

FROM THE BOW SEAT

Newsletter of the Dalhousie University Rowing Club

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Love and Support

The Dalhousie Rowing Club would like to extend it's love and support to our own Niko MacLellan and his family. On January 24th, 2014, Niko's mother sadly passed away after fighting a battle with cancer. The team sends it's condolences to him and his family and will be participating in this year's Relay for Life to show our support. To pledge to our team please visit:

http://convio.cancer.ca/site/TR?fr_id=15743&pg=pfind

and search for the "Dalhousie Rowing Club."

Winter Training

Winter training is well on it's way. For the last five weeks we have been meeting up five times a week to do erging, weights, and cardio. Good job so far crew. Let's keep it up! We'd like to give a huge thank you to Kaleigh at Cyclone Group Fitness for kicking our butts into shape every Friday morning with a spin class! If you're

interested in taking a class at Cyclone Group Fitness check out their website:

www.cyclonecycling.ca.



"The strength of the team is each

individual member.

The strength of each member is the team"

CYCLONE
Group Fitness

Fundraising

As the business of Fall season is behind us, now is the perfect time to start fundraising and gaining some funds for next fall's seasons. The money raised will go toward next year's team to help offset the cost of regatta fees, hotels, transportation etc. Upcoming events we have include:

- CherryBerry Frozen Yogurt night: Friday February 7th. Come buy Fro-Yo from 5:00-10:00 pm that Friday and 20% of the profits go towards our team!

- Bake Sale: February 26th. Just in time for Valentine's day to show you're "row"mantic.

- Pacifico Night: March 14th. \$10.00 for a ticket and 2 drinks before midnight.

We're having a **FUNDRAISER** at CherryBerry!

THE ROAR ON TIGERS Dalhousie Varsity Rowing Team

Help Support your Dalhousie Tigers Rowing Team!
CherryBerry Quinpool Yogurt Bar
Friday February 7 from 5 - 10 pm!

Come Join Us and Enjoy

- A Fun & Friendly Environment for All
- A Variety of Healthy & Delicious Treats
- Plenty of Flavors & Toppings to Please

CherryBerry
18. CherryBerry@Dalhousie.ca
19. CherryBerry@NS
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Dalhousie Rowing at Atlantic University Championships 2013: Winner of Lochaber Cup in Antigonish, NS.