



# ORC NEWS

Volume 6, Issue 1

P.O. BOX 981, ORILLIA, ONTARIO (705-326-3519)

Spring – 2005

## ***HEADS UP, SHELL COMING OUT! A new Season has Begun!***

### **AUCTION AN OVERWHELMING SUCCESS!!**

Submitted by  
Gerry & Vera van Amelsvoort  
Fundraising Co-Directors

The silent auction held at the Orillia Square Mall on April 8 and 9 has raised \$4600.00 to date - above and beyond our wildest expectations!!!

Thanks to all rowing members who kindly solicited a total of 209 items to be auctioned. Without your tremendous effort this fundraising endeavor would never have become the success it was.

A big thank you, as well, to everyone who placed bids on our wonderful items. The Orillia Square Mall proved to be a tremendous location for such an event, and we hope to repeat this fundraiser in years to come.



A special thank you to those who helped set-up, take-down, and worked the tables. All these helping hands made things much easier for Gerry and I in organizing an event of this size.

A special thanks to Laurie Herd, for all her help in getting items, and in offering her house as a central drop off zone! You are amazing Laurie!!!

Let's do it again next year everyone!!



### **ORC's SECONDARY SCHOOL SPRING INTRO/TRAINING PROGRAM**

Submitted by  
Laurie Herd, Director Events/Publicity

This initiative got off to a great start April 13th with 2 classes of 26 students. Of these, 21 are new to the sport of rowing, and two of them have already joined the Club for the 2005 season! The group is split equally between boys & girls ranging from 12 to 18 years. All four Secondary Schools are represented as well as 5 Elementary students from the area. These kids are great and they are learning an incredible amount about rowing and cross-training, while having a wonderful time in a challenging, but fun program, led by Cathy Campbell of the Orillia Martial Arts Centre as their trainer.

Guest speakers have inspired these young rowers through video presentations, personal experience, expertise, and, of course, their enthusiasm for the spectacular sport of rowing.

Many thanks to the following people: Mike Smith - Barrie Rowing Club, Kristi Cole, Heather Kerlake, Brad Ingleton, Barb Pidgen, Sarah Houlden, Kathy

Hunt, Rhonda Lauer, and Margot Herd for giving their time, energy and spirit. Thanks to the van Amelsvoort family for the use of their personal erg during the dry land training portion.

Since November 2004, when I started this training program, it has been given tremendous support from many people: from the clubs in and around our area; from Catherine Barney, our RowOntario District Rep.; and Kristi Cole, a teacher and club member; from Vera Cameron van Amelsvoort and Margot Herd who helped promote the program at the High Schools; from sports writers Toby Gorman and Mike Dodd; and Jack FM broadcaster Jack Latimer; all of whom did a wonderful job of relaying our message to the public. Thanks to Patrick Oken, director of RowOntario, who believed and endorsed the initiative; as well as Cathy Campbell, of OMAC, who helped to research and design a program suitable for all ages and abilities. Margot Herd helped continually with her enthusiasm to keep the "blades catching cleanly" and the tenacity to keep it all together!

For students who still want to learn about rowing there are Learn to Row sessions in June as well as 2 week long 1/2 day camps this summer, July 25 - 29 and August 15 - 19. Check us out! Call 326-3519 and leave a message or visit [www.orilliarowingclub.cjb.net](http://www.orilliarowingclub.cjb.net)

### **ORILLIA ROWING CLUB 2005 BUY AN OAR PROGRAM**

Our "Buy an Oar" Program has been extremely successful! We have 30 sculling oars sponsored! Each oar costs \$295. The following individuals and

businesses have purchased a sculling oar(s) so far:

- GIT Security
- The Madison County Food & Beverage Co.
- Scotiabank Orillia
- Orillia Lion's Club
- Rotary Club of Orillia – 2 oars
- Rotary Club of Orillia – Lake Country
- Laidlaw Education Services – 2 oars
- Michael Monteith Enterprises Ltd.- 2 oars
- Century 21 – Jim Shropshire – 2 oars
- Linda & Rick Dalmazzi - 4 oars (2001)
- Dr. Nancy Harris
- Dr. Anthony Reid
- Dr. David Stirling
- Vera & Gerry van Amelsvoort
- Dietmar Schaefers
- Carol & Hubert Schaefers
- Art & Else Cameron – 2 oars
- Barb & Ron Pidgen
- Jackie & Bill Gandy
- Vivian & Arden Pidgen
- Jim MacGorman
- Ans Wafelbakker

We still need sponsors for 6 more sculling oars. If you know some one who would be interested in buying an oar, please let us know.

