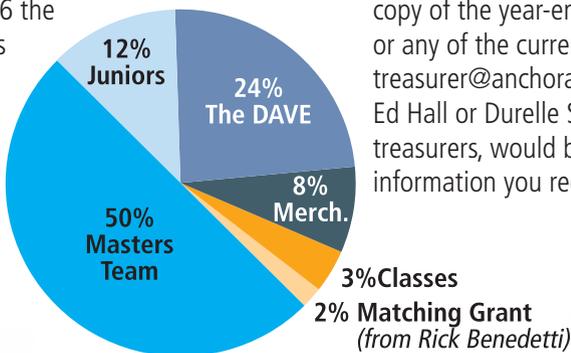
# Investing in the future

Report from the Treasurers

ARA ended 2016 with \$16,000 more in our liquid assets than we started the year, giving us a starting bank balance of about \$38,000.

2015 was the start of ARA's long range plan to accumulate assets with the goal of replacing one piece of major equipment with a new, or like-new, piece of equipment every three years. To start this plan, in 2015 we upgraded the shell pen with new racks and sliding racks to accommodate more equipment and make handling safer for the team. It ensured we are paying attention to the fundamental needs of the team before upgrading equipment.

In 2016 the surplus was comprised roughly in the following amounts shown here in the graph.



The matching grant has been matched in 2017 through the generosity of Liz Fortsman. We are on track to be able to replace a larger boat in 2018. If you have thoughts on what you would like to see replaced, speak with the current equipment committee members Ken Andrews, Vince Langmann, and Theo Graber. We have also taken our small trailer out of service as Theo Graber and John Clark are replacing it with a custom-designed new small trailer. Look for it in early June.

All membership, boat storage, and class prices have remained level for 2017 and we are financially sound. To request a copy of the year-end financial statements or any of the current financials email [treasurer@anchoragerowing.com](mailto:treasurer@anchoragerowing.com) and Ed Hall or Durelle Smith, the 2017 co-treasurers, would be happy to get you any information you request.



## Junior Update

The Anchorage Rowing Association has a vibrant Junior rowing program for those age 12-18. The ARA Junior Crew is focused on building team work, learning boat skills, and participating in year-round healthy social activities. The cost for Juniors for the full season is \$400. Big boat practice is from 4 to 6 p.m. Monday, Wednesday and Friday. Small boat practice is 7:30 – 9 a.m. Tuesday and Thursday.

- **Experienced Juniors** - Big boat practice starts June 12, 2017
- **New Juniors – Junior Novice Camp** is Saturday **June 3, and June 5-9, 2017** and the cost is \$100 *Register Now!* (<http://www.anchoragerowing.com/classes/>)

**Questions?** Contact the [juniors@anchoragerowing.com](mailto:juniors@anchoragerowing.com)

**row line: 907.566.0ARS (6277)**

## Volunteerism it is not a thankless job!!

Welcome back Anchorage Rowers! The season is quickly getting under way, and there are many of us who have been working diligently over the winter months to ensure a successful rowing season. I would like to say a big thank you to all – your hard work is truly appreciated!

For those of you that have been enjoying a winter season full of snow, now is the time to switch gears. While you are preparing your body to return to your favorite seat, a question to think about – did you know that ARA is a volunteer organization? That means that every event, race, and activity you attend is organized and run by people just like you. We would not succeed without all the hard work put in by everybody on the team. Now I know that some people are able to give more time than others, but there are many volunteer positions that you can easily add to your already busy life and still make it to rowing practice. Some are as easy as cleaning the shell pen once a week or washing a load of towels. We always have a need for volunteers during big events – such as the Dave, rowing classes, maintenance sessions, and races throughout the season. If you would like an even bigger role (but still manageable) you may want to run for the board, or join a committee. Please express your interest and we can help direct you to the right person!

We are a growing club and some of you are new to us. Are you looking for ways to participate but not sure what you would like to do or how to contribute? We can help! Just check in with Anne Blount or Erin Bashaw to see what needs to be done – a lot of positions are really fun and allow you to get to know your teammates in a new way.

Thank you again for everything you do – we are all in this together and working as a team is a beautiful thing!

