



2024 St. Catharines Rowing Club AGM – VP Rowing report for 2023 calendar year

2023 was a very busy year for the club athletes and coaches, with some major changes to our facilities and membership numbers starting to rebound nicely from the last few years.

Some Highlights of 2023:

SCRC Volunteer Coach Appreciation:

This club cannot operate without coaches, and St. Catharines RC coaches are recognized widely as being some of the best. Aside from the knowledge and expertise that our coaches possess, they demonstrate a commitment and willingness to dedicate endless hours to develop and support our athletes. As a token of appreciation and recognition of the hours spent, the Board approved a small honorarium for our 2023 Summer and Fall club coaches. We hope that this practice can continue in years to come, but will be 'budget' dependent each year.

Thank you to ALL of our coaches listed below for the level of professionalism and excellence that makes the St. Catharines Rowing Club such a great place to coach and row.

SCRC 2023 Coaching Staff:

U17 Men: Jacob Tyrer, Hunter Young, Mike Di Benedetto, Austin White, Owen Powell

U17 Women: Rich Moreau, Madeline Hingston, Paul Bartel, Olivia Jose, Pat Morris

U19 Men: Brian Fisher, Andrew Carr,

U19 Women: Liz Harold, Janet Lancaster, Lindsay Sferrazza, Christiina Donley, Michele Fisher

U23/Sr. Men: Jacob Thomas, Tom Kent

U23/Sr Women: Liz Iannizzi

Master's Men/Women: Brian Moukperian, Carl MacCullough, Dave Wright

Fall Season Additions, Jr Women: Jim Finley, Emma Dockray, Camille Waldeck

Every Coach Certified (ECC) Initiative:

A focused effort was put forth at the start of the year to ensure ALL coaches met the minimum training requirement mandated by RCA and Row Ontario. SCRC was commended by Row Ontario for getting such a large number of coaches compliant within a short time frame. This is in no small part due to the effort of Aaron Thompson, who set up training and also connected with coaches regularly to ensure this task was completed.

Royal Canadian Henley Regatta:

The Sr/U23 Men's Team had great success at the 2023 RCHR with **10** Gold medals. This is an exceptional result from one program, and it is very exciting to see the resurgence of our senior athletes, both in numbers and successes. Congratulations and thank you to both Jacob Thomas and Tom Kent for their exceptional work with this group of athletes.

SCRC member receives Recognition:

Wendy Wiebe was inducted into the Row Ontario Hall of Fame for her outstanding athletic performances starting in 1982 as a St. Catharines high school athlete and culminating at the 1996 Olympic Games with numerous World Championship Gold medals along the way. Congratulations Wendy! Wendy continues to serve the Club as its co-Treasurer.

Junior Development Off-Season/Winter Training:

A program of both on-water and dry-land training allows approximately 22 junior athletes (male and female) to continue their training at a high level throughout the winter months with the goal of improving fitness and ultimately success on the water. Thanks to Michele Fisher for heading this program.

National Team Participation:

Reflecting our club mission of facilitating athletes to be the best that they can be, a number of St. Catharines alumni continue to make an impact at the Canadian National Team level:

Sr Team: Kristen Kit, Laura Court, Dan DeGroot, Jeff Buczek

U23 Team: Michael Ciepiela, coach Scott Anderson

U19 Team: Makeda Harrison, Ingrid Eshuis, coach Mike Petrychanko

Community Sport for All Initiative (CSAI):

SCRC received a grant from RCA/Sport Canada, allowing us to reach out to our community to offer a rowing experience to those populations who are under-represented in rowing and as a result would not consider rowing a sport in which they could participate. This grant helped introduce the sport to 24 individuals from diverse backgrounds, starting with tank sessions at Brock U. and then to on-water 'Try-It' Days. The program was very well received by the participants and their families.

Master's Camp Fundraiser:

The club had a very positive first attempt at hosting a Master's Camp with SCRC Alumni Lesleh Anderson/Wright. Master's athletes from Ontario and the U.S. arrived on the pond in September for an informative and fun training camp that finished with the Five Bridges Head of the Welland regatta. The response to this experience was so positive that we are looking to host another camp this coming season.

More Thank You's:

Thank you to the Board of Directors for their leadership and assistance in making things happen at the clubhouse and on the water. Their involvement is generally behind the scenes and goes largely un-noticed, which is an indication of the great work they do.

Finally, a big thank you to our Club Captain Aaron Thompson for the hard work he has put in to the club this past year. He will be transitioning into a new 'Boatman' role with the club, where he can continue to use his skills and expertise with repair and maintenance of the SCRC fleet. Aaron will continue in his current role until the search for a new Club Captain/Head Coach is complete.

Janet Lancaster

Vice President Rowing 2023

St. Catharines Rowing Club