



# Annual Report 2021-22

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ST. JOHN'S   
ROWING CLUB



# Letter from the Board of Directors

Since 1986, the St. John's Rowing Club (SJRC) has supported slide-seat rowing programs on Quidi Vidi Lake in St. John's NL. This equates to 35+ years of dedicated time and effort from rowers, coaches and volunteers who are passionate about slide-seat rowing on the Avalon.

During the fiscal year April 2021 to March 2022, the SJRC Board of Directors and coaching staff saw an easing of pandemic-related public health restrictions for sports, supporting registrations in the full suite of programs; however, the effects of the pandemic were still resonating with the 1-year delay of Canada Games from summer 2021 to 2022. With the support of Rowing Newfoundland (RNL) and SJRC, the Canada Games athletes and coaches extended their training plans to prepare for the 2022 Canada Games in St. Catharines, ON.

Learn-to-Row programs were reinstated in the summer of 2021, restoring the development pathways for new rowers. Special events also resumed, with 15 Master rowers participating in the virtual Cascadia Rowing Canada Masters Challenge and 26 rowers competing in-person at the Really Chili October regatta in Dartmouth NS, ending the on-water season on a high note.

In Fall 2021 the Board of Directors initiated a 5-year strategic plan to help organize the activities of the board and set goals for the immediate and long-term future of the SJRC. We are excited about the goals and values embedded within the first strategic plan for the club and are already "living the plan" to the best of our ability. Highlights of the 2022-2027 plan can be found in this annual report.

## **2021-2022 Board of Directors**

Michael Thistle (Past president)

Jane Brodie (Vice president)

Ann Dorward (Treasurer)

Joy Hecht (Past treasurer)

Emma Ramsay (Registrar)

Neva Fudge (Secretary)

Emily Parsons (RNL representative)

Lindsey Freeman

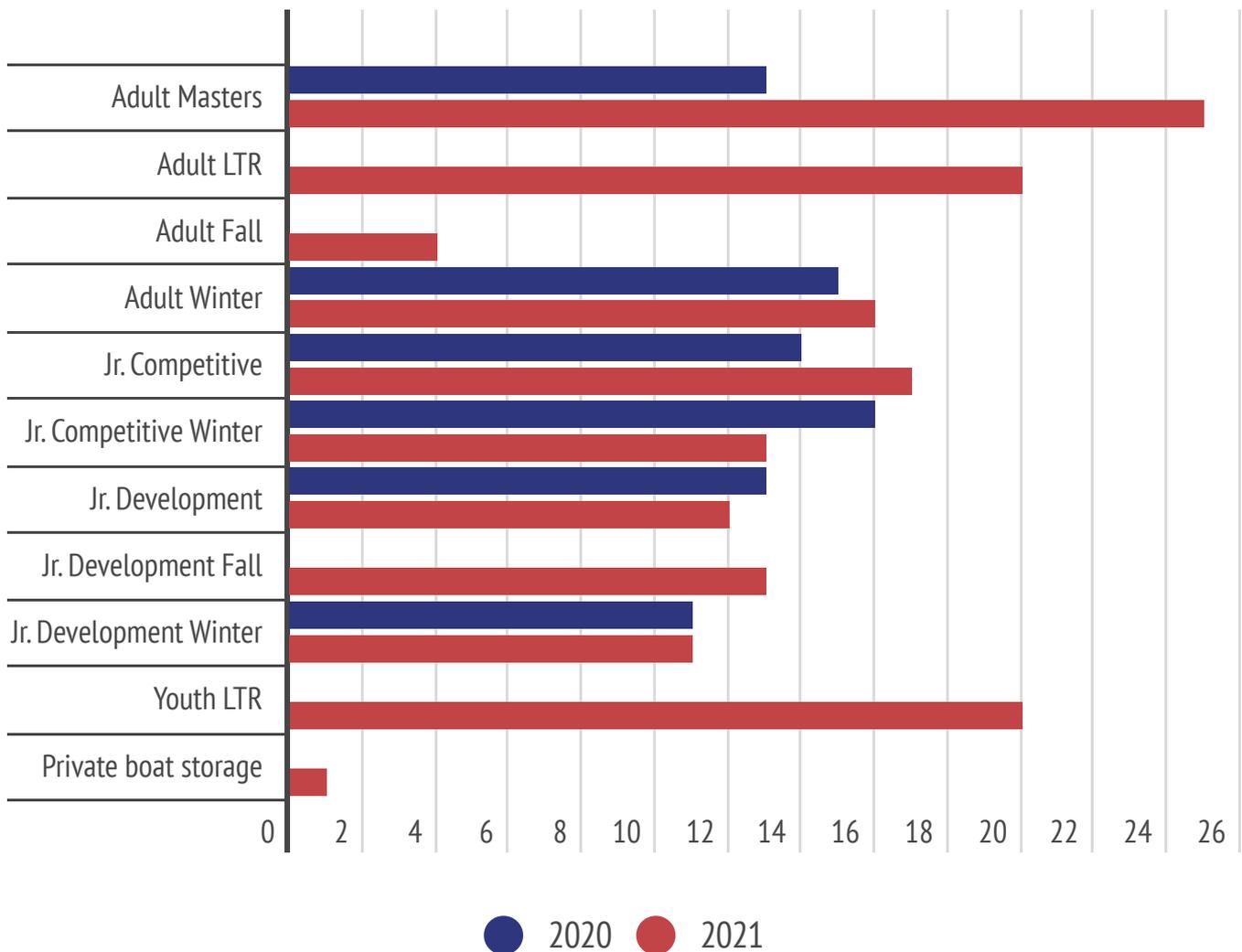
Lisa Gillam

Sarah Healey



Cover photos: Aerial view of the SJRC dock and a calm pond during a special visit from a former Canadian national crew (Sept 2021). SJRC athletes havin' a time at the Really Chili Regatta in Dartmouth NS (Oct 2021).

