

FROM THE BOW SEAT

Newsletter of the Dalhousie Rowing Club

In this issue:

- Grads
- Head Trainer
- CSSRA
- Summer Training

Graduates

This spring we say a farewell to many of our rowers. Congratulations to all whom have graduated and we will miss you dearly. Thank you for all of your work and commitment this past season. We'd like to extend our congrats to both Alex and Niko for winning the Dr. John C Pooley Sportperson Award and the University Medal for Biochemistry, respectively. Your dedication and effort have paid off!

Head Trainer

We'd like to extend a warm welcome to Melissa Boylan as our head trainer for our 2014 season! Melissa is a Kinesiology student at Dal who will be attending our practices and regattas helping us out with injuries and post practice regimes! Welcome to the team Melissa! We are looking forward to working with you.

CSSRA

Good luck to all rowers who will be participating in this year's CSSRA! Row hard and do us proud!

Summer Training

To all of our rowers whom are rowing this summer, we wish you a great summer season and good luck at all of your upcoming regattas. We look forward to seeing all of the hard work you've put in to training during this fall season.

To our rowers who are unable to row this summer, check your emails for cross and strength training from our head coach Niko! Train hard this summer for your team!



"The results you achieve will be in direct proportion to the effort you apply." - Denis Waitley



2013's Women's 8+ competing at CURCs in Montreal QB.