

Notes from LCRA President Mark Vantrease:



To All Members,

The Strongest Rise to the Occasion!...and your LCRA Coaches and Volunteers have done just that!

While we'd like everything to go smoothly,...Mother Nature and the Regatta Planning associates had different ideas. While we had to cancel our January "Home Water" Regatta our Coaching Staff is working on a substitute for mid year and another opportunity for our Athletes to show their best. Regatta Planners have been moving and canceling various racing opportunities,...but fear not...your Coaching Staff quickly reset the schedule to ensure our Athletes get plenty of chances to race.

Our Volunteers have been busy as well in the boathouse. Next time you visit you'll see a New Cleaning and Anti-Bacteria Station, the Outside Yard has been cleaned and organized, The Work and Tool area is being completely overhauled and updated. We've been working with the City and reconnected the Boathouse Wifi with performance to 100mb! The interior overhead and windows have been cleaned for the first time in years and we are steadily working through other areas to give our Members a First Class Club Facility.

We'd also like to thank our two outgoing Member Coordinators; Jillian Powell and Michelle Lyons. These critical volunteer positions are the real difference makers. Our thanks goes out to Jillian and Michelle for their tireless work as we welcome Mercedes Kosbab and Rebecca Young as the new Youth and Adult Member Coordinators respectively.

Thanks to everyone for their support during the February 5th Southeastern Erg Sprints. It was a day were every participant gave there all and the cheering from Parents and Teammates couldn't have been better!

*Board meetings are held at the boathouse or via Zoom. Check the club calendar on the website under Member Pages, Calendar (<http://www.rowlcra.org/club-calendar/>) for details. The meeting minutes are also posted on the LCRA website under Member Pages, Governing Documents (<http://www.rowlcra.org/governing-documents/>).



LCRA Electronic Communications



Mailchimp: LCRA leadership uses Mailchimp to send club correspondence, including the newsletter, to members, parents, and community members. Mailchimp is an email marketing service that allows LCRA to manage mailing lists and create emails. You can subscribe or unsubscribe as needed. However, if you are a current member or parent, we recommend that you stay subscribed so that you receive club updates.



Why is this change important? Correspondence sent using Mailchimp will show the sender as the LCRA Secretary or other LCRA officer. However, since Mailchimp is an email marketing service, ***it is possible that club correspondence will be filtered to your junk or spam email folders.*** Please check your spam and junk folders for club correspondence. If you have any questions, please reach out to LCRA Secretary, Amanda Alderman at secretary@rowlcra.org.



Athlete Safety: SafeSport



On February 10, 2022, the LCRA Secretary sent an email to members and parents regarding USRowing's SafeSport Requirement. As noted in that correspondence, all adult athletes (rowers aged **18 and up**) and all adult volunteers having direct contact with rowers under 18 years of age must complete the 30 minute SafeSport video and send the certificate of completion to the Adult/Youth Coordinator. If you did not receive the email, please check your junk/spam email folder or contact the LCRA Secretary, Amanda Alderman at secretary@rowlcra.org; Adult Membership Coordinator, Rebecca Young at membership@rowlcra.org; or Youth Membership Coordinator, Mercedes Kosbab at youthcoordinator@rowlcra.org for additional details.



USRowing



New Rowers: Have you signed up for your USRowing Membership? Memberships are \$15 per year and are required to race. For more information, <https://membership.usrowing.org/individual/join>. The club code is **CLBTZ**.

39th Annual Southern Sprints Indoor Rowing Championships, Virtual Edition



On February 5, 2022, LCRA adult and youth teams met at the LCRA boathouse to compete in the indoor sprints. The adults kicked it off at 8:30 a.m. and the youth teams closed out the afternoon. Everyone did a fantastic job. It was a great way to kick off spring sprint season. Thank you to Rob Kelly for getting the Wi-Fi set up for us.

