



The Row Brevard Newsletter Inaugural Edition

Rowing History

July 2015
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Since early in the eighteenth century London watermen made a sport of racing their dories in impromptu competitions. Since 1715, the most skilled of the watermen held an annual race from London Bridge to Chelsea with the winner earning the right to wear a colorful bright crimson coat with a silver badge the size of a dinner plate sewn on the left arm, matching crimson knee britches and white knee high hosiery. To this day the race, Doggett's Coat and Badge, is still rowed on the Thames each

July amid much pomp, ceremony and grandeur. The first great rowing match in America was in New York Harbor in 1824 between a crew of four New York watermen in a 24 foot Whitehall boat against four sailors from a British warship in a similar craft. In the 1830's rowing clubs began to appear in various American cities and in the 1840's several colleges assembled crews. The first collegiate crew race was held in 1852 between Harvard and Yale on Lake Winnepesaukee in New

Hampshire. Harvard won that race by two lengths. Since 1859 the Harvard-Yale race has been held every year. Rowing has spread across the country and around the world since then. The Poughkeepsie Regatta was the name of the annual championship regatta of the U.S. Intercollegiate Rowing Association when it was held in Poughkeepsie, New York from 1895 to 1949. The IRA was established in 1891 by Cornell, Pennsylvania and Columbia.

Just the Facts

Rowing has a long rich history and has evolved a great deal over the last 100 years, but one thing remains the same: the spirit of innovation and teamwork that is part of every winning crew.

Rowing is about cooperation and teamwork and a finely tuned crew is an impressive sight.

Learn to Row-New Shoes on the Dock

I would like to introduce our newest Learn to Row class members in this section. For those of you who have taken the scull or sweep rowing classes since the beginning of the year 2015, we would

like to learn a little more about each of you, your personal accomplishments, and why you decided to take the classes and if they met your expectations. We will continue to hold classes throughout the year and may occasionally send out an evaluation form to help

us improve our services and training to each of you. Thanks for your participation and please send me a short email note about yourself to Gtownshend@cfl.rr.com

Upcoming Events

19th Annual Summer Halifax Regatta Daytona Beach Saturday, July 25, 2015

We are excited about partnering again with Indian River Rowing Club at this years' Halifax Regatta. For all of our new rowers, we are happy to announce that there will

be Novice events for you to participate in. Novice shall be a rower whose initial competition within that same discipline has been in the previous 12 months of the date of the regatta. We encourage all of our members to consider rowing at Halifax as it will be our last competition until mid-October. It's a great opportunity to bond and enjoy the fellowship of our teammates and those of Indian River. We would like you to sign up by July 1st so we can set and practice our lineups well in advance of the regatta.



July 1910 Cover

Meet our Members

Art Townshend I started rowing with Parkersburg High School in WV in the fall of 1962. In 1963 we won the WV State Championship rowing against 4 other teams. The PHS crew is now the oldest established high school crew in WV. After a 49 year vacation from rowing I chose to be back on the water rowing on the 50th anniversary of our victory. The newly established SCC CRP group made this possible. Last year at my

50th PHS reunion I rowed stroke seat with members of the current varsity 4+ at PHS and we ran the same course of 50 years ago. What a thrill! After 46 years in the profession of pharmacy, having owned two drug stores for 15

Would each of you send me a personal profile of 100-150 words suitable for this area? Come on Chip
Old Guys Rule
gtownshend@cfl.rr.com

years, and owning a piano repair, tuning and rebuilding business for 10 years, I retired at the end of 2010. My wife Nancy and I have four children-three boys and a girl and 8 grandchildren-7 girls and one boy, My favorite pastime is vintage automobile racing and I have participated in driving events on several racetracks in the southeast area. We divide our time between Florida and Chattanooga, TN

Regatta Recap

On June 6th our members teamed with Indian River Rowing Club for several events at the Sunshine State Games in Sarasota, FL at Nathan Benderson Park. The weather was cloudy and threatening most of the morning and we had a two hour delay due to lightening in the area. After lunch the races began once again and concluded at about 5 pm. The results are as follows: Men's Veteran 50+ Todd Young IRRC 3rd, Rob Walsh SCC 6th; Men's Masters A 2x Luke Golesh, James Michael both IRRC 1st; Mixed 4+ Heather Rodgers, Andrea Gimon, Larry Compton, Art Townshend, Vicky

Rivera 4th place; Mixed 4+ Sarah Golesh, Sonia Suarez, Larry Robinson, Chip DelVecchio, Mona Kinsman 4th place; Men's Masters C 1x Brice Crossley 1st; Men's LWT 1x Luke Golesh 2nd; Men's

At the Southeast Regionals in August, GA on June 25 I came home with a bronze and silver. Scot DelVecchio, Chip and Deborah's son two gold and one bronze.

