



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Senior Women Event,
Nancy Storrs Ontario Indoor Rowing Championships

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UPCOMING EVENTS

At the Club

- Sat, March 2 @ 1:00 PM** - LRC Annual Meeting
- Fri, March 8** - International Women's Day: Sync C2 Logbook & Erg 5k
- Sat/Sun, March 23 - 24** - First Aid Full Certification Training. Recertification is the first 4 hours of Saturday (more details pg 5)
- Sat, April 13** - Marine Radio Course to Restricted Radio Operators Certificate (Required for all Safety Boat Drivers & Coaches)
- March 29 - 30** - **DOCK GOES INTO THE WATER!**

Upcoming Regattas & Events

- March 2** - 20th Annual Island Sprints @ Grosse Ile, Michigan
- 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

President's Letter to Members

Last year, our club started the year off strong with exceptional showings at the **Motown Madness** and the **Ontario Indoor Competitions**, with more than a dozen top 10 finishers and nearly all of our athletes obtaining personal bests. Our junior teams captured a gold and silver medal at the **Wyandotte High School Regatta** in May and continued to push the boundaries of their program by attending the **Canadian Secondary School Regatta** in June, where 4 junior women representing Sandwich Secondary School brought the club back to the regatta after a 46-year absence.

We hosted two very successful **Come Try Rowing Days**, and several **Learn to Row** classes, coached by our newly certified coaches.

Our trailer arrived in August and by the end of September, twenty-six of our rowers competed at the **Head of the Welland Regatta** with several of our crews having podium finishes. Overall we placed 11th of 30 rowing clubs, ahead of our closest rivals Detroit and London. At the end of October, 22 LaSalle rowers travelled to the **53rd Head of the Schuylkill Regatta** in Philadelphia, one of North America's largest regattas. With over 8000 rowers in attendance and over 276 other rowing clubs competing, our small club managed to come home with a silver and a bronze in 2 of our events....And, we had more on-the-water rowing opportunities than ever before. These results are what the public and membership see, what I call the sexy results and they are important, but what is not seen and holds the organization together, is the foundation underground that has been poured, cured and is holding strong !!!!

This year the club hosted a **Learn to Row coaching workshop**, where we had *11 members become coaches* under the National Coaching Certification Program.

In terms of grants, we received:

- a *Community Service Recovery Fund* \$10,000 Grant allowing LRC to hire a consultant and lead the development of a strategic plan for the club;
- a *Next Play Grant* for one of our coaches allowing her to progress her skills and develop strategies for Women in Sport;
- a *ParticipACTION Community Challenge Grant* through Rowing Canada, enabling us to host a Come Try Rowing Day geared towards supporting equity-deserving populations like the LGBTQ2+ community as well as continuing to support our pararowing program;
- 2 *Community Sport for All Leadership* grants for two of our coaches to attend the National Conference

Financially, we are in a strong position to purchase some *new boats* in 2024. Thank you to **Sue Whitehead**, **Lindie Rudover** and **Nick Kienast** for watching our purse. Our finances, as in the past few years, are being reviewed by Roma and Associates-CPA and will be available to any member.

Our fundraising team led by **Veronica Friesen** has kept our finances stable. Bingos and other creative ideas have contributed to numerous initiatives and for this and all our fundraising volunteers, we are thankful.

The **strategic plan** that was created has given a new resource to guide our club into the future, laying out where we are going and sharpening the club's focus on our values and our mission, to foster a love of rowing in our members and the community.

Being nominated and recognized provincially and nationally as a club gives us a reputation we can be proud of.

"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." Kate Savage- ROW ONTARIO

All of this success and growth would not be possible without the dedication of our volunteers and coaches. You all are the reason the LaSalle Rowing Club has seen such a successful few years.

