



BRASS NEWS

Berkshire Rowing and Sculling Newsletter

April 2015

Spring is Here! Now if the lake would just thaw...

As we wait for the lake to thaw, in anticipation of another rowing season. We need to be thinking of physical readiness, safety and of course, fun!

BRASS Annual Meeting

Our annual meeting is April 19, 2015 4:00pm at **770 East New Lenox Rd, Pittsfield**. This event is open to non-members, though only members can vote and is potluck. So please bring your favorite dish.

Boathouse Opening—April 25th

The opening of the boathouse is scheduled for Saturday, April 25th at 8:00am.

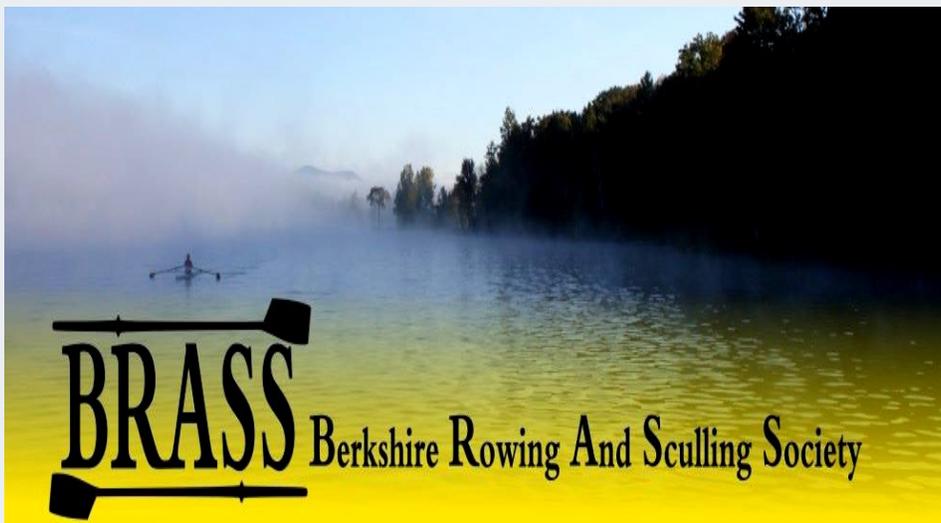
Many hands to open the boathouse and install the dock will make for quick work. Please join us.

“Perhaps the seeds of redemption lay not just in perseverance, hard work, and rugged individualism. Perhaps they lay in something more fundamental—the simple notion of everyone pitching in and pulling together.”

— [Daniel James Brown, *The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics*](#)

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BRASS Berkshire Rowing And Sculling Society

Stretching, getting those muscle ready

It has been a long winter and it is important that we slowly work those muscles that we have not been using. Stretching allows you to benefit from the following:

- Improves flexibility
- Decreases injury by preparing your muscles before the activity
- Allows you to recover from the workout more quickly

Here is a link for rowing stretches:

<http://injuryfix.com/archives/stretching-routine-rowing.php>

Getting back into a Flipped Boat

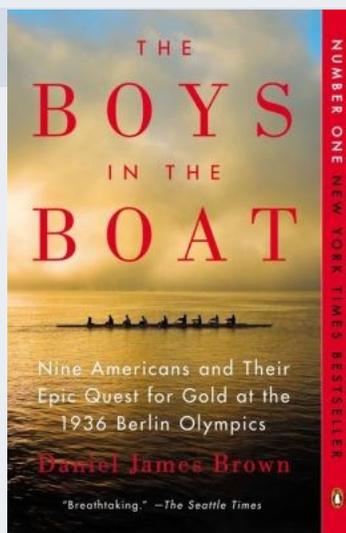
I know this is not what anyone wants to do. But it is important that we know how to get into the boat. The season starts off cold and being in the cold water is not ideal.

So please review the video. Also, if you are not comfortable getting back into the shell or are having a hard time, stay with your boat, it floats. Push it to shore. Then get back into the boat and row back. And remember, never lift a boat full of water as it will likely break the hull.

