

VOLUME 3

MARCH 2026

SCRC DOCKSIDE



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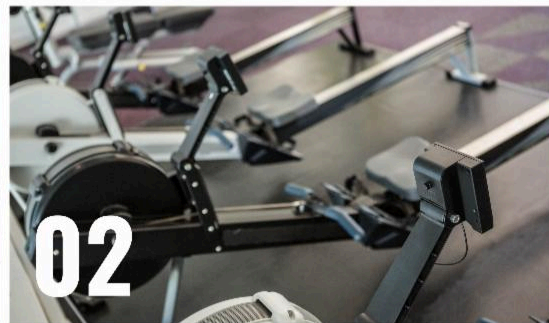
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SCRC
Henley Island
St. Catharines, ON

TABLE OF CONTENTS



01 Alumni Give Back

02 Ontario Indoors Recap

03 March Break Camp SC

04 March Break Camp SCRC

05 Flower Workshop

06 Rigging Workshop

ST. CATHARINES ROWING CLUB ALUMNI CONTINUE TO GIVE BACK



The St. Catharines Rowing Club is grateful for the ongoing generosity and support of the St. Catharines Rowing Club Alumni, who have once again made a meaningful impact on our athletes and programs through their fundraising efforts.

In partnership with OLG and Delta Bingo, the Alumni have hosted bingo fundraisers to help raise money in support of rowing in St. Catharines. Thanks to these efforts, the Alumni were able to subsidize Row Ontario and Rowing Canada fees for high school athletes registering for the 2026 high school season, reducing costs by \$72.25 per athlete.

This contribution helps make the sport more accessible and eases some of the financial burden for families participating in the season.

In addition to supporting athlete fees, Alumni fundraising dollars have also gone toward cost-sharing a new coxed four for St. Catharines Rowing Club in partnership with Sir Winston Churchill Secondary School. This investment in equipment will help support athlete development and strengthen rowing opportunities within our community.

We sincerely thank the St. Catharines Rowing Club Alumni for their continued commitment to supporting the club and its athletes. Their generosity plays an important role in helping SCRC grow and thrive.

To show your support and appreciation for the Alumni, consider attending one of their upcoming patio nights starting June 27, featuring live music and food, or visit their website to learn more about their initiatives and events at:

<https://www.stcatharinesrowingclub.org/scraa.html>



ST. CATHARINES ROWING CLUB SHINES AT THE NANCY STORRS ONTARIO INDOOR ROWING CHAMPIONSHIPS

On Saturday, February 28, 2026, athletes from across the province gathered for the 38th Annual Nancy Storrs Ontario Indoor Rowing Championships, hosted by the Ridley Graduate Boat Club in partnership with Ridley College. This highly anticipated event brought together rowers of all ages and categories to test their strength and endurance on the erg, and it proved to be an exciting day of competition.

The St. Catharines Rowing Club (SCRC) delivered an outstanding performance, with numerous athletes achieving top 10 finishes across a variety of events. Competing against a strong field, SCRC rowers demonstrated resilience, determination, and the results of their hard work throughout the winter training season.

A standout moment for the club came from Chris McAlpine, who captured 1st place in the Masters Men 30+ category, earning a gold medal and proudly representing SCRC at the top of the podium. His performance was a highlight of the day and a testament to the depth of talent within the club.

Beyond the results, the event itself was exceptionally well organized, creating a positive and competitive environment for all participants. Events like these continue to play an important role in building community and fostering growth within the sport of rowing across Ontario.

Congratulations to all SCRC athletes who competed and represented the club with pride. Full results from the championships are posted here -

RESULTS

SOUTH CAROLINA MARCH BREAK CAMP

Over this March Break, SCRC hosted a travel camp that took place at Camp Bob Cooper in Summerton, SC. The camp provided athletes with the valuable experience of extended on-water training in a warmer climate. The daily structure combined multiple on-water sessions with additional ergometer workouts and land-based training, creating a well-rounded and demanding schedule. Athletes trained in a variety of boat classes, from small boats that emphasized individual technique and fitness, to larger crew boats, with athletes getting in kilometers in both sweep and sculling boats.

