



## THIS ISSUE:

<b><u>Leadership Updates</u></b>	<b>1</b>
<b><u>Youth Representatives</u></b>	<b>2</b>
<b><u>Summer Review/Youth</u></b>	<b>3</b>
<b><u>Regattas</u></b>	<b>4</b>
<b><u>Boat Naming/Dedication</u></b>	<b>7</b>
<b><u>Adult Banquet</u></b>	<b>7</b>
<b><u>Coaches/Spotlight</u></b>	<b>8</b>
<b><u>Tentative Regattas</u></b>	<b>8</b>
<b><u>Fundraising/Donate</u></b>	<b>9</b>
<b><u>Adult Learn to Row</u></b>	<b>10</b>
<b><u>LCRA Contacts</u></b>	<b>11</b>
<b><u>Volunteer</u></b>	<b>11</b>
<b><u>Official Sponsors</u></b>	<b>12</b>
<b><u>Upcoming Events</u></b>	<b>12</b>

## Notes from Leadership

### Busy Spring Season Close, Congrats to our Grads, Huge Summer LTR and Booming Fall Membership!

No idle time at the Boathouse as we closed out the Youth and Adult Racing Season with the Southeast Regionals and Masters Nationals respectively. This was followed by the Summer Learn to Rows, Returners Camp and a June 5th Adult Regatta featuring 6 teams from around the state. In the midst of all of that, LCRA Coaches, Parents and Volunteers celebrated the High School Athletes and their 7 Graduates along with the 18 new Freshmen coming from the Middle School Program at a very successful end of year banquet. Additionally, LCRA played host to Head Coach Mark Rothstein and the University of Michigan's Women's National Championship contenders. Much to be thankful for and much to look forward to as we look forward to a busy Fall Racing Season.

The Summer LTR set a record for 112 Youth weekly Camps as well as record Adult LTR session. As of September the Club now has 146 Athletes across all 3 programs!

Our very best wishes go to our Graduating Seniors! Your time with LCRA will long be remembered for the chapters you have written. The friendships you've forged through challenging practices and team racing will last a lifetime. We hope to see you back at the boathouse for the annual alumni rows.

## Notes from Leadership (con't)

Your Volunteer Board did a comprehensive Club finance review and took the first of two steps to rectify both inflation pressure and unfunded operating costs in order to prepare for future growth and financial stability. They are also partnering with the new County and City Leaders in Tourism and Economic Development as well as Parks and Recreation to ensure we maximize the relationships and receive maximum support for all of our initiatives. And lastly, we are proud to announce the creation for the first Boathouse Council. A true Membership-wide team of Athletes from all 3 programs who will work together and help navigate the club's future. One Voice, together in unison, working together, finding the common ground and helping to deliver the LCRA Vision.

See you around the Boathouse!

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/>).

## Welcome Youth Member Representatives!

Over the summer, LCRA held a special election to allow the youth team to elect two (2) new youth member representatives to the Board of Directors. Please welcome Kari Caridi and Jennifer Swain! Any questions or concerns from the youth team should be directed to the youth representatives.

### Keri Caridi



LCRA has been one of the biggest blessings to our family in recent years. The positive impact that rowing has had on our oldest daughter is nothing short of tremendous. This year I will have one rower on the middle school team and one on the high school team. I would love to see the environment be cohesive to include all rowers as a whole, with no division or rank because of age or experience. Knowing now that rowing is a permanent staple in our lives makes me want to dedicate more of my time to helping LCRA grow in a positive and healthy manner, creating an environment where everyone feels included, encouraged and welcome.

### Jennifer Swain



My son Tristan has been rowing with LCRA for the last 5 years, he really enjoys it and wants to continue in college. We have lived in Clermont coming up on 8 years, after we moved here from New Hampshire in 2014.

I have been a Registered Nurse for 31 years, and currently since moving here have been my husband's full time RN/caretaker. He broke his neck in the Air Force 30 years ago, he is a quad on a vent and needs 24 care. Therefore I haven't been as active as I have always wanted to be over the last 5 years, however I had already decided this year would be different and now I am excited at the opportunity to have a role on the LCRA board.



# *So Long Summer*

## Summer Review



## *Youth Banquet*

**May 24, 2022**

What a Night! May 24th brought together all of our High School Athletes and welcomed the 18 Middle School Athletes graduating to 9th Grade. A fantastic group of volunteers spearheaded by Liza Gibbons created a terrific evening where athletes were recognized for their individual and team accomplishments and graduates were given a final send-off cheered on by their teammates, coaches, and parents. Several parents reached out into our community and were able to assemble over \$2000 in donated items. These were raffled off throughout the event raised \$1140.

Best of luck to our Grads and a special shout-out to Chloe Phelps as she heads to the University of Alabama on a well earned Rowing Scholarship!





