



# ROW ONEC NEWS

May 2018



## NEWS IN BRIEF -

- Boathouse washrooms are now functional! (ladies' – fully functional, urinals only in the men's)
- The water levels are still quite high, the current is fast and the water temperature is still under 10 degrees. Stay tuned for updates! Water levels should peak later this week.
- Rigging party **postponed** to May 19, 9a.m.
- Technical Refresher Clinic at Mooney's Bay has been **cancelled**
- Last date to sign up for the Rideau Lakes Tour is May 14. Contact [Liane](#) or [Joan](#).
- Back on the Water clinic June 5 and 12 – contact [Norma](#)
- First pub night and BBQ Thursday June 7, after the first Quad Row
- Big Canoe Course on June 16 at 10 a.m.

## MARK IT ON YOUR CALENDAR:

May 28-June 25; 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 16, 10 a.m.	Big Canoe course	ONEC
June 23, morning	3-Buoy Race (details next edition)	ONEC
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

## UPCOMING CLUB EVENTS:

### RowFit classes

Session 2 of "RowFit" is scheduled to begin on Monday, May 28 in the ONEC ballroom. The class is designed to help strengthen your core and legs as well as build flexibility for better stroke performance in the boat; given by Stuart Maskell, certified fitness professional. \$75 for a five-week session. Mondays, May 28, June 4, 11, 18, 25; 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

## 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.

## BIG CANOES

Max Finkelstein, famous cross-Canada canoeist, will be giving a Big Canoe course at 10 a.m. Saturday, June 16th, at ONEC. Stay tuned for more programming for Big Canoes.

## VOLUNTEERS

Volunteers are needed for the following events:

“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:

Every rower should watch the Rowing Canada Safety video regularly. It is now available online, so refresh your memory and watch it [here](#).

***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.***