

## SRA Annual Award Winners 2006

### **Youth Female Athlete of the Year – Sarah Graham**

Sarah was a competitive member of the provincial team last year, and over the winter was invited by RCA to attend the JNT training camp at Shawnigan Lake. She won her division for the SRA Erg Series, with her goals set on making the Junior National Team. At the Canadian Secondary Schools Rowing Association Championship regatta in St.Catharines, Sarah earned a silver medal in the W1x. In the JNT Speed Orders immediately following, Sarah earned a bronze medal and was invited to the JNT selection Camp. After a grueling selection camp in July – Sarah was named to the Junior National Team in the Junior Women's Double. Sarah and her partner Jillan Trigg placed 6<sup>th</sup> overall at the Junior World Rowing Championships in Amsterdam in August. Sarah is currently attending university in Minneapolis and unable to join us today to receive her award.

### **Youth Male Athlete of the Year – Andrew Knorr**

Andrew was also a competitive member of the provincial team last year (winning a silver medal in the M4x at Canada Games). After earning a silver medal at the JNT speed order regatta in June with partner Duncan Gilchrist in the pair, they were both invited to the selection camp in July. Andrew was ultimately named to the JM4+ that would race at the Junior World Championships. In a nail-biter of a race, Andrew's crew finished fourth overall in Amsterdam. In the fall, Andrew partnered with Alex Brazill and the two of them went on to win a gold medal in the JM2x and a silver in the JM2- at the National Championships in Welland.

### **Senior Female Crew of the Year – Dawn Jorgensen and Steffa MacLintock**

Dawn and Steffa had a great year of racing. Starting with their trip to speed orders in London, they were invited to stay for the selection camp and seat racing. They didn't make the U23 team this year, but were two of the last athletes to be sent home. At Henley they placed 3<sup>rd</sup> in the pair U23 W2-. At the Canadian University Rowing Championships they placed 5<sup>th</sup> overall in the W2-, and at the National Championships they earned a bronze medal in the U23 W2x, and placed 14<sup>th</sup> overall in the W2-.

### **Senior Male Athlete of the Year – Colin Dyck**

Colin had a very good year of racing this year – having success in a variety of different events and regattas. Colin won a gold medal at the Henley regatta, as well as a number of gold medals at the NWIRA regatta in Duluth. With pair partner John Haver, they finished fourth representing the U of S at the Canadian University Rowing Championships. Colin also raced the single at the University Championships and finished 5<sup>th</sup> overall. At the National Rowing Championships he and John Haver earned a silver medal in the Sr M2x, and Colin also finished 9<sup>th</sup> overall in the M1x – a very strong event.

### **Masters Female Athlete of the Year – Leslie Howe**

Building on the competitiveness of last summers World Masters Games, Leslie set her sights on the World Out Games held in Montreal this past summer. Leslie won

two gold medals – one in the W1x, and another one in the W2x. She also earned a bronze medal in the quad.

### **Member of the Year – Ian Mitchell**

Taken from the nomination form, ‘Ian has been a great promoter and builder of our sport. Ian, through his work as a teacher, has been responsible for most of the new members of the RRC over the past 7 or 8 years. Ian has also introduced the sport to several hundred young men and women who have tried out the sport through the high school program. In building the membership base of the RRC, he has also helped to boost membership in SRA.

Ian’s enthusiasm and approach to the athletes is appreciated and respected. He has mentored many novice athletes to competitors who are respected at the highest level of our sport. Ian has contributed thousands of hours beyond those for which he was paid, and he always chips in and does the mundane tasks that all members are asked to complete. He is a quiet and effective leader with a good sense of humour and a strong understanding of the true meaning of sport to a young athlete. He brings out the very best in athletes, and is a deserving recipient of the SRA Member of the Year.

### **Volunteer Coach of the Year – Chad Jedlic**

Chad was instrumental in the establishment of the Rowing League in Regina this past summer. The Rowing League was a program in which novice and returning rowers and others who wanted to row recreationally could row two evenings per week. The rowers were able to mix with more experienced club members and were coached by several younger competitive members of the RRC. The Rowing League was a lot of fun for all who participated and has encouraged many new rowers, and those who might have left the sport in the past, to stick with rowing. Chad was the volunteer coach who brought it together for the RRC.

Chad was also involved with the provincial team program this summer, as the VP-High Performance and stepping in as the south coach for the Henley/NWIRA trip. Chad and Ian both volunteered their time this fall to coach the group going to the National Championships in Welland, while the SRA was in the process of hiring a new south coach. Chad has been a great addition to the RRC and SRA with his return to the province.

### **Athlete of the Year – John Haver**

After many years of success in sculling events (including two bronze medals at the U23 World Rowing Championships in the LM2x in 2004 and 2005) John announced last winter that he was now ‘a sweeper’. At the RCA development camp in Shawnigan last February, John began pursuing his next challenge of sweeping. John attended the RCA speed orders in June, and then was invited to the following selection camp. John was selected to represent Canada in the LM4- at the U23 World Rowing Championships, where they finished in 9<sup>th</sup> place. John raced with the SRC at the NWIRA regatta, and then with partner Colin Dyck in the pair for the Canadian University Rowing Championships where they finished in 4<sup>th</sup> place. At the recent National Rowing Championships, Colin and John finished with a silver medal in the Sr M2x, and racing for the National Training Centre with partner Simon Gowdy from Ontario, finished in 5<sup>th</sup>

place in the LM2-. John was invited to race with the National Team Lightweight Mens 8+ that raced at the prestigious Head of the Charles regatta in Boston, MA. In his debut event with the senior national team, John and his crew finished in first place beating out 26 other eights in that same event.