

VOLUME 4

APRIL 2026

SCRC DOCKSIDE



**FORGE
AHEAD.**



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SCRC
Henley Island
St. Catharines, ON

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DOCKSIDE



SPRING IS HERE!



The 2026 on-water season is officially underway! April has been a true test of character for our Club and High School crews, who have battled a relentless mix of frigid temperatures, driving rain, and high winds.

When the elements became too hazardous, we were reminded how fortunate we are to have the Neil Campbell Training Centre. Access to this great facility has been a game-changer this year, allowing our athletes to pivot seamlessly to high-quality indoor training whenever the Henley was unrowable.



However, the "April showers" weren't without their rewards. On those fleeting days when the sun broke through and the water turned to glass, we got a spectacular taste of what's to come. Those flat-water sessions served as a perfect preview of the speed and rhythm we're building toward.

The grit developed in the cold, combined with the advantage of our indoor training hub, has set a phenomenal foundation for the regatta season ahead.

FOG, FUN, FIRST RACES... EARLY BIRD REGATTA

The high school racing season officially took flight on the Martindale Pond with the Early Bird Regatta. Designed to give students their first taste of competitive racing this year, the event focused on experience and sportsmanship over everything else.

To encourage participation and promote the sport within our community, entry fees were waived for local clubs—a gesture that underscores the St. Catharines rowing spirit. In the interest of keeping the focus on development, each student was limited to one race, ensuring everyone had a chance to test their lungs and legs without the burnout of a multi-race day.



The morning began with a literal shroud of mystery as thick fog rolled across the water, making the finish line invisible from the start. Safety always comes first, which led to significant delays as we waited for the "all clear."

Despite the slow start, the energy on the docks remained high. Once the mist lifted and the coast was clear, our incredible team of volunteers sprang into action. Their expertise kept the transition between races smooth and efficient.

FOG, FUN, FIRST RACES... EARLY BIRD REGATTA

From first-time racers getting their "racing stripes" to seasoned seniors leading their crews, the day was a resounding success. The Early Bird lived up to its name, shaking off the winter rust and setting the tone for a competitive spring.

For full race results, click the link below:



RESULTS



ST. CATHARINES RECREATIONAL
ROWING LEAGUE HOSTS

TRY IT DAY!

MAY 2ND

COME TRY ROWING:
11am - 2pm
Henley Island

SIGN UP HERE

NOTE: This is an adults only event.

MAY 2ND
TRY IT!

Time: **11AM-2 PM**

Location:
**St. Catharines
Rowing Club**

Who: **Adults only
(18+)**

Cost: Free

Have you ever watched the shells glide across the Martindale Pond and wondered what it feels like to be in the boat? Now is your chance to find out!

Organized by Rowing Canada Aviron and hosted right here at the St. Catharines Rowing Club, we are thrilled to invite the community to our Adult "Try It" Day. Whether you're looking for a new fitness challenge or just want to see what all the hype is about, this is the perfect, low-pressure introduction to the sport.

Rowing is one of the best full-body workouts out there, but more importantly, it's a fantastic way to enjoy the beauty of St. Catharines from a whole new perspective.

Register By clicking here: [RCA TRY IT DAY REGISTRATION](#)

**MAY 3RD
WORKSHOP**Time: **9 AM - 5PM**Location:
**St. Catharines
Rowing Club
Boathouse**Hosts:
**Mike Purcer and
Mike Petrychanko**Cost:
\$140 + HST**COACHING
WORKSHOP****RCA Learn to Row Workshop**Where? St. Catharines
When? Sunday, May 3
Early Bird Prices? Yes!Visit www.rowontario.ca/events
to register!**Upcoming: RCA Learn to Row Coach Workshop**


Are you looking to start your coaching journey or sharpen your skills for the upcoming season? Row Ontario is hosting an RCA Learn to Row Coach Workshop on Sunday, May 3rd, 2026, at the St. Catharines Rowing Club. This NCCP-Instruction pathway is specifically designed for coaches working with beginner rowers and recreational programs. Running from 9:00 AM to 5:00 PM, the session will be led by expert facilitators Mike Purcer and Mike Petrychanko. Participants will gain practical tools for teaching the rowing stroke and ensuring safety on the water.

Please ensure all prerequisites—including registering in “The Locker” and completing the RCA Rowing Essentials modules—are finished prior to the workshop. For more details and to secure your spot, visit the [Row Ontario event page](#) or email jennifer@rowontario.ca.

MOTHERS DAY REGATTA AN SCRC TRADITION

On Sunday May 10, the St. Catharines Rowing Club proudly hosts the Mother's Day Regatta, a beloved tradition that brings together crews from across Southern Ontario to race in honour of the incredible moms in our lives.

In a heartwarming finale to each race, mothers of winning rowers present the gold medals—a tribute to the love, sacrifice, and support behind every athlete's success. For race schedule and important information - [click here for the regatta central website.](#)

 **Parking for a Purpose:** Paid parking is available on the regatta weekend for \$5, and every dollar goes directly back into the club. We thank you in advance for your support!



UPCOMING EVENTS AT SCRC

South Niagara Invitational

When: May 16-17

Where: Welland, Ontario

Crews will test their speed and skill in this competitive regatta hosted just down the canal.

London Western HS Regatta

When: May 23

Where: London, Ontario

Final Push – CSSRA Championships

When: June 5-7

Where: St. Catharines, Ontario

We wish every crew racing this month the best of luck and strength. Your dedication and grit represent the true spirit of our club.

INTERESTED IN COACHING AT SCRC?

VOLUNTEER

WANTED

COACHES



SUMMER PROGRAMS

COMPETITIVE JR, SR & MASTERS • PARA • ADULT LEARN TO SCULL

EXPRESSION OF INTEREST

DUE: APRIL 30TH

Email: scrheadcoach@gmail.com

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The SCRC Performance Tight is designed to deliver maximum muscle support and a full range of motion. Its lightweight construction and 4-way stretch fabric wick away sweat, allowing you to stay dry and comfortable during intense workouts. With their elastic waistband and adjustable drawcords, the Performance Tights provide an extra secure fit for any workout.

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