



Dockside

The SCRC Newsletter | January 2026 Edition



This edition highlights the club's achievements from 2025, celebrates the successes shared at the Captains Dinner, and looks ahead to the goals and opportunities for 2026. You'll find summaries of each program's season, along with key upcoming events for January—so you can stay connected, informed, and ready for the year ahead.

Mark Your Calendars!

The St. Catharines Rowing Club AGM will be held on **January 29 at 7:00 PM at the Alumni House**. The meeting will feature elections for the Board of Directors, as well as a summary of the club's financials, accomplishments from the past year, and goals for 2026. All members are encouraged to attend.

2025 Captains Dinner Awards Recipients

We are proud to announce the winners of this year's awards from the 2025 Captains Dinner, held on November 28 at Amici's Banquet Hall. Let us recognize the outstanding recipients for their achievements and contributions to our community. Here is the list of awardees and their honours!

Volunteer of the Year - Chris Blackwood

Masters Oarswoman of the Year - Erin Crawford

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Para Athlete of the Year - Abby Durliat

Coxswain of the Year - Serafina Dell

U17 Oarswoman of the Year - Ashley De Silva Piques

U17 Oarsman of the Year - Mason Dearborn

U19 Oarswoman of the Year - Olivia Wist

U19 Oarsman of the Year - Levi Patterson Raby

U23 Oarswoman of the Year - Isabella and Zoe Durcak

U23 Oarsman of the Year - Giancarlo DiPompeo

Senior Oarswoman of the Year - Lindsay Sferrazza

Senior Oarsman of the Year - Stephen Harris

Crew of the Year - U19 Womens Double, Olivia Wist and Kennedy Bartel















SCRC Breaks the Concept2 Million Metre World Record

At our last board meeting, details were shared regarding St. Catharines Rowing Club's Concept2 Million Metre record attempt, including the full data submission, images verifying the 203,000 m and 797,000 m checkpoints, and an explanation of how the team successfully transitioned between ergs without missing a single stroke.

We are thrilled to officially confirm that Concept2 has reviewed and approved the submission — St. Catharines Rowing Club is

now the official world record holder.

To put this achievement into context:

- The previous Under 19 Mixed Large Team record (50 athletes) stood at 63 hours, 49 minutes, 44 seconds (1:54.8 / 500 m)
- The Under 19 Men's Large Team record (53 athletes) is 61 hours, 39 minutes, 2.1 seconds (1:50.9 / 500 m)
- SCRC's record performance (45 athletes - Under 19 Mixed Large Team): 60 hours, 33 minutes, 11.9 seconds. Average split: 1:49.0 / 500 m

This means SCRC broke the record by over 3 hours and 16 minutes — an extraordinary team accomplishment.

Additional highlights from the record attempt:

- 45 athletes participated (18 women, 27 men), supported by 3 dedicated recorders/coxswains
- All eight local high schools were represented, with at least one male and one female athlete from each school, as well as one current Ridley athlete
- Every athlete involved rowed at least one season with SCRC in 2025

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The official Concept2 certificate is attached, and the Concept2 website has already been updated to list St. Catharines Rowing Club as the new record holder.

We are incredibly proud of our athletes and look forward to sharing this exciting news with parents, coaches, alumni, and supporters in the days ahead.



This certificate confirms that
St. Catharines Rowing Club
set a new World Record on January 4, 2026
on the Concept2 RowErg.

Large Team Heavyweight Mixed 19 and Under
Million Meters
60 hours 33 minutes 11.9 seconds



Judy Meer





ROMBYS
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**JANUARY
FUNDRAISER**

**Wednesday
Bacon
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Special**

Served with fries

\$9

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SPECIAL TO
SUPPORT
ST CATHARINES
ROWING CLUB



* Beverage must be purchased
* Dine-in only

SCRC TRIVIA NIGHT - Saturday February 28, at the Alumni House - Details to follow!

Raising the Bar: 2025 Highlights and 2026 Goals

The 2025 season was defined by commitment, growth, and standout performances across all St. Catharines Rowing Club competitive programs. From personal bests to podium finishes and record-breaking efforts, our athletes demonstrated what is possible when preparation meets opportunity. Below, we celebrate the top achievements of each program and outline the goals set for 2026 as we continue to push standards, develop athletes, and move the club forward together.

U17 Women

The U17 Women's program showed strong growth in 2025, especially in teamwork, commitment, and training focus. Athletes were open to feedback, adaptable across crews, and consistently contributed both on the water and at regattas. Optional second rows brought extra training and fun, helping athletes explore new boat classes and build team unity. While race results didn't always reflect their effort, the group ended the season with stronger race reflection, resilience, and leadership potential for the future.

U17 Men

The U17 Men's program experienced a successful rebuilding year, with a renewed focus on expectations, teamwork, and work ethic. This reset led to strong engagement and retention, and translated into competitive success, including multiple Ontario Championship medals and four boats reaching Henley finals—its best performance since 2019. The program enters 2026 aiming to continue building depth and developing younger athletes while maintaining momentum.

