Saskatchewan Rowing Association Year in Review - 2019 - 2020

**Report of the President, submitted by Bryan Hillis**

It has been quite the year of transitions for SRA. First though, I want to thank all the other Directors and Club representatives who tolerated a first-time President of this Association who had not been on this Board for some decades. Thanks for your patience and even more importantly, thanks for all your hard work.

Following are just a few of the transitions for SRA in the past year:

1. We hired and oriented two new coaches, Brenda Colby (Development) and Andrew Knorr (High Performance. There are growing pains in every new position and we experienced those here but I am hopeful that both coaches are learning their positions, understanding the SRA structure and working, as we all are, to make rowing the best it can be in Saskatchewan.
2. We initiated a new position in the Director of Operations position and hired Linda Coe-Kirkham to fill that position. This has involved a huge learning curve for Linda who knew relatively nothing about rowing and who is getting used to a new position. Again, we are hopeful that Linda is settling into her new position, learning about rowing and becoming more comfortable with telling her volunteers what needs to get done!
3. Given these three new positions, it was extremely important that our staff positions have regular performance reviews. Karen Tilsley did an outstanding job of developing a process for these evaluations and then sat on two of the review committees. Most importantly, the staff now has agreed upon goals for the year towards which they are to work under the mentorship and direction of their supervising Director.
4. The Western Canada Summer Games were held near Swift Current in the summer of 2019. Saskatchewan again did very well under its new coaches. I also want to thank Doug Zolinski, past, past President for all his work in ensuring our rowing venue worked there.
5. I also want to thank Karen, Nicole Golden and Willy Bingham for their work on the budget this year. We really shifted the emphasis to one on Development and though it was a difficult year to do so, especially with the onset of the pandemic, there were some good, concrete ideas that will form some strategic goals for some time to come.
6. Our Club representatives have also really risen to the year of transitions. Michelle Lopez in Lloydminster, working with Coach Colby, has developed a solid core of oarspeople and given the SRA real hope that we can have an active club there as soon as circumstances allow. Regina Rowing Club sold some equipment to aid in this process and there is a general sense that the rowing scene in Lloydminster is about to take off in a very substantive way. Due to some initial work by Coach Colby and then carried through by Coach Knorr, we are looking at the revival of the Prince Albert Rowing Club. I am also very grateful to Nicole Ede and Tanya Tabel for their efforts as Club representatives in considering how we might get PA on the water again. Chad Jedlic has been a huge influence in the mentoring of Coach Colby in her new position with Joel Banscescue giving good organizational insight when needed. In Saskatoon, Dave Ukrainetz, Brian Woytowich and Sash Broda have represented Saskatoon interests well.
7. I am also grateful to Coach Colby for her work in having Saskatchewan well-represented at the indoor rowing event called Coast to Coast and to Coach Knorr for organizing the indoor rowing championships in Warman. I’m sorry that I wasn’t able to attend either of these or the annual banquet in Warman though I understand they were all good events.
8. In the officiating sector, Sheila Leach has worked hard to ensure that regatta sanctioning is more easily understood by our association. When there was a chance that we would have 3 or more regattas this summer of 2020, Sheila was working hard to ensure that they would all be sanctioned.
9. Of course, the biggest transition this year was the one the pandemic forced upon us. First, we were no longer able to erg together then it was virtually by zoom; I’m especially grateful to Coaches Colby and Knorr for their work in ensuring workouts and zoom sessions occurred. I’m writing this on the first day that Regina is getting back on the water with Saskatoon scheduled for tomorrow, albeit only in singles and with greatly enhanced sanitization and other procedures to ensure we ensure the health and safety of our members. To those in the clubs who have put in so much work ensuring that we could back on the water as soon as possible, I am very grateful.

