



# LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



The Banquet Committee decorating the day of the banquet

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## UPCOMING EVENTS

### At the Club

**Fri, Dec 6** - Deadline to submit Input to the Town of LaSalle - Master Recreation Plan! <http://surveymonkey.com/lasalleprc>

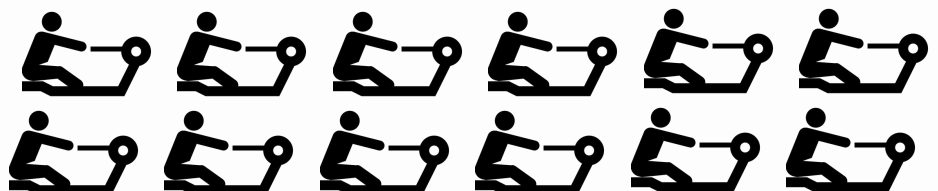
**Mon, Dec 9 @ 6:30 PM** - Board Meeting. All are welcome! **[ONLINE]**

**Dec 20 to Jan 4** - Holiday Boathouse Closed. Stay tuned for the sign-up sheets!

### Upcoming Regattas

**Feb 9** - Canadian Indoor Championships, Toronto (FYI)

**TBD** - Ontario Indoor Rowing Championships



## GET MORE INVOLVED IN LRC!

- **Volunteer for Bingo Shifts** - We need **THREE more volunteers!!** 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!
- **Have a suggestion?** Write your comments, concerns, and suggestions in the suggestion box to the left of the hallway door.

## NOVEMBER RECAP

### FUNDRAISING EFFORTS



Big thanks to **Colleen, Aria, Veronica, Tom, Sue and Brian** for volunteering in September, raising **\$2,538**. **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!



#### 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, and 1 - 15% of your purchase contributes to LRC. **Join today and download their app to make it easy!** <https://flipgive.app.link/teams/join?joincode=5LF4ZK>



#### Erg-a-thon by the Juniors

Partnering with the LaSalle Hangout, the Juniors raised a tidy sum of funds and erg'd 64,000 meters between two rowing machines at the LaSalle Night Market on November 18. Thanks to **Owen, Lucas, Avery, Aubrey, Reece, Mark, Sam, Ella, Hailey, and Luci!** It was a great outreach event, with many community members interested in the club!



### LAST DAY OF ON-WATER ROWING

**November 3, 2024**

It was a sunny, relatively warm November morning for our last row of the season! Thank you to **Colleen** for safety boating the last on-water row, and **Dean** and **Jake** for cleaning the safety boat and bringing them out of the water for winter storage. It was an open row, and we had about 14 rowers come together.



# LRC'S *Puttin' on the Glitz* AWARDS BANQUET

**November 9, 2024**

Royal Canadian Legion (Branch 594)

This year's annual awards banquet was a huge success, with 96 attendees! MC'd by **Doug** (President) and **Gill** (Vice President), the evening kicked off with speeches from **Mr. Anthony Leardi** (MPP for Essex), and **Her Worship Crystal Meloche** (Mayor of Town of LaSalle). Joining us virtually, our special guest **Victoria Nolan** PLY shared an inspiring talk about her journey in rowing. After the celebration of award winners, we hit the dance floor and celebrated with music by JP Entertainment.

Thank you to the **Banquet Committee** for spending countless hours planning, designing, and decorating. This year they hand-baked all of the desserts that were at the banquet (brownies, cupcakes). This year was one of the first banquets in a while with a theme. The banquet looked amazing because of the centrepieces and table linens lent by Nicole B. As well as the hundreds (~300!?) of balloons that were blown up by the committee the morning of the event.

Another key group of people for the banquet was the **Awards Committee**! This year, this group (upon the Board's (BoD) approval) came up with names for the Rookie of the Year award and renamed it to the "Rising Star of the Year" award. They also worked together to create guidelines and a weighting system for the program coaches to nominate and choose the recipients of the Rower and Rising Star of the Year awards. Lastly, created a survey for the Masters to vote for the George Pocock Millenium award.



