



ST. JOHN'S
ROWING CLUB

Annual Report 2023-24

Land Acknowledgement

We respectfully acknowledge the province of Newfoundland and Labrador, of which the city of St. John's is the capital city, as the ancestral homelands of the Beothuk. Today, these lands are home to a diverse population of Indigenous and other peoples. We would also like to acknowledge with respect the diverse histories and cultures of the Mi'kmaq, Innu, Inuit and Southern Inuit of this province.

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 37+ years of dedicated time and effort from rowers, coaches and volunteers who are passionate about slide-seat rowing on the Avalon. From April 2023 to March 2024, the SJRC Board of Directors and coaching staff were fully engaged in year-round programming, grant applications, reconnecting with alum, and continuing our relationships with community partners. An unexpected challenge this year was the sudden closure of our dryland-fitness partner Max Fitness in Dec. 2023; however we are pleased to highlight our new partner, Islander Athletics starting in Jan. 2024. Other highlights this past year include competitive junior athletes participating in the ERA Regatta in Montreal (July 2023), and for our recreational rowers and Learn-to-row program participants, participation in exhibition races during the Royal St. John's Regatta (August 2023). An administrative highlight was record attendance at the Rowing Canada Aviron Annual Conference in Quebec City (January 2024) and a record number of Come & Try it Events hosted by staff and volunteers. Read on for more details.

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 2023-2024 "Year 2" update are posted on our website at sjrc.ca, "[About us/Board of Directors](#)".

2023-2024 Board of Directors

Ann Dorward (President)

Ian Power (Vice president)

Emma Ramsay (Registrar)

Megan Fitzgerald (Safety Director)

Neva Fudge

Kristine Power

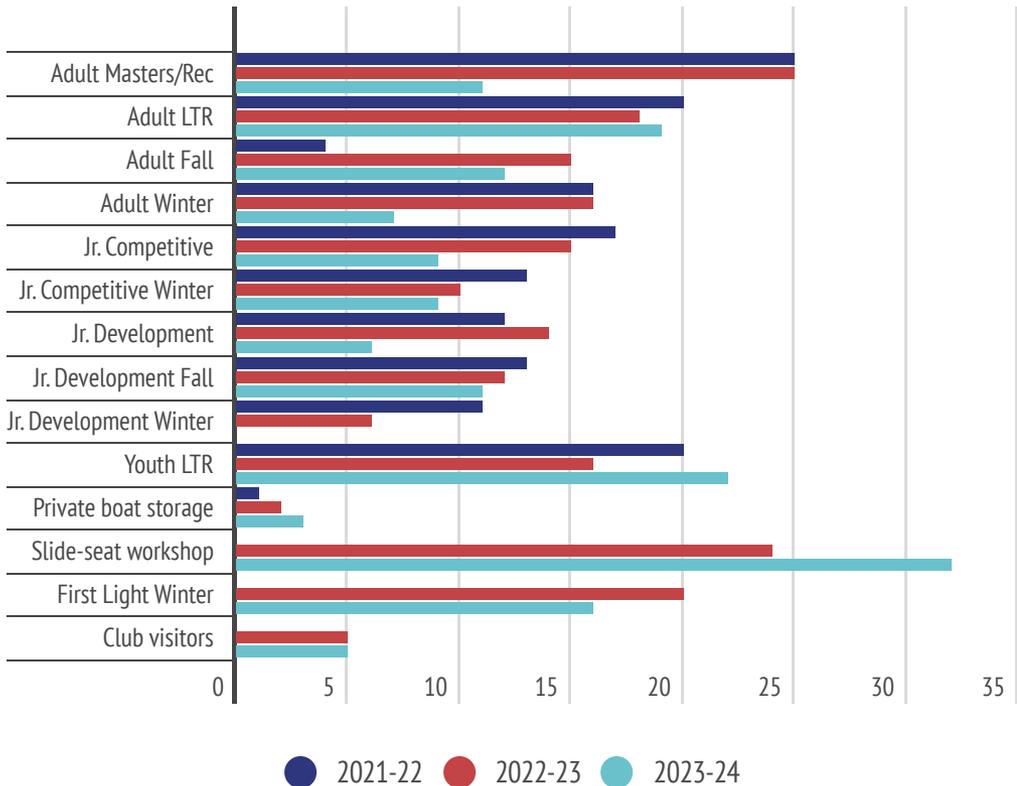
Maria Roach

Claudette-Marie Warren

Cherie Whelan

Cover photo: Fog on the Eastern Edge of Quidi Vidi Lake; photo credit Yvonne Knight

Program Registrations by Year:



- The 2023-24 season saw the full suite of on-water and dryland programs, keeping up the popular slide-seat workshop for rowers experienced in fixed-seat rowing, and a winter training program for members of First Light Friendship Centre. First Light member programs were supported by the Sport Canada / Rowing Canada Aviron Community Sport for All Funding Initiative in 2023-24.
- Rowers who complete the LTR programs can join regular fall programming. In 2023, the retention rate for youth joining the Jr. Development fall program was 22%, while the retention rate for adults joining the fall program was 63%.
- 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 member experience so we have started to track their visits.

