## Newsletter of the Friends of Williamsburg Rowing a not-for-profit 501(c) corporation, organized for charitable purposes

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#### Welcome to Surge!!

Welcome to the Fall 2008 edition of *Surge!!*, the bi-yearly newsletter of the Friends of Williamsburg Rowing (FWR), a qualified 501(c)(3) organization. The FWR was formed as a booster organization for the William and Mary Rowing Club (WMRC), but since its inception, the mission of the FWR has grown to include furthering the sport of rowing in the Williamsburg/James City County area by supporting both WMRC and the Williamsburg Boat Club (WBC), which was established in 2003. This issue of *Surge!!* contains fall season summaries and the spring season schedules of both WMRC and WBC.

#### **President's Annual General Meeting Summary**

Over Homecoming Weekend this past October, alumni, community members, and current WMRC members gathered for the FWR Annual General Meeting Williamsburg. Along with the twelve folks in attendance, we had three members call in via conference Four directors elected/re-elected. call. were Congratulations to William Cornock ('05), Bob Morrison (WBC), Michael Duarte ('07), and Sofia Balino ('08). Thanks to outgoing directors, Doug Turner and Sean Gillick. All four officer positions were up for re-election. There were no nominations from the floor. Last year's officers were re-elected into the same positions, including Beth Magill ('06, President), Anthea Medyn ('05, Vice President), Travis Moore ('06, Treasurer), and Victoria Dyer ('04, Secretary).

We were pleased to be joined at the meeting by the Director of Rec Sports, Linda Knight. Rec Sports has always been incredibly supportive of WMRC and its endeavors. Linda echoed that support saying things are going quite well from her perspective. The school seems to be working well with the county in maintaining our current site at the Chickahominy Water Front Park. She encouraged FWR to continue to look for creative ways to support WMRC.

WMRC President, TJ Wallin, offered a promising picture of the team for the coming year. They have had consistently higher numbers since the beginning of the fall season, including two Novice Women's 8+s, and one Novice Men's 8+. TJ is encouraged by the competitive workout sessions and general level excitement that has carried them through the Fall Season. WMRC is working with the county, Coast Guard, and College towards the possibility of hosting a regatta in the spring in Williamsburg for Virginia collegiate teams. New WMRC Coach, Nathan Walker, echoed many of TJ's sentiments about the team atmosphere, as well as the increasing speed of the fleet.

Coach Walker spoke highly about the work of the WMRC Executive Board, commending their creative fundraising ideas, as well as recruitment efforts and incorporation of novice rowers. For example, on Saturday of Homecoming Weekend, WMRC rowers made themselves visible throughout Colonial Williamsburg. The team had a tent set up outside of Berrett's restaurant to raise money and awareness of team activities. Along with ergs and a trailer full of boats, students were teaching community members how to row and publicizing work weekends and regattas. The event took on a particularly exciting character as they were attempting to break a Guinness World Record for the most number of people on a single exercise machine for twelve hours in a row. Offering face paint for children, selling oars and team gear, and collecting donations, the team managed to raise over \$2,500 in one day.

We were also fortunate to be joined by two representatives from the Williamsburg Boat Club (WBC), Bob Morrison and Mike Maddocks. [Please refer to the WBC in-depth report on page 3.] Mr. Morrison offered a promising perspective of our continued relationship with the County. The Shaping Our Shores Initiative is continuing to advance

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#### Officers and Directors

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**Director - Bob Morrison (WBC)** 

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#### President's Summary (continued)

FWR would like to take this opportunity to thank Bob, Mike, and other members of the WBC community who have continued to attend meetings and advocate for a continued presence for the Rowing Community in Williamsburg. [Please refer to the article on Shaping Our Shores, found on page 5, for a more in-depth update of county progress.]