U19 Women

The U19 Women had a standout, results-driven season with strong depth across the squad. Highlights included Henley golds in the double and pair, and top-10 finishes in both the coxed quad and coxed four at the Head of the Charles. A promising eight also finished second at Henley, reflecting the strength and consistency of the program. Beyond results, athletes supported each other across crews, contributing to a strong team culture and positioning the program for continued success.

U19 Men

The U19 Men built strong momentum throughout 2025, with consistent local success and strong performances at Henley. The eight advanced to the semifinals and the four reached the Sunday final, showing clear progress and competitiveness. The program also strengthened race toughness and work ethic, laying a strong foundation for 2026. The focus next year is to retain and improve Head of the Charles positions while building on success at the Head of the Schuylkill.

U23 & Senior Women and Men

The U23 and Senior program launched in spring 2025 as a new club initiative with Brock University, quickly restoring depth and providing strong training opportunities before the summer season. The program delivered impressive results at Henley, including historic performances by the women's and men's eights, and multiple wins across events including the lightweight women's fours and senior mens single. The program's strong cohesion and commitment set a solid foundation for 2026, with continued emphasis on athlete development and performance goals.

Masters

The Masters program had a highly successful 2025 season, built around strong planning, deep participation, and competitive results. Spring training established a strong foundation, while summer racing goals ensured every athlete had at least one strong Henley opportunity. The program achieved widespread success at Henley, Ontarios, and Tony B, with every athlete earning at least one medal and many earning multiple. The fall continued with strong results at the Head of the Charles. Looking to 2026, the focus is on developing the men's component, refining technique, expanding race experiences, and building a tiered pathway into Masters rowing.

Recreational Rowing

Recreational rowing remains the club's largest program, offering a fun and fitness-focused way to row. Weekly friendly races and social events—like BBQs and Alumni House gatherings—keep the program welcoming and community-driven. For anyone looking to get involved in rowing in a relaxed, supportive environment, Rec Rowing is the perfect entry point.

As a Whole

Across the club, 2025 was a year of growth, learning, and stronger collaboration. Athletes benefited from expanded education on equipment care, trailer loading, and supporting the club at regattas, which improved responsibility and helped operations run more smoothly both on and off the water.

Away regattas were more organized and efficient than ever, reflecting improved communication between programs. Coaches also adopted new methods that strengthened training systems, and a deeper

understanding of the selection process allowed better interpretation of performance data and decision-making.

Most importantly, 2025 marked a shift toward working together as a unified club rather than as separate programs, strengthening the club's culture and support system. Looking ahead to 2026, the club will continue building on these foundations—focusing on education, organization, and teamwork to support even stronger performance across all programs.



RCA Performance Coach Workshop

From November 27 to 29, RCA held a Performance Coach Workshop at Leander Boat Club in Hamilton, Ontario. Eleven coaches, including SCRC coaches Liz Iannizzi and Joslyn Galloway, attended the workshop, with participants travelling from Saskatchewan and across Ontario. Over three full days, coaches received the initial training required to progress along the Performance Coach Pathway.

Following the workshop, they will continue their development with support from NCCP Coach Developers and Mentors to further enhance their coaching knowledge and skills in other requirements of the pathway.

Dr. Volker Nolte and Michelle Darvill served as Lead Facilitators, with experienced coaches and sport science experts contributing to the delivery of additional modules. These included Steve Di Ciacca, Connor Elsdon, Katie Bruggeling, and Mary Rao. Adam Sollitt, representing the Coaching Association of Canada, also

attended to present and engage with coaches throughout the sessions.



PROGRAM OVERVIEW

SCRC March Break Camp is a great way for athletes to get a head start on the spring season. Open to athletes with at least one season of on-water experience, this camp is designed to support a wide range of skill levels. The focus of the camp will be on reinforcing fundamental skills and building confidence so they head into their spring high school season comfortable, capable, and ready to move boats. For more experienced athletes, the camp offers an opportunity to refine technique, increase training volume, and challenge themselves in a focused training environment alongside motivated peers.

Athletes will be supervised by experienced coaches who are certified in First Aid and CPR. While on the water, coaches operate fully equipped motorized coach boats, providing close support and oversight. Safety equipment includes life jackets, a whistle, a cell phone, and all required on-water safety gear.

PARTICIPANTS

Open to athletes who are in grade 9 and above and have completed one on water racing season.

COST

\$160 for the week

[Interested? Fill in the form linked here](#)

From the SCRC Shop: *Featured Product*

SCRC - Fleece Hoodie - M



Stay cozy while you stay stylish with the SCRC Fleece Hoodie. The lightweight 100% fleece construction and drawcord-adjustable hood offer an adjustable fit and superior warmth for all-day comfort. Perfect for the active, fashion-forward lifestyle.

\$64.95

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