# Membership

## ANNUAL COSTS

- Adult membership fee: \$199
- Couples membership fee: \$274
- Novice membership fee: If classes are successfully completed, membership fee is waived for Novice year.
- Monthly dues: \$70 (for each month you are rowing)
- Junior membership fee: \$400 (includes monthly dues. Novice Juniors - \$100 LTR fee counts toward the \$400)

## BENEFITS

- Regularly scheduled sculling and sweep-rowing practices with coaches
- Access to club boats and equipment for private rowing
- Local and out-of-state races
- Team social events and service opportunities
- Weekly updates online

## REQUIREMENTS

- One-time swim test or required life-vest use in rowing shells
- Annual insurance waiver form
- Review USRowing Safety Video every other year

## HOW FEES ARE USED

- purchase and maintain equipment
- permits and insurance
- hire and pay coaches and team manager

## CONTACT US

- anchoragerowing.com
- Row Line at 566-6277 (566-OARS)
- teammanager@anchoragerowing.com

4

# Get Your DAVE On!

The Dave Thorsness Rowing Challenge for 2017 is on! Save the date, **Sunday June 11th**, for this fun and intense day at Jewel Lake Park. The Dave is in its 17th year as ARA's major fundraising event. Through the Dave we have raised over \$100,000 to fund team equipment and operations as well as charities outside ARA annually. This year 5% of the gross proceeds on the Dave are going to the outdoor classroom being developed just north of our shell pen in partnership with the Anchorage Parks Foundation and Sand Lake Elementary School's 6th grade class. The week before the Dave, from Monday June 5th -10th, you'll see many volunteer opportunities and perhaps a shortened or less focused practice for your own team as we prepare for Sunday June 11th. As of the beginning of April only two boats are still available.

The Dave committee of Ed Hall, Kevin Hall, and Janece Higgins are also in talks with Alaska Business Monthly which will result in an

article in the July issue. In that article we hope to introduce our new team building options for the Anchorage community. The Dave is a fun and competitive way for teams to get together, but many groups are looking for a "one and done" team building experience in a single afternoon. We believe this is a need that ARA can fill. With all of the experience we have gained from the Dave, we are putting together an offering that would get companies out for a three hour session culminating in their first "all-eight" strokes. Truly a team accomplishment. This would be done out of our own shellpen with a smaller volunteer, planning, and logistics force than the Dave event. This will create more paid hours for our coaching staff, funds toward our goals, and great exposure for our team. Visit [www.anchagerowing.com](http://www.anchagerowing.com) for more information about our event volunteer needs and more information about this opportunity.

## Intern Program

This summer we have the opportunity for a student intern from the UAA Department of Health, Physical Education & Recreation to work with our club. Michael Mendenhall aspires to be a Certified Athletic Trainer (ATC) or Physical Therapist (DPT) anticipating graduating with a Bachelor of Science degree in Physical Education completing the Exercise and Therapy Science academic track.

Michael is from Kenmore, Washington. He is a fraternal twin and has two dogs (not twins). As a member of the UAA Cross Country and Track & Field teams, his experiences with training, competition, and rehabilitation complement his degree work.

He will be working with our coaches and members of our Masters team. Primary mentors besides our coaches will be Anne Blount and Mike Chriss. Michael's internship includes a multidisciplinary approach incorporating sports medicine, technology, and coaching. Learn more about what Michael will be doing with the club at the Icebreaker.

Michael will start his internship shortly after competing in the GNAC Championships. *Let's welcome Michael to our club.*



## It Takes a Team Manager!

We want to welcome our new team manager Shannon Powers! The Team Manager is the life blood of ARA and keeps everything, and everyone, on track. Shannon inherited a big job from Robby Bear, who stepped down at the end of this past year. *Thank you to Robby for all your hard work! And thank you to Shannon for taking over the reins!*

## 2017 ANCHORAGE Rowing Assoc.

## Board of Directors



Elisa Samuelson  
President



Erin Bashaw  
Vice President



Durrelle Smith  
Co-Treasurer



Marietta Hall  
Co-Treasurer



Linda Salter  
Secretary



Ken Andrews  
Rower at Large



Anne Blount  
Rower at Large



Theo Graber  
Rower at Large



Vince Langmann  
Rower at Large

row the web: [www.anchoragerowing.com](http://www.anchoragerowing.com)