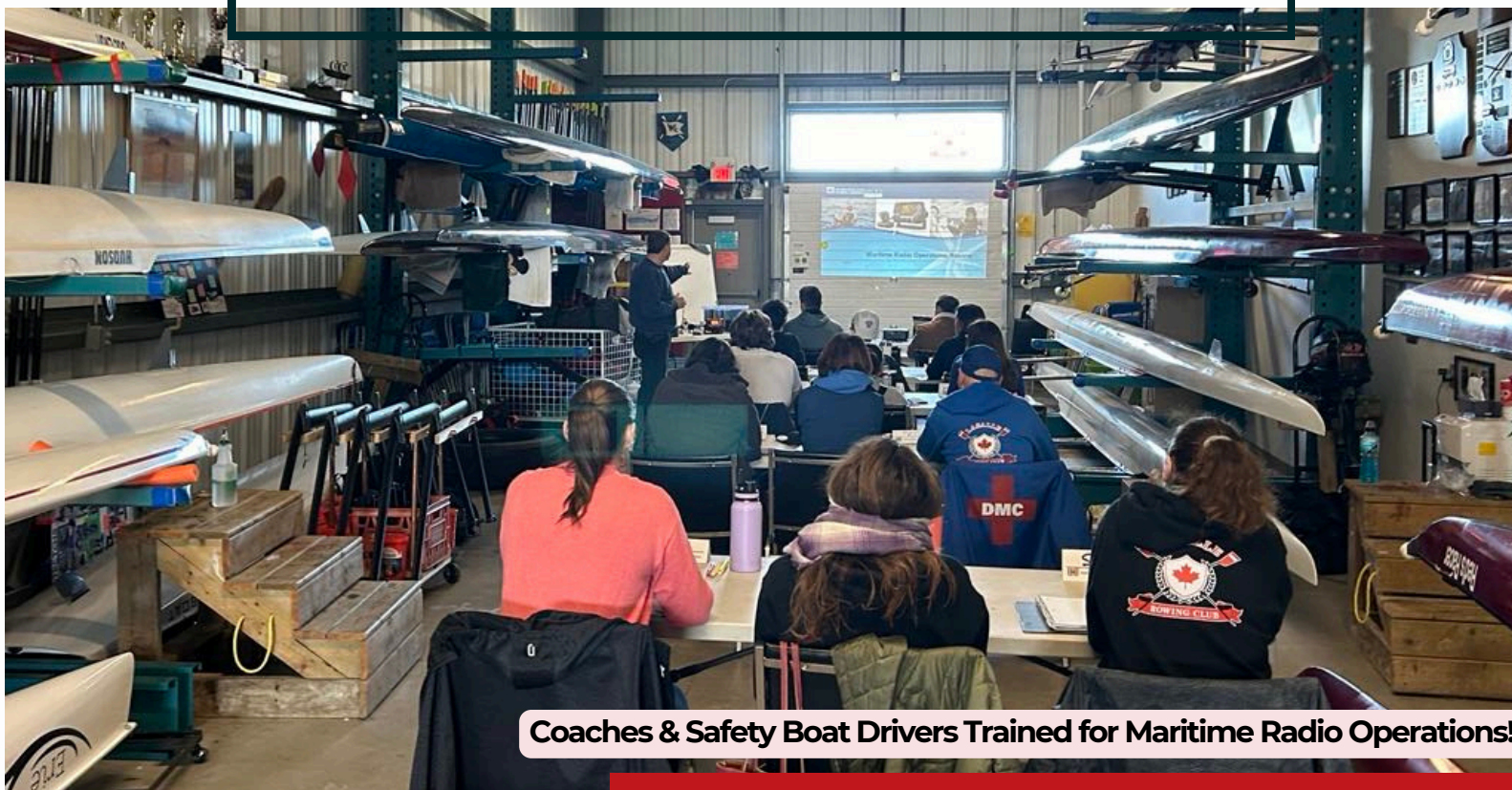




# LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Coaches & Safety Boat Drivers Trained for Maritime Radio Operations!

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## UPCOMING EVENTS

### At the Club

**Mon, May 6 @ 7:45 PM** - Board Meeting (all are welcome!)

**Sat, May 18 @ 11 AM** - Members' Town Hall at the Boathouse

**Sat, June 8 @ 10 AM** - LRC Float in Strawberry Fest Parade

**Sun, June 9 @ 8 AM - 11 AM** - Come Try Rowing Day

**\*\* only 13 years old and older can row on the water**

### Upcoming Regattas

**May 4** - Wy-Hi @ Wyandotte Boat Club for Juniors

**May 25** - London Western High School Invitational @ London

**May 31 - Jun 2** - Canadian Secondary School Regatta  
@ St. Catharines

**June 15 - 16** - RowOn Masters Championships (1,000 m sprints) &  
Training Camp @ WIFC, Welland

**July 14** - Tony Biernacki Sr. Memorial Regatta @ WIFC, Welland

## MEMBERS SPOTLIGHT

# LRC's Volunteers

As a 100% volunteer-run club, we rely on everyone to take on multiple roles to keep the club operating!

