



Christmas Party -
December 21st
Scorecard Harry's
7:00pm - ???

Canned Food donation for
Community Care
or \$2.00 donation appreciated!



CANADA WINS EIGHT MEDALS AT THE 2011 PAN AMERICAN GAMES!

Canada won a total of eight medals at the 2011 Pan American Games regatta, held in Guzman, Mexico with the first medal of the day a silver in the women's quad. Canada's time was 6:37.68. Argentina won in 6:34.46, and the U.S. took bronze 6:39.36.

The quad consisted of Audra Vair of Creemore, ON, Elizabeth McCord of Toronto, ON, Melanie Kok of St. Catharines, ON, and Isolda Penney of Kingston, ON.

The men's eight was also second in 5:41.01, with the U.S. winning in 5:39.32, and Argentina a very close third in 5:41.77.

The Canadian lightweight men's double scull boat of Terry McCall of Edmonton, AB, and Travis King of St. Catharines, ON, won third. Mexico put on a show for the home crowd to win gold, and Cuba edged out Canada to get silver.

"We were moving well in the last 400, and then we hit some bad water and lost an oar, but we recovered and got back in it," said King. "It's great to be able to go home with some hardware and it's motivation to go back and train hard throughout the winter."

The Canadian men's four had an exciting race to silver. "We executed our start well - better than in the heat," said Dave Wakulich of St. Catharines. "Argentina, Mexico and Cuba set a great pace, and the U.S. moved after the first 1000m. With 600 to go, we knew what we had to do, and the crew responded to my calls. I'm proud of our guys - they put everything into it..."

*To read more news from RCA, visit: <http://www.rowingcanada.org/home>

ROWING CANADA AVIRON OLYMPIC TRAINING CAMP

Based on performances at the 2011 World Rowing Championships, Rowing Canada Aviron has qualified the men's and women's eights, the men's four, the men's pair, the men's double, the women's and men's lightweight doubles, and the Paralympic four for London 2012. Further qualification can take place in May 2012 in Lucerne, Switzerland.

The following St. Catharines athletes have been invited to participate in training, and selection of boats, for the 2012 Olympic Games in London, England.

WOMEN'S SWEEP GROUP (W8+, W2-)

Larissa Lagzdins - Brock University RC

Natalie Mastracci - St. Catharines RC

MEN'S EIGHT GROUP (M8+)

Andrew Byrnes - St. Catharines RC

Congratulations to all athletes!



**ROWING
CANADA
AVIRON**

New Year's Day 2012

Fun Run!

Race starts at 2:00pm



Enjoy the Challenge!

Prizes! Chili!

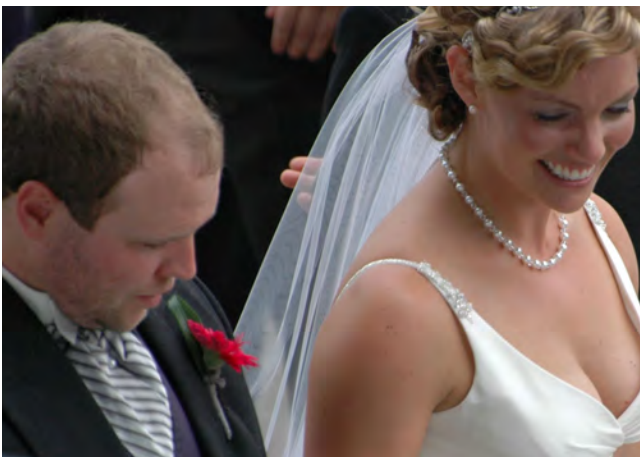
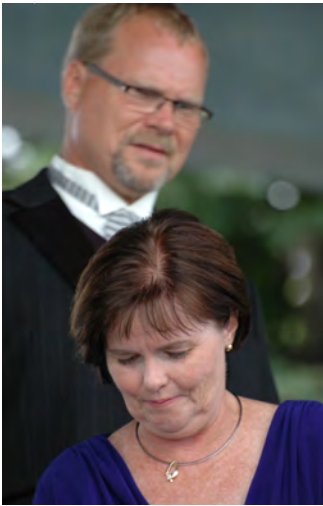
Best way to start the
NEW YEAR!

