



## PORPA COVID19 Response

The PORPA Board of Directors will be paying close attention to warnings for social distancing this rowing season. Being outdoors is suggested to decrease contact, but the ability to abide by social distancing guidelines may be less feasible. Like you, we are hoping our rowing season is not negatively affected, but we will take all needed precautions as advised by public health officials.

*Events discussed in this newsletter may need to be cancelled or postponed. We will keep you informed via Porpa.org/News.*

## Fleet report, Maintenance/Repair and Summer Rowing

At this time, all shells are de-rigged and remain in storage. Next month the boat trailer will be moved from storage to the Muller's home for the this season's scheduled maintenance weekend (May 30-31). Over the maintenance weekend, the OW double and Yam-Pah-Pa will receive minor shell repair and the rest will be cleaned, rigged and inspected.

The 2020 Repairs & Maintenance budget has allocated \$500 for parts/materials including priority items. Volunteers are encouraged to contact Erwin to help with the current unfinished projects:

- Sand remaining sweep-oar (blades) acquired in 2019
- Scrape and seal boat trailer decking and walls
- Build single/double wheeled rack for "Mudhole"

Recreational rowing practices are already posted for the first two weeks of the season. Check it out and sign up at [www.porpa.org](http://www.porpa.org): **MEMBERSHIP AND SCHEDULE REGISTRATION.** Team captains need to register rowing teams for regattas/practice sessions and coordinate schedules. In the event that water levels are challenging, an alternative for rowing would include a launch at Spirit Lake including the 4+ and some other shells. A trip in July is in the works as well. A row session from lower to upper Priest Lake from Martin Stacey's house with a possible overnight stay will be dependent on confirmation of participants. It's sure to be a great time for all who attend.

## Membership Annual Meeting and Boat Maintenance

Please mark your calendar for May 30th for combined boat maintenance, membership annual meeting, potluck BBQ and team building day. May 31 we will continue maintenance on boats, setting up racks at the "Mudhole" and with any luck (water levels permitting) the 1st row of the season will take place.

## Learn To Row Program

We will have Introduction to Rowing Sessions. Once the current health crisis is stable and we have a better grasp on timing we will post **session times/dates on website: [www.porpa.org](http://www.porpa.org).**

Intro to rowing, as in the past, will be free of charge and will include one session of rowing basics theory and rowing machine practice. Then depending on capability and performance, there will be two on-water sessions using a recreational single shell.



### Dues Renewal Deadline: June 30

Family Rowing .....	\$225
Individual Rowing .....	\$150
Social Membership .....	\$20

**NEW! Renew your dues online at: [www.porpa.org](http://www.porpa.org) (Membership and Schedule Registration)**

## UPDATED Board Member Contact Info:

Warren Foersch - President	wjfoersch@gmail.com
Gayne Sears - Vice President	gaynesears@gmail.com
Erwin Muller - Secretary/Treasurer	erwinmuller007@gmail.com
Debbie Eagley - Safety Director	kumadogak@yahoo.com
Stan Birnbaum - Advisor	stnlbirnbaum@gmail.com



## Head of the Pend Oreille Regatta and Season Calendar

A committee of volunteers and Board of Directors Chairperson is needed to plan, promote and produce the annual regatta dated Sept 19, 2020. Contact **Gayne Sears: [gaynesears@gmail.com](mailto:gaynesears@gmail.com)** or **Erwin Muller: [erwinmuller007@gmail.com](mailto:erwinmuller007@gmail.com)** for more information.

### Area Regattas:

6/6	Lap the Lake	Head/sprint	Vernon, BC
7/4-6	Alberta Open	Sprint 1500m	Calgary, AB
7/25?	Fernan Frenzy	Sprint 1000m	Coeur D'Alene, ID
8/8	Nelson Sprints	Sprint 1000m	Nelson, BC
9/19	HOP	Sprint 1700m	Priest River, ID
9/19	Otter Island Touring	Tour, 8 miles	Everett, WA
10/10	Head of the Snohomish	Head	Everett, WA
10/17?	Head of the Spokane	Head	Spokane, WA

## Fitness

Without good upper body and core strength: back, hip, and shoulder injuries may occur. Lifting, moving and maneuvering a heavy boat shell is an example of when injuries can occur, sometimes serious enough to last an entire rowing season putting teammates out of commission!

Rowing is an excellent activity for overall body fitness. When we learn good technique and attend practices regularly, we build strength in our core and legs. So, begin your spring training **NOW** with a focus on upper body and core strength. The following article by Greg Spooner (rowing physical therapist) demonstrates this amazing rowing warm up <https://youtu.be/llp7ovdUWhc> that will help build strength and flexibility. Push-ups, planks, weights, and bands are great too. Check out [rowingstronger.com](http://rowingstronger.com) for ideas and get a move on before we start lifting boats and getting on the water! Pushup-Plus Half-Kneeling Overhead Press.

## June Safety Stand-Down Event

In February, a poll through the new website was posted to determine an appropriate date for the Safety Stand-Down event. June 13th, 3:00-6:00p.m. was selected as the best option with 8 people signed up. This event will be at the **Camas Community Center: 1821 LeClerc Rd N, Cusick WA, (509) 447-7122.**

Safety training will provide visual and hands on knowledge of:

- Rowing safety, water safety, weather awareness
- Boat overturn/re-entry procedures
- Heat/Cold emergencies, minor first aid
- Proper boat handling procedures, inspection before and after use
- Review of the hierarchy of acting coach/coxswain
- Basic fitness, stretching for health maintenance/injury reduction

## GoMotion! New PORPA on-line system

We have migrated our PORPA.org domain to the new GoMotion platform. Our goal was to have a system that would allow us to schedule and notify members of rowing sessions & events. This new domain is easy to manage and provides a platform for paying membership fees and will allow Point of Sale option for purchasing PORPA gear. We encourage each member to take some time to explore the new website. At the top of the page you will find quick links: **Current News** – activities, meetings and important dates; **Membership Dues** – renewal; **Schedule Booking** – for recreational and team rowing; **Fleet Information** – about the types of shells that we have available to row. Details about PORPA are available under the About Us tab along with information about Board of Directors and current Bi-Laws. Other tabs include **Safety** – statements and past/present Regatta details.

The GoMotion system (part of SportsEngine – an NBC Sports company) is new and still has some flaws that will be fixed. If you have issues with the website or trying to access information, contact **Erwin Muller ([erwinmuller007@gmail.com](mailto:erwinmuller007@gmail.com))** for assistance. Remember to download the GoMotion Phone app. to stay informed about club activities and important announcements.

**\*\*PORPA operates our activities on Army Corps of Engineers federally managed lands. We appreciate this partnership and will continue to provide non-motorized boating opportunities for the people of north Idaho, NE Washington, and visitors to the area\*\***

## Safety Corner:

Safe practices and skills are integral to this sport! PORPA requires that club rowers pass a swim test: 15 minutes of treading water, then you must be able to put on a life vest within a reasonable amount of time. We will administer the test during the safety stand-down in the (warm) Camas Community Center pool. If you are unable to attend safety stand-down, contact Debbie Eagley to make arrangements to complete swim prior to or after rowing at the "Mudhole".