**Provincial HP Head Coach Report**

**Western Canada Summer Games - Swift Current, SK, August 13-18**

17 athletes competed from both centres (Regina Rowing Club and Saskatoon Rowing Club) at Lac Pelletier Regional Park in 12 events across both genders.

Gold

Men’s Pair

Men’s Coxless Four

Women’s Single Scull

Women’s Double Sculls

Women’s Quad Sculls

Women’s Coxless Four

Silver

Men’s Single Scull

Men’s Quad Sculls

Men’s Eight with Coxswain

Women’s Eight with Coxswain

Bronze

Men’s Double Sculls

Women’s Pair

Our Team Sask women’s team won the overall points total with 7 available team points awarded towards overall provincial points at the Games. Team Sask’s men’s team came 2nd overall.

**Rowing Canada National Rowing Championships & Canada Cup Regatta - Burnaby Lake, British Columbia,**

Saskatchewan Rowing had 8 athletes representing the province at the 2019 Rowing Canada National Rowing Championships (NRC) and Canada Cup regattas. Rowers competed in four events at NRCs and achieved podium results in two events. Athletes also competed in a Junior W4x at the Canada Cup, winning the event overall in their age category. Saskatchewan was awarded the national efficiency award, given to the province who has the best finishes relative to the amount of entries submitted in events. Please see below a breakdown of results by athlete and event.

**NRCs**

*Junior Women’s 1x* (*28 total entries in event)*

**Bronze** – Lily Jedlic (Regina RC)

**4th** – Lauren Matai (Saskatoon RC)

**5th** – Aida Lissel-DeCorby (Saskatoon RC)

**21st** – Elana Gelineau (Saskatoon RC)

*Junior Men’s 2- (10 total entries in event)*

**Silver** – Johnathan McLeod & Matthew Johner (Saskatoon RC)

*Senior Women’s 2- (20 total entries in event)*

**9th** – Larissa Werbicki (Saskatoon RC/NTC)

*U23 Lightweight Men’s 1x (14 total entries in event)*

**9th** – Sam Seshadri (Saskatoon RC/Univ. Victoria RC)

**Canada Cup**

*Junior Women’s 4x*

**Gold** – Aida Lissel-DeCorby, Lily Jedlic, Lauren Matai & Elana Gelineau (Saskatoon & Regina RC)

**National Team Members**

This year two athletes qualified for continued selection with the Junior National Team at Quamichan Lake, BC. Aida Lissel DeCorby and Lily Jedlic both qualified to compete in the Women’s Quadruple Sculls and Women’s Double Sculls, respectively, at the Junior World Championships held, as a test event for the Olympics, in Tokyo, Japan.

Aida and her crew finished 4th overall and Lily, with her partner, finished 16th overall in a field of 22 entries.

**Saskatchewan Indoor Rowing Championships, Warman, SK, February 1, 2020**

The Saskatchewan Indoor Rowing Championships (SIRC) were hosted at Not a Gym SK in Warman, Saskatchewan. This was the first time the event was sanctioned and was attended by 50 participants, competing across 4 major events. Having the event sanctioned by Rowing Canada allowed us to have two umpires overseeing the event, allowing them to acquire more hours towards higher certifications within the umpire pathway.

**Coaching Education**

I was certified RCA Performance Coach at the 2020 Rowing Canada Coaches Conference in Ottawa, Ontario. I am continuing to work on completing all required modules so that I will be considered fully certified as per Rowing Canada’s new initiative to have “every coach certified”.