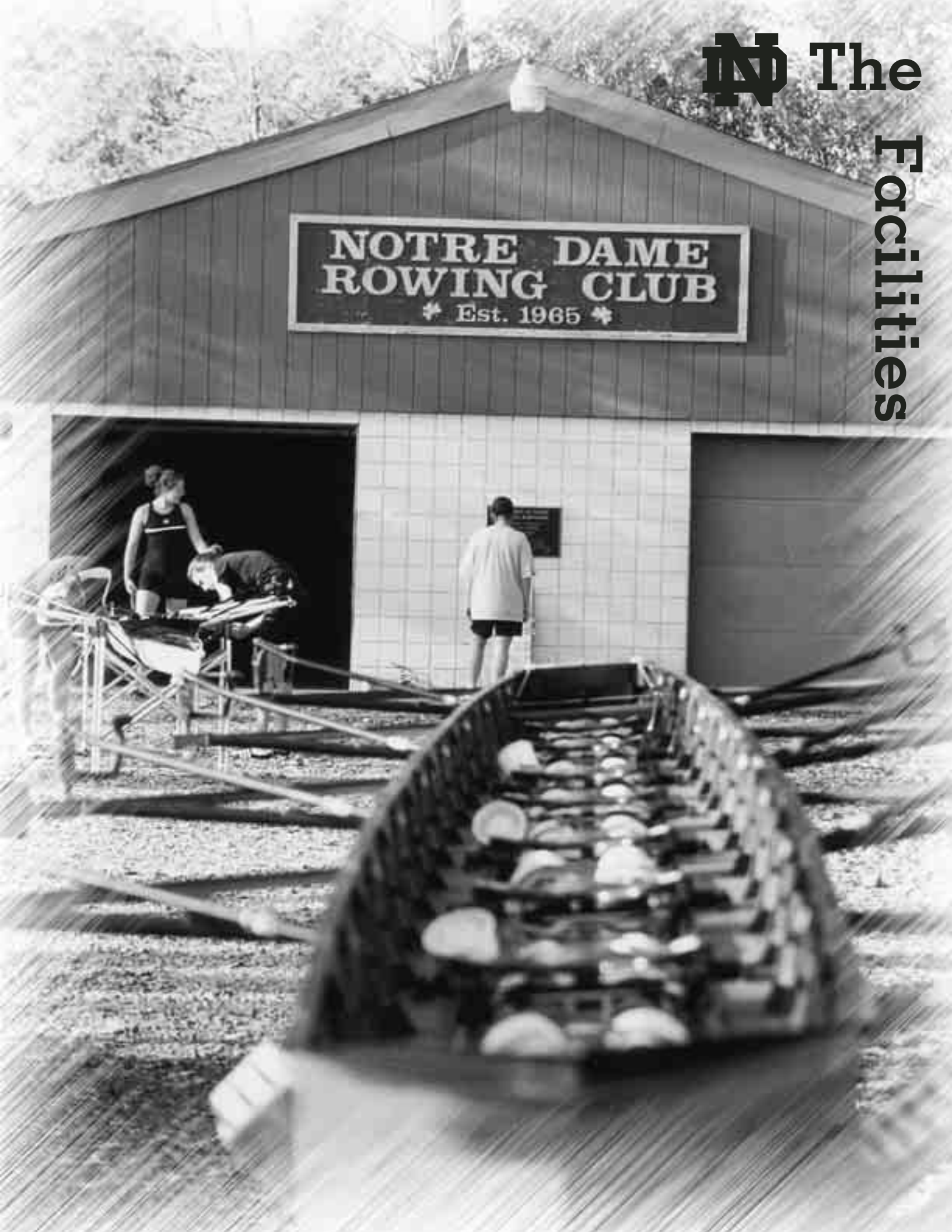


The Facilities

**NOTRE DAME
ROWING CLUB**
* Est. 1965 *





The Notre Dame women's rowing team trains in the fall and spring on the waters of the St. Joseph River.

Although the weather can be somewhat challenging during the winter months, the University of Notre Dame and the Irish women's rowing team boast some of the nation's best athletic facilities. For most of the season, the Irish row on the St. Joseph River and for those times when they need to go indoors, they have full use of the Loftus Sports Complex and the soon-to-be completed Guglielmino Family Athletic Complex.

The St. Joseph River, which runs through downtown South Bend just a couple of miles from the Notre Dame campus, provides three miles of well-protected waters for the rowing team. A boathouse, built in 1984 near the

banks of the St. Joseph River, houses the boats and equipment used by the team.

The Irish rowing program provides the latest in equipment and boats. Notre Dame's inventory includes six eight-person boats, including two Pocock eights, six four-person boats, including two Pocock hours, and six pair/doubles boats. The University added new boat racks in 1999-2000 and added a new 120' dock in 2001-02. It also has state-of-the-art video equipment, which is used on a daily basis.

For the colder months, the Irish have access to a number of indoor facilities, which house a full inventory of rowing machines called ergometers. For dry-land training, Notre

Dame rowers have access to 32 ergometers for use by the team year round. The Irish also have the ability to put together four eights of ergs on slides, allowing the athletes to row in simulated lineups. This allows the Irish to work on technical points in an excellent teaching and learning environment. There is also the capability to link the ergs via computer and have races between the four boats.

The 2004-05 school year marks the 19th full year of use of the Loftus Sports Complex, including Meyo Field and the Haggar Fitness Complex, by Notre Dame's athletic teams. The all-purpose indoor sports building, which was first opened in September of 1987, and dedicated on April 23, 1988, was



During the winter months, Notre Dame rowers have access to 32 rowing machines inside the Loftus Sports Complex.





One of the Notre Dame rowing team's two Vespoli Millennium racing shells is named after the late Reverend Edmund P. Joyce, C.S.C. Father Joyce played a key role in bringing women's athletics to the University.

designed for use by all Notre Dame athletic teams, as well as students, faculty and staff. The \$6.3 million facility measures 614 by 210 feet and stands in the trees just northeast of the Joyce Center.

In addition to housing the Haggar Fitness Center Complex and Meyo Field, which features a 100-yard Prestige Turf field surrounded by a six-lane track one-fifth of a mile long making it as large as any indoor track in the nation, the Loftus building features four large air-conditioned conference rooms that can be subdivided into nine smaller rooms by

means of soundproof partitions. There is also a 154-seat auditorium with audio-visual capability for academic lectures and team meetings. The facility also includes men's and women's lockers, plus a first-aid station.

The new Don F. and Flora Guglielmino Family Athletics Center, due to be completed by the fall of 2005, will be the new home of a weightlifting area that will be double the size of the current area and rank as one of the most comprehensive free-weight and exercise machine facilities in the country. It will

also serve as the new central location for the athletic training and equipment facilities as to make everything more convenient for Notre Dame student-athletes so they are able to manage their time in a more efficient manner.

There are also weightlifting areas in both the Joyce Center and Rockne Memorial Building available for student-athlete use.

"We are extremely fortunate to have some of the best equipment in the country," head coach Martin Stone said.

"That is a testament to the support that we receive from the University and the athletic department. There are plans in the works to upgrade all of our facilities and the women's rowing program will benefit a great deal now and in the future."

Notre Dame Equipment Inventory

- Six eights, including two Pocock 8
- Six fours, including two Pocock 4
- Six pairs
- All shells equipped with Neilson-Kellerman Speed Coach Computers, as well as cox-box amplifications systems in the fours and eights
- 70 sweep oars
- 24 sculling oars
- 32 rowing machines
- State-of-the-art video equipment



The Loftus Sports Complex houses one of the finest weight training facilities in the country.



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