

NEWSLETTER

The University of Chicago Men's Crew

Winter 1982

COACH'S CORNER: "This has been a very encouraging winter for us. We have had a good turnout at most of our workouts and everybody has been working very hard. The significant improvements in our running times, ergometer scores, and repetitions in weight lifting are indications that the training program is working. But the real payoff will not come until we apply this conditioning in rowing. Unless we continue working hard during spring break and throughout the spring season we will lose all that we have earned so far. Let's keep up the good work."

Marty Howard

WINTER TRAINING: The training which Coach Howard refers to above is a program designed by UC Trainer Larry Briand specifically for our rowing team. The program consists of three 20 minute periods of exercise in weight lifting, calisthenics, and running, all done three times per week. In addition to these conditioning work-outs, we made two trips to The Univ. of Wisconsin at Madison to teach rowing technique in the indoor rowing tanks.

EQUIPMENT ACQUISITIONS: In December, we purchased a used 8-oared shell from the Minneapolis Rowing Club for \$1100. This boat is over 10 years old, but is in very good condition, and should serve us well as a practice boat. The other major purchase this year is a rowing ergometer for \$500. This machine simulates the rowing motion and measures one's power output. It has been used as part of our winter work-outs and as a coaching tool. All team members are encouraged to use the ergometer anytime. To obtain the combination for the lock on the ergometer, contact any officer. Besides our own purchases, our allied organization, the Lincoln Park Boat Club is buying two new boats: a 4-oared and an 8-oared shell. These acquisitions should greatly ease the strain on our own equipment. Finally, because of growth in membership this winter, transportation to daily practice and to races has become a problem. In the past, we have always relied upon individual team members' cars for transportation, but if we are to accommodate everybody interested in participating this year, we shall need to obtain the use of another vehicle. A vehicle is also needed that is capable of towing our boat trailer to races on the road. We have decided that purchasing a used van or station-wagon is probably the best long-term solution to this problem. Thus, the purchase of a vehicle has become a top priority for our budget, superceding the still very acute need for new oars.

TREASURER'S REPORT: The \$2300. allocated to us by the University this year has enabled us to buy the used boat and the ergometer, however, this sum will be completely depleted by the purchase of a vehicle. Last quarter we received nearly \$400. in contributions from parents and friends. On Feb. 27, a handful of dedicated team members endured 40 degree temperatures to put on a car wash, earning \$150. for the club coffers. Earlier last month we undertook a project to earn money by selling candy on campus. About half of the candy has been sold already, which will eventually bring in \$210. During spring quarter, we will be showing a film on campus, which should help-out greatly. Finally, in addition to a new style of racing uniform, we have ordered a large number of T-shirts for sale to members, and to friends at a small mark-up. These shirts have a stylized picture of a rowing team in action.

SPRING RACING SCHEDULE

- Apr. 17 -- Great Lakes Invitational, East Lansing Michigan
- Apr. 24 -- Big Ten Invitational, Detroit, Michigan
- May 1 -- Midwest Rowing Championships, Madison, Wisconsin
- May 8 -- Dad Vail Regatta, Philadelphia, Pennsylvania
- May 15 -- Waterloo Regatta, Waterloo, Iowa

In addition, we will probably have races on our home course in Lincoln Park, with Lincoln Park Boat Club and Northwestern University, on April 10, and May 22. Anybody is welcome to watch these races, and they are all free. For updated schedule, contact Alan Hodges at the address or phone given below.

MEN'S CREW GOES COED: Due to an expressed need for women in the University of Chicago community to participate in the sport of rowing, our club is now recruiting experienced and novice oarswomen. These women will compete in women's and mixed events this spring.

Any questions or contributions should be addressed to:

UC Men's Crew Club
1212 E. 59th St.
Chi., Ill. 60637

Or contact President Alan Hodges at (312) 324-2527

Any contributions are greatly appreciated and are tax deductible.