FWR officers offered a summary of the previous year, and goals for the coming year. Communication between organizations and within FWR members increased greatly, due to conference calls, newsletters, and intermittent updates via Facebook messages and the website. We will continue to work through each of these means to ensure that all members feel fully informed about the happenings of each organization. We are especially excited to have officially acquired the web expertise of one of our new directors, Michael Duarte, who is responsible for the FWR website. Last year we reduced the cost of membership dues in hopes of recruiting a greater volume of members. This method did not prove to be effective. The previous cost of \$50 for annual membership has been reinstated. FWR will continue to work out to recently graduated classes to build a solid foundation for the organization.

Travis Moore, FWR Treasurer offered the financial report. We have opened a Wachovia savings account but closed the Towne Bank savings account. The Towne bank checking account is still open to provide future flexibility. In addition, we have also set up an ING account made up of general savings and CDs with the end goal of creating a more comprehensive savings plan for the Boathouse Fund. The ING fund will give us access to \( \frac{1}{4} \) of the money each fiscal guarter. We use a PayPal account for donations received through the FWR website which continue to grow. In terms of assets, both of the wakeless launches have been sold, for a total of \$5,000 with a potential follow-up payment of \$1,000. Our total income for 2008 as of 10/24/08 was \$7,272, a lot of which can be attributed to Williamsburg Boat Club donations from their members. Additionally, we are fortunate enough to be able to say that at this point in time we have no debt whatsoever. Officers and members alike should look to increase the level of giving to the teams in the coming years. Travis Moore and TJ Wallin (WMRC President) will be working together to come up with a plan to develop an endowment for WMRC. This agreement will be shared once it has been fully fleshed out. Additionally, FWR is currently developing a Donation Guide, to make the options for giving more transparent and accessible.

There are always ways in which FWR can give to WMRC and WBC. Several projects were mentioned in the Annual Meeting that require particular attention sooner rather than later. The dock at the Chicakhominy Waterfront Park is in need of a new, more stable anchoring system. Members of Williamsburg Boat Club specifically requested two "No Wake" buoys for Gordon's Creek, with the specific purpose of helping to protect the dock from excessive wakes. WMRC's most up to date wish list can be found on the FWR website, www.williamsburgrowing.org Keeping in mind the ways in which your own experiences with WMRC and WBC have shaped you, we ask that you think of both teams generously. Combining efforts with other alumni or former teammates is a great way to make a difference.

- Beth Magill

#### **FWR Web Site**

http://www.williamsburgrowing.org/

#### Send Us Your E-mail Address

We are continually updating our database to keep all past, current and future "Friends" informed on the happenings of rowing in the Williamsburg area. If you would like to receive future issues of <code>Surge!!</code> as well as other periodic updates by e-mail, please send an e-mail to <code>vldyer@gmail.com</code>.

#### **Class Notes**

We're doing something different this year to collect Class Notes. To access a survey that will let you enter class notes, change your e-mail and mailing address, and will help provide us with your input on FWR – Follow this link: <a href="https://www.surveymonkey.com/s.aspx?sm=cSBgsb3LWwNm0ld">www.surveymonkey.com/s.aspx?sm=cSBgsb3LWwNm0ld</a> HFNHZSq 3d 3d

Thanks in advance for your input.

#### **December Donation Drive**

Once again in order to spur last minute December donations, 10% of all designated donations (WMRC, WBC, or Boathouse Fund) will be matched out of FWR general funds through 12/31/08! This match is on up to the first \$10,000 of contributions for a total additional match of \$1,000 designated to the funds of your choice. All donations received during December will qualify for the match. So cut a check or go online today!

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#### William & Mary Rowing Club

Howdy all! Season's greetings from Coach Nathan Walker, coming to you from the lovely confines of Williamsburg, Virginia - the place of powerboat wakes and tri-cornered hats! (bear with me, the novelty has yet to wear off) A brief update on all things William and Mary Rowing from the coach's perspective... For starters, we had a rather successful fall season, highlighted by W&M's first medal at the Head of the Charles (4th out of 34) in the Collegiate Women's Four compromised of Jen Hatch, Lindsay Grunow, Olivia Walch, Anne Maynard, and Jenny Whitten. A big congratulations goes out to all of these girls! They've showed everybody what Tribe Rowing is capable of, and set the bar for both the men's and women's teams at the Charles for next year. Hopefully, we can start a medal podium tradition in Boston.