I have also been able to participate in almost all of the Provincial Advisory Committee (PAC) meetings this past year with meetings held monthly until March when the pandemic struck and then weekly, with RCA staff and officials since then. I was also able to attend the national RCA conference in Ottawa in January, meeting many of my PAC colleagues in person (a concept now all the more valuable since this pandemic) and learning about both the concussion protocol, Safe Sport and Coastal Rowing. A full protocol is being developed for Safe Sport; we will have to work at ensuring that the RCA protocol meshes well with our four year old Sask Sport protocol but this shouldn’t pose too big a problem. It’s just another way Saskatchewan is ahead of the rest of the country!

I hope that as we get back to the water, we do not lose the opportunity to consider Coastal Rowing which may be the future of rowing. Flat water rowing is proving very expensive to maintain at all levels and particularly the Olympic level and it is already in danger of being eliminated from the Canada Summer Games schedule. Coastal rowing has been considered a good substitute as the venues are cheaper to establish and manage, fans are more easily attracted to it and it may be easier to attract athletes to the sport. I hope we will in the future consider how coastal rowing can become part of the rowing scene in Saskatchewan.

Finally, thanks to all those Directors and Club Representatives who have agreed to let their name stand for another year. It is thankless work being on Boards like this but it is absolutely necessary if the sport we cherish is to continue to move forward in the province.

**Report of the VP Administration, Submitted by Karen Tilsley**

# 2019-20 Highlights

* In July 2019 Linda Coe-Kirkham began her role as Director of Operations. As her supervisor we met weekly in the early months to orient her to the SRA and continued regular contact in person and over email throughout the year.
* I won’t be able to continue on in the VP Admin role past the end of this 2-year term for family reasons. I am available to orient a new person as desired and have included extra details throughout this summary of the past year that may be useful reference for a new VP Admin and to give a bit more detail on the activities should you or someone you know be interested in the role. The continuing board members and staff are fully knowledgeable and able to support the work of this position.
* Overall financial position:
  + SRA has $32,885 in long term investments (Sport legacy fund)
  + Cash assets are similar to last year at $98,399
    - This number will look different going forward as we have now set up a 100-day cashable GIC at TD bank to earn interest on $50,000
* Statement of Operations:
  + We ended the year with an operating deficit of $8,080. This was planned because of the planned purchase of the coastal boat with revenues carried over from 2018-19.
* SaskSport is happy with our current spending profiles as it reflects a balanced approach (with some opportunity for more spending in Capacity and Interaction) but would like to see an increase in proportion of our revenues coming from self-help.
  + Eligible expenses in each pillar are outlined in SaskSport [Annual Funding Guidelines](https://sasksport.ca/pdf/funding/AnnualFundingGuidelines2016.pdf) available on their website
* We are expected by SaskSport to have 50% of operating costs in cash reserve so that we could continue basic operations should SLTF become unstable. Based on an operating budget of apx. $280,000, this amount would be $140,000. Therefore, we still have work to do to increase the available cash which is currently around $100k. We did not make any progress this year as we had an overall operating deficit.
  + A new SRA Staff performance review process and supporting documents were developed and implemented.

# Budget and SLTF Annual Funding

* New budget for 2021-22 and revised 2020-21 budgets were submitted to SaskSport in February and subsequently approved by the SaskSport Funding Committee. The budgets are balanced as new revenue sources were unknown so we scaled back planned expenses in proportion.
  + Should new revenue sources become available and new planned expenses, a revised budget should be submitted to SaskSport using the online portal and by notifying Kia Schollar, our SaskSport consultant.
* SaskSport Lotteries Trust Funding – past year for comparison and future two years approved by SaskSport
  + All SLTF grant data are funding letters are available at Funding.Sasksport.ca using the SRA login (contact Director of Operations)

|  |  |  |  |
| --- | --- | --- | --- |
| **Grant Type** | **2019-20** | **2020-21** | **2021-22** |
| Annual Funding | $175,900 | $175,900 | $175,900 |
| HP Coaching | $47,800 | $48,900 | $48,900 |
| MAP | $5300 | $7500 | $7300 |
| Hosting (Western Sprints) | $2200 | TBD | TBD |

