

St. Catharines athletes were very active at all levels of competition in 2017. We continued to provide our rowers with great learning and training opportunities and a competitive racing schedule. Athletes from the St. Catharines Rowing Club successfully competed in a wide range of regattas that extended from local to international venues and competition.

Club Lead Coaches 2017:

We were fortunate to have strong and thoughtful leadership within each of our competitive programs in 2017. The lead coaches, and their team of assistant coaches, provided excellent programming, training, technical instruction, and racing opportunities for our athletes. The Lead coaches were:

Junior B Women: Janet Lancaster & Mary Rao	Senior A & B Women: Kathy Boyes
Junior A Women: Michele Fisher	Senior A & B Light Women: Dave Wright & Ron "Swede" Burak
Junior B Men: Meredith Petrychanko	Senior A & B Light Men: Scott Anderson & Tom Kent
Junior A Men: Mike Petrychanko	Senior A & B Men: John Gleddie
Masters: Rob Walton	
Fall Junior Men: Andrew Carr	
Fall Junior Women: Michele Fisher	
Head Coach: Mark Welsh	

The Lead Coaches for the Summer of 2018 will remain the same with the exception of the Junior B Women's and the Senior Men's programs. Mary Rao takes on the Lead role for the Jr B Women and Matthew Schenck will become the Sr Men's coach.

Our Regattas:

The rowing club hosted the Early Bird Regatta, Mother's Day Regatta, and The SCRC Invitational Regatta. These regattas were successful due to the many volunteers who unselfishly shared their time and skills.

2017 Racing Season: (See Appendix I for a full list of regattas)

Crews were able to take advantage of a fairly long rowing season. Boats were on the water in April/March of 2017 and rowing continued right into mid-December. Our athletes competed in over 30 regattas and events throughout the racing season.

The competitive season for Masters, Open Competitive and Secondary School Athletes began with indoor rowing events. Our members competed in the Canadian and Ontario Indoor Championships. Once on the water, Secondary schools took part in a number of regattas locally (e.g., Mother's Day), nationally (e.g., CSSRA), and internationally (e.g., Stotesbury).

During the summer competitive season, we had outstanding results at local, provincial and national regattas (see Highlights and Appendix I). The culmination of this season was the Canadian Henley Masters regatta and Canadian Henley. We had strong results at both regattas with multiple Henley Gold medals. The club won the Efficiency Trophy at Canadian Henley and had a top 10 finish at Canadian Henley Masters.

During the fall, we had very good results at the Head of the Welland, the Head of the Charles and the Head of the Fish in both the Masters and Open divisions. SCRC athletes also competed in the National Rowing Championships in Burnaby, BC.

SCRC athletes and coaches competed at the National and International level. We had representation at the 2017 Canada Summer Games (CSG) in Winnipeg, MB; the CanAmMex Regatta, at Elk Lake, BC; the U23 World Championships in Plovdiv, BUL; and the Senior World Championships in Sarasota-Bradenton, USA. Many of these athletes returned to compete successfully at Canadian Henley.

Highlights (of local crews and athletes):

1. CSSRA

1. **4 - Gold**, 6 - Silver, 6 - Bronze

2. RowOntario Championships

1. **10 - Gold**, 14 - Silver, 9 - Bronze

3. Canadian Henley (88 Competitive Athletes, entered 30 events)

1. Won the Efficiency Trophy (earning 324 points out of a possible 575 about 60% efficiency)
2. **9 - Gold**, 4 - 2nd Place, 6 - 3rd Place

4. Canadian Henley Masters (28 competitive Athletes, entered events)

1. **3 Gold**, 2 - 2nd Place, 3 – 3rd Place; 17 Finalists

5. Senior A World Championships

1. Matt Buie
2. David De Groot

6. Senior B (U23) World Championships

1. Laura Court (Gold)
2. Dan DeGroot
3. Julia Vanderhoeven (Gold)
4. Carly Zanatta

7. Canada Summer Games

1. Emma Dockary
2. Lauren Kelly
3. Amanda Martin
4. Anna Maloney
5. Emily Stewart
6. Alicia Piazza
7. Ethan McAlpine
8. Owen Voelkner
9. Nick Nero
10. "Swede" Ron Burak - (Coach)
11. Peter Somerwil - (Coach)

8. CanAmMex

1. Andrew Allan
2. Emma Dockary
3. Lauren Kelly
4. Grace Humphries
5. Mitch Rodgers
6. Michele Fisher – (Coach)

9. National Rowing Championships (NRC)

1. Emma Dockary
2. Lauren Kelly
3. Matt Buie
4. Taylor Ashwood
5. Zach Koroll
6. Nick Heffernan
7. Carly Zanatta
8. Matt Finley
9. David DeGroot
10. Owen Voelkner
11. Amanda Martin
12. Annamaria Lavecchia
13. Anna Maloney
14. Alex Roger
15. Mitch Rodgers
16. Andrew Allan

Awards:

- RowOntario 2016 Competitive Coach of the Year
 - Michele Fisher
- RowOntario Athlete of the Year
 - Emma Dockary
- RowOntario Male Umpire of the Year
 - Rich Neufeld

Athlete Development:

The Junior Development Squad (JDS) continued again this year. JDS is an initiative that supports SCRC athletes who are interested in moving to the next level in the RCA Long Term Athlete Development (LTAD) Model. Our JDS athletes were the first on the water in the spring and the last off the water in the late fall. These athletes are preparing for RADAR, RCA and RO training camps, and regattas at the National and International level.

Major Equipment Purchases in 2017:

We were very fortunate again this season to purchase new equipment to support our programs, as well as, placing new equipment into regular rotation.

- Trillium boats purchased in 2016 were rotated into regular usage in 2017
 - 4 pair/double
 - 2 four/quads
 - 2 sets of quad oars
- New cox four (2016 Paralympic boat) with Governor Simcoe
- Purchased late 2017
 - 2016 four/quad; this was a Hudson loaner that we rowed all summer then purchased in the fall. We took delivery in December!
 - 2011 Fluid single
- 2 coach boats and motors were purchased
- NK equipment for all of the programs; cox box's and stoke coaches
- Regatta tent with help from the Alumni Association

Safety:

Recently we have been developing, updating, and refining our overall safety plan for the rowing club. We will continue to make this a priority for all members of our club.

I wanted to extend my appreciation to Mark Welsh for his support in 2017!

*Prepared by,
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Appendix I (Regattas)

Indoor:

Canadian Indoor Erg
DM Novice Sprints
Ontario Indoor Erg

Secondary School:

Early Bird
John Bennet (Buffalo) Invite
Head of the Martindale
Mother's Day
Stotesbury Cup
South Niagara Invite
US Scholastics
London WOSSA
CSSRA

Summer:

Tony Biernacki
Dominion Day
CORA London
Westside Invite
US Club Nationals
CORA Welland
RowOntario Master Champ
St Catharines Invite
RowOntario Champs
Royal Canadian Henley Masters
Royal Canadian Henley
US Master's

Fall:

Muskoka Fall Classic
Head of the Welland
Head of the Raging Basshole
Head of the Charles
Head of the Fish