See you at the boathouse,

Doug Diet

March 2, 2024 for the Annual Meeting

FEBRUARY WAS ERG-TASTIC

FUNDRAISING EFFORTS



Big thanks to **Tom, Veronica, Sue, Marie, and Brian** for volunteering this month, raising **\$3,108.20**. Please consider volunteering for bingo to help us buy more boats in 2024 (see pg 5) 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>

MOTOWN MADNESS, BELLE ISLE, DETROIT



February 10, 2024

LRC joins our Detroit neighbours for the [2024 Motown Madness](#) competition hosted by the Friends of Detroit Rowing. Held at the historic Belle Isle Athletic Shelter (opened in 1898), it was a spirited day of competition, with our club needing to “declare we have quite a haul of hardware coming across the border” as Doug said.

LRC's Competitors

- Women's Adaptive - **Kathy** (1st)
- Women's Masters 1K - **Christa** (2nd), **Betty** (1st)
- Men's Masters 1K - **Mike** (2nd)
- Men's U15 - **Owen** (2nd)
- Women's U17 - **Liv** (3rd)
- Women's Junior Novice - **Aubrey** (3rd), **Hailey** (1st)
- Men's Junior Novice - **Reece** (1st), **Sebastian**
- Women's Master's 2K - **Jackie** (1st)

- Men's Masters 2k - **Brian** (3rd), **Doug**
- Women's Open Relay
 - **Aubrey, Hailey, Liv, Luciana**
 - **Michèle, Ashley, Melissa, Colleen**
 - **Sue, Mikayla, Niki, Jackie** (3rd)
- Men's Open Relay
 - **Lucas, Mark, Owen, Reece**



1st Place Kathy



3rd Place Liv



1st Place Owen



1st & 2nd Place Betty & Christa



2nd Place Mike





1st Place
Hailey



3rd Place
Aubrey



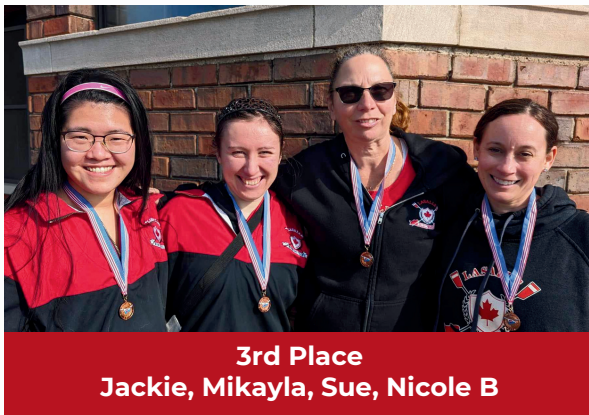
1st Place
Reece



Men's Open Relay



3rd Place
Brian



3rd Place
Jackie, Mikayla, Sue, Nicole B



Women's Open Relay

ONTARIO INDOOR ROWING CHAMPIONSHIPS, ST. CATHARINES

February 24, 2024

The 35th Nancy Storrs [Ontario Indoor Rowing Championships](#) was renamed in honour of Nancy who was one of the founders of the competition in the 1980s, making it one of the oldest erging competitions. This year was the biggest competition since 2019, with 628 entries and 38 clubs from across Ontario participating.

LRC was represented by 7 competitors, many of whom achieved their Personal Bests and top 10 shirts in their event.

LRC's Competitors

- Junior Men - **Reece** (5th)
- Junior Women - **Liv**
- Men's Masters - **Mathew** (8th)
- Men's U15 (500 m) - **Owen** (5th)
- Senior Women - **Hailey**
- Senior Men - **Lucas**
- Open Women - **Jackie** (7th)



5th Place
Reece



7th Place
Jackie



5th Place
Owen



8th Place
Mathew



COAST TO COAST INDOOR ROWING DAY

February 24, 2024

NEON was the colour scheme for National Indoor Rowing Day! LRC members rowed as many meters as they could, and had a bit of a friendly competition between the Juniors versus the Masters at the boathouse. They first versed each other in relay, switching the rower every minute for 30 minutes. Next, they played golf, a game of follow the leader that tests the “stroke” and how well they know their stroke rates.

