



# Bermuda Rowing Association

*(The National Sports Governing Body  
for rowing in Bermuda)*

*Charity number 697*



Dear members, patrons, friends and supporters,

## Membership Draw

Well, for a week, we have a membership of 85 members, including our Junior Squad of 15.

February 1<sup>st</sup> is our renewal time for all of us athletes. In line with our policy of small cost of living increases each year, rather than large occasional increases, your Board has approved the following small increase in the dues for the coming year!

Adult \$365 (previously \$350)  
Patron \$525 (previously \$500)  
Junior \$185 (previously \$175)



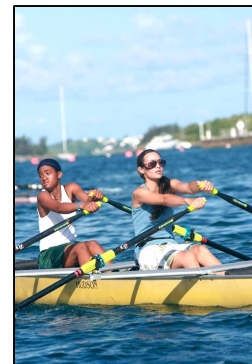
It gets better!

**Anita Swain** has generously offered a bottle of champagne or a commensurate book token for a drawer for all those renewing before the Valentine's Day Regatta/ Erg Relay/ Party (see later). The draw will take place at the evening event.

## Regattas held

We have been fortunate to have been able to organize several regattas through the summer. Two of these were held during the Learn-to-Scull course and were open to all members.

Our Junior Squad also held two fun regattas. I am always overjoyed to see the smiling faces of our junior rowers when they compete, as well as the open display of sportsmanship.



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## Junior Programme & After School Programme

Many of you know **Giuliana Gonsalves**, a graduate of our 2007 summer course. Well Giuliana's enthusiasm knows no bounds and we have managed to harness all of that enthusiasm to the benefit of our junior programmes. Giuliana is a qualified fitness instructor and we have secured her services by way of a modest stipend. The juniors are training twice a week after school and also on Saturday mornings.

## Vancouver Island regatta

Giuliana is training the junior squad to compete at the Brentwood College International Regatta in late April. <http://regatta.brentwood.bc.ca/>. Brentwood is the college at which **Jim Ganley** teaches and coaches. Jim was the visiting coach for the 2007 and 2008 summer courses. He had left an indelible mark on our Association, in a good way!

The squad, and many of the adult athletes have been helping to raise funds for the travel costs. The principal method has been packing groceries at the **Supermart** store. So far we have had two fun afternoons and two more to go. Please support Supermart as a thank you for their support of our programme.



Those assisting so far have been; **Amanda Sodergren, Angela Wright, Anita Swain, Christopher Wright, Danielle Sumerfield, Ellen Amaral, Eric Pearson, Giuliana Gonsalves, Jacinto Brown, Julia Judd, Laura Mackenzie, Leah Amaral, Michael Swain, Paul Wright, Stephanie Wright, Will Porteous & Willie Forbes.**

**Frank Amaral** is working hard to raise any additional funds needed. If you would like to help out in any way then please let any of us know (contacts at the end).

## Circuit training

This has been a successful programme for the second winter. This takes place every Tuesday and Thursday evening 6pm to 7:15pm at the **Bermuda High School for Girls.**

We offer erg rowing, circuits, free weights and gym machines & all for free in a beautiful modern facility. We can still accommodate more athletes. It is entirely non-competitive and everybody goes at their own pace.

Coaching in all disciplines is provided. Apparently, some post exercise calorie replacement therapy takes place in the hostelry next door!



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## Hillfield visit

Once again we welcome the high school squad from the **Hillfield Strathallan College**, Hamilton, Ontario. <http://www.hillstrath.on.ca/discover-hsc/transformation-hsc.html>. They are coming with 17 rowers and two coaches for some nice warm-water training and competition with Bermuda's best. Hillfield was the college of **Sir Edwin Leather** and has close links with **Mr. Michael De Groot**. Any offers of assistance with their visit (12<sup>th</sup> through 15<sup>th</sup> February) will be most welcome.

## Hillfield regatta

We will be holding a fun regatta on Saturday 14<sup>th</sup> February principally for our juniors to test their metal against all that Hillfield can throw at them! We will hopefully be able to open this to all members so that we can put all of this winter fitness training to some use.



## Erg Relay BBQ Party

**Terry West** (one of your Directors) has generously offered to open his beautiful home to us for another fun erg relay and BBQ party on the evening of Saturday 14<sup>th</sup> February. This is a proven formula for lots of energetic and loud competition, followed by food and more fun. The Hillfield squad will be there, as well as their 11 basketball compatriots. We will be making up mixed erg teams from juniors, visitors, men's squad, ladies squad and PaceMakers. Emphasis, as always, is on fun so please, no excuses. Ideas/donations for prizes would be most welcome. **Margaret Potts** (PaceMaker and Social Secretary) will organize the party on a semi pot-luck basis. **Jim Watt** (constructor of boatsheds, boat racks and donor of sculling boats) had an erg relay party at his home a couple of years ago and it is still being talked about, in a good way!

## Visiting rowers from Canada and England?

We have received an enquiry from the University of Ottawa regarding them bring down a squad of rowers and their families for spring training. Also, a squad from Weybridge Rowing Club in the UK; again with families. <http://www.weybridge.rowing.org.uk/> Discussions are continuing, the main concern is the cost of flights and accommodation. We are conscious of doing our bit for Bermuda Tourism.

