



Spring 2011

The Wherry

First Edition

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ROWING TIDBITS

A wherry is a type of boat that was traditionally used for carrying cargo or passengers on rivers and canals in England. It is particularly associated with the River Thames. Passenger wherries evolved into the Thames skiff, a gentleman's rowing boat. (Wikipedia)

ROWING HISTORY

The first known "modern" rowing races began from competition among the professional watermen that provided ferry and taxi service on the River Thames in London. Prizes for wager races were often offered by the London Guilds and Livery Companies or wealthy owners of riverside houses. (Wikipedia)

Island Rowing Mission Statement

The mission of Island Rowing Association is to stimulate and promote interest and participation in the sport of rowing on Whidbey Island. We believe this is accomplished by offering youth and adults opportunities to row, combining learning, education, and competitive opportunities that promote health and improve life skills in the pursuit of rowing excellence.

Presidents Message

Greetings to all. Spring is right around the corner...I think. Welcome to our first club newsletter. Jennifer Marzocca has offered to edit and publish our newsletter quarterly. Thank you Jennifer!

2011 is the club's fourteenth year. In that time we have introduced close to a hundred adults and kids to the sport of rowing. Some of our youth have gone on to row for other Northwest clubs and in college. I am pleased to say that this last winter we have had a regular youth rowing program and last weekend we had two Novice 4X quads compete at the Lake Stevens Spring 2K Regatta. It was a great day on the water for all involved and I look forward to more for this fantastic group of kids. I would also like to thank all of the parents who made the trip to support our rowers.



Our adult rowing outings continue to provide fun and recreation for a steady group of Masters rowers and there will be competitive opportunities in the future for those who wish to compete. If you have not been on the water lately we have missed you and look forward to seeing you soon. If you have not already done so, please send your dues for 2011 (Individual \$75 or Family Membership \$100). This is a great value and even if you are not planning to row please consider renewing your membership to help support the club. Membership contributions help pay for the day to day operation of the club and help us continue to provide rowing opportunities for the community as well as helping to keep equipment up to date.

Our next investment will be sculling riggers and sculls for the second quad. This will allow us to have adults and youth training at the same time as well as provide a better platform for our "learn to row" activities. The total cost for this equipment upgrade will be about \$3500. We have started an equipment fund and hope that you will consider donating to help us reach this goal. If you would like to make a donation to the equipment fund please contact myself (fjelsted@whidbey.com) or our Treasurer, Dianne Bertram (bertram@whidbey.com).

Here's to sunny weather yet to come! I look forward to seeing you on the water.

Carl Fjelsted
President

Rowing Exercises

3 Ways to Stretch Before Rowing

Stretch the Lat Muscles

Rowing uses your back muscles and you should stretch them before and after each rowing session. The Lat Back Stretch, which also loosens your shoulder, can be performed sitting or standing. Interlace your fingers and straighten your arms above your head with your palms toward the ceiling. Gently arch your back slightly (but don't arch if you have back problems). Keep pushing your palms toward the ceiling until you feel a slight stretch in your upper back, shoulders and arms. Don't force anything. Breathe through the stretch and hold for 30 seconds. This stretch is also sometimes called the Tall Stretch.

Loosen the Shoulder Joints

The Chest and Shoulder Stretch will relax your pectoral muscles and shoulder joints. Clasp your hands behind your back with the palms facing up. Raise your arms and straighten them while sticking out your chest by lifting it to your chin. Hold the stretch for 20 seconds, release, and repeat 3 times to stretch the front shoulders and chest. To perform a Back and Shoulder Stretch, hold your left wrist behind your back with your right hand. Tilt your head and gently bring your right ear to your right shoulder while your right hand gently pulls your left arm across your back. Breathe through the stretch. Hold for 20 seconds. Repeat for three times before switching to the other side.

Don't Forget the Legs

Much of the power in rowing comes from the legs. To stretch the quadriceps, balance or lean against a rail or some other stable object. Hold your left foot with your right hand behind you. Pull the foot gently towards your buttocks while keeping the knee in alignment. Continue pulling until you feel a gentle stretch in your quads. Hold for 20 seconds, relax and repeat 3 times on each leg. Stretch your calf by bending one leg while keeping the other straight. Push the heel of the straight leg towards the floor and lean forward while supporting yourself on the thigh of your bent leg or by leaning against a wall or rail. Hold for 20 seconds, release and repeat 3 times on each leg. **Read more:** <http://www.livestrong.com/article/10835-stretch-before-rowing/#ixzz11JTCWfvZ>

Fundraising:

We still need to raise approximately \$3500 towards new equipment. If you have any fundraising experience or fun ideas to bring in a little cash, please bring your suggestions to the meeting.

Upcoming IRA Events:

- Monday, April 11 at 7:00 PM at Trinity Lutheran Church in Freeland (Community Building). All are welcome and encouraged to attend. The minutes from the January meeting can be found at: http://islandrowing.org/IRA_Minutes_January_2011.pdf
- Spring Schedule: <http://islandrowing.org/RowingScheduleSpring2011.pdf>

Famous Scullers:

President Teddy Roosevelt sculled while attending Harvard.
Actor Gregory Peck while attending Berkeley.

