



*Let It Run...*

Official Newsletter of the Lake County Rowing Association, 501(c)(3)

NOV. 2021  
VOL. 1, ISSUE 2

## Notes from Leadership:

Greetings LCRA Members!

Racing season is back and our Crews and Coaches are actively chasing hardware. The Club has been involved in several Regattas in the past month with many successes and learning experiences for first-time rowers.

Your Steering Committee has also been at work finalizing the By-Law Updates, Election Process, and other structural updates to prepare the Club for future growth. The Working Committees are still soliciting member help as we continue to build each of the committee plans and deliverables.

I'm sure you've also noticed the continual upgrades to equipment and our Team Trailer. Hat's off to Members who helped to repair and repaint the trailer...it looks so much better!

The Club has a lot on our agenda for the balance of the year and into 2022 and will continue to need your help and support.

Allowing Rowers to reach their individual potential and Coaches to train and inspire the Members is part of our Vision. Together we can truly make:

*Lake County Rowing: Central Florida's home for  
competitive youth and adult rowing, team training,  
and community aquatic events.*

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/>).



# Elections

## LCRA Leadership 2022



The Club Leadership will include;  
President, Vice President, Youth Member Representative (REP), Adult Member Rep, and  
Community Rep. These 5 positions will make up The Board of Directors (BOD).

Position	Elected/Appointed	Who Elects/Appoints	Term Length	Maximum Term
President	Elected	All Members	1 Year	4 Consecutive Yrs
Vice President	Elected	All Members	1 Year	4 Consecutive Yrs
Youth Member Rep	Elected	Youth Members Only	2 Years	4 Consecutive Yrs
Adult Member Rep	Elected	Adult Members Only	2 Years	4 Consecutive Yrs
Community Rep	Appointed	4 Other BOD Members	2 Years	4 Consecutive Yrs

### Election Schedule

Election Notice Posted/Sent	November 5 <sup>th</sup> (Fri)	Emailed to Members Posted in Boathouse
Candidates Name Submission	By November 14 <sup>th</sup> (Sun)	Email to <a href="mailto:secretary@rowlcra.org">secretary@rowlcra.org</a>
Candidate Names Posted/Sent	November 15 <sup>th</sup> (Mon)	Emailed to Members Posted in Boathouse
1 <sup>st</sup> Meet the Candidates	December 4 <sup>th</sup> (Sat AM)	During Holiday Party and Adult Practice
2 <sup>nd</sup> Meet the Candidates	December 9 <sup>th</sup> (Thurs Evening)	Post Youth Practice in the Boathouse
Voting Begins 8am	December 11 <sup>th</sup> (Sat)	Voting Website to be announced
In Person Voting 5pm-6pm	December 17 <sup>th</sup> (Fri)	At the Boathouse
Voting Closes 6pm	December 17 <sup>th</sup> (Fri)	All Votes Tallied post 6pm
New Elected BOD Announced	December 17 <sup>th</sup> (Friday 8pm)	Email Results to Members

Other Critical and Essential Roles that the 5 BOD Members will Appoint Include:  
Treasurer, Secretary, Youth Member Coordinator, Adult Member Coordinator and  
Committee Chairs/Members. Except for the Youth Member Coordinator, these positions  
are 1 year Terms, from January to December, with renewal on an annual basis. The  
Youth Member Coordinator Term is also one year but the term will run from August to  
July, with renewal on an annual basis.

All Elected Positions will commence on January 1st and conclude on Dec 31st of any  
given year depending on Term Length. The Newly Elected BOD will Appoint these Critical  
and Essential Roles as soon as the newly Elected BOD is seated.

**To Run for BOD:** Send an email to **[secretary@rowlcra.org](mailto:secretary@rowlcra.org)** identifying the  
position you are interested in with a photo and brief description of your  
qualifications and reasons for running for the position.



# Position Descriptions

**All 5 BOD Members** will be expected to Energetically Support the Lake County Rowing Association (LCRA) Vision and Mission and shall actively engage the Club in the following ways:

1. Establish a working knowledge of Club Operations, Financials, Coaching and Support Staff.
2. Facilitate the interface, relationship and transactions with the Clermont City and Lake County Leadership for the purpose of supporting LCRA Vison, Mission and Operating Plans.
3. Sponsor or Chair one or more Committees.
4. Engage the Club Members during the year by attending at least 2 Regattas.
5. Attend two "Ride-Along" practices, each, with the Youth Head Coach and Adult Head Coach to better understand the Coaching needs.
6. Attend Routine Board Meeting and gatherings as required.
7. Establish Goals and Benchmarks for Fund Raising, specifically including Board Member commitments relative to same.