# Financial Management

* Forecasting exercise completed with VP’s and staff in December using updated spreadsheet template to include all areas in one excel.
  + This can be updated with numbers from the financial statements quarterly and then asking VP’s mid-year to forecast whether plans will go forward as budgeted or with changes
* Met with all VP’s in January to discuss budget to ensure spending reflected planned activities

in line with strategic plan

* Regular oversight of coding to ensure accuracy of financial statements (reviewing monthly statements and GL detail, approving payroll, signing cheque requisitions)
* I updated the budget excel file to match the layout on the SaskSport Funding application website for ease of data entry and comparison. Additionally, detailed notes are provided on each budget item by clicking on the notes in each cell.
  + The notes provide detailed information on how the budget numbers were derived so forecasting can more easily be completed to determine if we have completed the planned activities related to the expense or revenue line. Additionally, if budget revisions need to be made formulas are included to provide guidance on adjusting budget numbers should plans/number of athletes etc change.
* Linda worked closely with the auditor and our SaskSport accountant to see the audit through on time. We had one error that the auditor found and was corrected with journal entries.
* Revenues:
  + SLTF
    - Annual Funding: Fully expended per grant guidelines
    - HPCC Grant: fully expended plus 1/3 required matching per grant guidelines
    - MAP Funding: fully expended and reports received per SRA MAP policies
  + Self-help: slightly up from last year due to WCSG athlete fees and CSJ jobs grant
  + Membership fees: slightly up due to seat fee income coded under competitive
* Expenses:
  + Overall expenses were in line with budgeted (see spending profile per budget and per actuals in audited statements in the two charts below)

# Audit

* The March 31, 2020 Financial Statements and Auditor Report is completed and submitted for adoption.

*Motion:*

*To adopt the 2019-20 Financial Statements and reports from the auditor.*

* It is proposed to keep the same auditor for the March 31, 2021 audit.

### Motion:

*To appoint Marcia Herback as auditor for 2020-21 fiscal year.*

# 2020-21 Suggested Focus

1. Grow Operational Reserve:
2. Increase operational reserve through surplus budgeting
   * Achieve surplus through increased self-help revenue through fees, fundraising, sponsorships and grants
   * ensure the SLTF grant is expended fully on eligible expenses if grants are used to offset budgeted activities
3. Budget oversight:
4. Continue to engage regularly with VP’s and President to ensure operational area spending reflects SRA strategic plan initiatives and multi-year operational plan and is on-track throughout the fiscal year and submit revisions as needed.
5. Support Board in preparing for next full funding assessment in order to optimize SRA funding allocation from SaskSport.
6. SaskSport will require a new multi-year plan to be submitted along with next year’s budget due February 15, 2021.

# VP Admin – Position Overview

From Policy Manual:

**Vice President - Administration**.

1) The VP Administration is responsible for the overall financial management of the Association including:

a. Annual funding (submissions and follow up)

b. Director of Operations guidance and oversight

c. Financial coordinating role to each VP

d. Budget Preparation

2) Busy times for the VP Admin would be the time period leading up to the fund application (mid-February) and March when the year-end statement is prepared for the audit and follow up report which is due July 1 of each year.

**VP High Performance Report, submitted by Willy Bingham**

**MODIFICATIONS TO COMPETITIVE TRAINING**

Since March, our coaches have been working with clubs to implement training opportunities for athletes amid Covid19 restrictions. These have included remote training sessions over Zoom chat and self led training sessions. We have been forced to learn how to use remote training methods during the lock down. A silver lining in this otherwise difficult time is that we have been able to successfully implement remote group training opportunities for members of the LRC. We will continue to implement these sessions after the lock down has ended in order to support the development of competitive athletes in remote centres. Since moving onto the water, our community has been able to row in singles. We look forward to moving to crew boats when restrictions are lifted.

On the behalf of competitive athletes across the province, thank you to clubs for lending out ergs to your membership during the lock down. This choice has been instrumental in keeping our athletes in top shape amid training restrictions.

