



Notes from Leadership: Welcome Back

Welcome to Fall Racing Season LCRA family! Your Leadership Team has been busy over the past few months. The Annual Member's Meeting on July 31 and August 7, 2021 allowed Membership to discuss Board Member elections and Member voting eligibility among other things. The majority of those present agreed to postpone elections to allow the Board time to clean up several By-Law related gaps including the Voting Process and Member definition. Since then, a Steering Committee was formed to include current Board Members Mike Furukawa (youth representative) and Robert Meijer (adult representative) as well as Mark Vantrease, Dana Lancaster-Kelly, Mike Delaney, Jamie Craigie, Alison Strange, Violet Hewett, and Amanda Alderman.

Things the Board has been working on:

- Revising LCRA bylaws to clarify the definition of "member" for voting purposes and set election procedures;
- Reviewing safety procedures and equipment in the boathouse, to include hiring USRowing (paid for by Mark Vantrease) to identify any safety concerns;
- Auditing the boathouse for team equipment needs; and
- Refreshing safety equipment and other team equipment from funds donated by adult team members, including safety equipment for launches, an engine for a fourth launch for youth team practices, hardware to fix the doubles, and new riggers and shoes for the two fours.

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/>).

Regatta Results

Summer 2021

USRowing Youth National Regatta, Sarasota FL June 10-13, 2021



In June 2021, LCRA middle school and high school teams competed in the USRowing Youth National Regatta in Sarasota, FL. This year's championship welcomed over 748 crews from 181 clubs. LCRA participated in 7 races, gaining valuable racing experience. Congratulations!



USRowing Masters National Championships, Oak Ridge, TN Aug. 12-15, 2021



Members of LCRA recently had a lot to celebrate as their Adult competition team competed at the 2021 USRowing Masters National Championships in Oak Ridge, TN. This year's championship welcomed over 1,400 crews from 110 clubs to compete for the podium.

Teammates Bill VanDresser, Doug Shields, Mark Vantrease, and Dan VanDresser raced through multiple heats to take the podium as the USRowing Masters National Bronze Medalists in the Men's 4x (Quad). Teammate Debbie Brazill raced down several competitors to bring home not one, but TWO Gold Medals in the Women's Lightweight B 1x and D 1x. She also took silver in the Women's Lightweight C 1x. Look at the smiles! The hearts of Champions!



24th Annual Halifax Summer Regatta, Daytona, FL

July 24th - 25th, 2021

On July 24-25, 2021, members of Lake County Rowing Association competed at the Halifax Summer Regatta in Daytona, Florida. The race weekend included 23 teams and 340 entries.

On Saturday, July 24, 2021, high school and middle school members participated in 10 races, gaining competitive experience and bringing home several medals. It was a solid day of racing for our youth athletes. Congratulations on finishing the season strong!

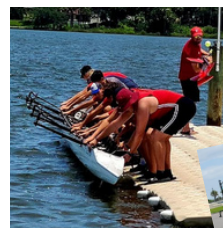


RESULTS

 **Women's Novice 4+, Men's Novice 8, Mixed 8, & Middle School Mixed 8**

 **Mixed 4x and Women's 8.**

 **Men's 8**



On Sunday, July 25, 2021, the adult competitive team competed in 17 races, including multiple entries per race. Everyone brought home a medal! While it was a short racing season due to the pandemic, Lake County adults finished in second place for the Florida Masters Regatta Series team points championship. Congratulations team!




RESULTS



Florida Masters Regatta Series Team Points Championship

 **Women's Masters 2-, Women's Masters Ltwt 1x, Men's Masters 4x, Women's Masters Novice 8+, Women's Masters Novice 4x, Mixed Masters Novice 4**

 **Women's Masters Novice 1x, Women's Masters 8+ A, Women's Masters 4+, Men's Masters 2x, Women's Masters Novice 4x, Mixed Masters 8+**

 **Women's Masters Novice 1x, Men's Masters Novice 1x, Women's Masters 1x, Women's Open 1x**

LCRA Coaching Staff 2021-2022

Youth Program

Head Coach, Matt Outlaw

Coach Matt heads up the youth program and its coaching staff. He has been coaching at LCRA since 2015 and was happy to accept the Head Coach role in the Summer of 2021. He studied Exercise Science at the University of Central Florida and has his USRowing Level III, SafeSport, CPR, and First Aid certifications.

Before coming to LCRA, Coach Matt was a high school and collegiate athlete competing on a national level in both rowing and triathlon. He and his wife welcomed their daughter, Logan, to their family in August of 2020.

HeadCoach@RowLCRA.org



High School Varsity Women's Coach, Olivia Gerlach

Coach Olivia is in her first season at LCRA as the High School Varsity Women's Coach. She has her US Rowing Level 1, SafeSport, CPR, and First Aid certifications.

Coach Olivia was a LCRA rower in high school and went on to row at Jacksonville University where she competed at the NCAA National Championships. She double majored and graduated with degrees in Sustainability and Geography. She has worked at Yellowstone National Park the past two summers and enjoys hiking.



High School Novice Coach, Liz Hann

Coach Liz has been coaching at LCRA since 2019 as the High School Novice coach. She has her US Rowing Level 1, SafeSport, CPR, and First Aid certifications.

Coach Liz was a LCRA coxswain in high school and went on to cox at University of Central Florida, where she is currently working on a double major of Event Management and Hospitality Management. She enjoys hiking and spent last summer working at Yellowstone national park.

coachliz@RowLCRA.org



Middle School Coach, Michelle Heister

Coach Michelle started competing with LCRA in 2014 and began coaching Middle School rowing in 2016. She has her US Rowing Level II, SafeSport, CPR, and First Aid certifications.

