



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



The Dock was put in a little early this year!

IN THIS ISSUE

- **Member Spotlight**-----2
- **March Recap**-----3
 - **Fundraising Efforts**-----3
 - **Suggestion Box**-----3
 - **Annual Meeting**-----3
 - **ON Trillium Grant**-----3
 - **Island Sprints**-----4
 - **Spring Cleaning & Rigging Day** - 4
 - **Sport for All Initiative Grant**-----5
 - **Doug ON Medal for Good Citizenship**-----5
 - **LaSalle Rotary Club Visit**-----5
 - **First On-Water Row**-----5
- **Mastering the Stroke**-----6
- **Get more Involved!**-----6

UPCOMING EVENTS

At the Club

- Mon, April 1 - New Season Starts!** Time to renew your Membership!
- Mon, April 1 @ 6:30 PM** - LRC Board Meeting @ Boathouse
- Mon, April 8 @ 6:30 PM** - Masters Competitive Info Meeting
- Sat, April 13** - Marine Radio Course to Restricted Radio Operators Certificate (Required for all Safety Boat Drivers & Coaches)
- Mon, April 15 @ 6 PM** - First Aid/CPR Recertification

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 @ Welland

MEMBERS SPOTLIGHT

Ashley Chouinard

Member since: I participated in a Learn to Row at LRC in June 2022, so I have been rowing for two full seasons.

Why you got involved with rowing: I used to be a volleyball player and experienced one too many serious knee injuries. My orthopaedic surgeon recommended I find a new sport for competition. I moved to Windsor in 2019 and, following the pandemic, it occurred to me that I was surrounded by water and that there must be rowing. I love being on the water and felt that this sport may be a good fit for me.

Form of rowing you enjoy most & why: I love sculling and sweep. I would like to do more sweep rowing this season because a team feel really appeals to me.

Competitions: During my first season in the Fall of 2022, I competed at Head of the Trent with a women's quad and we placed third. I competed in indoor competition at Motown and Ontario Championships during the winter of 2023 and placed third at both those events. In the Fall of 2023 I placed second in a double with Melissa at Head of the Welland and third with Gill W. at Head of the Schuylkill.

Future goals: I would like to improve our time this year at both Head of the Welland and Head of the Schuylkill if we compete there. I am also looking forward to doing some work on inclusion for the club. This year I plan to help out with implementing the Community Sport for All Initiative grant that LRC received to partner with Build a Dream supporting women and girls. In the future, I would love to participate in a concerted effort to engage low income communities in Windsor Essex.

Club Involvement: Last year I became a Learn to Row Coach and had the pleasure of working with a great group of new rowers. I obtained my boating licence in order to help out with safety boat driving. I also coached Come Try Rowing days at the club.

Favourite time to row: This is tough. My favourite time to row is as the sun is coming up in the morning. I love starting my day on the water. That being said, this involves getting up so early and starting out in the dark - both of which I don't love. However, watching the sun rise makes it all worthwhile.

What else do you do to stay fit and active: I am a certified yoga instructor and have spent the last 20 years practicing yoga alongside competitive sports. I also love to weight train.

Best/memory experience rowing: My best memory to date was placing third with Gill W. at Head of the Schuylkill. It was my first year rowing a double, this was a particularly difficult course and I had a very experienced partner. I was so nervous! Performing well at this event was very fulfilling for me.

Anything to add: I'm so glad I found LRC. The sport of rowing, and the people in particular have truly changed my life for the better. I look forward to watching the club evolve over the coming years.



MARCH-ING OUR WAY TO SPRING

FUNDRAISING EFFORTS



Big thanks to Veronica, Kathy, Sue, Jackie, Amy and Dean for volunteering in February, raising **\$2,595**. **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!



Fundraiser with FlipGive

FlipGive is an app to earn cashback on your purchases to support the club! They offer many gift cards and stores to shop from, with 1 - 15 % of your purchase contributing to LRC. **Join today and make a purchase within 14 days of joining to get a bonus of \$5 towards our goal.**

<https://flipgive.app.link/teams/join?joincode=5LF4ZK>

SUGGESTION BOX READY FOR YOUR INPUT

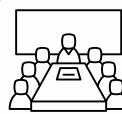
Following the feedback from the Town Hall for the Strategic Plan in January, a locked suggestion box is **located on the wall beside the First Aid Kit that are on the left side of the hallway door**. The suggestion box will be checked before every board meeting and suggestions will be discussed at the board meeting.



ANNUAL MEETING

March 2, 2024

LRC is incredibly lucky to have the support and engagement of its members. At the meeting, we had 18 general members plus the Board of Directors come. The Annual Meeting Minutes and the year-end reports are in the Google Drive folder. For the Board of Directors election, six positions were open, of those four positions were for two-year terms and two positions were for one-year terms. This was done so that every year, half of the board will be renewed voted in again by the LRC membership.



BOARD OF DIRECTORS

- President** - Doug Diet (1-year)
- Vice-President** - Gill Wilson (2-year)
- Treasurer** - Nick Kienast (2-year)
- Secretary** - Colleen Romance (1-year)
- Directors**

- Dean Gibson (1-year)
- Sam Greenham (2-year)
- Jackie Fong (2-year)
- Pete Redfern (1-year)

Red = newly elected
() = term on the Board

ONTARIO TRILLIUM FOUNDATION - RESILIENT COMMUNITIES GRANT

Amazingly LRC was awarded **\$121,600** from the Government of Ontario and the Ontario Trillium Foundation. These funds will be used for the purchase of boats, (an eight, a light weight quad, a lightweight double), sculling oars, boat slings, straps, the services of a policy development consultant, and coach development workshops.



