

ISSUE 4 SPRING, 2013

the

# Salty Shell

Newsletter of Great Salt Lake Rowing Club



## Great Salt Lake Rowing Club

It's always beautiful on the water



**Save the Date! See Page 7 for more events**

### Spring Fling

**April 6, 2013 8:30**

Unwrap boats,  
Remember how to  
Row, and Potluck  
(if weather nice)

### Pole Racing

**May 25, June 29,  
July 27, August 24**

Pole Racing – see  
page 7

### Learn to Row

**June 1**

National Learn to  
Row Day, at GSL  
Marina from 8:30  
to 12:00

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Tammy Wambeam

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## The Cox Box

1. Go to [www.gslr.org](http://www.gslr.org) for  
event information,  
membership forms, and to pay  
by credit card.

2. Experienced rower but  
looking for a little more  
training so you can fly  
through the water? Try the  
new competitive rowing  
lesson series.

3. Remember to dress in  
layers this time of year.  
Spring in Utah can be 70, 40,  
or below freezing.





## Meet the Board

### Michael Spackman

*Club President/Treasurer* - Michael has been rowing for over twenty years and is one of the founding members of Great Salt Lake Rowing. He has served on the board in many capacities. He is a U.S. Rowing Level 1 coach. He is married, has four children and four grandchildren. Of course, he loves to row. You can reach Michael by email at [m.spackman@q.com](mailto:m.spackman@q.com) or by phone at 801.560.0915.

### Diane Horrocks

*Vice President/Secretary* - Diane joined GSLR in 2012 after falling in love again with coaching rowing after ten years of coaching her daughter's soccer team. She started with Royal Chester Rowing Club in England at 17 and rowed through college at the University of Birmingham. She met her husband whilst sharing a sculling boat with Birmingham City Rowing Club. That's also where she accomplished her greatest achievement in winning the Gold Medal at the British National Championships. She briefly rowed in Huntsville Alabama for the Rocket City Rowing Club before moving to Utah ... Who thought there'd be rowing in this desert!!

### Joe Inman

*Equipment Committee.* Joe started rowing 15 years ago with Wendy Whitney's CE class and continues to row on the Great Salt Lake. Born and raised in north-central Montana, Joe enjoys and has participated in most athletic and outdoor activities, including climbing Mt. Denali, Alaska, in 1996 after which he turned to the sport of rowing to stay in shape. Joe is a founding member of GSLR and

initiated the first Brine Shrimp Sprints in which he awarded the Kennecott Copper Oar trophy to Rowland Hall Rowing team. He is the proud 'papa' of 5 grandchildren ranging in age from 16 to 6 and 4 step-grandchildren, all of whom he hopes to impart a love of the outdoors and rowing. If you have ideas to promote the sport of rowing in Utah, contact Joe at [JRINMAN48@GAIAEXPLORER.NET](mailto:JRINMAN48@GAIAEXPLORER.NET)





## Meet the Board, cont.

### Irene Lysenko



*Training* - Irene grew up in Vernal, Utah, but has spent the last two decades living around New York City in New York, New Jersey and, most recently, Connecticut. An avid runner, she began looking for a new sport when her knee began to give out. Some friends introduced her to rowing nine years ago, and she's never looked back. Irene has loved every moment of competition including The Head of the

Charles and US Rowing Nationals. She's also enjoyed coaching youth in the sport and loves to see the light bulbs go on when people begin to understand and fall in love with rowing. Irene is glad to be back in Utah and be a part of growing this sport in this part of the country.

### Sara Grandy

Born in Salt Lake City, UT. My first rowing experience was in high school, on an 8 for the Utah Summer Games back in 2002, I think. I had enough fun that time to make me look into crew my freshman year of college at Lewis & Clark. I rowed for a year on an 8 and a 4 in 2004. I came back to Utah for the rest of my undergraduate degree and happened upon GSLR by chance and came out to check off my rowing skills with Sonia so I could row on my own. It was my first time on a single scull and the weather did not cooperate. I bumped into the big boat dock at least once but Sonia still passed me off. I have yet to attend a Flaming Gorge trip or the row to Antelope Island; I am determined to do both.

### Kristy Damjanovich



Born in Salt Lake City, UT. Kristy grew up on a farm in Draper, Utah. Although a Utah native, she has lived in Morro Bay, California, where she first began ocean kayaking over ten years ago. After moving back to Utah, she continued kayaking lakes and rivers. She has been rowing since the summer of 2012 and thoroughly enjoys rowing on Great Salt Lake. She plans to continue to progress to double and quad sculls. She is very excited to be a part of Great Salt Lake Rowing.





## Teamwork

By Michael Spackman, President, Great Salt Lake Rowing

Greetings to all GSLR members:

This is one more year behind GSLR and what a year it was. Here is a brief rundown of what took place:

On May 5 five Olympic style rowers came to the lake on a beautiful Monday morning for a training row on their way back to the U.S Olympic Trials. I'm sure those of you watched them row were impressed with their expertise.