## Space on White's Island

**Willie Forbes** (Vice President and Men's Captain) and I had an encouraging meeting with **Minister Blakeney** and his senior staff. Our sole request was to simply swap the downstairs boatshed (used by the Ministry) with the upstairs room, used for our rowing machines. This would enable the Ministry to have a comfortable room for their needs and for us to be able to expand our programmes to where they should be. FISA has undertaken to sponsor new boats as long as we can keep them under cover; which is not possible at present. If our request is granted by the Minister then our needs would be met for several years to come. We will keep you advised of developments.

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## Fit Trails

We suggested to the Sports Ministry that Fit Trails <http://www.fittrail.com/index.html> would be beneficial to the island and provided all information and sources to the Ministry. I am delighted to report that the Ministry has installed two trails, at the Arboretum and Shelley Bay. Now there is no excuse for not training when too windy to row. Thank you to the Ministry of Sport for their insightfulness.

## New Singles

**Jim Watt** (see above) has generously donated his two MAAS singles to the Association. Many of you have used the Aero and found that your sculling has improved remarkably. **Jens Maitland** has been restoring the riggers for the MAAS 24 and it will soon be back on the water. **Willie Forbes** and **Will Porteous** took the boat to Dockyard and back on our safety boat, quite a voyage for repairs.



Also, **The Argo Foundation** has donated \$6,000 for the purchase of a single for our Junior Programme. We are busy sourcing another MAAS Aero as we feel that this will be of most benefit to the developing juniors.

## Social

**Margaret Potts** has been a wonderful supporter of our social programme. She was responsible for organizing our Christmas Dinner at the Mad Hatter's restaurant. What a night that was! We were all impressed with the venue, food and organization. We had the usual game of trying to recognize fellow rowers out of Lycra and rowing gear! Perhaps next year we will book the whole place.

Margaret also organized a post regatta party at the home of **Willie & Paula Forbes**. This was a design-your-won-pizza meal and we were all quite surprised at how well they turned out, apart from Will's (but he still ate it!). Even **Terry West** made a mad dash home to raid his wine cellar to keep the party rolling along.



Margaret is planning a quarterly social event to make sure that we all get to know each other and our families.

## Rust Busters

We will soon be able to row in the evenings again, and have longer early morning rows. For those who need a rust-buster outing or a technical tune-up please let me know and I will make sure you are taken care of so that you can enjoy your rowing even more. I will be glad to put you in touch with other members of your course if you need a training partner or always more fun and helps commitment.

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## Giuliana's Head Report

My trip to the Newport Autumn Rowing Festival (NARF) was an amazing experience that I'll never forget! On my first day out, I managed to take an unwanted dip in the Newport waters, I have been checking my gates ever since! Over the next couple of days I managed to collide with a sea lion (I



thought I had hit a buoy) and was invited to join in an eight for their regular practice. Even though race day was foggy and rainy, it was jam packed with 1,300 racers, hundreds of spectators, boats, buses and tents everywhere. It was huge!

NARF is a head race of 4,400 meters. There was one other lady in my category and she had the Porsche of boats and many more years of experience over me. I finished 24:01 and she kicked my butt by 2 mins. It was great! I hope that more of us get the opportunity to compete abroad and feel the excitement of such a large event. It's something that has kept me rowing and erging on

those days I can't get on the water. Who knows? Maybe one day we will come back with some wins under our -unisø! <http://www.newportaquaticcenter.com/page49/page49.html>

## Sculling camps

I know that some athletes are going off to sculling camps in the summer. If you are interested in combining a camp with your vacation then I list some links below. Why not organize a small group to go?

<http://www.craftsbury.com/sculling/camps/home.htm>

<http://www.calmwatersrowing.com/>

<http://www.rowingcamps.com/>

<http://www.floridarowingcenter.com/index.cfm?fuseaction=home.Main&x=7187823>

## Learn to Scull Course - July

We will be running another course for adults and a junior camp in July. These have always been oversubscribed, so if you know of a friend who is fit and keen to learn then I suggest that they put their name forward as soon as possible. We have already had an excellent applicant for the position of Summer Coach.

## Accommodations

We are continually grateful for the very generous support from the **Royal Hamilton Amateur Dinghy Club**. Without their support for our charity we would quite simply not be able to operate and still be able to fund ourselves. If you are looking for a social and welcoming club to join then we would encourage you to approach the RHADC; you do not have to be a sailor.

<http://www.rhadc.bm>

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**THANK YOU** to all those who are giving their time to volunteer to make this Association/ Charity the growing success that it has become. That success is due to YOU.

**Wishing you calm waters!**



Michael  
President

## **Contacts**

### **President**

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### **We take this seriously:**

We are an incorporated company ó by Guarantee

We are a Registered Charity

We are audited

We have quarterly Board meetings

We have weekly Rowing Officersø meetings

We are recognized by our world governing body ó FISA <http://www.worldrowing.com/>

We are recognized by the Bermuda Olympic Association <http://www.olympics.bm/>

We are members of the Centre on Philanthropy <http://www.centreonphilanthropy.org/>

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