



BRASS NEWS

Berkshire Rowing and Sculling Newsletter

July 2016

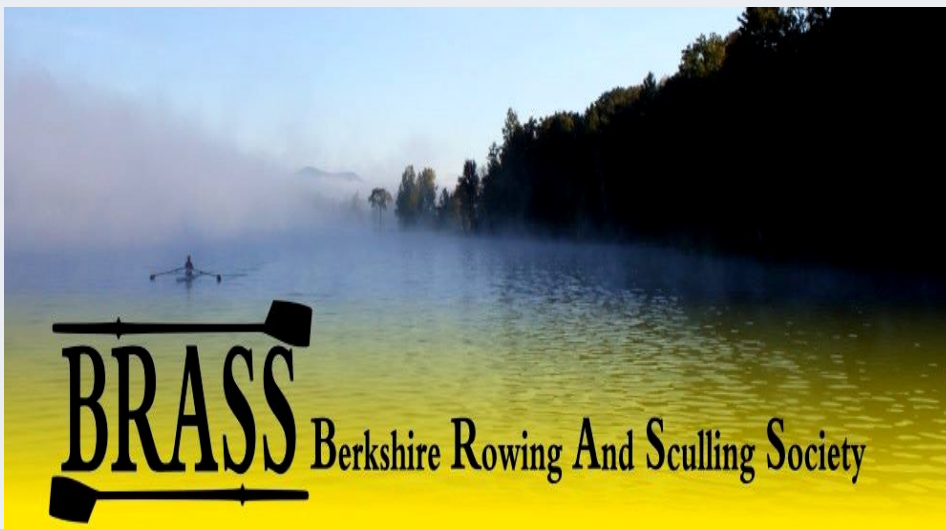
BRASS in full swing!

This season is flying by, at least it seems that way to me. So much has been going on. I hope you are enjoying your time rowing and partaking of the events!



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Stretching..Need to take the time for it.

I know we have discussed this topic before, hopefully you are performing your stretches. We have many new members so I want to stress the importance of this activity. Stretching helps us achieve flexibility and may improve your performance. While stretching before the row is good, afterwards is much better for your muscles. This doesn't need to be a large amount of time, 10 minutes is good. Here are some basic techniques:

- <http://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/stretching/sls-20076840?s=1>
- <https://www.fitnessblender.com/videos/light-toning-and-stretching-routine-for-flexibility>



Getting Ready to Row

As we begin our row, we should keep a few things in mind,:

- 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}



John Biglow—The Boys in the Boat Speech Event

On June 26, 2016, Olympic Rower John Biglow spoke about rowing and the book 'The Boys in the Boat'. The speech was interesting and fulfilling. John spoke about the different aspects of the team, showed video from the Olympic race amongst other photos from the families of the rowers.



John Biglow—Coaching Sessions

Here are a few pictures from session 1 doubles on Mon thru Wed. Those who participated in the first session were enthusiastic about working with John.



John Biglow—Coaching Session 2

If you have missed the first opportunity of being coached by John Biglow, the second session is fast approaching! Those who participated in the first session were enthusiastic with working with John. All loved the experience and help John provided.

Many members took the lessons to work on their skills, so racing does not need to be in your future. Just awesome rowing!!

We still hope you are as excited as we are about this opportunity! The lessons will be open to all members first and if the classes are not filled we will open them to surrounding rowing clubs. Please take advantage of this.

The cost for the lesson: \$60 members /\$75 non-Member

Payment: Please contact Brian P. for reservation and payment.

Payment is expected prior to 1st lesson.

The Dates for Session 2: August 08, 2016 thru August 13, 2016. **

****TENTATIVE DATES—PLEASE CHECK WITH BRIAN TO CONFIRM DATES.****

****MAY BE A SLIGHT CHANGE, IT IS NOT CONFIRMED AT THIS TIME****

Each Coaching Session is for three (3) consecutive days.

To determine your skill level for the event see below; if you are unsure please ask Nick or Brian for assistance.

The Skill Definitions are:

Beginner – Rower uses Star, Echo and Ocean Shells

Intermediate – Rower uses Maas, Camp Fuel and Pinky

Advanced – Rower uses any Racing shell like Hudson or Quads

The Schedule for Session 2:

Coach Event 1 (Mon thru Wed / 08/08/16 to 08/10/16) 6:00am to 7:30 am : Intermediate/Advanced

This 3-Day event is for those who have Intermediate/Advanced rowing skills. This session will be in doubles.

Coach Event 2 (Mon thru Wed / 08/08/16 to 08/10/16) 8:00am to 9:30 am : Beginner

This 3-Day event is for those who have Beginner rowing skills. This session will be in Star/Ocean Shells.

Coach Event 3 (Mon thru Wed / 08/08/16 to 08/10/16) 10:00am to 11:30am : Juniors

This 3-Day event is Juniors. This session will be in Quads.

Coach Event 4 (Mon thru Wed / 08/08/16 to 08/10/16) 5:00pm to 6:30 pm : Quads/Advanced

This 3-Day event is for those who have Advanced rowing skills. This session will be in Quads.

Coach Event 5 (Thur thru Sat / 08/11/16 to 08/13/16) 6:00am to 7:30 am : Intermediate/Advanced

This 3-Day event is for those who have Intermediate/Advanced rowing skills. This session will be in doubles.

Coach Event 6 (Thur thru Sat / 08/11/16 to 08/13/16) 8:00am to 9:30 am : Beginner

This 3-Day event is for those who have Beginner rowing skills. This session will be in Star/Ocean Shells.

