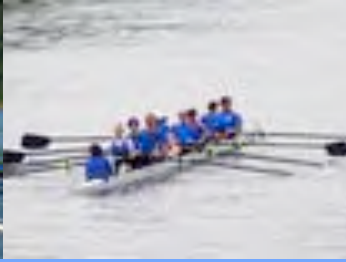


# Blue Blades



The Mid-Hudson Rowing Association Newsletter

January 11, 2012 Volume 1, No.1

## Tank Rowing Starts

**Thursday evenings from 5:30 to 6:30.**

Mid-Hudson has reserved tank time at the boathouse every Thursday evening during January and February. You can keep at least one NewYear's resolution by getting some exercise and keeping your muscle memory tuned for rowing during the Winter season. Sign up on our web site as usual.



We are lucky to have Candy Davies back to get us started this season in the tanks. She also would like some help. If you would like to try your hand at coaching a tank session during this winter season, contact Candy. This is a good opportunity to share your rowing experience with other MHRA members without having to deal with white caps, storm clouds or barge wakes.

Members may bring guests who are interested in rowing. This is a great way to introduce friends or family members to rowing and perhaps earn

MHRA a new member later in the season. Use the web site to sign up guests. Our ability to accommodate guests is dependent on the level of interest of regular members who will be given priority. Members and guests must bring HRRR and USRowing waivers the first time you attend.

## Bill Davies steps down

**Long-serving president gets a breather**

It is hard to name anyone who has served MHRA with more dedication and energy than Bill Davies. He has provided us with experience, leadership and consistency that is hard to imagine anyone else could equal. Under his leadership we have moved to a new facility at the HRRR Boathouse, grown and maintained an active membership in both sweep and scull rowing, updated our shells and other equipment and fostered a safe, friendly rowing environment. Bill plans to continue to served as Learn-to-Scull coach and "Coached Sculling" coach in the summer. He is an active, skilled and knowledgable



oarsman who is always willing to offer constructive advice. We look forward to seeing a lot of Bill at the boathouse and on the river during the rowing season.



## New President Somebody had to do it

Bill Washburn has been elected to serve as President for 2012 by the other members of

the board. Bill Davies has left behind large shoes to fill and the new president will be looking for help from all MHRA members to keep up the

momentum that Bill Davies has provided with his leadership.

Bill Washburn wants to hear your ideas, suggestions and criticisms as we go through the rowing season. Every member has some responsibility to serve MHRA. Now is a good time to think of ways you can help MHRA become a better organization.

## New Officers Elected

### Vice President and Treasurer Named



Mike Griffin was elected to serve a three year term on the board of directors at the Annual Meeting in December. Mike is well know by MHRA members and serves as a rowing coach for Poughkeepsie High School and a "Coached Sculling" coach for MHRA during the summer season.

Mike has served on the board in the past as President and Treasurer. After agreeing to serve he has been elected Vice President for 2012 by fellow board members. His experience will be a real asset

to the new president and other new officers.



Hai Longworth was elected to a second consecutive three-year term on the board of directors. She served recently as Vice President, has agreed to serve as our new Treasurer and was elected by the board to that position for 2012. All will agree that we go into 2012 in good hands financially.



Lorrie Renz also was elected to second three-year term on the board of directors. Lorrie has

served MHRA well as Secretary in the recent past and was elected to continue in that position. We are glad to have Lorrie continue to serve on the board.

## Command Performance

### Tried your hand at coxing? It can be fun.

Many people step forward at club rows to cox for all or part of a session. Coxing is a skill that improves with practice. After we get on the water, if you are unsure of your abilities to cox, start by paying attention to how an experienced cox handles commands and the boat. Then talk to the session coach about finding the right opportunity to get some hands-on practice. Many of those who have tried it find it fun - not as much fun as rowing perhaps but still fun.



## Thanks to Ray and Kathy The Neville's host our Annual Meeting

Thanks a million to Ray and Kathy Neville who hosted the MHRA

Annual Meeting at their lovely home in Lagrangeville. It was a pot luck supper with a great variety of delicious food. Nobody went hungry. Only those who snuck away after the meeting went home without leftovers.

