

Having trouble viewing this email? [Click here-July 2010 news](#)



Mid-Season Newsletter



July 2010

In This Issue

Breaking News - Sprints on the 'Sink

We've Got Dockmasters

Parking - Best Practices

Surviving Launch Log Jams

NRR Coaches - more than meets the eye!

Red Bank Rec Day

Traffic Patterns Matter

NRR Thanks Red Bank

Fall Youth Crew Preview

The "Oarful" Truth- revisited

Hello, Navesink River Rowers,

Three months done; three months more to row.

Since the season began on May 1, we have Painted the Town Pink and run an in-house regatta, held two open houses, watched fireworks on the 3rd of July, and rowed whenever the record heat and "pop-up thunderstorms" allowed.

Already this season, 51 adults have taken beginner lessons, 87 youth have participated in our summer programs, and 18 Masters are enrolled in our the Masters Crew Camp - all under the guidance of our incredible coaches. They share some intriguing facts about themselves later in this newsletter.

NRR rowers have competed in a half dozen regional races so far, with Masters Nationals and our own **Sprints on the 'Sink** on the horizon.

And just think, some of the year's best rowing is yet to come! This newsletter is full of information that will help make the months ahead safe and enjoyable for all of us at NRR. [There's some fun stuff too!]

See You on the River,

Susan

732-863-1321

BTW-the "In This Issue" box helps you jump to the articles that most interest you. Just click on the titles.



Kaboom! July 3rd
Fireworks viewing at the
NRR site.

UPCOMING EVENTS

Saturday, July 31, 2010

[Quaker City Masters Regatta](#), Philadelphia, PA.

August 2, 2010



July 17, 2010 NRR at Philly Youth Regatta

Quick Links

[NRR Website](#)
[Navesink River Map](#)
[NRR Policies and Rules](#)

Final sessions of Novice and Intermediate level Summer Youth Programs begin. Still accepting [applications](#) for both.

Wednesday, August 4, 11:30 - 1:30 pm

Red Bank Rec Day
Volunteers contact Kay - kvilardi@verizon.net

Wednesday, August 4, 7 pm

NRR Board meeting
Umbertos, Fair Haven

Sunday, August 8, starting 7 am

Sprints on the Sink Regatta

August 12 - 15, 2010

[USRowing Masters National Championships](#)
Cooper River, Camden County, NJ.

August 13, 2010

Summer Youth Programs end

Breaking News: NRR brings you Sprints on the 'Sink August 8th

Please join us for an in-house and invitational regatta featuring singles, doubles and quad races in Junior, Open and Masters categories.



When: Sunday, August 8, 2010

Racing begins at 7 am. Medal ceremony follows.

Where: On a 1000-1500 meter course viewable from the banks of the Navesink in Red Bank.

Who can race: NRR youth, Masters, and college student members, as well as rowers from several other clubs, including the Monmouth Boat Club rowing fleet, who have been invited to participate.

Entrance fee: \$10 per competitor - includes up to 3 races and a t-shirt.

Spectators Free - and welcome.

Interested in racing? [Click here](#) to sign up

Want to help? We need people to organize refreshments, set up, clean up, help boat racers, and more. Contact Doreen at djakubcak@mindspring.com. Put "Help with Regatta" in your subject line.

[back to top](#)

We've Got Dockmasters! Could Use More!

By now you've noticed them. They may have helped you to carry a boat . . . or adjust your foot stretchers . . . or locate the back-up cleaning supplies. They are our new **dockmasters** - NRR members just like you who volunteer to assist their fellow rowers during peak morning hours throughout the week and on the weekends.

The program, which started June 26 and now aims to provide dockmaster assistance daily from 6:30 to 8:30 am, has been extremely well received so far. Our plan is to continue it through August. **But we can only do so with the support of our member volunteers.**

Being a dockmaster is a great way to meet fellow rowers and an easy way to fulfill the service requirement you agreed to when you signed up for membership this year. The assistance you give is genuinely appreciated by NRR members and already starting to be missed when not there.



