

FROM THE BOW SEAT

Newsletter of the Dalhousie Rowing Club

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Recruitment

Season is fast approaching! We are all so excited to get back on the water and start training as a crew. If you want to learn to row or know how and want to get involved with Dal rowing check out the website: dalrowing.com. We'd love to have you as part of our crew at a level that fits you! Check out important dates for the upcoming season below!

2014 Season

As the season approaches, be sure to note these dates into your calendars! It'll be here fast. The season is over in a blink of an eye so be sure you know what is coming up!

Training camp : Aug 31—Sept 3

Head of Four Bridges (Fredericton): Sept 20

Northwest Arm Regatta (Halifax): Sept 28

Atlantic Rowing Champs (Lochaber): Oct 18-19

Really Chili Regatta (Dartmouth): Oct 25

CURCs (Victoria): Oct 31– Nov 2

We will also be doing two practices a day. One on water as a crew and one secondary workout on your own time. It will be a busy hard season but it will also be a ton of fun!

Don't forget we will also be doing erg testing (2k and 6k) at the beginning of the season!

Summer Training

With season approaching, so are those dreaded erg tests. Be sure to continue your summer training to ensure a great score! :)



"Coming together is a beginning. Keeping together is progress. Working together is success."

-Henry Ford



2013 Crew at CURCs in Montreal looking fancy for the banquet. .