*Application form
on back page





AUGUST 20, 2011
ANDREW DUMONT & LISA TERRYBERRY



CONGRATULATIONS TO ANDREW
AND LISA - WISHING YOU EVERY
HAPPINESS IN YOUR LIFE
TOGETHER!



SCRC ANNUAL GENERAL MEETING

WEDNESDAY, JANUARY 18, 2012 - 7PM

ALUMNI CLUBHOUSE, HENLEY ISLAND

The St. Catharines Rowing Club's AGM is open to all members.*

It is when directors are voted in, policies are passed and budgets explained. Take an active role in your membership, by attending the AGM!

**Please note - you must be a member in good standing to vote.*

Fun in Boston - 2011



Snow at the FISH - 2011



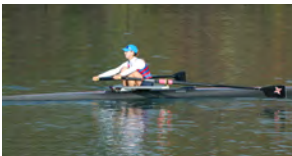
Thanks to the Masters Women for sending in pictures from their 2011 fall rowing!

Do you have a good SCRC Rowing picture you'd like to share?

Please send to:
ladyjane2@hotmail.com
for the newsletter!

HEAD OF THE WELLAND - THE 5 BRIDGES SEPTEMBER 2011





UPCOMING EVENTS:



RowOntario AGM - December 2-4, 2011 - Mississauga
<http://www.rowontario.ca/>

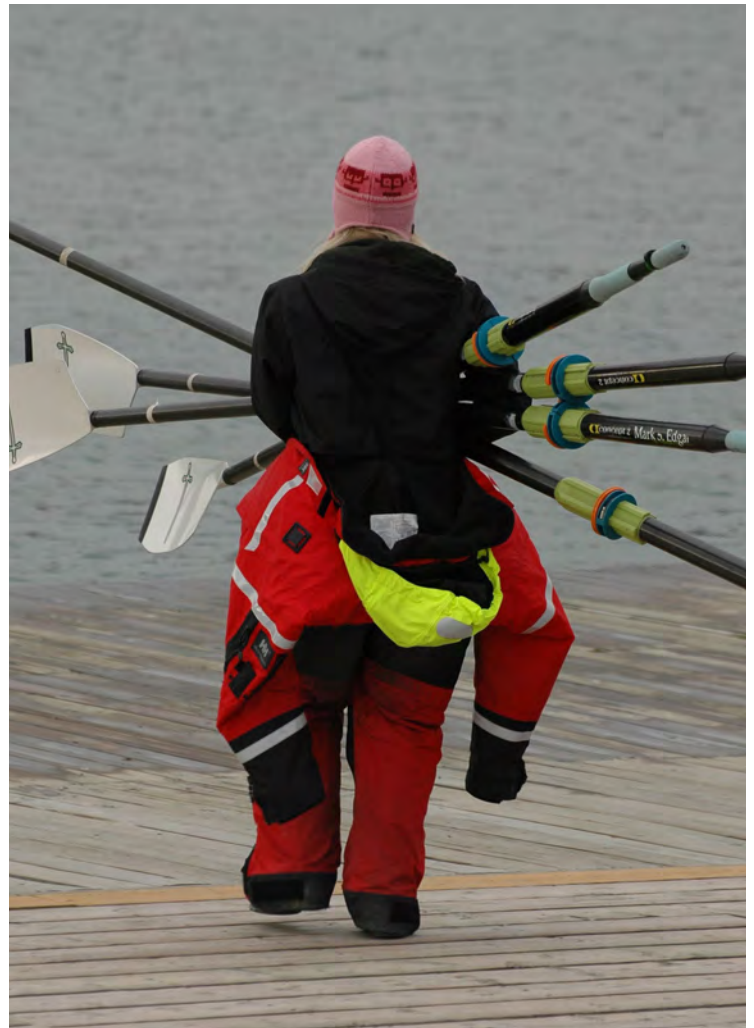
RCA National Conference & AGM January 26-29, 2012 - Toronto
<http://www.rowingcanada.org/coaching/conference>



Canadian Indoor Rowing Championships
FEBRUARY 5th, 2012 - Hershey Centre, Mississauga
<http://www.cdnindoorrowing.org/>

BROCK INVITE - OCTOBER 16, 2011





SAVE THE DATE!

