



# BRASS NEWS

Berkshire Rowing and Sculling Newsletter

April 2016

## Spring is Here!

As we ready for the rowing season, we need to be thinking of physical readiness, safety and of course, fun!

## BRASS Annual Meeting

Our annual meeting is April 30, 2016 2:30pm at **the Boathouse, Pittsfield**. This event is open to non-members, though only members can vote and is potluck. So please bring your favorite dish and a chair.

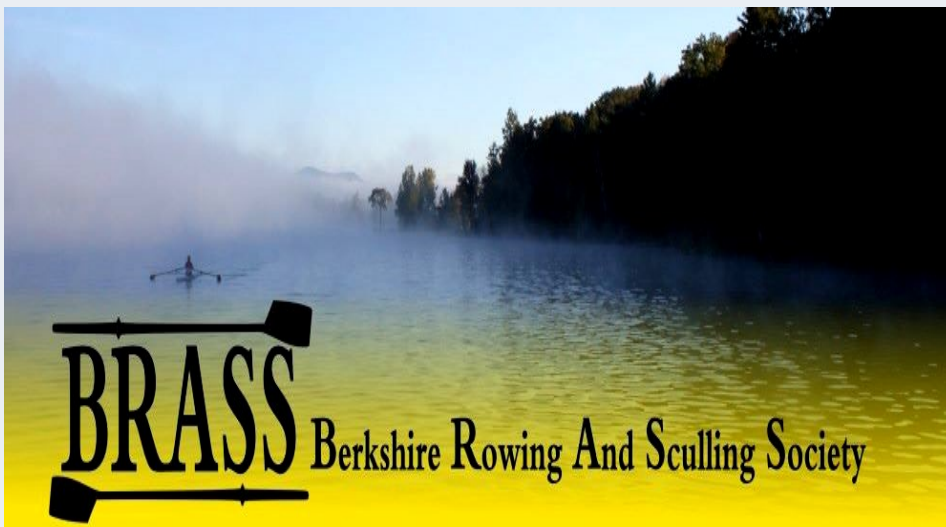


## Boathouse was Opened on April 16th

Thank you to all who had helped in getting the dock in and in cleaning out the boathouse. The entire boathouse was emptied, cleaned and organized.

## In This Issue

- Annual Meeting
- Opening of Boathouse
- Importance of your Warm-ups
- Getting Ready to Row
- Learn to Row
- Sip & Swirl—Beer & Wine Tasting
- Boat House Happenings
- A new Face at BRASS
- Why we should Stretch
- Club Days
- Getting Involved



## Importance of your warm-up

It's early in the morning, we want to hit the lake rowing. We probably did not stretch. Not good. A warm up is critical, it allows our muscles to get ready for the exercise.

- Enhances performance
- Decreases injury

Here are a few links promoting the reason you should warm-up:

- <http://www.active.com/triathlon/articles/the-real-reason-you-should-warm-up>
- <http://www.fitday.com/fitness-articles/fitness/exercises/the-importance-of-doing-warm-up-exercises-before-working-out.html>



## Getting Ready to Row

As we begin the season, we should keep a few things in mind, especially if we have not been very active over the winter months.

- Remember to begin your rowing easily and steadily to warm up your body.
- Keep the first few rows short, concentrate on good posture and technique.
- Once in the boat, remember to do a warm-up
  - 10 count of arms only
  - 10 count of arms and back
  - 10 count of 1/4 slide
  - 10 count of 1/2 slide
  - 10 count of 3/4 slide
  - 10 count of Full slide
  - { then continue in the Full slide}



**I'M GOING TO  
MAKE YOU SO  
PROUD.**  
- note to self.



## Learn to Row

The annual Learn to Row is on June 4, 2016. 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.

## Sip & Swirl—Beer and Wine Tasting

On March 5, 2016 we held our very first fundraiser! It was a great success and appears many had an excellent time!!

So far, the proceeds from this event have helped to get us a new laptop and accounting software, and we are looking into getting some new life vests.





