



The Wave

New Head Coach Appointed



The M.U.R.C. welcomed Michael Lizée to the program as of May First. In addition to coaching for McGill, Michael will also be working for the Montreal Rowing Club as part of joint venture between the two Clubs. His efforts however, will be concentrated in the collegiate sphere for the fall racing season. Michael comes with a great deal of experience and enthusiasm. The M.U.R.C. executive has worked long and hard to bring a person into the position and is pleased with the appointment. The stage is now set for the fall season!

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Friends of McGill Rowing Enthusiastic about the M.U.R.C.

The recent success of the M.U.R.C. has sparked a great interest -- the Friends of McGill Rowing. Parents, old boys, and other interested people are being encouraged to join this association.

See Friends, p.4

Official M.U.R.C. Crest

The crest found at the top of this page will be the Club's official crest from now on. It now appears on the newsletter and on the Crew Jackets as well.

M.U.R.C. Equipment Status

The M.U.R.C. presently owns one eight, two coxless fours and two pairs. The eight is in very poor condition; it is suitable for novices to learn in, but not to race in.

The focus of the university season is racing in eights. The money which was raised last year will therefore be spent on a new eight. This boat will be built for the Men's Varsity crew.

Insurance from last years' accident will pay to replace a boat which was borrowed from the Montreal Rowing Club. This will be built for the Women's Varsity Crew.

The M.R.C. has graciously agreed to lend three eights to the M.U.R.C. this fall. These boats were built for the 1976 Montreal Olympics and have not seen much water since then; they are in good condition. The Lightweight and Junior Varsity crews will use these boats.

The novice crews will use McGill's old eight and two other "workboats" this fall. It will be most difficult for these crews to compete with Queens and Western, whose novices race in fairly new boats.

The M.U.R.C., in conjunction with the F.M.R., plans to augment its inventory of boats over the next three years. At the end of three years it is hoped that the M.U.R.C. will own 7 eight oared shells.

**Coaches
Corner**

by Micheal Lizée

Your executive has worked very hard over the last year to solidify rowing at McGill. I admire this very much, their efforts and enthusiasm were the basic factors in my acceptance of taking on the position of head coach.

My experience in coaching lies basically at the club and high school level. My successes have been mostly at the C.S.S.R.A. (Schoolboy) Championships in the Senior Lightweight and Heavyweight Men.

My coaching methods are somewhat old fashioned as I rely on lots of distance work. I ask my crews to be very tough mentally and to be very patient, as all hard working crews reap the benefits in the end. Rowing, more than any other sport, exemplifies team effort. I am one who does not highlight individual athletes; rather, I stress the importance of team efforts on and off the water.

The 1988 Fall Season looks very promising. We presently have nine eights lined up for racing and are working on three more. Four coaches have confirmed their involvement this season, and I plan to contact eight more before Henley (August 3-7).

O.U.A.A. and O.W.I.A.A. rowing regulations are currently being revamped. Therefore, the Novice and J.V. crews may not necessarily be rowing at the O.U./O.W.I.A.A. Championships in 1988. Despite this, McGill will boat these two very important divisions as we plan to continue to dominate in Ottawa and to take over the Trent Canal in Peterborough.

Crew registration will be held at the Currie Gym after academic

registration from August 29th to September 2nd. A general Crew meeting will be held Friday, Sept. 2 in the evening at the Olympic Basin. All interested athletes and coaches should attend. More importantly, Concept II Erg Tests and running tests will be held prior to boat trials, so hit the pavement early this year. I like to see lots of early endurance. Check the Rowing Bulletin Board at the Gym on your first day back in Montreal.

TENTATIVE ROWING SCHEDULE 1988

Aug. 29 - Sept. 2: Crew
Registration
Sept. 2: General Crew Meeting
at the Basin.
Sept. 2-5: Erg and Running Test
Sept. 24: Head of the Welland
Sept. 25: Head of the Thames
Oct. 1: Head of the Trent
Oct. 9: Head of the Rideau
Oct. 15: U of T Sprints
Oct. 23: Head of the Charles
Oct. 22: Brock Invitationals
Oct. 29: OUAA/OWIAA
Championships

Biography: Michael Lizée

Michael was born on January 22, 1962, in Ville St. Laurent. He attended the École Secondaire St. Maxime (Chomedey), Ahuntsic CEGEP (Montreal), Brockville CI and the University of Western Ontario.

Michael is certified Level One ski instructor (CSI) and is certified in safety oriented first aid (St. John's Ambulance). His interests (other than the obvious passion) include racquetball, photography, cycling and reading.