# Florida Masters' Regatta, Lake Fairview

## May 7, 2022

The LCRA Adult and Middle School teams took to the lake on May 7, 2022 for the first official sprint regatta of the season. The club had 24 entries on the water. Several athletes competed in their first race and fought the winds and turbulent water to bring home some hardware.

### Masters' Results:

**Women's Novice 1x:** 1st, 2nd, & 3rd

**Men's Masters 1x:** 1st

**Women's Novice 8+:** 1st

**Men's Novice 4x:** 2nd

**Men's Novice 4+:** 1st Place

**Women's Masters 4+:** 2nd, 3rd

**Women's Novice 4+:** 1st

**Men's Masters 8+:** 3rd

**Women's Novice 4x:** 1st

**Men's Masters 4x:** 3rd, flight 1; 2nd flight 2

### Middle School

#### Results:

**Women's 8+:** 1st, 2nd

**Men's 8+:** 1st and 3rd

**Mixed 8+:** 1st

**Women's Masters 8+ A:** 3rd





# **Southeast Youth Championship**

## **Sarasota, FL, May 14-15, 2022**

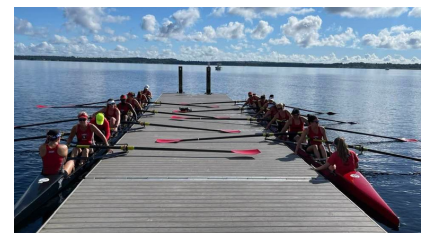
The youth team travelled to Sarasota, Florida over the weekend of May 14-15, 2022 to compete in the Southeast Youth Championships. The team advanced five boats to the finals on Sunday. Everyone gave their all and had a great time at the final race of the season.



## **CLASH OF CHAMPIONS!**

### **Clermont, FL, June 5, 2022**

On June 5, 2022, LCRA hosted the Florida "Clash of Champions" sprint race. LCRA athletes and their family members and friends came together to plan and execute the race for masters teams from around Florida. Many members rowed in their very first race, others tested their sculling skills, and some pushed their endurance by "hot-seating" (back to back) races. Everyone gave their all for the day, whether they rowed or volunteered. Congratulations for hosting a wonderful event and for bringing in some wins!



# 25th Annual Halifax Summer Regatta, Daytona Beach

July 23, 2022

On July 23, 2022, the adult team travelled to Daytona Beach to compete at their final sprint race of the season. The regatta had 29 clubs participating with over 300 entries. LCRA entered 15 boats and came home with 5 golds, 5 silver, and 3 bronze place finishes. The team won the team points championship for sweep rowing. Way to go team!!



## Masters Nationals, Sarasota, FL

August 11-14, 2022

LCRA won two gold medals at the USRowing Masters National Championships. The Men's four-person team brought home gold in their age bracket. The group included Lake County Commissioner Doug Shields, LCRA President Mark Vantrease, and brothers Bill and Dan VanDresser. The next day, the VanDresser brothers went on to win gold in the Open F Double bracket. The team spent their mornings on Lake Minneola in Clermont honing their skills to ensure they were faster than the previous year, where they missed out on gold by just three seconds. For the full story, see the article in the [South Lake Tablet](https://sltablet.com/2022/08/30/lake-county-rowing-association-bring-home-the-gold/), LCRA's Platinum Sponsor. <https://sltablet.com/2022/08/30/lake-county-rowing-association-bring-home-the-gold/>



From left: Bill VanDresser, Doug Shields, Mark Vantrease and Dan VanDresser.





# Boat Naming and Dedication Ceremony,

## D & D Kamrad

On August 20, 2022, LCRA had a chance to celebrate our expanding inventory of sculling boats. In the last year, we have had many of our adult members purchase boats. This has all been part of an intentional push for sculling in the LCRA program. Part of the catalyst for this was a very generous donation from Deb and Coach Dennis Kamrad of a wonderful single (1x) at the beginning of the pandemic. This shell has been a workhorse in the club, bringing home medals at adult regattas and used for elementary age athletes to learn the sport. The day's celebration included our members getting to know this amazing couple and their impact on the sport in Florida and in the United States. The event culminated with about half of the new fleet of boats christened by their owners, showing off their selected boat names. What a great way to celebrate the growing energy at the LCRA boathouse.



## 1st Annual Masters Banquet, August 20, 2022

On August 20, 2022, the Masters team celebrated the end of sprint season with the first annual banquet. The team celebrated the 2021-2022 season, presented awards, and congratulated everyone on a job well done.





# Hello Fall!

## Fall Preview



### Coaching

Welcome back Adult Head Coach Keith Young and Youth Head Coach Matt Outlaw. Assisting the Head Coaches this year is Aaron Hosman, returning Adult Assistant Coach; Reagan Armstrong, who was promoted to Middle School Head Coach; and alumni rower Liam Machinski, who joins the coaching staff as the High School Assistant Coach. LCRA would like to thank Michelle Heister, former Middle School Head Coach, for retuning in a limited capacity to help with the middle school team.

