



Fall Junior Rowing

Registration Link:

<https://membership.rowingcanada.org/Account/Login?returnUrl=%2FPersonDashboard>

Sign in using your account (do not create a new account), **Join "Fall Junior Rowing"**

Fall Season – September 3 to October 27, 2024

- Monday to Friday practices will be 6:00-8:30pm. This will need regular adjustment as we lose daylight throughout the fall season.
- Saturday practices will be 6:00-8:30am.
- Sunday will be the teams off/recovery day.
- Higher aspiring athletes should also weight train on Monday, Wednesday and Friday from 6:30-7:30am in addition to the 6 days on the water.
- There will be a preseason (late-August) for those available and wanting to get some additional water time before the season starts. Stay tuned.
- Some postseason rows into November may also be possible depending on the weather. Stay tuned.

Swim Test

- We recommend a swim test for anyone that has not completed the swim test during the spring or summer junior season this year. The swim test cost is \$5. See Tony or Wernher about this.

Fall Regattas (some dates are not yet official and estimated based on previous years)

- Head of the Welland Regatta – September 28, 2024 – Welland, Ontario (North Course)
- Head of the Buffalo Regatta – September 28, 2024 – Buffalo, New York (tentative)
- Head of the Genesee Regatta – October 12, 2024 – Rochester, New York
- Head of the Niagara Regatta – October 13, 2024 – Buffalo, New York (tentative)
- Head of the Charles Regatta – October 18-20, 2024 – Boston, Massachusetts (select crews only)
- Head of the Schuylkill Regatta – October 26-27, 2024 – Philadelphia, Pennsylvania
- Weekly Time Trials – dates TBD

Cost

- Fall Junior Rowing - \$597.00 (\$528.32+HST)

Racing Uniforms

A racing unisuit or unitop will be needed for regattas. It may be possible to purchase these from past athletes or new from Regatta Sport as part of a team order. Club regattas must have club uniforms. More to come on this later.

Questions or Concerns

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