

Clothing Orders

Instead of doing a group clothing order this fall, anyone who needs racing uniforms can order them directly through Rowwest. (<http://rowwest.com/nanaimo/index.htm>). We only save about \$1 per item by doing a group order and this way everyone can have their stuff in time for the regattas. When make your order, ask to pick it up at Head of the Gorge and you won't have to pay for shipping. Singlets are also available but aren't shown on the page. Good luck!

Regatta & Event Information

Ocean Row – October 15th

We will meet at the club at 2pm to load boats onto the trailer, then drive to Brechin Boat Ramp (kids need rides!), rerig, and go out on the water when our Aspengrovers arrive at 3:45. Row until about 6pm, reload the trailer, drive back to the boathouse and be out of there by 6:45. This is entirely weather dependent; if we don't have calm water that day, we will stay at the lake. This will mostly be for crews competing at Head of Gorge.

Head of Gorge – October 30th

This regatta starts from Craigflower Park in Victoria (turn right when the Island Hwy comes to Mackenzie and follow to the regatta). Athletes row 5km to the start of the race in the Inner Harbour and then race back through the gorge, including the always exciting Tillicum Narrows. Guaranteed the closest you will get to the action while watching rowing from dry land. Hugely important to bring warm layers for this one. Crews will be selected for this regatta over the next couple of weeks. Boys should expect to arrive at the regatta around 7:30am and girls around 10am. There will be a fee of \$30 for everyone competing at this regatta.

Head of Elk Lake – October 31st

Beautiful 8km course around Elk Lake. Expect to arrive around 8:30am, depending on what you're racing. We should be on our way out of Victoria by 2pm to allow for plenty of Halloween excitement. There will be a fee of \$25 for everyone competing at this regatta. Crews will be selected for this regatta.

Head of The Lake – November 7th

We are currently looking into taking a Jr A Mens 8+ and Jr A Womens 4x+ to Seattle for this event. It is a great race and a very memorable trip and we could even go to the OUTLET STORES!!! There is considerable cost to this trip (about \$200 per person) and we need a very significant contribution from parents (as drivers and chaperones) to make it happen. But, as said, it is a great time. More info to come.

Training Day – November 13th

For this we will be at Shawnigan Lake School for a row with them and Maple Bay. We will likely do two rows and have lunch in their cafeteria (think quantity, not quality). We will use their boats and it will be a nice opportunity to be friendly with the Maple Bay kids before we crush them the next day.

Little Long Lake Regatta – November 14th

Fun day with just us & Maple Bay at the lake. Lots of tight 1000m races and great for spectators with the trail running along the last 500m. Watch out for cameras! We hope that **every** athlete will participate.

Last year we had parents volunteer to run the concession and it went really well; I am currently looking for parent volunteers, including someone to take charge of the project. Let Don know if you're interested/available/willing! We also need volunteer timers, boat drivers, dock marshals, etc...it is a busy day!

Thanks to Walter & Olivia!

As many of you have surely noticed, we have a couple of new coaches at the club.

Walter Martindale is a level 4 rowing coach who has previously coached with the New Zealand National Team, as well as several Canadian Provincial Teams. Surely all of our athletes and coaches are benefitting from his experience and professionalism. He is helping out at the club until he finds a permanent position.

Olivia Bancroft has also joined our coaching staff; she is a student at VIU and rowed in our junior program when she was in high school.

Weather

Eventually we will run out of daylight for rowing and will have to end our sessions at 5:30pm. Usually we do this when daylight savings time ends (Nov 7) but each coach may make a separate decision; stay tuned for this info to come from your coach over the next few weeks.

Athletes need to remember to dress in warm layers and bring water and runners everyday! We have been blessed with great weather so far but you can be sure it won't continue; over the coming weeks how kids dress will become critically important.