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Notes from Leadership

Growth, New Coach, Member Input and New Official Sponsors

I'd like to start this newsletter with a shout out to our Growth Drivers in our Middle School and Adult Programs! Coaches Matt, Michelle and Regan tag-teamed a successful middle school recruiting drive and integrative training program resulting in new Athletes to a vibrant program. Word of mouth about the fun and focus LCRA Middle School Program is out. Coach Matt and his team have also implemented a new trial program adding an Elementary School Camp. If you haven't seen this please stop down to the Boathouse. The energy level is terrific! This should drive even more interest and Growth. Thanks to the multiple youth volunteers for helping with both the Elementary and Middle School Athletes. The Adult Program reached 54 Members in March with 47 being Coached Athletes. Coach Keith's Learn to Rows supported by fellow Adult Athletes continues to provide opportunities for more Athletes to experience the Sport. This Adult Program Growth triggered the need to add a new Coach.

Please Welcome Aaron Hosman as the new Adult Assistant Coach! Aaron brings extensive experience as both a long term LCRA Member, Competitor, and occasional club coach. It's great to have Aaron part of the LCRA Coaching Team! (con't...)

Notes from Leadership (con't)

Growth and Change go together. Club growth will trigger the need for more input on the Club's future needs and direction while building the rower centric culture we want. Member input is essential to ensure we handle both the challenges of today and the steady growth demands of the future. The Board proposed the creation of the LCRA Boathouse Council. A group of 5 Youth/Youth Parent and 5 Adult Members to help guide the Club. Please see your Board Member Rep (Rick Ault for Youth and Michelle Cantrell for Adult) if you'd like to volunteer for this important group.

Finally, we've kicked off our 3-year \$100,000 Fund Raising Drive and would like to welcome 3 new official Sponsors: South Lake Tablet (The Delanys), Oakwood Smokehouse and Grill (The Caldwelles), South Lake Wellness and Injury Center (Dr. Peter Brockman). Your contributions really make the difference!

See you around the Boathouse!
Mark Vantrease, LCRA President

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/>).



Boathouse Council: Get Involved!



The LCRA Board is creating a Boathouse Council to be comprised of 5 adult members and 5 youth rowers or parents of youth rowers. This group will participate in round table discussions and serve as a workgroup to provide insight into the needs and wants of our rowers. LCRA is committed to putting the rowers first and this group will help shape the future of LCRA. If you are interested in serving in this role, please contact Michelle Cantrell, Adult Member Representative, at adultmemberrep@rowlcra.org or Rick Ault, Youth Member Representative, at youthmemberrep@rowlcra.org.

REGATTA RESULTS

Canal 54, Fellsmere

On February 12, 2022, the youth teams celebrated the Opening Day Regatta, Canal 54, in Fellsmere, FL. A total of 14 teams with 156 entries raced that day. Lake County Rowing Association had 15 entries in the four and eight sweep rowing categories. Congratulations on opening day!

Results:

Men's Varsity 8+: 3rd Place

Men's 2nd Varsity 8+: 3rd Place

Mixed Middle School 8+ A: 1st in heat, 3rd overall
(Dougherty (cox), Cheplick, N. Heitman, Caton, Caridi, Severs, Young, O. Heitman, Tippino)

Men's Open 4+: 1st Place

Women's Varsity 4+: 3rd Place

Women's Open 4+: 2nd Place

Mixed Middle School 4+ A: 1st in heat
B: 2nd in heat



NBP Masters Classic, Sarasota



On February 27, 2022, the adult/masters' team participated in its first sprint race of the season at Nathan Benderson Park in Sarasota, FL. The adults gained valuable racing experience at the event, competing against 13 clubs, including Chinook Performance Racing. Congratulations to all!



Results:

Women's Masters 2-: 1st, 2nd, and 3rd

Women's Masters Novice 1x: 1st and 3rd

Women's Masters Novice 4x: 1st

Women's Masters 8+ A: 3rd

JAKE SNYDER MIDDLE SCHOOL REGATTA, ORLANDO

On March 26, 2022, the middle school team travelled to Turkey Lake to compete in the Jake Snyder Regatta. A total of 9 teams with 46 entries raced that day. Lake County Rowing Association had 4 entries in the mixed eight sweep rowing category. All rowers did an outstanding job. Congratulations!

