

# AROUND THE GREEN & WHITE

Volume 02, Issue 01

/ January 2019

Building Long Island's Rowing Tradition Since 1972.



## SECOND ACT: BEHIND THE SCENES

It was the middle of the Summer time, 2017 when the Sagamore phone rang; "Good morning, Sagamore Rowing; how can I help you..." I was pleasantly surprised by an unexpected response on the other end of the line. "This is Kir Jordan, a location scout for Silver Cup studios. I am working on the latest Jennifer Lopez movie during which there is a rowing scene. After reaching Row American in Connecticut, it had been suggested that Jason Moskowitz at Sagamore would have the expertise and ability to help make this scene come together. Could

you help us?" At this point I felt certain that a colleague was playing a ruse. Thee Jennifer Lopez to come here to Oyster Bay to make a movie?!?, Now that was hard to believe. After a brief conversation it became evident that Ms. Jordan was for real.

The movie industry moves fast. Within a weeks time, Director Peter Segal along with two charter buses full of production assistants, prop managers, and coordinators alike were pulling up to our boathouse at the Theodore Roosevelt Park. Most of the movie crew had never seen a rowing shell before. Determined to learn as much as possible about the sport and equipment we toured

the boathouse, brought several eights and oars onto slings in the boat yard.

The props crew were eager to learn about how the boats are

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built; how strong they are; how the rigging works; and the mechanics of the oars during rowing. I became slightly alarmed when one asked if there were any boats that we would mind if they sawed it in half! Sure enough, I showed them some of

these shells to fabricate props to resemble a demolished boat after an a simulated collision in the movie. Another old shell was used to create a bow that could literally jump out of the water to create a more 'cinematic' experience for the moment of collision.

As weeks went by communicating, and working with the props crew, and stunts coordinator became a daily task as we readied for shooting day. Once props representing destroyed boats were squared away it became our initiative to acquire multiple identical new shells for the filming of the actual rowing shots. There were only two boats in the scene, but the studio demanded multiple back up shells that would likely never be used to ensure nothing would hold up production. We were able to rent four brand new top of the line Vespoli eights. Our boat sales representative Stephen Lambers, and Vespoli CEO Dave Trond were both thrilled about the opportunity to see A list celebrities in their boats!

Gladly, Sagamore has several sets of matched sweep oars that were ready for filming. It is fantastic to know that the Sagamore Green Delta oars



are immortalized as these boats were rowed with our blades in this scene.

With actors and actresses that have never rowed before there was concern on to how we would gather quality and believable footage. Together with the props crew we designed a rig to the likes of rowing has never seen before. An aluminum skeleton was constructed that would connect to the shells rigger bolts and run along the underside of the shell. Extending from this frame were long arms that remained hidden under the water that were able to connect the shell to a large floating barge. This set up provided an environment that was always stable. On the barge was a large boom and state of the art camera system.

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our oldest shells that had not been on the water in several years. Little did I know at this time that I would be spending the next month working with them using

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## ERG-GATTA SEASON IS HERE!

Due to some race date changes Sagamore will attend 3 indoor races together. All entries are made using regatta central.com Masters members are encouraged to enter themselves. Please choose Sagamore Rowing as your affiliation. All youth rowers are encouraged to enter all events. If you'd like Sagamore to place your entry, please bring a check made to Sagamore for the entry fee amount, by the deadline listed below to Hamilton Ave.

Go Sagamore!

**Gold Coast Classic** - Schreiber High School, Port Washington, NY; Close to home and with categories for everyone this event is a great way to kick off the indoor race season;

Entry Fee: \$25

Deadline: Jan. 19th, 2019.

Race Day: January 27th, 2019.

**Strong Island Sprints** - St. Anthony's High School, Huntington Station, NY; This event is considered the Long Island Championships of indoor rowing. Held in an awesome sports complex there is ample space to perform at your best, and those eager to watch races.

Entry Fee: \$35.

Deadline: February 6th, 2019.

Race Day: February 10th, 2019.

**CRASH-B Sprints** - Boston, MA; Held at Boston University's Agganis Arena is known as the original world championship of indoor rowing and draws some of the fastest athletes in the sport (ages 12 and up);

Entry Fee: \$35.