**WESTERN CANADA SUMMER GAMES**

Our provincial team athletes have represented our community well in Swift Current in the summer of 2019. Detailed results are available in Andrew Knorr’s Provincial HP report. Our athletes are using this as a stepping stone toward a 2021 Canada Summer games performance.

**HPCC GRANT**

SaskSport provides significant financial support in the form of the High Performance Coach Capacity

Grant which allows the SRA to provide excellent coaching resources to club and provincial athletes. The

SRA has been approved for another year thanks to our great provincial coaches and our athletes’

national and international performances at regattas. Results at the Canada Summer Games are one

of our Key Performance Indicators for high performance sport. The SRA appreciates clubs’ continued support to promote competitive opportunities for its members and as a result, help the SRA secure the HPCC grant for another consecutive year.

**Report of the VP Development, submitted by Nicole Golden**

2019-2020 has been a year of major change and increased focus in development for Saskatchewan Rowing. Beginning with our Board directed transition to increased funding and support to development initiatives across the province and the strategic aligning of job descriptions for our two provincial coach positions to achieve these goals. Below are a few of our highlights in development this past year.

**Summer Development Coordinator/Coach**

The Development portfolio focused most of its budget and activity on the priorities established for the Summer Development Coordinator. In this position, Gill Cattet worked with all four clubs to strategically support the unique development priorities of each Zone. Feedback from the clubs has been positive and we hope to build on this initiative. Canada Summer Jobs Grant funding was applied for again in January 2020.

Over the course of the summer two trips to Prince Albert were made offering introductory learn to row sessions for 7 participants. In addition, the SRA supported the PADRC through the purchase of a coastal double, the first of its kind in Saskatchewan.

Additionally, trips to Lloydminster supported by Michelle Lopez and the Lloydminster Rowing Club, engaged several schools. Along with coaching existing members while in Lloyd, Gill was able to run learn to row sessions for new members and one session for 6 junior participants with varying degrees of experience.

**CAAWS Grant**

An additional development initiative of the 2019 on-water season, was the creation of the Indigenous Girl Learn to Row opportunities. The Mother Theresa Middle School program in Regina was a success and fully funded through the CAAWS Grant. Through this initiative, we have made a number of new contacts in both Saskatoon and Regina, and we hope to coordinate youth participation well before the formal school year ends in future years. We are so grateful to the CAAWS organization for making this opportunity possible.

**Provincial Development Coach - Brenda Colby (60% development focus)**

Highlights

Since Brenda’s start date in May, we have worked toward several priorities at the Regina club including offering a focused winter indoor rowing session for senior/masters. For outreach in Regina, Brenda visited three schools contacting more than 280 high school students. Our goal is to promote indoor rowing as part of the physical education curriculum for students in grade 9-12.

Provincial wide priorities focused on developing a resource of training for current non-rowers using social media posts, posters, and online training opportunities. There is significant potential for growth in this area.

A focused development program in Lloydminster was formalized and with the SRA’s support, we were able to provide ergs for local athletes to train on. A formal visit from Brenda was well received and a number of athletes continue to train and have moved to the High-Performance focus.

Two new programs that were initiated by Coach Andrew through his Development efforts were the Community School Indoor Rowing program at Confederation Park Community School in Saskatoon. Thanks to the Saskatoon Rowing Club, 4 ergs were able to be used permanently through the winter season by these youth. More than 40 under-represented youth were included in this program.

**High Performance Coach - Andrew Knorr (20% development focus)**

Andrew also initiated an indoor rowing opportunity through the Saskatoon Tribal Council, and although COVID prevented this program from running, Andrew has begun preliminary discussions around getting regular programming for youth in this organization.

In addition to these activities, both coaches have spent the past year working with Juniors from all clubs continuing to develop our youth programming and grow our Junior program across the province.

**Thanks**

I would like to express thanks to Coach Andrew and Coach Brenda for all their work over the past year and look forward to continuing to develop clarity around our provincial development goals.

Special thanks to Chad Jedlic and Bryan Hillis for providing the ongoing mentorship and guidance to our Regina based provincial development coach. Their ongoing efforts to maximize the success of this role is greatly appreciated. And thanks to Willy Bingham for his support of Andrew’s development initiatives.