## President

The President shall coordinate and supervise the activities of all other officers of the Corporation. The President shall from time to time, call special meetings of the Board of Directors whenever the President deems it necessary to do so or whenever the requisite number of the members of the Board of Directors shall request in writing that the President do so. The President shall preside at all meetings of the Directors and shall generally perform such other duties as are delegated by the Board of Directors and such duties as are usually pertaining and attributed by law. The President, unless some other person is thereunto expressly authorized by resolution of the Board of Directors, shall sign all certificates of stock, execute all contracts, deeds, notes, mortgages, bonds and other instruments and papers in the name of the Corporation and on its behalf; subject, however, to the control, when exercised, of the Board of Directors. The President shall, at each annual meeting, present a report of the business and affairs of the Corporation, and shall from time to time, whenever requested, report to the Board all matters within his knowledge, which the interest of the Corporation may require to be brought to the notice of the Directors. The President shall have direct reporting oversight for all coaches hired by the Board (cont.)

## **President (cont.)**

The President shall have the power to employ and terminate the employment of all such subordinate agents, clerks, and other employees not herein provided to be selected by the Board, as he may find necessary to transact the business of the Corporation, and shall have the right to fix the compensation thereof. In general, the President shall perform all duties incident to the office of President and such other duties as may be prescribed by the Board of Directors from time to time.

## **Vice President**

The Vice-President shall act in the place and stead of the President in the event of the President's absence, inability, or refusal to act, and shall exercise and discharge such other duties as may be required of him by the Board of Directors.

## **Youth Rowing Board Member (YRBM)**

The Youth Rowing Member Rep shall serve a term of two (2) years and shall be elected by the Youth Membership. They sit as a Full and Equal Voting Board Member.

## **Adult Rowing Board Member (ARBM)**

The Adult Rowing Member Rep shall serve a term of two (2) years and shall be elected by the Adult Rowing Membership. They sit as a Full and Equal Voting Board Member.

## **Community Representative Board Member (CRBM)**

The CRBM must not be a current active Member or Parent of an active Youth Member within the last two (2) years in order to provide unbiased input and advice. They must be in good standing in the Lake County community. The Community Representative Board Member shall be appointed by three-fourths ( $\frac{3}{4}$ ) of the Board of Directors and serve a term of two (2) years.

**Note: No individual may hold multiple positions on the Board.**

**If you need further clarification on each of these positions then please feel free to reach out to Mike Furukawa at [president@rowlcra.org](mailto:president@rowlcra.org) or Robert Meijer at [robertmeijer@rowlcra.org](mailto:robertmeijer@rowlcra.org) for clarification.**



# Regatta Results

## October 2021

### Gator Head Regatta, Gainesville, FL

### October 23, 2021



On October 23, 2021, the LCRA middle school and high school teams travelled to Gainesville to kick off their race season. This is the first year the middle school team has rowed in a head race and the high school students have been supportive. For many middle and high school students, this was their first race. Sixteen teams competed for the top spots. LCRA members gave an impressive performance in all 18 boats they entered. Way to go team!



## RESULTS

**Middle School 4+: 1st, 2nd, and 3rd**

**Men's Youth 2: 1st**

**Women's Youth 8+: 5th**

**Men's Youth 4+: 6th and 10th**

**Men's Youth LTWT 4+: 3rd**

**Men's Youth Novice 8+: 1st and 4th**

**Mixed Middle School 8+: 1st, 4th, and 10th**

**Women's Youth Novice 8+: 3rd**

**Women's Youth 4+: 6th**

**Men's Youth 8+: 4th, 7th, and 10th**







# Halloween Regatta, Tampa, FL

## October 30, 2021

On October 30, 2021, the LCRA middle school and high school teams travelled to Tampa to compete in the annual Halloween Regatta, complete with costumes and treats (medals). The regatta included 22 clubs with 417 entries. LCRA entered 20 boats. It was a solid day of racing for our youth athletes and good preparation for the upcoming high school race at Head of the South Regatta in Augusta, Georgia. Congratulations team!

**Women's 1st Varsity 8+: 5th**

**Men's 1st Varsity 4+: 6th**

**Men's 2nd Varsity 4+: 6th**

**Men's 1st Freshman/Novice 8+: 2nd**

**Men's 2nd Freshman/Novice 8+: 3rd**

**Women's Junior 8+: 3rd**

**Men's LTWT 4+: 3rd**

**Middle School 8+ (2k): 1st, 16th, 23rd, 25th**

**Men's 2-: 2nd**

**Men's 1st varsity 8+: 4th**

**Men's 2nd Varsity 8+: 5th**

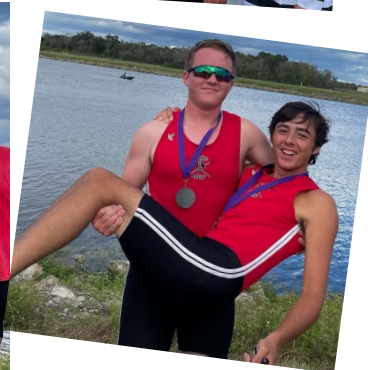
**Men's 3rd Varsity 8+: 5th**

**Women's 1st Varsity 4+: 5th**

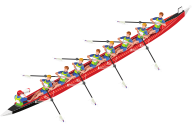
**Women's 2nd Varsity 4+: 4th**

**Women's 1st Fresh/Nov 8+: 8th**

**Men's Junior 8+: 1st**







# Come Row with Us!

## Youth

No experience required!

