

News from the Coach's Launch...

Meet RVR's New Staff!



Karla Landis

Karla Landis joins Rainier Valley Rowing as Program Director with more than 5-years of collegiate coaching experience and an aptitude for community

development within the sport of rowing. Most recently reflected through her work with Lakeside Education and Enrichment Program, Karla understands the power of rowing to serve as a means for young people to embrace teamwork and build new friendships while enhancing individual ability and self-confidence. Karla is eager to strengthen rowing in the Northwest through outreach programs specifically created to broaden community access to Seattle lakes and water-sports. Karla is a former rower ('98-'02) and coach ('03-'09) from Western Washington University.

Hello RVR Supporters!

I'd like to take a moment and share with you a little bit about where I have been and where WE are going with Rainier Valley Rowing.

I have spent the last ten years living in Bellingham, WA where I attended undergraduate and graduate school in the Exercise Science program at Western Washington University. As a student-athlete, rowing helped pay my way through college and has continued to be a huge part of my life as a coach and now as RVR Program Director. Many of us realize that rowing is an incredible sport but my long-term love of the sport extends further than the act of rowing itself. Rowing provides a healthy avenue for building new relationships thereby strengthening entire communities through water-based recreation. Athletes learn trust, goal-setting, accountability, and confidence--skills to last a lifetime. The visual appeal of rowing is universal yet it is often the inability to swim or the high costs of equipment and coaching that limit community involvement. RVR exists as a means of removing these barriers and expanding new opportunities participation.

RVR is coming into its second year of programming and the future is looking bright! We hope to enroll 20 participants for the 2009-2010 season, all of whom will learn how to swim, row, and work together on and off the water. In partnership with Pocock Rowing Center and Mount Baker Rowing and Sailing Center, I thank you for your past and future support.

Sincerely,

Karla Landis

Carla Bezold

Carla Bezold is excited to join Rainier Valley Rowing full-time as an Americorps VISTA after a terrific experience working with the advisory board in the program's first season. She spent the



last year as a member of Apple Corps (a program of Soild Ground) helping elementary-aged children in Seattle learn about nutrition, cooking, gardening, and physical activity. Prior to that she was a student-athlete and then a coach with the University of Michigan Women's Rowing team. Carla has also coached high school-aged and masters rowers and is enjoying teaching indoor cycling classes in Seattle. She's looking forward to a great year with RVR on and off the water!

"Rowing is an amazing sport that gives athletes an opportunity to challenge themselves, redefine their physical and mental limits, and work closely with a team for a common goal. I'm excited to support RVR in making these opportunities accessible for a wider segment of Seattle's high school population and to support the RVR athletes as they take on the challenge of learning a new sport."

~Carla Bezold