2000 Meters

Women's Masters Age 20-29

1. Jenn Clutts 7:42.3
2. Anna Lonergan 8:47.1



Women's Masters Age 30-39

1. Nina Feggins 9:33.2



Women's Masters Age 40-49

1. Kim Campbell 8:22.9
2. Kaci Gingras 8:32.1
3. Amanda Alderman 8:51.4



Women's Masters Age 50+

1. Michelle Lyons 8:29.2
3. Cheryl Cardinal 8:35.9



Men's Masters 50+

1. Bill VanDresser 6:42.6



39th Annual Southern Sprints Indoor Rowing Championships, Virtual Edition (con't)



Jr Men

1st Place Will Yates 6:44.1



Jr Women

1st Place Kelsey Boswell 7:36.

2nd Place Chloe Register 7:39.

3rd Place Lexi Burgess 8:17.5



Novice Men

2nd Place Billy Gibbons 7:18.8

3rd Place Jonah Smith 7:21.0



Novice Women

3rd Place Zoe Gibbons 8:20.9



J15 Men

1st Place Chris Cardwell 7:23.8

2nd Place Ben Bross 7:45.4



J15 Women

1st Place Joclyn Kosbab 8:13.1

7/8th grade Men 1500m

1st Place Nick Cheplik 5:41.0

3rd Place Liam Cromartie 5:59.1



7/8th grade Women 1500m

1st Place Phoenix Strange 6:02.2

3rd Place Olivia Caridi 6:42.6



Middle School Athlete Spotlight

Olivia Heitman

By Olivia Caridi



Olivia started rowing in 6th grade, she had been in gymnastics, her brother had told her about rowing and she wanted to try something new. Olivia fell in love with rowing and it quickly became her favorite sport. She liked how kind and supportive everyone on the team was as well as being on the water. Olivia also loves Harry Potter and is in the Gryffindor house. We are so grateful to have Olivia on our team! She is a great rower and a kindhearted person!



Grade: 6th **Nickname: Livvy**

Hobbies: Being with family, being active, and being by the lake

Keep up the great work!

Noah joined LCRA in 6th grade. He had previously heard about rowing through friends and had another friend that was a part of the team. Noah decided to stay with rowing because it was fun for him and he really enjoyed the sport. He liked how welcoming everyone was and how they encouraged each other to stay strong and not give up. Outside of rowing Noah enjoys riding bikes with his friends. We are very lucky to have someone like Noah on our team! He is always encouraging his teammates and is an amazing rower!

Noah Heitman



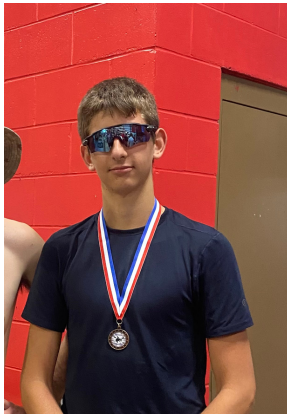
Hobbies: Hanging out with friends and learning new things

Grade: 8th **prefers to be called Noah**



High School Athlete Spotlight

Zander Chilson, 10th Grade



What got you interested in rowing and why did you stick with it?

My older brother Luke rowed for a while before I joined and his enthusiasm sparked an interest in me. I joined in 6th grade and ever since, the hard work and good people have kept me coming back.

What is your favorite LCRA moment from the Fall 2021 season?

My favorite moment was the Halloween race. The atmosphere is more laid back and the costumes make it that much better.

What are your rowing goals for 2022?

As always general improvements in speed and form are on my mind and going to nationals again is a top priority.

Do you have any long term plans that you would like to share?

I haven't started looking into colleges yet but a scholarship might help narrow down my options.

Rees Weldon, 9th Grade

What got you interested in rowing and why did you stick with it?

I heard about rowing through a friend and gave it a try. I loved the learn to row over summer and ended up rowing the following school year. I stuck with rowing because it is a rewarding team and individual sport.

What is your favorite LCRA moment from the Fall 2021 season?

My favorite memory from the fall 2021 season was the Head of the South race because I got to spend more time with this amazing team.

What are your rowing goals for 2022?

My goals for this year is to keep working hard and getting faster on my 2k.

Do you have any long term plans that you would like to share?

