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# STROKEWATCH



NEWSLETTER FOR THE BAY AREA ROWING CLUB OF HOUSTON

June 2001

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## Annual Meeting

A record number of members showed up for BARC's annual meeting, which this time was held at Bradley's Restaurant On Bay Area Boulevard.

Highlights of the meeting included a presentation and summary of the BARC survey which was conducted last winter, a presentation of conceptual plans for a boathouse expansion, and election of 4 officers.

The Survey, which 53 BARC members responded to, revealed that most people are satisfied with how the club is currently operating, but many would like to see a bigger boathouse, more boats, and more coaching and rowing development. A summary of the survey can be seen on the "members only" section of the web page.

Alejandro Colom, an architect and acquaintance of Tom Lotz, presented the club with his suggestion for a boathouse expansion. The plan basically calls for building, similar in size and shape to the existing boathouse, to be built to the north. The two buildings would be connected with narrow structure in between which would be used for restrooms, office, work-out room, etc. This concept is a very good start, but much more work is needed before an expanded boathouse can become a reality.

Four seats on the board of Directors were up for election: Tom Heigh was re-elected as Treasurer while Hannes Hofer replaces Claire Sweatt as Vice President. Heather Mathis and Dmitry Rachuk takes over the positions formerly held by Jack Quickly and Doug Bradt as board members at large.

## Space City Sprints XI

Space City Sprints was once again a rousing success, and for once, we managed to complete the entire regatta on schedule and without cancellations. The weather was at least dry this year, and we managed to deal with the windy conditions by moving the course to the east side of the lake. One thing that was encouraging about this year's event was the many BARC participants. In all, about 40 BARC crews were entered in the races, and many came away victorious. In all, 80 rowers from 7 clubs participated in the races. Thanks to the many club members who volunteered their time at the regatta. The team effort by the membership is what every year makes the regatta a success.

Pictures from the regatta can be seen on our website. Results are listed on page 4.

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## New Hazards in Mud Lake

Tropical Storm Allison not only managed to flood a large part of Houston, she made her marks on Mud Lake as well. Following the storm, BARC members found that many tree stumps and previously submerged logs had settled in new places throughout the lake. Many have created new obstacles in areas that are normally part of our rowing traffic pattern. The biggest problems are created by stumps just under the water surface which cannot be seen during high tide. Efforts are already being made to remove some of the obstacles, and others will be marked with buoys. Meanwhile, please be careful and be on the lookout for the submerged trees. They can easily cause a lost skeg, or even hull damage to our boats.



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For membership information call Jeff **281-326-5098** or email [membership@barchouston.org](mailto:membership@barchouston.org)

#### Club Officers:

President	Karl Zimmer
Vice President	Hannes Hofer
Treasurer	Tom Heig
Secretary	Pam Falk
Board members:	Dmitry Rachuk Nadia Hijazi Heather Mathis Claire Sweatt Jeff Tave TBN
Membership Director.	Hannes Hofer
Rowing Development	Theresa Tompkins
Boathouse Manager	Hannes Hofer
Newsletter	
BARCware	
Webmaster	

#### New BARC Racing uniforms

Theresa Tompkins is currently in the process of designing a new unisuit with colors and patterns that are more "flattering to a female body". Several suggestions have been posted in the boathouse. Please cast your vote.

#### The BARCalendar

Date	What?	Contact
July 28	BARC Night Out at the Bullards'	Palm Falk, 281-538-1742
August 22-25	Masters Nationals, Indianapolis, Indiana	(317) 237-5651
October 6	Head of the Red, Shreveport, LA	(318) 429-0660
October 20-21	Head of the Charles, Boston, MA	<a href="http://www.hocr.org">www.hocr.org</a>
October 27	Pumpkinhead, Austin, TX	<a href="http://www.austinrowing.org">www.austinrowing.org</a>
November 2	Head of the Chattahoochee	<a href="http://www.atlantarow.org">www.atlantarow.org</a>
November 10	Marathon Championships, Natchitoches, LA	(225) 756-5814

## Newsbits

### Party at Marilyn's House

Marilyn and Preston Bullard have graciously offered their lake home on Taylor Lake for a BARC afternoon on the lake party.

The party will be held on Saturday, July 28th at 6:00pm. BARC will provide barbecue and soft drinks (BYOB). We ask the members to bring a dish to pass.

Please sign-up at the BARChouse to bring your favorite salad, vegetable, or dessert. Otherwise call or e-mail Pam Falk.

Maps will be available at the boathouse.