You don't have to be an expert rower to serve as a dockmaster, explains Doreen Jakubcak, who coordinates NRR volunteers.

"The objective of the program is to facilitate more efficient site operations during peak usage times, and to provide assistance to other rowers," she says. Each rower is still responsible for safe and proper boat/rowing practices; you are there to assist."

Additionally, there may be some tasks around the site that require attention, such as logging boat repairs, reorganizing supplies, oar organization.



Hoping to have dockmasters on hand daily, we have cut the number of shifts to one per day. They run from 6:30 am to 8:30 am. If the day's dockmaster wants to go for an early row and start closer to 7, we will try to accommodate.

To find out more about becoming a dockmaster yourself, (and we hope you will!!) please contact Doreen at djakubcak@mindspring.com.

[back to top](#)

Parking - Best Practices It is hardly news that parking near the NRR site is limited at best, and becoming more so as the popularity of kayaking from Maple Cove continues to grow. To make the most of the space we share, please pull your car in all the way and park as close to the nearest car as you would in a lined parking lot.

Surviving Launch Log Jams

Like parking places, space to launch boats along NRR's little slice of shoreline is in limited supply. At times it gets pretty crowded - okay, very crowded.

There is no easy solution for the backups that sometimes occur. You may just have to wait them out.

If you are short on time (or patience), you may want to skip certain high-volume days and hours altogether. For the next few weeks, those will be:

Friday mornings, 7-7:30 am and 8:15-8:45 am when advanced youth (boys and girls) in quads are heading out or coming in and washing boats
Saturday mornings, 6:30-7am and 8:30-9am at the beginning and end of the Masters Crew Camp



If you do find yourself coming or going during a busy time, please be aware of your surroundings and considerate to your fellow rowers:

- Leave room around the ramp for boats coming down after you (move to one side or the other while make adjustments, etc.)
- Stay focused and do whatever you need to do quickly
- Help one another.

[back to top](#)

NRR Coaches - More than meets the eye

I'm sure you'll agree, we've got a fantastic coaching staff this summer. Head coach Volodar Lojko and coaches Yang Chen, Kevin Francolini, Josh Prown, Max Kenny, Ian Bamberger, Eamonn Sweeney, and Tim Parks offer a wonderful combination of knowledge and experience, patience, encouragement and genuine enthusiasm for the sport of rowing. Their profiles on our website briefly describe their backgrounds, but we're betting you'll be surprised to learn a few of these more interesting and quirky facts about them.



Volodar (left): passionate about music. During his four years at Rutgers, Volodar rowed varsity and sang with the Rutgers glee club. "One of the hardest things that I had to do was to learn to breathe differently for the two activities," he says. "Rowing necessitated filling the lungs with oxygen, but singing required breathing with the stomach instead!"

Ian (right): plays lead guitar in the popular local group, **The Tor Miller Band**. The band has performed at the Stone Pony on numerous occasions and played the Bamboozle Festival, private parties and coffeehouses. They'll be at the Red Bank Train Station on August 21st at 6 pm.



Yang (left): One "couldn't tell by looking at him," but coach Yang Chen insists that his interests include "eating and more eating. One of the reasons I started rowing in college was so that I could sustain my eating habits in the dining halls!" He does seem partial to Strawberry Coolata's from Dunkin Donuts, which you can see him sipping most mornings at our site.

Tim (not pictured): Now an almost 6 foot tall, 180 pound oarsman for Notre Dame University, newest NRR coach Tim Parks spent the first 3 years of his rowing career as a coxswain. "I entered high school weighing 115 pounds," he explains. Talk about a growth spurt!

Eamonn (right): has an artistic side. He re-designed the NRR logo this winter, and once had a piece of his artwork stolen from an exhibit at Middletown High School South. (That means they liked it, right?)



Both Kevin Francolini and Josh Prown were members of CBA's original crew program - coached by their current "boss" Volodar Lojko.