Financial Summary 2023-24

INCOME SOURCES

Program registrations	43498
Grant income (employment & infrastructure)	43128
Other	2333
TOTAL	88959

MAJOR EXPENSES

Advertising	612
Bank charges	178
Repair services	783
Boats and boathouse parts	347
Boathouse assets / expenses	18249
Club dues	790
Coach training fees	564
Gas and oil	460
Insurance	2244
Meals and entertainment	337
Office expenses	1793
Payroll (youth)	47141
Rent	9554
Safety equipment	1526
Freight services	2493
Support for travel	3017
Other	5652
TOTAL	95750
NET ANNUAL INCOME *	-(6791)

CASH BALANCE (April 1 2024)

17,000

(* pending accountant review)

Grants Awarded

PROGRAMMING AND OPERATIONAL GRANTS:

- City of St. John's - Operating grant
- Sport Canada & Rowing Canada Aviron - Community Sport for All Initiative

YOUTH EMPLOYMENT GRANTS:

- Canada Summer Jobs grants (2)
- NL Gov employment grants (3)

CAPITAL PROJECT GRANTS:

- City of St. John's (boathouse renovation; long boat rack contribution)
- Active NL (boathouse renovation; long boat rack contribution)
- Inclusion NL (dock extension and transition ramps)

RCA CONFERENCE TRAVEL GRANTS:

- Community Sport for All (2)
- Rowing for All (1)



2023 Club Events & Highlights

- April**
- On-water season began with great enthusiasm from athletes and the coaching team; Boathouse opening
 - Ice Melt Indoor Regatta, in collaboration with the Royal St. John's Regatta Committee
- May**
- Guest speaker Dr. David Hancock, Associate Professor (MUN); A Focused Mind Sports Consulting
 - National Come Try It Rowing Day
- Jun**
- Come & Try It Days - June 14 (First Light members), June 16 (St. Bon's College), June 27 (all-comers), June 28 (First Light members)
 - 2023 SJRC AGM at the RSJRC Boathouse Museum
- Jul**
- Learn to Row programs begin
 - Jr. Competitive team yard sale and pancake breakfast fundraiser
 - Jr Competitive team traveled to Montreal, QC to compete in the ERA Regatta.
- Aug**
- SJRC Exhibition Races on Regatta Day
 - Slide-seat workshop for fixed-seat rowers
 - Yoga class with Claudette Marie Warren for Youth Learn-to-Row camp
- Sep**
- Come & Try It day for local students and teachers
 - Boathouse racking installation (infrastructure grants, City of St. John's, Active NL fund)
- Oct**
- NL Premier Awards - Congratulations to Alex O'Brien and Kaitlyn Hall
 - SJRC attends the Fall Expo for the Canadian Armed Forces
 - Boathouse closing
- Nov**
- City of St. John's Recreation Planning meeting participation
 - Sport NL Summit participation
- Dec**
- Closure of Max Fitness
 - SJRC Participates in National Rowing Club Survey

Come Try It Days



2024

- Jan** • Winter training resumes at Islander Athletics
 - Rowing Canada Aviron National Conference, Quebec City
- Feb** • National Indoor Rowing Day (128,814 km) at Islander Athletics
 - Row for Heart partnership with the Royal St John's Regatta Committee
- Mar** • End of membership year and fiscal year



Jr. Competitive team at the ERA regatta in Montreal QC, July 2024 (L to R): Holly Frew, Ethan Walsh, Furey Stone, Lauren Harris, Lauren Pike, Elise Fürst, Lily Byrne, Naya Green, Darcy Byrne.
Coaching staff absent from photo: Elissa Orbasli, Alex O'Brien, Anna Walsh.



**National Indoor
Rowing Day at
Islander Athletics
Feb 24, 2024**

2024 RCA National Conference, Quebec City



NL contingent (L to R): Stacey Burke (First Light); Nicole Hope (Lab West RC); Kelly O'Brien (Lab West RC); Doreen Hamlyn (President, Rowing Newfoundland); Ann Dorward (SJRC); Ian Power (SJRC); Emma Ramsay (SJRC). Photo courtesy of Frank Christie (Row ON)



Photo op with RCA
President Carol Purcer and
Bonhomme de Neige!



Diversify Rowing Breakfast Panel
with Stacey and Emma



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

Many Thanks to Our Rowing Community and Funding Partners



Government
of Canada

Gouvernement
du Canada



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