And finally, major thanks to our funders Sask Lotteries as administered by Sasksport, CAAWS, and the Government of Canada through the Canada Summer Jobs grant, for their continued support and guidance.

**Provincial HP Head Coach Report, submitted by Andrew Knorr**

This past year has been particularly rewarding as my return to Saskatchewan kicked off with preparation for the Western Canada Summer Games hosted by the City of Swift Current.

**Western Canada Summer Games - Swift Current, SK, August 13-18**

17 athletes competed from both centres (Regina Rowing Club and Saskatoon Rowing Club) at Lac Pelletier Regional Park in 12 events across both genders.

**Gold** Men’s Pair Men’s Coxless Four Women’s Single Scull

Women’s Double Sculls Women’s Quad Sculls Women’s Coxless Four

**Silver** Men’s Single Scull Men’s Eight with Coxswain Men’s Quad Sculls

Women’s Eight with Coxswain

**Bronze**  Men’s Double Sculls Women’s Pair

Our Team Sask women’s team won the overall points total with 7 available team points awarded towards overall provincial points at the Games. Team Sask’s men’s team came 2nd overall.

**Rowing Canada National Rowing Championships & Canada Cup Regatta**

**Burnaby Lake, British Columbia,**

Saskatchewan Rowing had 8 athletes representing the province at the 2019 Rowing Canada National Rowing Championships (NRC) and Canada Cup regattas. Rowers competed in four events at NRCs and achieved podium results in two events. Athletes also competed in a Junior W4x at the Canada Cup, winning the event overall in their age category. Saskatchewan was awarded the national efficiency award, given to the province who has the best finishes relative to the amount of entries submitted in events. Please see below a breakdown of results by athlete and event.

**NRCs**

*Junior Women’s 1x* (*28 total entries in event)*

**Bronze** – Lily Jedlic (Regina RC)

**4th** – Lauren Matai (Saskatoon RC)

**5th** – Aida Lissel-DeCorby (Saskatoon RC)

**21st** – Elana Gelineau (Saskatoon RC)

*Junior Men’s 2- (10 total entries in event)*

**Silver** – Johnathan McLeod & Matthew Johner (Saskatoon RC)

*Senior Women’s 2- (20 total entries in event)*

**9th** – Larissa Werbicki (Saskatoon RC/NTC)

*U23 Lightweight Men’s 1x (14 total entries in event)*

**9th** – Sam Seshadri (Saskatoon RC/Univ. Victoria RC)

**Canada Cup**

*Junior Women’s 4x*

**Gold** – Aida Lissel-DeCorby, Lily Jedlic, Lauren Matai & Elana Gelineau (Saskatoon & Regina RC)

**National Team Members**

This year two athletes qualified for continued selection with the Junior National Team at Quamichan Lake, BC. Aida Lissel DeCorby and Lily Jedlic both qualified to compete in the Women’s Quadruple Sculls and Women’s Double Sculls, respectively, at the Junior World Championships held, as a test event for the Olympics, in Tokyo, Japan. Aida and her crew finished 4th overall and Lily, with her partner, finished 16th overall in a field of 22 entries.

**Saskatchewan Indoor Rowing Championships, Warman, SK, February 1, 2020**

The Saskatchewan Indoor Rowing Championships (SIRC) were hosted at Not a Gym SK in Warman, Saskatchewan. This was the first time the event was sanctioned and was attended by 50 participants, competing across 4 major events. Having the event sanctioned by Rowing Canada allowed us to have two umpires overseeing the event, allowing them to acquire more hours towards higher certifications within the umpire pathway.

**Coaching Education**

I was certified RCA Performance Coach at the 2020 Rowing Canada Coaches Conference in Ottawa, Ontario. I am continuing to work on completing all required modules so that I will be considered fully certified as per Rowing Canada’s new initiative to have “every coach certified”.