Many, many thanks to all our donors so far!

## NEW OARS ORDERED!

Brand new Concept II Oars are on their way and hopefully will arrive by mid May! The other 2 purchases before our season gets underway are:

- ❖ New seats and slides for the Donaratico
- ❖ 2 sets of double riggers for our new RCA pair/double from the National Women's Team

## NAME THAT SHELL!

Three New Rowing Shells all need a name.....Put your business name on a boat

- ① New racing double/pair painted yellow with green/blue trim ... sponsor for \$5,000
- ② T11 Touring Quad ... sponsor for \$3,300

③- New racing double/pair from Canada's National Women's Team ... sponsor for \$3,000



## A FOND ADIEU.....

As new sculls come into the Club, "Woody", our oldest boat, goes to Collingwood. "Woody" has just recently been delivered to the newly formed, Collingwood Rowing Club. They are very enthusiastic about having Woody, which is their only coxed-4 shell! Woody has been "on tour" over the years among several clubs. We received Woody from the Owen Sound Rowing Club several years ago, and are glad that Woody will continue to be enjoyed on the water.

## BOATHOUSE MANAGER RETURNS FOR 2<sup>ND</sup> SEASON

Submitted by Barb Pidgen, President

The executive of the Orillia Rowing Club is very pleased to announce that Margot Herd is returning in 2005 for a 2<sup>nd</sup> season as Boathouse Manager. Margot's enthusiasm towards rowing and everyone involved in rowing is a great asset to our club.

Last fall at the Univ. of Ottawa, Margot was a varsity rower and we look forward to sharing her experience and expertise on the water.

Margot was one of the key planners and organizers for our new High School Rowing Program and she is very excited to be launching this new program for our club.



**Welcome back Margot!!!**

## REALLY OFFICIAL!

Needed! Parents, adults, and rowers interested in taking Umpire Training to become a licensed umpire to help at regattas.

If you would like to become involved in rowing and have the "best seat in the house" at regattas, then consider Umpires Training.

Any parent who gets involved in umpiring can "give" their volunteer hours to their student rower (s) as part of the rowing club's volunteer commitment.

There are 3 steps in becoming a licensed umpire:

1. Take a one-day course costing \$30 (which the Club covers) to learn the "Basic Rules of Racing" to become an Associate Umpire.
2. Gain experience by officiating in sanctioned regattas under the mentorship of a licensed umpire.
3. Take a practical exam (usually in November) to become a RCA-licensed umpire.

Licensed umpires are eligible for expense support at the Row Ontario Championships and Masters championships.

Orillia Rowing Club really needs one or more volunteers to undertake Umpires Training.

Barrie is being considered for a course location if 2 more volunteers are recruited for this training. If you are interested, please contact Barb Pidgen at 326-5276.

## VOLUNTEER OPPORTUNITIES AVAILABLE

There are many opportunities available for everyone to fulfill their volunteer commitment and help operate our club!

Check out the Volunteer Table set up at the boathouse on May 7 and always keep checking the Volunteer bulletin board at the boathouse for the latest information!

Here are some key opportunities that we really need to fill:

1. Adult Volunteer for each day of our Row-for-Gold Day Camp. Role is to be present & assist staff if needed.

Dates/times are July 25 - 29 and August 15 - 19 all from 9:00 am. - 12 noon.

2. Student Volunteers needed for each day of the camps also (see above dates/times). Student's role is to participate in activities, especially rowing to provide a positive fun experience for campers.

3. Volunteers for Learn-to-Row - each week in June - Monday to Thursday 5:30 - 7:00 pm. Volunteers to row along with new rowers to assist with balance and help provide a positive experience for new rowers.

4. Tag Day Coordinator - FILLED

5. Recreational Mentor Coordinator - Assist Recreational Director by contacting returning members to match up with new members for a few rows together.

6. Recreational Crew-forming Coordinator - Assist Recreational Director by creating sign-up sheet, help plan crew forming night and make follow-up calls to encourage crews.

7. Parent Volunteer for Student Competitive Program - Keep in touch with rowers/parents to ensure that everyone is aware of upcoming regattas etc. Submit regatta entries and help students arrange car-pooling, provide written directions to regattas etc.

8. Masters and Recreation Regatta Registration Coordinators - Provide sign-up sheet. Collect money, help arrange crews, submit entries by prior to deadline date.