Coach Event 7 (Thur thru Sat / 08/11/16 to 08/13/16) 10:00am to 11:30am : Juniors

This 3-Day event is Juniors. This session will be in Quads.

Coach Event 8 (Thur thru Sat / 08/04/16 to 08/13/16) 5:00pm to 6:30 pm : Quads/Advanced

This 3-Day event is for those who have Advanced rowing skills. This session will be in Quads.

Please bring the form you received in email and your payment to Brian P. or Nick R. or you may mail it to BRASS (address is on the form).

*“A coach is someone
who can give correction
without causing resentment”*
— *John Wooden*



A good coach
will make his players see
what they can be.

Ara Parasheghian



perseverance

Continuous effort is the key to unlocking our potential.

Sir Winston Churchill

The screenshot shows the American Experience website interface. At the top left is the 'AMERICAN EXPERIENCE' logo with the tagline 'TV'S MOST-WATCHED HISTORY SERIES'. To the right are navigation tabs: 'BROADCAST SCHEDULE', 'ALL FILMS', 'SPECIAL FEATURES', 'INSIDE AMERICAN EXPERIENCE', and 'SHOP AMERICAN EXPERIENCE'. The Liberty Mutual logo is in the top right corner. The main content area features a large image of the rowing team from the 1936 Olympics with the title 'the BOYS OF '36'. To the right of the image is a 'special FEATURES' sidebar with links: 'Photo Gallery: Rowing for Olympic Gold', 'Image: The Perfect Eight', 'Then & Now: Racing Shells', 'General Article: Who Were The Boys of '36?', 'Preview: Coming Soon: The Boys of '36', and 'Bonus Video: Olympian Profile: Caryn Davies'.

PBS Is Airing "The Boys of '36"

This is the story of the young men from the University of Washington who captured the gold in the 1936 Olympics. Yes the ones in the book 'The Boys in the Boat' and the one that we recently had John Biglow give a speech about.

Be sure to put this on your calendar to watch!

PBS - Tuesday August 2 at 9:00pm

For more information:

<http://www.pbs.org/wgbh/americanexperience/films/boys36/player/>



2016 Summer Olympics — Rowing

The Olympic Rowing events are scheduled for August 6th thru August 14th.

Here are some links so you can stay on top of the regatta's:

<http://www.worldrowing.com/events/2016-olympic-games-regatta/event-information>

<https://www.rio2016.com/en/rowing>

Also, the Row2k website has it's own Olympics area with profiles on the Olympians.

<http://www.row2k.com/olympics/index.cfm>

Inquiring Minds Want to Know

Rowing is clearly an activity/ sport that is entirely different in meaning and purpose for each and every rower we see. From the racers to the sightseers and the daily rowers to the occasional. We see them all at the boathouse and one thing I couldn't help to notice is the sheer pleasure visible on people's faces when they plant their seat in the boat and move away from the dock. It is truly a joy to watch.

How people obtain that level of enjoyment and comfort begs a couple of questions: what does rowing mean for you? Is it exercise? Escape? Social activity?

And, just how exactly do you make yourself comfortable in the boat? What is your garment of choice? Do you row in colder times and how do you keep from being bogged down with gear? Do you have a preference on PFD styles?

Let's have a sharing discussion about what you wear in the boat so newer rowers can know what to look for and where to find things. Perhaps we could find group discounts for like-minded folks!

Email Brian at berkshirerowingandsculling@gmail.com to start sharing and I'll post your recommendations at the boathouse!

Happy Rowing!

Brian Plouffe

BRASS Boathouse Manager



Caring for the BRASS Boats

We all want and appreciate good working rowing shells and oars. Your trustees work hard to make boats and equipment available for use by the members and in order to maintain our boats in good working order, we need everyone's cooperation.

When using a club boat, the Trustees are asking for members to keep the boats clean by following a few simple rules:

1. Please take your shoes off before getting into a boat. (We are trying to prevent sand from getting into the boats and destroying the tracks and wheels.)

2. All boats MUST be washed and towel dried BEFORE being returned to the boathouse.

- Sponge the inside (most particularly the tracks) and outside (including the riggers) with soapy bucket water
- Rinse with clear water.
- Towel dry the boat.

Buckets with sponges will be made available with soapy water (we are using Dawn, a biodegradable soap) and buckets with clear lake water.

3. The same washing procedure should be used on the oars, most particularly the handles.

4. The person or group rowing a boat is RESPONSIBLE for cleaning the boat before it is returned to the boathouse. Boat washing must be done on the slings provided outside the boathouse. Should you have to rush off after your row, we are suggesting starting your row 5 minutes earlier or ending 5 minutes sooner so that you may have time to wash and clean your boat. Of course, if someone or a group is taking your boat immediately after and before it is taken out of the water, they will be responsible for cleaning it when it comes out of the water.

5. Report any equipment problems to staff in charge that day.

6. Another reminder, in boats with shoes, please wear socks.



These photos were contributed by Barbara D. She writes, "From a May morning when there were some low clouds and mist on Lake Onota."

Thanks Barbara!



Club Days

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

- August 20 (New Date)
- September 10, Ultimate Bernie Ryan Regatta
Last year we had an awesome time with a relay race, is everyone ready to do it again!!

*“If you can believe it,
the mind can achieve it”*

— *Ronnie Lott*

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? As are our fundraising events, End of Season Banquet and club days.

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

PO Box 787
Pittsfield, Ma 01202

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