

Saskatoon
Rowing
Club

The Catch Membership Edition

Volume 3, Issue 1

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Take Note

- Boathouse clean up May 3 starting at 8am
- SRC Open House is Saturday, May 3 at 11am

Recruiting: What I Can Do?

Most years the Saskatoon Rowing Club membership sits around 60. That's a healthy number, but it could be better. With more members, particularly younger members our club will be more competitive at regattas and in the Jeux Canada Summer and Western Canada Summer Games.

Each of us can play a role in attracting new members. Talk the sport up with your family, friends and co-workers. Rowing is a great cross

training for winter sport enthusiasts like cross-country skiers or speed skaters.

The club offers Journey 1 introductory rowing lessons each month beginning in May. The cost is only \$80.00 for 12 hours of instruction. So do your part to talk about our sport and invite people to try it out this summer.

Bruce Acton



Safety First

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 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.

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Safety First continued from page 1
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)

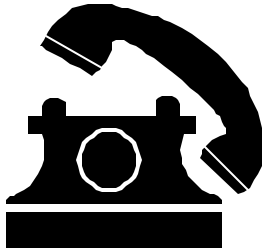
NOVICE AND JUNIOR ROWERS SHOULD BE IN A BOAT WITH AN EXPERIENCED ROWER OR HAVE A PROPERLY EQUIPPED COACH BOAT ON THE WATER WITH THEM.

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 THE FLOW PATTERN- UPSTREAM-WEST SHORE / DOWNSTREAM- EAST SHORE (being able to do this is what makes our rowing 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.



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

A Welcome Break From Rowing

If you are at all like me you are doing a 'hurry and get warm outside' dance every night before you go to bed. Just a couple more weeks and we will be on the water again. In the mean time the Saskatoon Rowing Club is trying to break up the monotony of getting up, going to work, getting home, and going to bed.

We have had two club outings that have been a real success and a blast! On January 22 we tested our 'spider skills' in a quick wall climbing class. There were about 14 of us that challenged the pull of gravity. With a lesson from our instructor and some tutoring for certain knot abilities we were left on our own to conquer the great wall of Vic's. Like I said before it was quite the chuckle. Everyone had fun and I do believe some of us were a little stiff in the morning.

The next adventure was held February 4th at the Saskatoon Boxing Club, Luc's gym. Once again there was a fair amount of people that tried to keep up with the 63 year old coach. We took our turn speed punching the bags, we did some one on one pad work and of course you're not a true

boxer without your abs feeling like you got punched in the stomach, so we worked them hard too. It was a great workout and once again I do

believe that there was a little soreness and stiffness the next 2 or 3 days!!!

We tried to schedule a cross-country ski outing at Kirsten's but with the cold weather and short notice it didn't go through but it was nice of Kirsten to offer her

place. You never know we still might take you up on the invitation Kirsten!!

If you are not getting the emails about these outings please contact me at jmarcotte@hotmail.com and I will put you on the list. I am not a professional 'email-er' so I think some of you have been getting 2 or 3 from me at once. I will be working on getting my list perfect for the next email. I would be more than happy to accept any suggestions for the next couple of adventures.

Janice Marcotte
Social Coordinator

Tell a Friend About
Rowing.
We Welcome New
Members.

2003-04 Saskatoon Rowing Club Membership

The SRC executive is pleased to announced the club will be maintained the same membership rates in 2003/4 as they did in the 2002/3 season. The SRA will be using a common membership form this year for all Saskatchewan Rowing Clubs. This form will be in triplicate format and will also function as a receipt of membership fees. These will be available at the SRC Open House on May 3 and from the Membership Director. Members who have not paid their fees by May 4 2003 will not be permitted to row.

The membership period is for the term May 1, 2003 to April 30, 2004. The fee structure for all members is as follows:

Type	Rows	Cash	Bingos
Full	Unlimited rows	\$300	5
Journey 2	2 weekly scheduled; upgradeable (1 month)	\$80	-
Winter	Off-water training only	\$150	2
Associate	Non-rowing (inc. officials, coaches, parents)	\$20	-

Membership information is also listed on the website.