Deadline: January 31st, 2019.

Race Day: Saturday, February 17th 2019.

## SPRING ROWING

Season registration on regatta central is now live!

We are excited to welcome back affiliate programs with Oyster Bay, Friends Academy, and Our Lady of Mercy High Schools!

Stay tuned for more details and updated information on our website.

**HIGH SCHOOL CREW** - Spring 2019

Dates: March 4 - June 3, 2019

Days: Weekdays 3:45-6:30 p.m., Saturdays mornings Varsity at 7:30 - 10:30AM;

Frosh at 10-12:45PM

Schedule may vary during March and early April portion, as weather warms and allows for consistent rowing.

**Middle SCHOOL CREW** - Spring 2019

Dates: April 3 - June 3, 2019

Days: Wednesdays & Fridays 3:45-6:15 p.m., Saturdays 9:45 a.m.-12:15 p.m.

Program Cost

High School: \$900 (\$950 after March 17, 2019).

Middle School: \$675 (\$725 after April 14, 2019).

The Student/Parent Information Meeting will be held on 4/4/2019 from 6:45-7:45 p.m. (practice ends @ 5:45 p.m.).

For Season Calendar, details, and announcements follow us on SportsYou. Please review calendar carefully to take note of days off, and dismissal times.

High School Access Code: 52W4-L2JR

Middle School Access Code: 52X7U8CC



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## COLLEGIATE RECRUITMENT

Earlier this winter our youth practice hosted a coach from the University of Virginia, Erin Neppel. She expressed a great deal of excitement for what we are doing here at Sagamore. She noted the outstanding depth of talent we have especially throughout our underclassmen. She believes the competitive future of Sagamore is bright. We are a crew she will keep our eyes on. In addition she informed us that several other collegiate programs have taken notice of the direction we are headed. Most notably, it is Sagamores commitment to team boats that makes its students desirable. Ms. Neppel vented to us about how many youth programs are favoring smaller boats thinking this will help them 'get noticed', but this is not helping prepare the young athletes for a collegiate rowing career where they only race eights. Neppel stated when recruiting at a regatta she only watches the eights race. The top finishers in this most competitive event are likely to contribute to a successful college crew more than those that have not experienced the eight before.

In early December Katie Ely, assistant coach of Marietta College visited and shared the same sentiments as Coach Neppel. This recent collegiate exposure is just the beginning of the national rowing scene taking notice of the hard work of our young Sagamore athletes.

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## MASTERS TIPS WITH COACH MIKE

### *RACING IN THE NEW YEAR*

Racing indoors on an erg is certainly a unique experience. The very first indoor race was held way back in 1980. The U.S. had boycotted the Olympics and Concept2 had recently invented their later-named Model A rowing erg. So a group of 20 or so rowers got together in Boston that winter to hold an informal indoor race, the C.R.A.S.H.-B. Sprints, to break up the monotony of winter training.

Nowadays each winter there are opportunities to race locally and regionally indoors on rowing machines. If you've never raced indoors before, or if you've already done it many times, indoor racing is always a fun challenge.

In many ways there is a race within the race. That is to say when I race indoors I am

mainly racing myself and seeing whether I'm capable of rowing as fast as I think I can on the rowing machine. The race itself is a great way to experience racing indoors on the erg within a group.

This winter we have had a great group of adults training at Hamilton Avenue and I hope everyone will

**I AM MAINLY RACING** *myself*  
*and seeing whether I'M CAPABLE*  
**OF ROWING** *as fast as I think I*  
*can* **ON THE MACHINE**

consider racing at least one of the local events this winter. The upcoming races are on: 1/27 in Port Washington, NY; 2/9 in South Huntington, NY; and 2/17 in Boston, MA.

So check your schedule, pick a race, and see what indoor racing is all about. Go Sagamore!

- Mike Wagner



## TIPS FROM THE TRAINER

"Don't let the cold winter weather keep you from your strength workouts! There is always space for body weight workouts at home ! Try making a circuit with exercises like; Squat jumps, squats, lunges, push ups, sit ups, and planks. Start with 3 rounds of 30 seconds and build up from there !"