Since early November when our regattas ended and the temperatures started dipping lower and daylight got scarcer and scarcer, Coach Dave (my illustrious and indispensable colleague) and I have transitioned to a mixture of indoor and outdoor workouts, weather dependent. During this time, we've switched our foci from drive separation, body control and blade work, to speed speed speed (vis-à-vis work work work). While there has been some grunts of dissatisfaction from the team about all this indoor work, it has generally been sadistic grunts begging for even more work, and things are progressing along nicely. On the Monday before Turkey Break, we had our first 2k test, and listed below are the weight adjusted winner's (using Concept 2's formulae)

Varsity Men: TJ Wallin (Raw: 6:48.2, Wt Adj: 5:59.3) Varsity Women: Lindsy Grunow (Raw: 7:35.7, 6:33.9) Novice Women: Lindsey Oakley (Raw: 7:48, Wt Adj: 6:58.4)

Novice Men: Brian Chase (Raw: 6:36.4, Wt Adj: 6:03.6)

As the team is quickly becoming aware of, I am a big fan of using a weight adjuster for ergometers and I make a point of using them on every erg test we have (to help semi-destroy the maxim that ergs don't float). Also of note- we've had two W&M 'fastest times' drop in the past month+! Departing senior Anne Maynard (Dec '08) set a new 10km record for the ladies with a split of 2:03.1...and Freshman Amanda Mouring set a new 500m record for the ladies with a split of 1:38.8 Congratulations to both girls!

Looking to the future, things are looking pretty bright. Though we have a large number of departing senior women on the team, we also have a large novice women's class this year, which will hopefully do their best to fill the departing varsity women's shoes.

Additionally, the team has retained over 50 student/athletes to this point in the season, which is a great place to be at. We are having another recruiting push the first week and a half of next semester, and hope to increase the team's size to over 60 student/athletes through the end of the spring season.

Also new this winter to the team- Coach Dave and I will be instituting a 'debt' workout system, beginning during the first week of finals. In order to 'encourage' the rowers to come to practice every day, in addition to working out during the long, long winter break (4 weeks), rowers will earn points for each workout they do. If they don't have the requisite number of points when we hold a water practice, they will be erging until they make up the points they are missing. Hopefully, this will keep up everyone's fitness level high over the long break, and position us well for spring racing.

Looking a little further into the future... this year we are attempting to create an annual Virginia State Championship Race, which we will be holding in conjunction with the V-Tech duel for the Waterfield Cup (which shall remain between just the two of us). I'll keep you all updated on this as it progresses.

In order to be able to run a regatta (and practices) efficiently, we have decided to build a new dock before our spring races. The old dock has been broken and battered apart a half dozen times this fall (and been put back together by our very determined exec board), and a new dock has been deemed a priority. If you have any dock planning/building experience, or just idle hands and would be interested in helping with this project come springtime, please contact me.

Additionally, in case you haven't heard, we are in the process of getting our current rowing site approved for a Boathouse in the county's long range plans (many thanks to Williamsburg Boat Club for taking a lot of initiative with this). Once this is approved (which should be in the next few months), we can actually move forward with the specifics of getting our very own Boathouse at the current site. It is a very exciting time to be involved with Tribe Rowing.

Finally, a Big Thank You to the Friends of Williamsburg Rowing for purchasing a nice Kaschper 8+ for the team. It is a good upgrade and will become our first or second guy's eight come springtime. However, an unintended and tragic consequence of this purchase, is that it has pushed 'team favorite' The Cool Brittania into semi-retired status. Ahhh... such is the price of progress.

