



South Niagara Rowing Club Newsletter

May/June 2022

Message From Our President

It's been a busy two months at SNRC. Our spring season was a high, with multiple club rowers having great success at the Mother's Day Regatta, the CSSRA and the South Niagara Invitational. Speaking of which, we'd like to thank our volunteers and sponsors who were elemental in the success of the event. Racing continues this summer and fall, and we're looking forward to watching all of our junior and master athletes compete in the various events that will take place. There's a lot of exciting things on the horizon for SNRC. I look forward to seeing you at the club.

Upcoming Events

Sunday, July 3rd

- CORA Championship Regatta

Sunday, July 10th

- Row Ontario Provincial Masters Championships

Saturday, July 23rd and Sunday, July 24th

- 2022 Row Ontario Championships

New Club and Coaching Staff

We are pleased to welcome back some familiar faces to the SNRC for the 2022 season. We also found some new faces to fill the roles of the club's Administration Coordinator and Marketing Coordinator.

Jirianna Couroux was named SNRC **General Manager**. She's been involved with SNRC for seven years, which includes three seasons as the Vice-President of Rowing.

Riley Radobenko will serve as the **Club Administrative Coordinator**. He is a resident of Welland and a graduate of the journalism and public relations program at Niagara College. He's worked with various local sports and media organizations.

Hazel Campbell will serve as the club's **Marketing Coordinator**. She has a Bachelor in Sport Management from Brock University, along with a Post-Graduate Certificate in Digital Media Marketing from George Brown College. Hazel has a background in sport administration, media creation, event management and promotion.

Welcome Riley and Hazel to SNRC.

In terms of coaching, we have conducted a rigorous process to select the SNRC coaches for the 2022 season. Some familiar faces will serve as the Adult and Youth Lead Coaches.

Vote for Us!



We have been nominated for four Welland Tribune Readers' Choice Awards 2022. We have been nominated in the categories: Adult Activity Program, Fitness Club, Kids Camps and Local Tourist Attraction. To vote for us, visit: <https://www.wellandtribune.ca/readerschoice/business/south-niagara-rowing-club>

Sophia Buzzell will serve as the **Lead Coach – Youth**. She is a Fonthill native, who just completed her bachelor's degree (Hons) in Medical Science at Brock University.

Sophia is a varsity athlete, and throughout the winter, has worked with SNRC athletes who have participated in off-season training.

Serving as the **Lead Coach – Adult**, SNRC is pleased to welcome back **Jacob Gula**.

He's a St. Catharines resident, who is studying Kinesiology at Brock University. Jacob is an active rower who has coached with SNRC since 2019.

Sophia and Jacob are two proven club coaches, who, like all SNRC coaches, are dedicated to the development of our athletes. We look forward to working with them throughout the season.

Regatta Recap



We would like to congratulate all of our Master's who competed in the Tony Biernacki Sr. Memorial Regatta on June 18th.

Special recognition goes out to the Men's 4x (Jamie, Robert, Kevin, Shane) who won bronze, the Women's 2x (Tanya, Rhonda) who won bronze, the Women's 1x (Tanya) who won silver, and the Mixed 4x (Tanya, Catherine, Kevin, Shane) who won bronze.

Stay Connected

Follow us on Facebook, Instagram, and Twitter

Visit us at www.rowsnrc.ca for all the latest news and events

Posting something about SNRC? Please tag us and use:
#ROWSNRC and
#SNRCCREW

Mascot Name Campaign



Our new mascot is looking for a name. Do you have a name that would be a perfect fit? Email info@rowsnrc.ca with your suggestion. Name suggestions will be accepted until July 8th. Once the suggestion period closes, the top options will be placed into a poll, in which a vote will take place for your favourite.

Volunteers Needed!

Row Ontario and the City of Welland are hosting 3 regattas this summer and are always looking for volunteers, including high school students looking for community service hours.

To volunteer, visit:

- CORA Championship Regatta (<https://www.signupgenius.com/go/cora2022>)
- Row Ontario Provincial Masters Championships (<https://www.signupgenius.com/go/ROMasters2022>)
- 2022 Row Ontario Championships (<https://www.signupgenius.com/go/ROChamps2022>)

Safety Tip: The Importance of Hydration

With the warm summer months just around the corner, understanding and recognizing the importance of hydration is important. This Safety Tip will discuss the causes and symptoms of dehydration, as well as prevention, treatment, and the importance of hydration during physical activity.

Causes of Dehydration

The most common causes of dehydration include:

- Not drinking enough water, blood loss, vomiting, malnutrition, and diarrhea

There is a reason your coach recommends you drink lots of fluids when you are rowing. When you are physically active, we increase the body temperature and sweating occurs, which can trigger dehydration. You sweat to cool your system down.

Treatment for Dehydration

To combat dehydration – which is the removal of water from a subject – rehydration must occur. Electrolytes like sodium and potassium salts found in drinks like Gatorade help to rehydrate. Slowly replenish fluids by drinking slowly. When symptoms subside, follow up with a small salty snack or light meal. If severe symptoms occur, receive immediate medical attention. To prevent dehydration, be sure to drink lots of water, not juice or soda. When you are thirsty, you are starting to dehydrate. Drink enough so you do not become thirsty.

Dehydration at Rowing

When you are dehydrated at rowing, accidents may occur due to fatigue, confusion, nausea and other debilitating symptoms. For your safety, as well as the safety and wellbeing of your team members, stay hydrated. Drink water.

Signs and Symptoms of Dehydration

The most common signs of mild dehydration include:

- Thirst, loss of appetite, dry skin, skin flushing, dark coloured urine, dry mouth, fatigue or weakness, chills, and head rushes

If dehydration continues, other symptoms arise, including:

- Increased heart rate, respiration, and body temperature, decreased sweating and urination, extreme fatigue and muscle gramps, tingling of the limbs, nausea, and headaches

Severe signs and symptoms of dehydration include:

- Muscle spasms, vomiting and painful urination, racing pulse and dim vision, shriveled skin, confusion and seizures, difficulty breathing and unconsciousness, and chest and abdominal pain

Facts about Hydration

- Roughly 60% of our body is composed of water!
- As little as a 1-2% change in hydration of your total body weight will negatively affect performance and psychological function!

How Much Fluid Should be Consumed?

- During the day? 8 cups a day...wrong! 9 cups for females; 13 cups for males...relative though. *Urinate every 2-4 hours...should be a light lemonade color
- Before exercise? 2-3 hours before (17-20oz); 10-20 min before (7-10oz)

Thank you to Cole Bujan for contributing the Safety Tip