**Report of the Provincial Development Coach, submitted by Brenda Colby**

**Summary**

I can’t believe that it has been one year since I traded my BC license plates for Saskatchewan plates. I started a brand new position with the Saskatchewan Rowing Association, May 1st 2019. I have already moved twice and survived some of the coldest weather I have ever experienced! Starting with an empty portfolio in my position as Program Development Coach and Regina Rowing Club High Performance Junior Coach has been a bit of a challenge. I am grateful for the grande welcoming I received from the RRC community, the guidance and encouragement given to me by the SRA and RRC board and club members, and the generous and open reception the rowers have shown me as their new coach.

**Regina Rowing Club Coaching**

I have been coaching the Junior High Performance rowers since starting on May 6, 2019. Preparations for the Western Canada Summer Games began right away under the guidance of John Haver, in Saskatoon and with additional support from Brie Ellard Jedlic, in Regina. Newly hired HP Coach, Andrew Knorr, took over from John once he arrived on July 1st . We had several training camps, alternating between Saskatoon and Regina, that allowed the rowers to get to know each other, train together and practice performing as a ‘team’. This proved to be a fruitful endeavor, resulting in numerous successes at the WCSG held in Swift Current, August 14-18: 6 gold, 4 silver and 2 bronze medals for the Sask Rowing Team. Outstanding results were displayed in other regattas the Juniors attended; Regina Sprints, Alberta Open, NWIRA’s (attended by a smaller but just as successful group of Jr rowers), Head of the Saskatchewan River, and Head of the Red in Winnipeg.

We are very proud of the fact that one of our HP Juniors, Lily Jedlic, was named to the Canadian Junior National team, finishing 3rd in the C Final (15 out of 22 boats) at the Junior World Championships in Tokyo, Japan. Lily is the youngest Canadian Junior to have competed at the Worlds. Lily also showed exceptional results at the National Rowing Championships in Sept 28-29, placing 5th out of 29 participants in the Junior Women’s Single. She was also part of the Saskatchewan Rowing Quad that finished 2nd overall, 1st in the Junior Division. Saskatchewan won the 2019 NRC Efficiency Award, a first for the province.

The rowing membership moved to indoor winter training early November. The HP Juniors follow Coach Knorr’s training plans. The three Junior development rowers, one senior rower and 2 new athletes, transferring from another high level sport followed a modified training plan until they were ready to move to the HP training program. Training sessions were Monday, Wednesday, Friday and Saturday for HP Juniors, Tuesday and Thursdays for Development Juniors (Saturday optional). The HP Juniors were able to do strength training with Cassandra Serbu at Level 10 Fitness on Tuesday and Thursday afternoons, funded by the Sport Science plan, January to end of March, 2020. Starting in January we combined the HP and Development rowers.

I facilitated two evening Master’s indoor training sessions, Tuesday and Thursdays, and Saturdays. The sessions were popular, attracting 4 adults new to rowing and 6 returning members. I used the rowing/core workouts I created for these sessions which were well received and created a fun, fast paced, full body 1 ½ hour workout to music.

Saturday’s workouts included Junior and Master rowers and were used to participate in Andrew Knorr’s Weekly Ranked Workouts (ie. Saskatchewan Rowing Association’s Erg Series), which started in December. These were very good for getting everyone ready to participate in the Saskatchewan Indoor Rowing Championships, held in Warman this year at Not A Gym,SK. The SRA Awards Banquet followed this well run event.

I created a 15 minute slide show, highlighting the WCSG, National Team participants, club regattas and many other special rowing moments. This was presented at the Banquet.

April/May Remote Training took place using Zoom. Andrew Knorr worked with the HP Juniors and I worked with the Development Juniors. I also ran a Tuesday and Wednesday evening session for the Masters Rowers. It was an exciting opportunity to be able to train during a period of time where social distancing was of utmost importance. It was also a great opportunity to invite and train with Michelle Lopez and 4 Lloydminster juniors.