In June we sponsored the national Learn to Row event and had a very successful turnout.

In July and August, GSLR set up training for 35 schoolteachers who were looking for the ultimate team training. Then 30 Salt Lake Adventure Seekers spent a morning learning to row.

In mid-August we held the annual Flaming Gorge training camp. What a great time we had.

Training last year was set up through Joe Inman along with his team Katie Lipley, Kay Denton, Diane and Mike Horrocks, Rob Durham, Lucy Hansen and me. We had the best turnout ever.

So far this year we have held the Fresh Water Flip, CPR and first aid training. We have a long list of upcoming events. I would like to send out a special "thank you" to the board members. Joe Inman, Irene Lyseko, Diane Horrocks, Kristy Damjanovich and Sara Grandy. Without their tireless effort and work we would not survive.

I am so pleased with the direction the club is taking. Our membership rolls are swelling with good and talented people who see the vision of our club's future. I want to thank all of you for your passion and support over the years. You are the heart and soul of the club. As you know, your input is always welcome. Thanks, again, and see you on the water.



## Great Salt Lake Rowing Membership and Training

### Membership Dues:

\$250.00 Single  
\$175.00 Student  
\$150.00 Seasonal member  
\$400.00 Couple  
\$500.00 Family  
\$200.00 Senior 65+ or Active Military  
\$35.00 New Member-Experienced Rower



### Learn-to-Row Level 1 –\$150

- Five-lesson series
- Water Safety
- Erging
- Basic Stroke
- Boat maintenance
- Single (Maas)

### Learn-to-Row Level - \$100

- Four-lesson series
- For those not interested in competition
- Advanced stroking
- Group rowing (doubles, fours, quads, eights)



### Competitive Rowing Level 2 - \$150

- Six to eight week weekly or bi-weekly training
- For those interested in training for local competitions
- Focus on group rowing, though some may prefer singles
- Commitment to a boat



Private Lessons – hour-long \$50 member, \$75 non-members



## CPR at the Great Salt Lake

By Diane Horrocks (Vice President and Secretary)

Early one cold, windy and snowy morning in February six GSLR members ventured down to the Marina. Not to row, obviously, but to learn how to help save lives!! Michael Spackman, Kay Denton, Kate Fitzgerald, Joe Inman and Mike and Diane Horrocks were attending a CPR & First Aid Class through the American Heart Association. CPR stands for Cardio Pulmonary Resuscitation – and can mean the difference between life and death if someone's heart stops, such as during a heart attack. We were an animated bunch, asking tons of questions which our Fire Fighting Instructor patiently and humorously answered! First he instructed us on the chain of life; Call 911 early, start CPR if no pulse and if available use an AED (Automated Electronic Defibrillator). Then hand over the reins to the paramedics who will get the person to the hospital. We each got to practice "Rescue Breathing" (if you DO have a pulse, but aren't breathing after a stroke, with Asthma or even after an overdose of pain killers) and Chest Compressions (if you DON'T have a pulse) on life sized "torsos". We even got to practice all the techniques on infant dummies, and got to hear Michael Spackman's moving story where he probably saved a baby's life by doing CPR in the street many years ago!! We were all so impressed with the AED's that we motioned to the GSLR Board to purchase one for the club. These devices can detect "Ventricular Fibrillation" and will literally "tell you" how to administer a shock to the heart to try to get it back into normal heartbeat. The Marina will be getting one, which they will store on their rescue launch. We hope to have Waterford and Huntsman pitch in so we can get one this spring.

After a challenging, but fun morning of pumping chests, we started on the First Aid portion of the training. At this point we got to "practice" on real patients - namely our colleagues!! We learned about a diabetic person dangerously low or high in sugar (did you know 1 in 5 people will develop Diabetes!!). We may start carrying Glucose 15 tablets or gel for low blood sugar. We also learned how to detect signs of a stroke, what to do if someone goes into shock and the basics of First Aid. Here we got to "stick" each other with an Epi-pen (for severe allergic reactions), wrap various bandages around arms and legs and apply a tourniquet. Several of us needed this training so that we can become Learn To Row Coaches this spring. Others just thought it would be great to learn these **Live Saving Skills**. As much as we hope to NEVER have to use any of these skills, it was very worthwhile and we strongly encourage you to look out for opportunities to get this training in the future. See you on the Water!!





