

# READY ALL, ROW!

June 1

## Season Kickoff

Race-Row-Eat-Greet

Want to race for fun?  
Come at 7:30 and ask Carin Reynolds for a seat

Bring brunch goodies  
Help w/chores  
Buy club shirts, etc.

7:30 - 9 Masters/Jrs Race  
9 - All ages row 8+ for fun  
10 Coffee, potluck brunch

Meet our Coaches  
Christen our new 4+

11-12:30 Learn-to-Row  
Bring friends who want to learn to row  
No charge - give it a try!

Jr Regatta at Kendal  
May 25 Granite State Sculling Ch'ships

Adult Swim Tests  
Location: CCBA Pool  
1 Taylor St., Lebanon  
Wed. May 29, 6-7 pm  
Wed. June 26 6-7 pm



Thank you, volunteers!  
ALL of the Help Wanted ad jobs in last month's newsletters were filled.

## Kendal water temperature climbs past 60 degrees: READY ALL, ROW!

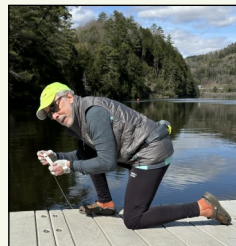


In spite of below-60° water temps, dozens of sculls and sweep boats—filled with Sweep Program Masters, middle- and high school-age Juniors, elite and toe-certified adults, and some in their own singles and doubles—have been on the river since late April.

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Please check the website for equipment fees and boat reservation protocols, remember to sign the Kendal log book whenever you're out on the river, and follow rowing safety guidelines.

### SUMMER PROGRAMS

**ADULT SWEEP:** Our popular spring 5:30 and 6:00 am MWF programs have been running since May 6 and will keep at it through May 31. The summer season programs are filling up and will run from June 10 to August 24, with Chuck Nagle coaching at 5:30 and Ala Crockett coaching at 6. Registration is open on the website.

**EVENING SWEEP,** on Tuesdays and Thursdays at 5:30pm, is a coed program for experienced rowers of all ages with a range of abilities, including an option to compete in regattas. Evening Sweep will run from June 11 to August 22, but **ONLY IF the MINIMUM NUMBER OF ROWERS SIGN UP.** So far, there aren't enough registrants—so sign up now if you want Evening Sweep.

**NOVICE SWEEP:** The UVRF membership fee is waived for this super-fun four-week MWF introduction-to-sweep-rowing program coached by Ashley Gale. Participants meet at 5:30 pm from June 10 to July 5 and learn to handle one big oar with both hands, rowing in four- and eight-seat boats. **THIS PROGRAM DOESN'T YET HAVE THE MINIMUM NUMBER OF REGISTRANTS,** so sign up now if you're interested.

**LEARN-TO-SCULL:** There are only a few slots left in our popular series of three-session clinics. Three participants get lots of attention during each 1 1/2-hour session as they learn to handle our stable club singles. Erica Dade will coach most of the clinics. Regular attendance is important; club membership is not a requirement.

## JUNIOR NEWS

The UVRF Junior program, with 52 athletes on the Racing Team and 27 rowers in the Middle School program, great coaches, and huge support from parents, has been running full-speed ahead since winter—five days a week on ergs and in the tanks before getting on the water in mid-April.

Our Middle School group rows in coxed quads three days a week, while the racing team hones sweep and sculling techniques five days a week, with racing most weekends since April 20.

Check out the photo to the right: There wasn't a dock at the Bald Eagle Sprints in Manchester, so all of the rowers slogged through frigid water to get to and from their boats, but the coxswains got special treatment.



Juniors will race club Masters at the Season Kickoff on June 1. Bring potluck goodies and don't miss the fun!

These Junior regatta photos are courtesy of Junior parent Yuri Starodubtsev.

