



# The Catch 2010 Membership Edition

## SRC Membership Renewal

Current members are invited to renew their memberships for the new season on

**March 27<sup>th</sup> 9:00am – 10:30am**

Cookies and Coffee provided

Current memberships expire March 31, and members will **NOT** be allowed on the ergs after that date without a valid membership. (See Page 3 for membership details)

We request that parent volunteers also register at this time if possible (no charge).



Have you been looking at the open water on the river? Wondering when we will get back on it?

March 13, 2010

Be a Row Model

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LTR registrants and new members are invited to the **Saskatoon Rowing Club**

**Open House**

Sunday, May 2nd at  
11:00am

Boat house tours will be conducted.

# Safety First

These rules are 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 boathouse. 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!**

**Singles** are not allowed on the water without a buddy boat or a coach boat.

No Rowers are allowed on the water without a **Properly Equipped Coach Boat** before May 15 and after Sept 30. (Hypothermia is a reality)

**Masters Rowers** should have more than one year's experience to go out alone in the boats and have a **coach boat at the water's edge**.

ALL Rowers will be dressed in **light colored clothing**. (All the better to see you)

**Novice and Junior Rowers** must have a properly equipped coach boat on the water with them at all times.

Rowers must know and abide by the **Flow Pattern:**  
West shore—Upstream  
East shore—Downstream  
(being able to do this is what makes our bowing superior)

No Rowers are allowed on the water if **winds** are greater than:  
22kmh—small boats  
30kmh—quads and larger

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!!**

## 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 tax purposes.



The 2009 Saskatchewan Rowing Association's annual awards banquet featured guest speaker Brian Price, coxswain of the Men's 8+ that won gold in the **Beijing 2008 Olympics**.

We all had a chance to hold his Gold Medal.

## 2010-11 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, 2010 for those using the facilities.** Fees **MUST** be paid **before going on the water**. The membership period is for the term **April 1, 2010 to March 31, 2011**. 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

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**(Membership - continued from Page 3)**

**The SRC will be having a membership Open house on May 1, 2010 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 2011, and March 1 2011. 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)

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.

**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*

**The Catch Newsletter**  
**2010 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

2010 Regattas

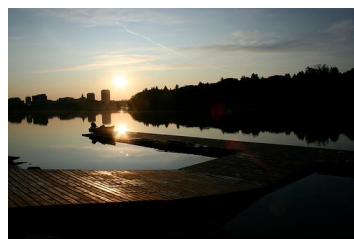
2009-2010 Club Executive

President	Karen Taylor
Vice President	Wes Champ
Secretary	Cathy Jeffery
Treasurer	Jenn Patkau
Past President	Grant Marshak
Director-At-Large	Wendy Gore-Hickman

**Non-Voting Club Positions**

Membership	Cathy Jeffery
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
Fundraising	Erin Smith-Windsor & Carolyn Paterson
Website	Dave Woytowich

<u>Date</u>	<u>Event</u>	<u>Location</u>
May 29	Freeze or Fry Regatta—Edmonton	Leduc, AB
June 12	Western Canada Sprints	Regina, SK
June 26	Alberta Open	Calgary, AB
<b>July 10</b>	<b>Prairie Rowing Championship</b>	<b>Saskatoon, SK</b>
Aug 1	Royal Canadian Henley Regatta—Masters	St. Catherines, ON
Aug 3-8	Royal Canadian Henley Regatta	St. Catherines, ON
Aug 13-14	NWIRA Regatta	Winnipeg, MB
Sept 2-5	FISA World Masters	St. Catherines, ON
<b>Sept 11</b>	<b>Head of the Saskatchewan</b>	<b>Saskatoon, SK</b>
Nov 6-7	Canadian University Rowing Championships	Victoria, BC
?	National Rowing Championships	?
	<b>** all events subject to change</b>	



Early morning row—  
2009

**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**.



## Clothing Order

The 2010 Clothing order is due by March 31.

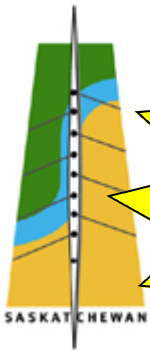
Please make cheques payable to the **Saskatoon Rowing Club**.

**Order form AND payment** may be given to Megan  
or placed in the **envelope at the boathouse**.

If you have any questions please e-mail **Megan** at [mk1747@mail.usask.ca](mailto:mk1747@mail.usask.ca)

Sorry NO EXCHANGES or RETURNS!! Prices include ALL taxes.

If you did not receive an email with all of the information on the clothing,  
please refer to our website at [rowingclub.org](http://rowingclub.org) for the information.



**Rowing  
Umpires  
Wanted!**

The **Saskatchewan Rowing Association** needs your help! In order for us to continue hosting competitive regattas, we need adults who have an interest in umpiring.

Umpiring is a great way to learn more about the sport of rowing. You will get the opportunity to see the regatta from a much different perspective than any other participant. (For a parent of a rower, you get to watch your child's whole race)

You will start Umpiring in Saskatchewan, but should you wish, this could just be the beginning or a rewarding position. The Saskatchewan Rowing Association and Rowing Canada (RCA) are committed to the development of umpires to pursue opportunities at the national and potentially international level, through continued financial support.

The Saskatchewan Rowing Association will be putting on an **introductory umpire clinic**

**Saturday, April 10<sup>th</sup>**

**in Saskatoon** at 510 Cynthia Street.

There is **no cost** to attend this clinic and transportation costs will be reimbursed if you are traveling from outside of Saskatoon. If you are interested in this opportunity, please contact Lynn at [saskrowing@sasktel.net](mailto:saskrowing@sasktel.net) or by calling (306) 975-0842.

