



ORC NEWS

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February 2006

PRESIDENT'S MESSAGE

From: Barb Pidgen

Welcome back as we look forward to another season of rowing! We have some exciting things happening at the Orillia Rowing Club for this upcoming season.

We will have 2 brand new boats for this season – *a quad and a racing single*. Based on the member survey last fall these are the 2 specific types of rowing shells that our club was asked to acquire next.

To accommodate more rowing shells in our present boathouse, we have obtained approval from Orillia City Council to have a fenced in area along the side of the boathouse to accommodate safety boats and our touring boats (T11 touring quad and Splendid). This area will also have an enclosure to cover the top. As soon as warmer weather comes, the work will get underway. We will need help with this, so stay tuned for more details.

Sandy Patrick and Kelly Wilson, our Recreational Program Directors have been working with their committee to plan a "summer-full" of activities, which they describe in their article.

For the Student Competitive Program this year, a detailed document outlining training expectations and dates of specific events has been prepared and will be circulated to interested students.

Our fundraising plan has been set for the year based on member survey feedback and past fundraisers. The plan is a combination of cash contribution (Capital Fund) and participation in 2 fundraisers for all members. We are requesting that everyone participate in both fundraisers in order for the club to have a successful result. Please see the Registration Package for further details.

Our *club registration dates are April 6 and April 19* at the Barnfield Point Recreational Centre. See you then!

RECREATIONAL ROWING 2006

Submitted by:

Sandy Patrick and Kelly Wilson,
Recreational Program Directors

We hope you had a great winter and are looking forward to another summer of being on the water! If you are a new rower or a returning recreational rower we have lots to offer in 2006. Watch for "*Recreational Team Row Nights*" on Tuesdays and Thursdays, where you will

be introduced to the "skill of the week" and will have an opportunity to learn and row with both new and more experienced rowers.

We will be also be hosting ORC intra regattas, mini tours, and a fun row-bike-run Mini-triathlon for all members, and more.

Finally, there will be several off-site regattas in August and September for those wanting to challenge themselves by being part of a rowing crew. We hope to see you on the water soon!

NEW!- 2006 Mentoring Program

If you are a returning member, whether a student or adult, and enjoy offering encouragement and helping people, we need you! You can earn 10 volunteer hours by signing up as a mentor for recreational rowers of all ages this summer. Details and sign up will be available at registration!

Student Spring Rowing Program

Submitted by Laurie Herd,
Director of Events/Publicity

Registration for the ORC's Spring Rowing Program for students from 13-18 years will take place on **Thursday, March 9th** between **5:30 and 7:00p.m.** in the Don Shave Room at Barnfield Recreation Centre.

The 10-week program begins March 28th and consists of 4 weeks dry land conditioning off site, 2 weeks boathouse/equipment safety, Orientation and Learn to Row and 4 weeks on water training. The course culminates with the opportunity for this new "Orillia Crew" to use the skills and knowledge acquired during a High School Regatta to be held in Midland June 11.

This is an exceptional opportunity for youth in Orillia to be exposed to a fantastic new sport while conditioning and cross training for all sport development. For more information contact Laurie at 326-7023.

REGATTA RESULTS

"Erg Away Winter" Event Results

Sunday January 15, 2006

Submitted by Laurie Herd
Director of Events/Publicity

The "Erg Away Winter Event" was a great activity with lots of fun for all "dryland rowers". 10 ORC members, 8 Barrie Rowing Club participants and 21 students from the Thunderbirds Sr. Boys Rugby Squad (T.L.S.S.) got active together at the Orillia Martial Arts Centre.

We would like to sincerely thank the following for their support of this event: the Orillia Martial Arts Centre and trainer Cathy Campbell; Twin Lakes S.S. who lent Ergometers; the Orillia Packet & Times, Orillia Today, Jack FM, Zehrs Market, and Mariposa Market.

Thanks also to the ORC members who lent Ergometers, were participants, organizers and volunteers.

Many of the participants, including all but one of Twin's Rugby team had never even been on a rowing machine before and it should be noted that all of the Thunderbirds were true competitors, working for personal bests while encouraging other team members and racers alike. Orillia should be proud of these young athletes as they represent our City and Canada during their upcoming Rugby Tour of Wales this March. These boys appreciate the pledges family and friends in the community offered them and wish to thank all for the tremendous support.



Under 17 Women, Elizabeth Carter (Bar)
3:57.4 (1000m) / 1:55.9(500m)

Under 17 Bantam Boys

1. Elliott Carter (Bar) 4:14.5 / na
2. Alex Scott (novice) 4:15.6 / 2:03.9
3. Conor Jones(Or) 4:21.9 / na

Under 17 Men

1. Tim Herd (Or/TLS) 3:34.2 / 1:42
2. Matt Both (TLS) 3:44 / 1:44.9
3. Braedon Burke(TLS) 3:49.7 / 1:47.9
4. Peter Marshall (TLS) 3:54.9 / 1:49.4
5. Michael Telford (TLS) 3:58.9 / 1:56.8
6. Tyler Bothman (TLS) 4:12.1 / 1:55.4

Under 19 Women

1. Sarah Pidgen (Or) 3:50.9 / 1:49.8
2. Sarah McKinnon (Bar) 4:21.9 / 2:04.1
3. Lindsay Allum (Bar) 4:33.0 / 2:12.5

Under 19 Men

Heat 1

- 1 Brandon MacDougall (TLS) 3:34.0 / 1:40.2
- 2 Michael Ganton (TLS) 3:42.7 / 1:51.1
- 3 Talbn Parekh (TLS) 3:53.8 / 1:45
- 4 Ryley Scott (TLS) 4:00.01 / 1:49.3
- 5 Kurtis Vivian (TLS) 4:07.3 / 1:56.8

