



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



LRC Town Hall Unveiled New Strategic Plan

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UPCOMING EVENTS

At the Club

- Wed, Feb 7** - National Girls & Women in Sports Day
- Mon, Feb 12 @ 7 PM** - Board Meeting (all are welcome!)
***Meeting Minutes now on Google Drive (Look at e-mail for link)
- Sat, March 2** - LRC Annual Meeting (6 terms are due for current board members, they will be voted in)

Upcoming Regattas & Events

- Jan 29 - Feb 4** - [HOCR 4702](#) winter erg challenge (see page 4)
- Sat, Feb 10** - [Motown Madness](#) @ Belle Isle Athletic Shelter, Detroit
- Sat, Feb 24** - [Nancy Storrs Ontario Indoor Rowing Championships](#) @ Ridley College in St. Catharines
- Sat, May 25** - London High School Invitational

MEMBERS SPOTLIGHT

Lucas Berger

Member since - 2018, back when Kevin was the only coach and the junior program was split up into guys rowing practices and girls rowing practices

Why you got involved with rowing -

My dad rows for Wyandotte [Boat Club] and wanted to get me and my cousin Felicia into a new sport that he loved

Form of rowing you enjoy most and why -

I really enjoy rowing quads because there are lots of people to talk to and when the quad is full of people I enjoy talking to and rowing with we go really fast and I enjoy rowing a lot more.

Competitions - I've been to multiple races the majority of them being erg competitions. Motown was my first indoor race along with Grosse Ile and Ontario Indoor Rowing Championship. As for on-the-water competitions, I've done multiple club regattas and I've raced in Welland placing second, and in Philadelphia with my dad.

Future goals - I plan to go to the University of Windsor for business and potentially play football for them.

Club involvement - I have volunteered at multiple Learn to Row sessions and have been trained as a Learn to Row coach. I also volunteered in the club yard sale, and I occasionally safety boat for the masters in the summer.

Favourite place/time/ time of year to row - I enjoy rowing in all seasons because each has its own thing I enjoy, like the social aspect of indoor training and the atmosphere and scenery while rowing on the water I really enjoyed rowing in Philadelphia because it was a cool experience rowing somewhere that far away

What else do you do to stay fit and active - I play football during the fall and occasionally workout.

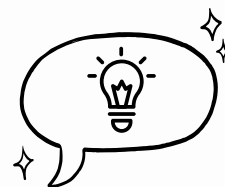
Best memory/experience rowing - I really enjoyed the first Grand Challenge Cup I was a part of when I first started rowing with Felicia, Sam R, Nolan and Xavier

Anything to add - Although rowing forces me to wake up early I look forward to getting back on the water and having the new rowers get out on the water to really experience rowing.



FEBRUARY NEWSLETTER FEEDBACK

Have news/ideas/suggestions for the next newsletter?
Let Jackie know (jackie_fong96@yahoo.ca) by
Thursday, February 22



JANUARY WAS HEATING UP!

FUNDRAISING EFFORTS



Big thanks to **Marie, Colleen, Sue, Brian L, Veronica, Tom, and Aria** for volunteering in December, raising **\$5,769**. **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!



Holiday 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>

TOWN HALL UNVEILED LRC'S NEW STRATEGIC PLAN

January 22, 2024

Doug (President) and Gill (Vice-President) presented LRC's new strategic plan. The presentation and the supplemental can be found in the shared **Google Drive folder**. The folder link can be found in your e-mail (sent on Jan. 23rd) with the subject line "*LRC shared google file for members information*".

The Strategic Plan outlines the Vision, Mission and Values of the Club, the Strategic Priorities and the planning process. Other points of discussion during the town hall and subsequent action items are:

Creation of Three New Leadership Positions: Head Coach; Learn to Row Program Lead; Recreational Program Lead

- The volunteer descriptions are to be distributed once the board reviews

Having a suggestion box at the club & online anonymous survey

- To be implemented

Store board meeting minutes and strategic plan files digitally.

- Made a Google Drive folder and distributed the link to members via email
- Publish a "Members Only" page with this information, on the LRC website by April 1

Ways to increase the number of safety boat drivers.

- Promote Pete's safety boat training course and further develop it to ensure volunteers feel sufficiently trained

VISION

By 2034, Windsor-Essex is home to a vibrant community of rowers with ample opportunities to row for fun, fitness, and competition.

MISSION

LaSalle Rowing Club fosters a love of rowing in our members and our community.

VALUES

**Teamwork
Inclusion
Transparency
Passion**

STRATEGIC PRIORITIES

We foster a love of rowing in our members and community by...

- **BUILDING**
a strong foundation for growth through clear, transparent, and effective internal processes
- **EXPANDING**
our reach by engaging the community in our love of rowing
- **GROWING**
infrastructure to enhance opportunities for rowing in Windsor-Essex County

RCA CLUB OF THE YEAR NOMINATION FROM ROWONTARIO



November 29th, 2023

Dear Rowing Canada Aviron,

I am pleased to provide this letter, in support of LaSalle Rowing Club's nomination for RCA's Club of the Year.

While many clubs run try-it days and other initiatives to recruit new members, LaSalle sets themselves apart in their strategic and deliberate approach to growing the sport in a sustainable way. By simultaneously sourcing financial and equipment resources, developing infrastructure, and supporting coach and umpire development, all while executing creative and inclusive ways to expose more people to rowing, LaSalle is building a vibrant rowing community for all.