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## SECOND ACT: BEHIND THE SCENES (CONTINUED FROM PAGE 02)

Furthermore, the barge could separate from the dock and drive around the bay carrying the rowing shell alongside. This allowed the film crew to capture amazing footage of the celebrities in the rowing shell despite their lack of ability.

Quickly the question arose, who would row these boats for the racing scenes? Surely these actors could not row. Where would we find 16 or more capable oarsmen and women to pilot these ships!? Stunts coordinator, Jerry Hewitt was tasked with the job of not only ensuring that each scene looked believable, but that all remained safe at all times. I assured Mr. Hewitt that I'd be able to provide him the rowers that

we need. The Long Island rowing community is one that pulls together to make amazing things happen frequently, and being part of a new J-Lo movie would draw a crowd. Not only did we require several capable rowers that could participate two days in a row, but they needed to resemble the actors and actresses in the scene. I put the word out, and shortly after casting began. Several Sagamore rowers and coaches as well as rowers from the greater Long Island rowing community came out for an opportunity to row on the silver screen. Several Sagamore Masters members were selected including: Cliff Chabina, Mitchel Wolfe, Linda Poll, Tom Ryan, and Gina Sigal.

After several days of test runs, and test shoots we were ready to film the scenes. The 'talent' would arrive on



Halloween, October 31, and film for two days through November 1st. We were blessed with calm waters both days. On land we were able to coach Jennifer Lopez, and Vanessa Hudgens both to become convincing coxswains. On the water we were able to execute excellent drone footage of fantastic rowing. Lastly we were able to navigate the crews well to create a successful, and funny scene involving a collision.

The popularity of our sport is increasing every year. We are seeing rowing a television and the movie theater more than ever. Having Sagamore as part of



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our sport become mainstream is a great honor. We will look forward to the increased exposure films like Second Act will bring to our sport as Sagamore continues in its mission to build Long Island's rowing tradition.

Jason Moskowitz, Programming Director & Head Coach





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## PHOTOS OF THE MONTH



**BOARD MEETING** *See you there, WEDNESDAY, JANUARY 16TH @ 8:00PM AT THE WATERFRONT CENTER, 1 WEST END AVE. Our 46 year old organization hosts traditional board meetings open to the public. Members and families are encouraged to attend, and become involved with the inner workings of our community effort to expand the tradition of rowing on Long Island!*



**Advertise in the Sagamore Monthly Newsletter!**

Quarter page \$50

Half page \$75

Whole page \$100

Purchase two months, get the third free!

Email you advert to [juniors@sagamorerowing.org](mailto:juniors@sagamorerowing.org)

Questions: 516-714-3247



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## ERG OF THE MONTH

### Introductory:

"Get a Grip"

18 minutes total

Level 1 / 10

Aerobic Exercise

3 minutes arms & body only rowing.

3 minutes half slide rowing.

3 minutes 3/4 slide rowing.

3 minutes full slide at 50% pressure @ SR 18; 3 minutes full slide at 75% pressure @ SR 20; 3 minutes full slide rowing at full pressure @ SR 22.

### Moderate:

"Launch Lizard"

40-50 minutes total

Level 4 / 10

Anaerobic Exercise

10 minutes easy warm up;

15 x 16 strokes at max pressure @ SR 32 / 16 strokes paddle pressure @ SR 26; 3 minute rest; 15 x 16 strokes at max pressure @ SR 32 / 16 strokes paddle pressure @ SR 26.

### Advanced:

"Aces"

70-90 minutes total

Level 7 / 10

Anaerobic Exercise

20 minutes at 75% pressure @ SR 22-24

5 x 10 strokes max pressure / max rate, 60 strokes paddle pressure in between; 5 minute rest; 5 x 10 strokes max pressure / max rate, 60 strokes paddle pressure in between

## Alumni Visit:



During December former Captains and other Alumni visited Hamilton Ave. Gym to get a work out in with their former team. Having them visit our practice was a great honor as they took the opportunity to speak with our current team members about their experience rowing in college. Sagamore is always a home to all of our rowers current and past!



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**CONTRIBUTE TO THE NEWSLETTER;** *Send in letters to the editor.* **SUBMIT QUESTIONS.** *What would you like to see different? Email us your input.*

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