Heat 2

- 1 George Smith (TLS) 3:31.0 / 1:35.5
- 2 Luke Hunter (TLS) 3:43.7 / 1:40.2
- 3 Brett Lewis (TLS) 3:50.6 / 1:54.4
- 4 Kyle Stephen (TLS) 4:03.2 / 1:48.7
- 5 David Moore (TLS) 4:18.1 / 1:45.1

Heat 3

- 1 Blake Moore(Or) 3:16.9 / 1:30.3
- 2 Noah Schaefer (Or) 3:33.4 / 1:39.5
- 3 Greg McGrath(TLS) 3:49.2 / 1:43.3

Under 19 Men , Top 7 Overall

- 1 Blake Moore(Or) 3:16.9 / 1:30.3
- 2 George Smith(TLS) 3:31.0 / 1:35.5
- 3 Noah Schaefer (Or) 3:33.4 / 1:39.5
- 4 Brandon MacDougall(TLS) 3:34.0 / 1:40.2
- 5 Michael Ganton (TLS) 3:42.7 / 1:51.1
- 6 Luke Hunter (TLS) 3:43.7 / 1:40.2
- 7 Greg McGrath(TLS) 3:49.2 / 1:43.3

Under 23 Men

- 1 Stephen Scott(Or/MacU) 3:12.5 / 1:30.2
- 2 Brent Johnston (TLS) 3:31.3 / 1:35.9
- 3 Joel Clarke (TLS) 3:41.4 / 1:37.8
- 4 Allister McCabe (TLS) 3:48.4 / 1:46.0
- 5 Wes Dymock (TLS) 4:04.9 / 1:52.0

Masters Women

- 1 Diane Barr (Bar) 3:40.4 / 1:44.3
- 2 Kelly Wilson (Or) 3:44.7 / 1:45.9
- 3 Sandy Patrick (Or) 4:10.5 / 1:55.4
- 4 Laurie Herd (Or) 4:17.7 / 2:02.0

Masters Men

- 1 Brad Ingleton (Or) 3:05.5 / 1:25.7
- 2 Steve Ruttan (Bar) 3:22.0 / 1:34.7
- 3 Derek Vair (Bar) 3:22.7 / 1:33.0
- 4 Mike Smith (Bar) 3:35.2 / 1:39.3

To finish off the morning, names were randomly drawn for 2 teams of 4 to participate in a Team Challenge 250m mini-sprint event. "Brad's Girls" were a close match to the powerful "Barrie Brewers".

Excellent Work all Participants! See you next year!



ORC Results - Canadian Indoor Rowing Championships

Members of the Orillia Rowing Club attended the Canadian Indoor Rowing Championships held in the CBC building in Toronto on Sunday, February 5th. Unfortunately, club members Blake Moore, Jordan O'Coin, and Noah Schaefer who were registered in the Junior A Lightweight Boys category were not able to attend this competitive event due to adverse weather conditions. Three of the six members registered were able to compete with the following impressive results.

2000 meter distance: Brad Ingleton (Masters Men's Open) rowed to a 2nd place Silver finish (6:31.8 min); Barb Pidgen (Senior Masters Women's Open) rowed to a 3rd place Bronze finish (8:04.2 min); Sarah Pidgen (Junior A Girls) rowed to a 28th place (out of 56) in 8:02.3 min.; Barb & Sarah Pidgen also participated in the Mother-Daughter Event to race 500 metres for Gold - 1st in field of 2 teams with a time of 1:50.8 minutes. Cassie Ingleton, a novice - soon to be six year old rower, greatly enjoyed participating in the Girls Under 8 event and completed 100 metres for a Bronze Medal - 3rd in field of 6 - with a time of 40.1 seconds.

Hard work and training certainly paid off for these dedicated rowing enthusiasts.

UPCOMING EVENTS

Revised Date for Level 1 Coaching Clinic

The date of the Level 1 Coaching Clinic in Oshawa has been revised to Sat. Mar. 25 and Sun. Mar. 26 (was Mar. 24 & 25 previously). This new revised date is on the Row Ontario website as of Feb.14.

Anyone wanting to go to this clinic, please contact Vera Cameron van Amelsvoort at 835-2440 or email at vera_row@hotmail.com as soon as possible to arrange car pooling and/or hotel accommodation.

Availability of First Aid & CPR Certification Course

Orillia First Aid and Safety Training is offering a 13 hour course for anyone interested in receiving their certification. **Current Certification Is Mandatory For Anyone Hired by the Club.** The cost of the course, which is WSIB approved, is \$90.00 which includes the book, 1 year CPR certification and 3 year First Aid Certification. CPR certification must be renewed annually to be current. (Re-certification costs \$30 - involves a 3-4 hour

refresher followed by an exam). It can be offered over a week-end, evenings, week-days (e.g. March Break) or a combination thereof. The first aid people will try to accommodate our timing needs. Please let Vera Cameron (see contact information above) as soon as possible so arrangements can be made.

2006 "BUY-AN-OAR" PROGRAM!

For this season we need 10 new sculling oars for our new quad and new racing single! We already have one oar donor - Dr. Dan Moore has purchased a sculling oar. Many Thanks!

If you know any business, group, or individual that we should approach for sponsorship of an oar, please let us know and we will provide a letter with more information.

"Leisure Fair at Orillia Square Mall"

ORC had a great looking booth at this event and promoted our club programs. Thanks to our many club volunteers for helping at this event!



(Sandy & Barb "Womanning" the Booth)

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

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