

READY ALL, ROW!

Reminders!

- **Tie down boats correctly:** Club & private boats are blown off racks by wind every year. Check out the photos in our article
- **Rinse club boats & check for damage:** It's a new REQUIREMENT for those who take out club boats—rinse & wipe the boat by the dock ramp (we'll provide a bucket, sponges & towels), & check for hull damage, wheel, rail, & foot stretcher problems. Note repair needs in the new REPAIRS notebook in the Log box by the ramp.
- **ALL rowers! Log In & Out—ALWAYS.** We need to know how often club boats are used, & regardless of who owns the boat, we need to know if you might be stranded on the water. The Log Book box is always at the top of the ramp.
- **NEVER take out a boat you haven't reserved!** Someone took out a private double without permission, flipped & lost the seat, tied it to the wrong rack!
- **When carrying a big boat, bunch at the ends.** It makes the boat easier to carry.
- **Wear bright colors!** The Safety Committee says dark, quiet colors blend in with the scenery in the shade, making you invisible to an oncoming rower.

An awesome Season Kickoff:

New boats, Smackdowns, Learn-to-Row, Food!

New & longtime UVRFers kicked off the 2023 season at Kendal on June 3:

- Coach Chuck Nagle christened "Born to Row," the Vespoli mid-weight 8+ gifted to the club by 100 donors (WOW!) in honor of Chuck's 20 years with the club...
- CReW rowers christened three new super-stable singles, & Juniors christened a great new 4+...



- Masters & Juniors raced with & against each other in fun Smackdowns...
- The potluck-plenty brunch was a DELICIOUS time for mixing & mingling...
- Nine folks who'd never tried rowing got great lessons from Coach Martha Beattie, in solidarity with National Learn-to-Row Day. They tried erging, then split into two groups for brief rows in an 8+, with a few veterans on each crew to help out. What fun!

NEW! Club boat care

Dock monitors will soon provide slings, a bucket of river water, sponges & towels near the ramp for use by all rowers, but those who row CLUB boats are now required to clean boats, check for damage & report repair needs in a notebook in the Log In/Out box. Thanks!



The strap should be flat—but not too tight—around the boat AND the rack's upright pole. High winds can & do blow boats off racks when straps aren't around uprights. **Note:** Don't let the buckle press against the hull.

Strap it to the rack correctly!



The boat with the blue cover is properly secured to the rack's upright, while the boat in the white cover could blow off the rack in high winds.

Dock Monitor Hours at Kendal

Mon / Wed / Fri - Josh
6:00 am to 9:00 am

Tue / Th / Sat - Graham
7:00 am to 10:00 am

Please note the later hours on Tuesday, Thursday & Saturday, & please make a point to say "hello" to Josh & Graham each morning! Both monitors will be happy to help carry your boat, & they'll help you launch & land, if you want. They also bail launches, sweep duck poop off the dock, pick up trash & they'll politely ask if you'd like help wiping down the club boat you've just rowed, checking for repair needs, tying the boat to the rack properly & putting slings away—all helpful reminders.



This is a phenomenally busy club! Check it out!



Largest-ever UVRF Juniors program

Juniors: A record high 51 kids filled our 8th to 12th grade racing program, & 12 middle schoolers in 7th & 8th grade learned to row in coxed quads. Our juniors travelled to two races & hosted three, including the Granite State Fours Championship Regatta & the Granite State Sculling Championships. The season ended with a week of "free row" in hot, sunny weather—getting 10 eights, 10 doubles & 2 quads on the water for Friends and Family Learn to Row, plus an end-of-season banquet & fun masters/juniors smackdown races on June 3.

JUNE FACTOID! We have 71 private boats & 62 club boats on our racks at Fuller & Kendal.

Program Wrap-up: Twenty-seven adult rowers are on the water as early as 5:30 & 6:00 three days a week in UVRF's Sweep Programs, with coaches Chuck Nagle & Ala Crockett continuing to lead the charge.

Sixteen fearless Novice Sweep Rowers are on the water at 5:30 on two weekday afternoons & at 8:00 am on Saturdays for four weeks this month, coached by our newest head coach Luke Rein & assistant coach Austin Anderson.

Twelve Evening Sweep rowers, also coached by Luke Rein, are on the river on Monday & Wednesday evenings at 5:50pm.

A total of 21 participants filled three Youth Novice Scullers sessions.

Big boat helpful hint: Bunch up at the ends when carrying quads, fours & eights & enlist help if you can. Bunching lightens the load.

