



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



A Rainbow for Master's Competitive 5:30 AM Row

IN THIS ISSUE

• Member Spotlight	2
• May Recap	3
• Fundraising Efforts	3
• WY-HI Regatta	3
• Check-In with Masters Comp Crew	4
• LRC Town Hall	4
• BOATS! BOATS! BOATS!	4
• London Western High School Invitational	5
• AccessAbility Week Flag Raising	5
• Mastering the Stroke	6
• Get more Involved!	6

UPCOMING EVENTS

At the Club

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 or older can row on the water

Mon, June 10 @ 7:45 PM - Board Meeting (all are welcome!)

June 21 - 23, June 28 - 30, July 5 - 7 - Learn to Row Sessions

July 8 - 12 - Junior Learn to Row Summer Camp

Upcoming Regattas

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

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

Sept 21 - 22 - Head of Welland, Welland

Oct 26 - 27 - Head of Schuylkill, Philadelphia

Nov 9 - Awards Banquet @ RCL 594 with special guest

Victoria Nolan, World Champion, 4x Paralympian

MEMBERS SPOTLIGHT

Mark Maceroni

LRC Junior Ambassador

Member since: 2021

Why you got involved with rowing: I've always loved water sports; being on the water is so calming. When I wanted to explore other sports, I tried rowing and I've been hooked ever since.

Form of rowing you enjoy most & why: For me, I always enjoy rowing in the quads because when you're rowing, it is very sociable, it gives you such a sense of power on the boat, and always a good time.

Competitions: I have been to many competitions, the first one being the Head of Welland last year. It was a fun experience with the crews that I raced with. Also, I raced in the London High School Invitational this month, winning first with the crew (Lucas, Reece, Sam G, Owen); as well as participating in the in-club races. As for indoor competitions, I raced in Motown on Grosse Île.

Future goals: For the future, I hope to attend at the University of Windsor in Law and get my coaching certification at the club.

Club Involvement: I like the environment that LRC creates. That's why I try to attend as many events as possible (eg. Learn to Row, Come Try Rowing Day, and even board meetings as I am now a junior ambassador at the club). Also, helping with fundraisers and being there with all my team members is something that I truly enjoy.

Favourite time to row: Honestly, I love seeing all of the different aspects of the rowing season, but I love the spring and summer months. Being on the water has a sense of calming for and is always a good time.

What else do you do to stay fit and active: Other than rowing, I workout at the gym in my high school and I have played volleyball as well as soccer for my High School, Kennedy

Best/memory experience rowing: My favourite experience rowing was at the London High School Invitational. When the races were getting delayed, the juniors were all talking and joking around, bringing a sense of togetherness.

Anything to add: I am so glad to be a part of the LaSalle Rowing Club. This place is like my second home and I feel so thankful to be a part of the LaSalle Family.



JUNE NEWSLETTER FEEDBACK

Have news/ideas/suggestions for the next newsletter?
Let Jackie know (jackie_fong96@yahoo.ca) by
Monday, June 24



MAY MAY RAIN & WIND AWAY

FUNDRAISING EFFORTS



Big thanks to **Tom, Sue, Marie, and Brian L** for volunteering in April, raising **\$2,618**. Please consider volunteering for bingo to help us buy more boats in 2024 (see **Get More Involved!**) As always, thank you to All Star Gaming Centre & OLG for supporting LRC's Para and Junior Rowing Programs!



WY-HI @ WYANDOTTE BOAT CLUB

May 4, 2024

Exciting first regatta of the season for the Juniors at Wy-Hi hosted by our friends at the Wyandotte Boat Club. The Women's Varsity 2x - Liv and Samantha brought home the gold. Congratulations to all the Juniors for their dedication and work thus far! It is a busy month for them.

LRC's Competitors

Women's Varsity 2x - **Samantha (B), Liv (1st)**

Women's Varsity 4x - **Samantha (B), Luciana, Hailey, Liv**

Men's Varsity 2x - **Lucas (B), Mark**

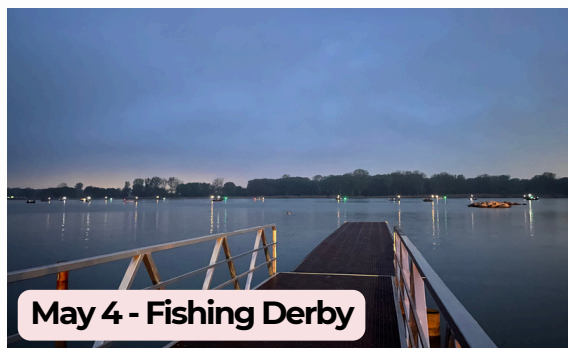


1st Place
Liv, Samantha (B)



CHECK-IN WITH MASTER'S COMPETITIVE CREW

May weather was not kind for on-water training for the Master's competitive crew, coupled with dodging fishing boats on the river on May 4's Fishing Derby. Despite the windy, rainy days there were still smiles in the boathouse as the crew worked out on the ergs and did their circuit exercises.