The SRC will be having a membership Open house on May 3 2003 at 11:00 am.

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, 2004, and March 1, 2004. These cheques would be redeemable upon completion of fund raising activities (currently bingo participation). Competition participation will be on a user-pay basis. A reminder that operating and capital cost for the Saskatoon Rowing Club is currently \$700.00+/member/year. (based on 65-70 members)

Big Bingo Business

Shauna Underwood and Diane Caswell are the bingo co-captains. They remind you as members you have a responsibility to work your allotted bingos each year. Failure to work bingos will result in a cashed development cheque and the dreaded bingo curse from Shauna and Diane. You don't want that.

Upcoming bingo dates

Thursday, May 8	5pm-12am
Monday, May 12	5pm-12am
Thursday, May 22	5pm-12am
Wednesday, May 28	5pm-12am

Thursday, June 12 5pm-12am

Saturday, June 21 5pm-12am

Thursday, June 26 5pm-12am

Friday, July 18 5pm-12am

Friday, July 25 5pm-12am

Saturday, Aug. 9 5pm-12am

Sunday, Aug. 17 11am-6pm

Saturday, Aug. 23 5pm-12am

Sign up sheets for bingos are the training centre. 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 training centre.



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

2003 Rowing Schedule

- Apr 19 SRA ERG Series Final 2000m
- May 1 2003/04 Membership Year Begins
- May 3 SRC Boathouse Cleanup and Open House
- May 24 Freeze or Fry Regatta, Edmonton, AB
- June 7 Western Canada Sprints Regatta, Regina, SK
- June 28-29 Alberta Open, Calgary, AB
- July 12 Prairie Championships, Sturgeon Lake, SK
- August 4 Tops & Bottoms Regatta, Kenora, ON
- August 6-10 Royal Canadian Henley Regatta, St. Catherine's
- August 16-17 Canada Cup - Montreal, QC
- August 21-24 NWIRA Championships, Winnipeg, MB
- August 29-31 Canadian Masters Championship, Montreal, QC
- September 20 Head of the Saskatchewan, Saskatoon, SK
- October 18-19 Head of the Charles, Boston, MT

(Regatta dates subject to change)

2002-2003 Club Executive

President— Bruce Murray Vice President— vacant
Secretary— Grant Marshak Treasurer— Kristen Jewitt

Non-Voting Club Positions

Membership— Anne-Marie Graham
Bingo— Shauna Underwood and Diane Caswell
Newsletter— Bruce Acton
Safety— Joan Wickett
Equipment— John Haver
Home Regatta— Ann Haver and Rhonda McKinney
Away Regattas— Cory Niefer
Social— Janice Marcotte
City Liaison and Past President— Daryl Start
Club Coach— Cory Niefer
SRA Reps— Bob Haver and Bill Martin

Club Open House

The annual Saskatoon
Rowing Club Open House at
the boat house and
training centre is set for
Saturday, May 3, 2003
at 11:00 a.m.

Boathouse cleanup in preparation for
the Open house will be on Saturday
May 3rd starting at 8:00 a.m.

2003-04 SRC Membership continued from page 3

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 to work one bingo; \$60 is returned upon completion of the bingo. 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 rowers must pay an additional fee of \$50 (other than the usual regatta entry fee) to compete in regattas other than SRC's. 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.

All members are all required to work a specific number of bingo's, unless these are bought out at the time of initial registration (cost \$60 per bingo). Members are urged to sign up for their bingo's immediately. If you cannot make your bingo, it is up to you to find someone who can. Please bear in mind that these bingo's are the primary source of funds for the Club to purchase the equipment that we all want to use.

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). Boat owners provide their own insurance, as it is not included in the fee.

Membership Director
Anne-Marie Graham