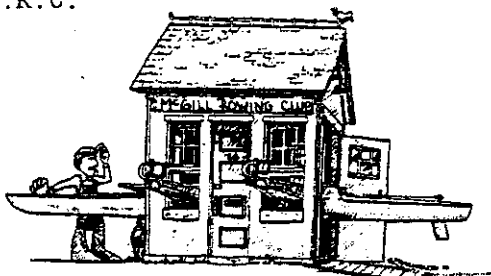
Michael was offered an alternative to rowing in 1983 when he was accepted to the Regular Officer Training Program. However, love won over discipline and Michael returned to the water.

Rowing began for Michael in 1977. His first big win was in 1982 when the Brockville lightweight won at the Canadian High School Championships. His first coaching success was in 1987 when the men's lightweight pair from Catholic Central H.S. (London) won at the Canadian High School Championships.

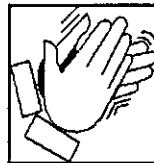
Michael, who describes himself as a rowing enthusiast of ten years, has enjoyed much success in both coaching and rowing over the years. But, more importantly, he has demonstrated a consistent willingness to put extra time and effort into the organisational side of rowing. His most recent posting included being a member of the Board of Directors and Rowing Captain at the London Rowing Club. He has acted as a liason between the LRC and the National Team when the latter was training in London. In the midst of this involvement, Michael was the Canadian Champion in the 135lbs single sculls in 1987.

Michael's goal in accepting the position is to "maintain a high degree of proficiency of rowing for the Basin-based clubs."

The M.U.R.C. welcomes Michael and holds great expectations for the future, as the future holds a partnership between Michael and the M.U.R.C.



M.U.R.C. Raffle Report



Our first raffle, completely organized and run by the Fundraising Committee of students, was a huge success. Over \$9 000 was raised; after subtracting costs, the profit amounted to \$8 800. That money will partly pay for the first new eight-oared shell the Club has ever bought.

The raffle required much planning and legwork on the part of the students. The initial organization and legal work was done by Greg Williams; his two generals were Andrea Dingle and Beth Costello. These three people were responsible for all ticket and money inventory, as well as deposits to the special Raffle bank account. They are deserving of a great deal of thanks.

45 prizes were solicited by various people and, of course, all of the ticket sales were made by members of the crew. It was an impressive project, not without problems, but it was nonetheless a tremendous success. The Club is proud to be able to buy its first new boat - all that is needed now is a name!

Presidents Message

by Signe Gotfredsen

Who can remember that famous November night when yours truly, the Freshman, and new Club President hesitantly blurted to all who cared to listen, "Don't worry ... everything is under control!" Although at the time

I had no idea what lay ahead, I can now confidently support my initial statements.

Through the winter months the executive concentrated on pulling together the pieces of the 1987 'survive or bust' season. This involved establishing a firm relationship with the Athletics Department, raising money and maintaining a regular training program for the athletes.

Out of our parkas and into the heat of summer, progress picked up rapidly. Due to the efforts of a small psychotic group of McGill remainders, guided by the firm organizational hand of Head Coach Lizée, the MURC looks ecstatically forward to the best season ever.

McGill oarsmen/oarswomen have always been hesitant of showing their talents and having pride in the art of rowing, however, we now have the support of the University, the equipment, the organizational talent and the athletes.

And, with these ingredients each MURC crew will make each stroke stronger than the one before, striving for the ultimate race.

Friends of McGill Rowing

continued from p. 1.

The association "Friends of McGill Rowing (F.M.R.)", began in 1984 under the direction of Rob Baxter. The association has become revitalized with the recent success of the M.U.R.C. It includes parents, alumni of the Club, and other interested people.

The F.M.R., presently chaired by George Marshall, is described as a "social and financial support group

for the M.U.R.C." It is hoped the association will remove the majority of the fundraising load from the students. At the same time, it will provide a venue for ex-rowers to talk about the good 'ol times and for parents to share in the anxiety and excitement of this exceptional sport.

The F.M.R. asks a \$25 donation for membership and elects 15 directors from among its members. The board meets approximately 12 times annually, and is responsible for organizing fundraisers and other events such as the Alumni-Crew Banquet held at the end of the fall racing season.

This is one way in which you can really can support the Team.

For more information on becoming a Friend of McGill Rowing, contact Tony Tremain at (514) 284-0013.

Just paddlin'...

The christening ceremony for the new eight-oared shell will take place on Saturday, September 10th at 1:00 PM. It will be held on the Lower Field of the Campus pending the approval of the McGill Department of Physical Resources (the alternative site will be the Olympic Basin). All friends are welcome.

The Wave is published every once in a while by the McGill University Rowing Club as an information medium for itself and its sister organization, the Friends of McGill Rowing. Articles, comments, and suggestions should be sent to:

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