

# AROUND THE GREEN & WHITE Volume 01, Issue 05 / December 2018

Building Long Island's Rowing Tradition Since 1972.



## SEASONS GREETINGS FROM THE DIRECTOR

As we approach this time of year, we want to give thanks to our community of support, both on and off the water. 2018 brought us continued support of obtaining additional long-term assets, such as the new Vespoli 2x, and Vespoli 1x. Back in March, we finally celebrated the tremendous effort of the overall and cleaning of our

boathouse. Youth and Masters rowers came together to tackle the task to raise the bar of the quality of our facility. Youth team members labored to empty the shell house to enable power washers to brighten every corner of the boathouses' interior. Masters members scrubbed rust, and repainted boat racks throughout the facility. We will aim to continue these joint efforts into 2019 as we

*(continued on page 05)*

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## WINTER ERG-GATTA SCHEDULE

All youth & Masters members are encouraged to represent Sagamore at this winters' erg race circuit. Train hard, and race hard! If you have any questions, call anytime!

**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;

January 27th, 2019.

**St. Valentines Day Massacre** - New York Athletic Club, Pelham, NY; This prestigious indoor event touts a rich history of hosting international contenders as well as several local top collegiate crews.

February 3rd, 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.

February 9th, 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;

Saturday, February 17th 2019.

**Intra Squad Relay** - Details TBA.

## WINTER ROWING

Winter rowing is an outstanding time to get ahead in our sport. The rowing machine offers us a unique and efficient mode to improve our fitness, and skills.

Time in the gym is also special because it allows us to get to know one another in ways we may have missed while out on the water. As we sit next to one another on the ergometer we become reliant on our teammates to carry

each other to the end of a tough piece and to laugh together as monotony of indoor life begins to set in.

Winter is a time when we welcome all alumni to come visit. Say hello to new team members, and reminisce with old friends. Feel free to join in with the team for a great work out too!

Land training offers an outstanding opportunity to youth and adults alike to try rowing for the first time. The stable platform and close one on one coaching provides opportunity to learn proper rowing form with ease.


Sagamore offers FREE guest rows to anyone that has not rowed before. Consider inviting a friend or encouraging your parents to try rowing. Middle & High Schoolers can try rowing any weekday, while adult open sessions are Tuesday and Thursday evenings as well as Saturday and Sunday mornings.

Rowing is an amazing form of exercise. You will be forever thanked by anyone you turn to the sport.

Youth Program Cost:	
5 days per week:	\$900
3 days per week:	\$600
Coxswain Clinic:	\$500
Masters (non-member)	\$200



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**FUNDRAISING IS AN** *essential*  
*part* **OF MAKING OUR NON-  
PROFIT A SUCCESS.** *Thank you*  
**FAMILIES & MEMBERS**

## EQUIPMENT DRIVE UPDATE

Our equipment drive is off to a fine start. Fundraising is an essential part of making our non-profit a success. We thank those youth parents and masters members that have contributed to this cause. You have paved the way to a new era of contribution. We hope your efforts to inspire

others. Your generosity enables 100s of youth rowers to have a better opportunity to be competitive in many future seasons to come.

If you would like to contribute to the Equipment Drive please mail checks to Sagamore Rowing at PO Box 248, Oyster Bay, NY 11771. Thank you in advance for helping the Green & White reach new heights together!

### November Contributors

*Benabraham*

*DeMartino*

*Kelly*

*Mayers*

*Roche*

*Smithers*

*Sukoff*

*Sigal*

## MASTERS TIPS WITH COACH MIKE

### *THE PATH OF THE HANDLE*

Time on the erg can be time well spent over the winter IF we pay attention to how we move on the erg. One movement to consider is the path of the handle throughout the stroke.

A well-timed drive in sculling will result in the legs body and arms finishing

**MOVEMENT PATTERNS *done*  
OVER THE WINTER INDOORS  
*can and will* CARRY OVER TO  
OUR SCULLING ON THE BAY**

at the same time. If we are to carry over this athletic continuous flowing movement to the erg, then as we erg we should remain focused on a whole movement with the legs, the trunk, and the arms, working together in unison.

