

OTTAWA ROWING CLUB



Club Update - November 12th, 2020

COVID-19 MITIGATION UPDATE

Thank You! To all of our members who were so flexible and worked so diligently to adhere to the ever changing policies and procedures this season. You are the reason that rowing was a possibility and a huge success this season.

Your commitment to your personal safety and that of your teammates gave ORC the opportunity to have more people and more sessions on the water than any other club in Ontario!

Please continue to be safe and smart throughout the winter season and we can't wait to have everyone back at the club in full form come spring 2021!

REMEMBRANCE DAY

Let us take a moment to remember the women and men who have served our country and dedicated their lives so that we may be as free and as fortunate as we are today. Many of those individuals have paid the ultimate sacrifice so that we have the liberty and the opportunity to enjoy our sport, our crewmates, and the opportunities we have all enjoyed through the world of rowing.

We are forever grateful.

DOCK REMOVAL DAY - NOVEMBER 14TH

Please note that the docks at the ORC are scheduled to be removed on November 14th. Those that are needed will or have been contacted already.

CLUB CLEAN UP SUCCESS!

Thanks to everyone who came out last Saturday to assist with the club clean up. The morning had some beautiful weather and the club was tidied within a couple hours. Many hands make light work and we are incredibly grateful for everyone who showed up to lend a hand.

FLUIDESIGN INSTAGRAM CONTEST

The ORC has made the semi-finals of the Fluidesign instagram contest. Please log in and check out the contest @rowfluidesign to vote for ORC in the RP3 single photo to help the club win a prize pack from Fluid!

RCA RADAR DUE NOV. 30TH

To everyone completing RADAR please submit your scores by Nov. 29th at the link below:

https://forms.office.com/Pages/ResponsePage.aspx?id=fN8_Dyy8oEua5BSocYsB5zdPenOenp9JpeVTa53m7CJUQkdKSllEQoxRSoVYMo1EWjhPVDhHSEZBTS4u&mc_cid=c6febc16b3&mc_eid=bc2ac317ac

If you need help or have questions please reach out to your program coaches.



CONCEPT2 VIRTUAL TEAM

Eric Aubin has spearheaded the ORC's virtual erg team for winter 2020. Join for free on Concept2 and track your workouts, training progress, and be part of challenges and competitions with other members of the ORC community! It's free to join and only takes 30 seconds.

<https://log.concept2.com/team>

ALUMNI UPDATE COMING SOON

In a few weeks time the ORC will be releasing its first Alumni Update via our mailing list. We will be assembling some of the stories and photographs that highlighted our on water season to be shared with the entire ORC community.

All active members on our mailing list will receive a copy and we encourage you to share the update with former ORC members, friends/family, and community partners!

BOAT SLING REPAIRS

With all the use our stretchers got this summer a number are in disrepair. The ORC is looking for a handy person to help repair and refinish some of our wooden slings

over the winter months so they are ready to go next spring! Please contact coach Zak if you're keen to help.

PIECES OF WOODEN ROWING SHELLS

The ORC has some gorgeous pieces of old rowing shells that have been removed from the rafters of the new boathouse, mostly bow tips remain. These pieces can be used for creating your own custom art project (bookshelf, coffee table, liquor cart, etc). The club would like to use these pieces as a means of fundraising for equipment purchases. They can be purchased for \$200/seat or they can repurpose 2 pieces and donate one of the refinished parts back to the club to be auctioned off. If you or someone you know might be interested in such a project please contact coach Zak.

WINTER TRAINING

Due to the current COVID situation in the Ottawa area there is no indoor group training on the horizon for the club. The YMCA and other local fitness facilities are not accepting external user groups at this time. The club is currently looking at outdoor group options such as skiing, skating, and or running; however, it is likely at this time that the majority of the winter training options will be performed individually or in small groups.

Moving forward there will be training programs provided on a club wide basis and will include options for members with access to an erg and for those who have the ability to monitor heart rate. Stay tuned for updates.

PICTURE HANGING IN BOARDROOM

The ORC boardroom was repainted this summer and all the pictures/awards were removed for the process. If anyone was willing/able to come help re-hang the photos and certificates it would be an enormous help. The boardroom is insulated and can be much warmer than the rest of the boathouse.

LAST WEEKLY UPDATE

Please note that this will be the last weekly update from the club until next spring. We will be releasing our Alumni Update in the next few weeks but any additional information about programming or possibilities for winter training will be shared by your program coaches via the respective Slack channels.

Please stay tuned and follow us on social media for some fun updates and pictures from the season over the next little while.

Thank you for being part of what will truly be a memorable summer at ORC, we look forward to having you back in the spring of 2021!

