

St. Catharines Rowing Club

2018 Junior A Under 19 Women Summer Competitive Season

GOVERNMENT ISSUE PHOTO ID IS REQUIRED FOR RACE DAY

Volunteer Head Coach

Michele Fisher
Janelle Payne

michele.romak.fisher@gmail.com
janelle.payne@ymail.com

Parents & Athlete:

The Junior A Under 19 women's program consists of athletes that have already participated in a high school competitive program. These athletes are interested in **training daily** to improve their skills and fitness as athletes/coxswains with the St. Catharines Rowing Club. It is the goal of this program to continue the skill development of sweep and sculling with the ultimate goal of winning Henley Gold! Priority boats for the summer are based on the coach's decision as to what is the best chance to win at the Canadian Henley Regatta. This program does not consist of specific weight divisions for competition; however, if possible we attempt to group similar sized girls. Lightweight girls might be boated together to give them a sense of rowing with similar sized individuals. These athletes may then be entered into lightweight class events to expose them to this style of racing and prepare them for a possible future as lightweights.

*Lightweight is most often a senior category for women that are 19 or older and weigh 59kg/129lbs on race day.

On the Friday following the CSSRA regatta, the girls are expected to be at the rowing club ergometer session where they will pull a 2000m piece to be recorded and used as the first step towards selection. All athletes are expected to pull a 2000m piece, monitored by one of the program coaches. From this point the girls will meet at the rowing club at 5:30am Monday to Friday (weekends TBD) to be put into various shells for training. The daily training sessions are completed once all equipment is properly stored. Please communicate early if missed practice days are expected as this might affect the athlete competing in regattas and/or selection opportunities. The rowing club does its very best to put all athletes into boats and encourages all to participate in some way. However, circumstances such as limited coaches, equipment and/or weather may have the rower run and/or erg as he/she waits for a turn into a boat during that practice. For the same reasons the rowing club may limit its numbers in each program. Such concerns will be dealt with on a case by case basis.

Selection will consist of:

- 2K Erg Test
- Technical assessment by coaching staff
- *Top 8-16 (or more) may be selected to selection (for both sculling and sweep events)
- *Seat racing to take place over 1500m in 4+'s, 2x's and 1x
- Level of commitment, coachability, and compatibility
- Coxie (50kg/110lbs) selection will be based on steering, as well as coach and crew compatibility
- Firm Commitment to summer regatta schedule, including all regattas
- Individual work and holiday schedule **may** be accommodated on a case by case situation
- Alternate and extra practice times will be scheduled as required as per the coaching staff
- Final crew selection is scheduled to be completed by early July

*Subject to change due to oddities in number of athletes

REGATTA NAME	LOCATION	RACE DATE
Registration & Erg Race	Holy Cross Secondary	June 8 th 4pm
Dominion Day	Welland, ON North	July 1 st
Independence Day*	Philadelphia, PA	June 29 th – July 1 st
CORA London	London, ON	July 7 th
West Side Invitational*	Buffalo, NY	July 8 th
CORA St. Catharines	St. Catharines, ON	July 14 th
US Club Nationals*	Cherry Hill, NJ	July 11 th – 15 th
SCRC Invite	St. Catharines, ON	July 21 st
Ontario Champs**	London, ON	July 28 th – 29 th
Henley**	St. Catharines, ON	Aug 7 th – 12 th

***If the program attends, passport and out of country travel insurance are required**

**** Government issued photo ID with birthdate is required**

Due to travel costs, level of competition and equipment, not all athletes/programs attend every regatta.

High school rowers summer fee is \$555/Non-high school is \$625

Parents:

The St. Catharines Rowing Club is a highly competitive rowing club. Rowing in the top boat is not a right – it is earned through effort, achievement in practice, experience and the ability to race under pressure. Athletes are given many hours of practice and instructional time to further their development. The decision of who rows in top boats will be made in order that the team may be successful and achieve program and club goals.

Athlete selection for boat selection is exclusively the decision of the coaching staff. These coaches observe your athletes in practice and get to know their strengths and weaknesses in the sport. They therefore have the right to decide the boating and seating arrangements.

Athletes are encouraged to discuss their strengths and weaknesses with their coaches during practice sessions at appropriate times during practice or after practice when equipment is put away. We ask that such discussions be limited to practice times only and not to approach the coaches during a regatta. We also ask that at all times the inside of the boathouse and the dock is off limits to parents and friends.

Parents will please not approach coaching staff during regatta days with questions regarding line-up, race strategies, or boating positions. Should you have questions, the coaching staff will be happy to set up a time to discuss your athlete's abilities and progress. Discussions will be limited to your athlete's performance only. Coaches will not comment on other player's performances or other coach's decisions.

The rowing club is grateful to all parents for their numerous ways of contributing to the rowing club. Without you parents, the rowing club would be lacking in volunteers. There are many areas in which parents can contribute to the club.

If you are interested in knowing how you can volunteer with regattas please contact Sandy Kovacs at s_kovacs_73@hotmail.ca This is a great opportunity to see racing from the water as well as be a part of the 115 years of history of rowing in St.Catharines.

Thank you

Mark Welsh
Head Coach
St. Catharines Rowing Club