So then, what is the proper path of the handle while

erging? If an athlete pulls the handle up towards their chin around the release, then more than likely at the opposite end of the stroke they will drop the hands down before the entry. This is not correct.

We should instead focus on the recovery with our hands going out from the body in a high carry and then go up just slightly at full reach. On the drive we draw the hands in level so that at the release our wrists remain level and our elbows draw past the body level with the handle, or slightly above the height of the handle. Level hands throughout the stroke remain key.

I always look at time on the erg as a way to stay in shape for sculling on the water. Movement patterns done over the winter indoors can and will carry over to our sculling on the bay this spring. If we want to go fast then pay attention to the details.

- Mike Wagner

## COLLEGIATE SCOUTS TO VISIT YOUTH TEAM.

As our High School Team becomes more and more competitive we are regaining the national recognition that was commonplace at Sagamore once again. Our upperclassmen are turning heads of top collegiate programs, and coaches from across the county have noticed. They are eager to see what we are up to that is forming this positive change. We have received numerous requests from these programs for us to host recruitment scouts. Colleges plan to offer praise to our upperclassmen in attempts to sway them to their school, all the while take a glimpse at our underclassmen, and new talent to come. Sagamore has a rich history of providing college teams with their best recruits. Now scouts are on their way to see what Sagamore can offer.

Wednesday, December 5th; University of Virginia Assistant Coach Erin Neppel will be at practice at 69 Hamilton Ave from 3:45-5:45PM. Katie Ely, assistant coach of Marietta College will visit next month.

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## SEASONS GREETINGS ( CONTINUED FROM PAGE 01 )

sculpt Sagamore to be the rowing home we want it to be.

These positive efforts helps SRA continue to be an attractive option for incoming students. Our association welcomed new rowers from ages spanning 60 years. We pride ourselves on our ability to introduce our sport to so many Long Islanders that may have never had the chance to enjoy the waters of Oyster Bay otherwise. More so than ever we are seeing new students leave our learn to row programs inspired to make rowing part of their life style. 2018 brought us a surge of new youth rowers as well as new masters members. We are looking forward to building upon these successes together with expanded introductory programs next summer for all.

As I write this, I can't help to say that I'm somewhat sentimental of the past year of service to this team and the efforts of our youth families, members, and board of directors. Our current team echos of a Sagamore past where a team comes together devoted to make Oyster Bay be the best place to row it can be. My greatest childhood memories were here, learning to take my first rowing strokes, winning my first championships, and beginning my coaching career off the shores of Beekman Beach in the late 1990s. It is the supportive nature, and collaboration of its members that makes Sagamore so unique. We offer a positive and inspiring place to row. This sport relies so much on community, no matter how big or small your efforts may be.

I am grateful to be part of Sagamore with all of you. Season's greetings & best wishes for the New Year.

Jason Moskowitz, Programming Director & Head Coach,  
and your Board of Directors



## TIPS FROM THE TRAINER

"While strength is an important component of performance and staying healthy, it is not the only piece to the equation. Knowledge of nutrition and what we put into our body will help with performance and recovery. Be sure to have a carb heavy meal after rowing, especially the day before a race. This will help replenish energy stores and thus recover quicker from a workout. Just like a car needs fuel to run, so do our bodies!"

