

READY ALL, ROW!



UVRF's Newsletter

Mid-June, 2025

Volunteer to be a Dock Monitor!

Please sign up to be the Evening Dock Monitor at Kendal on Weekdays 5:30 - 7:30 pm

Help carry boats

Help rowers launch & land
June & July [Sign up](#) (ctrl/alt)
August & Sept [Sign up here](#)

Don't forget to pay the EQUIPMENT FEE

If you row club boats of ANY SIZE, other than while you're participating in a coached Program, you must pay the Equipment Fee for part or all of the season.

Program participants get discounts on Equipment Fees.

All rowers in a rec row double or quad, must pay the fee.

"Try Before You Buy"

Learn-to-Scull clinics include two weeks of no-fee sculling in club boats as a post-Program benefit.

ROW THE PROUTY - July 12 -

The Upper Valley Rowing & Friends Prouty team raised \$416,000 for the Dartmouth Cancer Center last year, and this year's goal is **\$500,000**.

You don't have to be a rower to join the team, and you don't have to row on July 12. The Prouty funds research, clinical trials, and patient & family support.

New cox hires end years-long drought

Board Member Donna Calvey has spent two years making sure that Sweep Programs have enough coxswains to fill the growing need, and she's been successful—signing six new coxes from Hanover High's team.

Donna also organized a clinic in May, led by Chuck Nagle, to



build the skills of club members who volunteer to cox CReW boats, or who are paid when they cox for Sweep Programs.

The season's in full swing!

Every day, from 5:30 am to 7:30 pm, at Kendal and Fuller, more and more rec rowers head out on the river in club and private boats, from singles to quads.

Meanwhile, Sweep coaches are filling 4+s and 8+s with novice and experienced rowers, a new coached



Sculling Program has just begun, CReW crews are on the water, Juniors are signing up for week-long Sculling Clinics, Learn-to-Scull

coaches are launching the careers of dozens of brand new adult scullers, three at a time, nearly every day, and the informal Smack-down races

on Saturdays will start soon.

Huge applause for our amazingly skilled summer coaches—at least nine are on the job from early morning to late afternoon, working with everyone from novices to experienced rowers.

35 folks try rowing on a great Learn-to-Row day



(Above) Coxswain's view of a LTR crew. (Below) The check-in desk was busy from 9 am to noon. Every newbie got a stroke lesson on an erg & a half-hour row in an 8+. Five participants have already signed up for Novice rowing programs, and more will likely follow.



The LTR day was the best ever, everyone agreed, advertised in area ListServes and in the Valley News, and organized by Chuck Nagle, Susan Brighten, Kathy Harvard, Marcie Jacobs, Martha Beattie, and Kristin Burdick. Susan, Martha, Tyler and Pam Tengdin were the coaches.

Here's how to arrange for a private session with a UVRF coach

UVRF members are welcome to arrange for private coaching sessions by directly contacting a coach, or by emailing Executive Director (and long-time UVRF coach) Chuck Nagle to ask him to help you make the arrangements: executive.director.uvrf@gmail.com

Each coach sets the price for the session being arranged, perhaps for a single sculler or for two single scullers who want to share the session. Coaches are also available to coach crews in larger boats—a double, a pair, or a quad.

IMPORTANT: Every rower must pay the Equipment Fee when a club boat of any size is used.