

Saskatoon  
Rowing  
Club

# The Catch 2009 Membership Edition

Volume 9, Issue 1

April 17, 2008

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## **SRC Boathouse *Open House* Saturday May 2nd**

**Members and friends are invited to the annual  
Saskatoon Rowing Club  
Open House  
Saturday, May 2nd at 11:00am**

**Boathouse cleanup in preparation for the open house will be  
Saturday starting at 8:00 am.**

## **Message from the President**

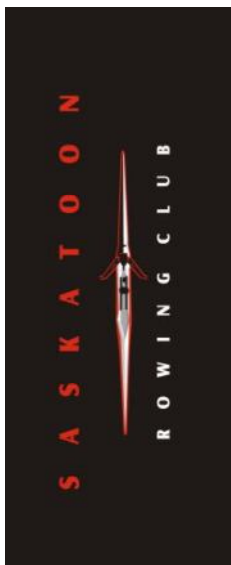
On behalf of this years' Club Executive, I would like to congratulate everyone on making it though another erg season. Lots of excellent scores achieved and improvements made.

At this time of year we are all watching the river intently, looking for the ice to go down, and the water levels to not be too high, as we anticipate being on the water. It's an exciting time. With this in mind I encourage everyone to go over the Safety article that we have included in this issue.

We have an exciting year ahead, with some initiatives planned for new member recruitment and also fundraising opportunities. Everyone will be gearing up their training for the 2009 Canada Games and World Masters Games.

I would like to wish everyone a great summer!!!

Karen Taylor



# Safety First

This article is reprinted every spring because we all need a reminder of the importance of safety in our sport, particularly since we row on a river.

It is that time of year when we look longingly at the water and start to count the days until we can row outdoors again and put all this ERGing behind us. We can never be reminded enough about the safety regulations of our sport. The rules are made by Rowing Canada and the Canada Coast Guard and are posted in two places in the boat-house. It is each member's responsibility to read and know the rules that keep our sport safe and fun for everyone.

**Because we row on a river**, we have a few challenges to overcome that make us better rowers, like the current, sandbars and really BIG bridges. Many who do not row with our club are amazed we are so complacent about these obstacles. We like to think it makes our bow people superior.

Some rules that are unique to our club are:

**NO BOATS ARE ALLOWED ON THE WATER UNTIL THE ICE IS GONE.**  
**NO ROWERS ARE ALLOWED ON THE WATER WITHOUT A PROPERLY EQUIPPED COACH BOAT BEFORE MAY 15 AND AFTER SEPT 30.** (Hypothermia is a reality)

**ALL ROWERS WILL BE DRESSED IN LIGHT COLORED CLOTHING.** (All the better to see you)

**NO ROWERS ARE ALLOWED ON THE WATER IF THE WINDS ARE IN EXCESS OF 22KM (small boats) AND 30KM (quads and larger)**

## Always Follow Club Safety Rules

**NOVICE AND JUNIOR ROWERS MUST HAVE A PROPERLY EQUIPPED COACH BOAT ON THE WATER WITH THEM AT ALL TIMES.**

**MASTERS ROWERS SHOULD HAVE MORE THAN ONE YEARS EXPERIENCE TO GO OUT ALONE IN THE BOATS AND HAVE A COACH BOAT AT THE WATER'S EDGE.**

**ROWERS MUST KNOW AND ABIDE BY THE FLOW PATTERN- UPSTREAM WEST SHORE / DOWNSTREAM- EAST SHORE** (being able to do this is what makes our bowing superior.)

**SINGLES ARE NOT ALLOWED ON THE WATER WITHOUT A BUDDY BOAT OR COACH BOAT.**

Let's all remember these rules and the ones set by our sport associations and **KEEP SAFE** so we can go out there and kick some butt!!



## Steak Night

Thanks to everyone who came out to the SRC Steak Night on April 2nd at Mulberry's! It was a success and raised around \$240 for the club.

## Website

### Saskatoon Rowing Club

*Did you know that our club has a website?*

*Watch for new updates happening soon...*

[www.rowingclub.org](http://www.rowingclub.org)

*If you have ideas for the website, email [wichs@sasktel.net](mailto:wichs@sasktel.net) attn: Dave*

# 2009-10 Saskatoon Rowing Club Membership

The SRA will be using a common membership form again this year for all Saskatchewan Rowing Clubs. The form will be in triplicate format and will also function as a receipt of membership fees. Please complete and have a parent sign the form if necessary. The form will be available at the SRC Open House on May 2nd. Fees are to be paid by April 1, 2009 for those using the facilities. Fees **MUST** be paid **before** going on the water. The membership period is for the term **April 1, 2009 to March 31, 2010**. The fee structure for all members is as follows:

<u>Type</u>	<u>Rows</u>	<u>Cash</u>	<u>Club Development</u>
Full	Unlimited rows	\$325	5 x \$60
Full	Unlimited rows (buyout option)	\$575	n/a
Journey 2	2 weekly scheduled; upgradeable (1 month)	\$90	n/a
Winter	Off-water training only	\$160	2 x \$60
Upgrade	Journey 2 to full membership	\$235	3 x \$60
Associate	Non-rowing (inc. officials, coaches, parents)	n/c	n/a

**The SRC will be having a membership Open house on May 2, 2009 at 11:00.**

A single full time membership fee will apply for all and be accompanied by 5 x \$60.00 post-dated cheques dated July 1, September 1, November 1, January 1, 2010, and March 1, 2010. These cheques would be refundable upon completion of fund raising activities.