May 4 - Fishing Derby



FIRST LRC TOWN HALL

May 18, 2024

We held our first town hall of the year. These will be held quarterly as an informal way for the Board to hear from the members face-to-face, in addition to the suggestion box (which provides an anonymous way to solicit feedback). A **Board update from LRC's email** was sent to all members on May 13, which was also discussed at this town hall:

- Appointment of key roles in club operations (Head Coach - Gill W, Masters Recreational Coordinator - Dean, Learn to Row Coordinator - Jackie)
- Intra-club communication (direct all important questions to LRC's email, lasallerowingclub1@gmail.com)
- Rower development (Transition of LTRs to LRC members)
- Community Outreach (keeping better track of opportunities and scheduling)

BOATS! BOATS! BOATS!

May 14 and 26, 2024

We are incredibly grateful for the support from the Ontario Trillium Foundation that helped fund the purchase of 7 boats for our club, when combined with LRC's savings and bingo funds. The first delivery day brought four Fluidesign boats:

- new MWT 2x (convertible double / pair),
- new MWT 1x,
- new LWT 1x,
- new LWT 4x- (convertible quad / straight four)

The second delivery day were from Hudson's Boat Works:

- used MWT 8+,
- new LWT 2x,
- new LWT 1x

With all these new boats we have to name them! Thanks for all your submissions and the Board is looking forward to reading the names at the June 10th board meeting.



Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

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



LONDON WESTERN HIGH SCHOOL INVITATIONAL

May 25, 2024

The Juniors participated in sprint races at the London Western High School Invitational Regatta, hosted by our nearest neighbour to the North, London Western Rowing Club. The weather was stubborn, but cooperated just enough for our juniors to race.

LRC's Competitors

- Men's Development 1000m 4x+ - **Samantha** (Cox), **Owen** (B), **Lucas, Reece, Mark** (1st)
- Women's Development 1000m 4x+ - **Avery** (Cox), **Peyton** (B), **Luciana, Ella, Aubrey**
- Women's Sr 4x - **Samantha** (B), **Hailey, Luciana, Avery**
- Women's Jr 1x - Olivia
- Mixed 4x - **Samantha** (B), **Reece, Lucas, Hailey**



1st Place
Reece, Mark, Lucas, Owen,
Samantha (C)



ACCESSABILITY WEEK - TOWN OF LASALLE FLAG RAISING

May 28, 2024

The Town of LaSalle held a flag-raising for National AccessAbility Week (May - June 1). **Doug, Sue, & Veronica** represented LRC to support this important occasion to:

- celebrate the valuable contributions and leadership of Canadians with disabilities,
- highlight the work of people, organizations and communities that are removing barriers,
- reflect ongoing efforts to become a better, more accessible, more inclusive Canada.



MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

A safe, welcoming & inclusive environment for rowing

We think rowing is great, but not everyone knows that! A part of introducing everyone to rowing is ensuring we have a safe, welcoming, and inclusive environment for a person to try and learn something new. It's also so important for anyone learning a skill for a long time!

What does each word really mean?

Reference: [Canadian Paralympic Committee, "Definitions"](#)

Safe – A safe environment is a positive space that promotes consent-based participation and all participants' physical, emotional and social development and well-being. It is free from abuse, maltreatment, misconduct, bullying, harassment and hazing, and involves treating all participants with dignity.

Welcoming – has a culture that ensures that everyone involved is made to feel actively encouraged, included, and valued. It involves seeking to understand and remove barriers to full and meaningful participation.

Inclusive – An inclusive environment is one where people have both the feeling and reality of belonging, where they can participate in ways that are meaningful to them, and where the activity contributes to them reaching their full potential. It involves understanding, accepting and respecting diversity and actively involving people from the diverse groups represented within the community. Relevant and appropriate policies and services are developed and implemented, and there is an organizational commitment to eliminating barriers.

How can you help create an environment that helps people thrive?

References: [US Center for Safe Sport, "Tips to help sports leaders build inclusive environments"](#)

- Promote athletes' agency and autonomy
- Communicate openly and respectfully
- Model respect, equity, and integrity
- Be sensitive to stress or trauma
- Don't let harmful behaviour linger; speak up!
- Assess and evaluate your own biases.

Creating the environment is a work in progress! As a team, LRC needs to actively consider and promote safety and inclusivity through the policies, guidelines and programming we establish. Each member's actions are also equally important in fostering this environment. By being engaged (via participation, volunteerism, leadership) and intentional (goal-driven), we can develop the club we aspire to be.

Want to learn more? Check out these resources:

- [A Quick Guide to Accessibility, Inclusion, and Quality Participation](#)
- [What is Mixed Ability Sport?](#)
- [Creating a safe, welcoming and inclusive sport environment in Canadian Sport](#)
- [Safe Sport Resources](#) on LRC's website

FUN FACT

The newest addition to LRC, the Hudson 8+ is 57 feet long and weighs almost 200 lbs!

It was built in 2018 in London, Ontario by Hudson Boat Works.

The Learned Rower



The Responsibility Ethic: 12 Strategies Exceptional People Use to Do the Work and Make Success Happen

by Adam Kreek

Drawing on his experiences rowing for Olympic Gold in 8+ for Team Canada and surviving a boat capsized after 73 days at sea in a cross-atlantic rowing journey, he discusses 12 principles of leadership.



[British Rowing - Rowing Drills](#)

Get more involved!

- **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 vlfriesen59@gmail.com
- **Safety Boat Driver** - Get your boating license at canadaboatsafety.com, then contact Pete to get trained!