

Saskatoon
Rowing
Club

The Catch

Volume 2, Issue 2

July 2, 2002

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Take Note

- Avoid accidents. Stay in the flow pattern.
- Visit the SRC web site at rowingclub.org.
- It's probably time to work your next bingo.
- Tell a friend about rowing. Journey 1 starts each month.

Square, Reach, Catch.

Square, reach, catch.

Those three words have echoed across the water from the coach boat since joining the early morning Rowing Club and have become my mantra.

As a novice member of the Saskatoon Rowing Club, the technical skills necessary to power the craft across the water can be daunting. More so for someone who spent the better part of a lifetime practicing what are now incorrigible rowing habits.

It was my good fortune however, when I signed up last year for the Learn to Row program that the two coaches, Lindy Antonini and Anne Haver had infinite patience and easy to understand descriptions of



Rowing, there is no better way to start the day.

the myriad technical aspects necessary to properly propel the boat through the water.

Proper technique has so far remained elusive again this season and the coaching tag team of Todd Keesey and Cory Niefer are relentless in their attention to detail and quite vocal in expressing their suggested areas of improvement.

Nevertheless, I can't think of a better way to start the day. The team work that drives a quad across the water, when all four rowers are in synch, is exhilarating and adds to that intangible "quality of life" that Saskatoon is famous for.

Terry Craig, SRC Member and humble novice rower.

Prairie Rowing Championships Sturgeon Lake, Sask Saturday, July 13, 2002

The Saskatoon Rowing club and the Prince Albert Drifters Rowing clubs, in conjunction with the Sturgeon Lake First Nation are hosting the Prairie Rowing Championships at Sturgeon Lake on Saturday, July 13, 2002.

The Sturgeon Lake First Nation has a superior rowing venue including the only buoyed 2000-meter course in Saskatchewan. The

regatta site is 37km northwest of Prince Albert. See the web site for maps and detailed directions.

Full details can be found on the web site at www.rowingclub.org/prc. The event site includes application forms, the race schedule and pictures of the site.

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Where Are They Now? James Myers

This is the first in an ongoing series of articles on former members of the Saskatoon Rowing Club. 1989 was the year Saskatoon hosted the Jeux Canada Games. The boathouse we now use is a legacy of the games. Saskatchewan's rowing crew in those games featured a memorable group of young rowers in the men's eight. That crew captured the silver medal in the men's eight at the games.

James Myers was a talented teenage rower with an attitude. Back then you would have thought he was destined to be a surf bum on a beach somewhere in the tropics. Well James went on to get his degree in electrical engineering from the U of S. Following university he moved to Calgary and took a job in the engineering field. He took up mountain biking, hiking and marathon canoeing. He even dabbled in adventure racing which combines all three sports similar to the triathlon.

Believe it or not, he owns a sea kayak.

He hasn't rowed since 1995, but his best memory of rowing in Saskatoon is the lazy current and blue waters of the South Saskatchewan River. He had tons of fun hanging out with his rowing buddies. He said "I won't ever find a better group of people than my rowing friends back in those days."

Today, James lives in Edmonton with his girlfriend and his dog. He works as an electrical engineer with Bantrel Consulting, doing oil and gas field consulting for clients like Imperial Oil. He said Edmonton reminds him a lot of Saskatoon.

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2002 Prairie Rowing Championships

Prairie Championship Race Categories

Junior Men 4x, 1x, 2x, 4- (18 years or younger as of December 31, 2002)

Junior Women 4x, 1x, 2x, 4- (18 years or younger as of December 31, 2002)

Novice Men 4+, 2x

Novice Women 4+, 2x

Lwt Men 2-, 1x, 2x (Maximum weight 166lbs/crew average 161)

Lwt Women 2-, 1x, 2x (Maximum weight 136lbs/crew average 131)

Senior Men 1x, 2-, 4x, 4-, 2x

Senior Women 1x, 2-, 4x, 2x, 4-

Master Men 4x, 2x (27 years or older as of December 31, 2002)

Master Women 4x, 2x (27 years or older as of December 31, 2002)

Mixed Masters 2x (27 years or older as of December 31, 2002)

Coaches Choice Mens 8+, Womens 8+ (Crew can be a mixture of Senior, Junior, Masters categories or all one category). One entry per club.

Contact Cory Niefer ASAP about entries.

Entry fee is \$35.00 per person. The fee includes the awards banquet. Additional banquet tickets are \$10.00 per person.

Heats are scheduled to begin at 6:00am.

Finals begin at 8:00am.

You will find the schedule of events on page 5.

Hurry and sign up for the Prairie Championships today!

2002 Canadian Masters Rowing Championships

Saturday, Aug. 31st ~ Sunday, Sept. 1st

Kenora Ontario

The Kenora Rowing club is very excited to have been chosen to host this year's *Canadian Masters Rowing Championships* and we look forward to welcoming you all to Kenora.



