



Fall Junior Programming St. Catharines Rowing Club, Fall 2026

Outline

1. Introduction
2. Coaches and Expression of Interest
3. Typical Practice Schedule
4. Groupings and Eligibility
5. Expectations
6. Fees
7. Important Dates
8. Selection

1. Introduction

The St. Catharines Rowing Club has a proud tradition of excellence, consistently competing at the highest levels of the sport. This fall, the U17 and U19 Men's and Women's Programs will combine to continue that legacy by fostering a strong training environment, providing top-tier coaching, and, most importantly, supporting athletes as they pursue their personal and team goals. Whether aiming for championships, international competition, or personal bests, our athletes will benefit from a structured and challenging program designed to push limits and maximize potential.

This information package outlines the key details, expectations, and structure for the Junior Program (U17 and U19 Men's & Women's) as we prepare for another exciting and successful fall season.

2. Expression of Interest & Contact Information

Expression of Interest: [2026 Expression of Interest](#)

Fall Coaches:

Greg Szybka - SCRC Head Coach
TBD - Junior Women Lead
TBD - Junior Men Lead

Contact Information:

Greg Szybka	scrheadcoach@gmail.com



3. Typical Practice Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
Time: 4:30 – 7:00pm Time 5:15 – 7:00pm	Time: 4:30 – 7:00pm Time 5:15 – 7:00pm	Time: 4:30 – 7:00pm Time 5:15 – 7:00pm	Off Off	Time: 4:30 – 7:00pm Time 5:15 – 7:00pm	Time: 8:00 – 11:00am Time 7:30-10:30am	Time: 8:00 – 11:00am Time 7:30-10:30am

***Note:** Off days and exact practice times will be finalized after the first team meeting to accommodate work schedules as best as possible.

****Early Start** – August 17th

- Optional training session either 8-11am or 4-7pm
- Erg preparation and small boat rows 1x, 2x or 2-

4. Groups and Eligibility

The Junior Programs are open to rowers and coxswains with at least one season of experience with a school or club team. Athletes from all backgrounds are welcome, regardless of their previous affiliation. Participants in these programs are expected to demonstrate strong commitment, train consistently, and embrace a high-performance lifestyle.

****Note** – *Athletes that have participated in Summer Camps at SCRC are not considered for eligibility to compete in the Fall program. Those that have participated in the SCRC Summer Junior Development program could be considered on a case-by-case basis.*

Athletes will be grouped within the program based on 6k ergometer test results, seat racing results, overall boat speed throughout the season, fitness, commitment level, and individual goals. These groupings reflect the competitive environment of the club, where athletes may have varying levels of experience, aspirations, and performance metrics. Committed and competitive athletes will get priority in equipment assignments, coaching availability, and lineups/regatta entries.

5. Expectations

Athletes may not participate in programming until registration is complete and all fees are paid. Participants are expected to attend training consistently and attend all regattas listed in the schedule provided. Participants must be supportive teammates, committed to their selected crew, and positive contributors to the club environment. Event lineups will be highly dependent on athlete attendance, sportsmanship, and daily effort. Once selected for a lineup, athletes are expected to be committed to that lineup in training and competition through the remainder of the season.



6. Fees

Fall Fees		
Scenario #1	RCA/ORR fees previously paid Most participants would have already paid their RCA/ORR membership if they rowed for their club or school in the spring or summer.	Start Aug 17 th - \$365 Start Sept 1 st - \$325
Scenario #2	RCA/ORR fees were not previously paid and are included in the membership fee.	Start Aug 17 th - \$435 Start Sept 1 st - \$395
Other – Racing Deposit	A deposit for fall racing entry fees. Unused parts of the racing fee deposit will be returned at the end of the season.	\$225

*Notes:

- More information can be found here: [Programs & Membership - Junior Competitive](#)
- Payment plans are possible and must be coordinated with SCRC finance ahead of beginning rowing.
- Additional Travel Fees (hotel, transportation) will be communicated in September after all the numbers are assessed.
- Travel Insurance to the United States is not provided by the rowing club and is the responsibility of each athlete.
- A valid passport (further than 6 months of expiry date) is required for travel to the United States.
- **If you have registered in the spring or summer season and completed the SCRC documents and waivers on Jotforms you do not have to complete them again for the fall season.**
- Other races will be evaluated on a case-by-case basis to align with athlete and crew needs. ****Additional approximate cost for **Head of the Charles (\$760 CAN)** and **Head of the Schuylkill (\$550 CAN)**. Reference is based on 2025 cost.*
- *We anticipate the regatta fees to be similar to those in 2025. Following the erg assessment athletes will meet with coaches to review ability to commit.*

7. Important Dates

Event	Date	Location	Details
Fees Due	Aug 31 st / Before starting on the water	N/A	eTransfer scrcpayments@gmail.com
Ergometer Evaluation Women & Men	Sept 3rd & Sept 3rd	Henley Island – Neil Campbell Rowing Centre	6km Erg
Head of the Welland - everyone	Sep 26 th	Welland, North Course	6000m Race
Head of the Trent – select group	Oct 4 th	Peterborough, Ontario	5000m Race
*** Head of the Charles – select group	Oct 16 th – 18 th	Boston, MA	5000m Race
*** Head of the Schuylkill – everyone	Oct 24 th – 25 th	Philadelphia, PA	4000m Race



8. Selection

Evaluation Criteria

Rower-Specific Factors:

- Ergometer performance
- Boat speed assessment (seat racing, time trials, racing, etc.)
- Ongoing technique, coachability, and compatibility with athletes and coaches
- Ability to commit to training schedule and crew lineups

Coxswain-Specific Factors:

- Athlete and coach feedback
- Assessment of ability, including but not limited to, steering, technical communication, and crew management
- Compatibility with athletes and coaches, including the ability to translate the coach's vision to rowers by making appropriate calls within the boat
- Weight - Coxswains will be weighed in prior to all selection events, including erg and on-water assessments.
- Racing experience and results
- Leadership within team and crew
- Ability to commit to training schedule and crew lineups

Selection Dates

<i>Event</i>	<i>Date</i>	<i>Details</i>
Training Opens	August 17th	Erg preparation and equipment set up
Stage 1: Ergometer Evaluation - All Junior Athletes	September 3rd	2k Erg
Stage 2: Seat Racing & Ranking – All Junior Athletes	September - Exact dates are weather dependent	Athletes included are dependent on erg results and prior experience
Stage 3: Ongoing Evaluation and Further Ranking If needed	Ongoing	Observation of commitment, sportsmanship, and coachability
Stage 4: Final Boston Crew Selection Target	September	Pending unforeseeable circumstances

***Note:** If you cannot meet these dates, you must contact coaches and submit an extenuating circumstance request to determine eligibility moving forward.

Adaptation Stipulation

This policy is ever evolving and may require changes with little or no notice. The coaches may consider adjustments to the policy based on a variety of factors, including but not limited to, special athlete circumstances, boat completion, unforeseen events, and more.

Coaches will be transparent and direct with every selection decision, but it should be noted that athlete privacy may have to be respected in rare circumstances.

In the event of medical adaptations, athletes must advise the coaches in writing of the injury, illness or extenuating circumstance as soon as possible

SCRC FALL 2026

