

Message from ARC Vice President, Tatjana Lichtenstein

I hope you are well and that you and your families are staying safe and healthy.

My name is Tatjana Lichtenstein and I am the Vice President of the Austin Rowing Club. Over the past year, I have been working with Liz Barhydt. (whom you have already met over email) and our coaches to design an exciting and comprehensive Introduction to Rowing Program for the Austin community.

Like you, we are very disappointed that we have had to postpone your ITR course. The rowing community at ARC is eager to welcome new rowers to the club. Everyone is excited for you to learn and get on the water.

While we await safe conditions, I wanted to tell you a little about what to expect at the rowing club and share some resources on rowing (see below) that might serve you as inspiration and encouragement in the next few weeks.

Last year, about 35 new members completed Introduction to Rowing and the six-month Masters Novice course (the two independent components of our Learn to Program). Many of them created new crews of eight or four rowers, other joined existing crews, and some fell in love with the single. As the diversity of ages and backgrounds in that group reflects, rowing attracts people of all ages and all walks of life. It is a sport that will fit almost every temperament, fitness experience, and schedule.

ARC is a strong community with a diverse membership and programming for members as well as for our Austin neighbors. I very much look forward to welcoming you in person to rowing and to our club. In the meantime, please feel free to reach out to me with any questions or concerns that you might have. My email is vicepresident@austinrowing.org

Stay safe and healthy!

With best wishes,
Tatjana