



Spring Junior Rowing

Spring-Season – March 11 to June 2, 2024

- From Monday to Friday regular practices are 6-8:30pm. These times may adjust with daylight.
- Weekday afternoons are possible but less likely.
- Saturday regular practices are 7-9:30am. These times may adjust with daylight.
- Higher aspiring athletes should also weight train 3x/wk, Monday, Wednesday, Friday morning.
- Sundays will be the team off/recovery day.

Swim Test

- There is a mandatory swim test on March 4, 3:00pm at the Boys and Girls Club on McLeod Road.
- \$5 per athlete payable to the rowing club. You can bring cash the day of and give to Wernher.
- Everyone must pass the swim test to row for their school. This is a school board requirement.

Tentative Spring Regatta Schedule

- Buffalo River Sprints – April 13, 2024 – Buffalo, New York (as NFRC, select crews only)
- John Bennett Regatta – May 5, 2024 – Buffalo, New York (as NFRC, full team)
- Mother's Day Regatta – May 12, 2024 – St. Catharines, Ontario (as school, full team)
- Stotesbury Cup – May 17-18, 2024 – Philadelphia, Pennsylvania (as school, select crews only)
- SNRC Invite – May 18-19, 2024 – Welland, Ontario (as NFRC, full team)
- SRAA – May 24-25, 2024 – Pennsauken, New Jersey (as school, select crews only)
- WOSSA – May 25, 2024 – London, Ontario – (as NFRC, full team)
- CSSRA – May 31 to June 2, 2024 – St. Catharines, Ontario – (as school, full team)

Cost

Spring Junior Rowing - \$597.00 (528.32+HST) (etransfer to niagarafallsrowing@gmail.com). This includes all equipment, and regatta entry fees. Travel and accommodation for away regattas are extra.

Racing Uniforms

An NFRC unisuit is required for racing. It may be possible to purchase these from past athletes or new from Regatta Sport as part of a team order for \$96.05 (\$85+HST). For school regattas we can have a more informal discussion as there are only a few school regattas.

Questions or Concerns

Please direct all questions or concerns to Wernher at headcoach@niagarafallsrowingclub.com or by phone 905-359-1425.