

FROM THE BOW SEAT

Newsletter of the Dalhousie Rowing Club

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Winter Training

It's that time of year again, blades and shells are left to rest in the boat house and us rowers have to look elsewhere to stay fit. This season we have put together an comprehensive training schedule that includes erging, weights and cardio. We have teamed up with Coach Sasha for erg workouts, Cyclone Cycling for spin classes Friday mornings and our very own Rachel and Niko for weight and cardio

sessions. Be sure to check the website for more info!



Gear Buyback

Have Dal Rowing clothing you no longer need? We want it! Check the website for prices we will buy back your stuff for!

Also check the website for clothing currently available to purchase!

"Races are won during on water season but earned during off season."

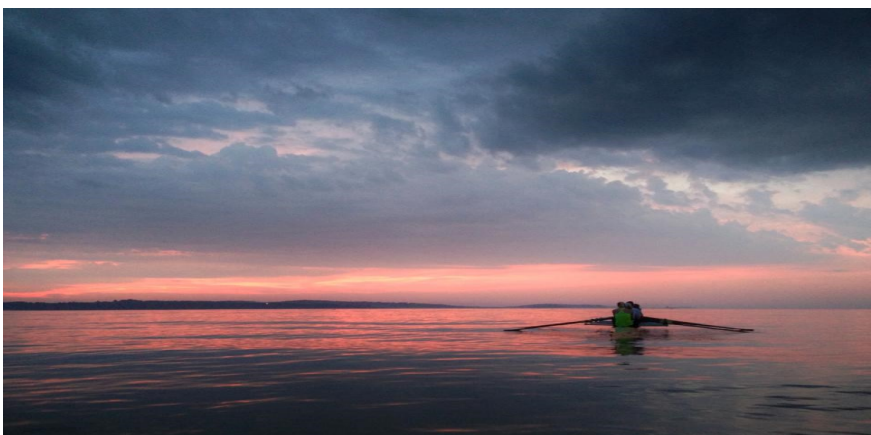
Continue to train hard!

Goals for 2014

Last season was one of the strongest we've had. This year we want to top it. As a team we want to train just as hard and get to the level of other varsity teams in the country. We want to see more people learning this sport we love so our team can continue to grow and prosper.

Winter Carnival

To help us with our goal of more recruitment, we will be putting a booth up at Dalhousie's Winter Carnival January 27, 2014 in the SUB. If you're interested in rowing for Dalhousie, come check it out and say hi!



Women's 4X from this past season.