



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Juniors Learn to Row Summer Camp

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UPCOMING EVENTS

At the Club

Mon, August 12 @ 7:45 PM - Board Meeting (all are welcome!)

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

Sun, Aug 18 - [LRC's Grand Challenge Cup Regatta](#)

Sun, Sept 15 - [LRC's Coastal Races](#)

Sept 28 - [Head of Welland](#), Welland

Sun, Oct 20 - [LRC's Head of Grassy](#)

Oct 26 - 27 - Head of Schuylkill, Philadelphia

MEMBERS' PARENT SPOTLIGHT

Juliette Kenney

I am a rowing mom. My daughter Avery joined rowing in 2021. During the pandemic, very few sports and activities were available. Avery was in grade 9 new school and new classmates, but unfortunately, much of it was on line. Avery decided to join rowing with a friend in October for the indoor winter training.

Coach Melissa was very encouraging all along, and especially reassuring to me when spring came and Avery went on the water for the first time. I saw all the juniors work as a team to get the boats and oars ready at the dock. Pete took me out on the safety boat to see the rowers as he coached. This is where I was able to see the peaceful nature from a different perspective and also see how the girls rowed as a team in a quad, everyone in sync.

The team environment doesn't stop there. Parents share rides, snacks, picnics at regattas, fundraising events, and dinners out when at regattas. This year, several more juniors have joined, as some have moved on.

I really have admired how the existing team welcomed the new members. It's wonderful to see a group of teens from grade 8 to grade 12 socializing together, everyone is included. Thank you to all the coaches, and the parents of these wonderful teenagers.



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!
- **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.

A HUSTLING JULY

FUNDRAISING EFFORTS



Big thanks to **Veronica, Marie, Sue, Dean, and Doug** for volunteering in June, raising **\$2425**. **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!



LEARN TO ROWS

June 30 - July 12, 2024

In a series of three full back-to-back weekends for Adult Learn to Rows (LTR) and a weeklong summer camp for juniors. Thanks you to our LTR coaches who taught the adults: **Mikayla, Doug, Katie, Jackie, Amy, and Tonya**. And **Colleen, Melissa, Sam, Lucas** and the juniors who taught the summer camp!



TONY BIERNACKI SR. MEMORIAL REGATTA

July 14, 2024

The second 1000 m sprint regatta for the Masters Competitive group. LRC joined 23 other clubs submitting 195 entries for the event. It was a successful day for the masters, with There were three sets of bronze medals brought home to LRC!

Full results of the event are available here: [Regatta Central](#)



LRC's Competitors

- Men's E 1x: **Doug**
- Womens AA-A-B 4x: **Amy, Colleen, Melissa, Mikayla** (B)
- Mixed Masters AA+2x: **Mat, Jackie** (B) (3rd) and **Brian, Gill Lopes** (B)
- Womens AA-A-B 2x: **Gill W, Ashley** (B) (3rd)
- Womens AA-A-B 2x: **Colleen, Jackie** (B) (3rd)
- Mixed Masters AA+ 4x: **Mat, Melissa, Brian, Mikayla** (B)
- Mixed Masters AA+ 4x: **Amy, Doug, Nick, Gill Lopes** (B)



3rd Place
Mat, Jackie (B)



3rd Place
Gill W, Ashley (B)



3rd Place
Colleen, Jackie (B)



ROYAL CANADIAN HENLEY MASTERS REGATTA

July 28, 2024

Gill and Ashley represented LRC in this national regatta. They placed third in their heat and advanced to the finals! The finals were tough conditions with white caps, but they finished strong and placed 6th. Full results of the event are available at [Henley Regatta](#)

LRC's Competitors

Womens AA-B 2x - **Gill W, Ashley (B)**



LRC X BUILD A DREAM COME TRY IT DAY

July 30, 2024

Through a grant funded by Community Sport for All Initiative by Row Canada and Sport Canada, LaSalle Rowing Club and Build a Dream partnered together to provide a rowing experience for girls and women. Led by **Doug, Gill, Ashley, and Nick!**

We held our Come Try It Day for 23 girls/women with the help of numerous LRC volunteers. There will be a Learn to Row hosted for women in skilled trades in mid August.



MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Rowing in the Olympics!

The 2024 Paris Summer Olympics began on July 26.



Catch our favourite sport on [CBC Gem](#) by making a free account to stream instantly. You can view live and **recaps** at the click of a button on your phone, tablet, laptop or smart tv!

Schedule for Finals ([Official Olympics Rowing Schedule Link](#))

July 31 ([CBC Gem video link](#))

- Men's Quad, Sculls
- Women's Quad, Sculls
 - very exciting finishes for Final A (1st to 6th place) and Final B (7th to 9th place)

August 1

- Women's Double Sculls
- Men's Double Sculls
- Women's Four
- Men's Four

August 2

- Men's Pair
- Women's Pair
- LWT Men's Double Sculls
- LWT Women's Double Sculls

August 3

- Women's Single Sculls
- Men's Single Sculls
- Women's Eight Final A
- Men's Eight Final A



PARIS 2024



FUN FACT

Rowing makes Olympic History 'BEACH SPRINTS' AT THE LOS ANGELES 2028 OLYMPIC GAMES

The Learned Rower



Beyond Vision: The Story of A Blind Rower

by: Victoria Nolan, Paralympian



Paris Olympics Quad Finals

- [CBC Gem video](#)



[Official Paris 2024 Olympics Rowing Website](#)

Source of All News and Updates for Olympic Rowing!

Fun facts about rowing in the Olympics

- Rowing has been part of the Summer Olympics since its debut in the [1900 Games](#).
- Para rowing was introduced in the 2008 Beijing Summer Paralympics.
- Only men were allowed to compete until the women's events were introduced at the [1976 Summer Olympics](#) in [Montreal](#)
- [Lightweight rowing](#) events were introduced to the games in [1996](#) Summer Olympics in Atlanta. The 2024 Paris Olympics will be the last time these events will be hosted.

Canadian Olympic Rowing Facts

- The Canadian Olympians with the most rowing gold medals (3) and 1 bronze medal are **Marnie McBean** and **Kathleen Heddle**, who are rowing partners.
- Based after the 2020 Tokyo Olympics, Canada has 43 medals (10 Gold, 17 Silver, 16 Bronze)
- Canada has competed at each of the Paralympic Games, winning its first medal at the Rio 2016 Games in the LTAMix4+ event. **Curtis Halladay**, **Victoria Nolan**, **Meghan Montgomery**, **Andrew Todd** and **Kristen Kit** (coxwain) won a bronze medal.