

Message from the President

Our rowers started off the season in good form, walking away with the points trophy at the Chattanooga Head Race. This is a significant accomplishment considering how little time they had to prepare after flood waters limited practice time on the Chattahoochee. I was very pleased by the turnout of parents at this race! Thanks for being there to support the team!

Our select Varsity rowers represented AJRA in great style at the Head of the Charles Regatta in Boston, the largest and most prestigious regatta in the world. The weather was less than ideal (40 degrees, heavy rain, 30 mph wind) but our rowers showed grit and determination. Not only was this a great experience for the rowers, but it was an opportunity for the parents that attended to get to know one another and develop new friendships.

This is probably the toughest part of the season for rowers (and parents!) both physically and mentally. The coaches are working the rowers hard to prepare for upcoming regattas by erg testing and seat racing. Novice rowers are wondering what they got themselves into. Seniors are juggling rowing, homework, and college applications. One of the many benefits of rowing is that it teaches our children time management! If you have any questions about the practice routine or upcoming regattas, the coaches are a great resource to learn more about rowing.

All Varsity and Novice rowers will be participating at the Head of the Hooch regatta in Chattanooga on November 7. This is the largest and most competitive event of the fall head racing season, and we are excited to be able to take the entire Novice squad along with the Varsity squad. It is a great venue in downtown Chattanooga, and I encourage parents to attend and cheer on our rowers! You'll be receiving more specific information on travel logistics the week of the race.

All of our boats are finally back from the repair shop after extensive work to repair damage caused by the flooding. The Development squad is especially pleased as two of the boats are used for sculling. In order to make up days lost to the flooding, the Development squad has been practicing on Saturdays and Sundays as well as their usual Monday through Wednesday.

Don't forget to follow AJRA on Facebook and Twitter! We are very focused on improving our use of technology to keep parents informed, and we rely on your feedback for ideas.

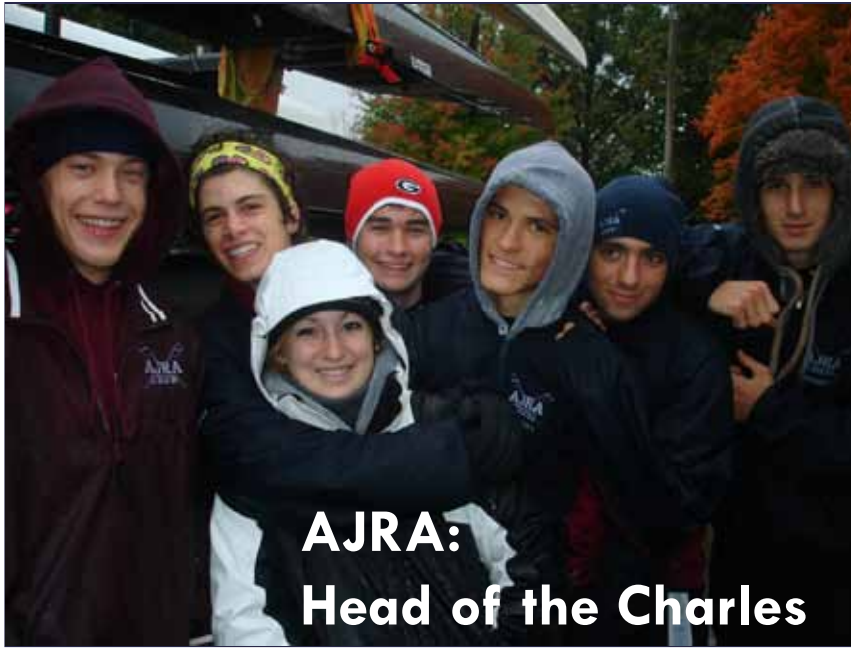
Thank you for your continued support!

Steve Bender

NEED INFO?

Go to www.ajracrew.com for news, updates, and calendar. We hope this publication will be informative and helpful. If coaches, rowers, or parents have announcements, please forward to dceil@mindspring.com.





AJRA rowers braved extreme weather conditions at the Head of the Charles in Boston. Rowers for the Men's 8 included (left to right) Michael Walczak, Matt Goldman, Matt Cecil, Zach Lawhon, Nate Reineck, Sean Olliffe, and (front) coxswain Betsy Bender. Not pictured are Jack Campbell and Cameron Whiting. Representing AJRA in the Women's 4 were coxswain Katura Finn and rowers Victoria Hartman, Sarah Waye, Emma Murray and Josephine Kooijman. Alternates were Maddie Hald and Emily Hornberger.

