

# QUINTE ROWING NEWS

Hello Fellow Rowers!

This is our first monthly Quinte Rowing Newsletter! It's purpose is to keep you up-to-date with all of our programs, exciting up-coming events and, of course, opportunities to lend a helping hand around the club to put towards volunteer/contribution hours.

QRC has a multitude of activities set to run this summer, and there will many chances to get out on the water. We hope this newsletter is informative, let us know what you think!

## High School Rowing in the Final Sprint and Summer Competitive in the Gate

After a few great months of land and on-water training, the high school athletes will be wrapping up their season on June 11 with the annual Quinte High School Fun Regatta. The competitors hit the race courses of Welland and Ottawa in different crews of 4+, 2x, and 1x. All crews finished their races out of breath and in good spirits.

Brendan Rivers took 2<sup>nd</sup> in the single, while Hannah Rivers and Daelyn Newman crossed the line third in the double at the Ottawa regatta. Now our young rowers make the transition into summer racing.



Issue 1: June 2016

## Upcoming in June

### Try-It-Day

June 11 – An opportunity to volunteer and try out some other on water activities! See details on page 2

### Boat Skills Development

Come join us on Thursday nights from June 9<sup>th</sup> to June 30<sup>th</sup> to learn about what it takes to row safely on your own! The fun and challenging activities in our lineup are appropriate for all levels of rowers as we strengthen your skills both on the water and off. We promise you will learn something new. The sign-up sheet is waiting for you on the bulletin board! Questions? Ask Sue at [meer\\_drafting@on.aibn.com](mailto:meer_drafting@on.aibn.com)

## Cold Water Rules Suspended

It's that time of year again, the water has warmed up and cold water rules are no longer in effect. You may now be 1000m away from the nearest coach boat while on the water.

## Try It Day

QRC has joined forces with the Belleville Dragon Boat Club and the Quinte Outrigger Canoe Club to create a one of a kind day on Saturday June 11. Come on down to our docks with family and friends to give all three sports a try, no registration required. The event runs from 10:00 a.m. to 2:00 p.m., and volunteers are needed. If you are free to volunteer fill in your available times on the sign-up sheet on the club's bulletin board. Hope to see you there!

## Touring Fun

The Tay River Tour took six of our rowers down the Tay River, through the locks and across the Rideau Lake. We will be participating on more tours this summer, including the Mazinaw Lake Tour in July, contact Sonya for more information.

## Volunteering

Have some other skills/ideas on how to get contribute to your volunteer hours? Let us know, we are always open to new ideas and improvements.

## Summer Youth Camp

QRC will be hosting the summer kid's camp again this summer. The program is for ages 11 to 14 so spread the word! Jackie Bellemare will be heading up the camp from July 4<sup>th</sup> to 8<sup>th</sup>, 8:30 – 12. If you have a free hour or four and would like to volunteer to help out on any or all days, let her know at [bellemarej@hotmail.ca](mailto:bellemarej@hotmail.ca)



## Upcoming in June

### QRC High School Fun Regatta

Our buoys will hit the water for the High School Regatta which will take place June 11 from 7:30-9:30am

### Seat Challenge Tuesdays

This summer you can expect to be put in lots of different boats with mixed crews on Tuesday nights for seat racing and other challenges! Keep your ears open for more information

### June Learn to Row

June 19<sup>th</sup> marks the first day of our June LTR. Willing to lend a hand? The sign-up sheet is on the bulletin board. The schedule is:

Sunday (June 19) 1-3pm

Mon-Thurs (June 20-23):

6:30-8:30pm

Anybody interested in enrolling in the camp should contact Sonya

**QRC is aiming to have rowers on the water each weeknight, so stay tuned this summer and be sure to try it all out!**

## QRC Rowers Volunteering on the Rowing Circuit

Jackie Bellemare and Brendan Rivers spent a three day weekend boat holding at the Canadian Secondary School Rowing Championships last weekend and experienced the race from the other side of the start blocks. They said: "As a rower it was awesome to have interaction with the rowers before their race, and watching them row down the course was really exciting. As a competitor I think it is also important to gain a new perspective, as we could see how different crews prepared and took off. "

This is one example of the many fun ways to stay active in the rowing community! Regatta committees are always looking for volunteers.



## QRC Board Members

We thought we'd remind you of this year's board! Please do not hesitate to contact any of our board members for questions or inquires of any sort. Note the roles of each member, so you may direct your questions accordingly.



## Happening this Summer

### Thursday Night Yoga

Let Lisa Noel know if you are interested in joining us for Thursday night yoga sessions in July and August. Times TBD

### Quinte Rowing Coastal Regatta

The Quinte Rowing club will be hosting a coastal regatta on July 9<sup>th</sup>. As part of the Waterfront festivities, we will be launching from Zwick's Park and rowing around the bridge with many other rowers. Keep your ears open and don't miss out on this fun opportunity!

Arnold Vandermeer	Chairman, Membership Director	<a href="mailto:meer@on.aibn.com">meer@on.aibn.com</a>
Carol Greiner	Past President	<a href="mailto:carolgreiner@sympatico.ca">carolgreiner@sympatico.ca</a>
Lesley Knox	Secretary	<a href="mailto:Lesley.hoefman@live.ca">Lesley.hoefman@live.ca</a>
Neil Nicholson	Treasurer	<a href="mailto:nanicholson@bellnet.ca">nanicholson@bellnet.ca</a>
Bill Rivers	Vice-President, Competitive Programs Director	<a href="mailto:rivers@ghmanufacturing.com">rivers@ghmanufacturing.com</a>
Sonya Wolvers	Sport Program & Touring Director	<a href="mailto:swolvers@live.ca">swolvers@live.ca</a>
Lisa Noel	Communications Director	<a href="mailto:lisanoel@sympatico.ca">lisanoel@sympatico.ca</a>
Jennifer Dupuis	Fundraising Director	<a href="mailto:Jennifer.a.dupuis@gmail.com">Jennifer.a.dupuis@gmail.com</a>
Scott Poole	Building & Maintenance Director	<a href="mailto:spoole@greergalloway.com">spoole@greergalloway.com</a>



**THIS COULD BE YOU**

**Share your time on the water**

Well, maybe you could look like you are enjoying yourself a little more, but we want you to help us complete July's newsletter! Send us your rowing pictures and stories this month so we can share it with everybody.

Information can be e-mailed to [info@rowquinte.ca](mailto:info@rowquinte.ca). We look forward to hearing from you!