9. Oar Painting - 16 oars to be painted upon arrival mid May.

Thanks for your help! It is with your assistance that we are able to operate and, of course row!

## NOTE FROM THE TREASURER

Submitted by Ron Pidgen, Treasurer / Registrar

This year's executive was handed a very healthy bank account balance of \$19,643 for the start of the year. We have proceeded to (carefully) spend all of that

and then some for a total capital expenditures to date of \$22,290.

We start this season with three additional shells to our fleet. Thanks to a very successful silent auction, water sales, our equally successful soliciting for oar (aka sculls) sponsorships, and those members who have registered on time, our account balance remains at the level where we started the year!

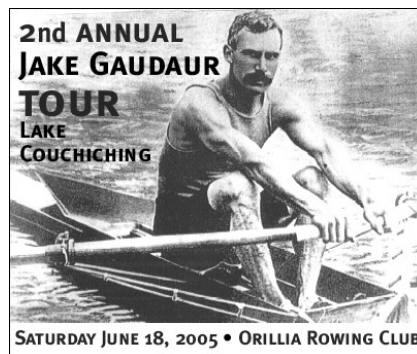
This year's fund raising to date has brought in \$13,500. Congratulations to all those hard working individuals who have ensured that we will be starting this season in fine shape!

Although we do not hit the water until mid-May, there is always planning for the season's activities which must occur in the Jan. - Mar. timeframe. Planning for hours of operation, staffing, capital purchases, and arrangements for coaches, are all directly dependent on the membership level of the club.

The registration dates were moved forward in the calendar year in order to place the equipment orders for delivery for the start of the season.

Early registrations go a long way to helping the club to make the necessary commitments required for a successful season. If you are committed to rowing, please ensure you get registered early!

Looking forward to sunny skies and calm water!



Submitted by, Kathy Hunt

Don't miss out on this amazing rowing opportunity! You get to meet some great people, get a full day of rowing in, explore Lake Couchiching, relax in the sun (hopefully!), and experience the historical training route of champion rower Jake Gaudaur. (Total distance, Rowing Club to Washago and back: 32 kms)

**When: Saturday, June 18th • 8 am**

**Where:** Orillia Rowing Club

**Register:** Reserve your seat by emailing or calling Kathy Hunt at 327-3363 or ([khcomm@sympatico.ca](mailto:khcomm@sympatico.ca))

**BY JUNE 4.**

**Cost:** \$30 - includes refreshments - but bring your own lunch

## VOLUNTEERS NEEDED FOR TOUR !

Here's a fun way to get volunteer hours - you can coordinate or help out with morning and lunch refreshments or help put together hospitality kits for out-of-town rowers. Call Kathy 327-3363 for details.

## WINTER RACE RESULTS

### Canadian Indoor Rowing Championships

Submitted by  
Laurie Herd, Director Events/Publicity

The Orillia Rowing Club had 9 members who participated in the Canadian Indoor Rowing Championships held in Toronto January 30, 2005. This national event takes place in the foyer of the CBC building with participants representing rowing clubs from all over Ontario, the Eastern Provinces and some Northern United States. Categories range from bantam and family, right through to competitive University level and Masters.

This competition involves "racing" stationary rowing machines or ergometers, in a 2000 metre format. The event captures the essence of a wet race with the additional excitement of "live" announcers/ racing officials, rows of machines, television monitors for instant feedback and close proximity for all spectators.

The Orillia Rowing Club is proud to have brought home medals in 4 different categories with the following results:

### 2000m Races

Students:

- Elizabeth Carter, Junior B Lightweight Women, finished 8th in 8:26.3;
- Sarah Pidgen, Junior B Women, finished 13th in 8:28.1; and
- Jen Cahill, Junior Women finished 28th in 8:10.7.



Elizabeth Carter

## First Annual Barrie Rowing Club High School Ergometer Relay Races

Submitted by Barb Pidgen, President

Our club also participated in the Barrie Race on Sat. Feb. 19.

Student participants included Kirsten Cameron, Elizabeth Carter, and Sarah Pidgen who raced in a variety of events such as 1000 m., 500 m., and 250 m. relays.

Masters members Tena Jackson, Diane Carter, and Barb Pidgen rounded out a Barrie Masters 8 crew who competed side by side with a Barrie High School 8 crew.

### Masters event

- Diane Carter won gold in Senior Masters Lightweight Women in 7:41.9;
- Vera Cameron van-Amelsvoort won silver in Senior Masters Women in 8:05.2;
- Barb Pidgen, Senior Masters Women finished in 8:25.7.
- Brad Ingleton won silver in Masters Men in 6:31.7.

