

HRRC*news*

Newsletter #10, June 2010



General Notices

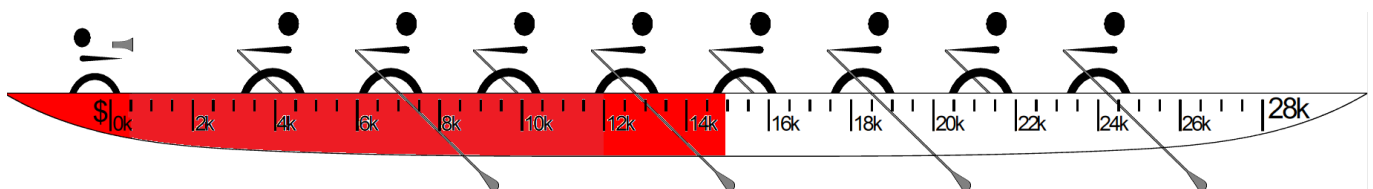
Row for the Cure:

The third annual Tidewater Row for the Cure had 36 entries, about the same as last year. Despite the wind there was some excellent racing and great support from the viewing areas. Donations alone accounted for about \$4,000 raised for the cause. This is \$2,000 over the donation total from last year. HRRC was responsible for \$1,300 of that total, whilst the Great Bridge Crew Club won the Fundraising Award with \$1,600.

Scholarships:

Each year HRRC awards two scholarships of \$1000 to provide assistance to Tidewater High School rowers or coxswains who want to pursue competitive rowing in college. There were 12 applicants this year, and 6 were called for interviews. It was an extremely difficult decision as the short listed candidates were of an extremely high standard. The awards were finally made to James Mason from Granby High School, who will be attending Virginia Tech, and Meredith Murphy from Great Bridge High School who will go to the University of Delaware.

Boatometer: We are creeping towards our goal....over half way...



Racing Round-Up

The results from Row for the Cure can be found on the website here <http://www.hrrc.net/2010web/results.html>. There were 10 HRRC entries in total and photos of the day will be posted soon.

Stonewall Regatta: Scott Smith and Tom Fernan went to DC with high hopes only to have their event cancelled due to bad weather.

Charm City Sprints: It was a day of seconds all-round for Nick Conner, Fay Hannon, Suzanne Lyons and Rob Reali in Baltimore. In hot and breezy conditions, Nick competed in the 1x, mixed 2x with Suzanne and the 4x. Suzanne and Fay raced in the women's 2x, and Rob completed the quad.

New Members

Please welcome some further members to our club who join us from our learn to row program: Tammy Henning, Susan Moose, Sebrena McBean, Cullen Gibson and Lesa Henderson. Also joining us for the summer is Katie Weintraub before she heads for George Mason this fall.

Upcoming Events

July 10th: Capitol Sprints, 11th Occoquan Sprints, 25th Diamond States

Tony's Top Tips!

Some more words of wisdom from our boathouse manager.

Riggers are NOT Handles- Shells are not meant to be lifted by riggers so please refrain from doing so. Lifting a boat by the rigger causes unintended stress in the sides of the boat that could lead to broken ribs.

On the Dock- Please ensure the boat is far enough from the dock that the riggers are not receiving stress from sitting on the dock. The force on the riggers is excessive, especially with a loaded boat. Crews tend to pull the boat in close to the dock in order to get their oar in which is fine, however, keep in mind the boat needs to be several inches away from the dock when getting in to keep the riggers from getting stuck. Keep in mind though, that boats are not straight. The sides flair out in the middle so when bow pulls the boat into the dock to set his oar, stroke seat is a couple feet from the dock.

Most of these items are taught to us at the start of our rowing careers. None are difficult concepts to re-establish. I only ask that you refresh your boat handling skills and use common sense when moving shells around the boathouse, they are rather costly.

On a final note, please remember to log boat maintenance on the **rear whiteboard**...I can't fix it if I don't know about it.

Coach's Corner

Some tips for preparing your diet for the regatta season: **During the Race/ Workout**

How to Implement

For races (or training) under 1 hour- water only:

1. Higher intensity = more dehydrated
2. Higher the heat = more water loss, however the body can be trained to conserve electrolytes in the heat.

Training over 1 hour- beverage with carbohydrate:

1. **1 gm. Carbohydrate** (4 calories) **per minute of exercise.**
2. 6% glucose such as Gatorade, Powerade, Accelerade. Be careful with fruit juices. The fructose in fruit juices can cause gastric upset, but helps absorption of CHO after 2-3 hours of continuous exercise.
3. GU has 100 calories per packet. This would work every 25-30 min. **WITH WATER.**
4. **READ LABELS** of sports drinks and food!

Guidelines

1. Important thing may not be **how much** you drink, but **how quickly** the drink can be absorbed.
2. Cold drinks leave the stomach quickly and are absorbed faster.
3. Large volumes leave stomach quickly but may not be tolerated well.
4. Above 75% intensity of effort, it is harder for the body to absorb liquids.
5. Sports drinks (with CHO) help to maintain blood sugar and stamina, therefore allowing exercise to go on longer. *Glucose* aids absorption.
6. **Electrolytes** help absorption and keep sodium (salts) in the body in balance. They may also keep an athlete thirsty and drinking longer.
7. **60 calories every 15 minutes.** (Eg. 1 packet GU=100 cal. or 25gms.CHO)

Remember, the maximum amount of carbohydrate calories that can be absorbed is 250 calories an hour (in an elite male athlete).