



U17 and U19 Men's and Women's Programming St. Catharines Rowing Club, Summer 2026

Outline

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1. Introduction

The St. Catharines Rowing Club has a proud tradition of excellence, consistently competing at the highest levels of the sport. This summer, the U17 and U19 Men's and Women's Programs will continue that legacy by fostering a strong training environment, providing top-tier coaching, and, most importantly, supporting athletes as they pursue their personal and team goals. Whether aiming for championships, international competition, or personal bests, our athletes will benefit from a structured and challenging program designed to push limits and maximize potential.

This information package outlines the key details, expectations, and structure for the Junior Program (U17 and U19 Men's & Women's) as we prepare for another exciting and successful summer season.

2. Expression of Interest & Contact Information

Expression of Interest: [2026 Expression of Interest](#)

Summer Coaches:

Greg Szybka - SCRC Head Coach
- U19 Men Lead
- U19 Women Lead
- U17 Men Lead
- U17 Women Lead

Contact Information:

Greg Szybka	scrheadcoach@gmail.com



3. Typical Practice Schedule

U19 Men & Women

<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THURS</i>	<i>FRI</i>	<i>SAT</i>	<i>SUN</i>
OFF	5:00 –7:00am	5:00 –7:00am	Club Time Trial 5:00 – 7:00am	5:00 –7:00am	8:00 - 10:00am	8:00 – 10:00am
					11:00am - 12:30pm	11:00am – 12:30pm

U17 Men & Women

<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THURS</i>	<i>FRI</i>	<i>SAT</i>	<i>SUN</i>
OFF			Club Time Trial 5:00 – 7:00am		8:00 – 10:00am	8:00 – 10:00am
	4:30 –6:30pm	4:30 –6:30pm	4:30 –6:30pm	4:30 –6:30pm	11:00am - 12:30am	11:00am 12:30pm

***Note:** Off days and exact practice times will be finalized after the first team meeting to accommodate work schedules as best as possible.

4. Groups and Eligibility

The U17 and U19 Programs are open to rowers and coxswains with at least one season of experience with a school or club team. Athletes from all backgrounds are welcome, regardless of their previous affiliation. Participants in these programs are expected to demonstrate strong commitment, train consistently, and embrace a high-performance lifestyle.

Athletes will be grouped within the program based on 2k ergometer test results, seat racing results, overall boat speed throughout the season, fitness, commitment level, and individual goals. These groupings reflect the competitive environment of the club, where athletes may have varying levels of experience, aspirations, and performance metrics. Committed and competitive athletes will get priority in equipment assignments, coaching availability, and lineups/regatta entries.

5. Expectations

Athletes may not participate in programming until registration is complete and all fees are paid. Participants are expected to attend training consistently and all regattas listed in the schedule provided. Participants must be supportive teammates, committed to their selected crew, and positive contributors to the club environment. Event lineups will be highly dependent on athlete attendance, sportsmanship, and daily effort. Once selected for a lineup, athletes are expected to be committed to that lineup in training and competition through the remainder of the season.



6. Fees

Summer Fees		
Scenario #1	RCA/ORR fees <u>previously paid</u> (rowed spring/high school season)	\$385
Scenario #2	RCA/ORR fees are included in membership fee if they were <u>not previously paid</u> (athlete did not race spring/high school season).	\$455
Other: Racing Deposit	A deposit for summer racing entry fees. Unused parts of the racing fee deposit will be returned at the end of the season.	\$430

*Notes:

- More information: <https://www.stcatharinesrowingclub.org/membership.html>
- Payment plans are possible and must be coordinated with SCRC finance at the beginning of the season.

7. Important Dates

<i>Event</i>	<i>Date</i>	<i>Location</i>	<i>Details</i>
Fees Due	June 8 nd	N/A	E-transfer to scrcpayments@gmail.com
Ergometer Evaluation *All Junior Athletes*	June 11 th	Henley Island – Neil Campbell Rowing Center	2k Erg
Dominion Day Regatta	July 1 st	Welland, ON – North Course	1000m Race
CORA Welland	July 4	Welland, ON – South Course	2000m Race
Westside Invitational	July 6 th	Blackrock Canal, Buffalo, NY	1500m Race
CORA Championships	July 11 th	Henley Island	2000m Race
Row Ontario Championships	July 18 th - 19 th	Henley Island	2000m Race
Henley	August 4 th - 8 th	Henley Island	2000m Race

*Note: Other races/regattas will be decided on a case-by-case basis to align with athlete and crew abilities/schedules.



8. Selection

Evaluation Criteria

Rower-Specific Factors:

- Ergometer performance
- Boat speed assessment (seat racing, time trials, racing, etc.)
- Ongoing technique, coachability, and compatibility with athletes and coaches
- Ability to commit to training schedule and crew lineups

Coxswain-Specific Factors:

- Athlete and coach feedback
- Assessment of ability, including but not limited to, steering, technical communication, and crew management
- Compatibility with athletes and coaches, including the ability to translate the coach's vision to rowers by making appropriate calls within the boat
- Weight - Coxswains will be weighed in prior to all selection events, including erg and on-water assessments.
- Racing experience and results
- Leadership within team and crew
- Ability to commit to training schedule and crew lineups

Selection Dates

<i>Event</i>	<i>Date</i>	<i>Details</i>
Training Opens	June 9 th	Erg preparation and equipment set up
Stage 1: Ergometer Evaluation - All Junior Athletes	June 11 th	2k Erg
Stage 2: Seat Racing & Ranking – All Junior Athletes	June 13-21 st - Exact dates are weather dependent	Athletes included are dependent on erg results and prior experience
Stage 3: Ongoing Evaluation and Further Ranking If needed	Ongoing	Observation of commitment, sportsmanship, and coachability
Final Henley Crew Selection Target	July 6 th	Pending unforeseeable circumstances

***Note:** If you cannot meet these dates, you must contact coaches and submit an extenuating circumstance request to determine eligibility moving forward.

Adaptation Stipulation

This policy is ever evolving and may require changes with little or no notice. The coaches may consider adjustments to the policy based on a variety of factors, including but not limited to, special athlete circumstances, boat completion, unforeseen events, and more.

Coaches will be transparent and direct with every selection decision, but it should be noted that athlete privacy may have to be respected in rare circumstances.

In the event of medical adaptations, athletes must advise the coaches in writing of the injury, illness or extenuating circumstance as soon as possible.