<https://www.youtube.com/watch?v=nhtv53MOrqA>

Great Story to Read

The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics



“The challenges they had faced together had taught them humility—the need to subsume their individual egos for the sake of the boat as a whole—and humility was the common gateway through which they were able now to come together and begin to do what they had not been able to do before. •”

— [Daniel James Brown, *The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics*](#)

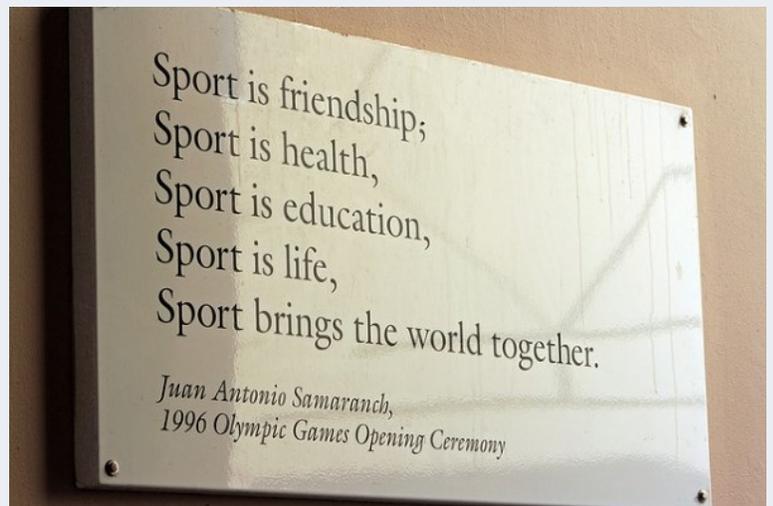


Learn to Row

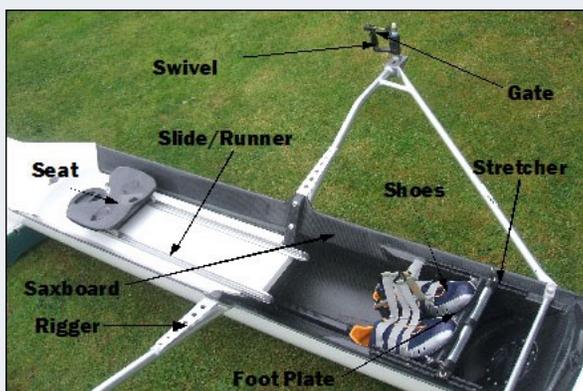
The annual Learn to Row is on June 6, 2015. There are two sessions, 8 am and 10 am. Spread the word to your friends, co-workers and anyone you think may love to learn the sport. To reserve a slot, they will need to contact the boathouse and state which session they would like to join.

“Age is no barrier. It’s the limitation you put on your Mind”

-- Jackie Joyner-Kersey



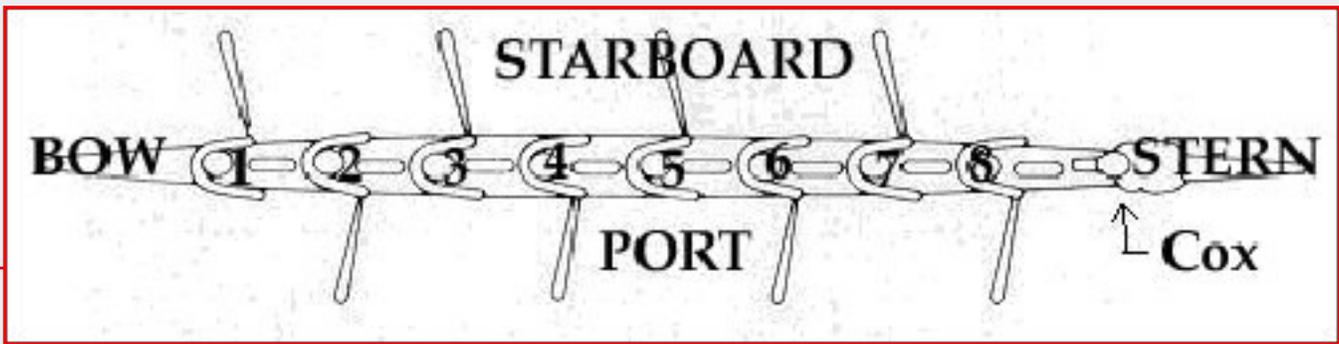
Inside a Rowing boat



Just some friendly reminders...

