

LRC NEWSLETTER

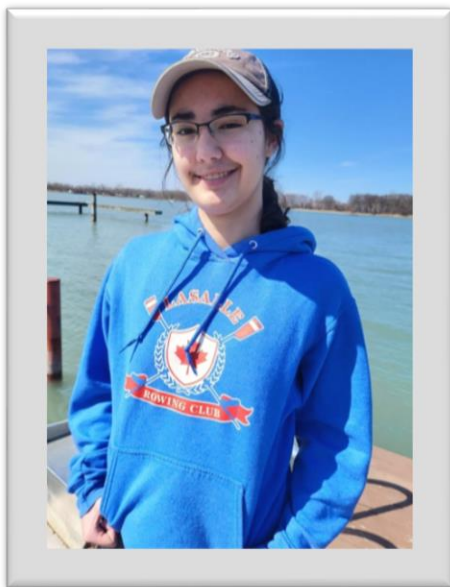


ISSUE #28
April 2023

MEMBER SPOTLIGHT



Katie Jones



Member since- I have been a member since the summer of 2018.
Why you got involved with rowing- Originally, it was just going to be my mom who joined, but she convinced me to attend a Come Try It day and I just kept coming back after that.
Type of rowing you enjoy most and why- I love rowing in a single where I can focus on improving each part of my stroke and push myself in the areas I feel myself struggling with. Having the freedom to change direction suddenly is also quite nice and gives me a chance to enjoy the water and my surroundings.
Future goals- I plan on attending the University of Windsor to pursue degrees in English and Education, between which I'll continue to enjoy rowing as a way to stay active.

Club involvement - I drive the safety boat for the Master's rows whenever I can and I am also a coach for the Learn to Row sessions in the summer.
Favourite place/time/ time of year to row- My favourite time to row is early mornings at the beginning of spring or fall when there's a slight chill in the air and the water's smooth as glass.
Best memory/experience rowing- The Thanksgiving of my first year of rowing I had a chance to row in a double for the second time with my mom. I remember that the weather was pretty bad that day. The excitement and adrenaline gave me a feeling of accomplishment when we finally made it back.

Thanks for Volunteering in April!

Gill Lo, Amy J, Tom F, Brian S, Nicole B, Doug D, Veronica F, Sam G, Melissa G, Katie J,
Colleen R, Stacey T-M, Sue W, Pete R, Dean G, Gill W

PETE'S SAFETY BOAT COURSE



Pete has put together a comprehensive training course for potential safety boat drivers. Contact Pete if you're in the process of becoming a coach or if you're interested in getting your PCOC.



Get Ready!
May 21
LRC COASTAL
BOAT REGATTA

LASALLE ROWING CLUB

3rd Annual

GOLF Tournament

**FINAL CALL FOR GOLFERS
AND SPONSORS**



Sunday May 28, 2023

Coachwood Golf & Country Club

TEXAS SCRAMBLE: MENS, WOMENS & MIXED

\$110 per person

Shotgun start @ 9am

Incl. Golf, Power Cart (shared)

Voucher for a Bev. & Snack @ Proshop

Prizes & Contests



**Contact: Veronica Friesen 519-992-8384
Sue Whitehead 519-984-2264**

Registration Deadline: MAY 15

E-Transfer: Lasallerowingclub1@gmail.com

Insert golfer's names in memo

Made with PosterMyWall.com