Luke Pelton CSCS Professional  
Athletic Performance Center  
tromeo@professionalpt.com





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## PHOTOS OF THE MONTH





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## CAPTAINS CORNER

This past week was the opening week to winter season 2018-19 and the unbelievable showing of athletes who are participating is extremely impressive. It's so exciting to see so many new and returning faces this winter who are dedicated to making themselves and our team the fastest it can be. As captains, we are excited to lead the squad this winter by helping each other earn our medals over the next 4 months then pick them up at our first spring regatta! Whether you are varsity or middle school, participating 3 days per week or 5, doing the beginner or advanced workout of the day, dedication to this sport which we all love is key, even during our months off of the water. This winter we will further our own fitness on and off the erg and better prepare ourselves as a team for the fast spring season that we are expecting. To the athletes; pushing yourself everyday will help not only to strengthen yourself, but also motivate the teammates that are ahead or behind you. With hard work and a positive attitude Sagamore will continue to thrive this

winter to perform our best at future indoor erg races as well as the NY State Championships in the spring. The effort that each rower devotes to each and every workout will set new team standards going into every competition and future race. Friendly competition is the driving force behind a strong rowing team, and as captains we have no doubt that the Sagamore Juniors team is ready to give it their all this winter and collect medals as a team in the next upcoming months! The countdown to spring season starts now and we could not be more excited!

-Liam Cusack & Giselle Grassi

**Advertise in  
the Sagamore  
Monthly  
Newsletter!**

Quarter page \$50

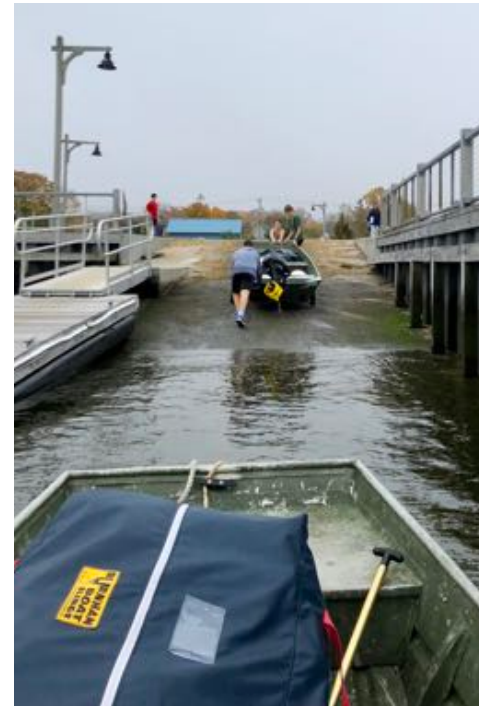
Half page \$75

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Purchase two months, get the third free!

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

Questions: 516-714-3247



**BOARD MEETING** *See you there, WEDNESDAY, DECEMBER 19TH @ 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!*

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## ERG OF THE MONTH

*The indoor rowing machine has become an invaluable tool to become fit, and competitive in our sport. Stay tuned each month for a creative work out that will keep you focused and motivated on days in the gym.*

**Aerobic Threshold** - moderate workouts that have about 1:1 or 1:2 work to rest ratio. These are workouts where you should be able to row somewhere between a conversational pace and being totally out of breath. Anaerobic threshold workouts are all about finding the threshold right before your body starts to really hurt (where you can't get rid of lactic acid). Anaerobic threshold workouts are designed to build your capacity to row hard without hitting that lactic acid build up.

### Introductory:

"Ship Shape"

25 minutes total

Level 2 / 10

Aerobic Threshold Exercise

10 minutes easy warm up

5 minutes at 20 strokes per minute.

4 minutes at 22 strokes per minute.

3 minutes at 24 strokes per minute.

2 minutes at 26 strokes per minute.

1 minutes at 28 strokes per minute.

### Moderate:

"River Bend"

37 minutes total

Level 5 / 10

Aerobic Threshold Exercise

10 minutes easy warm up

7 x 3 minutes at 2K race pace +8 and 26 strokes per minute with 1 minute rests in between.

### Advanced:

"No Regrets (Except Maybe This)"

60-90 minutes total

Level 8 / 10

Aerobic Threshold Exercise

10 minutes easy warm up

3000 meters at 2K race pace +8 and 28 strokes per minute. 5 minute rest.

3000 meters at 2K race pace +10 and 26 strokes per minute. 5 minute rest.

3000 meters at 2K race pace +8 and 30 strokes per minute. 5 minute rest.