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

20TH ANNUAL ISLAND SPRINTS @ GROSSE ILE, MICHIGAN

March 2, 2024

The Juniors went to the “lovely islands” to compete in their final indoor rowing competition, hosted by the Grosse Ile Rowing Club. They did amazingly well! They end the indoor rowing season with six personal best times and a medal count of 2 gold and 8 silver!

LRC's Competitors

Individual Events: **Owen** (1st), **Reece** (1st)

Team Events:

- Men's Relay
 - **Sebastian W., Lucas B., Owen B., Reece C.**
- Mixed Relay
 - **Lucas B., Sam G., Avery K., Reece C.**



1st Place
Reece



1st Place
Owen



SPRING CLEANING AND RIGGING DAY

March 23, 2024

The eagerness to get on the water was palpable on Saturday! The Juniors and club members cleaned the boathouse and rigged the boats for the upcoming season. They were joined by three Lifetime Members, **Pete, Kevin** and **Marie**! Get your registration and fee submitted ASAP and see you on the water!



LRC Lifetime
Members

RCA COMMUNITY SPORT FOR ALL INITIATIVE GRANT



Another successful grant! LRC partnered with Build a Dream is receiving \$3,500 from Row Canada and Sports Canada to enhance inclusion of girls and women in sport. These funds will cover participant fees for 16 girls/women, administrative costs, and marketing/promotional materials.

DOUG DIET AWARDED ONTARIO MEDAL FOR GOOD CITIZENSHIP

March 25, 2024

Congratulations to Doug for being honoured with the second highest honour awarded by the province; recognized for their exceptional volunteerism. He began a nationwide campaign to include the placement of poppies on historically named street signs. Also, he established the para-rowing program for athletes with disabilities at LRC. He has been recognized for his endeavours promoting literacy and received the 911 Community Service Award for many years serving on the boards of homeless shelters.



LASALLE ROTARY CLUB VISIT

March 26, 2024

Stacey TM, para rowing coach, welcomed representatives from the LaSalle Rotary Club at the boathouse to learn about LRC and the Para Rowing Program. **Theresa** and **Kathy** were on hand to provide the volunteer/club and athlete perspective, respectively. **Colleen** represented the Board. They were very interested, engaged and asked great questions. Thank you to the LRC members in attendance, who helped us work toward our strategic priority of expanding our reach by engaging the community in our love of rowing.



FIRST ON-WATER ROW OF THE YEAR

March 30, 2024

Doug operated the safety-boat, while two quads and a double went out on the water. It was a chilly morning with a bit of sprinkling rain, but that didn't stop our eager rowers from having fun.



APRIL NEWSLETTER FEEDBACK

Have news/ideas/suggestions for the next newsletter? Let Jackie know (jackie_fong96@yahoo.ca) by Tuesday, April 23



MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Bowing a Recreational Quad.

By: Peter Redfern

For a new rower bowing a quad can be quite a daunting task. If you have rowed in a coastal boat then you are used to turning around as you finish your drive and having a quick look for other boats or floating obstacles behind you. In the quad, you have three other rowers to keep safe. For a first timer, it would be good to have an experienced bow person in two-seat helping you out.

When I bow the quad I like to think about rowing in pairs, the stern pair and the bow pair. Before we leave the dock we have a plan worked out, as to what our roles are. As we leave the dock, the bow pair row and the stern pair balance the boat. After a few metres we will change to all four rowing, arms only, then half slide, then full slide as we go by the crane.

Once in a while I will have a quick look over my right shoulder and have seat two have a look over their left shoulder. I will have three-seat and four-seat work together on the stroke.

Assuming the rudder is working properly, you can keep the boat going in a straight line. If not you will have to shout out "Hard on port" to go left or "Hard on Starboard" to go right.

Hopefully, we can make it to the green shed without stopping. At the shed, I would have four-seat, or three and four-seat together practice backing the boat. This is important if you have ever been stuck in weeds or missed the dock and heading towards the rocks.

On our return from the green shed is a good time to practice some drills. Rowing on the square, pause drills, rowing with our eyes closed, rowing with our feet out of the shoes.

If we have time we will back in the boat on returning to the dock.

When docking use any wind to your advantage and engage other crew members to help bring the boat in.

FUNFACT

The round-trip distance from the LRC Dock:

- to the Green Shed (Fighting Island) is **7 km**;
- to the end of Grassy Island (along the Eastern side) is **6 ¼ km**

The Learned Rowers



Masters Rowing by Dr. Volker Nolte

Fitness and competition training tips for masters rowers.



[Ottawa Rowing Club: Taking a boat from the boathouse to the water](#)



[RCA Rowing Safety Modules](#)

Must watch for new/returning members

concept 2



April's Fool Challenge: April 1 - 15

A streak challenge. Row every day for 15 days from April 1. Each day, however, the distance you need to row increases by 1000 m per day. (e.g April 1 = 1000 m, ... April 15 = 15,000 m)

GET MORE INVOLVED IN LRC!

- **Recruiting members for the LRC Governance Committee** - To develop and update policies, procedures, and manuals. Contact Colleen if interested!
- **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
- **Safety Boat Driver** - Get your boating license at canadaboatsafety.com, then contact Pete to get trained