Pam Falk  
[pfalk@utmb.edu](mailto:pfalk@utmb.edu)  
(281) 538-1742

### New boats for BARC ?

Efforts are under way to purchase two new boats for the club. Pending approval from the board, we will soon have a brand new four and good used eight

### Spring Regattas

A record number of BARCers traveled to the local and not so local regattas this spring, and many medals were brought back to Houston as a result.

The Heart of Texas Regatta in Austin was a cold

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## **DO YOU LIKE TO SWIM? BARC JUNIOR MEMBERS NEED YOU!**

by Heather Mathis

Remember what it was like when you were a kid? Young, full of energy, and ready to try anything? Well, BARC has several younger members and this spring, five of them decided they were ready to REALLY try rowing. I was asked to be their coach (it didn't take much!) and these five kids have been practicing, racing, and winning ever since.

Starting this spring, Aimee Beyers, Jessica Beyers, Dallas Croft, Helen Tompkins and Philip Tompkins have been attending practices and honing their rowing skills to compete in the Heart of Texas, State Juniors Championships, Space City Sprints, Dragon's Breath Regatta, and the Tulsa Sprints. At press time, they have won multiple medals, the highlights of which were a bronze medal at State Juniors Championships and gold medals at HOT and Dragon's Breath.

These kids can be the start of a Juniors Program at BARC. I have been working with the Board to establish guidelines and long-range plans for Juniors so that adding such a program will enhance the club, rather than putting a strain on its equipment and boathouse space. Putting added strain on the coaching staff is also a concern, and as the sole coach at this time, this is my soapbox chance!

Juniors coaching is one of the most rewarding things you can do! Volunteer and you not only help the kids, but you also learn yourself. I'm not the only one saying these things. In a recent US Rowing section of the *Independent Rowing News*, the article "Masters: Jumping in for Juniors" echoed my thoughts exactly. Four different juniors coaches were interviewed and their quotes were right-on: "Working with these young, enthusiastic rowers ... keeps me motivated." "To watch them fall in love with a sport that I love just makes it that much better." "The reward of this is seeing them take flight and pass you, all the while making it look easy."

But you say, I've never coached before! Everyone has to start somewhere! One year into my own rowing career, I approached one of the Juniors programs at my old club in Ohio to ask if I could help out. Before another year had passed, I was a co-coach of a 25-member novice girls team. Did I take special coaching classes? Did I become certified by someone? No. I just asked to help and learned from those with whom I was coaching along side. I've

been continuing to learn ever since, not only how to coach the kids better, but also how to improve my own rowing.

So if you enjoy kids and their ever-present energy and joy for life, consider helping the beginnings of what could be a great Juniors Program here at BARC. Aimee, Jessica, Dallas, Helen & Philip have all made a great mark on my life, and I'd like to invite other BARC members to help nurture these budding rowers and learn what great kids they are. And what does swimming have to do with it? Trust me, there is nothing better in the world than being the coach thrown in the water after your kids finally win that hard-earned gold medal!

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### ***Spring Regattas (Continued from Page 2)***

and wet one this year. The weather conditions did not prevent ARC from staging another well organized regatta.

BARC was represented by the following crews:

MM2-: Johnstone/Macfarlane, 4th.

Wrec1x: Rachel Israel, 1st.

MM1x: Tom Topalu, 2nd.

JW2x: Tompkins/Beyers, 3rd.

WM1x: Heather Mathis, 4th.

WM4+: Hood et al, 1st.

Mmix8+, The Great Eight, 4th.

ML1x: Tom Topalu, 3rd.

MO4+: The Brits, 4th.

MM4x: Meltzer/Hofer/Quickley/Stranathan, 2nd

Youth1x: Phillip Tompkins, 1st

Several BARCers also made it to the Dragon's Breath Regatta at the Woodlands on May 19. Results are not available, but many of the rowers brought medals home.

