

FROM THE BOW SEAT

Newsletter of the Dalhousie Rowing Club

In this issue:

- Winter Training
- Fundraising Update
- Head Coach
- Book Review

Winter Training

Winter training is well under way and we'd like to extend a thank you to all athletes who have come out and participated. Moving forward we will be continuing erg sessions Monday nights and spin classes at Cyclone Friday mornings. Weights will now be on your own time. We'd like to send a huge thank you to Rachel for the time and commitment she put into our program. Continue to work hard crew as seat races will be occurring in the fall.

Fundraising Update

So far we have gained a little over \$450 for next year's crew. Thank you to everyone who has come to show their support! We greatly appreciate it. Coming up we will be having a fundraiser at Goji's Frozen Yogurt on Spring Garden April 1st! We hope to see you all there :)

We'd also like to say a huge **THANK YOU** to everyone who donated and participated in our team's Relay for Life team. The relay raised \$41,546.19 for the Canadian Cancer Society!



"The will to win is not nearly as important as the will to prepare to win."

Head Coach

HRC and Dal Rowing are currently looking for a head coach from May-October. If you are interested please visit www.halifaxrowing.com

Book Review

If you are looking for a good book this summer Emily Chedrawe would like to recommend the book *The Boys in the Boat* by Daniel James Brown. It is definitely a page turner and will excite you for the upcoming on water season.



2013's Crew after our first regatta: Head of the Four Bridges in Fredericton NB.