



Summer 2021

## Summer 2023 Calendar

### All Meetings at the Clubhouse

June 17

July 15

July 22

Aug 5

Aug 26

Sept 9 Practice

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Experienced Rowers 8am - 10am

Novice 10 am - 12 noon

## About Us

### Mission Statement

To promote community on Pleasure Lake, individual health, fitness, the enjoyment of our lake's natural resources, and the benefits of team participation through the sport of rowing to people of all ages, experiences, and ability levels.

### Head Coach Melissa Creighton

Coach Mel began her rowing career in 1987 at the University of Albany as a coxswain for the Men's Team and rower for the Women's Team. She is a competitive masters rower and sculler for her home team Cortlandt Community Rowing Association since 2018.

Melissa is a US Rowing Level 2 Certified Rowing Coach and Assistant Coach at West Point Military Academy since 2020. She also coaches Masters' Rowers and Sculling Workshops at Cortlandt Community Rowing Association.

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Pleasure  
Lake  
Rowing  
Club

*Come Row With Us!*



## Why Row?

### **Very simply...ROWING IS FUN!--**

Rowing together in a team boat is a peaceful, great workout and allows you to enjoy our lake and lake community in a very unique way.

### **What Group Do I Belong In?**

**Novices** are beginning adult rowers (18 years and up). This is an instructional, learn-to-row program that is individualized in small groups learning basic skills. All abilities are welcome.

**Experienced Rowers** are adult rowers (18 years and up) who have rowed before or are currently in a rowing program. Entry into this group is by coach invitation. The focus of this group is simply recreational rowing.

### **How Do I Join?**

1. Fill out the membership application
2. Become a US Rowing Member (online membership costs \$25)
3. Download SportsYou App for your phone to get updates, photos, and practice information
4. Watch the Learn to Row and Safety Videos (which will be sent to you via email when you hand in your membership application)
5. Sign up for practices that you will attend (very important to sign up in advance to reserve your seat in the boat and plan practice)

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*Make this summer the one to remember-Row with us!*

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Rowing is an opportunity for every member to build confidence, and physical strength/fitness, and expand their horizons.



Fall Rowing 2019

### **Rowing Basics: What to Expect**

Our Club currently has team boats for 4 rowers and 8 rowers (and one coxswain who steers)

Initially, coached practices will focus on the basic mechanics of the rowing stroke on land and be oriented to the boat.

Each practice we will get on the water and work on different skills. The goal is to be able to row all together by the end of the season.

Please bring a water bottle and an extra change of clothes to each practice. Wear socks. Wear sunscreen.

We do not have a dock yet, so like many clubs, we will be wet launching the boats (you will walk in the water up to your knees).