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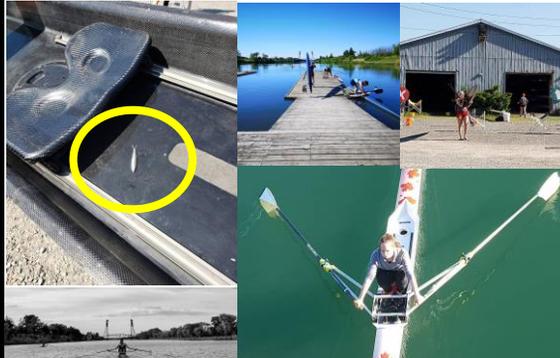


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SOUTH NIAGARA ROWING CLUB NEWSLETTER



ISSUE JUNE 2020



Welcome to the June, 2020 SNRC newsletter! In this edition, we congratulate our class of 2020, take an in-depth look at the role of a board member, view rowing through the eyes of a parent, and learn what it takes to be a coxswain!

CONGRATULATIONS CLASS OF 2020



Helen Taylor completed her Doctorate of Applied Health Sciences from Brock University. Helen is SNRC's Regatta Chair and VP within the board of directors. Congratulations Helen! Thank you for your continued support and commitment to SNRC!



Ali Campigotto is a 2020 Graduate from Centennial. Ali will be attending Carleton to earn her BA (Honours) in History and Theory of Architecture. Congratulations Ali!



Jared Naar graduated from Boston University with a Bachelor of Science Degree in Human Physiology. Jared also received The Scarlet Key Award, BU's highest honor for graduating seniors. Jared will continue at BU, with his Masters of Science in Management Studies. He will row for a 5th year as Co-Captain of the BU Rowing Team. Congratulations Jared, and good luck at BU!



Matthew just graduated from Jean-Vanier! He has been accepted into Brock University for the Business Administration program. Matthew will also be on the Brock Rowing Team this Fall. Congratulations Matthew!



Ian Lamothe is graduating from Jean Vanier! He is excited to continue his rowing career at Brock University. Congratulations Ian!

BEHIND THE BOARD: Jennifer Lamothe

How long have you been a volunteer Board member?

I joined the board of directors in the Spring of 2019.

What made you want to join the Board?

My initiative to join the Board at SNRC stems from a desire to contribute to rowing life at the high school my children attend, Ecole Secondaire Jean Vanier in Welland. I was so inspired by the coaches that were working with the small team at Jean Vanier. They were dedicated and encouraging. They really rallied the kids and were so passionate about the sport. I wanted to help in some way, and to learn more about the sport because my kids

are excited about rowing. I fell in love with the atmosphere of inclusion that Centennial, Lakeshore and JV High Schools had at the regattas. At the time there was a gap between the club, school, rowers and parents so I thought that I might be able to contribute as a parent and bridge the gap!

Describe your role on the Board.

My involvement as a Board member has been fairly peripheral, since I am very new to the sport of rowing as a rowing parent, not a participant. I attend meetings and discussions, provided feedback and ask questions on board related policy, purchases, and programs. As a Board member I volunteer at our home regattas and liaise as needed between club and school.



What would you tell someone interested in joining the Board?

Be prepared to work with some amazing people dedicated to the longevity of rowing in South Niagara. They are passionate and appreciative of volunteers. There are so many opportunities to contribute to rowing at SNRC. Don't hesitate, get involved, someone will happily support you!



PARENTAL PERSPECTIVE: Lori Couroux

What was it like to wake-up for your first 6am rowing practice as a parent?

The first 6 am rowing practice wasn't bad. Actually, we woke up at 4 am so my daughter could wake up, pack and have something to eat and get to the club for 5:30 am. She even woke up pretty well. It was the second and third wake ups that were difficult.

Tell me about the first rowing regatta you attended.

The first regatta was Mothers Day in St. Catharines. All the

other parents seemed to know what was going on, but I had no clue. I made my way to the grandstand to watch the race, equipped with a blanket and some binoculars and met up with my mother and sister to cheer on the girls. I cheered for the boat with the girls in ponytails who were in third. I was so happy and excited that they were doing so well and when they got closer, I didn't recognize my daughter. I looked down the course and commented that it wasn't my daughter in third, and my sister said "no, they finished first in their heat." I had missed the whole race!

What has been the biggest challenge you have faced as a rowing parent?

Injuries have been my biggest challenge. Both of my girls have had a time with getting injured. I want them to develop their skills safely,

and I know that it means pushing themselves harder than usual, but it is difficult to tell if the aches and pains are from training too much or just part of actively training.

