

AROUND THE GREEN & WHITE

Volume 02, Issue 02

/ February 2019

Building Long Island's Rowing Tradition Since 1972.



SPRING SEASON PREVIEW

Hard work does pay off. As a long winter season full of grueling work outs at our gym at Hamilton Avenue in Oyster Bay the Sagamore rowers are eager for fresh competition on the water with new goals in their sights. Our masters have made extraordinary efforts over the past few months demonstrating an unprecedented level of commitment towards competition on an adult level at Sagamore Rowing Association. Members gathered at the gym in troves week after week each day tackling demanding workouts crafted by their experienced coach, Mike Wagner. These Masters are determined to find success on the water in 2019 and to set

an example for our youth programs. Rowing is not only a pit stop during their school years, yet it is a way of life.

Our youth team expects a deep roster of nearly one hundred athletes again this Spring. This large squads most unique characteristic is how young this group is. With only a handful of seniors the majority of the team is comprised of high school sophomores, and underclassmen. During the Spring 2018 New York State Championships Regatta (photo above) the Novice Men's 8+ took bronze, and Novice Women won the Gold! These same athletes are back and hungry for more. They are proud to have the opportunity to join our upperclassmen on the

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varsity level.

Captain and Senior rower Liam Cusack along with consistent top performer Henry Schoeffel has provided the Men's team with tremendous leadership, and have developed skills that are to be admired. All the Sagamore men will work together to take the Varsity 8+ into a competitive finish at the State Championships.

The Women's squad is led by Sagamore veteran and Women's Team Captain Giselle Grassi. Having begun rowing in the 7th here in Oyster Bay, Giselle has reset the bar for both the men's and women's varsity squads. Last Spring as a sophomore Giselle took Bronze at the State Championships in the single scull. After a summer of competing with the USRowing Junior National High Performance Team, she returned to Sagamore with

awesome speed. Giselle plans to lead the Varsity Girls 8+, and compete in the Varsity Single again, determined to garner a bid to the National Championships. Giselle's amazing work ethic has not only developed awesome speed for her boats, but combined with her positive and supportive persona has garnered her national attention drawing collegiate scouts from around the country to Sagamore practices. Giselle's talent is an example that greatness can be developed here in Oyster Bay. Having an athlete of this caliber on the team provides daily inspiration of all of her teammates.

Our youngest rowers are fueled by Grassi's shared passion. Middle Schoolers are training during the winter more than ever ensuring a bright, and competitive

future for the Green & White. Seventh grader Mika Benabraham's talents are beyond her years. She will continue to compete with the high school freshmen squad this Spring.

Our young and motivated group has a new and unique opportunity beginning this June. USRowing announced a new regatta. A National Championships specifically for U17 (under 17 years of age) athletes. This will give our young group a chance to shine on the national stage and prepare them for the high level of competition to come in the late high school years.

High School Crew begins March 4th. Middle School on April 3rd. Registration is now live and season details can be found at www.sagamorerowing.org

TIPS FROM THE TRAINER

"As much as we want to work to get better, our body also needs recovery time. It is less likely to get an overuse injury when athletes take time to rest between seasons. Recovery time should be about 1-2 weeks. This can also include light activities that require different movements than your main sport."

Tara Romeo CSCS, USAW, CES Director, Professional Athletic Performance Center

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BOHRER WAS IMPRESSED *by the Sagamore culture. ITS' THE KIND OF ATMOSPHERE that makes CHAMPIONS.*

IVY LEAGUE VISITOR

On Friday, January 25th Assistant Coach Sabrina Bohrer of Dartmouth Rowing visited Sagamore's afternoon practice to scout our talent. NCAA rules prohibits a scout from communicating directly with our young student athletes during their visit, but Coach Bohrer was able to observe practice, take video and notes, as well as discuss athlete details and her recruiting process with our coaches.

Bohrer commented on how she was impressed by the Sagamore culture. Its' athletes are there for each other, and push one another. It's the kind of atmosphere that makes champions. Like other college coaches that visited earlier in the season she expressed her desire from

squads that race team boats like that 8+. This is what is races in college, it is where the best athletes are, and it is where scouts are looking.

Bohrer is thrilled to see so much young talent and will surely look forward to visiting Sagamore again in the years to come!

WINTER RACING CONTINUES!

Two races are left on the Sagamore Winter calendar!

Strong Island Sprints - 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. The majority of the Sagamore Winter Youth Team will be racing along

with several Sagamore Masters members. Last year Sagamore collected more medals than any other individual club; we look forward to doing our best to claim this achievement again this year!