Make **friendships** that last a lifetime.

Develop endurance, discipline, and mental and physical toughness.

**College scholarship opportunities** for rowers and coxswains.

Interested? Just show up to practice with athletic clothing and water.

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

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

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

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



Contact Youth Membership Coordinator,  
Jillian Powell, with questions:  
[youthcoordinator@rowlcra.org](mailto:youthcoordinator@rowlcra.org)

# Come Row with Us!

# Adults

# 18 & up

## Learn to Row (LTR) Nov 2021

New rowers are taught safety, parts of the boat, stroke sequence, rowing terms, and ergometer techniques. Upon completion of the LTR session rowers will have a solid foundation to continue fine tuning their stroke during LCRA's regularly coached practices

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



Wednesday, Nov. 10th, 6:15 PM  
Saturday, Nov. 13th, 9:30 AM  
Sunday, Nov. 14th, 7:00 AM  
Monday, Nov. 15th, 6:15 PM  
Wednesday, Nov. 17th, 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



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 Michelle Lyons for details.

If you have prior rowing experience, contact Michelle Lyons for practice times and membership information.

**Adult Membership Coordinator:**  
**[membership@rowlcra.org](mailto:membership@rowlcra.org)**





# Gratitude Corner

LCRA would like to recognize and thank all sponsors and boosters for donations supporting the team.



SunCreek Brewery: LCRA and SunCreek Brewing have close ties as both support Clermont's "Choice of Champions" Vision. SunCreek owner Bill Downs participated in the Learn to Row and is anxious to get more water time. On October 13, 2021, Bill and his Team welcomed LCRA Members as we presented our Official LCRA Club Sign to be a permanent part of the SunCreek Tap Room. The Brewery is located at 790 West Minneola Ave Clermont, FL 34711.



## Boat Naming Sponsor:

Mike Furukawa, RDC, Inc., <https://www.rdcfla.com/>

## Silver Sponsors:

Petrotech Southeast, Inc. <http://www.petrotechse.com/>

Oakwood Smokehouse, <https://oakwoodsmokehouse.com/>

## Professional Booster:

Heartland Pediatrics of Lake Wales, M. Sprunt, PA-C,  
<https://centralfloridapeds.com/>

# Upcoming Events

## Youth Regattas

Nov. 13: Head of the South, Augusta, GA

Dec. 11: Fall Sprints, Tampa, FL

## First Friday Food Trucks

Clermont 5:30-9:00 p.m.  
Dec. 3

## LCRA Board Meetings

Nov. 9 & 23  
7:00 p.m.  
Zoom

## Holiday Events

Nov. 20: Holiday tree  
decorating

Dec 4: Clermont Holiday Parade,  
Clermont Boat Parade, Youth Holiday  
Party

Dec 18: Alumni Row

Adult Learn to Row  
Nov 10 @ 6:15 p.m.  
Nov 13 @ 9:30 a.m.  
Nov 14 @ 7:00 a.m.  
Nov 15 @ 6:15 p.m.  
Nov 17 @ 6:15 p.m.

# 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 501c3) 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/](http://www.rowlcra.org/donate/)**

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

# LCRA Contacts

## LCRA Leadership:

president@rowlcra.org

secretary@rowlcra.org

[www.rowlcra.org](http://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

Phoenix Strange, Middle School Rower



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

## Membership Coordinators

Adult: Michelle Lyons, membership@rowlcra.org

Youth: Jillian Powell youthcoordinator@rowlcra.org

## Sponsorships/Donations:

[www.rowlcra.org/donate/](http://www.rowlcra.org/donate/)



*...Way Enough*





**ALL HANDS  
ON DECK!**

## **We need your Talents!**

Text us at 352-425-1411 or send us  
an email at [secretary@rowlcra.org](mailto:secretary@rowlcra.org)

[WWW.ROWLCRA.ORG](http://WWW.ROWLCRA.ORG)

### **LCRA COMMITTEES**

- Events / Regattas
- Marketing / Communication
- Fundraising
- Videography
- Newsletter
- Safety & Equipment
- Grant Writing