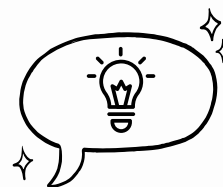


GET MORE INVOLVED IN LRC!

- **First Aid/CPR Training** - March 23 & 24 for full certification will need to attend both days. If you have previously taken this course and need recertification it's for the first 4 hours of March 23. We need 12 people to take the full certification to hold the course at the club, otherwise it will be cancelled. Please refer to the Google sign-up sheet. If you are uncertain of what you need, ask Colleen.
- **Restricted radio operators certificate (marine radio course)** is being offered Sat April 13. This is a requirement for all safety boat drivers and coaches. Refer to the Google sign-up sheet.
- **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. Safety Boat Drivers are also required to get their Restricted Radio Operators Certificate

MARCH NEWSLETTER FEEDBACK

Have news/ideas/suggestions for the next newsletter?
Let Jackie know (jackie_fong96@yahoo.ca) by
Monday, March 25



MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Rowing Competition Formats

As the indoor rowing season is coming to an end, the on-water season is just about to begin in a few short weeks. LRC coaches will be gauging interest for some spring/early summer competitions that are 1,000 m sprint races. Thinking about other ways you can get your competitive spirit racing? Here's a summary of the different kinds of races for rowing!

Indoor Rowing Competitions

Using the gold standard of rowing machines, the Concept2 Rowing Machines, athletes all over the globe can come together virtually or in-person to compete against each other. The 2024 World Indoor Rowing Championships were held in Prague the last weekend of this month, you can watch clips from the event using the "Learned Rower" video link.

The Standard 2,000 m

This is a straight row of 2,000 m for the shortest (and most agonizing) time. This is used as an indicator when you are trying out for a team/school.

Relay (2,000 m with 4 people)

The 2,000 m melts away when each person on the crew rows (typically) 500 m and switches quickly. The transition is crucial to make sure that the flywheel doesn't slow down too much until the next teammate hops on the seat.

On-water Regattas

Sprints/Multi-lane

Races of 1,000 m or 2,000 m rowing on purposefully built venues for rowing. Lanes are marked and crews row straight down to the finish line. You'll see these kinds of races in the Olympics.

Head Races (aka Time Trials)

These races are longer than sprints, and rowed on rivers. Crews start one at a time and are timed from start to finish.

Beach Sprints

A new style of event rowed in coastal sculling boats. Teams start on a beach and run to their boats in the water. Crews then row out to sea around a buoy located no further than 250m from the beach and back. This will be an event in the Los Angeles 2028 Olympics!

Coastal Regattas

Using coastal boats, these races welcome waves and wind. The race is held parallel to the coastline, crews row 4 - 6 km and around multiple turning points.

A lot of these competitions can be viewed on YouTube, so check them out!

Source: www.britishrowing.org/go-rowing/types-of-rowing/types-of-rowing-events/

FUN FACT

The annual **Tour du Léman à l'Aviron** is the longest rowing race in the world, covering 160 km around the circumference of Lake Léman in Switzerland – equivalent to crossing the sea between England & France five times.

The Learned Rower



Skillful Rowing by Ed McNeely & Marlene Royle

A comprehensive look at rowing training and technique



2024 World Indoor Rowing Championships in Prague YouTube Playlist



Faster Masters Rowing

Training System for Masters Rowers, has ebooks, webinars, and individual advice, for a fee or subscription.

concept 2



Mud Season Madness: March 1 - 31

Row 5000 m for 25 days in March for the BASIC challenge. Want to be ADVANCED? Do 10,000 m.

International Women's Day Challenge March 8

Row **exactly** 5000 m on International Women's Day and Concept2 will donate \$5 per participant (regardless of gender) to the [Women's Sport Foundation](http://www.women-sport.org/) and [Women Sport International](http://www.women-sport-international.org/).