

Nanaimo Rowing Club – February 2020 update

The days are getting longer and lots more on-the-water practices are coming our way. We all know the benefits of erging to stay in shape but it really is a lot more fun out on the water!

If you have any questions about the upcoming season or any other club issues please contact us at nanaimo.rowing@gmail.com. We are **still** working on getting the newsletter and distribution list ready to use on the MailChimp platform – this platform will give people the ability to subscribe, unsubscribe, etc. Before that happens, if you want to be removed from our email list please let us know.

In the meantime, keep checking out the website (www.nanaimorowingclub.com) for calendar updates, news on upcoming spring and summer learn-to-row programs, and our Discover Rowing Day. Also follow us on Facebook – this is where we highlight our club, thank our sponsors, post cool photos, and watch for rower profiles every few weeks.

Important Dates/Events

February 1 – start of the junior spring season (see below)

March 7-8 – Elk Lake Spring Regatta (*optional, for more senior rowers, regatta fee extra*)

March 28 – CLEAN-UP DAY at the lake. All rowers, parents are invited to do some spring cleaning!

April 1 – new year for Masters starts (see below)

April 4-5 – Duelling Over a Grand, Elk Lake, Victoria

April 18 – Maple Bay Regatta, Quamichan Lake, Duncan

April 24-26 – Brentwood Regatta, Mill Bay

May 8-10 – Shawnigan Lake Regatta

May 23 – Nanaimo Junior Sprints Regatta

June 7 – Discover Rowing Day, Awards, Annual General Meeting

Erging News

A number of our juniors and one senior competed in the Monster Erg competition at UVic on February 2. All of their winter training paid off with several personal bests being posted. The only results I could find were at https://www.regattacentral.com/regatta/?job_id=6787&org_id=0 and only have athlete names, no club listed.

At the Canadian Indoor Rowing Championships in Toronto, NRC alumnus Jordan Isnor (rowing for Brock University) had a strong showing and won the Women's U23 lightweight race.

Junior Spring Season

The new junior season started on February 1 and runs until May 31. Thanks to those that have paid their fees. Fees are **\$550** and will cover entry into 5 regattas. If juniors do not race at all during the season they will have the option of applying for a \$100 refund or it may be used to offset their summer fees. Payment options are available – email nanaimo.rowing@gmail.com for information.

We always have room for more juniors so if you know of anyone interested in rowing let them know. Also, another reminder that rowers need to come to every practice prepared. And, as always, come to whichever practice times fit your schedule.

Practice Times:

Monday 3:45-6pm

Tuesday 6-7:35am, 3:45-6pm

Wednesday 3:45-6pm

Thursday 6-7:35am, 3:45-6pm

Friday 6-7:35am, 3:45-6pm

Sunday 9am (with the masters)

Masters Rowing Year – The master's rowing year starts on April 1. Note that the \$45 fee is only paid once during the April 1-March 31 fiscal year. Participation in regattas will be on a cost-recovery basis which will include applicable registration fees plus a share of boat transport.

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| Annual (April 1, 2020 to March 31, 2021) | \$45 insurance + \$635 = \$680 |
| April 1 to October 31 | \$45 insurance + \$455= \$500 |
| Monthly | \$45 insurance + \$75 |
| Drop-in - 10 sessions | \$45 insurance + \$170 for book of 10 |
| Single drop-in (visitor with insurance) | \$20 |

\$45 fee = \$24 to Rowing Canada (includes insurance) + \$15 to Rowing BC + \$5 to Boathouse +\$1 miscellaneous

Masters Rowing and Dryland – on the water sessions (as always, weather permitting) are on Fridays starting at 1:00 pm and on Sundays at 9:00 am.

We will be back on the water on Monday and Wednesday evenings, 6 pm, starting on March 9.

Dryland options are open to both rowers and non-rowers. This is good opportunity for some of the parents to get involved. Cost is \$8 per session or 10 sessions for \$50.

Mondays at 6 pm – **last session is March 2**. Erging and strength training. Sessions last about an hour and fifteen minutes.

Erg Spin classes: these sessions work on cardio and some strength. Sessions last about 45 minutes. Sign-up is required at <https://signup.com/go/NCJvbLR>

Tuesdays and Thursdays with Kylie at 6:30 pm. These will continue after the time change.

Wednesday sessions with Craig at 6 pm or 7 pm. **Last session is March 4**.

Lost and Found – there are **lots** of clothing items that have been left at the lake. Everything has been washed and is either hanging or in two blue bins. Please check them out – anything that is not collected by Friday, March 13 will be donated to the **Shed Your Threads** Campaign (<https://management.viu.ca/sustainable-leisure-management/blog/shed-your-threads-campaign>). Vancouver Island University, School District 68, City of Nanaimo Parks, Recreation and Culture, and Island Health have joined together for the **Shed Your Threads** Campaign to collect athletic clothing, shoes, and other sporting equipment for youth that don't have the appropriate gear to

participate in sports. We will have a bin at the lake and if you have any sport-related items you want to donate please bring them in.

Bottle Drive Update

Thanks to the juniors, senior, and master rowers and parents that came out to help. Even though our turn-out was low we managed to raise **\$1174** for the day.



NRC Clothing - we still have a good selection of rowing club tanks, sweatpants, sweatshirts and hoodies available. Also red NRC t-shirts.

Suns Out Guns Out tanks – neon orange. Clearance price \$10 or 2 for \$15 or make us an offer!

Sweatpants – black with ROWING down one leg and the NRC logo on the opposite thigh \$35

Sweatshirt - black with the NRC logo on the left chest and NANAIMO ROWING on the back \$30

Hoodie - black with the NRC logo on the left chest and NANAIMO ROWING on the back \$35

NRC red t-shirts \$20

Sponsorships – thank you once again to our 2019-2020 sponsors.

Gold sponsors: Dellwood Manufacturing and S2F Global Resources.

Silver sponsor: Inn on Long Lake

Bronze sponsors: APH Art's Plumbing & Heating, Atlas Chiropractic & Body Balance, Long Lake Sports & Orthopaedic Physiotherapy, Slice Resto

We will be seeking sponsorships for the June 2020 to May 2021 year soon. If you know of a business that would be interested in sponsoring our rowers please let us know.

Fundraising Updates

Equipment donations - Nanaimo Rowing Club has set up a project with the BC Amateur Sport Fund (formerly National Sport Trust Fund) and any donations of \$20 or more are eligible for a tax receipt. Donations to Project P202 may be made online at this link - <http://support.bcamateursportfund.org/P0202>.

FlipGive – we have set up an account for an online shopping service that allows us to easily raise funds. If you already shop using Amazon or other online services this is a snap. We currently have \$136 in our account. Ask us for details on how to join the “team”.

Thrifty Foods cards – this is super easy fundraising. Ask Kate or Craig for a card if you or any family members shop at Thrifty Foods. Just load the cards up with any amount before your order is rung in (at till or customer service) and the club receives 5%. No cost to you!

Future fundraising raffle – let us know if you have any great ideas for raffle prizes. We would like to do a raffle in spring 2020.

Website – we are trying to keep the website and calendar up-to-date. Please let us know if anything is missing. The site is accessible at www.nanaimorowingclub.com.