

May 9, 2003

To: 2003 Veterinary Research Scholars and Mentors
From: Lisa Freeman, Director of Mentored Training

We will be participating in a team building activity with the women's crew team on Wednesday May 21 between 7am and 9 am. We will meet at the Coles Hall loading dock at 6:45 am and drive together to the boathouse in two university vans. This is necessary because of the limited parking available.

The KSU Women's Crew Coaching Staff has provided the following instructions:

- Depending on the weather, people should wear shorts or spandex tights or loose sweat pants. You want to be able to compress your legs, as though you are on a leg press machine. Jeans are a definite NO, even jean shorts are a NO. Really loose basketball type jersey shorts are also a definite NO as they will get caught between the wheels of the seat and the tracks that the seat rolls in.
- T-shirt with a warmer layer on top to take off if they get too hot is recommended.
- A water bottle is also essential.
- This exercise is most successful if the group begins to think about their goals for the summer:

What kind of communication skills and systems will be important to everyone having a successful experience?

What kind of a structure is the group working within?

In rowing, there is one coxswain who steers the boat and calls commands and there are eight oarspeople. Skills that are important to rowing are, listening, cooperation, being able to lead AND follow simultaneously, contributing your full share of the task and load, a certain sense of altruism which allows for the boat to be set rather than unbalanced - this requires everyone taking care of each other's blade rather than only themselves.

If the group has had an opportunity to think about how those attributes pertain to the work and goals they are focused on for the summer, then their rowing experience becomes transferable into the mentor-student relationships and research laboratory situations.