The purpose of the travel camp was to maximize on-water time, accelerate crew development and provide an immersive training experience to our junior athletes. Training together away from home also fostered independence, resilience and strong team bonds.



Athletes returned with significant gains in endurance, technical skill and boat speed, along with increased versatility from rowing in different lineups and boat classes. Just as importantly, the camp strengthened team culture, with athletes building trust and camaraderie that will carry into the regatta season.

Thank you to coaches Greg, Mike, Liz, and Joslyn for their leadership, expertise and support throughout the camp.

SCRC MARCH BREAK CAMP



A second camp hosted by SCRC took place over March Break. This time at our own home club. The local camp provided a structured, high-volume training week focused on consistency and technical development. Athletes followed a daily schedule that included ergometer sessions, land-based strength and mobility work and on-water rows when conditions allowed.

Weather, however, did not always cooperate. It was a cold, windy and rainy week, which meant plans had to shift frequently. Athletes and coaches showed great adaptability—pivoting to a variety of land training sessions while making the most of every available on-water opportunity. Through it all, the group stayed positive, embraced the challenge and continued to learn.

The purpose of the home camp was to reinforce fundamentals and reestablish training rhythm after the long winter season. By staying in their home environment, athletes focused on discipline, accountability and building a strong base for the weeks and months ahead.

Outcomes from the week were evident in improved technical confidence, stronger erg performances and increased cohesion across crews. Just as importantly, athletes developed resilience and flexibility—key qualities as they head into an unpredictable spring season. A sincere thank you to coaches Shannon, Emma, Liz, Michele, Mia, and Lindsay for their leadership, energy and commitment throughout the week.





Easter Floral
Workshop




St. Catharines Rowing Alumni Hall

MARCH 29TH FUNDRAISER

Date: **March 29**

Time: **1-3 PM**

Location:
**St. Catharines
Rowing Alumni
House on Henley
Island**

Cost:
**\$69 per person
\$40 for children**

Details:

Celebrate spring with us! Join us on March 29 from 1-3 PM at the St. Catharines Rowing Alumni House on Henley Island for a beautiful Easter Floral Workshop hosted by Glen Elgin Design.

Create your own seasonal arrangement with all materials and step-by-step instruction provided—perfect for beginners and flower lovers alike. 🌸

🌟 **\$69 per person**

🌟 **\$40 for children (10-15) with an accompanying paying adult**

A portion of proceeds supports the St. Catharines Rowing Club

Register By clicking here: [Glen Elgin Workshop Registration](#)




**March 28
11am
SCRC Workshop**

**RIGGING
WORKSHOP**

**HOSTED BY PETE
SOMERWIL**

- Footstap positioning
- Rigging Fundamentals
- Equipment Maintenance

**MARCH 28TH
WORKSHOP**

Date: **March 28**

Time: **11 AM**

Location:
**St. Catharines
Rowing Club
Boathouse**

Cost:
FREE!!!

The St. Catharines Rowing Club is pleased to offer an upcoming Boat Rigging Workshop, led by experienced coach Pete Somerwil, on Saturday, March 28 at 11:00 AM at the SCRC boathouse.

This hands-on session is designed to help athletes and coaches better understand the fundamentals of boat setup and maintenance—key components of both performance and safety on the water. Pete will guide participants through essential topics including proper footstap angle and positioning, foundational rigging practices, and general equipment upkeep.

Whether you are new to rowing or looking to refine your current setup, this workshop provides a valuable opportunity to gain practical knowledge that can directly translate to improved efficiency and comfort in the boat. All coaches and athletes are encouraged to attend and take advantage of this informative preseason session as we prepare for the upcoming rowing season.

SCRC

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