Kevin (left) became a coxswain because Volodar told him he was too small to row, and Kevin, who would go on to successfully cox Georgetown University Crews, remains thankful to this day for that life-changing advice.

Josh (right, from 2006) rowed in the CBA varsity lightweight four that placed second at nationals in 2006. That same year, as a last minute entry for NRR, Josh won the High School Boy's singles race at the King's Head Regatta in Norristown, PA. All of us, including Josh, were surprised to learn that he would receive the trophy he's pictured holding.



Max (left): There's no doubt in my mind that Max could tell us a thing or two about himself that would surprise us, but he hasn't yet.

[back to top](#)

Red Bank Rec Day - Wednesday, August 4.

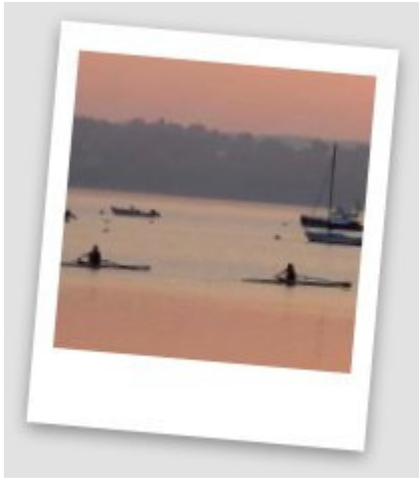


One of the high points of every summer, Red Bank Rec day offers seventh and eight graders from Red Bank's summer recreation program a fast, fun, free introduction to the sport of rowing. Boys and girls take part in rowing machine "races" and hands-on rowing demonstrations in boats on the water.

Everyone has a great time, including the NRR coaches, member-volunteers, and NRR teen rowers who are on hand to supervise. To be one of those volunteers, please contact Kay - kvilardi@verizon.net

[back to top](#)

Traffic Patterns Matter



Things to avoid when rowing: letting go of the oars . . . hitting buoys . . . running into other rowers (and I don't mean saying "Hi; how ya doin'; what a beautiful day" when you meet).

The run-ins you don't want to have are the nerve-jangling, bone-jarring collisions that occur when two boats going in opposite directions end up in the same space, sending rowers into the water and damaging boats or oars, sometimes even rendering them unrowable. While this doesn't happen often, it does happen.

Near misses also occur and can be almost as upsetting. And in every instance, one boat was where it should not have been - travelling against the established traffic patterns. See [map](#).

Sticking to known traffic patterns helps ensure the safety of all rowers - and also makes rowing on the Navesink more enjoyable. Just imagine how stressful it would be if you never knew where you might encounter other rowers or from which direction they might come.

- Go East (towards the Oceanic Bridge in Rumson) on the South (Fair Haven) side of the river.
- Cross the river perpendicular to the shoreline (don't angle across).
- Go West (back toward Red Bank) on the North (Middletown) side.
- Upon your return to the waters across from the Red Bank boat mooring field - slow down before the end of the rock wall and be on the lookout for rowers taking lessons.

To learn more about these and other safety rules and procedures for NRR rowers please follow [this link](#).

[back to top](#)

"Thank You," Red Bank

On Monday, July 12th, more than a dozen NRR rowers with ties to Red Bank, along with NRR board members (from all over), gathered in Red Bank Borough Council Chambers to show their

support for NRR and rowing in Red Bank during a brief ceremony before the Council meeting.

As part of our ongoing commitment to give back to the community that has welcomed us and encouraged our rowing activities for more than a decade, NRR Board President, Kay Vilardi presented a check for \$2000 to Mayor Menna and the council. This gift is intended as a "Thank You" to the borough and also as a way for NRR to contribute to local youth programs that may be facing budget cuts.

[back to top](#)

Fall Youth Crew Preview

Fall tryout and practice days, times and other specifics have not yet been finalized. But here are a few things fall coaches do know - and want you to know too.

