

# FROM THE BOW SEAT

Newsletter of the Dalhousie Rowing Club

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## Training

Welcome back to all of our athletes! Winter training will begin again next week. We hope you had a nice break and rest over the holidays. Now it's time to get back to the ergs to start training for the Atlantic Indoors that are happening Jan 31 2015. We will continue with practices on the ergs, weight training and other cross training activities to make sure we are in the best shape possible. Remember medals are earned in the winter!

## Recruitment Day

Now anyone who might be interested in trying out the wonderful sport of rowing? Get them to come to the SUB January 15 2015, where we will have a few athletes who will be happy to answer any questions you might have. We will also have a few ergs out to see if you have just what it takes.

## Fundraising

As many of you know, we are in the works of raising money for a new 4+ shell. This boat will help give us a bigger competitive edge in the years to come. Stay tuned for how you can help us achieve this goal or check out our website: [dalrowing.com](http://dalrowing.com)



*"Rowing is a sport for dreamers. As long as you put in the work, you can own the dream. When the work stops, the dream disappears."*



Novice and Varsity crews training hard.