**Lloydminster Rowing Club Report**

**submitted by Michelle Lopez**

The LRC had a great season with many highlights worthy of reporting on!  We maintained a total of 10 memberships last season and currently holding 7 memberships with the start of this training season indoors.

We hosted Gillian Catett on two separate occasions during the summer. During the first visit in late June 2019, she attended Holy Rosary High School, ES Laird Middle School and the Lloydminster Comprehensive High School where she presented information to students about rowing through a small presentation.

She also attended our club and had a night on the water with our members.  Gillian returned in July and hosted some of our junior members on the water.  In February 2020, our club was pleased to host Brenda Colby for a two day seminar and dry land workshop with our junior members.  It was hosted at our local Lloydminster Bobabcat Jr A fitness faculty and was attended by a total ten youth.

We are very pleased to report that as a result of the initial visit from the Provincial Development Coach, three junior athletes continued on to pursue rowing as members of our club. Two of these athletes have now joined Andrew Knorr and the High Performance group and one has joined Brenda Colby and the Development group.

The LRC was gifted three ergs and we could not have received this support at a better time. Thank you.  At the time we did not know that COVID-19 was going to change the beginning of our on-water season and the ergs were so helpful.  Our three juniors took advantage of all the zoom team and zoom individual sessions hosted by SRA and both Saskatoon and Regina.  We are excited to host Andrew Knorr in early June to have some on the water coaching. I also attended many of the master zoom workouts and found great benefit in learning new skills and growing our rowing community.