

READY ALL, ROW!

IMPORTANT: SafeSport Requirements

SafeSport is the training initiative that aims to eliminate sexual, physical, and emotional abuse of minors in sports.

As a member of USRowing, UVRF requires members who are in programs with minor age coxswains or rowers, or who attend events where Juniors are present, to take SafeSport training annually and show your certificate to your coach.

For more information & to sign up for training, right click on [UVRF SafeSport](#) and click on "Open Hyperlink."

Questions? Ask Safety Committee Chair Mickey Elsberg, sme6@cornell.edu



Resilient, Born to Row and Kingfisher are about to finish 1, 2, 3 in the five-boat Kickoff race. Each crew was a mix of Juniors, adults and coaches. Winning time? 3:04. Wow!

Thanks for a GREAT Kickoff!

Kendal Park was full of happy UVRFers on June 1, thanks to organizers Kathy Harvard, Doug & Donna Calvey, And Morse, Pam Tengin, Susan Brighton, and Carin Reynolds. From the 7am set-up to the 2pm cleanup, there was lots going on.



Carin organized the crews, Chuck said "Go!" and five eights with adults, Juniors & coaches aboard sped 1000m to kick off the Kickoff. The winning time was 3:04!

Everyone loved the potluck, mixed and mingled, and lots of folks rowed sweep boats and sculls just for fun.

Coaches Ala, Erika, Pam, Carin, Chuck, Susan, Martha, Ian, and Tyler organized the race, some raced the race, and some rowed with rec row folks, dockmasters



Last Scheduled Adult Swim Test

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

If you need a swim test later this summer, the UVRF website has ideas. Right click on [Swim Test](#)

Kingfisher Placement

Please be careful about placing Kingfisher (8+).

- o When the trailer is near the porta-pots, the trailer is Kingfisher's rack.
- o When the trailer is away, Kingfisher goes on low-boys.

Please don't block access to the doubles rack.



and/or drove launches to keep us all safe.

A few coaches and volunteers stayed super-late to give more than two dozen people their first taste of on-the-water rowing that capped off a Learn-to-Row class. Will a few of the first-timers return to join a novice sweep or learn-to-sculd program? Stay tuned.



Tie-Down Reminder

Please ask if you're unsure about tying down boats—winds can blow any size boat off a rack if it's not secured correctly.



Straps MUST be around the rack's upright and horizontal bars on the inside.

Also, don't twist or over-tighten straps, and don't let buckles dig into the hull. The photo shows a correct tie-down on the outside.

New Adult Sculling Program

This NEW program (soon to be posted on the website) is a response to popular demand! It's for experienced women & men who want practice and coaching in doubles & quads. Three four-week sessions will be posted for sign-ups; priority for later sessions will be given to those who have not participated in an earlier session.

Ashley Gale will coach Sessions 1 and 3 (see below) and Luke Rein will coach Session 2. They'll focus on technique and fitness, and participants will have opportunities to practice toeing (steering). Those who opt to race will be responsible for race-related fees.

Here's the schedule: MWF 5:30-7 pm
Session (1) 7/8 to 8/2 (2) 8/5 to 8/30 (3) 9/4 to 9/27
Watch for the website post, including the program cost and reduced equipment fees for using club sculls.

HELP WANTED

AFTERNOON

DOCK MONITORS: We ask every member to volunteer to be a weekday dock monitor from 5:30 to 7:30 pm at least once per season. Click here to sign up: [PM Monitor](#) No training needed, just help rowers carry their boats.

NEWS! Dylan Mroszczyk-McDonald is our new **Morning Dock Monitor** supervisor.