Bill Davies gave a recap of MHRA activities for 2011. It was a year filled with activities on and off the water. MHRA distinguished itself in March with the world premiere of our 80 minute film, "A History of Rowing on the Hudson". The year

was crowned at the end by purchasing our brand-new Swift double and our first-ever fundraiser barbecue. Dotty Martinez gave a review of a very successful fundraising year for MHRA.

Bill Washburn reported on the European premiere of our history of rowing film which was well received at the Rowing History Forum hosted by the River and Rowing Museum in Henley-on-Thames in England. It is hard work talking about rowing history late into the evening over a few cask ales at the Leander Club or the Red Lion, but somebody had to do it.

Laura Ladd chairs our nominating committee and announced the results of the mail-in ballots for members of the board. Elected for three-year terms were Mike Griffin, Lorrie Renz and Hai Longworth.

## Me? A coach? Coach Training at HRRR Boathouse February 25

Have you ever thought of yourself as a coach? If you haven't, maybe you should.

Although we have been able to provide hired coaching during the summer and fall seasons, there are still many opportunities throughout the year to help out by driving the launch or helping with coaching activities. We have a lot of members who have coaching experience, each of whom have regularly donated much of their time to providing safety on the river and coaching other members to improve their rowing skills.

It is time to think of the future and prepare others to take over some of the coaching duties. USRowing Level 1 coach training will be provided at the HRRR Boathouse on February 25. A hard copy of a coaching manual is provided for attendees but everyone is expected to have read the soft copy version before attending the session. It is an all-day session with a written quiz at the end.

The session cost is \$125 and is available only to those who have joined USRowing as individuals. Membership in a US Rowing member organization such as MHRA is not sufficient. Completion of CPR Heart Saver and First Aid training is required for Level 1

certification but does not have to be completed before the training session. NYS Boating Safety Certificate (or similar certification) is not required by USRowing for Level 1 certification but is recommended. These courses are also offered locally and are highly recommended by MHRA for our launch drivers.

This type of training and certification is not for everyone and certification is not required to help out with MHRA coaching. Experience is more important for a coach but everybody has to start somewhere. If you are interested, log into Regatta Central and look for the coach certification session at the HRRR Boathouse.

## Ask not what your club can do for you ...



### Everybody has something to contribute to MHRA.

MHRA club rowing sessions are a team effort with everybody pitching in to move launches, get out oars and handle the shells. Working as a team is one of the rewards of being part of a rowing community.

There are many opportunities to do more. Stepping forward to cox for all or part of a rowing session is always appreciated. Perhaps you have an idea for a fund raiser or a fun rowing event at the boathouse or on the river. You might volunteer to help one of the planned events. Maybe it is being sure to be on hand for the Spring boathouse grounds clean up or the monthly boat

clean up sessions. Volunteers are needed sometimes to repair or rebuild a launch cart or anything else that may need some handy work. And we are looking for people to adopt particular tasks such as keeping fuel for the launches on hand in the fuel shed and maintaining safety equipment.

---

## Trying something new!

### Newsletter editor needed.



We are trying something new as we kick off 2012. This is the first edition of the MHRA Newsletter. The name “Blue Blades” is just thrown out there to see if anybody likes it. The look and feel of the newsletter still needs development but the concept is to have it as seasonal e-newsletter - three or four issues a year.

We have one of the best and well used web sites of any organization. It has been honed to be perfect for us as a communication tool. If we decide to keep the newsletter it will be to complement our web pages.

The advantage of a newsletter is to provide a snapshot of what is important or interesting at certain times of the rowing season. It can be used to announce upcoming events, highlight achievements of individual members at rowing events, thank members for extraordinary contributions, and many other things.

Let us know what you think and what you would like to see in these pages. And, let us know if you would like to volunteer to be newsletter editor.

---

**Published by;**  
**Mid-Hudson Rowing Association**  
**P. O. Box 683**  
**Poughkeepsie, NY 12602**

**Photos are by Rick Longworth**  
**Editor: Your name could be here**

---