



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Muskoka Fall Classic, Courtesy of Greg Poole Photography

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UPCOMING EVENTS

At the Club

Mon, Oct 7 - Board Meeting (after the evening row)
All are welcome!

Sun, Oct 20 - LRC's Head of Grassy

Sat, Nov 9 - "Puttin' on the Glitz" Awards Banquet @ RCL 594
with special guest
Victoria Nolan, World Champion, 4x Paralympian
Details on page 8

Regattas

Oct 12 - Brock Invitational Regatta @ Henley Island, St. Catharines
• For UWindsor 1x, **Sam G**

Oct 18 - 20 - Head of The Charles @ Boston
• Masters Women 2x, **Gill W and Ashley**

MEMBERS SPOTLIGHT

Kyle Schauer

Member Since: I joined in April 2024.

Why did you get involved with rowing:

I wanted to try a new sport and heard about para rowing from Sue Whitehead. Our families go way back. I thought it sounded fun and wanted to give it a try.

Form of rowing you enjoy the most & why:

I am a new rower, so I have only rowed in a quad and a double. So far, I prefer rowing in a quad because I enjoy working as a team, where we help and encourage each other.

Competitions (which ones have you been to, have you placed in any, are you planning on going):

My first competition will be the Head of Grassy. I am excited to race in a real competition in my first year rowing!

Future goals (any rowing/LRC goals?):

In the short-term I would like to try rowing in a Coastal Boat once I have a little more experience. In the medium-term, I would like to race with LRC in an away regatta in 2025. In the long-term I might like to compete at the Paralympics.

Club involvement (have you volunteered for club activities, which ones?):

I have volunteered to participate in the Strawberry Festival Parade, and at the Outdoor Accessibility FEST-FOR-ALL

Favourite time to row:

I love rowing in the evening, which is good because that is the time of most para rows! I like to use rowing as a reward after a long, hard workday.

What else do you do to stay fit and active:

I play sledge hockey for the Windsor Ice Bullets. I also golf and bowl with the Special Olympics.

Best memory/experience rowing:

My best memory is the first time I rowed on the water. It was the most fun because I got to experience what rowing is truly all about!



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 ulfriesen59@gmail.com
- **Safety Boat Driver** - Get your boating license at canadaboatsafety.com, then contact Pete to get trained!
- **Have a suggestion?** Write your comments, concerns, and suggestions anonymously (or include your name) and put it in the suggestion box located to the left of the hallway door.

SEPTEMBER WAS A WHIRLWIND

FUNDRAISING EFFORTS



Big thanks to **Amy, Nick, Veronica, Lindie, Mathew, And Jackie** for volunteering in August, raising **\$2,630**. **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!



MUSKOKA FALL CLASSIC, GRAVENHURST

September 7, 2024

The first Head Race of the season was a wuthering affair in beautiful Muskoka. It was a rainy and wind-swept day that we as rowers hope will never be on race day. But the collective spirit of our LRC team was not dampened by the weather as we were warmed by the generosity and support from our Juniors' parents (especially Juliette and Sean for all the cooking!), the food and snacks, and our awesome new tent (with walls!).



While most of our competitors were able to row down the course, due to the increasingly high winds around noon, the regatta organizers opted to cancel all double races, and only allow quads or eights. Mat and Jackie would not have been able to row, had it not been for Doug, who connected them with the Leander Boat Club. Two of their rowers, Matt & Debbie opted to row with them and they rowed as an exhibition mixed quad.

Unfortunately, an encroaching thunderstorm forced the regatta organizers to cancel all the races for the rest of the day soon after Mat and Jackie set off. Our Womens U19 4x crew couldn't row that day. Those who were able to row down the course were struck by the choppy conditions, and many crews came back with a lot of water in their boat. A crew from another club had taken on so much water that you couldn't even see the boat!

Overall, it was a fun bonding experience for our club and as a part of a rowing community. Great kudos to the regatta organizers, Georgian Bay Rowing Club, who put on a successful and memorable day! Many thanks to Greg Poole Photography for providing the photos shown below (where indicated).

Read more about that day from our LRC members who were at the regatta below!