Race Day: February 10th, 2019 at St. Anthony's HS, 275 Wolf Hill Rd., Huntington Station.

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. Four brave youth members will attend representing Sagamore Rowing this year. Mika Benabraham in the Youth 12-13 event; Oscar Elden, Henry Schoeffel, and Chris Smithers in the Youth Light Weight Men's event. Go Sagamore!

Race Day: Saturday, February 17th 2019.

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MASTERS TIPS WITH COACH MIKE

SWEEPING INTO SPRING

This winter has been a great experience. The adults at the club have been busy training both at home and as a group at Hamilton Avenue. What has made this winter stand out to me is the excellent

camaraderie amongst all of our athletes.

The enthusiasm for our Saturday group workouts has been noticeable. Several of the sessions have been close to a full gym of athletes with lots of erg flywheels spinning in unison.

Highlights from our winter so far have included our first

trip to the West Point Indoor Rowing Tanks and our recent erg race at the Gold Coast Classic in Port Washington. Both events were well attended and it's exciting to see how everyone continues to improve.

We have two more events coming up this winter. The Strong Island Sprints, our next indoor rowing race, will be held on Sunday, February

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10th. Then on the following weekend on Saturday afternoon February 16th, our adults will again have the opportunity to row at the West Point Indoor Rowing Tanks. I hope you can join us at one or both of these events!

The Sagamore Board recently approved a program extension. Our popular Saturday morning group coached workouts at Hamilton Avenue will now conclude on Saturday, March 2nd. I have truly enjoyed this winter as a coach and thank you so much to Coach Jason for leading the sessions while I was away.

Looking ahead to the Spring, which even during these cold winter days is not too far off, I encourage everyone to begin to consider what our goals are for the upcoming season. The transition from the winter into the spring is a great opportunity to use all the fitness gained over the winter to enjoy our time on the bay.

While the adults continue to enjoy rowing during our open rows four days a week in sculling shells and also sculling independently, it's also been great to see the continued enthusiasm for adult sweep crews at Sagamore. Rowing sweep is a great opportunity to experience team boat rowing. I hope to see the interest grow into adult crews sweeping on the bay in the upcoming year.

For athletes who are interested in racing we have two local regattas coming up in the spring.

On Sunday, March 14th, Port

I ENCOURAGE EVERYONE *to*
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GOALS ARE *for the* **UPCOMING**
SEASON.

Rowing will be hosting the Row for Autism which fundraises money for Autism research. The regatta will include two masters events, the Men's Masters 4x and the Women's Masters 4x.



Then on May 4th and May 5th, Sagamore Rowing will be hosting the Long Island Rowing Championships. Events for adults will be held on Saturday, May 4th. I highly recommend attending the event to race in an event or two, and please also consider volunteering your time to support the regatta as a volunteer!

2019 is shaping up to be an outstanding year for our club! #GoSagamore

- Mike Wagner

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CAPTAIN'S CORNER

"As a junior in high school, this past September marked the start of my college recruitment process and it has been such an exciting time for me as a student athlete. Academics count for the majority of the statistics that colleges are interested when considering a potential student, but being a student athlete elevates an individual to a new and unique kind of college search. Rowing has opened countless doors for me over the last 4 years and has made my college search unique to me and so much more personalized than it is for other high school students who do not play a sport. Many high school students row just to look well rounded and to get accepted into college, but my goals are to row on a competitive college team and continue to row the rest of my life.

After rowing at Sagamore for 4 years, in September of my junior year I received numerous emails from various universities looking to start the collegiate rowing conversation with me. This past fall season, with the help of Coach Jason, I was communicating via email to

some of the top institutions in the country that I wanted to row and study at in the future. Five months later my conversations with such schools turned quickly into official visits as well as scouting visits.

Recently I have been traveling to some of my top college choices and touring not only campus but also their rowing centers. Building relationships with college coaches and better understanding the characteristics of a college team is critical in the recruitment process. Having the opportunity to take the time to officially or unofficially visit schools is such a great experience for a high school athlete as I am able to find what I want in the team that I will call my family for the next 4 years. This January I spent a weekend with the Duke Women's Rowing Team and learned about their athletic facilities, toured the campus, watched a practice on the water and met with numerous coaches in person as well as academic advisors. This was definitely time well spent as I gained new insight on Dukes rowing program and the university as well.

