



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB

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UPCOMING EVENTS

At the Club

Mon & Weds Night After the Row - Celebration of Safety Social

Fridays Nights After the Row - Paras & Volunteers Social

Tuesday, Sept 5 @ 7:30 PM - Board Meeting (All are welcome!)

Monday, Sept 18 @ 8 - 10 PM - Strategic Plan - Action Planning

Sept 16 - 24 - National Coaches Week

Saturday, Nov 18 - LRC Banquet

Regattas

Saturday, Sept 23 - Head of the Welland

Sunday, Oct 15 - LRC Head of Grassy

Sat, Oct 28 - Sun, Oct 29 - Head of the Schuykill

COACHES CORNER

Juniors

Fall regatta crews are determined, and the crews are focused on training with the help of a team of coaches – Colleen, Kevin, Pete and I. Welcome new Jr. members **Gavin, Leone, and Michael!** All the best to **Leah** and **Felicia**, who are off to post-secondary school.

– Coach Melissa

Paras

Thanks to our volunteers, our para crew is on the water and having a blast. Welcome to **Julia Lane**, our newest Para Learn to Row participant.

– Coach Sue & Stacey

Masters

The Master's Competitive crews have been practicing since the beginning of August in anticipation of the fall Head Races. We are pleased to welcome seasoned competitors and novice Learn to Row graduates to our program! We encourage all members to consider cheering our crews on in Welland at the end of September. All are welcome!

– Coach Gill & Doug

MEMBER SPOTLIGHT

Colleen Romance Lashuck

BIG CONGRATULATIONS TO OUR NEWLY LICENSED ROW CANADA UMPIRE

Member since - LTR May 2017

Why you got involved with rowing - I had friends who were members of the club and they convinced a few of us to come try rowing. I definitely had room for improvement. I've never been really sporty but I knew I would enjoy rowing. I remember Marie Laurie bowing my quad numerous times and having a world of patience. She made our rows enjoyable by singing and cracking jokes. There are many people who helped me learn to row and luckily, we still have them at the club today; Pete Redfern, Kevin Nyman, and Marie, of course.

Form of rowing you enjoy most & why - I love sculling, most likely because it's what I learnt first. My favourite is to be in a single, concentrating on my row and focusing on technique. I also love being part of a crew that can make a quad glide through the water.

Competitions - I've been to Head of the Trent a couple of times bowing a quad and competed on ergs at [Motown \(Detroit\)](#) and [Ontario Erg Championships](#) (Ridley College, St Catharines). I also volunteered for the World Rowing Indoor Championships, a truly amazing experience.

Future goals - I plan on competing again this year on the water and possibly indoors, I'm always working on improving my stroke. I recently became a licensed RCA umpire so I plan on continuing attending regattas.

Club involvement - I had a desire to help the club grow so I joined the Board of Directors in the second year I started rowing. I started as a general director and now I've been secretary for about 3 years. I got my PCOC in 2019 and Pete taught me how to drive safety boat. I have also taken my LTR and RCA Level 1 coaching courses.

Favourite time to row - Early morning rows are the best, the sunrise and herons flying overhead is magical.

What else do you do to stay fit and active - When I have time I enjoy SUP, kayaking, pickleball, and cycling all with friends, if possible.

Best memory/experience rowing - I've had many great rows, many forgettable rows and some absolute shit rows. The best experience I had was flipping a double with "young" Jack M. A week previous, Kevin had discussed how to right a flipped shell and how to handle the situation. Who knows why exactly we went over but remembering the steps on how to roll the boat and pop up and over made the recovery quick. I'll always remember thinking, "Is this cold water? It can't be too cold if I can think about it" (as it was early in the season).

Anything to add - Anything you can do to improve yourself is a worthwhile endeavour, in the process, you'll most likely make some great friends.



SEPTEMBER NEWSLETTER FEEDBACK

Have news/ideas/suggestions for the next newsletter?
Email lasallerowingclub1@gmail.com



LRC'S STRATEGIC PLANNING PROCESS

August 12 - Review of Survey Results and Workshop

Our strategic planning consultant, Allison Prieur (allison@dareic.com), led us through the survey results and her discussions with current and former members, board members, coaches, and community partners. We discussed this together in break-out groups as well:

- LRC is at its best when...
 - We're working together, being social; volunteers are engaged, everyone is pitching in, para rowing etc.
 - *Examples of our excellence:* Great people who love the sport, help each other and with the shells, we welcome all skills and abilities, have strong coaches and committed volunteers, we're recognized for advances in para-rowing
 - Our members are passionate and committed to continual growth (individually, of the club, and of the sport); we believe in good coaching and accessibility.
- Our greatest aspirations for the club
 - Clarity around who we are and our goals; broader community introduced to rowing, including secondary and post-secondary; robust recreational and competitive program for various groups bigger boathouse with erg room, workout room, tanks

In the end, we collectively discussed that the **Foundations for Building the Ideal Future** are to improve **Internal** processes, enhance our **Outreach** in the community, and increase **Infrastructure**.

NEXT STEPS: Monday, September 18 from 8 - 10 PM we are having an **action planning session**. This session will help us to decide which steps we should take in the short and long term, and together we will decide how to measure success. Please join us!

AUGUST PASSED BUT LEFT MEMORIES THAT LAST

FUNDRAISING EFFORTS



In July, LRC raised **\$3174** from bingo! For each bingo shift, we need two volunteers and LRC makes ~\$700. If you're 18 years and older you can help out! Email Veronica at vlfriesen59@gmail.com

Thank you to **All Star Gaming Centre & OLG** for supporting LRC's Para and Junior Rowing Programs!