The Juniors and Masters joined the RCA challenges and the 1st ever Brentwood Virtual Indoor Regatta Series – 3 races over three months (on ergs or running). There were over 500 participants from clubs across Canada, USA and Australia.

**Provincial Program Development**

\*Weekly Winter Indoor Workout Newsletters were published using Constant Contacts and emailed to the entire membership. These newsletters included training tips, videos on technique, current information on upcoming events/competitions, and two printable workouts. There were 50 different rowing/core workouts created in total. These were also posted on the Saskrowing Facebook page and Instagram account. Michelle Lopez from the Lloydminster Rowing Club shared these workouts on their facebook page. Nicole Ede, from the Prince Albert Drifters RC, also shared occasionally.

\*A ‘Home Workouts’ Newsletter was put out weekly during the ‘Stay at Home’ period of Covid19 (April/May). Clubs were rented out the Concept2 rowers and members were able to continue training at home via Zoom

\*Weekly posts of interesting facts and rowing news were posted a few times per week on the SRA Facebook page, Saskrowing and RRC Instagram accounts.

\*Regular communication with Michelle Lopez for the Lloydminster Rowing Club occurred weekly. Michelle joined the April and May evening training sessions via Zoom. Communications with Nicole Ede and Kristy Hoornick (Rower and Fitness Trainer new to PA) began in January and were then handed to Andrew Knorr in March.

\*I am presently working on creating a Provincial Coaching and Training program for Junior Learn to Row and Junior Development Programs that can be a resource accessed through the SRA website.

**Club Development and Recruitment**

***\*Rowing Presentation and Row/Core Workout* at local schools** to promote the sport of rowing as a ‘fit for life’ or ‘competitive’ opportunity (ie Canada Summer Games 2021)

\*November 2019 at Luther College High School: Wellness Day – 18 students + 2 staff

\*January 2020 at Campbell Collegiate: One morning training class and 3 PE classes - 120 students

\*February 2020 at LeBoldus High School: 5 Phys. Ed. Classes – 150 students

Follow up sessions were scheduled for March/April but had to be cancelled.

Note: One student joined the Junior Program, rented an indoor rowing machine and trained with us during the March/April Covid Remote training. He is now participating in our on-water sessions.

***\*Rowing Presentation and Meeting* with Lloydminster RC** Board and Club Members, Feb 2-5:

10 high performance athletes attended two early evening sessions to learn about rowing and learn how to row a Concept2 rower. They were quick to take to the sport and excited for an opportunity to attend a Canada Summer Games Camp in Saskatoon with HP Coach Andrew Knorr and other Saskrowing Junior rowers.

Doc Sayeed and Michelle Lopez were excited to take me on a tour of their rowing club and expressed a need to update equipment. Doc arranged for the local newspaper and television station to come to one of the sessions and interview with me and a few of the athletes. It was a great promotional piece.

Note: SRA purchased three used Concept2 Rowing machines from RRC for me to take to Lloydminster and leave for interested athletes to train on. They became very worthwhile during the remote training via Zoom. Three of the Lloydminster athletes joined the sessions and got to meet the Regina and Saskatoon rowers while also training with them.

***\*Canada’s Coast to Coast Indoor Rowing Day – Feb 22, 2020*** I was on the organizing committee forthis event, first of its kind. The purpose was to gather as many Canadians on indoor rowing machines, on one day, to try to row across the country (by meters rowed) creating excitement and interest in rowing during the winter months. This was a wonderful way to connect the provincial clubs and offer an opportunity for non-rowers to participate. Family members and friends came to the event, learned how to row and socialize. Lots of wonderful new relationships with other club executives and coaches were formed through helping to organize this event. We are hoping to make this an annual event.

**REGINA ROWING CLUB – REPORT TO SRA AGM – Submitted by: Chad Jedlic**

RRC Rep The Regina Rowing Club enjoyed a successful 2019-2020 year of activity.

Highlights and initiatives for the year include:

Programs:

• Mother Theresa Middle School summer rowing camp which partnered with an elementary composed of wonderful, but disadvantaged youths.

