



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB

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NOVEMBER NOVEMBER NOVEMBER

FUNDRAISING EFFORTS



In October, LRC raised **\$2279** from bingo thanks to **Colleen, Jackie, Veronica, Tom, Sue, and Sara**. 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>

UPCOMING EVENTS

Monday, December 11 @ 6:30 - Board Meeting (All Welcome!)

Tuesday, December 12 @ 6:00 - LRC at the Town of LaSalle Council Meeting

COMING SOON

Strategic Plan is completed and will be released to all members.

LAST DAY OF ON-WATER ROWING, BREAKFAST AND CLEAN UP

November 5, 2023

It was a densely foggy morning. Luckily, the fog lifted a bit, so that we could still row in the bay while **Doug** safety-boated. Safety boats were taken out of the water and pressure washed (thanks, **Nicolas**, for bringing the pressure washer!), and boats were derigged for the last time this season to make room for winter training. **Dean and Veronica** prepared us a delicious breakfast to end the last on-water row of the season!



BOATHOUSE CLEAN UP

November 12, 2023

Thanks to everyone who helped dust, move, tidy up, oil the ergs, and clean the workout mats at the Boathouse to get the club ready for winter training. In the selfie of the stellar crew **Sam G** (left, clockwise), **Owen, Pete, Lucas, Mike, Nicolas, Colleen, and Melissa**. Not pictured **Stacey M, Doug, Srabon**.



Awards Banquet

November 18, 2023

A once-in-a-year event to see our fellow rowers out of their rowing gear and dressed to impress. This year's event was well attended, with LRC members, family and supporters in attendance. Special Thanks to the Banquet Committee and Big Congratulations for planning such a fantastic event: **Veronica** (Chair), **Amy, Betty, Colleen, Gill Lopes, Marie, Sue, Kathy** and **Nicole**. We also had delicious desserts provided by **Michèle**. We were pleased to welcome **Carol Purcer, President of Rowing Canada Aviron** and our keynote **Gordon Henry, OLY, President and Founder of Fluidesign** to our banquet to share our experiences throughout the year and celebrate our successes.



STARBOARD SCULL
SAMANTHA GREENHAM &
KATIE JONES



PORT SCULL
FLUIDESIGN



GEORGE POCOCK MILLENNIUM AWARD
MELISSA GREENHAM

NOVICES OF THE YEAR



JUNIOR
LIV LAPICO



MASTER'S RECREATIONAL
BETTY BEAR



MASTER'S COMPETITIVE
MICHÈLE BOWMAN

ROWERS OF THE YEAR



JUNIOR
FELICIA PENDERSON



PARA
KATHY DRESSER



MASTER'S RECREATIONAL
GILLIAN LACHANCE



MASTER'S COMPETITIVE
JACKIE FONG



Learn to Row Graduates and Coaches

MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Erging Tips - Strapless Erging to Fix Layback

Excerpt from ergrowing.com/strapless-erging-will-fix-excessive-layback/

Sit on the erg and pull a few light strokes without putting your feet into the straps.

Most who try this for the first time end up falling back off the seat as their feet rise from the footplate. And Ergers who have excessive liebacks usually end up on the floor!

The first secret to successful strapless Erging is timing.

You must aim to finish your legs back and arm power phase at roughly the same time. When you do well, your natural lean back angle will be at about 2 o'clock. When it is done very well, your chest and core open up and your shoulder blades almost pinch together at the finish. The upshot of this is that it allows your lungs to function very well. Point your toes and straighten your legs.

The second secret for successful strapless Erging is to keep pressure on the foot plate at all times – especially at the finish of the stroke.

When you first try this you will really feel as though you are cutting the power phase short by about a third. For while it will feel counter intuitive, but stick with it. I always begin my workouts with a couple of minutes warming up with strapless feet. And when I go back to normal feet, the difference is amazing.

Work on your core. Lots of excessive layback is caused by default – weak stomach muscles and core. Engage your core during the power phase to brace yourself and use it to prevent laying back excessively.

Low Pull or High Pull?

If you Erg with a long lean back you must pull high because otherwise the handle would end up somewhere below your waist!

The most efficient path for the handle to travel from the start to the end of the power phase is in a **straight line**. And as level a handle as possible. Imagine looking at yourself from the side when you are on the erg. You can see the handle moving perfectly parallel to the floor around and around in a smooth cyclical rhythm.

More often than not the handle is drawn in too high. This is caused by too much arm pulling at the finish. If you have this problem, think about powering up early in the stroke and releasing the handle early towards the body in a smooth horizontal motion.

FUN FACT

Rowing dates back to 25th century BCE, from ancient Egypt. Their war vessels/ships of state, galleys, used oars as its main way of moving along the Nile River.

The Learned Rower



Lessons in Chemistry –

Bonnie Garmus
(Novel and TV show with Brie Larson)



The PERFECT BEGINNER
Rowing Workout by Dark Horse Rowing (Erging)



<https://ergrowing.com/>

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](#).

The Masters sport research team (Canadian researchers from Cape Breton University, the University of Ottawa, and the University of Lethbridge) is recruiting adult (Masters) athletes to participate in our new study that is interested in adult athletes' preferences for coaching practices.

Adult athletes will be asked to complete an online survey which takes approximately 30 minutes to complete. By completing the survey, we will gain an understanding of how and why adult athletes prefer certain coaching practices across a sporting season.

Survey link for adult (Masters) athletes: www.surveymonkey.ca/r/AdultAthletesCoachingPreferences

**ARE YOU AN ADULT ATHLETE?
DO YOU HAVE A COACH?** 



We want to learn about your preferences for coaching practices.



COACHING MASTERS ATHLETES

