



# ROW ONEC NEWS

*PRE-SEASON EDITION*

March 2018



## *SPRING!!*

The sap is running and the ice is thinning. As the rivers melt, our thoughts turn to the upcoming rowing season. To whet your appetite, here is an update of what is happening around the club. Please note that this is a preliminary schedule and is subject to change.

**Membership** is now open! Spring special pricing available until April 30. Fill out the [form](#) or register [online](#).

ONEC also has **racks** available for anyone requiring storage space for their shell. Racks are assigned on a first-come, first-served basis as per the date on which a written request is received. Please contact the rackage committee [here](#) to reserve space.

We are also looking for a **rowing representative for the social committee** to help organize club social events with the other committee members (such as BBQs, Doors Open, Banquet, etc). Interested? Please let us know – contact us [here](#).

## *MARK IT ON YOUR CALENDAR:*

May 5	“Boats down”	ONEC
May ? (TBA)	Technical Refresher Clinic	Dow’s Lake
June 2	Try Sculling Day	ONEC
June 2-3	Doors Open Ottawa	Ottawa
June 5, 12	Back on the Water Clinic	ONEC
June to September; 7pm	Thursday Evening Group rows; BBQ and pub night	ONEC
July, August; 8:30am	Friday morning Group Rows	ONEC
July 7, 14, 28 7:30am	Saturday morning Quad Rows + breakfast	ONEC
June, August 7:30am	Sunday morning Quad Rows + breakfast	ONEC
July 21 (tbc)	Three Buoys Contest	ONEC
October 27	“Boats Up”	ONEC

## *UPCOMING CLUB EVENTS:*

### **Boats Down Work Party**

Boats will come out of hibernation in the boathouse, ready for action. All hands on deck on the first Saturday in May (rain date: Sunday May 6). Let’s hope the flood waters don’t delay our start this year.

### RowFit classes

Keep your calendar clear for Monday evening core-strengthening RowFit classes in May and June in the ONEC boathouse ballroom. Activities include Pilates mat work, Yoga Sequencing and sport-specific strength exercises. The class is designed to help strengthen your core and legs as well as build flexibility for better stroke performance in the boat. The course is given by Stuart Maskell, certified fitness professional. There are two five-week sessions for \$75 each.

Session 1: Mondays April 9, 16, 23, 30, May 7; 7pm at the School of Dance (200 Crichton St.)

Session 2: Mondays, May 14, 28, June 4, 11, 18; 7pm in the ONEC ballroom.

Registration form is available [here](#).

### Learn to Scull

Based on the past 15 years of experience, ONEC Rowing is changing the way new rowers are being trained. We're keeping the wonderful Learn to Row program that has been offered so well by our famous John Boyd but more "practice sessions" and an assessment are being added to the Step 2 program. These will need to be completed before access to the reservation system is granted.

Watch for the launch of these changes on the soon-to-be-refreshed Rowing web page.

Do you have any friends who live in the southern end of the City (Riverside South, Manotick or Barrhaven) and might be interested in learning to row? We'll be piloting Learn to Row on the Rideau just outside of Manotick in July 2018.

## 2018 TOURS

May 26-27	Rideau Lakes Tour	Jones Falls, Ont.
July 21 (tbc)	Lachine Canal Tour	Montreal, Qc
August 25/26	Montebello Tour	ONEC -Montebello
September 29	Petrie Island Relay	ONEC – Petrie Island

*From our friends at "Rowing the World":*

We are thrilled to have a new rowing trip in Canada for 2018. Our [trip to Prince Edward Island](#) begins on June 27<sup>th</sup> and ends on July 1<sup>st</sup> – what better place to spend Canada Day? Rowers love food - lobsters, potatoes and ice cream define Prince Edward. We decided to offer a little pre-trip appetizer with our [Taste of PEI Rowing contest](#) which runs to the end of March. All rowers are welcome to enter to win a gift box of tasty PEI treats and other prizes.

## 2018 COMPETITIONS

May 12, 2018	Tulip Relay Regatta	ORC
July 7	Festirame	Lac St. Jean, Qc
August 18	CSM 10km open	ONEC
September 9	Head of the Madawaska	Burnstown, Ont.
September 23	Head of the Rideau	Ottawa, Ont.
September 29	Head of the Trent	Peterborough, Ont.
October 13 (tbc)	Icicle Chase	tbc
October 20-21	Head of the Charles	Boston, MA
October 27	Head of the Fish	Saratoga, NY

## CONCEPT2 JANUARY CHALLENGE:

Each year during the month of January, Concept 2 organizes a rowing machine team challenge. ONEC rowers have been participating in this event for more than a decade. This

year 7,737 participants from around the globe, forming 566 teams, were involved. The majority of the teams were virtual; only 136 represented actual rowing or on-water clubs. The ONEC team, comprised of 14 rowers, amassed an amazing 1,912,428 meters during the month which placed the team 37<sup>th</sup> among the 136 rowing clubs. Among the teams of 6-20 rowers, ONEC placed sixth among the 66 clubs. Even among all participating virtual and rowing teams (566) ONEC's total meters was sufficient for 100<sup>th</sup> place. ONEC rowers were asked to set individual goals and add their meters to the team and this produced the best year yet for our team. The challenge helps to maintain conditioning for rowing and participating as a team provided added incentive to succeed. Thanks to all for a great effort.

## FLORIDA TOUR

2018's Florida Adventure Tour, a 113 km tour from Placida to Sarasota on the Gulf Intra-Coastal Waterway, took place in February this year. It went through several mangrove cuts and rowers got to see manatees, dolphins and numerous shore birds including pelicans, ibises, herons, and plovers. Participants were from Canada, the United States and Denmark. *"We had a great time on the tour due to your hospitality, planning and knowledge of the waterways. Everyone was enjoyable to be with. It was apparent that you put a lot of thought and effort into the tour. We appreciated the experience."* (from participants Bob and Bernadette). The next Florida Adventure Row Tour will be from February 2 to 9, 2019.

## NEWS FROM THE ROWING WORLD

**Rowing Canada** Aviron (RCA) has changed their membership fee format. It is now no longer necessary to pay an extra RCA Competitive fee to participate in Regattas – the competitive fees are now levied per race entered, as part of the Regatta Fees.

**RowOntario** is excited to announce the London Rowing Society as the host for the 2018-2020 Provincial Rowing Championships regatta on Fanshawe Lake in London, Ontario.

The Annual General Meeting (**AGM**) of the Ontario Rowing Association took place on Saturday, November 25, 2017 in Toronto, ON. The meeting was well attended with clubs/associations sending 46 voting delegates. The minutes are linked [here](#).

### **Masters Rowing Regattas:**

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|-----------------|---|
| June 30-July 1  | Eastern Rowing Association Regatta; Montreal Olympic Basin  |
| July 14-15      | RowOntario Masters Championships; London, Ont.  |
| August 5        | Royal Canadian Henley Regatta; St. Catharine's, Ont.  |
| September 27-30 | 2018 World Rowing Masters Regatta; Sarasota, Florida  |
| October 11-14   | World Rowing Coastal Championships; Victoria, BC. This is the first time that the World Rowing Coastal Championships come to Canada. Until now, it has been held in Europe and South America but never before in North America. |

***If you are interested in contributing to the Newsletter, please send us your ideas to [rowingnews@onec.ca](mailto:rowingnews@onec.ca). We are always interested in contributions (sporadic or regular) and feedback. Please note that in the interest of keeping the Newsletter a quick informative read, we may need to edit content for length. We request that all content be provided by the 1st of the month.***