



2026 Fall Rowing

Registration Link: <https://membership.rowingcanada.org/JoinProgram?id=33128>

RCA - Sign in using your account (do not create a new account), **Join "Fall Competitive Program"**

Fall Season – August 24 to October 25, 2026

- Fall Preseason – August 24 to September 4, Mondays to Fridays, 6:00-8:30am. No weekends. These practices are optional but recommended. Focus is on small boats.
- Fall Season – September 8 to October 25, Monday to Friday 6:00-8:30pm and Saturday 7:00-9:30am. These times may adjust with daylight such as starting at 5:30pm in October.
- Higher aspiring athletes should also weight train 3x/wk, Monday, Wednesday, Friday mornings.
- Sundays will be the team off/recovery day unless there is a regatta.

Tentative Fall Regatta Schedule

- Head of the Welland (5 Bridges) – September 26, 2026 – Welland, Ontario
- Head of the Genesee October 11, 2026 – Rochester, New York
- Head of the Charles – October 16-18, 2026 – Boston, Massachusetts (select crews only)
- Head of the Schuylkill – October 24-25, 2026 – Philadelphia, Pennsylvania

Cost

- Fall Competitive Rowing - \$649.75 (\$575.00+HST) (ettransfer 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

A 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).

Questions or Concerns

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