Masters 8+ Sara Golesh, Larry Compton, Larry Robinson, Art Townshend, Jeff Julian, Todd Young, Luke Golesh, Janes Michael, Chip DelVecchio, 3rd; Women's Masters 8+ Heather Rodgers, Sonia Suarez, Joni Whelenm Nancy Orbell, Vicky Rivera, Shotsie Lajoie, Mona Kinsman, Kim Aaronson, Martina Vickers, 5th; Mixed 2x Andrea Gimon, Todd Young, 4th; Mixed 4x Andrea Gimon, Shotsie Lajoie, Luke Golesh, James Michael, 3rd; Mixed 8+ Heather Rodgers, Mona Kinsman, Joni Whelen, Larry Compton, Larry Robinson, Art Townshend, Jeff Julian, Kim Aaronson, Martina Vickers, 2nd.

Rowing Tips

There are a thousand and one small things to be learned, mastered, and brought to bear in precisely the right way to propel a twenty four inch wide sixty foot long shell, carrying three quarters of a ton of flesh and bone, through the water with any semblance of speed and grace. The trick to finding a proper crew is to find men and women with superhuman stamina, an indomitable willpower, raw power, and the intellectual capacity to master the details of technique. Among them is the ability to disregard

your own ambitions, toss your ego over the side into the swirling waters of the wake and pull not for just yourself, not for glory, but for the others in the boat. There is a fragility of confidence and a redemptive power of trust. These bonds of trust and affection can transform a crew beyond the ordinary. The final goal is to create an entity that everyone is part of-a single thing-something alive with breath and a spirit of its own. The movements of each rower are so intimately intertwined, so precisely

synchronized with the movements of the others that any one rower's mistake or subpar performance can throw off the balance of the boat and the strength that grows between two or more people and expands to the entire crew. Lack of success of the entire crew is usually a result of lack of concentration on one or more person's part. Stroke seat is the leader following cox commands. To be successful we must mimic the stroke in all movements,

A Good Start

A well-executed start is calm, composed, clean, and on course. A series of 5 partial slide strokes eases the boat away from the line and minimizes the inevitable sternward motion that occurs when force is initially applied with the legs. By the sixth stroke you should be at full slide and transitioning to a series of 10 or 20 strokes at a rate greater than body pace. The higher tempo strokes

are designed to get you to full speed and to help you find the rhythm for the duration of the race. A poor start can cause you to tense

Practice-Preparation-Performance

It goes hand-in-hand with
Decide-Commit-Succeed

up, go off course, or lose critical seconds that can be difficult to make up. Time sitting at the start position when the boat is getting aligned is used to maintain stability and focus on keeping the core muscles firm and riggers level by maintaining equal pressure on the pins. Breathing deeply you await the call of
ATTENTION-ROW

The First Few Strokes

For the first stroke make sure the collars are snug against the pin and the blades are firmly set in the water at the proper blade depth. Avoid digging in too deep or washing out with the air stroke. Your blades should remain square and buried as you pull through with level hand height the entire time. The successful start requires smooth, coordinated movements at

higher speeds so you should always be thinking of ways to sharpen bladework and refine motor skills. It is true that few races are won in the first 50 meters but falling behind too far and raising the stroke rate so high that you are simply splashing the water at a frenetic pace will only further the cause for a poor finish. Regaining momentum, lengthening the stroke

and slowing the slide for the last six inches will minimize the check of the boat provided all rowers are properly positioned with the seats not hitting the front or back stops on the track as pressure is applied and slide forward is accomplished. When everything is just right there is a swing to the boat and victory is possible.

Row Brevard Information

Location:

Oars and Paddles Park
1329 Banana River Drive
Indian Harbour Beach, FL
32937

Mailing:

Row Brevard
P.O. Box 683
Melbourne, FL 32902



*...It's all about
participation...*

Our Objective

"Row Brevard is a community-based and volunteer-driven not for profit organization, dedicated to educating, training and inspiring all residents of Brevard County in the sport of rowing." We will achieve this by creating an environment that challenges, inspires and teaches team work, sportsmanship, athleticism and camaraderie through competitive and recreational opportunities.

Rowbrevard.com

FB Row Brevard

Officers-Board Members-Committee Heads

Officers and Board Members

President-Tom Goffinet
Vice-President-Heather Rodgers
Secretary-Larry Compton
Treasurer-Mona Kinsman
Chip DelVecchio-At Large
Tad Danforth-At Large
Larry Robinson-At Large
Vicky Rivera-At Large

Future Committees

Finance
Equipment
Facilities
Membership
Regatta
Rowing Development
Capital Investment
Strategic Planning
Merchandise
Fundraising
Marketing and
Communication
Safety-Art Townshend
Newsletter-Art Townshend

Current Thoughts

As we begin our new rowing venture, getting all our documents, equipment, and membership in order, we will seek volunteers to help as committee chairpersons and committee members. During the next few months you may receive a request to help us. Please consider contributing your time and talents. This is part of our **Participation Plus Program**. For a while some may wear more than one hat.
Thanks!