Results available at [Muskoka Fall Classic CrewTimer](https://www.muskokafallclassic.com/crew-timer)

LRC's Competitors

- Parent/Child 2x
 - **Melissa, Sam (B)** (2nd)
 - **Shane, Lucas (B)**
- Mens Grand Masters (50+) 1x - **Doug**
- Womens Sr. Grand Masters (60+) 1x - **Lindie**
- Womens U19 2x
 - **Hailey, Isabelle (B);**
 - **Luci, Avery (B)**
- Womens Masters (21+) 2x - **Colleen, Mikayla** (3rd)

Races cancelled:

- Mens U19 4x - **Mark, Owen, Reece, Lucas (B)**
- Womens U19 4x - **Hailey, Aubrey, Peyton, Sam (B)**
- Mixed Masters (21+) 2x - **Mat, Jackie (B)**



PC: Greg Poole Photography

Parent/Child 2x
Melissa, Sam

Muskoka Fall Classic Testimonials



PC: Greg Poole Photography

The coaches sometimes comment on the 'death grip' - holding the handle too tight (your knuckles turn white). In theory you are suppose to have a relaxed grip (maybe even wave your fingers on the recovery or another image: you are holding a baby bird when you are rowing. Not so tight that the bird gets hurt, and not so loose that the bird will fly away.).

Dear Coaches - I want to add one more 'technique' to the 'handle position'! From the start of the Muskoka race to the finish, I couldn't feel my fingers. All I knew was "don't let go" and thus created the Frozen Grip.

— Lindie

This regatta was something that I will never forget. I have never rowed in conditions like that, let alone raced. From the wind tunnel under the bridge, to the sideways rain, to the crazy waves, to almost flipping the double, it was honestly one of the most memorable and fun rowing experiences I have ever had. The laughs Colleen and I had in the boat made it totally worth it! Oh and also, I didn't want to forget to mention that the course was very pretty!

— Mikayla



PC: Greg Poole Photography



PC: Greg Poole Photography



Driving into Muskoka there was a sign "Muskoka - Once Discovered, Never Forgotten". So TRUE! Gull Lake landscape is beautiful!! "Muskoka Fall Classic Regatta - once discovered, never forgotten".

Teamwork: The Muskoka Classic Regatta brought everyone even closer- together. EVERYONE (parents, athletes, coaches) was taking care of each other by setting up boats, tents, food, helping other crew members carry boats, oars etc. the list goes on.

Resilience: This experience only made the athletes stronger; With the tough weather conditions (temperature drop, rain, high winds, rolling waves, rowing against the currents) and for some a disappointment of an event being cancelled. Everyone still persevered

Well done LaSalle Rowing Club!

— Melissa



PC: Greg Poole Photography



Leander Boat Club/LRC Composite Crew



Thank you to Juliette and Sean for preparing our delicious Breakfast & Lunch!

It was quite the regatta—one that I will remember for a long time. The weather gods showed no love that morning as we started with chilly temperatures and strong winds. Many rowers braved the cold and gusting winds and finished strong in their 1x and 2xs, showing their courage and determination.

However, the wind also flexed its strength and steadfast resolve. By early afternoon, when it was our time to race (2x with Jackie), it was announced that all remaining small boat events were canceled due to the potentially dangerous conditions. By this point, we were not surprised, as we had heard of boats getting swamped and flipping.

Thankfully, Doug (LRC) and Kaitlynn (Leander Boat Club) arranged an exhibition composite 4x with Leander Boat Club for me and Jackie. We were thankful to Debbie (bow) and Matt (stroke) from LBC, who were willing to row with us (Jackie seat 2, me in seat 3). Each of them had already rowed twice.

In our quad, the row up to the start was tough but manageable. On the way to the start line, I recognized Dr. McGill, the world's preeminent expert in Low Back Disorders and my KIN427 professor from undergrad at UWaterloo, who I haven't seen since graduating many moons ago, steering the safety boat. I thought to myself...is this real?

The row down, however, was pure chaos. It required intense focus. The wind and water hit the quad like punches in a boxing match. The strong winds were taking our oars even when they were feathered on the water. Remarkably, going up to the catch required pushing our hands forward with great force and squaring very late.

Paired with our experienced bow and stroke, we felt confident that we would survive the course. And we did. The job was done. We finished. When we got back to the dock, we learned that races for the rest of the day were canceled. For me and Jackie, it was a great experience and made us stronger rowers.

Despite all of this, when I reminisce about that day, it's not just the conditions that I think about. What made the whole experience memorable was the camaraderie and team spirit we displayed throughout the day—our athletes, coaches, parents, and friends from Leander came together and helped make it a day to remember.

