



LYMAN ROWING ASSOCIATION • 5703 Red Bug Lake Road, Suite 156, Winter Springs, FL 32708

August 1, 2017

Welcome to the 2017-2018 Rowing Season

Hello New Rowers, Returning Rowers, Families, and Coaches!

I'm so excited to welcome you to the 2017-2018 season of the Lyman Rowing Association. Rowing is an amazing sport that is not only challenging and demanding but rewarding and fun! LRA started as a very small team in 2005 barely able to fill a boat. Our organization has grown to have both high school and middle school crews making a force to be reckoned with...Lyman Rowing Association. We are proud of all our athletes and their accomplishments in and out of the water. Last year we received the overall points trophy at the Gator Head Regatta and high medals at races throughout the year. Our biggest accomplishment was at the world's largest scholastic regatta, The Stotesbury Cup, where our Boys' Junior 8 placed third overall!

As we gear up for our fall season, we will be busy conditioning on and off the water as well as sharpening our technique. The fall is called "Head Race" season where we race against the clock and strive for a better time each time we row as well as better time than our competitors. The spring season is our "Sprint Season". It is very exciting to watch these races. If you watch rowing during the Olympics, those are sprint races.

We not only want our rowers to learn the skills needed for rowing and to become elite athletes; we are committed to building rowers who are leaders, show good character, excel in education, support their teammates, and become successful adults. Our goal is to do all of these things while instilling a true love of rowing.

Our rowers and coaches alone cannot make a successful team. It is dedication of parents, families, friends, volunteers, and our community that come together to make a successful crew. Thank you to all of our Board Members who dedicated time during the summer to prepare for the school year. It takes everyone volunteering in some way to help things run smoothly. Just a little of your time helps us continue our tradition of excellence.

"Coming together is a beginning;
Keeping together is a process;
Working together is a success." -Henry Ford

Go Greyhounds,

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