



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Head of the Schuylkill, Philadelphia

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UPCOMING EVENTS

At the Club

Sunday, November 5 - Last Day of On-Water Rowing & Clean-Up after Row (remove & wash safety boat, load onto trailer for storage)

- BREAKFAST AT THE CLUB

Sunday, November 12 @ 9 AM - Clean Up Boathouse

- Volunteer hours provided for Juniors

Monday, November 13 @ 6:30 PM - Board Meeting (All Welcome!)

November-end / early December - Indoor Rowing Season Starts **Awards Banquet (see page 2)**

Wednesday, November 8 - Last Day to Purchase Banquet Tickets

- Children (6 - 12 years) \$15; Adults \$35

Saturday, November 18 - LRC Banquet @ RCL

MEMBERS SPOTLIGHT

Gillian Lopes

Member since: 2020

Why you got involved with rowing: I rowed in high school and at university (Western).

Form of rowing you enjoy most & why: I like all of the boats, I don't have a favourite.

Competitions: I've done Head of the Trent twice, both in quads. The last one at Head of the Welland, also in a quad and a mixed 8. Now I've done one in Philly at the Head of the Schuylkill. I've also done the LRC regattas: the Grand Challenge Cup and the Head of the Grassy.

Future goals: I'd like to keep competing. I like being bow and one day do a single in a race.

Club Involvement: I do safety boat and I'm on the Banquet Committee. I also like volunteering for the Para program. The people are awesome and fun.

Favourite time to row: At 6 AM during the week and Sundays with Pete in a double. I've been doing that for 3 years.. We also did Pete's Pirates this year, a quad with Melissa, Colleen, me and Pete as the bow. We're trying to make it a yearly thing.

What else do you do to stay fit and active: I ride horses competitively and ski in the winter.

Best/memory experience rowing: My best memories were the regattas, because everyone goes together.



LRC'S BEST BANQUET YET

THE LASALLE ROWING CLUB PRESENTS

The 53rd Awards Banquet

Saturday, November 18, 2023

Royal Canadian Legion Branch 594
5030 Howard Ave., Windsor, Ontario

✦ Doors Open at 5:00 PM | Dinner at 6:00 PM
Dancing with JP Entertainment 7:30 - 11:00 PM
with special guest

Mr. Gordon Henry, OLY
Olympic rower, boat builder & cancer survivor.

Adults: \$35 | Children 6 - 12 years: \$15
Ticket Purchase Deadline November 8
No tickets will be sold at the door

E-transfers only to lasallerowingclub1@gmail.com
In the e-transfer memo, must include: # adults; # children; & full names of all attendees
Dietary Restrictions? Email Nicole at vachon_nicole@hotmail.com

OCTOBER, IT'S OVER!!!

FUNDRAISING EFFORTS



In September, LRC raised **\$3,200** from bingo thanks to **Kathy, Marie, Sue, Dean G, and Brian L**. Thank you to **All Star Gaming Centre & OLG** for supporting **LRC's Para and Junior Rowing Programs!**



PARA'S HALLOWEEN SOCIAL

October 13, 2023

Para rowers, coaches, and volunteers celebrated Halloween all dressed up and on the water. The party was brought inside, with lots of food and treats, then dancing to the Monster Mash of course!



HEAD OF GRASSY (BREAKFAST)

October 15, 2023

The winds prevented us from getting on the water to race, but it was all smiles with the delicious breakfast sandwiches pipeline that Dean, Gill L, and Lindy efficiently operated.





HEAD OF THE SCHUYLKILL REGATTA, PHILADELPHIA

October 28 - 29, 2023

LRC goes international, travelling to the birthplace of American rowing to compete at the 53rd Head of the Schuylkill Regatta. We had 12 entries in the competition, winning a silver medal for our Womens Quad (27 - 39) and a bronze medal for our Womens Double (27 - 39). We were blessed by great conditions, sunny skies and mostly warm temperatures. The regatta was well run, with many sights to see, booths to shop and food trucks to eat from at the venue. We're so grateful to Doug and Kelly for driving the boat trailer for 9+ hours through rainy and foggy conditions (both ways!) and making it there and back safely. Thanks to our supporters who came to Philly and helped us get our boats on and off the trailer. This experience and the success our team earned would not be possible without everyone's help!