— Mat



PC: Greg Poole Photography



PC: Greg Poole Photography



PC: Greg Poole Photography

ACCESSIBILITY FEST-FOR-ALL

September 13, 2024

A sunny gorgeous day to showcase our Para Program for the first ever Outdoor Accessibility Fest-For-All in Colchester Park, Essex. The Para coaches, **Sue and Stacey T-M** along with our members, **Iesha, Julia, Kyle and Veronica** demo'd the benefits of rowing and the equipment that LRC has for adaptive rowing. Thank you to the Essex County Accessibility Advisory Committee for hosting such a fun and interactive event for people of all abilities!



LRC'S COASTAL RACES

September 15, 2024

This year due to increased participation, the Coastal Races were separated to Womens and Mens. The women raced first. Keen observers of the race likened the start to bumper cars, with a few of the competitors unable to row away as they collided with each other. Lindie deftly pulled away from the competition, but alas was unable to maintain her lead as Sam and Ella quickly rowed ahead around the second lap. The men's race had a smooth start as they learned from the mistakes from the women's race and kept themselves further apart from each other. Results below. More photos and video footage available on the LRC Google Drive.



**Champions
Sam and Owen**

LRC's Competitors

- Womens: **Sam** (1st), **Ella** (2nd), **Lindie** (3rd), **Hailey, Peyton**
- Mens: **Owen** (1st), **Brian** (2nd), **Mat** (3rd), **Michael, Lucas**

BOAT CHRISTENING & ONTARIO TRILLIUM GRANT RECOGNITION

September 15, 2024

We are incredibly grateful for the support from the Ontario Trillium Foundation (OTF) that helped fund the purchase of 7 boats for our club. We were honoured to welcome the MPP of Essex, Anthony Leardi, the Mayor of LaSalle, Crystal Meloche, the OTF Grant Review Team Member, Tony Francis, and Town of LaSalle Councillors: Anita Riccio-Spagnuolo, Terry Burns, & Mark Carrick for joining us in celebrating this incredible grant and christening two boats.



SAM G REPRESENTING UWINDSOR @ THE WESTERN INVITATIONAL

September 21, 2024

Sam G competed in her first sprint race wearing UWindsor colours at the Western Invitational. It was hosted by Western University at the Doug Wells Rowing Center in London, Ontario.

Entering in the category of Womens Lightweight 1x, she finished 4th in her time trial and advanced to the finals. Overall, she finished fourth.

Looking forward to seeing Sam compete at the Brock Invitational next on October 12!



University of Windsor

HEAD OF THE WELLAND - FIVE BRIDGES CLASSIC, WELLAND

September 28, 2024

LRC joined 29 clubs at the [Head of the Welland](#) (hosted by the [South Niagara Rowing Club](#)). Though the weather looked gloomy, the winds held off, despite a slight drizzle throughout out the day. It was as decent of a regatta weather that we could hope for!

Our LRC competitors are once again immensely appreciative to **Sean and Juliette** for cooking us breakfast and lunch to help power us throughout the day. Also, so grateful to the parents and family members who joined us for another regatta, without your support and your hands (lifting our boats and oars) it would make the whole regatta enterprise much harder! Lastly, to our two teammates, who although weren't competing still came to cheer us on and help get us organized:

Reece (clipboard extraordinaire/logistics manager), and **Mat** (always around to lend a helping hand). Our medal count this regatta: **2 gold medals** for Womens Masters G+ 1x and Mixed Open Rec 8+, and **1 bronze medal** for our Womens U19 4x+ crew.



1st Place Lindie


LRC's Competitors

- Womens Masters G+ 1x - **Lindie** (1st)
- Womens Masters 4x
 - **Melissa, Colleen, Michèle, Gillian Lo** (B),
- Womens U19 4x+
 - **Hailey, Aubrey, Peyton, Ella** (B), **Sam G** (Cox) (3rd)
- Womens Open 2x - **Jackie, Sam G** (B)
- Womens Masters 2x - **Gill W, Ashley** (B)
- Womens U19 2x - **Luci, Avery** (B)
- Mixed Masters 4x
 - **Lindie, Brian, Doug, Mikayla** (B)
- Mixed Open Rec 8+ - **Mark, Lucas, Hailey, Aubrey, Peyton, Sam G, Ella, Owen**(B), **Gill W** (Cox) (1st)



1st Place Mark, Lucas, Hailey, Aubrey, Peyton, Sam G, Ella, Owen(B), Gill W (Cox)



