



South Niagara Rowing Club Newsletter

July 2022

Big Red Orders Due July 24th!

 <p>\$56 SLICED BACON 11LB BOX (APPROX. 165 SLICES)</p>	 <p>\$45 SLICED PEAMEAL BACON 11LB BOX (APPROX. 100 SLICES)</p>	 <p>\$61 PUB STYLE CHICKEN FINGERS 4KG BOX (APPROX. 70 PIECES)</p>
 <p>\$54 HAMBURGERS 4 OZ (42 BURGERS) 6 OZ (30 BURGERS)</p>	 <p>\$54 JUMBO HOT DOGS 6KG BOX (APPROX. 70 PIECES)</p>	 <p>\$45 BREAKFAST SAUSAGES 11LB BOX (APPROX. 130 PIECES)</p>
 <p>\$50 PIZZA ROLLS 3.25 KG BOX (APPROX. 50 PIECES)</p>	 <p>\$63 CHICKEN CUTLETS 4 KG BOX (APPROX. 27-29 PIECES)</p>	 <p>\$55 WINGS, RAW, IQF 4 KG BOX (APPROX. 70-90 PIECES)</p>

Here's your final reminder! Big Red Orders are due on July 24th! Check out our social media to learn about our fundraiser and order some delicious food!

Upcoming Events

July 23rd and July 24th

- 2022 Row Ontario Championships

July 31st

- Royal Canadian Henley Masters

August 2nd – 7th

- Royal Canadian Henley

August 15th

- Club Fun Day

Message From Our President

It is hard to believe that the Row Ontario Championships are upon, and then soon after the wrap up of our summer competitive season at Canadian Henley. It has been a great summer with many returning and new members that have joined us. A special welcome to those that have joined us through our evening Learn to Row, Recreational and Sculling Development programs. There are so many positive comments made regarding our staff and the experience they have created for the participants. Also, it is great to have our Big Red Meat fundraiser back again and I hope everyone will take advantage of this great opportunity to buy some high-quality food products while supporting SNRC at the same time. Don't delay to submit your order as the deadline is July 24th!

It won't be long before the fall season is here, my favourite time of the year, and it is going to be a busy one at SNRC. Our competitive Junior and Masters programs will be in full swing with a number of exciting fall head race regattas, including the 40th anniversary of our own Head of the Welland regatta on September 24th, along with our fall Learn to Row, Recreational, Sculling Development and Train to Train programs and I look forward to seeing everyone back and more new faces at the club this fall.

Tech Tip

By: Brandon D'Orazio, V.P. Rowing

A true position three means loading the lower body for the next stroke. This means that we need to feel the seat move behind us as we pivot forward!

Also, I am excited to share that later this fall we will be starting our Pavilion Training Centre project for which we received a Ontario Trillium Foundation Grant. This project is going to turn our outdoor Pavilion into a year-round indoor training and meeting space that is definitely going to be a game changer for SNRC. We are so thrilled to see this project become a reality and more information will follow as things progress, including opportunities on how you can directly support the project.

I hope everyone has a great finish to their summer and that you get some time to enjoy with family and friends. Looking forward to seeing you at our Club Day in August where we will be coming together to celebrate.

**Kevin Fuller
President
SNRC**

Regatta Recap

So far this summer, SNRC has participated in the CORA Championship Regatta, and Row Ontario Provincial Masters Championship. We would like to congratulate all of the SNRC finishers and medal winners. Our athletes continue to work diligently in preparation for Row Ontario Championships and Royal Canadian Henley.



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

**SNRC CLUB
FUN DAY**



MON, AUG 15

Club Fun Day

We are hosting a Club Fun Day on Monday, August 15th! We want to see everyone out as we will be unveiling our new sign, naming boats, unveiling our mascots name, BBQing, and running fun events with prizes. It will begin at 5:30 pm and run until 9:30 pm. Watch for more information coming out soon!

Spirit Wear Store Opening Soon!



The SNRC Spirit Wear Store is opening soon for the fall season and we're looking for suggestions! What items would you like to see in our spirit wear store? Sweaters? Hats? Jackets? Bags? Scarfs? Blankets?

Email Rhonda (rchopin@rowsnrc.ca) your suggestions!

Safety Tip: The Benefits of Daily Stretching

Each day we stretch out our muscles. After sitting in one position for too long, you will unconsciously stretch and relieve the tension. This Safety Tip will discuss the benefits of stretching, as well as briefly describe seven basic stretches you can perform before and after rowing at home.

Benefits of Stretching

With regular stretching, a wide range of benefits occur. Stretching does not take up much of your time, but it has fantastic results. Some benefits of daily stretching include:

- Improved posture
- Increased circulation
- Mental relaxation
- Reduced muscle tension
- Delayed onset of muscle fatigue
- Increased range of movement in the joints
- Increased energy levels
- Mental relaxation
- Enhanced muscle coordination
- Decrease muscle soreness
- Ensure muscle and tendons are in good working order
- Feels great!

Stretching Positions

Stretch #1: Neck Stretch

Sit or stand with shoulders relaxed, back straight. Bring your left ear down toward your left shoulder and hold. Roll your head down toward the ground and bring your chin to your chest. Hold and finally, roll your head to the right and bring that ear to your right shoulder. Inhale and exhale in a slow and controlled manner.

Stretch #2: Hamstring Stretch

Stand tall with back straight, abs engaged, shoulders down, and feet hip-width apart. Bring your left leg forward, heel down, toes up and leg straight. Keeping back straight and abs engaged, bend the right knee as if sitting back, while supporting yourself with both hands on your thighs. Repeat on opposite side.

Stretch #3: Chest and Biceps Stretch

Stand tall or sit upright. Interlace your fingers behind your back and straighten your arms. With arms straight, lift arms up behind you while keeping your back straight and your shoulders down. Keep the shoulders relaxed away from the ears.

Stretch #4: Quad Stretch

Stand tall, holding on to a chair or wall for balance if necessary. Keep your feet hip-width apart, your back straight and your feet parallel. Reach back and grab your left foot in your left hand, keeping your thighs lined up next to each other and left leg in line with the hip (not pulled back behind you). Repeat on opposite side.

Stretch #5: Standing Triceps Stretch

Stand tall or sit upright. Place your left elbow in your right hand. Reach your left arm overhead, placing palm on the center of your back and supporting the elbow in your right hand. Reach your fingertips down your spine. Keep the shoulders relaxed away from the ears. Repeat with opposite arm.

Stretch #6: Back Stretch

Come to hands and knees with your hands shoulder-width apart, knees hip-width apart, abs engaged, and back flat (spine neutral). Engage your abdominals as if pulling your naval toward your spine and round your back toward the ceiling. Allow the head and neck to fall naturally between the arms.

Stretch #7: Hip and Gluteal Stretch

Lie on your back with your legs extended and your back straight. Keep your hips level and your lower back down on the floor. Bend your left knee, placing left foot flat on the floor. Cross your right ankle at your left knee. Grab the back of your left thigh and hug your legs toward your chest. Place your right elbow on the inner portion of your right knee and push it slightly to the side. Repeat on other side.

Thank you to Cole Bujan for contributing the Safety Tip