

Welcome Back Adult Rowers

We're glad to be back to a full season of regular programming at the DRC this year! This message includes information regarding what every adult rower needs to know about the upcoming season. You will see several new things that are being implemented as a result of the adult program survey that many of you completed last spring.

Adult Boathouse Open Hours

When Junior Program is in session June 14-August 13

Weekdays M-F	6:00 - 8:00 am
Weeknights M-Th	5:00 – 8:00 pm
Saturday & Sunday	7:00 – 10:00 am

New: Text Message for Morning Rowing Conditions

Tom Rauschenfels sends a message out each morning on rowing conditions. To get on the text list send your name and number to Tom at 218-391-5147.

New: Adult Coaching

Former DRC Junior and Purdue University coxswain Henri LaLiberte is the adult coach this year. Henri will provide coaching Tuesday and Thursday mornings, 6:00-7:45 am beginning on June 8. Henri will also teach the Learn to Row and Refresher Course, and staff the boathouse for adult evening rowing.

New: New for Morning Rowing

***Wednesday** mornings will give new and experienced rowers the chance to mix in larger boats. Just show up at 6:00 am beginning and boats will be assigned.

***Friday** mornings will be race day starting June 11. This will provide the opportunity to practice racing skills and improve speed over the season. Any size boat can participate. Length of race will vary.

New: Recommended Training Program

For those who want an established workout to build fitness, the Club encourages using Concept 2's workout of the day, <https://www.concept2.com/indoor-rowers/training/wod> Select from the short, medium or long workouts. Group workouts can be done on the DRC ergs if the water is not rowable.

Crew and Brew – Back by Popular Demand

Beginning June 24, Crew and Brew will be back every Thursday through August 26, 6:00-8:00 pm. This weekly event is open to any adult rowers. The focus is on rowing larger boats and then some fun socializing at Hoops brewery. It is free to members and those with a Row Pass; there is a \$15 per session for others. You must have taken the Learn to Row Class or have prior rowing experience.

New: Learn to Row Features – Volunteers needed

In an effort to recruit more learn to row participants to become DRC members we would like to have DRC members involved in the classes. The last learn to row class session will be held on Saturday morning to introduce and mix participants to adult members. In addition, Club members are needed to assist with the learn to row class. **Please offer to spend a few evenings in June and July to help new rowers.** Contact Henri LaLiberte at hliberte218@gmail.com to lend your skills.

New: DRC Website and Member Portal

No doubt you all have visited the new DRC website when you registered. An added feature is a Member Portal. Please create a username and password if you have not already done so. The portal contains DRC policies and important information (i.e., safety, traffic patterns, code of conduct, etc.) that all members should know before rowing. Watch the portal and news briefs on the homepage for announcements.

Morning Boat Sign-up System

Similar to last year, a boat sign-up system will be used to reserve boats. This will guarantee that a boat is available if you reserve it in advance. There is a sign-up form for Novice Boats for newer rowers and Intermediate Boats for the experienced folks. The sign-up link and instructions are on the DRC website in the member portal under Forms, and is listed here:

Novice Boat Sign-up: <https://www.signupgenius.com/go/904054DA8A823A1FF2-2021>

Intermediate Boat Sign-up: <https://www.signupgenius.com/go/904054DA8A823A1FF2-20211>

Boat sign-up is for the morning only. Learn to Row Class has priority for the afternoon boats.

***Members are urged to check the sign-up form before taking out a boat.

New: Boat Log – Sign in each time you row

In order to keep track of those who is out on the water at all times, the Club is reinstating the boat log. The log includes the boat taken out, who is rowing, distance rowed, and time leaving and time returning. One person from the crew must sign out the boat prior to leaving the dock, and then sign in when returning.

New: Men's and Women's Crew Co-Captains

In an effort to improve communication and being connected to the Club, we're going to have adult Men's and Women's Co-Captains, just like the Junior Program does. The co-captains will serve as your main point person for any questions and are there to help you meet your rowing goals. Tom Rauschenfels and Bill Hodapp have volunteered to be the Men's Co-Captains this year; Judy Ilse and Jenny Peterson will be the Women's Co-Captains. These positions will rotate each year.

Co-Captain Contact Information

Judy Ilse ilseheinis@aol.com 218-729-5486

Jenny Peterson jennypeterson@charter.net 218-391-0331

Tom Rauschenfels majic3711@gmail.com 218-391-5147

Bill Hodapp wfhodapp6@gmail.com 218-341-7783

Contact the DRC

If you are looking to contact anyone at the DRC please use hello@duluthrowing.org We encourage you to share personal contact information among yourselves to set up boats and communicate with each other. The DRC does not publish contact information for individual member.

*** This information is included on the DRC website in the Member Portal under Policies.