

READY ALL, ROW!

CALENDAR

WORKDAY

All hands on deck!

This Sunday 2-5 pm

Move boats from Brooks Boathouse; rig & set up

ADULT SWIM TESTS

Re-certify every 5 yrs

Location: CCBA Pool

1 Taylor St., Lebanon

Wed, March 27, 6:30-7 pm

(Juniors only 6-6:30)

Wed, April 24, 6-7 pm

Wed, May 29, 6-7 pm

Wed, June 26 6-7 pm

NEW TANK SESSION

Starts April 1 - 5 weeks

Linda Muri coach

MWF 6-7 am

Uncoached (adv)

MWF 7-8 am

Kendal Dock Put-in

As soon after April 1

as weather allows

Pvt Boats to Kendal

from Josh's Barn

April 13, 9:00-Noon

Masters Sweep

Starts May 6

4 weeks

Men 5:30-7am MWF

Chuck Nagle, coach

Women 6-7:30 MWF

Luke Rein, coach

Dartmouth House Crew

Race on May 27

Noon-2 pm

UVRF Social Event &

Boat Dedication

Saturday, June 1

Springfield Sprints

June 15

Pioneer Valley

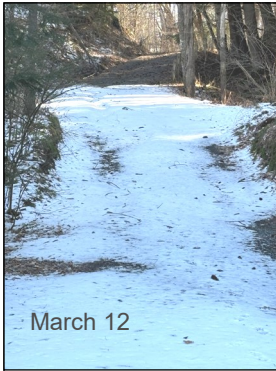
Riverfront Club

Springfield, MA

Kendal Workday 3/24 2-5 pm setup/move boats

Chuck to coach entire 2024 season

Women's Sweep: Luke spring, Ala summer



March 12

Program Plans Are in Hi-Gear

Kendal Dock: Early April

Josh's Barn Singles move 4/13

While you're been sleeping late, erging, or slogging in the Dartmouth tanks, Program Committee Chair Martha Beattie and her team have been hiring coaches, setting fees, and posting sign-up info for adult programs on the UVRF website:

Men's sweep at 5:30 am and Women's sweep at 6 am (MWF start May 6); Coed Evening Sweep, Novice Sweep, and Learn to Scull start in June.

The shorter winter means earlier everything. The

Kendal Workday has been backed up lots—it's **this Sunday, MARCH 24!**

According to Carin Reynolds, the Town of Hanover will arrange installation of Kendal's dock as soon after April 1 as possible—when the road and ground are dry enough to support heavy equipment.

Middle and High School UVRF Juniors have been erging M-F since Feb. 26 and Carin expects they'll be on the water by April 15. The Juniors' racing team's first race is April 20 at Dublin School.

CRew rowers have been erging all winter and working out in the tanks on Saturday mornings since February.

Want to change racks?



If you want your single on the same rack as last year, that's where it will be this year. But **if you want to make a change**, contact Dan Ruml by March 31: DanRuml@gmail.com.

A rack map will be posted on the wall next to the Kendal trailer door.

COLD WATER ROWING

Flipping in cold water can be deadly. Click to review website [recommendations](#).

Learn to Be a Coxswain

Would you like to be a coxswain in a 4 or 8-oared rowing shell on the Connecticut River? No experience needed. \$30 stipend per session. Contact Donna Morris-Calvey: (802) 384-1735 or donna.morriscalvey@gmail.com.

MEMBERSHIP REQUIREMENTS

Dues, Swim Test, Up-to-date COVID vaccinations, USRowing membership, Watch USRowing Safety Video, *Annual SafeSport certification

*All Officers, Board members, coaches, and others having contact with minor athletes or coxswains must be [SafeSport certified](#)