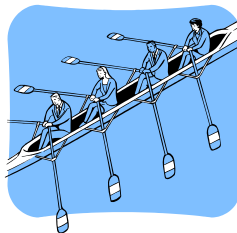
Competition participation will be on a user-pay basis.

A reminder that operating and capital cost for the Saskatoon Rowing Club are currently \$750.00+/member/year. (based on 65-70 members)

*Continued page 5*

## Children's Fitness Tax Credit Information

Beginning in 2007, the Government of Canada allows a non-refundable tax credit on eligible amounts of up to \$500, paid by parents, to register a child, under the age of 16 at the start of the year, in an eligible physical activity program like rowing. The Canada Revenue Agency issued a guide for parents and organizations providing eligible programs of physical activity. You may visit [www.cra-arc.gc.ca/fitness](http://www.cra-arc.gc.ca/fitness) to view the document. The tax credit can only be claimed on fees for eligible programs paid in 2007. Fees paid in 2006 do not qualify, even if all or part of the activity takes place in 2007.



Registration and membership fees can include the cost of administration, instruction, equipment and facility rental. Fees for accommodation, food, beverages and travel are ineligible.

The CRA has provided a definition of a prescribed physical activity— An ongoing, supervised program, suitable for children in which substantially all of the activities undertaken include a significant amount of physical activity that contributed to cardio-respiratory endurance, plus one or more of muscular strength, muscular endurance, flexibility and balance. Please retain your membership receipt for income purposes.



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S A S K A T O O N  
 R O W I N G C L U B

Visit our Web site at  
[www.rowingclub.org](http://www.rowingclub.org) for the latest  
 information on club happenings

Be a Row Model

## 2009 Rowing Schedule

- April 1** 2009/10 SRC Membership Year Begins
- May 2** SRC Boathouse Cleanup 8am  
Open House 11am
- May 17-19** SRA May Long Weekend Training Camp (Saskatoon)
- May 30-31** SRA Provincial Team Selection (Regina)
- June 6** Western Canada Sprints Regatta (Regina)
- June 7** SRA Provincial Team Selection (Regina)
- June 13-14** SRA Provincial Team Selection (Regina)
- June 27** Alberta Open (Calgary, AB)
- July 18** Prairie Rowing Championships (Saskatoon)
- Aug 17-21** Canada Summer Games (Summerside PEI)
- Aug 21-22** NWIRA Regatta (St. Paul, MN)
- Aug 21-23** Canadian Masters (Elk Lake, Victoria BC)
- Sept. 12** Head of the Saskatchewan (Saskatoon, SK)
- Sept 25-27** National Rowing Championships (Montreal, PQ) (may be in November)
- Oct 10-14** World Masters Games (Sydney, Australia)

Regatta dates and locations subject to change

### 2008-2009 Club Executive

President	Karen Taylor
Vice President	Wes Champ
Secretary	Lis Baldo
Treasurer	Lindy Antonini
Past President	Grant Marshak
Director-At-Large	Wendy Gore-Hickman

### Non-Voting Club Positions

Membership	Cathy Jeffries
Newsletter	Dave Woytowich
Public Relations	Terry Craig
Safety	Doug Taylor
Equipment	John Haver
Regatta	vacant — please apply
City Liaison	Daryl Start
SRA Rep	Wes Champ
Club Coach	Savannah Taylor Jessica Start
Fundraising	Erin Smith-Windsor Carolyn Paterson

### The Catch Newsletter 2009 Schedule

The Catch is a quarterly publication of the Saskatoon Rowing Club.

Summer Issue  
 Submission due date June 15  
 Mailing date July 1

AGM Issue  
 Submission due date September 15  
 Mailing date October 1

(subject only to the availability of club boats Members have unlimited rowing times (subject only to the availability of club boats and club safety regulations). Note that you must be a member in good standing in order to belong to a provincial team. Memberships include winter training; there is no rebate on fees should you choose not to train.

Journey 2 (novice) membership is for one calendar month duration following completion of Journey 1(LTR); it allows twice weekly rows, at scheduled times. There are no other monthly memberships, except for a Temporary membership that is extended in unusual circumstances. This costs \$160 and includes the obligation of one club development cheque; \$60 is returned upon completion of fund raising activity. This type of membership lasts one calendar month and is not renewable.

Journey 2 memberships are upgradeable; the fee already paid is applied to the new membership category. Journey 2 who upgrade to full membership are obligated to work 3 fund raising activities.