Full biographies for each of our coaches can be found on the LCRA web page at [www.rowlcra.org/crew/](http://www.rowlcra.org/crew/).

### Coach Spotlight



#### **Liam Machinski**

*High School Assistant Coach*

[Liam@RowLCRA.org](mailto:Liam@RowLCRA.org)

Coach Liam rowed at LCRA in high school and at Jacksonville University. While rowing for Jacksonville University Liam participated in the IRA National Championship. Liam has a double major in Psychology and Sociology and is currently working at BDA and enjoys being outdoors.

### Tentative Regattas

***Schedule subject to change***

#### Adult Races

Sat. Oct. 15: Jacksonville, First Coast  
Sat. Nov. 5: Head of the Hooch, TN

#### Youth Races

Sat. Oct. 22: GatorHead, MS/HS  
Sat. Oct. 29: Halloween, MS/HS  
Sat. Nov. 12: Head of the South, GA, HS  
Sat. Dec. 10: Fall Sprints, Tampa, MS/HS



# Fundraising News

Are you ready for our next big fundraiser? On **NOVEMBER 12, 2022**, the adult team is hosting the 1st Annual LCRA "Rummage Row" Flea Market ..where Champions find Treasures! (Name subject to change\* looking for ideas). We think this could become a HUGE event on the Clermont City calendar annually. How can you help? Glad you asked!

Starting **Saturday October 1**, bring your treasures to the boat house each week.\* We will start collecting and sorting. If you can price your items, great! But, it is not necessary! Bring anything that may sell at a yard sale and/or that you're sick of looking at at your own house.

On **November 10 & 11**, plan to help us sort the goods. On **November 12**, take a shift or the whole day. We will need help from **6 am to 3 pm. The sale goes from 8 am to 2 pm.**

Finally, help us promote this event through social media and flier posting. Fliers will be shared soon. We will be looking for goods but also for vendors to rent out "flea market" space. 12' x 12' plots will be rented for \$50 each to anyone who would like to sell things from their own space v. donating goods to us to sell. Stay tuned for marketing materials.

Please note: \*If your item is worth more than \$50, please take a picture and send it to Misty Young so we can start posting items on Marketplace. (407) 963-9410. You can bring your items on any Saturday or the day of the event. If it needs to be stored in a controlled climate, please alert us. If you would like a tax receipt for your donation(s), contact Amanda Alderman with an estimate of the value.

## DONATIONS/SPONSORS

*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!**

# Come Row with Us!

# Adults

## Learn to Row (LTR) Oct 2022

## 18 & up

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, Oct. 5th, 6:15 PM  
Saturday, Oct. 8th, 9:30 AM  
Sunday, Oct. 9th, 7:00 AM  
Monday, Oct. 10th, 6:15 PM  
Wednesday, Oct. 12th, 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 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](mailto:membership@rowlcra.org)**



# LCRA Contacts

## Board of Directors/Officers:

Mark Vantrease, President: [president@rowlcra.org](mailto:president@rowlcra.org)

Dana Kelly, Vice President: [vp@rowlcra.org](mailto:vp@rowlcra.org)

Jennifer Swain, Youth Member Representative: [JenniferS@rowlcra.org](mailto:JenniferS@rowlcra.org)

Keri Caridi, Youth Member Representative: [KeriC@rowlcra.org](mailto:KeriC@rowlcra.org)

Michelle Cantrell, Adult Member Representative: [adultmemberrep@rowlcra.org](mailto:adultmemberrep@rowlcra.org)

LCRA Website: [www.rowlcra.org](http://www.rowlcra.org)

## Newsletter Admin:

Amanda Alderman, Editor, Content Creator, [newsletter@rowlcra.org](mailto:newsletter@rowlcra.org)

Dana Kelly, Marketing, Associate Editor, Content Creator, [lcra-media@rowlcra.org](mailto:lcra-media@rowlcra.org)

## Newsletter Team:

Olivia Caridi, Youth Editor, Content Creator, High School Rower

## Sponsorships/Donations:

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



## Membership Coordinators

Adult: Rebecca Young, [membership@rowlcra.org](mailto:membership@rowlcra.org)

Youth: Mercedes Kosbab, [youthcoordinator@rowlcra.org](mailto:youthcoordinator@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](mailto: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](http://www.SouthLakeWellnessInjury.com)

### **Upcoming Events**

**Oct. 3: LCRA Board Meeting, 6:45 p.m.**

**Oct. 15: First Coast Regatta, Adults, Jacksonville**

**Oct. 22: Gator Head Regatta, HS/MS, Gainesville**

**Oct. 29: Halloween Regatta, HS/MS, Tampa**

**Sundays @ 9:00: Yoga\* for members**

**\*Contact Amanda Alderman for class details and to join the WhatsApp thread to receive class updates. All members are welcome (youth/adults). 540-336-0089. [newsletter@rowlcra.org](mailto:newsletter@rowlcra.org)**

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