I possibly may want to row in college. I have some time to think, but I definitely can see myself continuing my rowing career in college.



Adult Athlete Spotlight



Vania Colina, Masters' Social Events



Vania joined the LCRA Adult Learn To Row in November 2020.

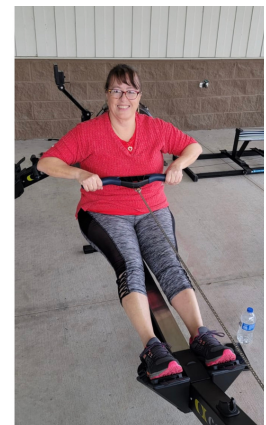
She says, "Never in my wildest dreams did I think I would be rowing and even less that I would be in a competitive team. As a child, I was terrified of the pool and ocean. I learned to swim at the age of 16 but only with my head above the water. I used to get motion sickness even in the pool, so boating was out of the question. Found rowing when COVID hit. I googled rowing and found LCRA. I fell in love with rowing and found at LCRA a family of sweet and supportive individuals. When you are rowing, all you are thinking about is 'am I using the correct techniques?'. Nothing else occupies your brain, which is a blessing. I am proud of myself for stepping into the unknown and conquering my fears. Thank you to all the members that give their time not only to row, but also to help grow this wonderful organization."

She has fallen in love with sport so much that she bought her own boat. Vania now attends most of the Adult Learn To Row sessions, sharing her passion for rowing and her very encouraging personality with newbies. Additionally, Vania has taken on the role of coordinating quarterly adult membership get togethers, including times at the "clubhouse" Suncreek Brewery and Southern Hills Farms. She also is rolling out this year, monthly birthday celebrations for adult members.

LCRA is thankful for her contributions to the club and her embodiment of what it means to be a powerful team member and leader.



*Thank you for all
that you do
for LCRA!*



LCRA Volunteer Spotlight

Carrie Chilson, Parent, ReFuel Team Lead



How did you get involved with LCRA? In the summer of 2016, before his 7th grade year, our oldest son Luke participated in the Summer Learn to Row Camp. We were looking for a new sport for him to try and an outlet for his energy. He grew very early was so tall and a little awkward. No sports he tried really clicked for him and a friend who rowed in college suggested Crew. He loved it from the beginning, and as a parent I saw the opportunity for him to learn team work. He is a senior now and I have seen how being part of the team has helped him mature. Our middle son Zander joining the middle school team in 6th grade and most recently our 8th grader Connor has joined also.

Role with LCRA: I lead the ReFuel team, organizing the meals at regattas. We make sure the rowers are hydrate and fueled up! Before the race I work up a meal plan and divide up what needs to be done. We have some jobs that are earlier or night before, such as cooking casseroles to bring in the morning or prepping food that we cook on site day of the race. Other jobs are day of the event setting up the team area, serving breakfast and lunch, then tearing down and cleaning up at the end of the day.

When I am not managing LCRA duties: As a family we love to be on the water. On our free weekends we like to take our boat to the Gulf Coast. My husband Scott and the boys love to fish. The running joke or most commonly asked question; is this regatta venue one I can bring our fishing polls to? I'm from Maine and Scott is from upstate NY so we spend most of the summer or school breaks traveling up north. We are a homeschooling family partially because we love the flexibility of traveling. I love kayaking while at our family's lake cabin in Maine and would like to get one of my own to explore some of the rivers we have here in FL

Call for volunteers: If you would like to help with meal planning or have suggestions, please reach out at Refuel@rowlcra.org

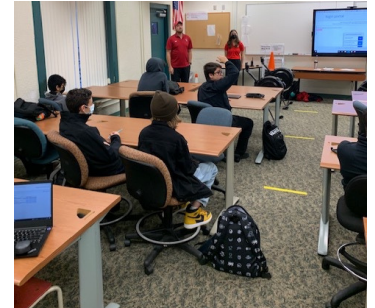
VOLUNTEER OPPORTUNITIES

LCRA has several opportunities for members and parents to volunteer their time: regattas, scrimmages, youth banquet, fundraising, grant writing, recruiting, social media and marketing, safety and equipment, etc. Reach out to Amanda Alderman at secretary@rowlcra.org or President Mark Vantrease at president@rowlcra.org for more information.