- Safety Boat Drivers
- Program and Learn to Row Coaches
- Bingo Volunteers
- Board of Directors
- Boat Maintenance
- Recreational & Learn to Row coordinators
- Committee Members (Events, Fundraising)
- Website Designers
- Umpires
- Coxswains
- Community Support
- Boat Riggers
- Movers
- Bingo Volunteers
- Social Media Coordinators
- Grant Writers
- Cleaners
- Club Ambassadors
- Breakfast Wizards
- Drivers
- Cheerleaders



## GET MORE INVOLVED IN LRC!

- **Volunteer for Bingo Shifts** - Your 2-hour shift can help the club raise > \$700. You can directly contribute to the club by raising the funds to buy new boats! Contact Veronica by email at [vfriesen59@gmail.com](mailto:vfriesen59@gmail.com)
- **Safety Boat Driver** - Get your boating license at [canadaboatsafety.com](http://canadaboatsafety.com), then contact Pete to get trained

## APRIL-ISH KIND OF ROWING

### FUNDRAISING EFFORTS



Big thanks to Sue, Marie, Veronica, Kathy, Colleen, and Jackie for volunteering in March, raising **\$2,993**. **Please consider volunteering for bingo to help us buy more boats in 2024 (see pg 4)** As always, thank you to All Star Gaming Centre & OLG for supporting LRC's Para and Junior Rowing Programs!



### LUCAS' CONSTRUCTION PREPS US FOR LTR SESSIONS!

Lucas built a new learning tool for Learn to Rows in his high school shop class. This will be perfect after teaching the LTRs the parts of the stroke on the erg to get a feel of sculling on land before taking them out onto the water. Sam and Lucas have since used it to coach our new juniors! This is very much appreciated and we can't wait to put it to good use!



### MARITIME RADIO TRAINING - A FULL HOUSE

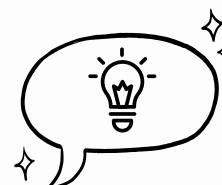
**April 13, 2024**

LRC's coaches and safety boat driver took a full-day course on Maritime Radio operations at the boathouse on Saturday. Due to us rowing so close to USA, our cellphones may not always work when we need it. The maritime radio will allow safety boat drivers and coaches to contact other nearby boats or the coast guard in case of emergencies. **This training is mandatory for coaches as part of the required safety training. Safety boat drivers are highly encouraged to take the course. The club will cover the cost of training. Please contact Doug for the next available times to take the course.**



### MAY NEWSLETTER FEEDBACK

Have news/ideas/suggestions for the next newsletter?  
Let Jackie know (jackie\_fong96@yahoo.ca) by  
Friday, May 24



# MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

## Weather Conditions & the Waterway

The month of April has been quite windy and rainy! Sometimes rowing conditions can't be determined until the boathouse captain is at the boathouse and sees the water for themselves, to ensure there are **no whitecaps**. While they always make an effort to arrive early to send out the cancellation notice, they may also have other commitments that prevent them from doing so!

### Weather Conditions (by Sue Whitehead)

I've learned to look at the wind direction and speed, I usually look a couple of hours before I go. A general rule of thumb for me is, if the wind speeds are:

- between **15 - 20 km/h from the South, Southwest, & Southeast**, there is a HIGH probability of not rowing.
- **more than 20 km/h from any other direction**, likely not rowing

I like winds between calm to 15 km/h coming from any direction that doesn't have south in its name. I know the boathouse captains and safety boat drivers do their utmost to get the cancellation out early but it probably won't be an hour before. The weather app I use is The Weather Channel and I always look at LaSalle weather. Happy rowing everyone!

### The Waterway

See below for a course map. This is also posted by the door to the dock.

- **The Bay** is the entire area within the yellow circle.
- **Course 1** aka "to the Green Shed". From the dock, always head straight across the bay (towards Fighting Island) and wait on the shore-side of the buoy until the safety all rowers and the safety boat are nearby.
- **Course 2** aka "Grassy Island". From the dock, row straight for the tugboats and stick closer to shore. Look out for overhanging tree branches when rowing along Grassy Island.
- **Course 3** aka "to the cottages". From the dock, head straight across the bay and row to along the shore of Fighting Island

It is also mapped out on [Google Earth with Buoys and Landmarks](#) (Thanks Mat!)

## FUN FACT

There are [28 islands](#) located in the Detroit River. Our Grassy Island in LaSalle, is aka "Grass Island". There's another Grassy Island (in Wyandotte, Michigan), on the other side of the river.

## The Learned Rower

[What Gives With Rowing Shells?](#)

[How to steer through wake](#)