Journey 2 rowers must pay an additional fee of \$65 (other than the usual regatta entry fee) to compete in regattas other than SRC host regattas. This reflects the cost to the Club as a whole to maintain the equipment and infrastructure necessary to allow such competition. This fee will be applied to membership should a rower decide to upgrade.

SRC membership fees include amounts paid to the Saskatchewan Rowing Association and Rowing Canada Aviron.

There is always a great deal of work to be done for the Club that cannot all be performed by our few paid coaches or administrators. Everyone has to pull together: **please volunteer some of your time to your crewmates.**

### Private Boat Owners Storage Fee

Fee is \$50 (May 1– April 30. Payable in advance.). Boat owners provide their own insurance, as it is not included in the fee.

### Announcement

We are pleased to announce that the Club Coaches/Managers for the 2009 season will be:

Savannah Taylor & Jessica Start



Spring is finally here and we are looking for the ice to be gone

# Volunteer as a LTR Instructor

In no time at all it will be the 1st of May and that brings with it the start of club LTR sessions. We ask that all members please consider coaching a LTR session.

Coaching a learn to row class can be very rewarding - it gives you an opportunity to get some fresh air, meet some new and interesting people, see participants progress quickly in their development (the change between the 1st class and the last class is quite remarkable).

If you have interest in teaching one or more of the LTR sessions scheduled for the month of May, please contact **Savannah Taylor** at 242-1090 or by email at [savannaht@shaw.ca](mailto:savannaht@shaw.ca).

## Masters hold a Boat Maintenance Workshop



The open deck of the Canada Games.

On the weekend of March 21-22, the Masters group met in the heated bay after their Saturday workout to repair the Canada Games quad and the South Saskatchewan eight.

Work continued on Sunday and Monday concluding with a new coat of varnish on the Canada Games.

More repairs are planned in April. Watch for emails for when you can come out and lend a hand.



Wendy with a wad of tape removed from the "shoes" in the South Saskatchewan



Fitting a new splash board on the South Saskatchewan



Roland works on the "hole" on the Canada Games quad.



Working on the boats in the heated bay.

## Men's Results

## Women's Results

CSG Men		
Name	Time	Points
Travis Magnus	06:42.0	
Lucio Baldo	06:48.8	
Graham Dent	06:52.4	
John Kendal	06:55.6	
Robert Chabot	06:57.6	
Nik Zimmermann	07:07.2	
Taylor Fenske	07:13.2	
Robert Blake	07:36.8	

Open Men		
Name	Time	Points
Edward Gamble	06:43.6	

Masters Men (27-39)		
Name	Time	Points
Grant Marshak	07:17.2	10
Andrew Thomson	07:28.4	9
Don Chodliski	08:00.8	8

Masters Men (40-49)		
Name	Time	Points
Tim Squires	06:42.0	10
Doug Zollinski	07:28.4	9
Dave Woytowich	07:52.0	8
Doug Taylor	07:53.6	7

Masters Men (50+)		
Name	Time	Points
Terry Craig	no score	0
Bob Haver	no score	0

CSG Women		
Name	Time	Points
Hannah Champ	07:25.2	10
Jenn Jochim	07:26.4	9
Elyse Weir	07:39.2	8
Jessica Start	07:46.4	7
Katherine Benson	07:46.8	6
Renaë Barks	07:47.2	5
Kira Nyhus-Runtz	07:54.4	4
Karla Waite	07:56.4	3
Carmen Cuire	08:00.8	2

Sara Ruthmann	08:03.2	1
Erika Helmond	08:11.2	1
Claire McLellan	08:28.0	1
Ashley Dogniez	08:28.8	1
Johanna Weber	08:30.8	1
Eva Rennie	08:34.4	1
Candace Benson	08:34.8	1
Megan Lautner	08:34.8	1
Larisa Tardif	08:39.4	1
Kelbey Woytowich	08:41.2	1
Shelby Moffatt	08:44.4	1
Karri Bilokury	08:47.2	1
Anna Currie	08:53.6	1
Lailani Toy-Wright	09:10.0	1
Dimitra Britton	09:16.4	1
Emily Jones	09:27.6	1

Open Women		
Name	Time	Points
Mary Stewart Torrie	00:00.0	10
Jaqueline Burgess	09:25.2	9
Shelagh Steckler	07:48.4	8
Denise Bowden	00:00.0	7
Jillian Staniec	08:55.6	6

Carolyn Paterson	08:24.4	3
		2

Masters Women (27-39)		
Name	Time	Points
Lana Culley	08:10.8	10
Nicole Golden	08:37.6	

Masters Women (40-49)		
Name	Time	Points
Gina Fiest	00:00.0	10
Wendy Gore-Hickman	07:40.4	9
Karen Taylor	08:41.2	8

Masters Women (50+)		
Name	Time	Points
Ann Haver	08:19.2	10
Joan Wickett	08:58.4	9

The SRA hosted the 3rd Annual Prairie Indoor Rowing Championships at the Saskatoon Field House on January 31, 2009.

There were 57 athletes participating in both individual and team events.



Results reprinted from <http://www.saskrowing.ca/pdf/PIRC-Results-09.pdf>

