



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Head of the Welland

IN THIS ISSUE

- [Member Spotlight](#) ----- 2
- [LRC's Strategic Planning Process](#) -- 3
- [Get more Involved!](#)----- 3
 - [Thanks Sue as Treasurer](#) ----- 3
- [September Recap](#) ----- 3
 - [Pirates on the River](#)----- 3
 - [Fundraising Efforts](#) ----- 4
 - [Head of the Welland](#) ----- 4
- [Mastering the Stroke](#) ----- 6
- [Junior's Learn to Erg Course](#) ----- 7
- [Thank you, Sponsors!](#)----- 7

UPCOMING EVENTS

At the Club

Mon & Weds Night After the Row - Celebration of Safety Social

Fridays Nights After the Row - Paras & Volunteers Social

Tuesday, Oct 3 @ 8 PM - Board Meeting (All are welcome!)

Friday, October 13: After the Row - Spooky Halloween Social for para rowers, coaches & and volunteers with rowing, food and fun!

Saturday, November 18 - LRC Banquet

November - March - Learn to Erg Course for High School Students (see pg 7)

Regattas

Sunday, Oct 15 - LRC Head of Grassy

Sat, Oct 28 - Sun, Oct 29 - Head of the Schuylkill

MEMBERS SPOTLIGHT

Mathew Roy

Member since: Learn to Row June 2022

Why you got involved with rowing: I never knew rowing would be something that I would enjoy so much. Rowing initially came into my life in 2021 in the form of erging. After a period of not exercising regularly, I wanted to feel fit & healthy again, so I started by erging at home. That same year, my girlfriend and I came across a news article about the LRC. We were really intrigued and excited by the idea of rowing on water. Since it was too late into the Summer to sign up for that year, we bided our time. We came to Come Try Rowing Day the following Summer and signed up for LTR.

Form of rowing you enjoy most & why: Rowing in the double has been liberating. My first year of on-water rowing was challenging, and nothing came naturally. Skill-wise, things started to 'click' for me when I rowed more in the double. Thank you to the LRC crew who have rowed with me or have given me feedback. I also love coastal rowing. Some people think of them

as the ugly ducklings of our boats, but they're more like the Frog Prince (or Princess?). Coastal boats have been helpful for practicing technique and building endurance. Taking them to the Green Shed (or further) and back is quite enjoyable, especially in windy conditions or when there are wakes. I imagine that this is what surfing feels like.

Competitions: I recently competed at Head of the Welland, in the Mixed 2x event. It was a great course, and I learned a lot from my first regatta. I look forward to using the experience to become a better rower. I've also competed at two indoor regattas thus far (Motown Madness & Ontario Indoor Rowing Championship).

Future goals: Rowing 1x; Reaching two million meters on the Erg

Favourite time to row: I have two favourites. Saturday morning rows have a vibe to them. The water always feels calm, and the crew is more relaxed and smiling. And weekday evening rows, because it's an excellent way to blow off steam after work and get your workout for the day (2 for 1).

What else do you do to stay fit and active: I recently started returning to the gym. I'm still trying to balance on-water, erging, gym, sleeping, and having energy for everything else. I used to play Squash on occasion (if anyone wants to play, let me know, I can teach).

Best/memory experience rowing: (1) Every row with Jackie Fong (2) Rowing 4x with Melissa (stroke), Jackie (2-seat), and Leah (bow) at 36 spm for the Grand Challenge Cup was fun and intense. I had to beg Melissa to "slow down" the rate with my last breath (she didn't listen, which was good because we won) (3) Reaching a million meters on the Erg. (4) Setting PBs at indoor comps



OCTOBER NEWSLETTER FEEDBACK

Have news/ideas/suggestions for the next newsletter?
Let Jackie know by Thursday October 26!



LRC'S STRATEGIC PLANNING PROCESS

September 18 - Action Planning Session

Our strategic planning consultant, Allison Prieur (allison@dareic.com), led us through our action planning session, where LRC members broke out into three groups: **Internal Processes**, **Infrastructure**, and **Outreach**.

Each group was tasked to think of goals within each topic and how they would reach that goal.

Allison will summarize the discussion from the action planning session and her interviews with stakeholders and partners.

GET MORE INVOLVED IN LRC!

NEW **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** - Be a key driver in helping our club flourish. Contact Colleen
 - Treasurer position will be open
- **Volunteer for Bingo Shifts** - Your 2-hour shift can help the club raise > \$700. Contact Veronica by email at vlfriesen59@gmail.com
- **Safety Boat Driver** - Get your boating license for 50% off Thanksgiving weekend at canadaboatsafety.com, then contact Pete to start your training.

THANK YOU SUE FOR HER TERM AS TREASURER

Thank you to **Sue** for her dedication to her role as LRC's Treasurer. In the interim, **Lindie** has stepped in her place until February 2024. Consider taking on this very vital role for the club when Lindie's term ends!

A SEPTEMBER TO REMEMBER

PIRATES ON THE RIVER

AHOY mateys! Pirates **Melissa**, **Colleen**, **Gill Lopes**, and **Pete** fearsomely roamed the Detroit River in the search of treasure. Did they find anything? To quote a famous pirate, "Not all treasure is silver and gold, mate." Friendship is the greatest treasure one can possess.