Youth Team Recruiting: **PINECREST LAKES ACADEMY**

In January and February 2022, Youth Head Coach Matt Outlaw took his coaches to Pinecrest Lakes High School and Middle School to recruit rowers for the current and upcoming seasons. Future rowers were provided the opportunity to try rowing on the erg and learn about the sport. The coaches had a great time and cannot wait for their next visit!

High School



Middle School





Come Row with Us!

Youth



No experience required.
Make friendships that last a lifetime.
Develop endurance, discipline, and mental
and physical toughness.



**High School: Open to all students
enrolled in grades 9-12.**

**Practices: Monday thru Friday,
3:00-6:15 pm**

**Middle School: Open to all students
enrolled in grades 6-8.**

**Practices: Monday, Tuesday, and
Thursday, 4:45-6:45pm**



Contact Youth Membership Coordinator,
Mercedes Kosbab, with questions:
youthcoordinator@rowlcra.org

Adults

No experience required.
Make friendships that last a lifetime.

Low impact.

**Competitive and Recreational
programs.**

18 and over, not in HS



New rowers should attend a Learn to Row (LTR) session to learn the basics. LTR is offered several times per year. Contact adult membership coordinator Rebecca Young for details.

If you have prior rowing experience, contact Rebecca Young for practice times and membership information.

Adult Membership Coordinator:
membership@rowlcra.org

Masters' Corner: "I said hey, what's going on?"

Adult Learn to Row Graduates

Terri Kulaga
Betty Eatmon
Rebecca Richburg
Manu Agosto
Alan Hite
Marcia Martin
Michael Spartz
Deb Wyer
Pam Hall
Sarah Bloodgood
Diane Calloway

This fierce group of LTR adults battled high winds, cold weather, and rough water before experiencing the best water condition -glass. They worked together to row in the best and worst weather conditions. They are ready to join us to prepare for race season. Welcome to the team!



Rebecca Young, Adult Member Coordinator

Rebecca Young joins us as our new Adult Member Coordinator. She recently moved to Clermont and attended the Learn to Row sessions in the summer of 2021. "I'm so grateful to have found this sport and the amazing group of people this club has!"

Any questions about adult membership, contact Rebecca at membership@rowlcra.org



Dues Reminder

Friendly reminder: Dues may be paid annually with a discount, quarterly, or bi-annually. Please make sure you pay your dues on time.

For any questions about dues, contact Rebecca at membership@rowlcra.org

Masters Give Back: Community Service

Rowers are a dedicated, tough group of athletes. One of the adult rowers, Kaci Gingras, loves the sport so much that she drives from Lakeland to Clermont at least 3 days a week for 5 a.m. practices with LCRA's adult competitive team. You see, Lakeland/Polk County does not have rowing teams. Kaci decided to change that - at least for youth rowers. She works at McKeel Academy of Technology and she went to the appropriate officials with a plan to start a rowing club at her school. Her plan was approved. She had funding, boats, oars, a place to launch, and most importantly, athletes willing to go on this adventure with her. What she needed was someone to coach her students through their first rowing experience. LCRA Adult Head Coach, Keith Young, and several adult members stepped up. On January 8-9, 2022, LCRA hosted Kaci, several McKeel Faculty members, and a group of McKeel student athletes for their LTR. Everyone had a great time and the kids (and faculty) learned a lot during the weekend. We can't wait to see McKeel racing this spring. Congratulations Kaci and thank you LCRA for giving back.

Kaci Gingras



EVERYONE CAN TAKE ACTION!

LCRA is a non profit 501(c)(3) and is primarily supported through membership fees and donations from supporters. Donations are tax-deductible.

*** AMAZON SMILE ***

If you shop at smile.amazon.com Amazon will donate 0.5% of eligible purchases to LCRA —no fees, no extra cost. Sign up today!