Yours in Tribe Rowing, Nathan Walker, Head Crew Coach The College of William and Mary

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### Williamsburg Boat Club

The Williamsburg Boat Club the community branch of the W&M Rowing Club. that essentially means although we share equipment and insurance policies with WMRC, we are a separate organization aimed more at the local population. The majority of our members are master rowers (a master being a rower aged 27 years or more - there is no apprenticeship or journeyman status), but we do have some collegiate and junior (high school age) members. We schedule water practices almost every weekend morning from March through November, and in the summer time we also have weekday evening practices two or three times a week.

The club has about 30 active members; the vast majority never rowed previously. Regardless of their rowing experience, several members enjoy racing, so our club participates in some regattas during the year. As it is now, none of our members are all that serious about racing, so while there are several nationally known masters regattas held within a 250 mile radius of Williamsburg, we usually only travel to Richmond and Norfolk. Unlike collegiate rowing, masters and junior sprints are only 1,000 meters. (I'm not sure if that's good or bad, as there is much greater percentage of anaerobic activity in these shorter sprints, and at our age, that's not much In the fall, we also participate in three head races, Head of the James, Lafayette, and Occoquan. We seem to do better at these longer 5000 meter races than the 1000 meter sprints.

Our club offers Learn to Row (LTR) classes several times a year, and we typically have about half of those attending the LTR classes electing to join the club. We also hold one-day rowing lessons on National Learn to Row Day in support of US Rowing, usually a Saturday in June. But we also have a few members leave the club every year, as they either move from the area, lose interest, or get involved with other activities that compete with us for their time. While the club teaches sweep rowing in the LTR classes, we also own a few single and double sculls, and offer sculling classes. This year, sculling seems to in vogue, as several members have learned to scull, which is great.

In the winter months, when the combined water and air temperatures are too low to safely allow water practices, the club has ergometer sessions about three times a week using WMRC's ergs and a couple of our own in the erg room at the W&M Rec Center. We tailor erg workouts to the goals of those members who would like to compete or those who prefer to erg for general health and wellness. In February, a few of our more competitive members participate in an indoor rowing competition held down in Norfolk. So far, no one in our club has shown any interest in gong to the CRASH-Bs (the world championship indoor rowing competition held in Boston).

We have a handful of members who have USRowing coaching certifications, and provide the opportunity for anyone who would like to coach to give it a try.

In 2009, we will try to grow our junior rowing program. Over the last 18 months, we have conducted a 3-day introduction to rowing class as part of the public high school's Fitness for Life class. Several of these youth have expressed an interest in learning how to row and getting involved on a junior rowing program, so we'll try it this spring and see how it goes. It is pretty evident that rowing will not become a high school varsity sport any time soon, so we envision getting interested rowers from the local high schools to row together with our club and compete in summer competitions with junior rowers from other rowing clubs, such as those from Richmond, the middle peninsula and southside Hampton Roads. These locales offer high school sponsored crew competitions in the spring, and while our club's junior rowers can't formally compete against them during the spring season, we should be able to compete against them in the non-affiliated summer and fall races.

The dues for our club are very reasonable, especially compared to other local clubs. Annual dues for an individual are \$200, families can join at \$300, and college and high school students can join for \$100.

If anyone would like to get out and row with us, please contact us. Our website is: <a href="www.williamsburgboatclub.com">www.williamsburgboatclub.com</a>. On that page we have a link to our Calendar page, which is open to the public, and you can see when the various club events, such as practices and regattas, are scheduled. If you're living the in the local area, you're more than invited to join us, and even if you're not living here, but will be visiting, you're invited to come row with us. Just send an email to <a href="www.will.amsburgboatclub@gmail.com">will.amsburgboatclub@gmail.com</a>, and we'll go from there.

- Bob Morrison

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#### **Treasurer's Report**

This year has been a positive one for FWR. We have successfully supported both organizations financially in both old ways and new. We have continued to pass along charitable contributions made to WMRC and WBC but with our online donations we were able to provide support to WMRC's homecoming event where they raised over \$2,500 in one day! Using the FWR website to make online donations through Paypal, WMRC was able to accept credit card transactions from supporters who purchased shirts, sweatshirts, and even oars. This added significantly to the sales / funds raised for the day as many people hadn't come prepared with cash or check. Specifically over \$500 of the total transactions were made online through FWR and passed along to WMRC.