Live Streams available @HOSR YouTube

[Day 1 \(Saturday\)](#) | [Day 2 \(Sunday\)](#)



2nd Place
Nicole, Kathy, Mikayla, Tonya



3rd Place
Gill W, Ashley (B)

LRC's Competitors

- Mens Masters 1x (50 - 59) - **Doug**
- Father/Son 2x - **Shane, Lucas (B)**
- Mother/Daughter 2x - **Melissa, Sam (B)**
- Womens Masters 8+ (40 - 49) - **Jackie, Melissa, Jenn, Nicole, Kathy, Michèle, Gill Lo, Colleen (B), Sam (Cox)**
- Womens Masters Doubles (27 - 39) - **Gill W, Ashley (B)**
- Mixed Masters 8+ - **Mathew, Mike, Nicolas, Doug, Mikayla, Tonya, Colleen, Gill Lo (B), Sam (Cox)**
- Jim Barker Womens High School 1x (JV) - **Liv**
- Womens High School Quads (Varsity) - **Shianne, Isabelle, Avery, Sam (B)**
- Mixed Masters 2x (27 - 39) - **Jackie, Mathew (B)**
- Womens Masters 4x (27 - 39) - **Nicole, Kathy, Mikayla, Tonya (B)**
- Womens Masters 4x (40 - 49) - **Melissa, Colleen, Jenn, Ashley (B)**
- Mixed Masters 4x (50 - 59) - **Mike, Michèle, Nicolas, Gill Lo (B)**



MVP Kelly was there for every boat to help with shoes!



MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Get Ready for Winter Training with the Concept2 LogBook

Concept2 (C2) has an excellent program to keep you motivated. The C2 Logbook is a free web-based application that tracks your meters and your workouts. Through the LogBook, you can see where you rank among other C2 users and do Challenges. By signing into their mobile app "ErgData" you can program the erg monitor (PM5) using your phone and automatically sync your workouts onto the LogBook.

Sign up for your Concept2 Logbook Account

Take 2 minutes to set up your account: <https://log.concept2.com/signup>
Download the ErgData App ([Android](#) | [Apple](#)) on your phone/tablet

Set Your Affiliation

Once you've signed up for the LogBook, set your profile's affiliation to LaSalle Rowing Club. Join other LRC members and see the meters they've pulled!

Athlete	Age	Location	Country	Season
Jackie Fong	27	ON	CAN	194,753m
Mathew Roy	33	ON	CAN	180,418m
Lisa Elias	56		CAN	62,829m
Nicole Bussieres	39	ON	CAN	40,774m
Kathy Dresser	44	Windsor, ON	CAN	15,686m
Brian Simpson	42	Lasalle, ON	CAN	5,802m

Summary Statistics:
 SEASON METERS: 500,262
 ACTIVE MEMBERS: 6
 AVERAGE METERS: 83,377

Workout Types: All Types
 Date Range: 2023-05-01 to 2024-04-30

Find Training Partners

Click the "Add Training Partner" button from the LogBook website to add a friend or teammate as a training partner. Once a request to add a partner is accepted, users can share their LogBook workouts with each other.

Connect your phone to the erg with the ErgData app

Automatically sync your Erg workouts to your LogBook by connecting the ErgData app to the PM5. To do this, first go to the Connect screen on the PM5, then go to the ErgData app on your mobile device and click on 'Connect to a Performance Monitor (PM5)' to select your PM5. Once connected, all rows on that machine will be saved to your LogBook.

C2 Challenges and Rewards

Concept2 offers many online challenges throughout the year that reward consistency in rowing (indoor and outdoor) and total meters rowed.

FUN FACT

The first amateur sport organization was a rowing club – **Philadelphia's Schuylkill Navy**, founded in 1858.

The Learned Rower



Concept2 Indoor Rowing Training Guide, Version 2
www.redking.me.uk/sport/rowing/training/c2_training_v2.pdf



Training Tall: The Official 2023 Indoor Rowing Form Checklist



Concept2 Training Guides & Resources

concept 2



Holiday Challenge:
 Nov 23 - Dec 24

Row, ski or ride 100k or 200k meters between American Thanksgiving and Christmas Eve and help raise money for one of five great charities. For more info, look at [their website](#).



More info on the ErgData App

www.concept2.com/service/software/ergdata

Get Ready for Winter Training (cont'd)

It's an excellent way to keep motivated throughout the year. Challenges can be tracked through the LogBook. Once a challenge is completed, you'll be able to download a certificate of participation and have your name included on Concept2's challenge honour board. They also have a 1 Million Meters Club that rewards those who've logged 1 million meters on the Erg. Club members get a free t-shirt and pin shipped to them (for free).



HIGH SCHOOL INDOOR ROWING COURSE

Who: For athletes in Grades 9 - 12

When: November - March, every Tuesday, Thursday, & Saturday

Cost: \$120

Registration Deadline: November 6, 2023

Contact us! lasallerowingclub1@gmail.com

For more details: www.lasallerowing.ca



GET MORE INVOLVED IN LRC!

- **Recruiting members for the LRC Governance Committee** - To develop and update policies, procedures, and manuals. Contact Colleen if interested!
- **Become a Board Member for February 2024** - Be a key driver in helping our club flourish. Contact Colleen
- **Volunteer for Bingo Shifts** - Your 2-hour shift can help the club raise > \$700. Contact Veronica by email at vfriesen59@gmail.com
- **Safety Boat Driver** - Get your boating license at canadaboatsafety.com, then contact Pete to get trained

THANK YOU TO OUR SPONSORS



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