Photos and results will be announced soon.



FSRA CENTRAL DISTRICT CHAMPIONSHIP, ORLANDO



On March 26, 2022, the high school team travelled to Turkey Lake to compete in the FSRA Central District Championships. A total of 7 teams with 91 entries raced that day. Lake County Rowing Association had 9 entries in the four and eight sweep rowing categories. All rowers did an outstanding job and the team brought home lots of hardware, including 3 District Championships. Congratulations!



Results:

- Men's Varsity 8+:** 3rd Place
- Men's First Frosh 8+:** 2nd
- Men's Frosh 4+:** 1st Place
- Men's Varsity 4+:** 2nd Place
- Men's 2V 4+:** 1st Place
- Women's Varsity 4+:** 2nd Place
- Women's Jr 4+:** 1st Place

Jake Snyder Award Recipients

By Olivia Caridi

At the 2022 Jake Snyder regatta, LCRA recognized Jackson Fauntleroy and Olivia Caridi for the Jake Snyder Award. This award highlights two rowers that exemplify characteristics such as being kind, helpful, brave, and loyal. All of these characteristics help lead the LCRA middle school crew to success.



Jackson Fauntleroy



"It was really a surprise. Rowing is new for me and I just wanted to do my best. I played football last fall, but rowing has shown me a better understanding of sportsmanship and teamwork. I am thankful for my aunt Joy for encouraging me to try rowing. I would also like to thank my coaches, Coach Michelle and Coach Ragen, for helping me start and get better each week."

"Getting this award was super surprising for me, I would have never expected to be where I am with rowing when I first started a year ago. Rowing has changed my life in so many ways, it has taught me how to be apart of a team and to always strive to be my best. I am so grateful for my mom, because she introduced me to rowing and is always so supportive. I am also very grateful for Coach Michelle and Coach Ragen for helping me be my best and always ready to help me improve!"

Olivia Caridi



YOUTH SUMMER LEARN TO ROW CAMPS

<https://www.rowlcra.org/summerLTR/>

Are you in **3rd through 12th grade** and looking to have fun, make new friends, and spend time on the water this summer? Maybe you want to try a new sport before the school year starts? If so, LCRA will be hosting weekly summer rowing camps throughout June and July. Join us for one week or the entire summer! LCRA has programs for elementary, middle school, and high school students. No experience is necessary.



LAKE COUNTY ROWING
ASSOCIATION

SUMMER LEARN TO ROW CAMPS

ALL STUDENTS GRADES 3-12
NO EXPERIENCE NEEDED
\$99/WEEK

MONDAY-FRIDAY
8:30 AM-10:30AM

EMAIL: HEADCOACH@ROWLCRA.ORG
WWW.ROWLCRA.ORG/SUMMERLTR

Week 1: June 6-10
Week 2: June 13-17
Week 3: June 20-24
Week 4: June 27-July 1
Week 5: July 11-15
Week 6: July 18-22
Week 7: July 25-29



ADULT LEARN TO ROW, JUNE 2022

Cost is \$125, which covers the 5 sessions and includes a shirt.
Sessions last roughly 2 hours.

Wednesday, Jun. 8th, 6:15 PM
Saturday, Jun. 11th, 9:30 AM
Sunday, Jun. 12th, 7:00 AM
Monday, Jun. 13th, 6:15 PM
Wednesday, Jun. 15th, 6:15 PM

No experience required!

Make **friendships** that last a lifetime.

Low impact.

Competitive and **Recreational** programs.

18 and over, not in High School

Adults
18 & up

New rowers are taught safety, parts of the boat, stroke sequence, rowing terms, and ergometer techniques. Upon completion, new rowers will have a solid foundation to continue fine tuning their stroke during LCRA's regularly coached practices. If you have prior rowing experience, contact the Adult Membership Coordinator for practice times and membership information.

Adult Membership Coordinator: membership@rowlcra.org
Adult Head Coach: adultrowing@rowlcra.org

Wes Twohig

Adult Athlete Spotlight

When/where did you start rowing?

I started rowing my sophomore year of college for St. Joseph's University out of Crescent Boathouse in the heart of the Schuylkill River's famous boathouse row.