## Program registrations: 2020-21 vs 2021-22



- The 2021-2022 season saw the return of summer programs - Youth Learn-to-Row (LTR) and Adult LTR - that were cancelled by the pandemic in 2020 as a result of physical distancing requirements.
- Rowers who complete the LTR programs can join regular fall programming. In 2021, the retention rate for youth registering for the Jr. Development fall program was 70%, while the retention rate for Adults joining the fall program was 5%.
- A site for SJRC dryland "winter" ergometer (erg) training was established in 2020. Erg training has become a regular offering for recreational and competitive program participants when weather conditions are not suitable for on-water programming and for erg training in the winter months.

# Financial summary 2021-22

## INCOME

Clothing sales	62.03
Donation	350.00
Grant income	21815.00
Program registrations	44522.00
RNL funding support	1293.70

## MAJOR EXPENSES

Accounting services	900.00
Bank charges	64.00
Boat repair service	695.16
Boats and boathouse parts	5068.38
Boathouse assets	7809.34
Club dues	700.00
Freight and delivery	1088.62
Gas and oil	186.04
Insurance	3661.25
Meals and entertainment	253.10
Misc expense	120.00
Office and software expenses	513.20
Payroll	28347.78
Regatta events	1102.69
Rent	12540.00
Safety equipment	178.32
Shipping	18.49
Taxes and licenses	159.59
Travel meals	300.00
Vehicle registration	327.00

NET INCOME *	\$ 1080.85
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(\* pending accountant review)

# Organization Snapshot:



## Staff and funding:

- Canada Summer Jobs grants (4)
- NL Gov employment grant (1)
- City of St. John's grant
- SJRC & RNL summer program & competitive team coaches (11)

## Rowers by the numbers for on-water programs:

- Adult Masters (29)
- Jr. Competitive (17)
- Jr. Development (12)
- Youth LTR (20)
- Adult LTR (20)



## Boathouse acquisitions:

- Mercury 9.9MH launch motor
- Row America mobile boat trolley
- Mission single (Joy Hecht)

# Events & Highlights

- July** 15 Adult Masters rowers competed in the [Cascadia Rowing Canada Masters Challenge](#)
- August** Junior Competitive rowers competed in the [Royal St. John's Regatta](#)
- September** Special visit from former Canadian national team rower Colin Paranchych and crew
- October** 26 rowers competed in the [Really Chili Regatta](#) in Dartmouth NS with representation from Jr. Competitive, Jr. Development and Adult Masters programs
- October** 6 Jr. Competitive rowers received the [Premier's Athletic Award for Rowing](#); Congratulations to Darcy Byrne, Alana Gale, Zachary Gosse, Kaitlin Hall, Alex Kingsley and Gabriella Mate!

## Volunteer spotlight: Joy Hecht



Joy Hecht became interested in rowing after she watched a sculler glide up the Charles River and thought "what a lovely peaceful thing, I want to try that!;" Joy subsequently rowed in college and graduate school. Fast forward 27 years, Joy was living in St. John's and rode past the open boathouse. Joy cruised in to say, "Hey, can I row here?" and that's how she became a member of SJRC in 2012. It wasn't long before Joy bought her own single. A few years later Joy joined the SJRC Board, eventually taking on the role of treasurer. When asked about her years of service, Joy was pleased with a few things she accomplished during her tenure at SJRC.

The first was assistance with finance, to help direct spending for new acquisitions; another positive was working with Michael Thistle to support the operations of Rowing Newfoundland (RNL) and subsequently becoming treasurer for the RNL board. Another was advocating for paid coaches for improved adult programming. SJRC thanks you Joy!

In 2021 Joy returned to her hometown of New York, where she continues to share her energy and passion for slide-seat rowing with [Harlem River Community Rowing](#).

## Strategic Plan 2022-2027

**Vision:** To build and sustain a slide-seat rowing community of inclusivity, opportunity, and personal excellence through a shared love of the sport.

**Mission:** The St. John's Rowing Club provides all levels of athletes, coaches, and volunteers with opportunities to learn, adapt and strive for improvement through the sport of slide-seat rowing.

### Our Goals:

1

Enhance rower development and quality of experience.

Strengthen coach recruitment and development pathways.

2

3

Strengthen community and alumni relationships to enhance club visibility and build networks.

Adopt practices and an organizational structure that supports effective management and operations.

4

### Our Values:

Equity and Inclusion

Heart and  
Determination

Commitment and  
Cooperation

Respect and  
Responsibility

# ST. JOHN'S ROWING CLUB



## Contact SJRC

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