

# FROM THE BOW SEAT

Newsletter of the Dalhousie Rowing Club

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## Atlantic University Championships

This past weekend both our Varsity and Novice crews attended the Atlantic University Championships in Lake Lochaber NS. Both crews did an amazing job placing within the top 3 of every race we entered! Big congrats to our University Men's 8+ on winning the last race of the regatta! Also kudos to our novice crews for completing their first 2k races! All of our crews were amazing and our hard work paid off as we won the banner for the second year in a row! Great work team and lets work hard this winter to win it again next year!

## Really Chili

As the cold weather starts to set in, our final regatta of the season is upon us. This weekend our Varsity, Novice and Learn To Row crews will be competing on Lake Banook in Dartmouth NS. The events are 4.3k head races, 1k sprints and 500 m dashes. Good luck to all of our crews. Feel free to come and cheer on your tigers!



## Awards Banquet

With the end of the season approaching it is time to award rowers for all of their dedication and hard work this season. This year we will be having the banquet at the University Club. The price is \$35 and it will be held November 7, 2014. Be sure to RSVP to the facebook event so we have an idea of numbers.

*"Races are won by those who refuse to be beaten"*

It has been a great season so far, and a fantastic last season of Dal Rowing for this bow seat. Thank you to everyone on the team and those who have shown us support. I wish you all the best of luck for the future!

Love Always, Jojo



AU Champs once again!