



ANNUAL REPORT

2022-23

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 36+ years of dedicated time and effort from rowers, coaches and volunteers who are passionate about slide-seat rowing on the Avalon.

From April 2022 to March 2023, the SJRC Board of Directors and coaching staff were busy running year-round programs, submitting infrastructure and programming grants, updating our digital presence, reconnecting with alum, and forging relationships with new community partners. In the same year, competitive junior athletes competed in Dartmouth, NS and Montreal, QC, leading up to Team NL selection and a national competition experience at the 2022 Canada Games in St. Catharines, ON. Read on to see some of the highlights of these activities

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. The board has committed to the goals and values embedded within the first strategic plan for the club and are "living the plan" to the best of our ability. Highlights of the 2022-2027 strategic plan are found in this annual report. The detailed strategic plan and the 2022-2023 Year 1 update are posted on our refreshed website at sjrc.ca, "[About us/Board of Directors](#)".

2022-2023 Board of Directors

Ann Dorward (President)

Lindsey Freeman (Vice president)

Neva Fudge (Treasurer)

Emma Ramsay (Registrar)

Megan Fitzgerald (Safety Director)

Jane Brodie

Lisa Gillam

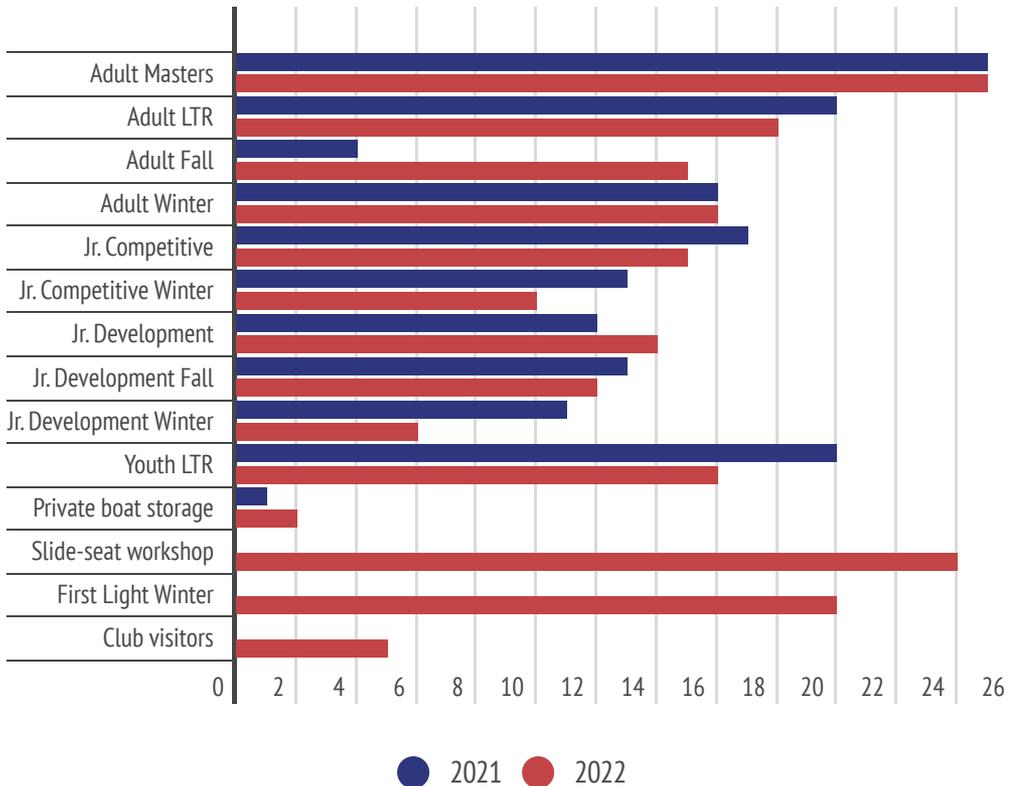
Ian Power

Kristine Power



From left: Ann Dorward, Lindsey Freeman, Neva Fudge, Jane Brodie, Emma Ramsay, Ian Power, Kristine Power, Lisa Gillam. Missing from photo: Megan Fitzgerald

Program Registrations: 2021-22 vs 2022-23



- The 2022-23 season saw the full suite of on-water and dryland programs running with 2 new popular programs: a fall slide-seat workshop for women and girls experienced in fixed-seat rowing, and a winter training program for members of First Light Friendship Centre. Both programs were supported by the Sport Canada and Rowing Canada Community Sport for All Initiative.
- Rowers who complete the LTR programs can join regular fall programming. In 2022, the retention rate for youth registering for the Jr. Development fall program was 75%, while the retention rate for Adults joining the fall program was 61%.
- SJRC is a "bucket list" destination for slide-seat rowers visiting NL from other RCA member clubs and countries. Visitors add great value to the club experience, and we have started to track their visits.