Popcorn Fundraiser

The Juniors did a stellar job at selling popcorn this month! They sold **160** tubs and raised **\$885** for the LRC Junior Program. The top salesperson was **Lucas**! Thank you to all who bought popcorn to support the purchase of new equipment at LRC!



LRC GRAND CHALLENGE CUP

Sunday, August 27

It was a fantastic day of racing and club spirit for our Grand Challenge Cup! This was one of the tightest final races of recent memory, with about a third of a boat length difference between the two crews. Special thanks to our volunteers, Dean for cooking and safety boating. Safety boat drivers and umpires: Doug, Gill Lopes, Pete, and Gloria. Lastly, Brian for taking these awesome action shots using his drone.



Champions
Melissa G, Mat R, Jackie F, and Leah O



2nd Place
Nicole B, Michele B, Mark, Sam G





Honourable Mention

the 5 ft sturgeon during the final race

LRC BOAT TRAILER HAS ARRIVED

Huge thank you to Doug, for picking up the trailer from Cleveland, OH and driving it back to our boathouse! A 36-foot trailer that can hold 2 eights on the top level. With this trailer, we are prepped to go to all the regattas we want for years to come. LRC was able to purchase this trailer from years of saving and through the bingo funds.



GOODBYE TO LEAH, DALHOUSIE ROWING'S NEWEST RECRUIT

Congratulations to Leah for starting her journalism degree at Dalhousie! She joined LRC in 2021 and has competed in multiple regattas, both indoors and on water. Amazingly, she is the newest LRC Grand Challenge Cup Champion. Best of luck in your next chapter!

GET MORE INVOLVED IN LRC!

- **LRC Annual Banquet Committee** - Help plan our end-of-the-year celebration! Contact Veronica
- **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 ulfriesen59@gmail.com
- **Safety Boat Driver** - Get your boating license for 50% off this Labour Day weekend at canadaboatsafety.com, then contact Pete to start your training.
- **Other committees** - Don't want the commitment of being a board member? Help out for other committees that make the Club run smoothly! Contact Colleen

MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Rowing a Boat - A Starter's Guide

As the bow seat of the boat, your responsibility begins and ends at the boathouse!

At the Boathouse

Grab your Whistle! Check your boat (bow ball, general sea-worthiness). Ascertain where you are heading (to the Green shed / Grassy / other) General commands: "Hands on," "up and overhead, and up," "toes to the edge," "roll to the waist and roll," "vent caps." Assign a person to stay with the boat, and the rest of your crew get their oars.

Launching from the Dock

Put oars in, check foot stretchers using the forearm method, bow seat calls out who goes in the boat and makes sure they put their water-side oars out.

On the Water

After leaving the dock, begin with arms-only rowing to gauge your boat's stability. Then, **head straight across the bay to the green buoy** and wait for the rest of the group. As this is a high-traffic area, we must prioritize safety. Always stick close to the other shells and know your safety boat driver's relative location.

For commands, in general, say "in two [strokes]" to get your crew's attention, then your command

Steering the boat – Turn and look over **both shoulders every 5–10 strokes**. It's best done after the catch as you start the drive. This method will offset the boat the least if you look when the blades are square in the water. Some start turning just as they're at the finish since it's easier on their body. Point your toe where you want to go, but know that your boat needs to have some speed for the rudder to have an effect.

Spinning the Boat – the crew needs to work together to turn the boat efficiently. In a narrow area – back with one oar and row with the other oar. Wider area – hold water with one oar and row with the other oar

Wakes – If the wakes are big, "let it run" and position the boat parallel to the approaching wake (is what they say). Having your bow pointed at an angle at the wake prevents water from going over the sides of the boat. Make sure that everyone is in the safety position.

FUN FACT

The term, "**regatta**" is from the Venetian word *regata* meaning "contention for mastery". Regattas were Venetian festivals with boat races among gondoliers held on the Grand Canal in Venice.

Try It Next Month!

Practice turning & backing the boat, as shown in the video below!

The Learned Rowers



Rowing and Sculling: Skills Training Techniques

by Rosie Mayglotling

(Avail. online at Toronto Public Library)



Turning & Backing a Sculling Boat Video Link

by Robin Wijngaarden Rowing Coach



www.row2k.com

concept 2 WOD Week Challenge: Sept 4 - 10

Concept2 releases a new Workout of the Day (WOD) every day. For this challenge, you just need to complete the WOD on at least five days of WOD Week to earn your certificate. Sign up for a Concept2 LogBook account and download the ErgData app! For more info, look at their website.



Bowing a Boat (cont'd)

Docking

Row **past the last green buoy and then start turning**, making your way quickly across the bay. Be aware of the obstacles: other boats approaching the dock (**wait!**), rowers on the dock, and debris in the water. As you become closer to the dock, do arms only and have each seat drop out (let it run).

- The slower the shell is, the less risk of crashing or missing the dock.

Line your boat up with the wooden platform on Fighting Island (in line with the safety boat dock). Decide which side to dock on. Aim for that corner of the dock and lean away before meeting the dock.

As your shell parallels the dock, instruct your crew to lean away from it and “walk the boat” using their hands until you reach the desired location on the dock.

Back at the boathouse

You’ve docked! Now, it’s time to bring the boat back in.

The sequence of commands: “hands on,” “up and overhead, and up,” “split,” “down to the shoulders,” “down to the waist,” “walk it forward,” “swing bow up the hill,”

It’s best to bring the shell beside the stretchers and then put it in. Otherwise, you have members of the crew doing acrobats to avoid colliding with the stretchers.

THANK YOU TO OUR SPONSORS



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