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When you shop at AmazonSmile and support **Miami Beach Water Sports Center**, Amazon will donate 0.5% of your purchase back to MBRC at no cost to you.

Please click [here](#) to learn more and join the program!

[MBRC Testimonial](#)

## Adaptive Program Benefits from 5% Day

On Thursday, April 23rd, Miami Beach Rowing Club was awarded funds to benefit the Adaptive Rowing Program from [Whole Foods 5% Day](#) and a check in the amount of \$6,132.85 was received as a donation.



Receiving the check from Carlye Wisliceny and Jerrod Kerr of Whole Foods South Beach were Bob Wright, Dr. Ronald W. Shane, Justin Kallman, Diana Maldonado, Elaine Roden, Ivanna Brown, David Williams & Daviana Campbell.

As the adaptive program continues to flourish, we would like to extend a call for volunteers to donate their time to help the program during team practices. If you are interested, please contact Bob Wright via [email](#).

## MBRC Master Program Club Offerings

Masters Rowing is for adults of all ages. Whether you're an experienced rower or just starting out, MBRC has programs for every level from casual, recreational rowing to competitive racing.



To help you reach your training goals, improve your skills and simply get on the water for some exercise and fun we provide



*"I've done many different sports throughout my life, have had innumerable coaches, and been a part of countless teams, but none of my experiences can come close to how I feel about rowing for the Miami Beach Rowing Club as a part of the Men's Novice team.*

*Over the last two years I have grown, learned, and developed into a much different person than I was before. I've been pushed to the point where I now know the only limits I have are the ones I set for myself.*

*All of this could not have been possible without the amazing support of MBRC, and especially not without Coach Grant, about whom we always say that Coach isn't even close to good enough of a title to describe what he is to everyone on the team. No one else could push us harder, make us dream bigger, and ultimately make us achieve more.*

*For this I am grateful, to the club, to the coaches, and to my fellow teammates who are some of the toughest, most enjoyable, and nicest people I know.*

*Thank you for an amazing year."*

- **Guido Dominguez**,  
Boys Freshman State  
Championship Medalist

**Duke Men's Rowing -**

programming to accommodate members' needs.

The boathouse offers morning coached sessions on the water Tuesday (6 - 7:30 am), Thursday (6 - 7:30 am), Saturday (7 - 8:30 am) and Sunday (7 - 10 am) mornings.

Coached evening sessions are Tuesdays (7 pm Erg Class, 8 pm Abs & Core), and Thursdays (7 pm Erg Class or On the Water, 8 pm Abs & Core or On the Water).

If you are currently a member of the MBRC Masters Program, please take advantage of these amenities we provide as they are dependent on demand and participation.

If you would like to provide feedback on the offerings of the masters program, please contact Head Coach Vladimir via [email](#).

## South East Youth Championships 05/09 - 10

The [USRowing South East Youth Championships](#) will take place May 9th - 10th in Gainesville, Ga. and will be hosted by the [Lake Lanier Rowing Club](#).



All attending junior rowers should confirm travel and race details with their coaches.

We would like to congratulate all MBRC rowers and coaches on another successful regatta season and look forward to their participation in our Summer Camp in preparation for the Fall 2015 season.

## Summer Camp 2015

If you have not yet registered for Summer Camp, [please complete your registration here to guarantee your space in the program](#).

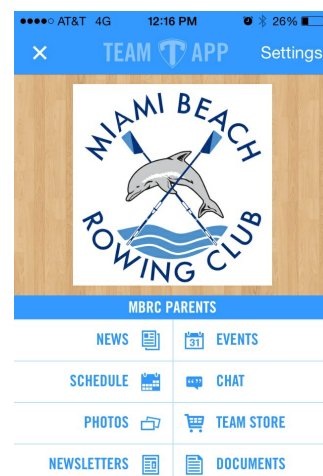
## End of the Year Awards

Also, mark your calendars for the Awards & Senior Night that will take place on Sunday, May 17th. More details and RSVP information to follow!

## Parent App Available for iPhone & Andriod

MBRC is thrilled to announce the Parent App for iPhone & Andriod. This free app provides up-to-date news, event information, season schedule, team store access, monthly newsletters and more.

With this app, MBRC parents can also sync the Fall, Spring and Summer season calendars to their phones and tablets.



## Spring Break 2015 Training Video



MBRC welcomes visiting crews throughout the year to train on Indian Creek.

In March, the Duke University Men's Rowing team trained at our boathouse and created a video highlighting their experience and so far it has more than 1,200 views.

This is great exposure for MBRC - show your support for visiting crews by [clicking here](#) to watch their video!

## MBRC Team Store Open!



For the first time ever we have an online store open year round so you can shop at your convenience.

Please support our club - a percentage of all sales will go back to our MBRC fundraising account.

[CLICK HERE TO SHOP  
ONLINE](#)

Looking to carpool to the next regatta? The MBRC Parent App provides a place for parents to chat with one another in an open forum in the "Chat" section. Want to see your rower in the next newsletter? Upload your photos and videos in the "Photos" section.

We will be testing the app starting now and through the Summer and will be using it in its full capacity starting in the Fall 2015 season. After following the download link, search for "MBRC Parents" to be directed to our app.

If you have any questions regarding the parent app, [please email them here](#).

### Directions for download:

- Find and [download TeamApp by clicking here](#)
- Once Installed, search for "MBRC Parents"
- Request to join the MBRC Parent group
- Once approved, in "Settings" select "Install to Home Screen"

[Subscribe to the MBRC Parent App Now!](#)

## Coach's Corner: Justin Kallman

Nine years ago I started at MBRC as a junior rower. It was a great transition for me from being a shy, chubby kid into a confident, young adult.



It has been an eye-opening experience coaching this year with the novice and freshman women. I never realized how much work and effort goes behind the scenes to make sure everything runs smoothly in preparation for regattas.

Being a coach has given me an opportunity to pass on everything I learned when I was a rower. We have some of the best coaching staff I have ever met. All the coaches are motivated to push the kids to their limits and make them the best they can be.

The efforts that the parents and volunteers make to help everything run smooth is so wonderful. The adaptive program is grateful for the volunteers that come to help. I know the rowers are glad to have the extra hands around!

Being part of the adaptive program has been really gratifying. It is a wonderful feeling to help out the adaptive athletes of our community experience and excel at something new and empowering. A handful of our athletes have also served our country so it feels good to get them back out there doing things they thought they would never do again.

Coach Justin Kallman  
Miami Beach Rowing Club