REGATTA RESULTS

Chattanooga Head Race (Oct. 10)

Novice Men:

8 A boat – 2nd place

4 A boat – 3rd place

Novice Women:

8 A boat -- 1st place

8 B boat – 2nd place

4 A boat – 3rd place

Varsity Men:

8 A boat – 3rd place

Varsity Women:

8 A boat – 1st place

4 A boat – 2nd place

Team Points Award for the Regatta went to AJRA for the third consecutive year.

Head of the Charles (Oct. 18)

Men's Youth 8:

54th (out of 79)

Women's Youth 4:

26th (out of 77)

REGATTA SCHEDULE

Oct. 30-31

Secret City Head Race

Oak Ridge (Melton Lake), TN. Varsity Only

Nov. 6-7

Head of the Hooch

Chattanooga, TN. Varsity and Novice

Nov. 14

Henley on the Hooch

Roswell River Landing. Scrimmage with St. Andrew. Varsity, Novice, and Development.

Nov. 27

AJRA Alumni Row

Roswell River Landing. 1:00 PM. All AJRA alumni are welcome.

THINGS TO KNOW



Thanks to Flood Clean-up Volunteers

Many thanks to the nearly 50 parent volunteers who helped clean up the boathouse after the flood. Under the direction of Board Member Ron Mountford, who is in charge of Facilities, parents, coaches, and a number of rowers worked tirelessly over a four-day period to clean mud and debris off the boathouse floor and to clean and disinfect equipment. Volunteers also inspected the ergs, boats, trailer, and other equipment and took care of needed repairs. This monumental task could not have been accomplished so quickly without the incredible support of the entire AJRA family. Thanks for stepping up during this extraordinary time!



Spirit Wear

With cooler temperatures here, check out AJRA long-sleeve t-shirts, sweatshirts, vests, and hats! AJRA spirit items will be on sale at each regatta. Questions: Contact Cindy Waye at caw16@comcast.net.

AJRA on Twitter, Facebook

Don't forget to look for AJRA on our new Facebook page – AJRA Crew. Regatta results and pictures will be posted. Our Twitter account (AJRAcrew) is maintained by rower Garrett Ellington. It is used primarily at regattas, like a radio broadcast, to share continuous news about each event. To sign up, go to [Twitter.com](https://twitter.com). Please call Maureen Goldman if you have any questions at 404-310-2006.

Cold Weather Practice Preparation

Remember that rowers are always outdoors for practice and need to dress appropriately for the weather. Practice will rarely be cancelled for cold weather. Dress in layers. Have hat and gloves available. Keep a change of dry clothing in the car. And don't forget to bring enough water. It's important to stay well hydrated even in cooler months.

AJRA Thanks AtlantaScapes

The AJRA Board of Directors would like to thank Sohel Elias of AtlantaScapes for his continued support of our program. AtlantaScapes generously donated the use of a truck to take our boats to Tennessee following the floods for repair, and has provided trucks at reduced rates as needed recently to move our practices to Lake Lanier. During regatta weekends, Elias provides a secure facility to store our boats and trailer at no charge.

Please consider AtlantaScapes for your landscaping needs. In business for more than 20 years, they provide a full array of traditional landscaping design, installation, and maintenance, as well as outdoor projects, such as waterfalls, stonework, decorative lighting, and irrigation systems, throughout Atlanta's northern suburbs. Check them out at www.atlantascapes.com, or call Elias at (770) 919-2009.

ROWING TERMS 101

Admit it, parents! Whether your rower is Novice or Varsity, sometimes at regattas you are completely befuddled by the language they are speaking! To help you better understand the sport, The Current will feature a brief glossary of commonly used rowing terms in the next few issues (with credit to Wikipedia for the definitions).

Way nough

The command to stop whatever the rower is doing, whether it be walking with the boat overhead or rowing.

Crab

A rowing error where the rower is unable to timely remove or release the oar blade from the water. The oar blade acts as a brake slowing down the boat.

Feather

To turn the oar so that its blade is parallel with the water (opposite of square).

Repechage

The "second chance" race given to those crews which fail to qualify for the finals from an opening heat. "Rep" qualifiers move onto semi-finals or finals depending on the number of entries.

Head Race

A long race in which rowers race a twisting course of about 3 miles. A race for time. The start is staggered. Usually in the fall months.

Seat race

A method to compare two rowers in fours or eights. Two boats race against each other once. One rower from each boat switches positions, and the two boats race again. Relative performance in the two races is used to compare the abilities of the two rowers.

Hot seating

When two crews share the same shell, during a regatta, sometimes it is necessary for the crews to switch at the finish line without taking the boat from the water.