

SRA Program Development Coach – Annual Report

Summary

I can't believe that it has been one year since I traded my BC license plates for Saskatchewan plates. I started a brand new position with the Saskatchewan Rowing Association, May 1st 2019. I have already moved twice and survived some of the coldest weather I have ever experienced! Starting with an empty portfolio in my position as Program Development Coach and Regina Rowing Club High Performance Junior Coach has been a bit of a challenge. I am grateful for the grande welcoming I received from the RRC community, the guidance and encouragement given to me by the SRA and RRC board and club members, and the generous and open reception the rowers have shown me as their new coach.

Regina Rowing Club Coaching

I have been coaching the Junior High Performance rowers since starting on May 6, 2019. Preparations for the Western Canada Summer Games began right away under the guidance of John Haver, in Saskatoon and with additional support from Brie Ellard Jedlic, in Regina. Newly hired HP Coach, Andrew Knorr, took over from John once he arrived on July 1st. We had several training camps, alternating between Saskatoon and Regina, that allowed the rowers to get to know each other, train together and practice performing as a 'team'. This proved to be a fruitful endeavour, resulting in numerous successes at the WCSG held in Swift Current, August 14-18: 6 gold, 4 silver and 2 bronze medals for the Saskrowing Team. Outstanding results were displayed in other regattas the Juniors attended; Regina Sprints, Alberta Open, NWIRA's (attended by a smaller but just as successful group of Jr rowers), Head of the Saskatchewan River, and Head of the Red in Winnipeg.

We are very proud of the fact that one of our HP Juniors, Lily Jedlic, was named to the Canadian Junior National team, finishing 3rd in the C Final (15 out of 22 boats) at the Junior World Championships in Tokyo, Japan. Lily is the youngest Canadian Junior to have competed at the Worlds. Lily also showed exceptional results at the National Rowing Championships in Sept 28-29, placing 5th out of 29 participants in the Junior Women's Single. She was also part of the Saskatchewan Rowing Quad that finished 2nd overall, 1st in the Junior Division. Saskatchewan won the 2019 NRC Efficiency Award, a first for the province.

The rowing membership moved to indoor winter training early November. The HP Juniors follow Coach Knorr's training plans. The three Junior development rowers, one senior rower and 2 new athletes, transferring from another high level sport followed a modified training plan until they were ready to move to the HP training program. Training sessions were Monday, Wednesday, Friday and Saturday for HP Juniors, Tuesday and Thursdays for Development Juniors (Saturday optional). The HP Juniors were able to do strength training with Cassandra Serbu at Level 10 Fitness on Tuesday and Thursday afternoons, funded by the Sport Science plan, January to end of March, 2020. Starting in January we combined the HP and Development rowers.

I facilitated two evening Master's indoor training sessions, Tuesday and Thursdays, and Saturdays. The sessions were popular, attracting 4 adults new to rowing and 6 returning members. I used the

rowing/core workouts I created for these sessions which were well received and created a fun, fast paced, full body 1 ½ hour workout to music.

Saturday's workouts included Junior and Master rowers and were used to participate in Andrew Knorr's Weekly Ranked Workouts (ie.Saskatchewan Rowing Association's Erg Series), which started in December. These were very good for getting everyone ready to participate in the Saskatchewan Indoor Rowing Championships, held in Warman this year at NotAGym,SK. The SRA Awards Banquet followed this well run event.

I created a 15 minute slide show, highlighting the WCSG, National Team participants, club regattas and many other special rowing moments. This was presented at the Banquet.

April/May Remote Training took place using Zoom. Andrew Knorr worked with the HP Juniors and I worked with the Development Juniors. I also ran a Tuesday and Wednesday evening session for the Masters Rowers. It was an exciting opportunity to be able to train during a period of time where social distancing was of utmost importance. It was also a great opportunity to invite and train with Michelle Lopez and 4 Lloydminster juniors.

The Juniors and Masters joined the RCA challenges and the 1st ever Brentwood Virtual Indoor Regatta Series – 3 races over three months (on ergs or running). There were over 500 participants from clubs across Canada, USA and Australia.

I attend the monthly RRC Board Meetings.