Finally, a number of BARC rowers made the trip to Oklahoma for the Tulsa Sprints on June 9th, and once again, they brought home the metal: Helen and Aimee-1st-WJ2X

Helen and Aimee-1st -WJ4X (w/Woodlands)

David Beyers-2nd-MO1X

David Beyers-2nd-MM1X

David Beyers -1st-M4X (w/Woodlands)

Heather Mathis-3rd-WM1X

Heather Mathis - 1st-Mmix 4x (w/Woodlands)

Heather, Carol, Birgit, Martha- 3rd-WM4X

Rachel, Jean, Theresa-2nd-WM4X  
(w/Woodlands)

Rachel and Jean-2nd-WM2X

Theresa Tompkins-3rd-WM1X

# Results of Space City Sprint XI, May 5, 2001

## MM1x-Heat A

1	L. Anderson	(RCTW)	03:48.8
2	L. Smith	(FWRC)	03:56.5
3	D. Beyers	(BARC)	04:03.8
4	T. Topalu	(BARC)	04:08.3
5	T. Keller	(RCTW)	00:00.0

## MM1X-Heat B

1	Hudson	(RCTW)	0:03:35
2	C. Logan	(BARC)	0:03:54
3	Muschenheim	(RCTW)	0:04:40
4	D. Perez	(FWRC)	0:04:51
5	D. Curry	(RD)	0:04:58

## MM1x-Final

1	Logan	(BARC)	04:05.2
2	Hudson	(RCTW)	04:09.2
3	L. Smith	(FWRC)	04:09.7
4	L. Anderson	(RCTW)	scratch

## WO2x

1	Perez/Smith	(RCTW)	0:04:27
2	Donohoe	(RCTW)	0:04:32
3	Wynne	(RCTW)	0:04:41
4	Israel/Hsu	(BARC)	0:04:41
5	Croft/Thompkins	(BARC)	0:05:07

## MO1x

1	C. Logan	(BARC)	04:09.7
2	C. Williams	(BARC)	04:17.0
3	D. Beyers	(BARC)	04:23.7
4	T. Topalu	(BARC)	04:26.6
5	D. Rachuk	(BARC)	04:40.8

## MO2-

1	Anderson/Hudson	(RCTW)	04:05.2
2	Johnstone/Zeller	(BARC)	04:10.3
3	Ignatowski/Senger	(ARC)	04:23.6
4	Scripko/Lindsey	(ARC)	04:36.3

## WM1x

1	A. Smith	(FWRC)	05:10.0
2	H. Mathis	(BARC)	05:19.0
3	T. Thompkins	(BARC)	05:52.0
4	G. Perez	(FWRC)	Scratch
5	V. Beyers	(BARC)	Scratch

## MO2x-Heat A

1	Stollenwork/DeGrote	(ARC)	03:55.8
2	Anderson/Hudson	(RCTW)	03:59.3
3	Topalu/Keller	(BARC/RCTW)	4:02
4	Romano/Bell	(ARC)	4:32
5	MacIntosh/TBA	(RCTW)	4:54

## MO2x-Heat B

1	Zeller/Williams	(BARC)	04:09.0
2	Bynum/Webber	(ARC)	04:18.0
3	Norris/TBA	(RCTW)	05:08.4

4 Meltzer/TBA (BARC) scratch

## MO2x-Final

1	Anderson/Hudson	(RCTW)	03:48.5
2	Stollenwork/DeGrote		03:50.3
3	Zeller/Williams	(BARC)	04:14.0
4	Bynum/Webber	(ARC)	04:21.6

## WO1x-Heat A

1	K. Wiemer	(BARC)	04:57.2
2	M. Bray	(RD)	05:07.6
3	Windham		05:19.1
4	H. Mathis	(BARC)	05:35.8
5	V. Beyers	(BARC)	05:37.4

## WO1x-Heat B

1	R. Israel	(BARC)	06:10.6
2	H. Tompkins	(BARC)	06:16.1
3	D. Croft	(BARC)	08:46.8
4	A. Beyers	(BARC)	Scratch
5	Hillman	(RCTW)	

## WO1x-Final

1	M. Bray		04:23.0
2	K. Wiemer		04:35.2
3	R. Israel		05:23.5
4	H. Tompkins		05:26.9

## MM2x-A

1	Topalu/Keller	(BARC)	03:46.7
2	Perez/Smith	(FWRC)	04:00.4
3	Senger/Smith	(ARC)	04:09.8
4	Hofer/Knight	COMP	04:11.1
5	Muschenheim/TBA	(RCTW)	05:40.7

## MRec1x

1	Helent Stewart	(BARC)	05:35.3
2	P. Prados	(GHRC)	05:42.3
3	A. Epstein	(BARC)	06:13.2
4	P. Thompkins	(BARC)	scratch

## MO4+

1	Stollenwork/DeGrote/Bynum/Webber	(ARC)	03:35.0
2	Williams/Zeller/Johstone/Pafitis	(BARC)	04:03.3
3	Keller/Anderson/Hudson/TBA	(RCTW)	04:04.3
4	Ingatowski/Lindsey/Bruce Romano	(ARC)	04:05.3