FUNDRAISING EFFORTS



In August, LRC raised **\$2051.70** from bingo thanks to Colleen, Sue, Jackie, Veronica, and Tom! Welcome to our newest bingo volunteers **Sara C and Brian L**.
Thank you to All Star Gaming Centre & OLG for supporting LRC's Para and Junior Rowing Programs!



HEAD OF THE WELLAND - FIVE BRIDGES CLASSIC

Saturday, September 23

LRC joined 32 clubs at the [Head of the Welland](#) (hosted by the [South Niagara Rowing Club](#)) in Welland, Ontario. We had 13 entries into the race, and 25 members travelled to Welland to represent the club. We earned two silver medals: (1) Women's Open 2x **Ashley & Melissa**; (2) Mixed Jr (U19/U17) **Sam, Lucas, Mark & Shianne**



2nd Place
Sam, Lucas, Mark, and Shianne



2nd Place
Ashley, Melissa



LRC's Competitors

- Mens Masters E 1x - **Doug**
- Womens Masters G+ 1x - **Lindie**
- Womens U17 1x - **Liv**
- Womens Masters 4x
 - **Tonya (B), Mikayla, Nicole, Jackie**
 - **Gillian Lo (B), Michèle, Amy, Colleen**
- Womens U19 4x
 - **Sam (B), Amy M, Isabelle, Shianne**
- Mens U19 2x - **Lucas, Mark**
- Womens Open 2x - **Ashley (B), Melissa**
- Womens Masters 2x
 - **Amy (B), Theresa**
 - **Tonya (B), Mikayla**
- Mixed Jr 4x (U19/U17)
 - **Sam (B), Lucas, Mark, Shianne**
- Mixed Masters 2x - **Mat (B), Jackie**
- Mixed Open Rec 8+ - **Lindie, Colleen, Doug, Nick, Michèle, Mike, Kathy, Gill Lo (B), Gill W(Cox)**



MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Improving your Catch

Source: www.linkedin.com/pulse/tips-improve-your-catch-margot-shumway/

Relaxation is key to catching and rowing better! It allows you to feel your boat. Drills for improving your catch

1. Bobs at the catch:

- Sit at the catch and get comfortable. Feel stability in your core and a relaxed upper body. Once this is achieved, gently push down on the handles to free the blades from the water and then release the pressure to let them fall back into the water. Try to keep the boat balanced while bobbing the blades continuously. When you put pressure on the handle, try to feel your core muscles engage. Try to feel and hear the blades exiting and entering the water while maintaining a relaxed posture and light hands. It should make a clear CHH CHH CHH sound. Try to note the speed which the blades actually drop fully into the water. Try to mimic this sound and feeling while rowing continuously.

2. Catch placements:

- Starting from the release with the blades squared and buried, tap down and release the blades and roll your seat forward to the catch. Try to square the blade early enough that you can drop the blades into the water when your wheels reach full compression. Stop your seat once the blades are in and pause in this position. Again try to feel relaxed but engaged through your core and try to hear and feel the same catch as the bob drill. You can progress this drill by doing a catch placement, pausing for a moment, and then rowing through to the release. Stay focused on the blade entry and then the push of the legs.

3. Zero pressure catch to full pressure release:

- While rowing continuously, try to make the catch feel light. Focus on the same feelings of relaxed light hands and the sound of the blade dropping into the water that you felt during the previous two drills. Focusing on a zero-pressure catch allows you to get the blade in the water before there is pressure against the footboards and to then confidently drive horizontally once the blade is in. Accelerating from zero to full helps keep the initial part of the drive smooth and horizontal and minimizes stern check (pushing the boat the wrong way). After a few minutes of this try rowing a more "normal" pressure catch and see if you can maintain the feeling. Pay attention to whether or not your start to row the blades into the water. This usually means you aren't preparing the blades early enough or you are trying to push before you drop the blades in.

FUNFACT

The first rowing club in the U.S. was the [Detroit Boat Club](#), founded in 1839.

The Learned Rowers



[The Boys in the Boat: Nine Americans And Their Epic Quest For Gold At The 1936 Berlin Olympics](#) by Daniel James Brown



[Rowing in Rough Water, 3 concepts, 1 exercise](#) by decentrowingdotcom



academy.worldrowing.com

concept 2



Skeleton Crew

Challenge: Oct 25 - 31

For this challenge, row, ski or ride at least 31,000 meters between October 25 and October 31. Sign up for a Concept2 LogBook account and download the ErgData app! For more info, look at [their website](#).

INDOOR ROWING COURSE

Who: For athletes in Grades 9 - 12
When: November - March,
 every Tuesday, Thursday, & Saturday
Cost: \$120
Registration Deadline: November 6, 2023
Contact us! lasallerowingclub1@gmail.com
For more details: www.lasallerowing.ca



THANK YOU TO OUR SPONSORS



Mitchell Wm. Boucher

Financial Advisor

7-421 Sandwich St. S
 Amherstburg ON N9V 3K8
 Phone: 519-736-4811 Ext. 2
 Fax: 519-736-1818
 Email: info@premierewm.ca



For all your Retirement and Estate Planning Needs



Vince Lapico

VLC Custom Homes

519-737-2169

www.vlchomes.com

vince@vlchomes.com

President of the Windsor-Essex Home Builders Association



Wealth Management Dominion Securities

Tobin / Bondy Wealth Management Group