Hello Youth Rowers,

We hope your summer training is going well. We can't wait to see the strengths and skills you've developed when we meet again for Fall Crew.

For those of you who rowed at NRR this summer, we will get a report on your skill improvement from Head Coach, Volodar. If you attended other programs, please send a short email to nrrcoachmark@gmail.com telling us about your experiences. Even if you just worked out on your own, tell us what you worked on...all is of interest to us.

Like last spring, there will be 2 fall crews - one that will travel and compete in outside regattas and one that will focus on building power and technique so they can travel to regattas in the future.

Also the same - There will be **tryouts** for the boats that will travel to the 3 fall regattas (Kings Head, Navy Day and Head of the Schuylkill). The ERG will be one component in the tryout and in seat selection (if more than 4 rowers are qualified for the same boat). More information including tryout dates to come.

The difference is that we are going to **expect more from the competitive crew** than we have in the past. We want rowers who are ready to commit to a serious fall season. We will have a contract that will outline commitment expectations and rules about attendance and seat selection. The contract will be handed out prior to the tryouts. If a rower feels they can not commit to the expectations in the contract then they can still row on the non-competing teams.

Looking forward to a fantastic season for all,

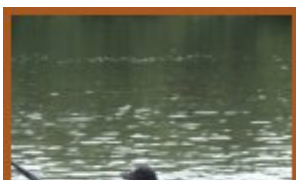
Coach Mark, Coach John, Coach Phil, Coach Linda, and Coach Eamonn



[back to top](#)

The Oarful Truth - Revisited

The following pictorial appeared in last year's mid-season newsletter. A magnified and laminated version of the original (thanx Mike Zaslov) can be found on the shed door.



For the past few months, our coaches, facilities coordinator Phil Flego, and "go to" NRR member Rocky Rothrock have put quite an effort into organizing, adjusting and repairing

NRR oars. They built more racks and replaced damaged oar sleeves. To spare us the frustration of rifling through oars in search of a pair, they updated the number system and color codes. **Now it's our turn.** The following pictorial - updated from last year's mid-season newsletter- shows you how to select, care for and store oars in a way that works for all rowers.

Care

Rinse oars thoroughly after every use. Rinse sand off the blades, river water off the shaft and collar, and sweat off the handles.

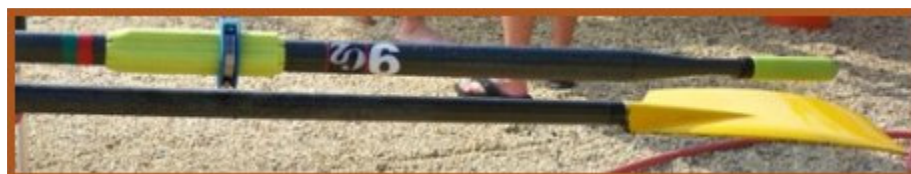
Use common sense: the more you bang oars together, toss them onto the beach or pile them up on a single sling, the more likely that they will get damaged.

Oars travel in pairs.

Store oars blade to handle like this.



Paired oars have matching numbers on their shafts. Not little serial numbers, but big, difficult to miss vinyl numbers. Please take pairs out, use them and put them back together.



Storage

Match the tape. Oars have rings of colored tape mid-shaft below the sleeve/collar. **Racks are coded with colored tape too.** Simply put your oars on the rack with the same tape color or colors as the tape on the oars. (Color blind? Ask for assistance.)



Quad and doubles oars (identified by words on the shaft) go on the racks to your left as you enter the shed. Singles oars go on the right hand racks.

Like oar pairs, **sets of quad and doubles oars** need to be taken out, used and stored together.

When oars are **broken, missing grips, or otherwise out of commission**, they go on the bottom rack to your right. Please do not use oars from that rack or place usable oars on

it.

[back to top](#)

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to nrrnews@gmail.com by nrrnews@gmail.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Navesink River Rowing | P.O.Box 6153 | Fair Haven | NJ | 07704