SATURDAY, APRIL 14, 2012

HOLIDAY INN & SUITES PARKWAY CONFERENCE CENTRE

66th Annual Captain's Dinner And Awards Night

*2011 Athletes of the Year nominees, parents, friends,
volunteers, athletes and coaches....*

**Please join us at the Captain's Dinner
in honoring all athletes, coaches and volunteers for their
achievements in 2011 with special congratulations to
all award nominees who have been identified as making
outstanding contributions to their programs and the club.**





The St. Catharines Rowing Club hosts the 29th Annual

2012 New Year's Day

FUN RUN THREE MILE CHALLENGE



When: January 1st, 2012. Race start 2:00pm

Where: Henley Island, St. Catharines

Why: The St. Catharines Rowing Club's Lightweight Men have a long tradition of excellence and community involvement. The Three mile challenge has been held for the past 28 years on New Year's Day, as a fundraiser organized by the lightweight men's team. The fun run is a great way to spend the first day of 2012 in the presence of family, friends, and your community. Join the tradition that is 28 years strong!

See you there! - St. Catharines Rowing Club's Lightweight Men

Prizes

1st, 2nd, 3rd place medals for:

- Fastest male and female in each category.
- Fastest crew (team of four people. Must be at least two crews entered).
- Award for best costume and for slowest.

Party

Food, drinks and chances at excellent draw prizes for all participants. Run, walk, wheelchair, ski— just complete the 3 miles and be eligible for a prize (no motorized transportation). We don't have shower facilities but bring warm clothes to change into.

Race shirt

First 200 entries receive an authentic 2012 Fun Run Coolmax Performance T-Shirt (\$30 value).

Registration

ADVANCED REGISTRATION: \$20 for ages 4 to 18; \$25 for 19 and up. Includes Three Mile Challenge Coolmax Shirt, race entry and post race party. Entries with cheques payable to St. Catharines Rowing Club delivered to RegattaSport retail outlet or mail to: Fun Run c/o Regatta Sport, 24 Queenston St., St. Catharines ON. L2R 2Y9.

DAY OF RACE: \$25 for ages 4 to 18; \$30 for 19 and up. Race shirts only available while quantities last.

REGISTRATION STARTS: At 1:00pm in the Alumni Club House Henley Island.

INFORMATION: Call RegattaSport at (905) 937-5130 ext 1, or (905) 937-7858



ALL PROCEEDS TO ST. CATHARINES R. C. LIGHTWEIGHT FUND

In consideration of the acceptance of my entry, I, intending to be legally bound, do hereby for myself, my heirs, and assignees, waive any and all claims to damages I may have against St. Catharines Rowing Club, their agents, officials, volunteers, or members, for any and all bodily injuries suffered by me, however caused, including injuries resulting from the negligence or gross negligence of the aforementioned parties or any other party, while traveling to or from, and participating in this event. I further attest that I am physically fit and have sufficiently trained for this event. I understand there is potential to suffer injuries as a result of participating in this physical event.

NAME _____

ADDRESS _____

PHONE (HOME) _____ (WORK) _____

TEAM NAME (IF APPLICABLE) _____

E-MAIL _____

SIGNATURE (PARENTAL OR GUARDIAN SIGNATURE IF UNDER 18) _____

RACE CATEGORY (AGE DAY OF RACE) T-SHIRT SIZE _____

FEMALE AGE* 4-12 13-18 OPEN 35-45 46-55 56 & UP

MALE AGE* 4-12 13-18 OPEN 35-45 46-55 56 & UP