

REGINA ROWING CLUB – REPORT TO SRA AGM – June 6, 2011 – Submitted by: Chad Jedlic, RRC Rep

The Regina Rowing Club enjoyed a successful 2019-2020 year of activity. Highlights and initiatives for the year include:

Programs:

- Mother Theresa Middle School summer rowing camp which partnered with an elementary composed of wonderful, but disadvantaged youths.
- Crew Challenge and Rowing League programs attracted and retained members.
- Evening Masters training session with a different approach to training combining erging, stretching and yoga. Sessions were developed and led by Brenda Colby.
- Strong group of contract and volunteer coaches supported activity through summer and winter.
- Hosted SRA organized coaching clinic in March of 2020 for 11 participants.
- Hosted Sprints Regatta as well as “Kings and Queens of the 306” which was a fun dash event. Thank you to SRC for joining us.

Facilities & Equipment:

- The Canada Games Room and change rooms were renovated and new A/V equipment installed. This joint initiative between the Canoe Kayak club and RRC adds tremendous value to the facility.
- Fixed hull damage on 2 quads, 2 doubles and 3 singles and then professionally repainted. The project was a club initiative, but due to covid and social distancing, it was completed primarily by Marc & Donna Ell. Many thanks Marc & Donna.
- Purchased a new wakeless launch for coaching.

2020 and Covid:

- The emergence of covid-19 forced a sudden change to our winter training. Members and coaches adapted well to renting ergs and on-line virtual training.
- The original programming plan for 2020 has been changed to align with RCA, SRA, and Government of SK regulations and requirements. At this time, we are only offering programming in single and family crew boats, as such our programs are open to independent and semi-independent rowers – meaning people that can row singles and need little to none coaching and guidance.
- Programs for new members is not possible until social distancing regulations are relaxed. Membership numbers will be lower this year.
- Many thanks to SRA for the general support of the club and specifically for guidance on covid.



306.757.0928 | RRC@sasktel.net | www.reginarowing.com | P.O. Box 1246 | Regina SK S4P 3B8