Online donations have continued to increase during the year and show a lot of promise going forward. Subscriptions are one thing that we'd really like to stress in the upcoming year. As of this time last year we had only one subscriber who donated \$15 a month. Now we have 11 subscribers who donate over \$125 a month. That is a great step forward and is a sign of how positive subscriptions have the potential to be. Currently these subscriptions contribute over \$30 a month to our Boathouse Fund which ensures it's continued to grow and provide about \$95 a month to use for general support expenditures. If we were to double our current subscriber base we would generate over \$250 a month which is \$3,000 a year! And this is all from individuals like us who contribute just \$5-20 a month. It doesn't take too many people before we could provide sustainable long term support such as making boat payments or subsidizing a coach's salary which is significantly more beneficial than intermittent infusions of a few hundred dollars. Please look into becoming a subscriber through our website at williamsburgrowing.org/donate. Donations are handled by Paypal and are completely secure.

Some other specific items that we've been able to provide above and beyond designated donations this year have been:

- New coaching megaphone for WBC
- \$500 to WMRC for assistance in Launch
- A used Kaschper 8+ for the Men's team of WMRC. This boat will be the second best men's 8 used by the team. Look for it on a race course near you in the spring with the name "Friends of Williamsburg Rowing."

### Shaping Our Shores Initiative – a Boathouse on the Horizon?

James City Parks and Recreation Department is currently updating their Master Plan. This Master Plan will address the long-range physical development of county's recreational land and facilities over the next 20 years. It will present a vision for the physical environment that promotes and supports the values and goals of James City County citizens. The county selected Vanasse Hangen Brustlin, Inc. (VHB), to produce the Master Plan. VHB is a multi-disciplinary planning, design and engineering consulting firm focused on sustainable development and context sensitive design.

The portion of this plan that will directly impact rowing and other water recreational activities in the county is the Shaping Our Shores initiative. Shaping Our Shores is a master planning project for three sites located along James City County waterways: the former Jamestown Beach Campground (JBC), Jamestown Yacht Basin (JYB) and Chickahominy Riverfront Park (CRP). CRP is the present rowing venue for William and Mary Rowing Club (WMRC) and Williamsburg Boat Club (WBC).

The local rowing community, as represented by members of WBC and WMRC, attended public meetings held earlier this year in April and May. Assisted by representatives from the local sailing community, the concept of a combined rowing and sailing boathouse was proposed to be located at the Chickahominy Riverfront Park. Over the summer months, the contractor worked on conceptual plans for these properties. JCC staff provided detailed feedback to the consultant in October on the conceptual plan layouts for the three sites and portions of the Master Plan narrative. The conceptual plans show the location of each proposed use and the accompanying buildings, structures, roads, parking trails, etc. The county staff review focused on insuring the Master Plan content is aligned with relevant ordinances, economic reality, and the concerns of the public, community groups. staff. administration elected/appointed officials. The goal is to balance the intensity of use at each location with site and neighborhood constraints such as traffic and The county hopes to post the environmental factors. Master Plan for public comment beginning in the second half of December.

The good news for the local rowing community is the current conceptual plan for CRP includes a rowing facility with boathouse adjacent to the current rowing venue.

-Travis Moore

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### **Shaping Our Shores Initiative (continued)**

If the conceptual plan for a future boathouse at CRP survives the review process and is eventually combined into the final Master Plan, and this plan is approved by the county officials, then the rowing community can start discussions with the county to build a boathouse. If that happens, barring the generous support of a wealthy benefactor, we all can expect some sort of fundraising effort for a boathouse, as it is very likely that little to no public funding will be available to build and operate such a facility.

WBC and WMRC will continue to stay engaged at the public meetings held regarding this issue, and will keep FWR advised of the progress.

