



LEANDER NEWS

May 2017

Issue Seventeen

90th Anniversary



Leander Boat Club



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Leander Boat Club Celebrates it's 90th Anniversary in 2017



Leander celebrates 90 years as a boat club!



Come celebrate the steep heritage of Leander Boat Club as we commemorate 90 years of operation on *Saturday May 20th 2017*

*The date is fast approaching. To avoid disappointment, buy your tickets today! **Adults \$90 25 & Under \$60***

Please go to https://www.regattacentral.com/clubs/?org_id=720

Deadline to purchase is May 13th





Club Elite Camp—Row Ontario

Thank you SNRC for hosting this year's first RowOntario Club Elite camp. 16 coaches and 26 athletes from across Ontario trained, raced one another and enjoyed a unique community of camaraderie and athleticism. Leander boat club had a huge presence! Go LBC!

LBC Coaches: *Andrea Valois, Peter DeNew, Greg Hanta, Jake Thomasen*

LBC Invited athletes: *Hunter Amesbury, Luke Gadsdon, Lauren Gadsdon, Abbey Maillet, James Sinclair, John Butler, D'Arcy Arends, Keira Allen, Cole Creaney.*

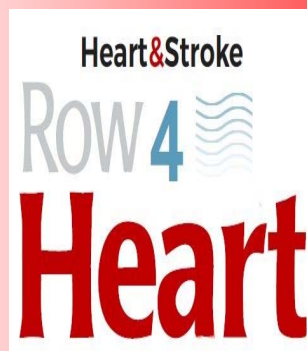
Next on Tap These athletes will be attending a special battery of tests called the RowOntario club elite speed order races on Mother's Day weekend. (May 13th in Welland.)

* Future teammates * "ROwstrONg" Best wishes from everyone in the LBC community.



There's still time! Let's do this!

HIGH SCHOOL ROWERS & PARENTS CHALLENGE



Leander's Row4Heart Program is challenging each High School in our program to commit an 8 person team to Row4Heart **and spaces are filling up fast!** Rowers, get 8 parents together to represent your school this summer in our Row4Heart Program and Regatta.

Cost is \$250+HST



Parents will row with their crew 1 night a week for 8 weeks plus 1 week for orientation. We will finish up with a Regatta at Leander where you will see a minimum of 3 races. We will have a luncheon and awards banquet following the heats.

Each school can also have a Coxie – this is your chance to yell at parents and not get into trouble! Each Coxie will be paid for their role.

Start recruiting your parents today! Parents, no experience required.

Grab some friends, make a crew now and submit your team to leander.clerk@gmail.com Don't wait, do it now!





Big updates this year include a 9 week program (increased from 8) and new shoes in all the Row4Heart boats!

Do you want to have a chance to coach your own crews? Or coxie for a team? Look no further! We are now looking for people interested in coaching or coxying our row for heart crews starting in **May until July!** If you have an interest in being a coach or coxie please email Andrea Jansen at lbcrowing@gmail.com !

There are a few spots left for crews! If you know someone who is interested in entering a team please have them contact Jayne at leander.clerk@gmail.com!

Rowers

Please distribute the flyer included with this newsletter and help create a team of 8 for the upcoming seasons Row 4 Heart program.

Registration is simple: Go to https://www.regattacentral.com/clubs/?org_id=720

Choose Row4Heart and complete the steps.

Then Go to <https://membership.rowingcanada.org/Account/Login?ReturnUrl=%2FLGC%2FSecure%2FPersonDashboard.aspx>

Create or sign into your Row Canada account and register here for the Row4Heart program.

Thanks everyone. Our goal is 14 - 8's this year. Help us reach this goal.

Erg Classes



Sit up.....ready.....erg

Erg Classes are coming to LBC! Leander's new Erg Program will start in **April** with our promotional *class for beginners*.

*Our first New2Erg session will begin in **May** and sessions will continue to run through the summer. We intend to introduce our *Erg4Fun and Erg4Fitness classes in **June or July***.*

In **September 2017**, we will launch our *full Erg Program* with over **7 different classes!** Our full program will have classes for varying ages, fitness levels, and interests. LBC members will receive a discount on class fees and registration will be through RegattaCentral. These classes are to promote community, fitness, and help Leander grow!

Please spread the word! And stay tuned for more information. If you have any questions, please contact **Kaitlyn Akitt** at leander.ergclass@gmail.com.



Cost is \$10+hst

Signup through regattacentral.com using the link in the attached flyer included in this email.

Click on programs & classes and register for the ERG CLASS

Class size is a max of 12 people so register now before we fill up. This is open to anyone in the club or outside of the club so please share and forward the email to many people in your contact list.



Put a sock "on" it!



Work socks, monogrammed socks, wool knits...we don't care, just cover your water bottle please!

Did you know that a lot of the damage to rowing shells arises from uncovered water bottles rattling around the interior of the boat? It's very easy to prevent. **Simply cover your water bottles!**

A new LBC rule will include covering all on-board water bottles. Rowers will not be permitted to bring an uncovered water bottle into a rowing shell at any point effective immediately. Coaches please have an eye out as this is a club wide mandate. Thank you in advance.

Practice
like you've
never won.

Perform
like you've
never lost.

QUOTEDIARY.ME

Classifieds



2007 Hudson Elite LW 1x. Contact Alethia Hazaras if you are interested.

519—280—3496 or alethia.hazaras@gmail.com

Upcoming Dates Long and Short Term



John Bennett Regatta (Buffalo)	May 7th 2017
Ridley Head of the Martindale (single sculls only)	May 13th, 2017
Row Ontario Club Elite Speed Order Regatta	May 13, 2017
Mother's Day Regatta	May 14th, 2017
Leander's 90th anniversary	May 20th 2017
SNRC	May 20th—21st, 2017
Hamilton HS Rowing Championships	May 27th, 2017
Row Ontario Club Elite Camp (Kingston RC)	May 27th, 2017
CSSRA Championship Regatta	June 2– 4th, 2017
Rowing Canada Junior National Team Trials	June 5-7, 2017
Ancaster Heritage Parade (LBC float)	June 10th , 2017
Tony Biernacki Regatta	June 17th 2017
Try it Day	June 24th 10am—2pm
Row Ontario Club Elite Camp (Guelph RC)	June 25, 2017
Dominion Day Regatta (Toronto select crews)	July 1st, 2017
CORA London	July 8th, 2017
CORA Welland	July 15th, 2017
RowOntario Championships	July 29th—30th, 2017
Royal Canadian Henley Masters	August 6th, 2017
Royal Canadian Henley Regatta	August 8—13th, 2017

RADAR Submission Window:

Period 3

March 1st—May 15th, 2017