You can reach the club at 653-2977. Leave a message.

Kenora has a long history in rowing as it is home to one of the oldest rowing clubs in central North America. It has a long tradition of hosting well run regattas. It currently regularly hosts its own annual Tops and Bottoms Regatta and the North Western International Rowing Association's Championship Regatta.

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Coach Boat Comments

The rowing season has started off successfully! A new face can be seen in the coach boat, that face is Todd Keesey. Todd has been involved in rowing for several years as an athlete successfully competing at Regatta's such as Canada Cup, Canadian Secondary Schools Championships and Canada Games. Todd and Cory Neifer are the club coaches, as well as Cory fulfilling duties as the Northern Provincial Coach. Please feel free to ask either of us any question you may have.

With almost 50 new rowers around the boathouse in either Journey 1 or Journey 2 in June alone, the first months of being on water have been busy around the boathouse. It can get a bit hectic around in the morning with so many people around; the help from the experienced rowers has assisted in insuring the success of our club. We would also like to thank the Journey coaches for doing an excellent job!

With so many boats on the water and the fact that we face backwards, flow pattern becomes essential to safety. Please, remember to always launch and dock with your bow pointed upstream and to keep your starboard side closest to the shore at all times.

The first regatta of the year for most of the clubs rowers was Regina sprints June 8th. (see results). Twenty-eight athletes attended from the Saskatoon Rowing Club. Despite the weather, all of the participants seemed to be having fun and there was lots of exciting races. We thank you for your great attitudes. Great job everyone!

With the majority of our season plan for. We need your help by tending. Please sign up on the

**A Special Thank You
To All Our Coaches**

ahead of us we, have many regattas to telling us what regattas you plan on at-sheets located in the boathouse.

See you on the water!!
Cory Niefer, SRC Club Coach

Where Are They Now continued

He stays in contact with many of his former rowing mates include Bruce Wobeser, Paul Zanon, Cam Baerg and Euan Ried. His legacy to the Saskatoon Rowing Club is the light blue club single that many of you have rowed

James passes through Saskatoon whenever he visits his parents who now live in Regina. He promises

to stop by the boathouse with his kayak next time he's through and paddle on the river once again.

If you want to get in contact with James his home number in Edmonton is 780-474-1397.

In future issues I will share updates on other notable former club members.

Bruce Acton, Editor

" BINGO" Barrage

Yes, bingos continue throughout the year and right now is especially important. Bingos are a necessary aspect of club membership. Without bingos and your support, the club could not afford new equipment and conversely, you could not afford the club membership.

Susan Belyk is the Bingo Queen again this year. She can be reached at 373-9652. She is looking for someone to help out as a Bingo Assistant.

You are reminded to always arrive one hour early to count the bingo paper.

Bingo Schedule for the next few weeks.

July 7 11am - 6pm July 18 11am-6pm

July 20 5pm-12am July 24 5pm-12am

Look for fall dates by mid-July at the Boathouse.

Sign up sheets for bingos are at the boathouse. You also have the option of buy out or finding someone to work on your behalf. See a list of willing members ready to work for cash also at the boathouse.



The Catch

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SASKATOON ROWING CLUB

Visit our Web site at
www.rowingclub.org for the latest
information on club happenings

Be a Row Model

2002 Rowing Event Schedule

- July 13** Prairie Championships, Sturgeon Lake, SK
- August 7-11** Royal Canadian Henley Regatta, St. Catherine's
- Aug 18-19** Canada Cup - Montreal, QC
- Aug 23-25** NWIRA Championships, Minneapolis, MN
- Aug 31- Sept 1** Canadian Masters Championship, Kenora, ON
- Sept 14** Head of the Red, Winnipeg, MN
- Sept 28** Saskatoon Rowing Club Head Race

Want to receive The Catch on your email. Then let me know by sending a note to bruceacton@shaw.ca. I will make sure you receive all future newsletters computer.

Bruce Acton, Editor

2001-2002 Club Executive

President— vacant Vice President— Bruce Murray
Secretary— vacant Treasurer— Kristen Jewitt
At Large— Bill Martin

Non-Voting Club Positions

Membership— Anne-Marie Graham Bingo- Susan Belyk
Newsletter- Bruce Acton Safety— Joan Wickett

Equipment— vacant Home Regatta— vacant
Away Regattas— Cory Niefer Social— vacant
City Liaison and Past President— Daryl Start
Club Coach—Cory Niefer

The Catch Newsletter 2002/03 Schedule

The Catch is a quarterly publication of the Saskatoon Rowing Club. Your articles, views and editorials are welcome. You may email your information to bruceacton@shaw.ca anytime.