### Team:

"Be Honest"

105 minutes total

Level 6 / 10

Aerobic Threshold Exercise

Instructions: Break the group into evenly matched teams of 4 based on 2K times (e.g. fastest two rowers in the group are teamed with the slowest two rowers, etc...). Teams get two ergs (at any time two rowers are rowing, and two are resting). The team with the most meters at the end wins. You can also do this with 2 rowers per team and one erg. No cheating on the off strokes is allowed.

10 minute warm up

10 x 5 minutes of 45 strokes full pressure, 15 off, followed by 5 minutes of rest.





*Congratulations  
on great racing!*

## SNOWFLAKE REGATTA RESULTS

**SUNDAY, NOVEMBER 4TH 2018**  
**Peconic River**  
**Riverhead NY**

Medal	Event	Line Up	Time
Silver	3, Mens Varsity 1x	Liam	11:55
Gold	4, Womens Varsity 1x	Giselle,	12:24
Silver		Grace	13:05
Silver	9, Womens Jr Vr 2x	2. Brooke, 1. Miriam	13:34
Gold	11, Womens HS Varsity 4x	4. Giselle, 3. Alina, 2. Julia, 1. Grace	11:31
Gold	13, Mens Novice 4x	4.Kyle, 3.Brandon, 2.Brett, 1.Josh	13:42
Silver		4. Jason, 3. NickS, 2. Aras, 1. Aral	13:59
Silver	14, Mens HS Varsity 8+	c.Meghan, 8.HenryS, 7.Cameron, 6.Liam, 5.David, 4.StevenM, 3.MattKecz, 2.Chris, 1.Oscar.	10:15
Silver	16, Womens HS Varsity 8+	c.Jeanne, 8.Giselle, 7.Julia, 6.Alina, 5. Grace, 4.Francesca, 3. Brooke, 2. MeganB , 1.Miriam.	11:09
Silver	18, Womens Vr 4+	c. Jasmine 4. Jocelyn, 3. Katie, 2. Isabella, 1. Caitlyn	13:22
Bronze	22, Mixed Masters 4x	T.Ryan/D.Chiou/S.Alvarez/E.Ryan	13:32
Silver	23, Womens HS JV 8+	c.Tori, 8.Jocelyn, 7.Katie, 6.Isabella, 5. Brooke 4.Caitlin, 3. Kiera, 2. Brianna, 1. Cara	21:21
Gold	26, Mens HS Jr Varsity 4x	4. Manolo, 3. Noah, 2. Nick, 1. Oscar	11:42
Silver		4.Aral, 3.Aras, 2.Aiden, 1. NateC	13:16
Gold	29, Womens Novice 4x	4.Sophia Satter-Reiss, 3.Samantha Maynard, 2.Deanna Besart, 1.Ania Kelly	15:22
Bronze		4.Grace Bonifacio, 3.Giovanna Sherlock 2.Morgan V, 1.JillH	15:31
Gold	30, Womens Novice 4+	4.Alexa, 3.Joan, 2.Ava, 1.Mika, c.Alex	13:11
Silver	32, Womens Jr Varsity 4x	4. Megan, 3. Miriam, 2. Nicole, 1. Jackie	14:04
Silver	33, Mens Varsity 2x	2. Henry, 1. David	11:13
Gold	36, Womens HS Novice 2x	2. Abby, 1. Malawi	17:21
Silver	37, Women's Masters 2x	S.Alvarez/N.Malfi	14:22
Bronze		Suzanne / Kristy	20:30

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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.*

## Contact:

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Oyster Bay, NY 11771

### *Phone*

516-714-3247



### *Boathouse*

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Oyster Bay, NY 11771

### *Email*

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[juniors@sagamorerowing.org](mailto:juniors@sagamorerowing.org)  
[masters@sagamorerowing.org](mailto:masters@sagamorerowing.org)

### *Gym*

69 Hamilton Ave.  
Oyster Bay, NY 11771