How did you find LCRA?

My beautiful wife (and Dadvail Regatta Silver Medalist) heard about a youth rowing day at LCRA's boathouse back before COVID. We brought our 3 sons to experience the paradox of torture/exhilaration that only a rower knows. Keith Young was there and as we all well know, his passionate persistence is persuasive.

What are your rowing goals for 2022?

Row a double scull with my 70 year old father after he moves down here in the fall.

Fun Facts: My first experience moving a buoyant vessel with an oar involved a detached floating dock and a great plan for a Huck Finn adventure down the Beaver River. This first row resulted in a county wide search and rescue operation involving state and local first responders and even a helicopter. A state police officer found my cousin and me enjoying a large mint chocolate chip ice cream cone sitting at the soda fountain counter of the local drug store. Fortunately no one was hurt and the only damage was to a couple of stalks of sweet corn on the bank of the river as my cousin and I failed to eat breakfast or bring anything to eat.



***Wes is in seat 7 of LCRA's first adult men's 8. The men's team is growing!**

High School Spotlight

Benjamin Bross, 9th Grade

Nickname: Ben



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

I was introduced to rowing from my 8th grade science teacher Mrs. Dykhouse. She was always talking about it in class and it seemed very enjoyable to me. I stuck with rowing because of the people and the competitions.

What is your favorite LCRA moment from this school year?

My favorite moment from the fall season of 2021 was racing at the Head of the South Regatta. I enjoyed the competition and staying overnight with the crew team was also enjoyable.

What are your rowing goals for 2022?

One of my rowing goals for 2022 would be to go sub 7:30 on my 2k.

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

I do not have a set in stone long term plan but I do know that I will be sticking with rowing throughout high school.

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

One of my friends was rowing on the high school team and told me that I should come out and try it. I really enjoyed the sport itself and the people on the team.

What is your favorite LCRA moment from this school year?

My favorite moment this year would be coming in first for Districts in the Women's Junior 4, but coming in first in the U15 Category for Erg Sprints is a close second.

What are your rowing goals for 2022?

In the year 2022 I would like to get my 2k sub 8.

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

Ultimately it would be amazing to get a scholarship to row in college, but I am just really excited to see what the next few years hold.

Joclyn Kosbab, Homeschool



Middle School Spotlight: March

By Olivia Caridi and Olivia Heitman

Nick Cheplick



In 6th grade Nick heard about rowing from his older brother who has said he should go to the summer camp. Nick decide to give the camp a try and ended up liking it, as well as realizing it was something he was good at. He liked that it was on the lake, the team members and coaches, the training, and overall positivity of the environment. Nick enjoys saltwater fishing and aircrafts. Nick is a great leader and example to everyone on the team and we are so grateful to have him on our team!

Grade: 8

Hobbies: Fishing, Playing video Games,
Wakeboarding, Paddle boarding



Olivia started rowing when she was in 7th grade, she didn't do sports for a while because of Covid 19 and her mom had been rowing on the adult team and she thought it would be a sport she would like. Olivia stayed with the sport because she loved how competitive it was and she had made a lot of friends on the team. She is great at and loves to erg and push herself to do her very best. Two really interesting facts about Olivia are that she can play the guitar and her favorite animals are monkeys. Olivia is a great teammate and always ready to support her team we are so grateful to have her as part of the middle school team!

Olivia Caridi



Grade: 8

Hobbies: Painting, Reading,
Playing Basketball, Boating



Keep up the Great Work!

Middle School Spotlight. April

By Olivia Caridi

Jordan Jackson



Jordan started rowing with LCRA in 6th grade. She heard about rowing through an organization called Jack and Jill. She was able to get out on the water once and loved it so much that she wanted to try it as part of a team, as soon as she was old enough she joined! Jordan stuck with rowing because it was fun and she loved how kind and helpful everyone in the team was. Not only is Jordan a rower, she also does Jiu-jitsu. Jordan is such a great teammate and rower! We love having her as part of our team!

