

St. Catharines Rowing Club U23/Sr. Information Package



SUMMER 2026



SCRC Summer 2026 Programming

Outline



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1. Introduction

The St. Catharines Rowing Club has proud tradition of excellence, consistently competing at the highest levels of the sport. This summer, the Under-23 and Senior 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 Senior and Under- 23 Competitive athletes as we prepare for another exciting and successful summer season.

2. Expression of Interest

Expression of Interest: [form to express interest in joining the program this summer](#)

3. Typical Practice Schedule

MON	TUES	WED	THUR	FRI	SAT	SUN
OFF	Event: Team Practice Location: Henley Island Time: 5:30 AM	Event: Team Practice Location: Henley Island Time: 5:30 AM	Event: Team Practice Location: Henley Island Time: 5:30 AM	Event: Team Practice Location: Henley Island Time: 5:30 AM	Event: Team Practice Location: Henley Island Time: 6:00 AM	Event: Team Practice Location: Henley Island Time: 6:00 AM
OFF	Event: OYO Strength	Event: Secondary session for high volume	Event: OYO Strength	Event: Secondary session for high volume	Event: Secondary session for high volume	Event: Secondary session for high volume

Note: We will explore all practice time options (AM or PM) to determine how to best meet the needs of all athletes. 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 Senior and Under-23 Competitive 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 factors such as boat speed, commitment level, fitness, individual goals, and ergometer performance. These groupings reflect the competitive environment of the club, where athletes may have varying levels of experience, aspirations, and performance metrics. Top competitive athletes will get priority in equipment assignments, coaching availability, selection, and lineups. Athletes not meeting performance expectations will not receive priority in these areas.

5. Expectations

All participants must review and complete the full registration requirements ahead of beginning practice.

Furthermore, participants of this program are expected to attend and commit to consistent training and the provided regatta schedule. Participants must be committed to their selected crew, support teammates, and contributors to the club

environment. Event lineups will be highly dependent on athlete attendance 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. Athletes who do not regularly attend practice for reasons other than agreed upon absences or unforeseen circumstances (e.g, sickness, injury, etc.) may be subject to removal from lineups. Athletes are expected to communicate absences in written agreed-upon absences or unforeseen circumstances (e.g. tell coach(s) in advance or as soon as they come up).

6. Fees

Summer Fee - June 8 to Henley Regatta		
Scenario #1	RCA/ORR fees previously paid. Most participants will have already paid these fees if they rowed for their club or school in the spring.	\$385
Scenario #2	RCA/ORR fees were not previously paid and are included in the membership fee.	\$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
Spring Rowing		
Scenario #1	Begin rowing with SCRC on, or close to, May 1 st . RCA/ORR fees previously paid.	\$160
Scenario #2	Begin rowing with SCRC at an earlier date or later date in May. RCA/ORR fees previously paid.	\$40/ week
Other - RCA/ORR Fee	Most participants will have already paid these fees if they rowed for their club or school in the spring. If these fees have not been paid yet, they are in addition to the spring rowing fee.	\$76.5

- More information regarding fee structures (2026) can be found here: <https://www.stcatharinesrowingclub.org/membership.html>
- Payment plans are possible and must be coordinated with SCRC finance ahead of rowing with the club.
- Registration information can be found here: <https://www.stcatharinesrowingclub.org/club-athlete-registration.html>

7. Important Dates

Event	Date	Location	Details
Training opens & May fees due	May 1st	Henley Island	Senior and U23 training opens. If you wish to begin training earlier, contact the coaches.
Ergometer Evaluation	May 30th	TBD	2k Erg
Summer Fees Due	June 8th	N/A	See section 6
CORA Championships	TBD	Henley Island	Determined by crew interest and needs
Away Regatta	July 11-12	TBD	Determined by crew interest and needs
Row Ontario Championships	July 18-19th	Henley Island	
Henley	August 4th-9th	Henley Island	

Note: Other races will be evaluated on a case-by-case basis to align with athlete and crew needs.

8. Selection

Purpose

Whereas this document is in accordance with the St. Catharines Rowing Club selection framework, the purpose of this selection policy is to outline factors considered by coaches during the selection process.

Evaluation Criteria

Rower-Specific Factors:

- Ergometer performance
- Boat speed assessment (seat racing, time trials, racing, etc.)
- Racing and trialing
- Efficiency
- Ongoing technique, coachability, and compatibility with athletes and coaches
- Ability to commit to training schedule and crew lineups
- Lightweight athletes' ability to meet and maintain weight
 - Selection weight maximum for Lightweight Women shall be 61.0kg

- Selection weight maximum for Lightweight Men shall be 74.5kg
- Lightweights will be weighed in prior to all selection events, including erg and on-water assessments.

Coxswain Specific Factors:

- Athlete and coach feedback
- Assessment of ability, including but not limited to, steering, technical communication, situational awareness, and ability to execute plans
- Potential coxswain recording review
- 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 may be weighed in prior to selection events, in 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:

Event	Date	Details
Training Opens	May 1 st , 2026	
Stage 1: Ergometer Evaluation	May 30th	2k Erg
Stage 2: Seat Racing	June 8 th - 21 st . Exact Dates are weather dependent and may be subject to change	Athletes included are dependent on erg results and prior experience
Stage 3: Ongoing Evaluation and Further Ranking if needed	TBD	If needed
Final Henley Crew Selection Target	July 6th	Pending unforeseeable circumstances

Note: Anyone unable to attend the ergometer evaluation should contact the coach to set up a plan to complete this prior to the start of on water assessments.

Note:

Athletes are always welcome to join the club and train at any point in the summer but should align themselves with the above dates to be considered for selection to crew boats. Under unique, unforeseeable circumstances, or in cases where there are openings in lineups, athletes may be considered for crew boats. If you cannot meet these dates, you must contact coaches and submit an extenuating circumstances request to determine eligibility moving forward. Athletes who fall outside of these dates will be reviewed on a case-by-case basis.

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.