## MixO2x

1	Cossey/TBA	(RCTW)	04:29.1
2	Falk/Rachuk	(BARC)	04:36.1
3	Becker/TBA	(RCTW)	04:54.4
4	Sweat/Hofer	(BARC)	04:59.1

# Coxswain Commands

Hellen Stewart has compiled the following list of coxswain commands for all you aspiring coxswains out there:

1. Ready all, row (go)
2. Way enough (pronounced "way nuff", stop)
3. Up to waists, ready, up (pick up boat from ground to waist level)
4. Up to shoulders, ready, up (move boat from water/waist/ground to carry on shoulders)
5. Up and overhead, ready, up (move boat overhead from wherever it is)  
NOTE: do not have your rowers hold the 250lb boat over their heads any longer than absolutely necessary. they get VERY bitter...
6. Ports row, starboards to back (turn right)
7. Starboards row, ports back (turn left)
8. Check it down OR hold water (slow down)
9. Check in hard (stop immediately...emergencies only)
10. Set up the boat: What it means is to balance the boat using small changes with oar handle heights. If the boat is ALWAYS leaning over to one side or it's rocking and rolling, then you say this.
11. heads up on the dock: move

Directions:

Outhouse: out of the boathouse

Inhouse: in to the boathouse

Port: Left (note: to your rowers, "port" is right and "starboard" is left since they're facing the other direction.)

Starboard: right

How to get from the boathouse down to the water:

- Hands on the boat (if it has a name, like the Raj, it's "Hands on the Raj")
- Up to waists, ready, up
- Up to shoulders, ready, up
- Walk the boat outhouse
  - Tell them which side of which dock they're going to, i.e. "Left side of the right dock"
  - As they walk down the dock, Up to heads as you go down the dock
  - Weigh enough (when they are close to the end of the dock. They should be at overheads)
  - One toe to the edge (put the toe closest the the side of the dock you're going at the edge of the dock)
  - One hand in, ready, down to the water  
(You should have the boat in the water right now)
  - Ports, get the oars, starboards, get the locks (they know what it means)  
Once the oars are in and everybody is done getting her shoes off,
  - One foot in, second foot in, ready, down (now everybody is in the boat)  
You get in the boat
  - Lean away and walk it down (The rowers lean away from the dock so the boat doesn't get caught and hand-walk the boat out)

To get back in, you just do the reverse. Once you know the lingo, there's really only one big important thing to know about the commands, and that is: there are three parts to a command: what they are doing, get ready, do it. i.e. "Up to shoulders, ready, up"

This is important since in the bigger boats, the rowers at the opposite end may not be able to hear you. The time lag lets them process what's happening.



**Bay Area Rowing Club of Houston**  
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**Houston, TX 77258-0374**

*CS IX results (continued from page 4)*

**WO4+**

1	Hsu/Tompkins/ Stewart/Israel	(BARC)	04:24.7
2	Dixon/Shatto/ Jaloway/Hijazi	(BARC)	04:55.1
3	Mathis/Hood/ Stewart/Bennet	(BARC)	Scratch

**MixM2x**

1	Senger/Wimer	(BARC)	04:08.9
2	Smith/Smith	(FWRC)	04:23.2
3	Curry/Horvoka	(RD)	04:37.7
4	Perez/Perez	(FWRC)	05:19.2
5	Lee/Swann	(RD)	05:19.4

**MO4x**

1	Keller/Anderson/ Hudson/TBA	(RCTW)	03:36.3
2	Smith/Scripko/ Bell/Simmer	(ARC)	03:53.6
3	MacIntosh/crew	(RCTW)	04:16.8
4	Scratch - no show	(RCTW)	

**WO4x**

1	Wynne/crew	(RCTW)	04:38.9
2	Dixon/Jaloway/ Fallou/Hijazi	(BARC)	04:49.5
3	Mathis/Hood/ TBA/Bennett	(BARC)	05:00.1
4	Donohoe/crew	(RCTW)	05:13.7
5	Day/crew	(RCTW)	05:24.7

**MixO4x**

1	Falk/Rachuk/ Cooling/Sweat	(BARC)	04:13.5
2	Windham/crew	(RCTW)	04:16.4
3	Curry/Horvoka/ Lee/Swann	(RD)	04:42.0
4	Wiggs/crew	(RCTW)	04:45.2
5	Norris/crew	(RCTW)	04:47.8

**MixO8+**

1	hat 1		03:47.9
2	hat 2		03:48.0
3	Great 8		04:30.4