

READY ALL, ROW!

CALENDAR

SEASON KICKOFF!

June 1

8 Masters v Jrs Races
10 Coffee & potluck
Meet the Coaches
New Ltwt Vespoli 4+
Program Previews
11-12:30 Learn-to-Row
Coach Susan Brighton

Adult Swim Tests

Location: CCBA Pool
1 Taylor St., Lebanon
Wed. April 24, 6-7 pm
Wed. May 29, 6-7 pm
Wed. June 26 6-7 pm

Build the Fuller Dock

Saturday, April 27, 1 pm
Volunteer - cool gig

UVRF Jrs Regattas at Kendal - 10 am

Saturday, May 11,
May 19 (Granite State
Ch'ships), & May 25
(Granite State Sculling
Championships)

NEW & CONTINUING PROGRAMS

Masters Sweep/Spring
May 6 to May 31

Men 5:30-7am MWF

Coach Chuck Nagle

Women 6-7:30 MWF

Coach Linda Muri

Coed Evening Sweep

June 11 - Aug 22

5:30 - 7pm TTh

Coach Ala Crockett

Coed Novice Sweep

June 10 - July 5

5:30 - 7pm MWF

Coach Ashley Gale

Learn-to-Scull Clinics

3 x 1.5 hr. sessions

First clinic: June 4, 6, 8

Coach Erika Dade

Club boats are rigged & racked No dock 'til Kendal dries out



Private boats made the trip to Kendal from Josh Lewis' barn on Saturday, and under the direction of Carin Reynolds (left) our coaches, Juniors, masters & CReWbies rigged nearly all of the club boats on Sunday afternoon.



No dock at Kendal yet, so the Juniors took five eights and two fours to Wilson's Landing for practice this week. Their first regatta's on Saturday!



UVRF Juniors move on to college crews

Five Lebanon High graduates who rowed for UVRF are racing in college, according to Carin Reynolds.

Anya Rendahl is coxing at Wellesley, while the others are rowers—Anna Kann at URI, Angus Hall at Union College, Ellen Wolstenholme at Amherst, and Ean Ray at Fairfield U. All five rowed from 8th to 12th grade.



Angus & Ellen

Carin is a proud coach. "While our goal is to create lifelong rowers rather than competitive collegiate athletes, we're always happy to hear about graduates who choose to row in college."

Anya said she won her cox seat against strong competition. "While I do miss the Connecticut River, I love steering through the bridges on the Charles."



UVRF SCHOLARSHIPS

Scholarships for partial financial assistance are available. Contact Marcie Jacobs: marciecraigjacobs@gmail.com

NEW Emergency Action Plan

Before you head out on the water, **ALL MEMBERS should review the new UVRF Emergency Action Plan** that is posted on the trailer. This is especially important now, while the water is dangerously cold, running fast and washing tree limbs downstream. **Reminder:** The red defibrillator box is to the left of the ramp.

COLD WATER ROWING

Rowers who want to row as soon as the Kendal dock is installed can find thermometers in the water—on the left side of the ramp near where it meets the dock, and at the downstream end of the dock.

Cold water can be deadly! Click to review [recommendations](#).

Dock Supervisor

ISO a member who will hire, schedule, and supervise dock monitors who work on weekday mornings at Kendal. Also, maintain the Kendal logbook.

BIG THANKS to Carin Reynolds, who has hired and supervised the dock monitors for more years than she can count.

BONUS! Carin's agreed to continue to recruit members of the UVRF Juniors program to be dock monitors.

Want more info about this job?

Email Kathy Harvard:
k.w.harvard@gmail.com

HELP WANTED

When Marcie Jacobs became UVRF's president in January, she knew that a relatively small cadre of members have been carrying a heavy burden of tasks to keep the club humming along behind the scenes. Please read the Help Wanted ads and consider taking a role. We need your help, and you'll partner with fantastic people! More jobs will be posted in future newsletters.

Membership Admin

ISO a volunteer to work with former UVRF president Liz Marshall, who oversees membership, and Erika Dade, who helps with the Website. You'll cull and update membership data that resides in the USRowing and Regatta Central databases, and follow-up when you identify members who have gaps in club requirements, including waivers and SafeSport certifications.

Want more info about this job?

Email Liz Marshall
liz.m.marshall@gmail.com