



ROW ONEC NEWS

PRE-SEASON EDITION

April 2018



NEW AT ONEC!!

Did you notice our new logo? ONEC has had it's logo redesigned this year and we used it last month already - what do you think? Let us know!

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](#).

We have three new boats this year – two Wintechs and one Maas to replace some of our aging Alden Stars.

The second egress, which the NCC added to our boathouse on the ballroom level last year, has been approved by the Fire Department. This means that we can now remove the dock under the bridge, thereby improving the security of our boats. It also allows us to go back to using the channel behind the boathouse as a calm rowing waterway which will be appreciated especially by new rowers. Do you remember doing your first loop around the boathouse?

MARK IT ON YOUR CALENDAR:

April 9-May 7; 7 p.m.	RowFit session 1	200 Crichton St.
May 5, 8 a.m.	"Boats down"	ONEC
May 12	Tulip Relay Regatta	ORC/Dow's Lake
May 13, 8:30 a.m.	Technical Refresher Clinic	Mooney's Bay
May 14-June 18; 7p.m.	RowFit session 2	ONEC
May 31	Orientation and Assessment for new rowers	ONEC
June 2; 1:30-3p.m.	Try Sculling Day	ONEC
June 2-3	Doors Open Ottawa	Ottawa
June 5, 12	Back on the Water Clinic	ONEC
July 5	Boat naming ceremony and BBQ	ONEC
June 9, 10	LTR instructor course	ORC
June-September; 7p.m.	Thursday Evening Group rows; BBQ and pub night	ONEC

July, August; 8:30a.m.	Friday morning Group Rows	ONEC
July 7, 14, 28 7:30a.m.	Saturday morning Quad Rows + breakfast	ONEC
June, August 7:30a.m.	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. We have a new method of getting the boats up and down for those who don't like the metal stairs – down the main staircase, across the bridge and back across the channel. We will need help on both sides of the channel.

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](#).

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
October 20	Icicle Chase	tbc

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 27th and ends on July 1st – 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

June 30-July 1	Eastern Rowing Association Regatta	Montreal, Qc
July 7	Festirame	Lac St. Jean, Qc
July 14-15	RowOntario Masters Championships	Welland, Ont.
August 5	Royal Canadian Henley Regatta	St. Catharine's, Ont.
August 18	CSM 10km open	ONEC
September 9	Head of the Madawaska	Burnstown, Ont.
September 23	Head of the Rideau	Ottawa, Ont.
September 27-30	2018 World Rowing Masters Regatta	Sarasota, Florida
September 29	Head of the Trent	Peterborough, Ont.

October 11-14	World Rowing Coastal Championships	Victoria, BC.
October 20-21	Head of the Charles	Boston, MA
October 27	Head of the Fish	Saratoga, NY

TECHNICAL REFRESHER CLINIC:

Bea Seaman, an experienced coach who offered a technical clinic to ONEC members last August and September, is offering an early season clinic where she looks at your stroke and offers improvement tips. This clinic will be at Mooney's Bay beginning at the boat ramp off Hog's Back Road at 8:30 a.m. on Sunday, May 13. Boats must be rigged before the practice and re-loaded afterwards, around 12:30.

OAR NEWS

Our thoughts and prayers are with Ted Wolvers of the Quinte Rowing Club who recently had a stroke. Ted has dedicated many years to the Ontario Adventure Rowing Association. He is a long-time avid rower who has driven the OAR boats to innumerable tours. We wish you a quick and complete recovery, Ted!

VOLUNTEERS

Volunteers are needed for the following events:

Boats Down May 5 as of 8 a.m.

"Try Rowing" day June 2. Contact [Richard](#) if you can help.

June 2 and 3 Doors Open. Contact [Megan Hanlon](#) if you can cover a 2-hour timeslot.

LEARN TO ROW COACHING COURSE

Have you been rowing for a few years and now would like to pass on your enthusiasm for the sport to new rowers? The Learn to Row Coaches workshop on June 9 and 10, 2018 at the Ottawa Rowing Club might be for you. More details available [here](#) or contact [Norma](#).

NEWS FROM THE ROWING WORLD

June 22-24 RCA national Team Selection Trials in London, Ont.
Over 200 athletes will compete for the opportunity to represent Canada on the international stage.

June 26-30 Junior rowers' selection in London, Ont. for the following 2018 Events: World Rowing Junior Championships and CanAmMex Championships.

FOR YOUR ENTERTAINMENT:

In case you missed the historic annual Boat Race, we won't tell you who won! You can catch the replays for the men's race and the women's race [here](#). Are you an Oxford or a Cambridge fan? Let us know!

If you are interested in contributing to the Newsletter, please send us your ideas to 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.