

## CAMPAIGN UPDATE

After the April Bulletin an additional \$40,000. + was donated to the campaign.

**Hugh Porter** - After the celebration of the completion of phases 1 and 2, construction of phase 3 began. Originally the 3rd phase of the project was the renovation of the existing washrooms but, due to the greatly increased indoor activity space, VRS was required to add wheelchair accessible facilities and additional toilets to both washrooms. The intended inclusion of small boat storage in Bay#1 had to be abandoned and a whole bay was dedicated to the new washrooms, a therapy room and a regatta concession area.

**Phase 4** - An addition to the project was made possible by a generous donation from the Greater Victoria Savings Credit Union. It will provide a sectional drive-on safety boat dock. The safety dock sections can be disassembled to be used as boat-

holder platforms during regattas. They were tested last summer as VCRC hosted the Canadian Masters Championship.

**Wayne van Osterhout, Sustaining Campaign Chair** - This newsletter contains a number of impressions of the Elk Lake Boathouse as told by those who use it on a daily basis. The impressions have been gathered to demonstrate the impact of the Boathouse Renewal on rowing at Elk Lake. Although the cost of the project has exceeded the funds that have been raised at this time, the VRS is continuing to look for funding to meet its commitments. In the spring of 2012, the VRS will provide a summary of the financial position of the project and reveal a plan of action to reach its final target.

---

## BOATHOUSE IMPRESSIONS

**Martin George - Rowing BC Adaptive Coach:** During the week of Nov. 7 - 12, adaptive athletes from across the country came to Elk Lake for a training camp. The athletes were provided an opportunity to come together with twice-a-day workouts as they prepare for the Paralympic Games in London next year.

**Joanne Frappell and Angela Grohovac:** Recovery Station. National Team athletes come off the water after their morning workout to find nutritious food waiting for them. Its the "Recovery Station Program" designed to provide good nutrition for national team members. The program runs out of the new concession that was part of the Boathouse Renewal Campaign. It is funded by P.I.S.E.

**Clive Wright - Boatman:** Clive is pleased with the new workshop that was a part of the phase 1 and 2 Boathouse renewal. He is able to provide expert finishing to shells from minor repairs- boats, oars, seats etc., to major damage to hulls. The shop is larger, brighter and better ventilated. Shells in various stages of repair can be better managed and repair priorities can be managed. Clive has a separate office and an internet communication capacity that allows him to communicate with suppliers and clients.

**Brenda Taylor - Building Manager:** All phases of the new building are working well. The Spracklin Room is heavily used by all member clubs for warm-up, cool-down and for dryland training and team meetings. Each member club now has its own office as a part of the phase 3 completion including an office for the building manager, situated at the lake side of the main lounge. This allows Brenda to look up from her desk and survey activity on the lake. The extra boat storage space provided by the phase 1 and 2 completion has now been fully allocated. Brenda is pleased with the co-operation she is receiving from all groups and the care they are taking with the new facilities.

**Deb LeFrank - VCRC member and Landscape Architect:** The landscaping envisioned by Deb LeFrank has been completed with the recent planting of shrubs and trees on the park side of the building. Earlier the lawn area had been sodded, which has given the boathouse a finished look. Most recently, the CRD Parks Dept. has replaced older fencing along the driveway with cedar plank fencing tying into the landscaping that the VRS has supplied.



## TO DONATE

Download the National Sport Trust Fund donation form at [www.elklakerow.ca](http://www.elklakerow.ca)  
Tax receipts will be issued for donations

## BOATHOUSE IMPRESSIONS CONTINUED...

**Heather Griffiths - Physiotherapist:** A new, modern, and well equipped physiotherapy room was added to the boathouse as a part of phase 3. Heather provides support for the men's national team. It is a full time position that not only provides day-to-day therapy but also provides service to athletes for injury recovery. Heather is assisted by other colleagues and can call on the services of others to provide muscle massage, chiropractic services and medical support. Heather and a team of up to four practitioners accompany the team to important international regattas.

### Athletes

**Ali Zwicker and Rebecca Simmonds - Head of the Charles:** We had the opportunity to travel to Boston to participate in the Head of the Charles regatta with the Claremont HS Sport Institute Rowing Academy. It was fantastic to experience the warm welcome of the city, with HOC banners on every light post along the 5km course. We had a chance to see rowers of all ages and from around the world, as well as view some collegiate rowing in action. Our training on Elk Lake prepared us well for the challenging turns and the length of the course resulting in a best time for the Four and a top Canadian finish for the Double. It was amazing to race on the Charles River with so many spectators lining the course and standing on the bridges. Aside from the great rowing experience we also had the opportunity to visit Harvard University, Massachusetts Institute of Technology and Boston University. Our trip to Boston was a highlight of our high school rowing experience.

**Andrew Byrnes - National Team Mens 8+ :** On behalf of the National Men's Rowing team, I would like to thank all of those of you who have contributed to the Elk Lake Boathouse Renewal Campaign. The new facilities are fantastic and are being put to good use helping us win medals for Canada in London 2012. The 2011 World Championships were an important year for your national teams - not only were medals on the line, but so were most of rowing's qualification spots for the 2012 Olympic Games. Rowing Canada was pleased to qualify 7 boats for the Olympics and 1 for the Paralympics Competition. The Men's 8+ was tight this year. No races were easily won and in the final only 1.33 seconds separated 2nd and 5th place. Having such tight margins just reinforces to me the importance of the decisions we make in our daily lives. "Leaving no stone unturned", is the only way we can be sure that when it comes down to the final race in London 2012, we will be on the winning side of the margin.

*I hope that the above impressions have given all of you a sense of the good work that is happening as a result of your gifts to the Boathouse Renewal Campaign. On behalf of the VRS we again thank you for your support in the past and possible support in the future.*

Wayne van Osterhout

## VRS SUSTAINING CAMPAIGN

Campaign Chair: Wayne van Osterhout  
e: [waynevo@shaw.ca](mailto:waynevo@shaw.ca)  
h: 250.652.0334 c: 250.920.6281

