



ECORSE ROWING CLUB



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Winter 2009

Ecorse Rowing Club is a facility dedicated to the City of Ecorse and its surrounding communities providing recreation, exercise, commitment, and competition through the sport of rowing.

www.ecorserowingclub.com

PRESIDENT'S NOTES

by Chris Nestor

I have one major goal for this year. Receiving an answer from the City of Ecorse on whether or not we will be able to move back to the old property on the Detroit River. If the answer is yes, ERC can make plans. If the answer is no, ERC can make plans. We can't move forward until we know where we stand. I plan on meeting with the city attorney as soon as the weather calms down. (Enough snow already!)

Speaking of moving forward, let's all get together and promote the Learn to Row program. Not because it provides us with funds, but because it brings new people, new ideas, and new energy into the club. Once we have those people, we need to keep them, by providing learning experiences and rowing opportunities. We need to keep rowers in their 2nd or 3rd year of rowing interested. This year we have a full compliment of board members and some of them are new faces. O my, this signals a year of action and growth for the club.

COACHES' NEWS

Chris Nestor and Mary Vozniak attended the Coaching Clinic at the US Rowing Convention in December. Both received grants from US Rowing that covered all fees related to the convention and clinic. Chris is Level III coaching certified. Mary is Level I coaching certified. (Mary Ann MacLaren is already Level III coaching certified.)

ERC BOARD MEETING

The ERC Board meets on the second Wednesday of the month at 7:00 p.m. However, February's board meeting is the 18th – third Wednesday at the home of Ginny Klinkman.

GENERAL MEMBERSHIP MEETING

General Membership Meeting is Saturday, May 9th at 10:00 am at the boathouse. Everyone should attend. If you haven't set up your boat yet, this is the time to do it.

CLEAN UP DAY

The 8's will be moved out of the boathouse as soon as we can get on the water. An email will be sent announcing the date a few days prior.

The annual spring clean up of the boathouse and property will be Saturday, May 9th, after the General Membership Meeting.

2008-2009 Officers	
President	Christine Nestor
Vice President	Charles Pall
Secretary	Mary Vozniak
Treasurer	Phil Bozenski,
Board of Directors – 3 year terms	
Term Expires	Members
2009	Deb Bozenski, Bob Jarosz, Mitch Manahan, Don Treadwell
2010	John Fletcher, Ann Franas, Paula Labadie Mary Ann MacLaren
2011	Bob Powell, Manuel Pumarada, Jennifer Rigney, open seat*

*Seats to be filled at a later date.

MEMBERSHIP DUES & FEES

Membership forms and waivers have been mailed. If you need a copy there are available on our website: www.ecorserowingclub.com.

For existing members and experienced rowers (not to be confused with Learn-to-row Program fees):

Membership Fee – Paid prior to Feb. 14 - \$35. After that date the renewing fee is \$40.

Season Rowing Fee - \$250 if paid by May 1 \$275 after this date.

Spousal or multiple rower household discounts - \$175 per person. If paid by May 1 \$200 after this date. (Applies to season rowing fee only; does not include Session Rowing Fees.)

Boat Storage - \$120 per year by Feb. 14 and \$140 thereafter. (Pro-rated for rowers who join after the start of the regular season. Requires ERC Board approval.

Session Rowing Fees-1st session from season open to July 15 \$150. 2nd session from July 16 to season close \$175. Payment due prior to start of session.

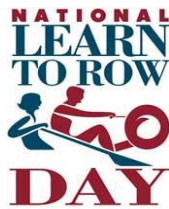
Ten Row Package – \$150 (good for any time, no spousal or multiple rower household discounts.) Requires Rowing Committee approval.

Forms and check are to be mailed to Mary Vozniak, 195 Richter, River Rouge, MI 48218

Reminder: Dues and fees must be paid before you go on the water!

NATIONAL LEARN-TO-ROW DAY

On June 6 ERC will host an Open House for National Learn-to-row Day from 8 a.m. to 11 a.m.



Participants should wear exercise clothing and bring a water bottle. Minors must be accompanied by a responsible adult. The flyer for this event is attached with this newsletter. Please post in your area at work, church, library, fitness center, etc.

VOLUNTEERS NEEDED FOR LEARN-TO-ROW DAY

Volunteers are needed for the Learn-to-Row Day on June 9. Please contact Chris Nestor at nestorc2@comcast.net or call 734-379-5673 or Mary Ann MacLaren at maryann@maclareninc.com or calling 734-306-3991. The format will be similar to last year with two eights going out.

SUMMER YOUTH PROGRAM

The Summer Youth Program (ages 12-17) runs June 22-July 15 and meets Monday and Wednesday mornings 8:00 – 9:30. The fee is \$15 per youth.

Any organizations interested in a dedicated youth program, special arrangements can be made by contacting Mary Ann MacLaren at maryann@maclareninc.com or calling 734-306-3991.

POKER NIGHTS

Volunteer to work the Diamond Charity Poker Room at Indian Lanes, Wyandotte. All proceeds from each evening goes to the general fund of the rowing club. You will be taking money in exchange of chips and then cashing out. You can work 4 or 8 hour shifts. Contact Mary Vozniak at mvozniak@yahoo.com with your hours.

The dates are listed below:

March 5-8, 5:00 pm – 2:00 am

April 23-26, 5:00 pm – 2:00 am

Please post the flyer located at the end of the newsletter inviting friends to come play poker.

2009 LEARN-TO-ROW PROGRAM

Learn-to-row classes are available for new and returning rowers! The first class is June 23 – July 18. The second class is July 21 – August 15. Additional information is forthcoming.

INDOOR RACING

Several Members participated in the Motown Madness Ergometer Races January 31.

Ageless Men: Charles Pall
Ageless Women – Mary Ann MacLaren – 1st place
Veterans Women – Ann Franes – 1st place; Lisa Campbell, 3rd place.
Masters Women – Jennifer Rigney

Next race – Island Sprints, March 7.
All are welcome to participate. Contact Mary Ann MacLaren at 734-306-3991 maryann@maclareninc.com.

COACH'S CORNER

by Chris Nestor

I know you are all erging and doing aerobics, Pilates, and yoga. But! I want to encourage you to do one more thing, "The Dreaded Pushup." Everyone hates push ups, but pushups use your pectorals (chest) and triceps (the muscle behind your bicep). These muscles aren't strongly used in rowing. That is one reason to exercise them. We all want a balance. The other reason to do pushups is they are used (are you ready) for lifting the boat. It takes no equipment and only a few minutes a day.

If you can't do a full pushup from your toes, do a half pushup from your knees. Do 2 sets of 12. If you can't do 12, do as many as you can, rest a minute then try again. Twice a week is adequate. Do not do them more than every other day. By spring you'll be able to pick up that quad, swing it over your head and run down to the dock. I'll be right behind you



ERC WEBSITE'S NEW FEATURE: RSS FEED

To give a convenient way to have the latest ERC news tidbits come to you without having to visit the web site every day, ERC is now offering RSS. If you haven't heard of RSS before, read more in ERC's [RSS Page](#).