The Rowing Oar





Rowing Terms

Throughout the season we hear many rowing terms, here are a few to remember:

BLADE (HATCHET OR SPOON): The face of the oar that pushes against the water.

OARLOCK: Square latch to hold the oar and provide a fulcrum for the stroke against the rigger.

RIGGER: An apparatus on the side of the boat to provide a fulcrum for the lever (oar).

FOOT STRETCHER: Part of the boat where the shoes are attached and where the rower pushes his legs on the drive.

SKEG: Fixed plastic piece beneath boat for stabilization (keel). The rudder is mounted on it. Also called a fin. The skieg (incl. rudder) can break off in shallow water. It can also break off by hitting the dock when putting the boat in the water or taking it out. Please be careful!

SLIDE: The tracks in which the seat rolls.

BACK STOP: A small block on the bow end of the slide, which holds the seat on track.

FRONT STOP: A small block on the stern end of the slide, which holds the seat in place.

KEEL: The steadiness of the boat. If the boat alternates from side to side, it is a sign of bad technique.

RUDDER: A little fin on the bottom of the boat that the coxswain can control to steer the boat.

STROKE: One full motion to move a boat. Consists of the catch, drive, finish, and recovery. Can also be used to refer to 8-seat.

CATCH: The part of the stroke where the oar enters the water.

DRIVE: Part of the stroke where the rower pulls the blade through the water using legs, back and arms to propel the boat.

LEG DRIVE: Term used for driving the legs against the foot stretchers on the drive.

LAYBACK: Term for how much you lean back at the finish. Too much is bad, too little is, well, bad also.

FINISH: Part of the stroke after the drive where the blades come out of the water. The rower removes the oar from the water, by first pushing downward then away with the hands.

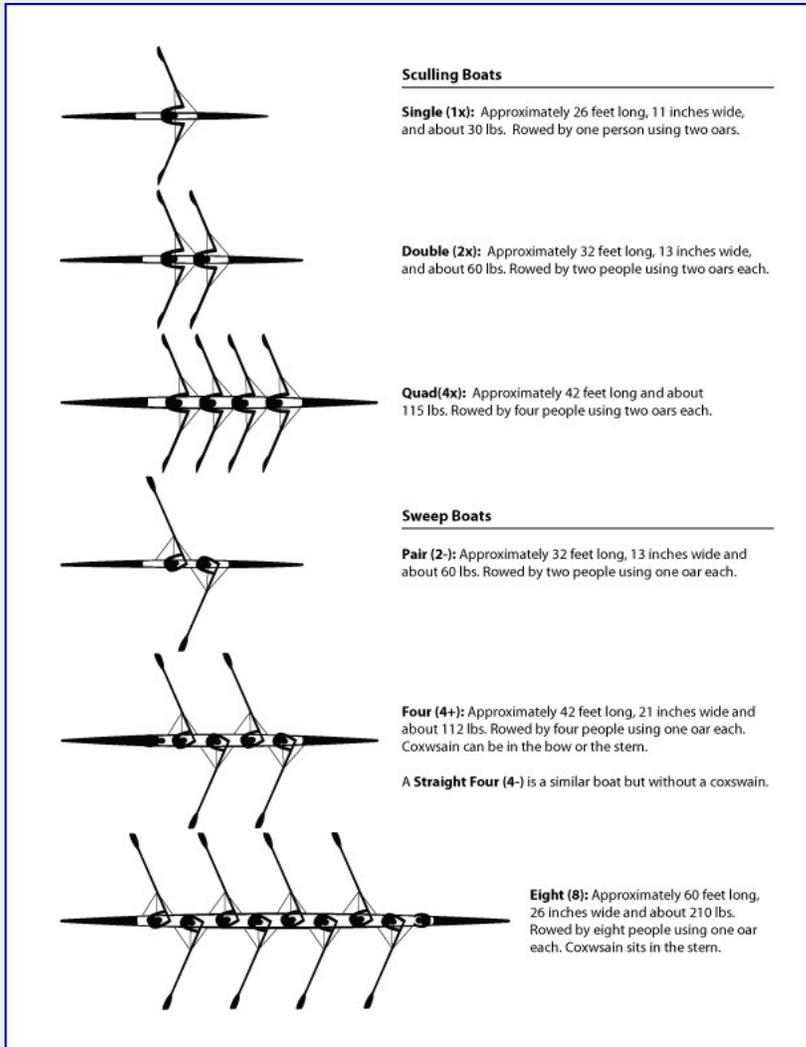
RELEASE: Another term for finish.