## Banquet Committee

**(Veronica (Chair)  
Amy  
Betty**

**Gill Lachance  
Jackie  
Marie**

**Nicole B  
Colleen  
Sue**



## Awards Committee

**Doug (Chair)  
Betty  
Hailey**

**Lori  
Mat  
Mikayla**

**Sam G**

## ROWERS OF THE YEAR

*Awarded to a rower or crew who has demonstrated athletic excellence and technical skill through performance as well as consistent dedication and commitment to the sport of rowing and to their team. Nominees are selected by coaches for each program.*

**MASTER'S RECREATIONAL  
GLORIA LAM**

**PARA  
KATHY DRESSER**

**MASTER'S COMPETITIVE  
ASHLEY CHOUINARD  
& GILL SIMPSON**

**JUNIOR  
SAM GREENHAM**



## RISING STARS OF THE YEAR

*Awarded to a rower or crew who learned to row in this year or who has made a significant improvement in their rowing ability. Nominees are selected by coaches for each program.*

**MASTER'S RECREATIONAL  
NICOLE NOËL**

**PARA  
KYLE SCHAUER**

**MASTER'S COMPETITIVE  
MIKAYLA WIGFIELD**

**JUNIOR  
SAM ZHOU**





MAYOR'S SCULLS

Sincere thanks to Town of LaSalle Councillor Jeff Renaud for presenting the Mayor's Sculls at our banquet.

STARBOARD SCULL

PORT SCULL



LUCAS BERGER & HAILEY SEMANDE



CHRISTIAN PEDERSEN PUROCLEAN



GEORGE POCOCK MILLENIUM

DOUG DIET

VERONICA FRIESEN

Awarded to the **Juniors(s)** (two at most) who have made significant contributions to LRC through leadership, volunteerism, exemplary sportsmanship, and the promotion of the sport of rowing within the community. The award winner is nominated and chosen by Junior Coaches and coach volunteers and confirmed by the LRC BoD.

This is awarded to a **community partner** for significant contributions to LRC and the promotion of the sport of rowing in the Windsor-Essex community. The award winner is chosen by the BoD

Awarded to an **adult member(s)** (two at most) who have made significant contributions to the LaSalle Rowing Club through leadership, volunteerism, exemplary sportsmanship, and the promotion of the sport of rowing within the community. The award winners are nominated by the BoD and are voted on by all adult members.



B.A.N.G

Buoy & Aids to Navigation Geo-Locate

Other awards/recognition from throughout the season were recognized during the formal part of the awards banquet. This included recognition for contributions to the B.A.N.G program, awarding the medals for the Coastal Race and Head of Grassy podium finishers and the Head of Grassy Inclusive Crew winners.