Fall Issue

Submissions due date September 15
Mailing date October 1

Winter Issue

Submission due date December 15
Mailing date January 1

Spring Issue

Submission due date February 15
Mailing date April 1

Prairie Rowing Championship Schedule of Events
Saturday, July 13, 2002
Sturgeon Lake, SK

Time	Event	Category	M/W/Mixed	Boat
8:00 AM	1	Senior	W	2-
8:15 AM	2	Senior	M	1X
8:30 AM	3	Novice	M	4+
8:45 AM	4	Master	M	4X
9:00 AM	5	Lwt.	M	2-
9:15 AM	6	Junior	M	4X
9:30 AM	7	Senior	W	1X
9:45 AM	8	Master	W	4X
10:00 AM	9	Senior	M	2-
10:15 AM	10	Novice	W	4+
10:30 AM	11	Lwt.	W	2-
10:45 AM	12	Junior	W	4X
11:00 AM	13	Junior	M	1X
11:15 AM	14	Master	M	2X
11:30 AM	15	Senior	W	4X
11:45 AM	16	Lwt.	M	1X
12:00 PM	17	Lwt.	W	1X
12:15 PM	18	Coaches Choice	W	8+
	Break	Break	Break	Break
1:00 PM	19	Novice	M	2X
1:15 PM	20	Novice	W	2X
1:30 PM	21	Senior	M	4X
1:45 PM	22	Junior	M	2X
2:00 PM	23	Master	W	2X
2:15 PM	24	Junior	W	1X
2:30 PM	25	Senior	W	2X
2:45 PM	26	Senior	M	4-
3:00 PM	27	Lwt.	W	2X
3:15 PM	28	Lwt.	M	2X
3:30 PM	29	Senior	W	4-
3:45 PM	30	Junior	W	2X
4:00 PM	31	Junior	M	4-
4:15 PM	32	Senior	M	2X
4:30 PM	33	Junior	W	4-
4:45 PM	34	Master	mixed	2X
5:00 PM	35	Coaches Choice	M	8+

Canadian Master's Rowing Championships continued

The Kenora Rowing Club is situated on a beautiful piece of parkland on Rabbit Lake in central Kenora. Rabbit Lake is an exceptional site for rowing as it has no boat traffic, no current, is usually calm and is a perfect length - 2600 meters.

Over the past few years, the Kenora Rowing Club and the community has invested over \$700,000 to complete a permanent regatta site and training facility. This project involved the construction of a new boathouse, regatta storage facility, new docks, a complete course, new training equipment and boats.

The Kenora course has a 7 lane Albano buoying system, 6 stake docks, a starter's platform, an aligner dock and a finish line pontoon boat.

The entire course can be viewed from Garrow Park situated beside the Boathouse.

Come and Experience one of the most beautiful rowing venues in the world!!!!!!

Order of Events

Saturday August 31st

Number	Event
1	Mixed E- H 2x
2	Mens A- B 4x
3	Womens A - B 4+/4-
4	Mens A -H 2 -
5	Womens C 2x
6	Mens C-D 4x
7	Mixed A-B 8+
8	Mens G+H 1x
9	Mens B 2x
10	Womens C-H 4+/4-
11	Mens F 1x
12	Mens E 1x
13	Mixed C-D 4x
14	Womens A 2x
15	Mens A-B 4+/4-
16	Womens C-H 8+
17	Mens F-H LW 1x
18	Womens B 2x
19	Mixed D-H 4+/4-
20	Mens B 1x
21	Mens A 1x
22	Mens C 4+/4-
23	Womens A-B 8+
24	Mens C 1x
25	Mens D 1x
26	Mixed E-H 4x

Sunday, September 1st

Number	Event
27	Mixed C-D 2x
28	Womens A 1x
29	Womens B 1x
30	Womens A-H 2-
31	Womens LW C-H 1x
32	Mens C 2X
33	Mens D-H 4+/4-
34	Mixed A+B 4x
35	Womens D-H 1x
36	Mens F-H 2x
37	Mens LW C 1x
38	Mens LW A-B 1x
39	Mixed C-H 8+
40	Womens A-B 4x
41	Mens A 2x
42	Womens C 1x
43	Mens C- H 8+
44	Mens LW D+E 1x
45	Womens D-H 2x
46	Womens LW A+B 1x
47	Mens A-B 8+
48	Mens D+E 2x
49	Womens C-H 4x
50	Mixed A-C 4+/4-
51	Mixed A-B 2x
52	Mens E-H 4x

This Schedule is tentative and subject to change. Races to be run at 10 min intervals. Racing starts at 8:00 am. Heats rowed first followed by finals. Combined categories will be age adjusted. RCA Rules of Racing will be in effect.

Classification: a:27 to 35 years average; b:36 to 42; c:43 to 49; d:50 to 54; e:55 to 59; f:60 to 64; g:65 to 69; h:70 years and over

For more information, please contact:
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