## 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 4, 2016
- [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 foundation of the future is built upon today's youth. True in the big world, true in our small little Berkshires rowing world. We've been sharpening our approach to the BRASS juniors program (juniors are defined by US Rowing as under 23 years of age). This year we have started indoors, well in advance of getting on the water. Some of our athletes are new to the sport and will have a better foundation for rowing an actual boat, and all athletes will be in better condition; more flexible, less injury prone and stronger. All of this will lead to superior performance; certainly the goal for all involved.

This is also the beginning of growing our program into the future. After the Fall 2016 race season, we'll begin an indoor program that starts earlier and lasts longer. We don't even know exactly what that will look like, but we have a gleam in the eye. We are all learning together how to do it well, and will grow bigger and better with each season.

If you have or know of a youngster in grade six or older who might like to try rowing, send a message to Randy at [berkshirerowingandsculling@gmail.com](mailto:berkshirerowingandsculling@gmail.com). Because we're still small, we can incorporate new prospects after the season has begun...for at least another week or two. Rowing is a lifetime sport, unequalled by any other. BRASS is a great place to start.



## A new face.. Meet Brian Plouffe

Brian is extremely excited to be joining BRASS in the role of Boat House Manager!

He is looking forward to meeting everyone and being a part of all the fun activities.

Brian brings with him customer service and management experience in theatre, front of house management, and volunteer scheduling as well as performance. He also has a background in hospital campus safety and security.

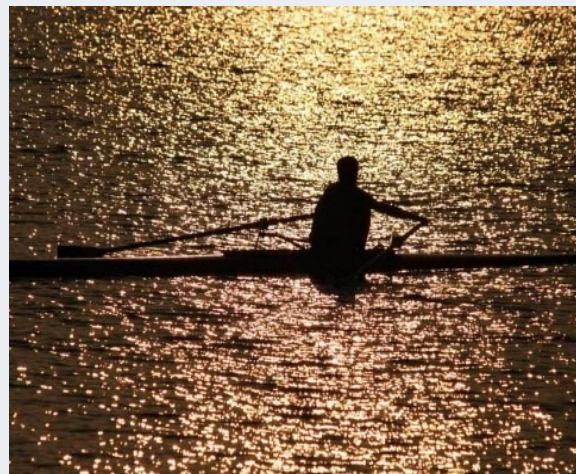


Aside from rowing, his increasing interest in outdoor activities presently include kayaking, running, and cycling. He works part-time as a mover just for the exercise and adventure, studies aikido, and is an avid car enthusiast.

Brian has lived and worked all over Berkshire County and happily lives in Pittsfield where he was born and raised. He is proud to be working with his son, Kevon, in a health and nutrition field which promotes sharing solutions to transform lives. For Brian, age is just a number.

He feels that working with BRASS will be a perfect fit for both himself and the group. BRASS is an organization that is literally at the heart of local cultural and wellness revitalization. Exercise and sports, like rowing and sculling, should be fun, social, and shared as much as possible. Brian is thankful for the opportunity to help fulfil the group's mission!

As Boat House Manager, Brian will be taking care of the administrative duties like scheduling and Sign-up Genius. Please say Hi when you see him there!



## Club Days

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

- June 11
- July 9
- August 13
- September 10, Ultimate Bernie Ryan Regatta

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*“It’s not the will to win that matters-everyone has that. It’s the will to prepare to win that matters”*

— *Paul “Bear” Bryant*

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## Getting Involved

Did you know that rowing is a sport largely managed by volunteers? As most clubs/organizations are a not-for-profit entity, volunteers help with administration, taking care of equipment, assisting at regatta’s and help with organizing of events.

Are you aware that our Learn to Row, Monday AM Row, Young Parent Program and Youth Programs are run by volunteers?

We are always looking for your help, please help by volunteering! Not sure what you can do to help? Contact Tina and she will help to get you participating.

## Contact Us

How to contact or find us

### BRASS

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(413) 442-7769

Email:

berkshirerowingandsculling@gmail.com

Visit us on the web at  
berkshirerowing.com



Berkshire Rowing and  
Sculling Society - BRASS

## Newsletter Ideas

As you know the newsletter comes out several times a season, I really could use some help with ideas and getting them completed. If you have time please contact me.

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