



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Come Try It Day Volunteers and many more not pictured!

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UPCOMING EVENTS

At the Club

- Mon, July 8 @ 7:45 PM** - Board Meeting (all are welcome!)
- Fri to Sun, July 5 - 7** - Learn to Row Session
- Mon to Fri, July 8 - 12** - Junior Learn to Row Summer Camp
- Sun, Aug 18** - Boat Christening, Trillium Grant Recognition, Grand Challenge Cup Regatta
- Sat, Nov 9** - Awards Banquet @ RCL 594 with special guest Victoria Nolan, World Champion, 4x Paralympian

Regattas

- Sat, July 14** - Tony Biernacki Sr. Memorial Regatta @ WIFC, Welland
- Sun, Aug 18** - [LRC's Grand Challenge Cup Regatta](#)
- Sun, Sept 15** - [LRC's Coastal Races](#)
- Sept 28 - 29** - Head of Welland, Welland
- Sun, Oct 20** - [LRC's Head of Grassy](#)
- Oct 26 - 27** - Head of Schuylkill, Philadelphia

A HUSTLING JUNE

FUNDRAISING EFFORTS



Big thanks to **Colleen, Amy, Veronica, Jackie and Mat** for volunteering in June, raising **\$2,532**. **Please consider volunteering for bingo to help us get more equipment (see Get More Involved!)** As always, thank you to **All Star Gaming Centre & OLG** for supporting LRC's Para and Junior Rowing Programs!



CANADIAN SECONDARY SCHOOL REGATTA @ HENLEY ISLAND, ST. CATHARINES

June 31 - June 2, 2024

For a second year in a row, LRC had our junior athletes representing their high schools to compete in a 2000 m race at the 77th Annual Canadian Secondary School Regatta Association (CSSRA) at the Royal Canadian Henley Regatta course in St. Catharines. There was a total of 136 clubs and 724 entries in the competition. In a first, **Liv**

represented Vincent Massey Secondary School! **Hailey, Reece, Lucas,** and **Sam** represented Sandwich Secondary School (S.S.S). Take a look at the results on the CSSRA's official website:

<https://cssra.ca/>

LRC's Competitors

- Womens Jr 1x - **Olivia** (Vincent Massey Secondary School)
- Mixed 4x - **Hailey, Lucas, Reece, Samantha** (B) (S.S.S)
- Mixed 2x - **Lucas, Samantha** (B) (S.S.S)



CAPSIZING DRILLS

June 6, 2024 Windsor International Aquatic & Training Centre

Our yearly capsizing drills at the pool. We had a variety of members come for a fun couple of hours getting tipped out of a single. See the Learned Rower to learn more!



STRAWBERRY FEST PARADE



June 8, 2024

Our Juniors, Paras, and Masters joined together to decorate our float and walk in the Strawberry Fest Parade. It was a sunny day with even brighter smiles from our members proudly showing off their rowing skills on the ergs and on the sculling trainer. Thank you to the Pedersons for letting us borrow their truck to haul the trailer and Doug for driving it!



COME TRY ROWING DAY

June 9, 2024

A wonderful sunny morning to welcome the public to our boathouse, although it did become quite windy at the end! It was our biggest open house yet, with about 85 participants who came to try rowing. LRC is incredibly grateful for the 35 LRC members who volunteered their time to:

- sign in our guests,
- give a boathouse tour,
- teach parts of the stroke,
- teach how to feather/square on the trainer
- row in the quad,
- coordinate boats and guests on the dock
- took photos
- safety boat and
- prepare food and drinks!

We received many positive comments both in-person & online from our guests who finished the stations. It was great team work and we were truly sharing our passion for rowing with the community!







Come Try it! 2024

ROWON MASTERS CHAMPIONSHIPS

June 15, 2024

It was the first regatta of the season for our Masters, and a 1000 m sprint regatta at that! The first race for LRC was the women's double - Ashley and Gill W dashed their way into a 3rd place finish, earning a medal for LRC. The women's 8+ and the mixed 8+ finished strong in the new Hudson 8+. Thanks to all those who helped rig/derig the boats and special thanks to Doug for driving the trailer to and from the event. Full results of the event are available here: [Regatta Central](#)

LRC's Competitors

- Womens AA-A-B 2x - **Ashley, Gill W (B) (3rd)**
- Womens AA+ 8+ - **Gill W, Ashley, Jackie, Colleen, Amy, Mikayla, Gill L, Melissa, Jenn (Cox)**
- Mixed AA+ 8+ - **Amy, Colleen, Doug, Brian S, Mat, Nick, Gill L, Melissa, Mikayla (Cox)**



**3rd Place
Ashley, Gill W (B)**



Mixed 8+



Womens 8+

MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Dear Diary By: Mathew Roy

Writing down your rowing experiences can be immensely helpful in your rowing development. By keeping a personal rowing logbook, you commit to memory what you've learned from your rowing session. A rowing logbook can be as simple as notes on a pen pad or entries in a Google Drive spreadsheet. Ideally, the logbook entries should be made on the same day of the row so as not to forget pertinent details of the row.

Regardless of the form of the logs, you can record details such as:

- the date/time of the row,
- the boat you rowed in,
- seat #,
- foot stretcher position,
- your crew,
- oar used,
- equipment adjustments and issues,
- assessment of your rowing form,
- drills/exercises done,
- boat control/navigation, weather conditions, safety etc.

Aim to capture just enough information without making consistent logging a daunting task. Using Google Sheets and making shortcuts on your devices make it easier to access your logbook for easy entry.

The goal of using a logbook is to use the information from your entries to improve your rowing competencies as part of a goal-setting exercise. Logbooks should be used to , examine rows in closer detail, perform self-assessments, identify patterns (what worked or didn't work). This information can be put to use to improve your next row.

Here's what a sample entry could look like (below). [Link to template.](#)

date	time	boat	crew	footrest stops	oar	Equipment Adjustments, Issues or Malfunctions	Rowing Form Self-assessment	Feedback from Others	Specific Drills and Exercises	Boat Control and Navigation	Environmental Conditions	Safety
2024-04-01	8:00 AM	new midweight (2x)	me (1), anon (2)	2 stops above second screw	Skinny, orange handle (S)	rudder is not locked!	Worked on listening to sound of oar squaring and feathering.	Anon said I was pushing off before the blades entered the water.	Cut the cake drill: Hands need to be even faster	Control was good. I backed the boat into the dock on the second attempt. It felt easier to back on the square.	Strong east wind	Watch out for the weeds towards Fighting Island

FUN FACT

The world's oldest public rowing club is the [Leander Club](#) in England; founded in 1818.

The Learned Rower

Masters Rowing: Training for Technique, Fitness, and Competition

by Volker Nolte

Tips for fitness training and hints for competition. Also learn the theoretical basics of training and performance development of active but older rowers.

Capsize & Recovery Drills

- [British Rowing Capsize & Recovery Drills](#)
- [Guelph Rowing How to Climb Back into a Capsized Rowing Shell](#)

GET MORE INVOLVED IN LRC!

- **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