



2025 Spring Rowing

Registration Link: <https://niagarafallsrowingclub.com/programs/registration-process>

RCA - Sign in using your account (do not create a new account), **Join "Junior/Senior Spring Program"**

Spring-Season – March 10 to June 1, 2025

- From Monday to Friday regular practices are 6-8:30pm. These times may adjust with daylight such as starting at 5:30pm in March.
- 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 5, 3:00pm at the Boys and Girls Club on McLeod Road.
- \$5 per athlete payable to the rowing club. Please 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 ?, 2025 – Buffalo, New York (as NFRC, select crews only)
- Early Bird Regatta – April 27, 2025 – St. Catharines, Ontario (as school, full team)
- John Bennett Regatta – May ?, 2025 – Buffalo, New York (as NFRC, full team)
- Mother's Day Regatta – May 11, 2025 – St. Catharines, Ontario (as school, full team)
- Stotesbury Cup – May 16-17, 2025 – Philadelphia, Pennsylvania (as school, select crews only)
- SNRC Invite – May 17-18, 2025 – Welland, Ontario (as NFRC, full team)
- SRAA – May 23-24, 2025 – Pennsauken, New Jersey (as school, select crews only)
- WOSSA – May 24, 2025 – London, Ontario – (as NFRC, full team)
- CSSRA – May 30 to June 1, 2025 – 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 & related transportation costs and regatta entry fees. Travel and accommodations 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 through the club for \$96.05 (\$85+HST). For school regattas we can have a more informal discussion as there are only a few school regattas. This should all be ordered before the end of March.

Questions or Concerns

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