



Is everyone enjoying the early fall weather? Other than it being darker in the morning (oh and sharing with UDel again), I LOVE not finishing my row wondering if I should wring out my unisuit.

From our Safety Chairs Julie & Nancy

The sun is setting earlier and earlier as we approach the end of Daylight Savings on Sunday, Nov 3rd. Please be conscious of putting lights on your boats before you go out, especially in the evenings. They are located near the oars in the 4th bay. When you return the lights to the cubby, PLEASE plug them back in so they are ready for the next rower. Also, as we get our team boats back on the water, let's avoid injuries and boat damage! Please remember, as you go to shoulders and carry boats up the ramp to stay silent and listen to your coxswain or bow person and EVERYONE pay attention to where the bow, stern and riggers are with respect to people, doors and other boats.



Racing Team Reminders for Fall from Karen

Racing Chair Karen Walsh (kwash521@gmail.com) will register all races for the Racing Team and will support any other groups/individuals who need assistance registering. All members planning to use club equipment and/or trailer space for a regatta will need to complete the provided GoogleForm so that usage can be

coordinated. Please adhere to the dates indicated for completing each Form. This allows Karen to ensure that there are no conflicts with equipment!

Please also note that Karen will be stepping down from her role in 2025. If you're a member of the Racing Team and interested in learning more about this role, please talk to Karen!

Regatta	Regatta Dates	Regular Registration due on Regatta Central	GoogleForm Link	Complete Google Form by noon on
King's Head Regatta	September 29	Sept 25, 2024	KingsHead 2024	Sep 21, 2024
Head of the Christina	October 6, 2024	TBA -opens 9/7	Christina 2024	Sep 25, 2024 *
Navy Day Regatta	October 13, 2024	TBA	Navy Day 2024	Oct 2, 2024 *
Head of the Schuylkill	October 26-27, 2024	October 6, 2024	HOSR 2024	Oct 2, 2024

****Date for GoogleForm submission may be adjusted once regatta announces registration deadline****

WeCanRow Wilmington

We have welcomed another 3 amazing ladies to our WeCanRow Wilmington breast cancer Survivor group. We now have 8 women in this group. We go out on Thursday nights (6-7:30) and Sunday afternoons (12-2pm). We will need coxswains and sometimes a rower or two. If you would like to help, please send email to Julie at edmistonjy@comcast.net if you can help. We might possibly put an exhibition boat out for the Head of the Christina on Sunday, Oct. 6th.

Technique Corner

Let's start at the top! This is a good analysis of changes in Olli Zeidler's rowing that took him to a gold medal in Paris.

<https://youtu.be/fk3xgSI0oSI?si=JFtIB0Vla9UVP95v>

More than anything else in rowing, coordinating the power application with the blade entry is what creates speed. This takes a combination of relaxation AND quickness that does indeed take thousands of strokes to master (I'm still not there!) Jack suggests a few good drills - bobbing the blades at the catch, making sure to let the blade drop and get it fully buried - is a great one (challenging in a 1x - any other boat have some people set it up). Placement drill is another one - simply moving from squared and buried at the finish to placing the blade in the water (again, while some crew members are setting it up). Take quite a few placements without driving. Play around with it! REALLY backsplash on one, then REALLY front splash on another to feel the difference. Think about relaxed trapezius, neck and shoulders and a straight but relaxed arm (sculling) or outer arm (sweep). Don't reach for too much, particularly just before you place the blade. Think about the sequencing on the recovery - body over, then legs compress butt to heels while the wrist(s) roll the blade up as it's dropping towards the water. When you feel like you have made an improvement, press with the legs to initiate a smooth drive just as you get the blade placed, then give some other crew members a chance. These are both great

ones to do during team practices if you need to wait for your coach or another crew. Make the most of your time on the water!

Of course, Olli being 6'8" tall and training like this didn't hurt either! Wowza, time to do some crunches!

https://www.instagram.com/reel/C9sNU5Rt_4U/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Logbook and Boat Repairs

Please continue to use both the paper log and the computer log to check out and in. Everyone has been great about submitting repairs needed through the logbook - this is such a help to the Equipment Chair as the comments are all stored for later review and they are promptly delivered to all interested parties by email.

PR Assistance

Our PR chair has stepped down. This role helps with website maintenance, social media posting, member email list maintenance, and this newsletter! I'm filling in for now but would love some help. If you have interest in helping in any of those areas, this is a great way to fulfill your volunteer hours obligation to the club! Please email me to learn more. Thank you Betsy and Clete for posting some great pictures of our lovely river to Facebook and Instagram.

Fall Social and Awards Gala at the Boathouse Sept. 21, 4 to 7PM

Your email invite for our fall social and awards gala at the boathouse will be going out soon. This will be a catered affair and loads of fun. Please plan to attend!



Save the date for our celebration!

September 21, 2024

4:00 – 7:00 pm

Wilmington Rowing Center

501 A Street

If you have any news or helpful information you'd like added to this newsletter, please send it along to me! See you all on the water.

Alix James

WRC President

president@wilmingtonrowing.org