COASTAL RACE Podium Finishers



HEAD OF GRASSY Podium Finishers - Doubles



HEAD OF GRASSY Inclusive Crew

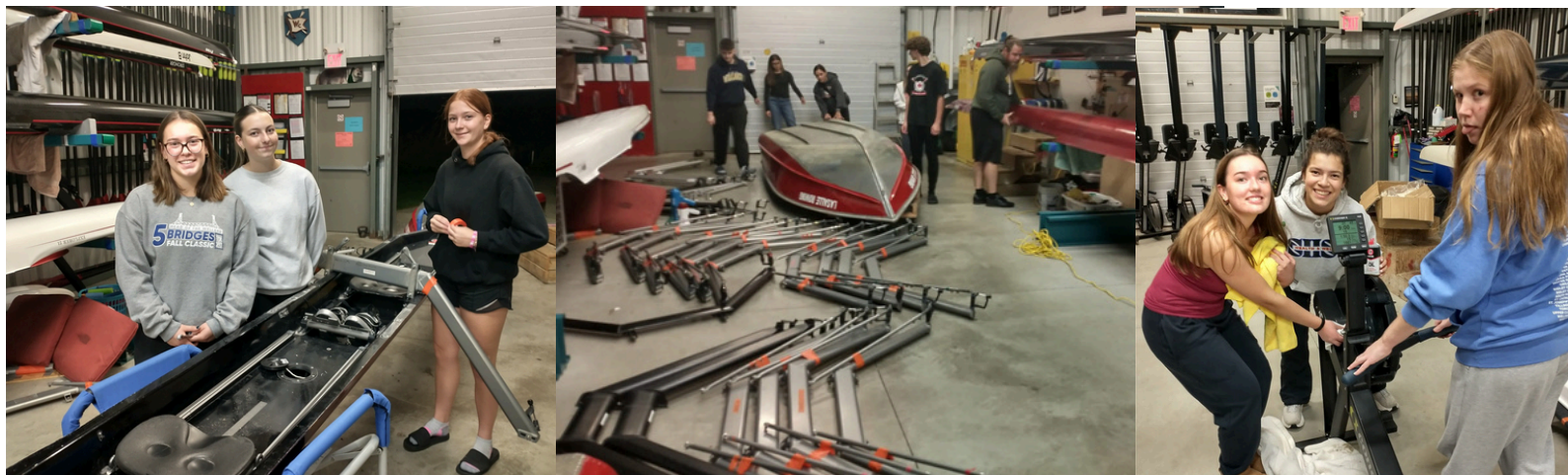




## BOATHOUSE CLEANUP & DERIGGING

### November 7 - 17, 2024

Our Juniors and coaches worked tirelessly to de-rig the boats to make room for the rows of rowing machines and also performed yearly maintenance on them. They also dutifully tidied up the boathouse, making it a nicer place to log those meters on the rowing machine! Special thanks to **Pete** for painting the Safety Boats their eye-catching reds.



## LRC TOWN HALL

### November 18, 2024

The LRC Town Hall was hosted in the River Dance room. The evening drew a crowd of passionate LRC members, who gathered around to discuss the club. **Doug** and **Gill** moderated the discussion, and the group discussed a variety of topics among which included: skill development, coaching, our rowing times. **Veronica** brought chocolates to please sweet teeths and boost the good spirits.

#### Topics of Discussion

- Learn to Rows schedule earlier in the on-water season to maximize time for new members
- More Recreational program coaching (e.g. clinics, skills & drills)
- Rowing times, suggested Juniors have early morning slots
- Ways to encourage safety boat volunteering

#### Action Items

- Season Planning Meeting for late January/early February with program leads
  - Time slots for each program
  - In-club race dates
  - Types of rowing workshops or clinics
  - Conduct a survey for suggestions & ideas
- Annual General Meeting in March



# MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

## Winter Training and Benefits for On-water Rowing

### Junior Winter Training 2023/24 Testimonials

Last November (2023) the Junior Coaches developed the idea to begin novice rowers in the Winter as opposed to the Spring. This worked out extremely well as once April came round the participants were very close and trusted each other. It led to fast learning on the water, and everyone racing within two months.

**Aubrey Mitchell:** Transitioning to the water after training through the Winter gave me confidence in my ability to endure long rows. Though erging may seem daunting, spending time learning about a new sport while making friends definitely made it worthwhile, especially the reward of rowing on the beautiful water all summer.

**Ella Wideen:** It was good for me

**Hailey Semande:** I felt that the transition from Winter Training to rowing on the water was smooth and easy, due to the training we had during the Winter. It helped us to understand the foundation of the stroke.

**Luci Morones Ortega:** I thought the transition from Winter Training to rowing was really good. I felt that I was prepared to be on the water. I had lots of fun as well.

**Owen Berger:** It was good. The third practice was the worst and I wanted to quit, but I powered through. Now it is the best.

**Reece Carter:** The transition from Winter training was good. I felt like I was prepared to row on the water.

Coaching Team: Colleen, Kevin, Melissa, and Peter

### Masters 2024 Winter Training

This year the Master's Winter Training will be coached by Ashley Chouinard. If you haven't done so email [lasallerowingclubmasters@gmail.com](mailto:lasallerowingclubmasters@gmail.com) to indicate your interest and receive the weekly workouts by email!

#### What to Expect:

This program will improve your fitness, rowing technique and knowledge, as well as prepare you to compete at indoor competitions, should you wish to do so. This program is also a great way to continue to build on the great work you all did during the spring and summer seasons, and will prepare you for success when we hit the water in a few months.

Each Friday you will receive an email with three workouts. You can complete each workout wherever you have access to an erg, including during the many times we have the boathouse open and available for your use.

Ashley will often incorporate Yoga as a warmup. Please arrive 15 minutes ahead of the scheduled workout time to set up ergs and mats (please bring your own mat if you have one). We have mats available if you don't. On occasion, we will split our time between erg workouts and circuit training. Between yoga and targeted circuit training Ashley's aim is to build on the smaller stabilizer muscles within the body to support the larger muscles during our indoor and on water rowing seasons.

### *The Learned Rower*



#### Complete Guide to Indoor Rowing

by Jim Flood and Charles Simpson



"Virtual Rowing: Explore Loch Achray's Scenery - Rower's View in 4K



[Row Canada Indoor Rowing Portal](#)

### concept 2



#### Holiday Challenge:

Nov 28 - Dec 24

Row, ski or ride 100k or 200k meters between American Thanksgiving and Christmas Eve and help raise money for one of five great charities. For more info, look at [their website](#).



#### More info on the ErgData App

[www.concept2.com/service/software/ergdata](http://www.concept2.com/service/software/ergdata)