Provincial Program Development

*Weekly Winter Indoor Workout Newsletters were published using Constant Contacts and emailed to the entire membership. These newsletters included training tips, videos on technique, current information on upcoming events/competitions, and two printable workouts. There were 50 different rowing/core workouts created in total. These were also posted on the Saskrowing Facebook page and Instagram account. Michelle Lopez from the Lloydminster Rowing Club shared these workouts on their facebook page. Nicole Ede, from the Prince Albert Drifters RC, also shared occasionally.

*A 'Home Workouts' Newsletter was put out weekly during the 'Stay at Home' period of Covid19 (April/May). Clubs were rented out the Concept2 rowers and members were able to continue training at home via Zoom

*Weekly posts of interesting facts and rowing news were posted a few times per week on the SRA Facebook page, Saskrowing and RRC Instagram accounts.

*Regular communication with Michelle Lopez for the Lloydminster Rowing Club occurred weekly. Michelle joined the April and May evening training sessions via Zoom. Communications with Nicole Ede and Kristy Hoornick (Rower and Fitness Trainer new to PA) began in January and were then handed to Andrew Knorr in March.

*I am presently working on creating a Provincial Coaching and Training program for Junior Learn to Row and Junior Development Programs that can be a resource accessed through the SRA website.

*I attend monthly Saskrowing Board Meetings.

Club Development and Recruitment

***Rowing Presentation and Row/Core Workout at local schools** to promote the sport of rowing as a 'fit for life' or 'competitive' opportunity (ie Canada Summer Games 2021)

*November 2019 at Luther College High School: Wellness Day – 18 students + 2 staff

*January 2020 at Campbell Collegiate: One morning training class and 3 PE classes - 120 students

*February 2020 at LeBoldus High School: 5 Phys. Ed. Classes – 150 students

Follow up sessions were scheduled for March/April but had to be cancelled.

Note: One student joined the Junior Program, rented an indoor rowing machine and trained with us during the March/April Covid Remote training. He is now participating in our on-water sessions.

***Rowing Presentation and Meeting with Lloydminster RC Board and Club Members, Feb 2-5:**

10 high performance athletes attended two early evening sessions to learn about rowing and learn how to row a Concept2 rower. They were quick to take to the sport and excited for an opportunity to attend a Canada Summer Games Camp in Saskatoon with HP Coach Andrew Knorr and other Saskrowing Junior rowers.

Doc Sayeed and Michelle Lopez were excited to take me on a tour of their rowing club and expressed a need to update equipment. Doc arranged for the local newspaper and television station to come to one of the sessions and interview with me and a few of the athletes. It was a great promotional piece.

Note: SRA purchased three used Concept2 Rowing machines from RRC for me to take to Lloydminster and leave for interested athletes to train on. They became very worthwhile during the remote training via Zoom. Three of the Lloydminster athletes joined the sessions and got to meet the Regina and Saskatoon rowers while also training with them.

***Canada's Coast to Coast Indoor Rowing Day – Feb 22, 2020** I was on the organizing committee for this event, first of it's kind. The purpose was to gather as many Canadians on indoor rowing machines, on one day, to try to row across the country (by meters rowed) creating excitement and interest in rowing during the winter months. This was a wonderful way to connect the provincial clubs and offer an opportunity for non-rowers to participate. Family members and friends came to the event, learned how to row and socialize. Lots of wonderful new relationships with other club executives and coaches were formed through helping to organize this event. We are hoping to make this an annual event.

Coach Development Program

- * Coaching Clinic: July 2019 at the Regina Sprints Regatta.
- *Coach Mentoring: with Gill Cattett, Wardah Mahood, and Dave Millar last summer.
- *LTR Coaching Clinic facilitated by Garett Mathiason in early March: 11 participants in Regina, 6 in Saskatoon. They still need to do the practical portion of the training.

Professional Development

I have attended many presentations, webinars and conferences to get my PD points up to date. I presently have 68 All-time Points. I am working to complete my Performance Coach Certificate. There has been a bit of a slow down to that process due to Covid19.

*NCCP Multi-sport Modules Completed: Make Ethical Decisions, Managing Conflict, Leading Drug-Free Sport, Developing athletic abilities

*I attended and completed the RCA Coach Workshop at the RCA Conference in Ottawa this past January.

*NCCP Multi-sport Modules to be completed: I applied for the 'Home-Study' program to complete Psychology of Performance, Prevention and Recovery, and Coaching and Leading Effectively.

*Evaluation by RCA evaluator: two on water sessions + selection + competition will have to take place in Spring 2021.

