

Saskatoon
Rowing
Club

The Catch

Volume 3, Issue 3

October 2, 2003

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Where Are They Now? Cam Baerg

For those of us who follow the Canadian Rowing team on their annual international rowing circuit, you will undoubtedly be aware of Cam Baerg's success this year in the men's four. It's been a long row'd for Cam.

His sister Shannon introduced him to the sport in 1987. Cam was just 15 at the time. He was fortunate to enter the sport at the same time as some other talented Saskatoon athletes including James Myers, Ted Cooke, Euen Reid, Rob Green-

wood, Paul Zanon, Bruce Wobeser and Steve Hoffman. Under the guidance of coach Howard Campbell, Cam and his junior crewmates did very well on the regional and Canadian rowing scene. In 1989 Cam was a member of the silver medal men's eight in the Jeux Canada Games. After the '89 Games Cam continued to row in various boats with Rob Greenwood and James Myers.



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Take Note

- SRC AGM
Sunday,
October 19
1pm Training
Centre
- ERG Series
First Race
October 18

View From the Coach Boat

The 2003 season was an excellent season for the SRC. We had numerous successes in both the junior/senior program as well as the master program. Some highlights for the junior program include winning the 8+ at Tops and Bottoms; having the fastest junior 2X and junior 1X in the province, as well as having a very competitive junior 4X. Masters highlights include strong showings on the

prairie rowing circuit, contributing to winning the Prairie Rowing Championships as well as making it into two finals at the 100th anniversary NWIRA championship regatta.

In addition to club successes, we had several Saskatoon rowers represent Saskatchewan at the Rowing Canada

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View from the Coach Boat continued

Cup in Montreal. These rowers include Liz Bauer, Erin Hlynsky, Katy Haver, Yardley Mitzel, Kendra Hamilton, Colin Dyck, Todd Keeseey, Craig Hamilton and Patrick Fiori.

These rowers contributed to another successful season for Saskatchewan; each Saskatoon rower came home with at least one piece of hardware, and several came home with two or more.

Although the river is about to freeze over, spring will come soon. Winter training is crucial for rowers looking towards Canada Games, Master's Worlds or Canada cup. It is an easy way to maintain fitness gained during the on water season and to improve fitness to ensure success next summer. Canada games will be held in Regina in August of 2005, as well as master's worlds in Edmonton summer 2005. These are major events; both of them require a commitment in order to obtain success. The sooner you can commit to training the more likely you are to find

**Sign Up for the
ERG Series
TODAY!**

success. Winter training is also for recreational members; it is a great way to keep in contact with friends and stay in shape over the winter!

As you may have noticed, our junior program has been growing over the past few years. It would be great to continue this growth. Canada Games are right around the corner and there is great potential for Saskatchewan junior rowers! Please tell anyone who may be interested to come down and give rowing a try!

I would like to say thanks to the club for a great on-water season. I hope to see you on the water again in the spring. I would also like to say thanks to the board for the support that it has given me throughout the summer. Again, thanks for making the club what it is and for another great season on the water. I will see you all at the Christmas party!

Todd Keeseey – Coach Saskatoon Rowing Club

2003 Regatta Results

2003 Edmonton Freeze or Fry Regatta

JW4X - 2nd - Sarah Strohan, Yardley Mitzel, Sarah Graham, Andrea Abrahamson
Mens 1X - 2nd - Todd Keeseey
Novice W4+ 1st - Sarah Strohan, Lisa Forseille, Sarah Graham, Melanie Harding, Yardley Mitzel (Cox)
Novice W2X - 1st - Sarah Graham, Melanie Harding

2003 Western Canadian Sprints Regatta

W2- 3rd - Erin Hlynsky, Liz Bauer
Masters M1X - 2nd - Bob Haver
NW4+ - 1st - Justine Robson, Savannah

Taylor, Melanie Harding, Sarah Strohan, Yardley Mitzel (Cox)

MW1X - 3rd - Diane Caswell

M2- 1st - Colin Dyck, Todd Keeseey

M2- 2nd - Craig Hamilton, Patrick Fiori

JW4- 3rd - Justine Robson, Savannah Taylor, Yardley Mitzel, Sarah Strohan

NW1X - 3rd - Melanie Harding

LM2- 1st - Colin Dyck, Patrick Fiori

W4- - 1st - Erin Hlynsky, Vanessa Glendenning, Liz Bauer, Kendra Hamilton

MM2X - Daryl Start, Bob Haver

Regatta Results continued on page 4

SRC Annual General Meeting and Call for Nominations

The Saskatoon Rowing Club Annual General Meeting is scheduled for **Sunday October 19th, 2003, at 1:00 pm** and will be held at the Training Centre located in the Victoria Park Boathouse. All club members are encouraged to attend this important meeting. This is your opportunity to place your vote for the club executive, provide feedback to the executive about the things you like, propose new ideas and find solutions to challenging areas in the club operation.

It is time to start thinking about how you can give back to the sport and your club. I encourage you to let your name stand for one of the executive or club positions. We are seeking volunteers to fill Vice-President, Director-at-large, Safety, Membership, and Publicity directors, If you want more information on any of the positions please feel free to contact any member of the executive. Nominations for executive and club positions will be accepted in advance (see the attached Nomination Form) and at the AGM. I think we should thank the current ex-

ecutive for their contributions and efforts over this past year.