Throughout the duration of this winter season scouts from Dartmouth and The University of Virginia have been in contact with myself and Sagamore and are excited to see the new talent that our team is raising. Welcoming these scouts to watch our program is very exciting and helps to open our eyes as high school rowers to the vast amount of opportunities that are present in college level sports. Both scouts who visited our training facility recorded videos of myself and the rest of the team and commented on the amount of focus and dedication that our young team has.

The college process is surely stressful, but being able to utilize a passion of mine like rowing as a connection to build the bridge between the present and my future makes the entire process much more enjoyable. Rowing opened up a lot of opportunities for me and has allowed me to build relationships with institutions that I never would have thought I could invest my time in."

- Gisele Grassi

In Memoriam ...

We regret to inform you on the passing of passionate member of the Sagamore Rowing Association family

CHRISTOPHER B. SMITHERS

Our community sadly lost a team parent who was an advocate for all that rowing provides to the youth and adult members of our club. His undeniable support will benefit all that row here in Oyster Bay.

Christopher Smithers devoted his professional life to The Smithers Foundation, as the president of the Foundation and the son of the founder, R. Brinkley Smithers by supporting programs providing assistance to those battling addiction and to institutions researching the causes of addiction. He was the Founder of the Smithers Center at Columbia University Medical Center and a member of the Executive Committee of the R. Brinkley Smithers Institute for Alcohol-Related Workplace Studies at Cornell University. He was also an Honorary Director of The Grenville Baker Boys and Girls Club, Locust Valley, New York, and an Honorary Director of The Glen Cove Boys and Girls Club, Glen Cove, New York. Last year, Mr. Smithers and the Foundation released a video, written by his daughter Brinkley, focused on opioid addiction and the need to provide greater access to medication for those struggling

with opioid use disorder. The video is available at:

www.stopthespiral.com Mr. Smithers, who was 50, is survived by his wife, Nikki Smithers and four children, Brinkley, Christopher, Adelina, and Nicholas.



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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

Questions: 516-714-3247

EARLY BIRD SPECIAL

Adult members take advantage of the Early Bird Special! Renew your membership or sign up as a new member before February 28th for 15% discount. Log onto www.sagamorerowing.org and follow the links to membership now!

EQUIPMENT DRIVE UPDATE

Last Fall a new campaign to revamp the youth fleet begun. Several generous contributions to the Equipment Drive has helped us get closer to our goals, but has fallen short to obtain us a new boat. At just over \$6k funds collected will remain

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LONG ISLAND
CHAMPIONSHIP REGATTA
MAY 4-5TH 2019
Centre Island, Oyster Bay

CALLING ALL VOLUNTEERS!

Sagamore Rowing **BUILDING LONG ISLANDS ROWING TRADITION**

first regatta planning meeting on wednesday, february 20th at 69 hamilton ave. @ 7:00pm come and sign up to be part of long islands largest boat race of the year!

BOARD MEETING See you there, **WEDNESDAY, FEBRUARY 20TH @ 8:00PM AT THE SRA GYM, 69 HAMILTON 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!

SAGAMORE ROWING ASSOCIATION

Presents

THE GREEN & WHITE BALL

Save the Date

Tuesday, May 21st

Dinner & Dancing

Awards (Middle School, High School, Masters, and more)

Auction



AT
CHERRY VALLEY CLUB
GARDEN CITY, N.Y.

Proceeds benefit the programs boats and equipment.

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As our club grows this social provides a great opportunity for everyone to meet, and appreciate that they are part of something bigger than their crew or group. We have recreational, novice, and competitive rowers at junior and adult levels. While some crossover does occur we are never all in the gym or on the water together. An opportunity to hit the dance floor together reminds us all it's about fun and camaraderie.

Raise your oars!

All members, alumni, friends, and family, join us and celebrate.

Stay tuned for more details.



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in a dedicated fund for equipment until additional monies are raised to purchase new boats. Our priority item needed is a new eight oared shell. The big boat cost is over \$42k. If we work together we can make this happen and ensure our rowers have the opportunities to perform that they deserve.

GOLD COAST CLASSIC RECAP!

The 2019 race season kicked off for Sagamore at an indoor event in Port Washington at Schreiber High School on Sunday, January 27th. The Green and White was represented well in all divisions from middle and high school through masters athletes.

The Masters Womens started off the day strong with a Gold - Silver - Bronze finish by Malfi, Alvarez, and Halpern respectfully. The tempo was set for the rest of the Sagamore squad to perform for the day! Coach Wagner, and Chiou raced along side their Bronze medalist team mate Ferreira. It was an outstanding performance by the Sagamore Masters Team.