Grade: 6th

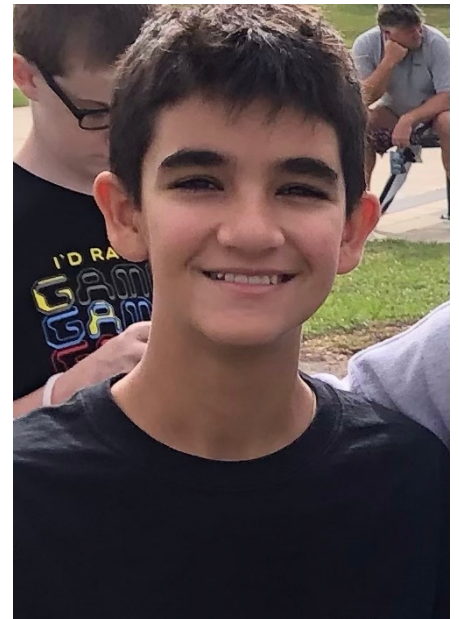
Hobbies: Watching Anime and playing with her dogs



Keep up the great work! 🏆

Mason started rowing in 7th grade when he heard about it from his friend, who persuaded him to join the team. Mason stayed with LCRA because he loved getting to be on the water and getting in a good workout. Mason liked that everyone works and does their best to help build the team. Mason like collecting and wearing fun socks! Mason is always ready to motivate another team member and help them reach the end! We are so happy to have Mason on our team!

Mason Toppino



Grade: 8th

Hobbies: Skateboarding and painting

Youth Corner

By Olivia Caridi



Mercedes Kosbab, Youth Membership Coordinator

Mercedes Kosbab is joining us as our new Youth Membership Coordinator. We are very happy to have her and are excited to see what she does with her new position.

youthcoordinator@rowlcra.org

Rowing Vocabulary

Check ✓

When you square your oar in the water to stop/slow the boat



Back

When you have to push your oar through the water the opposite way you would when you normally row while it is squared



Thank You Middle School Coaches!

By Olivia Caridi

Coach Regan



As a team, we want to thank you for all you do for us! We are so lucky to have you as our coaches. You are always ready to help us improve ourselves and push us to do our best. You inspire us to work hard and put everything we have into rowing. We also love having fun with you, whether it's playing games the last 15 minutes of practice or throwing you off the dock at the end of the season. You make us a team, and we couldn't ask for anything more! Thank you so much Coach Michelle and Coach Regan! We love you!

Coach Michelle



Middle School team

*Thank you so much for everything
you do!♥*

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



How to activate Amazon Smile on your iPhone or Android

Step 1: Join AmazonSmile

If you aren't yet an AmazonSmile member, sign up at [**smile.amazon.com**](https://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.

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
www.rowlcra.org

Newsletter Admin:

Amanda Alderman, newsletter@rowlcra.org

Dana Kelly, lcra-media@rowlcra.org

Newsletter Team:

Olivia Caridi, Middle School Rower

Olivia Heitman, Middle School Rower

Jenn Clutts, Adult Rower

OPEN, High School Rower


Membership Coordinators

Adult: Rebecca Young, membership@rowlcra.org

Youth: Mercedes Kosbab, youthcoordinator@rowlcra.org

Sponsorships/Donations:

www.rowlcra.org/donate/



Photos, articles, and
other submissions may
be sent to
newsletter@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. Additionally, LCRA needs a Secretary and Treasurer. Reach out to President Mark Vantrease at president@rowlcra.org for more information.



Thank You

LCRA Official Sponsors & Partners

Thank you so much to our sponsors and business partners for being part of the LCRA family!
We cannot have successful seasons without your support.

Platinum Level



<https://oakwoodsmokehouse.com/>



– A Buena Vista Publishing Company –

<https://sltablet.com/>

Professional Booster



**South Lake Wellness & Injury
Center**

(352) 241-4111

www.SouthLakeWellnessInjury.com

Upcoming Events

April 27: Board Meeting @ Boathouse, 7:00

May 6: Clermont First Friday Food Trucks

May 7: Adult & Middle School, Florida Masters Regatta, Lake Fairview

May 14: High School, US Rowing SE Youth Championships, Sarasota

May 21-25: Michigan team training at the Boathouse

May 25: High School Banquet

June 4: Open Boathouse 9-12

June 5: Masters' Scrimmage, Home

Want to see your business here? Reach out to LCRA President Mark Vantrease
(president@rowlcra.org) to discuss sponsorship opportunities.