Stock Donations

Donating Appreciated Stock is one of the most efficient Donation Processes available! Receive full credit for the Donation Market Price at the time of the transfer to LCRA. The Club (as a Charitable 501(c)(3)) also receives the full value of the securities once they are sold. A true Win-Win.

Sponsors

LCRA also offers sponsorship levels from \$250 to \$5000, with different benefits available at each level, as well as equipment sponsorships. Please contact president@rowlcra.org for more information.

Cash, Check, or Credit Card

For more information, please see www.rowlcra.org/donate/

Thank you in advance for supporting a vibrant Rowing Program and helping to Build the Future!



Scan. Pay. Go.

Lake County Rowing Association

@rowlcra



venmo

Scan this code to pay

Upcoming Events: Feb. & March

Feb. 5: Annual Southern Sprints Indoor Rowing Championships

Feb. 12: Canal 54 Regatta, Youth

Feb. 17-21: Hosting Nereid Boat Club, Spring training

Feb. 27: Masters Regatta, Sarasota

March 4: Remove Racecourse

March 4: Clermont First Friday

March 12: OARS Turkey Lake, Youth Regatta

March 26: Youth Regatta, Turkey Lake

Club events can always be viewed on the club calendar at:

<https://www.rowlcra.org/club-calendar/>



FUTURE EVENTS

It's never too early to think about summer and LCRA's summer youth camps! Details coming soon.

Rowing Dictionary:

Ergometer: Known as an "**erg**" or affectionately as Satan's throne and the ultimate torture machine. It's a rowing machine that closely approximates the actual rowing motion. The Concept II utilizes a flywheel and a digital readout so that the rower can measure his "strokes per minute" and the distance covered.



LCRA Contacts

Board of Directors/Officers:

Mark Vantrease, President: president@rowlcra.org

Dana Kelly, Vice President: vp@rowlcra.org

Rick Ault, Youth Member Representative: youthmemberrep@rowlcra.org

Michelle Cantrell, Adult Member Representative: adultmemberrep@rowlcra.org

Amanda Alderman, Secretary: secretary@rowlcra.org

www.rowlcra.org

Newsletter Admin:

Dana Kelly, lcra-media@rowlcra.org

Amanda Alderman, newsletter@rowlcra.org

Newsletter Team:

Olivia Caridi, Middle School Rower

Jenn Clutts, Adult Rower

OPEN, High School Rower

**Photos, articles, and
other submissions may
be sent to
newsletter@rowlcra.org**

Membership Coordinators

Adult: Rebecca Young, membership@rowlcra.org

Youth: Mercedes Kosbab, youthcoordinator@rowlcra.org

Sponsorships/Donations:

www.rowlcra.org/donate/



**The Newsletter team needs a High
School rower(s) to document team
events, take photos, and interview
teammates for the monthly
spotlight. Interested?
newsletter@rowlcra.org**





How to activate AmazonSmile on your iPhone or Android

Step 1: Join AmazonSmile

If you aren't yet an AmazonSmile member, sign up at smile.amazon.com using a web browser (mobile or desktop). You'll sign in with your Amazon credentials, and the site will walk you through the process. Amazon will ask you to choose your favorite charity. This is where you search for and choose "Lake County Rowing Association."

Step 2: Open the Amazon Shopping app on your phone

If you don't have the app already, download it from the Apple App Store or Google Play.

Step 3: Open Settings within the app

Open Settings by tapping the three horizontal lines (aka the "hamburger") at the top left and tapping "Settings."

Step 4: Tap AmazonSmile

Step 5: Tap the button for "Turn on AmazonSmile"

You'll need to follow the three-step setup process. Note that Amazon requires you to turn on notifications to be able to use AmazonSmile on your phone.

Step 6: Make note of your renewal date

Amazon asks that you renew your AmazonSmile donation every six months. This is easy but required. When six months are up, you'll have to choose your favorite charity again. If you don't, purchases made until you do will not count.

Step 7: Confirm that AmazonSmile is active before your next purchase

Look for AmazonSmile at the top of the app as you browse. You'll also see your chosen charity on the confirmation screen.