Youth racing followed shortly



after beginning with Mika Benabraham easily taking Gold in the 7th Grade division. It did not go unnoticed that Benabraham posted a faster time than all girls racing in the 8th grade category. Way to go Mika! Middle school boys were led by our Silver medalist Xavier Lafaire with a strong race.

Later that morning high schoolers took to the machines to demonstrate their prowess. Kyle Mayers topped our boys results with a Silver medal in the Freshmen boys race along with teammate Brett Beaman who took 5th. More boys competed in the U17 race. Aral and Aras Akkemik completed their first indoor

race with strong finishes, while Oscar Elden raced on par with his personal best performance to place 4th. The most exciting race to watch of the day had to be the Women's U17 race. Grace DeMartino took the Gold medal by holding onto a narrow lead of only one tenth of one second. The excitement of this tight race had the entire team on their feet cheering Grace onto victory!

THE ENTIRE TEAM
Cheered Grace **ONTO**
VICTORY!

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PHOTOS OF THE MONTH

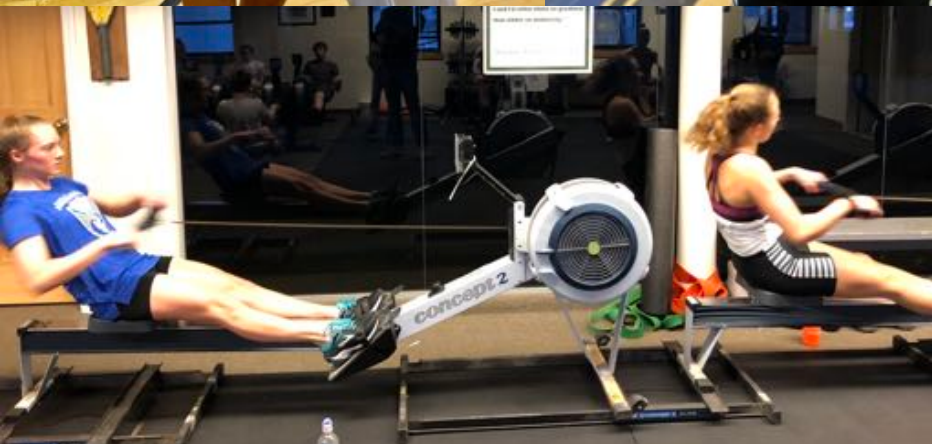


Photo by Giselle Grassi

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Photo by Giselle Grassi

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ERG OF THE MONTH

Winter training is coming to a close. Hard work pays off! Keep up the effort and you will see the benefits soon out on the waters of Oyster Bay.

Introductory:

"My Blue Heaven"
22-26 minutes total
Level 2 / 10
Anaerobic Threshold
10 minutes easy warm up;
1500 meters at 2K pace +1 @ SR 26-28;
500 meters at 2K pace +3 @ SR 26-28;
500 meters at 2K pace +5 @ SR 26-28;
500 meters at 2K pace +7 @ SR 26-28.

Moderate:

"Happy Dance"
30 minutes total
Level 4 / 10
Aerobic Exercise
10 minutes easy warm up;
5 minutes at 6K pace +6 @ SR 20;
5 minutes at 6K pace +6 @ SR 22;
5 minutes at 6K pace +6 @ SR 24;
5 minutes at 6K pace +6 @ SR 24.

Advanced:

"Antigonish"
64-70 minutes total
Level 7 / 10
Sprints

10 minutes easy warm up;
7 x 45 strokes MAX pressure @ SR 32,
15 strokes paddle in between;
6 minutes rest;
7 x 45 strokes MAX pressure @ SR 32,
15 strokes paddle in between;
6 minutes rest;
7 x 45 strokes MAX pressure @ SR 34,
15 strokes paddle in between;
6 minutes rest.

Team:

"The Stadium"
45-60 minutes total
Level 4 / 10
Anaerobic Threshold
10 minutes easy warm up;

Instructions: Break the group into evenly matched teams of 3 or 4 based on 2k times (the fastest two rowers in the group are teamed with the slowest two rowers, etc...). each team gets one erg. Each team has to rotate through the pyramid.

It is up to the rowers to determine who goes in what order, but every team member has to do at least three complete pieces, one rower per piece, and no single rower can do two of the same length of piece (e.g. the same rower cannot pull both of the 250m pieces).

Pieces must be done in the order shown below, and optimal strategy is to perfect the handoff between rowers on and off the erg. The first team to finish wins.

250m, 500m, 750m, 1000m, 1250m, 1500m, 1250m, 1000m, 750m, 500m, 250m at open rating.

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Building Long Island's Rowing Tradition Since 1972.

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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