In 2023, LaSalle successfully obtained several grants to support their efforts. Through one of these grants, they engaged a consultant to help them develop a strategic plan to guide their operations. During this process, LaSalle engaged with and consulted other clubs, Row Ontario, and community groups, to ensure that they were working collaboratively with stakeholders.

RowOntario nominated LRC for **Row Canada (RCA)'s Club of the Year award**. In the nomination letter, Kate Savage, their Domestic Rowing Manager, highlights our club's *"strategic and deliberate approach to growing the sport in a sustainable way"* through our efforts to obtain financial support (successful grants), equipment resources, and supporting coach and umpire development. The letter also showcases our commitment to increasing our membership by increasing the number of our volunteer Learn-to-Row coaches and ensuring that they are NCCP-trained. Our focus on inclusion with our dedication to para rowing, and our junior, recreational and competitive programs was also highlighted.

RCA NATIONAL CONFERENCE, QUÉBEC CITY

January 26 - 28, 2024

Doug, Gill and **Ashley** represented LRC at the Row Canada Aviron National Conference spreading the word about our amazing club with other rowing organizations across Canada and making many new rowing contacts. They had a great professional development opportunity to develop their coaching skills. Gill and Ashley attended the Rowing For All Stream and Doug was registered and accepted in the Performance Coach stream. They will distribute the resources they received (e.g. lesson plans for techniques and drills) to LTR coaches. They will also share the new ideas they heard, resources they received and connections they formed with LRC's board members, volunteers and members.



HOCR 4702

January 29 - February 4, 2024

The Winter Erg Edition of the Head of the Charles Regatta. The course of the on-water version is 4,702 meters. Rowers can sign up through RegattaCentral (for a fee for \$15). The first 2,500 registrants will receive a 2024 HOCR 4702 pin! For more details [visit their website](#).

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 (6 positions will be open)** - Be a key driver in helping our club flourish. Contact Colleen for more information.
- **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

MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Preparing for your 2K erg race

Days Before the Race

- Start **drinking lots of water** three days before the race to ensure that you are hydrated by the time you race.
- **Taper your training plan** leading up to the day of the race, so that your body is energized and in peak shape.
- From your training, you should **have a good idea of what time is achievable** for your race (or close to it).
- **Develop your race plan.** Example Plan: [Rowk 2K YouTube video](#). If you're a coached athlete, your coach may create one for you. Study it.
- The **day before the race**, sleep early and aim for a full night's rest.

The Day of the Race

- Have a **light breakfast 2 - 3 hours** before the race that is high in carbs and protein but low in sugar (e.g. oatmeal or eggs on toast).
- Bring fluids to stay hydrated throughout the day (e.g. water, low-sugar drinks, or sports drinks with potassium and sodium).
- Doing a **pre-race routine** is crucial to prepare your body for the race:
 - Start with a general aerobic warm-up for 3 - 10 min (jumping jacks, high knees), and a dynamic warm-up (8 - 10 min).
 - See pg 7 - 12 on the [Rowing Canada guide](#) for the exercises.
 - On the erg, for 10 - 20 min, and [see this forum](#) for what they recommend.
 - **Row easy for 2 - 3 min, 10-stroke at your 5k rate,**
 - **20-20-10 rate build-up** (20 strokes that is 5 sec faster than 5k rate, 20 strokes that is 10 sec faster than the previous rate, and 10 strokes that is 2 - 3 seconds faster than the presumptive 2k pace)
 - Lastly, **row easy for the last 4 min**, to allow for maximum recovery (bring heart rate back down) just before the race
- Review your race plan before the event.
- Your **race time can change** from what was scheduled, so confirm the time the day of the race & **which Erg** you will be seated at for the race.

During the Race

- **Set yourself up** on the erg. Check your damper & foot stretcher settings.
- Execute your race according to your race plan. **Avoid 'fly and die'** - when you begin the race, you will feel a rush of adrenaline leading to a very fast start that is unsustainable, causing fatigue & poor performance.
- Remember your plan and settle into your race pace within 10-15 strokes.

After the Race

- Great job for sticking it through and making it to the end!
- Grab a drink to rehydrate and do some **cool-down exercises**.
- Race results are usually posted at the race venue soon after the race.
 - It may also be posted on RegattaCentral (regattacentral.com) under the Results section of your regatta's page.

FUN FACT

Women's rowing made their first debut in the Olympics at the 1976 Summer Olympics in Montréal. Before this, only men were allowed to compete in rowing.

The Learned Rower



The Seven Seat: A True Story of Rowing, Revenge, and Redemption by Dan Boyne

Novel written by Harvard University coach, he tells the funny story of his first year in crew in college



Row 2K by RowingWOD ([YouTube link](#))

How to approach a 2K (before, during, and after)



British Rowing - Indoor Rowing

See training plans, courses to be an instructor and events

concept 2



Valentine Challenge: Feb 9 - 14

Erg 14,000 meters between February 09 and midnight on Valentine's Day, February 14.

Sources:

- [Crew Connection - Preparing for a 2k test](#)
- [C2 Forum - 2k test prep & tips](#)
- [Row Canada New to Rowing Program](#)