

Recent Rowing Accomplishments of Children of ORC Members, Past & Present

by Jamie Thomas

Some great stuff is happening at ORC and many young rowers have been inspired by their experiences with us. We may not be responsible for their success but we played a part in the inspiration! It is a wonderful story.

Katelyn Snyder

Katelyn Snyder (in picture, far left), Lisa Snyder's daughter coxed several boats at ORC while at Winter Park High and has had an amazing record coxing at the college, national, and international level.

This past weekend, she coxed the US [National Womens 8+](#) to a gold medal finish at the 2009 World Rowing Championships in Poznan, Poland.

[Click here](#) for Katelyn's rowing bio.



John Hood Jr.

I ran into John Hood Jr. today and learned that he spent the summer at Craftsbury Sculling Center. They have a new Competitive Small Boat Training Center where they are training scullers to compete at the Olympic level. John said that Larry Gluckman is heading the program and he shaved almost 30 seconds off his time this summer under coach Gluckman's tutelage.

I have pasted an article below that John wrote for the Center about his experience at the Under-23 (U-23) National Team Trials.

Under-23 Trials Experience by John Hood Jr.

On the week of July 4th, myself and the rest of the Small Boat Training Center (SBTC) athletes traveled to New Jersey to compete in the Under-23 (U23) Trials. I would be competing to represent the United States at the U23 World Championships in the men's single sculls. Eli Roxby and John Graves, the other SBTC entry, were competing in the men's pair.

The Trials were held at the Finn Casperson Training Center on Lake Mercer in West Windsor, New Jersey. The SBTC contingent stayed in nearby Princeton, as guests of Nancy Schoffelen, a recent Craftsbury camper. She and her family generously invited us into their lovely home and hosted us for the week.

After arriving in New Jersey on the fourth, the pair and I took a brief practice row on Princeton University's Lake Carnegie. We practiced at Princeton again on Sunday and once more on Monday morning before driving across town to Mercer Lake for the



USRowing mandated athlete's meeting. As the USRowing representative in charge of the trials called roll, I began to feel the gravity of the situation. I realized that some of these names would soon be representing the United States in international competition and I grew excited with the anticipation of racing.

My first race of the Trials was a time trial on Tuesday morning, July 6th and I was ready for it. A week previous to the trials I had entered the Men's Single event at USRowing Nationals. A disappointing performance at that race left me hungry for another shot. Coach Gluckman and I arrived at the race course about an hour and a half prior to my 8:00 a.m. time trial and I began to go through my pre-race warm-up ritual complete with yoga, stretching and some erg pieces. The weather conditions were nearly perfect as I launched and made my way toward the starting line. For the time trial, each sculler was released individually at thirty second intervals. Time trials can be very tricky.

With no other boats to push against, it is almost like racing in a vacuum. To stay focused, I tried to think about the technical pointers Coach and I had been working on in Vermont. In my mind I could hear him yelling "Long arm – back drive!" which meant to avoid pulling with the arms until after the leg and back portion of the drive. As I came into the last 300 meters or so, I really did hear Coach yelling along with my Craftsbury teammates and I was spurred on to a good sprint. I crossed the line and hoped that my time was sufficient. As I pulled into the dock, my worries were put to rest as Coach Gluckman informed me that my time was the second best of the time trial, earning me the second seed through the heats.

The SBTC pair didn't have a time trial, starting immediately instead with their heat, a two boat race, on Tuesday afternoon. After a rough start, the boys found themselves down, but after a big move in the second half of the race they were able to cruise to victory by a healthy margin. This win netted them a spot in Thursday's final.

After the time trial, the progression of the men's single event included two heats of three scullers on Wednesday morning. The winner of each heat would advance straight to the final while the remaining four would race in the repechage, to be held later in the afternoon. The top two finishers in the repechage would fill out the final.

With my limited background racing the single, my heat turned out to be a big learning experience. As I approached the starting line, I became rather nervous. My nerves carried over into the racing and I never quite settled into a good rhythm. I finished second, relegated to the repechage. After a post-race review with Coach Gluckman, I gathered my thoughts, adjusted my race plan, and began to prepare for the rep.

Approaching the starting line later that afternoon for the repechage, I found myself much more relaxed, having cleared the first race jitters in the heat. I was able to establish a good rhythm (despite a ripping tailwind) and controlled second place from start to finish, guaranteeing myself a berth in the final.

I awoke on Thursday, the morning of the final, with a renewed spirit. I had already achieved my primary goal of making the final and everything else would be icing on the cake. After warming up and discussing my race plan with Coach, I launched with the singular goal of executing my best race. I wanted to cross the finish line and know that I had performed at my peak. As Coach Gluckman emphasized, this would be very important to my development as a single sculler. One must be able to execute races at peak capability in order to achieve positive and consistent results. If a competitor is unable to execute their best race – at will – they lose any control over their fate and are left at the mercy of Chance.

For the final, a vicious headwind kicked up the water of Lake Mercer and turned the first 500 meters into a washing machine of sorts. Despite the difficult conditions, I felt calm as I approached the line. I was focused internally on executing my goal. As the starting light flicked from red to green, all four scullers sprung to life and began churning towards the finish. As I settled into my base pace, I encountered the rough, windy conditions. After a brief struggle, I regained my composure and stroked on.

I pushed through the middle of the race, thinking about rowing with efficiency. I was able to pull away from the sculler who beat me in the repechage and into third place. Towards the end of the race, as I began to sprint for the line, I caught sight of the second place sculler but I was unable to close the gap in time and crossed the finish line in third position. After finishing I felt content with my performance and the improvements I had achieved through the course of the week. After a brief cool down lap, I stayed on the water in order to enjoy a front row seat for the pair's final. The SBTC pair looked to be in top form as they cruised by en route to victory and a berth at the U23 World Championships.

My experience at U23 trials was filled with much learning and development. I attribute the vast improvement in my performance and capabilities as a sculler to Coach Gluckman and my time at the SBTC. I am very happy about my performance this year, but I left the course hungry. Watching the winners of each respective event fill out the necessary paperwork and receive their national team kit for Worlds motivated me to strive for improvement and provided me with a clear goal for next year.