 **3rd Place**
Hailey, Aubrey, Peyton,
Ella (B), Sam G (Cox)



THE LASALLE ROWING CLUB PRESENTS

Puttin' on the Glitz

AWARDS BANQUET

Saturday, November 9, 2024

Royal Canadian Legion Branch 594
5030 Howard Ave., Tecumseh

Doors Open at 5:00 PM | Dinner at 6:00 PM
Dancing with JP Entertainment 8:00 PM

Keynote Speaker:
Victoria Nolan, PLY

Glitzy Formal Wear

 **BANQUET TICKETS**

Prices:

- Adults: \$35
- Children 4 – 8 years: \$15
- Under 4: Free

Ticket Purchase Deadline = Monday, October 28

****No tickets will be sold at the door ****

Payment Method:

E-transfers only to lasallerowingclub1@gmail.com

In the e-transfer memo, **must** include: # adults; # children; & full names of all attendees

Dietary Restrictions? Email Nicole Bussieres at vachon_nicole@hotmail.com

MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Competitive Program: Roles, Crew & Regatta Selection

For most at LRC, the competitive rowing season has concluded and we are excited to cheer on our members who will be competing in some exciting regional and international regattas (see page 1, under Upcoming Events, Regattas). If the past months of regattas have piqued your interest, hopefully this will be informational to you, our dear reader.

The following was given as a presentation by **Gill W**, LRC Head Coach to the Master's Competitive Team.

What is the role of the coach of a competitive rowing team?

- Set team goals and a plan to achieve them, including a training plan that is in line with the RCA guidelines and principles
- Administer practices and make agile decisions when the practice plan cannot be achieved because of absences, poor conditions, or other issues
- Provide feedback and guidance on rowing technique and opportunities to improve
- Make decisions about rigging, crews and boat selection based on team goals, club strategic direction, athlete suitability and athletic performance
- Ensure the safety of athletes on the team

A **great coach** accomplishes these things while also encouraging an atmosphere of fun, competitive spirit and athletic success.

What is the role of an athlete on a competitive rowing team?

- Bring a positive and enthusiastic attitude to practice and competition
- Work hard, be engaged and take initiative - own the pathway to your own success
- Follow the training plan and advice of your coach(es)
- Focus on your personal development and athletic performance. Resist the urge to focus on or compare yourself to teammates.
- Have faith in the process and your coaches

A **great athlete** accomplishes these things while also influencing the success of their teammates by encouraging dedication, high performance and a positive attitude.

FUN FACT

Head of Grassy is an in-house regatta for doubles, covering a span of 6.5 km.

The Learned Rower



Beyond Vision: The Story of A Blind Rower

by: Victoria Nolan, Paralympian



Simplifying Rowing | 7 Steps To Efficiency by GB U23 Team Coach, Kieran Clark



MASTERING THE STROKE

CONTINUED

Providing Feedback – Do’s and Don’ts

Do:

- **Be engaged** in your training and ask questions about the training plan, a drill, your rigging or a specific technical aspect that you are struggling with
- **Use discretion** and determine the most suitable avenue for your feedback or question
 - On-the-water
 - In person before or after practice
 - Through an email or private message to the coach(es)

Do Not:

- Provide feedback or criticism regarding the **performance of teammates**
- **Avoid direct conversation** with your coaches if you have questions or concerns, or engage in gossip. This encourages a toxic team environment
- **Use inappropriate avenues** to seek answers to your questions or comments

Athletes and coaches should always communicate respectfully and with care for each other.

The Crew Selection Process

At the beginning of each season, the coaches outline the criteria they use for crew selection:

- Athlete’s age, gender, height, weight class, ability and experience
- Boat availability generally, and also as it relates to other programs from the club competing at the same regatta
- Categories available at specific regattas and time between each race (regatta event schedule)
- Strategic decision-making based on other crews racing and best case scenario for success
- Other options include seat racing and benchmark erg testing

This is a difficult Rubik’s cube to work out and is ultimately the responsibility of the coaches to decide. It is the athlete’s job to give their best effort to the crews and boats they have been placed in.

The Regatta Selection Process

- All crews, including developmental crews, can attend regional regattas
- Crews who have a track record of competitive achievement or can reasonably meet the standard of racing can attend national regattas
- Most crews can attend international regattas
- Crews that can reasonably meet the selection criteria can register for selection-based regattas

