

# Nanaimo Rowing Club Newsletter

November 2010

[www.nanaimorowingclub.com](http://www.nanaimorowingclub.com)

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## A November to Remember

For the first time ever, an NRC member is a world champion. Our own Tony Theriault, racing with the Canadian Adaptive Coxed Four, won a thrilling race at Lake Karapiro in New Zealand. Click [here](#) to read about it and [here](#) to watch it; I get goosebumps.

We cannot say enough good things about Tony and what he has accomplished in the sport. His work ethic and commitment is an example to us all. We look forward to being a part of his training as Tony builds towards the 2012 Paralympics. The picture below of Tony with coxswain Laura Comeau says it all! Congratulations!!



## Vision Meeting

This is an invitation to past and present club members including rowers and their families, coaches and executive members to participate in a visioning session facilitated by Sharon deLure of TaylorMade Solutions. At the end of the session it is expected that our vision will be clear and that we will come away with some high-level strategic priorities for the next 1 to 3 years. Attendance is by RSVP only to [kdrutherford@telus.net](mailto:kdrutherford@telus.net)

When: Wednesday, December 8, 6:30-9:30 pm

Where: Seaview Elementary School Library

## Bring a Friend to Rowing!

Spring fees have been set for this year at \$290 for the first child (less \$20 for each subsequent child) plus a \$125 regatta fee for a total of \$415. However, people who refer a new junior to our program for the Spring will be charged last year's registration fee (\$275 + \$125 = \$400). We are in need of new junior members this Spring; hopefully we can find some from within the rowing community. Registering in the next few weeks, especially for new members, would be hugely beneficial in our planning process. Spread the word!

## Winter Training

As our Fall Season come to a close, we have an obvious interest in keeping the fitness going in our junior athletes through the winter break. As such, our winter training program begins immediately for interested athletes.

There will be 3-4 sessions per week while school is in session; the schedule is posted at [nanaimorowing.wikispaces.com](http://nanaimorowing.wikispaces.com). Sessions are free of charge and optional, with the stipulation being that athletes **must** sign up in advance of coming.

To do this, go to the aforementioned website, click 'edit' in the top right corner, add your name into the date you are attending, and then click save. It is useful to check back 5 or so minutes later to make sure that no one overwrote your entry accidentally.

We are looking for a few blankets to be donated to the club for winter training; the idea is that we can spread them out on the floor to do core training on. If anyone has extra yoga mats or something of the sort, that would be great too!

## Spring Rowing Schedule

Spring Rowing will start Monday, January 24<sup>th</sup>. Our provisional schedule is below; all sessions are 3:45-6pm except as noted. Novices from this Fall will be absorbed by their age/gender crew. The 'Novice' crew will be kids new to the sport this Spring.

Junior A: Birth Year 1992-1994

Junior B/C: Birth year 1995 or after

Junior A Boys: Tuesday, Thursday + one morning session (tbd)

Junior A Girls: Monday, Wednesday, Friday

Junior B Boys: Monday, Wednesday, Friday

Junior B Girls: Tuesday, Thursday, Friday

Novices: Monday, Wednesday, Thursday

## Early Spring Regattas

Mark your calendars, if you have them already.

**Sunday February 6<sup>th</sup>**, Monster Erg, UVic

**Sunday February 20<sup>th</sup>**, Head of Shawnigan Lake, Shawnigan Lake

**March 5-6<sup>th</sup>**, Elk Lake Spring Regatta, Victoria

## Crew Afternoon

To celebrate the end of our season, we will have a crew afternoon on Saturday, December 4<sup>th</sup>. We will be at Hollis's house (1407 Kaz Court, [click for the map](#)) from 2-4:30pm. Please bring:

- 1) A finger food for a potluck meal, preferably cooked/prepared BY the kids. I want to see them step up.
- 2) A max \$5 gift, wrapped, for a secret santa gift exchange type thing.
- 3) Your fun selves

Thank you Louie family for opening your home to us!!

## Congratulations!

NRC Member Jeff Britten raced for VIU at the Canadian University Rowing Championships at Elk Lake Nov 6-7. Jeff finished 8<sup>th</sup> in the Lightweight Single. It was the first time VIU/Malaspina was ever represented at this regatta. Jeff rowed with the juniors regularly through the Fall and also came to help out at the Little Long Lake Regatta.