



March 2015

FROM THE COX SEAT



Dalhousie Rowing Club

Luisa Roberts

Hopefully a few of you noticed the subtle change in title and point of view of our monthly newsletter. A big thank you to the lovely Jordan Gardiner for her great newsletters. I am Luisa the coxie and I will be the scribe for our 2015 season. Hope you enjoy!

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Atlantic Indoor Rowing Championships

On January 31, 25 of our Dal Tigers competed in the Atlantic Indoor Rowing Championships held over in Dartmouth. Great results were accomplished by all who competed. Special mentions to Maya Biderman (Novice), Kyle Brisebois (Novice), Lizzie O' Carroll (Varsity), Melissa Fraser (Junior Varsity), Brent Miller (Varsity) and Ceilidh Milligan (Varsity) for winning their categories!

Relay for Life



On March 1, 11 of our Dal Tigers participated in the Canadian Cancer Society's Relay for Life. As a team we raised \$1,410 and the event raised \$21,365.10 overall. A big thank-you to all who participated in this awesome event!

Pictured here are Juan Camilo and co-presidents Kelsey Wilkinson and Matti Sapin after cutting and donating their hair for cancer patients

RowNS Awards

A huge congratulations to former president, Rachel Mays, for winning the RowNS volunteer of the year award! We are so grateful for everything that you have done for Dalhousie Rowing and for each and every one of us on the team.

Winter Training

Winter training is alive and well with erging twice a week, weights three times a week and spin class on Wednesday mornings! As much as we miss our beautiful morning view of the Arm we know that working hard in the winter will give us great results when we can finally get back out on the water. Stay strong everyone, Spring is coming!