- Bob Morrison

### Tribe Rowing is Family

Reflections from a soon-to-be team grad Bumping along on the windy road to the site at 5:25am, it can be easy to forget why we row. Carrying the launches, the motors, the oars, and the gas tanks down to the dock can be tedious. Once on the water, pulling hard, swinging together, racing, getting faster- that is when the magic of rowing kicks in. Paddling back into the dock, lifting the boat out of the water and soaking in the glory of the Chickahominy River as drops of water roll off the gunnels of the shell, that is when the magic of rowing kicks in. When all the equipment is put away, the team crowds together in a circle with their hands in the middle... "one, two, three....TRIBE!" - that is when I remember what it means to be part of the team.

I started rowing my freshman year. I stumbled onto the sport having been a high school runner looking for another endurance sport and I found a wonderful family of dedicated athletes that loved everything about rowing. I was placed in the varsity women's 8+ the spring of my freshman year before I really knew what it took to be a good rower. As a sophomore I was a member of the women's varsity 4+ that won the Southern Intercollegiate Rowing Association Regatta. I will never forget that race. It was one of those days when everything came together, with power and focus, and we were rewarded with a win.

This past fall season was my last, and the big race for me personally was The Head of the Charles Regatta. I had never been. It was a little chilly compared to warm Williamsburg - I even raced

in wool socks. The whole event was very surreal. But once again, I was reminded of the thrill of racing with and against other phenomenal athletes. Rowing has taught me what it means to be a dedicated athlete and that is something that I know I will carry with me into the "real world" that I will be entering so very soon.

- Anne Maynard

#### Life after WMRC

When I was asked to write this article, describing life after the team, how rowing is still a part of my every day, and so forth, I was both honored and a bit overwhelmed. How could I put into words just how much I miss WM rowing? After several failed attempts at putting together an introduction, I decided to put into practice something that former WM coach Rob Weber used to say to me, when he could see me trying too hard to fix my stroke: "Baliño, don't think, just row." And every time I followed that advice, it all began to click. In this case, "don't think, just write" worked almost as well.

This fall I began rowing and competing with Thompson Boat Center (TBC), in Washington, DC. At first I thought that maybe I needed a break from rowing – but after a summer of erging and running and trying to find fun ways to stay fit, I knew that I needed to be back on the water. Before I say anything else, TBC is an excellent boat club – great facilities, several coaches, and very strong and respected programs in both masters and open categories. However – it doesn't even begin to compare with WMRC. I'm not sure any team experience ever can.

WMRC gave me the best group of friends I've ever known; it introduced me to a sport that I love and where there is always room for improvement, and it showed me that with the right amount of drive, effort, and passion a small club team can take on and take down varsity programs with more funding and better facilities. And that's something that is rare and incredibly special.

Whenever TBC competes at the same regatta as W&M, I always find myself gravitating towards the W&M trailer, purely out of instinct. I wouldn't trade those four years for anything, even if it did mean waking up at insane hours, doing tons of work weekends, spending ungodly periods of time on an erg, and finding only just enough time to survive schoolwork. I'd gladly do it all again if I could. I'm incredibly proud to see the team thriving and growing. I cannot wait to see what their spring season will bring.

- Sofía Baliño, Class of 2008

What's your memory of WMRC? How did your time on the team influence who you have become and where you have ended up? Send us your story to, <a href="mailto:eamagill@gmail.com">eamagill@gmail.com</a>

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Name(s):	-
Address:	
Phone:	
Email:	
Are you a resident of Williamsburg or James City County?YesNo	
Would you like more information about the Williamsburg Boat Club?YesNo	
Are you a W&M Graduate?YesNo Graduation year:	
Former crew member?YesNo Years	
Are you a parent/relative of crew member?YesNo Student	
The name/address or other information above is new or corrected:YesNo	
I/we wish to remain anonymous.	
Please contact me regarding a major gift to William & Mary Crew.	
Return this form and check payable to "Friends of Williamsburg Rowing" to:	

Friends of Williamsburg Rowing PO Box 2276 Springfield, VA 22153-2276