Most proud moment as a rowing parent?

I guess the best moment would be last year when they competed in the same senior quad at Mothers Day and finished second overall.

Any advice for future rowing parents?

Jump in with both feet. It is not only the rower who is starting a new sport but the whole family. It takes dedication from the athlete but also dedication from parents. Waking up early, driving to competitions, and donating their time at club functions.

COXIE'S CORNER: Riley O'Neill

Have you ever wondered what it takes to be a coxswain (coxie)? You're in luck! We caught up with an SNRC member who knows a little bit about the role. Riley O'Neill earned a full scholarship to Oklahoma University to be their varsity coxie!

What is the role of a coxie?

The role of a coxswain is fundamental to the sport of rowing. We double as the eyes and minds of the athletes. When a coxswain is in the boat, it is their job to keep their athletes working as efficiently as possible, making last minute decisions when a race isn't going to plan. It is our job to keep the calm attitude of a winning crew.

Why is the role of coxswain so important?

I think a coxswain is so important because they are the heart and spirit of the boat and they take all the external mental pressures away from their crew while making them so much faster.

Describe steering as a coxie.

Steering is fundamental to coxing. On a straight course the coxswain counters any movement by steering a "straight course". To do this, the coxswain has to look very far ahead and almost pick a point (a tree, buoy or land mark) far into the distance and they should try to keep the bow ball of the boat aligned with that point.



Why rowing?

I think my favourite part would be the sound at the catch, just that



(tries to imitate the noise - haha) noise you make at the catch, that's, I think, my favourite part about rowing. I just love rowing because people don't understand that it takes what it takes to be a rower.

FROM THE ALUM': Kerry Shaffer



What are you up to these days?

Getting ready to move to Atlantic City. I remain coaching with the Detroit Waterfront Rowing Association, and swim/triathletes on the side. I still get on the water once a week and do triathlon training through the week.

Favourite memory while at SNRC?

I would have to say one of the

funniest was in my first or second year of rowing. Regatta in Buffalo. Our coach repeated multiple times that we CANNOT BE LATE! After leaving our coxswain house, we hit a curb and the tire goes flat. We are out in the country, with no idea what to do! Keep in mind cell phones were not a readily accessible thing in these times. So we started walking and knocking on farmhouse doors. In the end a man on a tractor driving down the road came to our rescue, helping us to change to the donut. We finally get to the race, but we had to book-it to the boat, then race line. Next small glitch, one of our rowers

is not wearing her suit.... no problem, "I'll get changed as we row to the start". We quickly hopped in the boat and successfully made it to the start line in one piece, fully clothed, but adrenaline running. We made it to the finish line in record time & walked away that day with some great memories!

Favourite SNRC accomplishment?

Winning the Canadian National Championship twice. It was amazing being able to race at "home" with such a great crowd cheering me on!

What life lessons did you learn from SNRC?

Hard work. Dedication. Success is not free. It takes sacrifice. I was blessed to have great coaches!

SNRC BOARD OF DIRECTORS / SUMMER STAFF



Name	Board Role
Kevin Fuller	President
Dr. Helen Taylor	VP, Administration
Margaret Battista	Secretary
Teri O'Neill	Registrar
Don Rickers	Treasurer
Kim Della Valle	Director, Human Resources
Petrusia Mulholland	Director, Marketing + Communications
Robert Fowler	Director, Governance
Jennifer Lamothe	Director at Large
Mario Ventresca	Director, Facilities
Jirianna Couroux	Director at Large

SUMMER STAFF

Mary Rao
Club Programs
Manager

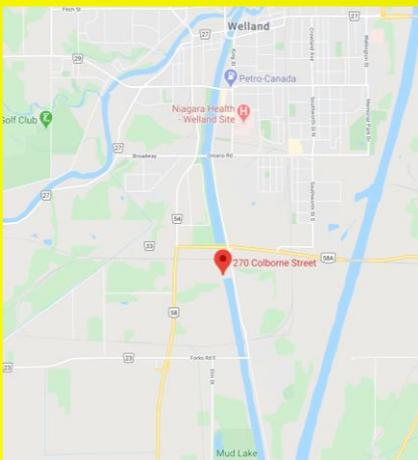
Sarah Fuller
Lead Coach – Adult
Programs

Josh McKernan
Marketing
Coordinator

2020 COACHES

Rachel Della Valle
Peter DeNew
Jacob Gula
Grace Janzen
Riley O'Neill
Bob Young

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