FEATHERING: Rotating the oar in the oarlock so that the blade is parallel to the surface of the water.

RECOVERY: Part of the stroke where the rowers comes back up the slide slowly towards the catch.

STROKE RATE: How fast a stroke is being taken, in terms of strokes per minute.

Rowing Shells



**STRENGTH
DOESN'T COME
FROM WHAT YOU CAN DO.
IT COMES FROM
OVERCOMING
THE THINGS YOU ONCE THOUGHT
YOU COULDN'T.**

“To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them”

-- Picabo Street



Club Days

The following Saturday dates have been set as the club days for the season:

- June 13
- July 11
- August 8
- September 12, Ultimate Bernie Ryan Regatta

“Continuous effort—not strength or intelligence—is the key to unlocking our potential”

-- Liane Cardes

Boat House Happenings this Season

As we look to begin the season, the following activities will be going on, please join us:

- [Learn to Row](#) - June 6, 2015
- [Canyon Ranch](#) - During the week Canyon Ranch will again be sending interested guests to us to learn to row
- [Monday AM Row](#) with Harriet and/or Anne - This is for any member interested on working on their rowing techniques. Occurs on Mondays from 7am to 8:30am
- [Young Parent program](#) - This in the Rowing Strong Rowing Together program, where young parents learn to scull, to row and to participate in an end of the season regatta with other young parents. Through this rowing program they can develop a new self confidence and a new self image. They must show the discipline to commit to practice time, to working with others. Team-work is new for many of them. They improve their physical condition, experience the outdoors and nature. They experience joy and fun. These things are all often lacking in the life of a young single parent.

Rowing Strong Rowing Together is a regional program organized through the Holyoke Care Center and is largely funded through their fund raising efforts.

BRASS has been involved in this program since 2006.

All staff helping with this program, volunteer their time.

- [Youth \(Junior\) program](#) - The Juniors' Spring season is off to a fine start. According to the fishermen, as of Saturday March 28, our Lake Onota had 2 ½ feet of ice covering her fair waters. It's probably considerably thinner now, but until we can get the boathouse open and the docks out, all workouts are at the YMCA. Lauren is our capable head coach, assisted by Randy and a student intern from Taconic, Raeayn. This session is for returning rowers only. We'll be doing a bit of racing, assuming the ice does indeed melt.

In May, we'll begin Session II classes for new rowers, both middle school and high school, which will meet until the end of this school year. Session III will continue through the Summer, culminating in Session IV, which will be all about the Fall races. We'll be training new rowers in Sessions II and III only. If you know of students age 12-ish to 18-ish who you think might like to test the waters, send them our way; email Lauren at berkshirerowing@gmail.com.



Why we should stretch

It is early morning and the last thing you want to do is stretch before you head to the boathouse. Stretching allows you to benefit from the following:

- Improves flexibility
- Decreases injury by preparing your muscles before the activity
- Allows you to recover from the workout more quickly



Here are some links on the importance of stretching:

<http://www.livestrong.com/article/473698-importance-of-stretching-before-exercises/>

<http://www.shape.com/fitness/workouts/6-good-reasons-you-need-stretch>

<http://physicaltherapy.about.com/od/flexibilityexercises/a/stretchbasics.htm>



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Berkshire Rowing and
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Newsletter Ideas

If you have a topic or would like to write something for the newsletter send me an email, Tina at tmm0103@yahoo.com