

Blue Blades



The Mid-Hudson Rowing Association Newsletter

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Video Night Kicks Off Rowing Season

Pot Luck Dinner



Mid-Hudson is going to kick-start the rowing season with a video night at PYC. We are calling this our Video Night and Pot Luck. We will meet at the PYC clubhouse at 5:00 PM on Sunday, April 7. This is planned to be a fun night where we can enjoy good food and each other's company while watching the 2012 Year-End DVD from Rick Longworth.



Please sign up on our [Rowing Practice web page](#) and bring a covered dish or some food item to share with others. There is a kitchen available for warming any food that may need it. Mid-Hudson will provide free soft drinks and there will be a cash bar for beverages of all sorts including beer, wine. The PYC clubhouse is at 100 Yacht Club Road in Hyde Park.

Safety Video

Our rowing activities are planned for both fun and safety. We plan to get a head start on having a safe 2013 rowing season at the Video Night, April 7, by screening the USRowing video on safety. This is required yearly viewing for the high school crews and a good idea for all rowing clubs. We missed our opportunity to show this last year, so it will be a good review for everybody.

First Day on the Water

... and a chance to pitch in

Spring is here, the docks are in the water and Saturday, April 13, is our first scheduled day on the water. Let's hope for some warming between now and then. Sign up and let's see if we can get a couple of boats on the water.

After rowing there is an opportunity to give a little back to the rowing community and help with the HRRRA Hudson River Sweep. If you have the time, stick around and help clean up the grounds around the clubhouse.



Breakfast Pot Luck

These are always fun. Saturday, April 20, we have scheduled a breakfast pot luck after rowing. Come join us for a row and bring some breakfast munchies to share.



USRowing Registration

Waivers now on-line

As a reminder, you have to use the special rosters web site to sign the USRowing waiver and update your contact information before participating in any activities at the HRRR Boathouse.

If you have not already done so:

- Go to rosters at <https://rosters.usrowing.org/>
- Log in as an athlete using the club code **C73BZ**,
- Find last year's registration or create a new record if you were not previously registered,
- Enter your contact information, and **(this is very important)**,
- Use the web site to sign the USRowing waiver on-line.



Learn-to-Row

Help spread the word

Many thanks are due to Linda Rapp who is our LTR coordinator this year. She will be communicating with LTR applicants and determining when volunteers are needed to help with LTR sessions. This year we are offering a guarantee of 6 sessions for \$150 with a \$75 discount on the first year membership for those who decide to join.

LTR classes begin on May 11 and June 15. Sessions are given on Saturday, Sunday, Tuesday and Thursdays. Weekend sessions begin at 7 AM and weekday sessions at 5:30 PM. The Mothers' Day session is skipped with an extra session added at the end.

You can help make this LTR season successful by telling any friends who may be interested about our LTR classes. Download and print a poster using the LTR tab on the MHRA web site to post or hand out.



Adopt a Sign



MHRA will be posting road signs to let people know about our Learn-to-Row sessions in May, June. Most years we offer a July Learn to Row. This year we are waiting to see if there is sufficient interest before setting dates in July. On your drive to work or just around town look for good "high visibility" locations to place a sign getting the word out about our Learn-to-Row programs. Choose a few places you can keep an eye on and straighten the sign out if it gets knocked down or blown over.

You can pick up your sign at the Video Night, April 7, or any time we have club rowing scheduled at the boathouse. The signs are reusable from year to year. At the end of the LTR season the signs that survive can be retrieved for use next year.

Parking at the boathouse

At times the boathouse is a busy place and it helps if everybody knows what is expected when arriving. The parking places on the west side of the boathouse buildings are reserved for coaches. These spots should be used only by coaches who are coaching on that occasion. All others should park in the lot south of the boathouse.

When dropping off or picking up passengers please avoid the coaches parking area and use the area south of the boathouse.

There are seven regattas during the spring rowing season scheduled at the boathouse for which there will be a \$5 parking charge. Not all of these will be held at times when we normally schedule rowing. If there is a regatta parking charge during MHRA schedule rowing times, paying the \$5 charge will be voluntary for MHRA rowers - essentially a donation. The purpose of the parking fee is to defer some of the expenses for running the HRRR Boathouse. With the extra expense of cleanup and repair of the damage from the flooding caused by Hurricane Sandy, the need to raise funds has been increased.



Satellite View of Parking Area



Swim Test

How long can you tread water?

New MHRA members are being asked to complete a swim test if they have not already done so. Everyone must be able to swim 50 yards, stay afloat for 10 minutes without a life jacket and put on a life jacket while in the water.

The test will be conducted at the Jewish Community Center pool located at 110 South Grand Avenue in Poughkeepsie at 1:00 PM Saturday April 6. Those who have not yet fulfilled this requirement

have received a separate notice in an email. Sign up at our rowing practice sign-up page on our web site to indicate you can make it. If you know of somebody who is considering taking one of our LTR classes, make sure they know of the swim test. It is free and there is no obligation to join.



Watch Sydney World Cup Racing Live Saturday Night March 23 ... don't miss this!

Recently FISA executive director Matt Smith announced, "We are pleased to move forward with a new media rights model in the US which opens our live video streaming and extensive video library to all rowers in the United States."

United States rowing enthusiasts will be able to take advantage of the new "open" status with the finals at the first Samsung World Rowing Cup for 2013 being available through live streaming on the World Rowing website. The event will take place in Sydney, Australia from 22 – 24 March, 2013. The World Rowing coverage will include the finals live in

US prime time on the Saturday night, 23 March (morning in Australia at 10:00 on 24 March) and include interviews with United States crews after racing on the Friday and Saturday. Video access to the United States is part of FISA's push to add more support and coverage for rowing in the United States and continue to develop links with the university rowing community.

Take advantage of this new capability this Saturday evening, March 23, or anytime using the links on the World Rowing web site:

<http://www.worldrowing.com/video>

This article was excerpted from the HTBS blog at:

<http://hear-the-boat-sing.blogspot.com>

HRRA Boathouse Update

The contractors are finished and their dumpster has been removed. The boathouse is almost back to normal and looking pretty good. Work has begun on the indoor rowing tanks but there is still more to do before they are put back into service.

We have scheduled an hour Tuesday evening to straighten up Bay 6 and put stuff back where it belongs. We will be glad to get some of that behind us when we turn out to begin our rowing season. Sign up or just show up at 6:00 PM Tuesday, March 26.



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Photos are by Rick Longworth; USRowing and World Rowing logos are the property of USRowing and World Rowing respectively; Pool photo from JCCDC web site.

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