



# LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Juniors 2K Relay Challenge

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## UPCOMING EVENTS

### At the Club

**Sun, Jan 14 @ 9 AM** - Wyandotte Boat Club Tank Session

**Mon, Jan 22 @ 7 PM** - Town Hall for New Strategic Plan

**Sat, March 2** - LRC Annual Meeting (6 terms are due for current board members)

### Upcoming Regattas

**Feb 4** - Canadian Indoor Championships in Mississauga

**Feb 10** - Motown Madnes @ The Belle Isle Athletic Shelter, Detroit

**TBA** - Ontario Indoor Rowing Championships  
@ Ridley College in St. Catharines

**May 25** - London High School Invitational

**May 31 - Jun 2** - Canadian Secondary School Regatta  
@Henley Course in St. Catharines

## MEMBERS SPOTLIGHT

# Doug Diet

## LaSalle Rowing Club President

**Member since:** 2019

**Why you got involved with rowing:** I broke my ankle over a decade ago and had to pivot sports.

**Form of rowing you enjoy most & why:** Sweep rowing because it's always a team event, very social, challenging and fun.

**Future goals:** To visit 100 countries, meet King Charles, finish my performance coach (Jan 2024) and row in the Head of the Charles.

**Club Involvement:** I have been coaching since March 2020, and on LRC's Board of Directors since Dec 2020. Outside the club, I am a:

- Row Canada licensed umpire;
- Row Canada Coach Developer;
- member of Row Canada's Dues and Fees Committee;
- and Chair of Row Ontario's Pararowing Committee.
- and have coaching accreditations from Row Canada, US Rowing and World Rowing (FISA)

**Favourite time to row:** The earlier, the better. Sunrises are best viewed from the water, so any morning when you can hear the eddies and the splashes from your blades.

**What else do you do to stay fit and active:** Running, swimming, weight and strength training.

**Best/memory experience rowing:** Coaching in Rio was quite an experience that I will never forget, and I continue to stay in touch with coaches from Peru, Mexico, Argentina, Ecuador, Uruguay and Great Britain.



**Doug, our #1 Safety Boat Driver**

## JANUARY NEWSLETTER FEEDBACK

Have news/ideas/suggestions for the next newsletter?  
Let Jackie know ([jackie\\_fong96@yahoo.ca](mailto:jackie_fong96@yahoo.ca)) by  
Monday, January 26



# DECEMBER A SWEET WAY TO END THE YEAR

## FUNDRAISING EFFORTS



Big thanks to Brian, Colleen, Marie, Sara, Sue and Amy for volunteering this month, raising **\$2321**. **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>

## TANK SESSION @ WYANDOTTE BOAT CLUB

### December 17, 2023

A group of Masters rowers went to the Wyandotte Boat Club to hone their sweeping skills. Next session is January 14th, sign up is on the google sheets, with cost approx. 15 USD.



Dan, Curling Gold Medallist

## CONGRATS TO DAN FOR WINNING CURLING GOLD

Dan Martynse is the newest member of our para program. He and his team recently won a Special Olympic gold medal at the Olympic Tankard curling bonspiel, where he competed against 7 teams. Congratulations Dan!

## JUNIORS 2K RELAY CHALLENGE

### December 21, 2023

The Juniors had a fun 2K relay challenge with a wonderful spread of pizza and desserts to top off the evening. Teams were randomly assigned and each team member could not erg more than 500 meters. They will be ready for the Motown Madness relay competition!



# MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

## Set your goals for the New Year!

The New Year is always a time of reflection and setting new goals for yourself. Look at this upcoming year's [Concept2 Training Calendar](#) and challenge yourself to put in those meters to be prepped for the on-water season. For your rowing goals, what are you hoping to enhance? Your endurance, your technique, or push yourself to train for competition?



### JANUARY

- JANUARY 1-31**  
**JANUARY REVOLUTIONS CHALLENGE**  
Choose your goal and set your New Year's resolution.
- JANUARY 1-31**  
**VIRTUAL TEAM CHALLENGE**  
Team members row, ski or ride as many meters as they can.

### FEBRUARY

- FEBRUARY 1-28**  
**TOUR DE SKIERG**  
A different SkiErg event each week.
- FEBRUARY 1-29**  
**MILITARY CHALLENGE**  
Select your military affiliation and row, ski or ride as many meters as you can.
- FEBRUARY 9-14**  
**VALENTINE CHALLENGE**  
Row, ski or ride 14,000 meters.

### MARCH

- MARCH 1-31**  
**MUD SEASON MADNESS**  
Row, ski or ride 5000 meters or 10,000 meters per day for 25 days or more.\*
- MARCH 8**  
**INTERNATIONAL WOMEN'S DAY**  
Row, ski or ride 5000 meters (10,000 on the BikeErg) to raise money for charity.
- MARCH 6-10**  
**WORLD ROWING VIRTUAL INDOOR SPRINTS**  
A worldwide virtual 1000 meter RowErg race.
- MARCH 15-APRIL 15**  
**WORLD ERG CHALLENGE**  
Team members row, ski or ride as many meters as they can.

### APRIL

- continued...
- MARCH 15-APRIL 15**  
**WORLD ERG CHALLENGE**  
Team members row, ski or ride as many meters as they can.
- APRIL 1-15**  
**APRIL FOOLS' CHALLENGE**  
Row, ski or ride an increasing distance each day.

### MAY

- MAY 1-15**  
**MARATHON & CENTURY CHALLENGE**  
Row or ski a half (21,097 meters) or full (42,195 meters) marathon. Ride a half (50,000 meters) or full (100,000 meters) century ride.

### JUNE

- JUNE 19**  
**JUNETEENTH CHALLENGE**  
Row, ski, or ride at least 1900 meters to raise money for racial justice organizations.
- JUNE 20**  
**SUMMER SOLSTICE CHALLENGE**  
Row, ski or ride a combined 21,000 meters in one day. On water and on snow meters allowed.

## FUN FACT

An eight, which carries more than three-quarters of a ton (1,750 pounds), may weigh as little as 200 pounds. The boats are made of fiberglass composite material.

## The Learned Rower

**My Olympic Life: A Memoir** by Anita DeFrantz  
Rowing Biography of 1976 Montréal Olympics Bronze Medallist

**The Boys in the Boat**  
Movie, in theatres now

<https://analytics.rowsandall.com/>

Blog on how to use data and analytics to row better



**January Revolutions Challenge: Jan 1 - 31**

Choose your erging goal to kickstart the New Year!

## 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 [vlfriesen59@gmail.com](mailto:vlfriesen59@gmail.com)
- **Safety Boat Driver** - Get your boating license at [canadaboatsafety.com](http://canadaboatsafety.com), then contact Pete to get trained