2003/04 Elected Executive Incumbent and Vacancies

President – Dr. Bruce Murray

Vice- President – vacant

Treasurer – Kirsten Jewitt

Secretary – Grant Marshak

Director-at-large—vacant

Past President and City Liaison – Daryl Start

Non-Elected Club Positions

SRA rep – Bob Haver

Membership – vacant

Bingo – Diane Caswell and Charlotte Stang

Equipment – John Haver

Home Regatta – Rhonda McKinney

Away Regatta - Ann Haver

Newsletter – Bruce Acton

Social Coordinator – Janice Marcotte

Safety – vacant

Public Relations—vacant

Bingo Bits & Bites

Hello all! According to our numbers, we will not need to book more bingos in December, so note that THESE ARE THE LAST BINGOS AVAILABLE as part of your 2003 membership. Please sign up in the boathouse.

Sunday, Oct 5	Full
Thursday, Oct 9	6-12
Friday, Oct 17	6-12
Thursday, Oct 23	6-12
Thursday, Nov 6	6-12
Friday, Nov 14	6-12
Thursday, Nov 20	6-12
Friday, Nov 28	6-12

Remember, if you sign up for a bingo, IT IS UP TO YOU to fill that spot. If you cannot work, then call other rowers, bug your family and your friends, or find someone who will work for cash (\$50). It has been decided by your humble rowing executive, that those who do not show up or find a replacement will be assigned an EXTRA bingo, as well as the one missed. Two time offenders do not row. If you actually want to work extra bingos and get paid for it, contact Charlotte (343-5650) or Diane (373-4749). Have fun!!

Charlotte Stang and Diane Caswell



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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

2003-04 Rowing Schedule

October 18	ERG Series 6000m (Oct 19 - 25 window)
October 18-19	Head of the Charles, Boston, MT
October 19	SRC Annual General Meeting. Club Training Centre. Time 1:00pm
November 15	ERG Series 6000m (Nov 16 - 22 window)
January 17	ERG Series 6000m (Jan 18 - 24 window)
February 14	ERG Series 2000m (Feb 15 - 21 window)
March 13	ERG Series 6000m (March 14 - 20 window)
April 3	Final ERG Series 2000m (April 4 - 11 window)

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— Diane Caswell and Charlotte Stang
Newsletter— Bruce Acton
Safety— Joan Wickett
Equipment— John Haver
Home Regatta— Rhonda McKinney
Away Regattas— Ann Haver
Social— Janice Marcotte
City Liaison and Past President— Daryl Start
Club Coach— Todd Keeseey
SRA Reps— Bob Haver and Bill Martin

The Catch Newsletter 2003/04 Schedule

The Catch is a quarterly publication of the
Saskatoon Rowing

Winter Issue
Submission due date December 15
Mailing date January 1

Spring Membership Issue
Submission due date February 15
Mailing date April 1

Summer Issue
Submission due date June 15
Mailing date July 1

2003/04 SRC Elected Executive Nomination Form

I do hereby nominate _____ for the position of _____, to stand for election to the Executive of the Saskatoon Rowing Club.

-OR-

I do hereby nominate _____ for the position of _____, a non-elected club position.

Nominated by: _____

Nominee:

I do hereby accept this nomination and agree to stand as a candidate for the position indicated above.

Signature of Nominee: _____

Address: _____

_____ Postal Code _____

Telephone: (h) _____ (w) _____ Fax: _____

Email: _____

**Nominations may be submitted by mail, fax or email to:
Saskatoon Rowing Club, P. O. Box 8817
Saskatoon, SK S7K 6S6, fax to 975-7145
or email to gmarshak@mlt.com**

Regatta Results continued from page 4

100th Anniversary North Western International Rowing Association Gold Medal Results

Senior Men's B Four - Todd Keeseey, Patrick Fiori, Craig Hamilton, Colin Dyck

Junior Women's Single - Sarah Graham

Sr Men's Pair - Todd Keeseey, Colin Dyck

Where Are They Now? *Continued from page 1*

It was in 1994 that Cam began to seriously pursue a spot on the national rowing team. He was invited to an Olympic identification camp in Victoria. That year he represented Canada in the quad at Common Wealth Regatta in London, Ontario. But it wasn't until 1997 that Cam moved to Victoria permanently to continue his rowing goals. He would row full time all summer and work enough during the winter to make ends meet. His results in the late 1990's were discouraging and his commitment to the sport of rowing was wavering. Then he experienced a turning point in his career.

In 2001 Mike Spracklin returned to coach the Canadian men's rowing program. A shift in training styles and encouraging words from Spracklin made the difference. In 2002, Cam stopped working completely to concentrate on rowing. Becoming a carded athlete helped pay the bills. In October of the same year Cam and Barney Williams began rowing the pair. They row together through the winter with continuous improvement in speed. Then this spring Mike Spracklin starts to mix up the crews; this is when Cam starts rowing with Kevin Light. They finish third in the pair at Speed Orders.

Formal selection for FISA Worlds was completed just prior to Speed Orders. This was when Cam knew he had the bow seat in the four with Barney Williams, Tom Herschmiller and Jake Wetzel. As you may already know the crew went on to win gold at the Royal Henley Regatta in England, the World Cup in Lucerne and the FISA World Championships in Milan, Italy. Pretty good for a kid who started his rowing career on the South Saskatchewan River.

What's the next goal for Cam? The summer Olympics in Athens. He will spend the winter training full time in Victoria and hopefully, we will be watching him in the bow seat of the Olympic men's four next summer.

Bruce Acton