Before coming to LCRA, Coach Michelle was a competitive race walker and a volunteer assistant coach for a local youth track club. She also was an instructor for a program which teaches scuba to kids and adults with special needs.

middleschoolcoach@RowLCRA.org



Middle School Assistant Coach, Regan Armstrong

Coach Regan is in her first season at LCRA as the Middle School Assistant Coach. She has her US Rowing Level 1, SafeSport, CPR, and First Aid certifications.

Coach Regan has been rowing since high school, where she rowed for LCRA, and then went on to row at Stetson University. She was the first high school athlete from LCRA to get a college scholarship as a coxswain. She competed with both the men's and women's teams at Stetson, medaling with both crews at regattas such as FIRA, SIRA, and the MAAC conference championship. Coach Regan splits her time between coaching and completing her Master's degree at University of South Florida.



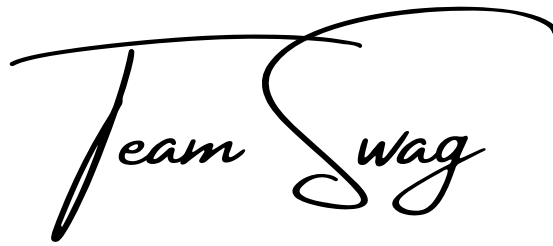
Adult Program

Head Coach, Keith Young



Coach Keith learned the sport in college at University of Central Florida under the tutelage of Dennis Kamrad, who founded the UCF rowing program, the Edgewater High School (FL) rowing program, and the Orlando Rowing Club. Since the mid 1990s, Keith has been involved in many aspects of coaching, including team/culture building, having developed male and female athletes into state, regional, and national champions at the high school, collegiate, and adult (Masters) level. He also holds a Level Three (High Performance) Certification from USRowing, the governing body of rowing in the United States. He also currently trains and competes as a Masters rower as well. His favorite thing about coaching is that there is no better feeling than serving others in such a way as to create a vision and lead them to achieving something that they never thought possible. Keith is a 7th generation Floridian, and has four children, three grandchildren, and has been married to the love of his life, Misty, for over 25 years.

AdultRowing@RowLCRA.org



**YOUTH/ADULT official Team
Jackets and YOUTH Uni-suits:**

contact **Jillian** at
youthcoordinator@rowlcra.org

ORDERS DUE OCTOBER 8!

Team Visors and Hats:

contact **Wendy** at
wendygoodyear@aol.com

ORDERS. DUE OCTOBER 6!



ADULT Alternative Team Jackets and ADULT COMPETITIVE TEAM Jerseys:

contact **Wendy** wendygoodyear@aol.com

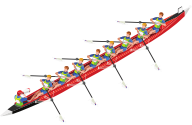
ORDERS DUE OCTOBER 6!

Men's



Women's





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, Jillian Powell, 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 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



\$ 13,700 donated

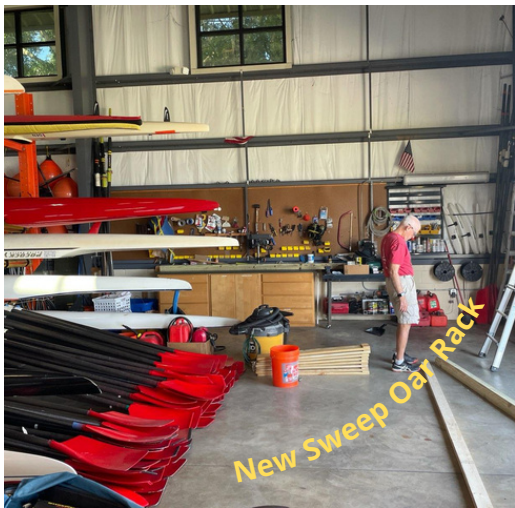
A SPECIAL THANK YOU to our Adult Rowing Program members

Funding has enabled the club to purchase much needed equipment & to complete maintenance repairs



Equipment Purchases:

- Boat Engine
- Riggers
- Cox Boxes w GPS
- Headsets
- Skegs/Slides
- Erg Computers
- NK Batteries
- Speaker Wiring
- Fasteners/Hardware
- Oarlock Pins
- Sweep Oar Racks
- Bow Number Clips



The Safety and Equipment committee has been hard at work to make all this possible for our rowers.

Chair: Mark Vantrease

Head Coaches: Matt Outlaw and Keith Young

We now have 2 additional boats back in our fleet and ready for our rowers!

Upcoming Events

Youth Regattas

Oct. 23: Gatorhead, Gainesville, FL

Oct. 30: Halloween Regatta, Tampa, FL

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.

Nov. 5

Dec. 3

Adult Regattas

Oct. 2: Sarasota 5000, Sarasota, FL

Oct. 16: First Coast Head Race,
Jacksonville, FL

Oct. 23: Gatorhead, Gainesville, FL

Nov. 6-7: Head of the Hooch,
Chattanooga, TN

LCRA Board Meetings

Oct. 12 & 26
7:00 p.m.

Location TBA

Future Events

Nov. 20: Holiday tree
decorating

Dec 4: Holiday Parade,
Clermont

Masters' Corner

Sarasota 5000, Sarasota, FL

On October 2, 2021, the adult competitive team started off its race season, travelling to Sarasota, FL, where members competed in three head races: women's 8, women's quad, and men's quad. The regatta was small but our team was mighty. Members gained invaluable experience racing 5k meters - after rowing 5k meters to the start line! For many, this was their first head race, and for several women, it was their first time rowing in two head races in one day, for a total of 20k meters!

Results: Women's 8: silver; Women's Quad: gold and silver; Men's Quad: gold.

Youth Corner

The middle school and high school teams are working hard in preparation for their first races of the season.



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/**

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

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/



...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

WWW.ROWLCRA.ORG

LCRA COMMITTEES

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