• Crew Challenge and Rowing League programs attracted and retained members.

• Evening Masters training session with a different approach to training combining erging, stretching and yoga. Sessions were developed and led by Brenda Colby.

• Strong group of contract and volunteer coaches supported activity through summer and winter.

• Hosted SRA organized coaching clinic in March of 2020 for 11 participants.

• Hosted Sprints Regatta as well as “Kings and Queens of the 306” which was a fun dash event. Thank you to SRC for joining us. Facilities & Equipment:

• The Canada Games Room and change rooms were renovated and new A/V equipment installed. This joint initiative between the Canoe Kayak club and RRC adds tremendous value to the facility.

• Fixed hull damage on 2 quads, 2 doubles and 3 singles and then professionally repainted. The project was a club initiative, but due to covid and social distancing, it was completed primarily by Marc & Donna Ell. Many thanks Marc & Donna.

• Purchased a new wakeless launch for coaching. 2020 and Covid:

• The emergence of covid-19 forced a sudden change to our winter training. Members and coaches adapted well to renting ergs and on-line virtual training.

• The original programming plan for 2020 has been changed to align with RCA, SRA, and Government of SK regulations and requirements. At this time, we are only offering programming in single and family crew boats, as such our programs are open to independent and semi-independent rowers – meaning people that can row singles and need little to none coaching and guidance.

• Programs for new members is not possible until social distancing regulations are relaxed. Membership numbers will be lower this year.

• Many thanks to SRA for the general support of the club and specifically for guidance on covid.

**Lloydminster Rowing Club Report, submitted by Michelle Lopez**

The LRC had a great season with many highlights worthy of reporting on!  We maintained a total of 10 memberships last season and currently holding 7 memberships with the start of this training season indoors.

We hosted Gillian Catett on two separate occasions during the summer. During the first visit in late June 2019, she attended Holy Rosary High School, ES Laird Middle School and the Lloydminster Comprehensive High School where she presented information to students about rowing through a small presentation.

She also attended our club and had a night on the water with our members.  Gillian returned in July and hosted some of our junior members on the water.  In February 2020, our club was pleased to host Brenda Colby for a two day seminar and dry land workshop with our junior members.  It was hosted at our local Lloydminster Bobabcat Jr A fitness faculty and was attended by a total ten youth.

We are very pleased to report that as a result of the initial visit from the Provincial Development Coach, three junior athletes continued on to pursue rowing as members of our club. Two of these athletes have now joined Andrew Knorr and the High Performance group and one has joined Brenda Colby and the Development group.

The LRC was gifted three ergs and we could not have received this support at a better time. Thank you.  At the time we did not know that COVID-19 was going to change the beginning of our on-water season and the ergs were so helpful.  Our three juniors took advantage of all the zoom team and zoom individual sessions hosted by SRA and both Saskatoon and Regina.  We are excited to host Andrew Knorr in early June to have some on the water coaching. I also attended many of the master zoom workouts and found great benefit in learning new skills and growing our rowing community.

**Prince Albert Drifters Rowing Club Report, submitted by Tanja Tabel**

Prince Albert Drifters Rowing Club continues to share space with the local canoe/kayak club, which has enabled use to share costs associated with having a crane come in to get the docks on and off the water. This has been a difficult last few months as we do not anticipate that we will be able to install docks for an on-water season with the present covid-19 situation. Our docks remain on land or in the boathouse, and with no members able to access the water, our spring and summer season are in jeopardy.

Although we are appreciative of the SRA support that allowed for two visits last summer from Gill Catett, our club numbers remain small. We did have a couple new rowers out last summer, with one who joined for the remainder of this past season. With limited growth and dwindling numbers it appears that for the past couple of years we have had a maximum of 4-5 recreational rowers.

We really do not have recommendations on what would be the most appropriate next steps for our club. It is very difficult to explore options for the recruitment of younger members with no access to equipment or the water. We are responsible to continue to provide insurance on equipment that remains in the boathouse. This along with the cost of having the docks put in, are our largest expenses.

