Nanaimo Rowing Club Newsletter

March 2010 www.nanaimorowingclub.com

Regatta Sched.

April 17th, Maple Bay Regatta, Duncan

April 23-25, Brentwood International High School Regatta, Mill Bay

May 8-9, Shawnigan Lake School Regatta, West Shawnigan Lake Provincial Park

Rowathon XI – March 26-27

Friday March 26th at 5pm until Saturday, March 27th at 5pm we will hold our eleventh annual 24 hour rowathon in Woodgrove Centre. This is our biggest fundraiser of the year and we hope that it will once again be a big success. All money raised goes to new equipment. We invite kids to spend the night in the mall (on best behaviour!) if they like to keep two ergs going for a full 24 hours. We **will** have fun. Promise.

We are hoping this year to raise over $5000, but to do this we need all hands on deck! Everyone must contribute by raising *at least* $100 and putting in *at least* 3 twenty minute shifts on the erg. There will be prizes for those who fundraise a certain amount. The more people who go above and beyond, the better it will be for everyone. We are happy to have parents & other family members try as shift as well!

More information is attached; there are also packages available to pick up at the lake!

Brentwood Regatta

The Brentwood Regatta is obviously the biggest on our schedule; for many athletes it is the highlight of their season. It is a great competition and, perhaps more importantly, kids can choose to spend the night(s) at the school.

We are currently looking for parents to chaperone both Friday & Saturday nights at Brentwood. Please contact a coach if you are able to help out!

Peak Performance Project

PPP practices will begin in earnest this week; athletes continue to attend their regular sessions as well as:

Monday & Thursday, 5:30-7:30pm
Sunday, 9-11am

There is a $100 fee for PPP. Anyone interested in joining our group can come out to a practice, give it a shot, and go from there! It is a great program for kids who are looking to get more out of rowing. The program is also entirely self-selected so **anyone** is welcome.

Community Corporate Rowing Challenge

We are once again looking for teams to compete in the CCRC. It is a great event which consists of 7 weeks of 2 a week practices, and a finale regatta in Victoria on May 29. It is a great fitness and team building activity that we guarantee your group will love. For more information, go to rowrowrow.ca or email information@nanaimorowingclub.com

Friday = Race Day

Fridays at the NRC will be a very exciting day from now until the end of the season; we will take all of the kids and put them into boats to race, just like at regattas. They will get to have lots of practice getting ready for races, finding their boats/times, getting to the start line and, of course, racing. We will do 3-4 races each Friday. Coaches will be compiling lists of who is (and isn't) coming each week to set boats, so each kid must let their coach know if they're coming!