

Nanaimo Rowing Club – January 2020 update

Despite a spell of ice and snow the winter season has been okay. Lots of erging to stay in shape (and keep warm) and a few really good practices on the water. We are definitely repeating ourselves here but rowers need to come to the lake prepared for any type of workout – on the water or dryland. That means bring layers, change of clothes, runners and maybe even a towel. If you are not dressed appropriately you will definitely not be heading out in a boat!

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.

Important Dates/Events

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

February 2 – Monster Erg at University of Victoria

February 9 – Bottle Drive. This is a whole club event. Arrive 10 am (with a full truck or car load) at the bottle depot on Hayes Rd. Free hot dog lunch is provided. Wrap up about 3 pm.

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

April 1 - new year for Masters starts

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

Bear Collection

Thanks to everyone that donated a bear or other stuffed animal. We will be arranging for drop-off with the Nanaimo Hospital Foundation. These stuffed animals will be given to children undergoing procedures/treatment at the hospital.

Junior Spring Season

The new junior season will start on February 1 and runs until May 31. This is the busy season for juniors. Fees will be **\$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.

Another reminder that rowers need to come to every practice prepared. And, as always, come to whichever practice times fit your schedule. Note the change of time for Friday afternoon.

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, **2:30-4:30pm** (until late February)

Sunday 9am (with the masters)

Masters Rowing and Dryland – weather permitting, on the water sessions continue on Fridays at 2:30 pm and on Sundays at 9:00 am.

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 – 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

Wednesday sessions with Craig at 6 pm or 7 pm.

Boathouse update – The Long Lake Flatwater Training Centre Society will be meeting with Rotary of Nanaimo North next week to discuss fundraising options. If you have any suggestions for the project please let Craig know about your ideas.

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

Suns Out Guns Out tanks – neon orange. Clearance price \$10 or 2 for \$15

Sweatpants – one pair of size Small, 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 crossed blades on the back \$30

Hoodie - black with the NRC logo on the left chest and crossed blades 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

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 \$131 in our account. Below is the information on how to join our team.

Dear NRC members:

This year we want to make our fundraising efforts for Nanaimo Rowing a lot easier by using a service called FlipGive.

Very simply, you join our team on FlipGive (directions below) and then start all your online shopping through our team page. **With FlipGive, our team raises money every time you shop with hundreds of popular brands like Amazon.ca, Starbucks, Indigo, Sportchek and Esso.**

I'm including a handout that explains FlipGive in more detail. To read it, click here: https://www.flipgive.com/flipgive-getting-started.pdf?campaign_id=211730

Join our team now using our invite code **SN29WQ** in one of 2 ways:

1. Download the FlipGive app at <https://www.flipgive.com/app?joincode=SN29WQ>

2. Join online at

https://www.flipgive.com/teams/join?fundraiser_name=Misty+Duifhuis&joincode=SN29WQ

Remember to use FlipGive before you shop online so we'll earn cash back. And, if you join and make a purchase within the first 14 days we'll receive a \$5 bonus!

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!

Bottle drive – we have set up another bottle drive for Sunday, February 9 from 10 am to about 3 pm. It will be at the Hayes Rd depot.

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.