Financial Summary 2022-23

INCOME SOURCES

Program registrations	48827
Grant income	73327
Fundraising	279
Other	587
TOTAL	123020

MAJOR EXPENSES

Accounting services	1020
Advertising	149
Bank charges	214
Boat repair service	5092
Boats and boathouse parts	5609
Boathouse assets / expenses	22576
Club dues	716
Coach training fees	1778
Gas and oil	538
HR consulting	1458
Insurance	3855
Meals and entertainment	1000
Office and software expenses	1418
Payroll (youth)	60433
Rent	10000
Safety equipment	728
Shipping	68
Taxes and licenses	40
Vehicle registration	247
Other	6080
TOTAL	120043

NET INCOME *

2977

(* pending accountant review)

Grants Awarded

PROGRAMMING AND OPERATIONAL GRANTS:

- City of St. John's - Operating grant
- Rowing Canada Aviron - COVID relief funding
- Sport Canada & Rowing Canada Aviron - Community Sport for All Initiative (Phase 1 & 2)

CAPITAL PROJECT GRANTS:

- City of St. John's (boathouse renovation Phase 1)
- Active NL (boathouse renovation Phase 1)
- Inclusion NL (accessibility initiative - dock renovation)

YOUTH EMPLOYMENT GRANTS:

- Canada Summer Jobs grants (5)
- NL Gov employment grants (3)

Canada Games 2022

August 2022: Sixteen athletes and three coaches from the St. John's Rowing Club represented Team Newfoundland Rowing at the 2022 Canada Summer Games in Niagara, ON. The team had a great experience with many personal bests achieved. We are very proud of our athletes, coaches, supporting staff, friends, family and more for their involvement in the Canada Games.



Team NL Rowing 2022: Alana Gale, Ava Djan-Chékar, Elissa Orbasli, Ella Mate, Kaitlyn Hall, Kate Kelly, Margaret Goulding, Susannah Polack-Finley, Teghan Byrne, Kiera Pugh, Alex Kingsley, Alex O'Brien, Darcy Byrne, Luke Breen, Mark Power, Zach Gosse. Coaching team: Anna Walsh (Coach), Michael Thistle (Coach), Emily Parsons (Apprentice Coach), Paul Power (Manager).

Volunteer Spotlight: Interview with Paul Power

"In rowing, you build a person and an athlete together, and there is a spot for everyone"

The name Paul Power is well known in the slide-seat rowing community of Newfoundland & Labrador. Paul started his rowing career as a high school athlete (Gonzaga HS, 1985), transitioning to assistant coaching for local high school rowing programs through SJRC, and eventually coaching provincial crews to represent Team NL at Canada Games, starting in 1993 as Team Manager. Coaching at the club drew



Paul into SJRC board governance, moving from youth representative to executive role as the club grew and evolved. With a small governance group and limited equipment, Paul commented that "close relationships of the Atlantic clubs were essential in the early 90s to ensure representation at national regattas".

"I took a bit from all of the positive mentors I had"

Mentorship is a big part of Paul's coaching portfolio. As reflected in the history of the SJRC, athletes involved with the sport of rowing generate a pool of people who take an interest in coaching, and these people have been very important to sustain club programming. Paul has been a great support for people to follow their coaching interests and to achieve the best experience possible with their teams.

"There are many elements to coaching because you spend so much time with people"

As Executive Director for the provincial sport organization Rowing Newfoundland, Paul remains a force and a great resource for the athletes, coaches, board members, and the slide-seat rowing community. Thank you, Paul!

Club Events & Highlights

2022

- May** • On-water season began with great enthusiasm from athletes and the coaching team
- Jr Competitive team traveled to Dartmouth, NS to compete in the Ice Breaker Regatta
- Jun** • 2022 AGM at the RSJRC Boathouse Museum
- Learn to Row Coach Workshop with Paul Power as the RCA Facilitator
- Jul** • SJRC moved its erg training facility to Studio 6 of [Max Fitness](#)
- Jr Competitive team traveled to Montreal, QC to compete in the ERA Regatta. Gabriella Mate and Elissa Orbasli took home GOLD in the Senior Women's 2- category.
- Aug** • 16 Junior rowers and coaches from SJRC competed with Team NL at the [2022 Canada Summer Games, Niagara ON](#)
- 2 Intermediate (RBC Dominion Securities, Eastern Valve and Control) and 2 Senior (VERSO, BlueKey Realty Inc.) Women's teams, consisting of many SJRC rowers and alum, raced in the [first-ever Women's Long Course race category](#) in the 200+ year history of the [Royal St. John's Regatta](#)
 - Guest speaker Tara Antle from [Healthy Balance Holistic Health Group](#) spoke to junior rowers about sport nutrition
 - CSAI Phase 1 grant supported a popular 4-week Slide-seat workshop with the goal to bring more Women and Girls to rowing
- Oct** • On-water and indoor Come Try It Day for members of the [First Light Friendship Centre](#)
- RCA News feature - [CSAI Slide-seat workshop](#)
- Nov** • Start of winter training at Max Fitness
- 4 Jr. Competitive rowers received the [2022 Premier's Athletic Award for Rowing](#); Congratulations to Teghan Byrne, Kaitlin Hall, Alexander Kingsley, Gabriella Mate
- Dec** • Beginning of CSAI Phase 2 programming with First Light members

2023

- Jan** • SJRC members attend the RCA Annual Conference in Victoria, BC
- Feb** • SJRC hosted Indoor Rowing Day at Studio 6 of Max Fitness; 70 rowers from across NL erged a total of 228,105 m to contribute to the national total
- Mar** • Guest speaker Noel Joe hosted a knowledge-sharing event with SJRC and First Light members about traditional birch bark canoe building, sharing documentaries and stories of historical ocean journeys retraced in traditional canoes. [CBC interview](#) with Noel Joe.

2022-23 SNAPSHOTS



ST. JOHN'S ROWING CLUB

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



Contact SJRC

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facebook: [@stjohnsrowingclub](https://www.facebook.com/stjohnsrowingclub)

IG: [@stjohnsrowingclubnl](https://www.instagram.com/stjohnsrowingclubnl)