### 500m Sprint Races

#### Parent/Offspring Category

- Ron and Laura Pidgen finished 2nd in 1:42.3 in Father/Daughter category. (Laura was an official nominee for the 2004 Orillia Athlete of the Year)
- Diane and Elizabeth Carter won gold in 1:53.8 in Mother/Daughter category.
- Barb and Sarah Pidgen finished 2nd in 1:54.9 in Mother/Daughter category.

### Ontario Erg Championships

Submitted by Barb Pidgen, President

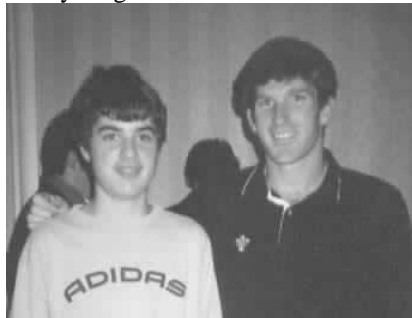
On March 6 in St. Catherines another erg race was held. Our following rowers again performed in top form:

- Sarah Pidgen - Junior High School Girls - finish time of 8:19 with a ranking of 12th of over 40 competitors.
- Barb Pidgen - Masters Women - finish time of 8:12
- Diane Carter - Lightweight Masters Women - finish time of 7:36 - finishing first

All 3 rowers bettered their personal times since the Canadian Indoor Rowing Championships! Awesome!!

## **NOTES FROM LAST YEAR.....**

Tim Herd, with Men's Pair's Olympic Rower, Chris Jarvis at the RowOntario AGM in Mississauga, Nov. 20, 2004. Chris was the Keynote speaker and talked about his Olympic experience. He also gave thanks to all supporters of rowing and words of encouragement to this young rower!



### Glossary from Rowing Canada

Rowing, like many sports, has its own language. There is no "Stop!" or "Go!", the following terms are generally accepted in Canada:

Adjust the ratio: Used to correct either a rush or sluggishness on the recovery. The ratio compares the time used by the hands away from the body motion to the slide speed. Three man to adjust the ratio.

Back it (down): Row backwards. The blades do not need to be turned around in the oarlocks although they can be. Bow four, back it down.

Check (it down): Drag the blades on the water to slow and/or stop the boat from moving forward or backward. Having only one side check their blades results in a turn to that side. Port to check it down, starboard to row.

Down and away: Push the hands down fully at the finish to give the blade more height off the water. Three-man, down and away.

Drag (it down): See check (it down). All eight to drag it.

Early: A part of a stroke is early. By itself, the word usually refers to the catch timing. Six-man, you're early.

Finish timing: A reminder to the crew to align their finish times. Five-man, watch your finish timing.

Feather: Roll the blades to the feather position. All eight to feather.

Hands on: Grab onto the boat and prepare to move it. Interchangeable with lay hold. Hands on.

Hold water: Stick your blade in the water to stop any motion of the shell

Heads up: Pay attention, something to watch out for is near you. This should always be used when someone may not see your shell coming at them such as when leaving the boathouse. Heads up, shell coming out.

Late: A part of the stroke is late. By itself, the term usually refers to the catch timing. Do not use this over and over without explaining which part of the stroke is late and how to correct it. Three, you're late.

Layback: Go to the layback position. All eight to layback.

Lay hold: See hands on. All eight, lay hold.

Let it glide: See let it run. Bow four, let it glide.

Let it run: Oarsmen to stop rowing at the finish, hands away, or on the gunwale and allow the boat to glide (run) across the water's surface without the blades touching it. This command is used in some programs interchangeably with weigh enough. All eight, let it run.

Over the (your) heads: To lift the boat to the over the heads position. Over the heads, ready, up.

Paddle: Row at no pressure or to stop the drill/piece. All eight, paddle.

Roll: Two meanings: 1. When out of the water, roll the boat from the waist position to the over the heads position or vice versa. To the waists, ready, roll. 2. When on the water, roll the blade.

Shoulders: To lift the boat so that the gunwales of the boat rest on or near the shoulder.

Shoulders, ready, up.

Square: Make the blade perpendicular to the water. Square it up.

Touch it up or Touching: Someone to row gently to align or position the boat better. Bowman to touch it up.

Weigh enough: Stop whatever you are doing such as rowing, a drill, etc... Used interchangeably with let it run. All eight, weigh enough.

The Orillia Rowing Club would like to acknowledge the support of the:

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