



## **2026 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 9 to June 7, 2026**

- 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 unless there is a regatta.

### **Swim Test**

- There is a mandatory swim test on Wednesday, March 4, 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**

- Early Bird Regatta – April 26, 2026 – St. Catharines, Ontario (as schools, full team)
- Mother's Day Regatta – May 10, 2026 – St. Catharines, Ontario (as schools, full team)
- SNRC Invite – May 16-17, 2026 – Welland, Ontario (as NFRC, full team)
- WOSSA – May 23, 2026 – London, Ontario (as NFRC, full team)
- CSSRA – June 5 to June 7, 2026 – St. Catharines, Ontario – (as schools, full team)

### **Cost**

- Spring Junior Rowing - \$575.00+HST (e-transfer to [niagarafallsrowing@gmail.com](mailto: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](mailto:headcoach@niagarafallsrowingclub.com) or by phone 905-359-1425.