## Planned Events for the 2013 Season

By Kristy Damjanovich (Event Chair)

### April:

- 6 – 8:30 at the GSL Marina - Spring Fling & Launch, Remember How to Row for Non-Members and Members, Potluck (if weather permitting)
- 27 – Utah Crew Brine Shrimp Sprints

### May:

- 25 – First Monthly GSL Pole Race

### June:

- 1 – National Learn to Row Day at the GSL Marina from 8:30 to 12:00
- 15 – North Tahoe Rowing Regatta
- 22 – GSLR Moonlight Row
- 29 – Second Monthly GSL Pole Race

### July:

- 14 – SW Masters District Championship, Lake Merritt, Oakland, CA
- 19 – GSLR Moonlight Row
- 20 – Boulder Sprints, Boulder, CO
- 27 – Third Monthly GSL Pole Race

### August:

- 1-4 – Flaming Gorge Row
- 16 – GSLR Moonlight Row
- 24 – Fourth Monthly GSL Pole Race

### September:

- 14 – Row for the Cure
- 28 – Wasatch Mountain Head Race @ Jordanelle (Tentative Date)

### October:

- 5-6 – Head of the Oklahoma
- 19 – Social Gathering and Award Event for Utah Rowing Clubs (Tentative Date)

## What's New this summer – Pole Racing

By Kristy Damjanovich

Starting Saturday, May 25<sup>th</sup> we will be starting monthly pole races. Pole races at Saltair started in the 1800s with large numbers of spectators. Let's continue the tradition by re-instituting this old style of racing. Pole races will involve rowing approximately 500m out, around a pole or buoy, and 500m back. This will also help rowers become more proficient in performing turns. These races will be a fun way to test skill, set personal goals, and build camaraderie with your fellow rowers. Please join us. We will send out more information as we get closer to the events.



## Knitting and Rowing??- Think **GIANT** knitting needles...

A Coaching Tip by Nicole Cavallaro



yielding a gorgeous final product. Ahem, let's get to the point. How does this relate to rowing?

If you have ever tried knitting, you may remember the novice frustration of holding on to the knitting needles with a death grip. Most folks set their knitting aside proclaiming that they can't knit. Let's face it; it's impossible to knit that adorable baby blanket if your yarn is too tight to wiggle between the needles. My mother would always remind me to relax my fingers, hands, and wrists so the yarn could dance effortlessly between the needles

The handgrip of your oar handles is a vital part of how you are using the rest of your body. When we hold unnecessary tension in our hands it transfers into the rest of our body sucking energy from our powerful stroke. An efficient, fast rower makes their stroke look effortless, right? Bringing your awareness into your handgrip can help your entire body relax. This will prevent the burning sensation of a blister opening up on a dirty oar handle. How to avoid this?

Here is the tip-- focus your attention on your handgrip. If you walk away with some hot spots or blisters, you owe it to your stroke (and your poor hands and fingers) to relax. A simple drill to help you achieve this is to pull with just your fingertips on the drive and push the oar handle away with your palms on the recovery. Give your fingers a breather on the recovery - wiggle them around so you are confident that your palms are doing the work. Feel free to let your blades drag on the water on the recovery if you don't feel like you trust your palms. If you are getting blisters, they should only be on your fingers only. Unfortunately, until I learned how to "let go and let it flow", my hands and fingers looked like their were dragged over a cheese grater. So, spare yourself the pain, frustration and agony and relax those hands!



## Fresh Water Flip

By Irene Lysenko

On February 24, many who wanted to refresh their safety skills by flipping into the warm, fresh water at Dimple Dell Recreation Center were able to get a jump on being back in the boats before spring season. Michael Spackman, GSLR president, was kind enough to bring a single into the pool and help one and all practice flipping the boat and getting back in.

After reviewing boat safety, a crash course on how to put on and use different classes of life vests was also given. All should experience the challenge of donning a life vest while treading water as well as understanding how different vests operate.

Weren't able to make the Fresh Water Flip but would still like a refresher on either flipping a boat or vests? Ask any coach, they'll be happy to give you a review.



## 2013 Season Membership Dues are Due New this year – Pay by Credit Card!

Now is the time to pay your dues for the 2013 Season. Go to [www.gslr.org](http://www.gslr.org) and you can find the waiver and sign up form. New this year you can pay by credit card on the web using PayPal. If you don't use checks any more you can just go to [www.gslr.org](http://www.gslr.org) and click on the Pay Membership Dues tab. Choose your membership and check out through PayPal. Make sure to snail mail or e-mail your registration and waiver form and you are all set for the season.



## Great Salt Lake Rowing Club

Great Salt Lake Rowing (GSLR) is a Non-profit organization dedicated to promoting recreational and competitive rowing in Utah, located at the Great Salt Lake Marina, Salt Lake County, Utah.



Learn more about Great Salt Lake Rowing by surfing. Just visit our website at [www.gslr.org](http://www.gslr.org). If you have any events or information to include on the website contact Tammy at [wambeam@comcast.net](mailto:wambeam@comcast.net)



Want to contribute to the Salty Shell or volunteer at one of the events? Just contact Tammy at [wambeam@comcast.net](mailto:wambeam@comcast.net)