

FROM THE BOW SEAT

Newsletter of the Dalhousie Rowing Club

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Training

Season is well under way for all of our crews. The coaches are all impressed with your dedication and commitment so far! Keep it up. The season goes fast but we will row faster.

Head of Four Bridges

This past weekend our varsity crew travelled to Fredericton NB for the Head of Four Bridges regatta. All of the crews did a great job and showed awesome team work. Shout out to the Men's 4+ and Women's 8+ on winning bronze in their flights

Upcoming Events

As I mentioned the season goes past us quickly. Be sure to mark these dates in your calendar so you don't miss them!

September 19—Bake Sale in the SUB. Come support the Tigers and get a sweet treat as well :)

September 28—Cogswell Regatta: Halifax
Come out and cheer on the Tigers!

October 18/19— Atlantic University Championship:
Lake Lochaber NS

October 25—Really Chili Regatta: Dartmouth NS

Looking forward to the Novice's first race this weekend in Halifax. Be sure to come check em out!

Keep training hard crews!



"Everyone has the desire to win, but only champions have the desire to prepare."



Dalhousie Varsity Crew 2014 at Head of Four Bridges in Fredericton NB.