

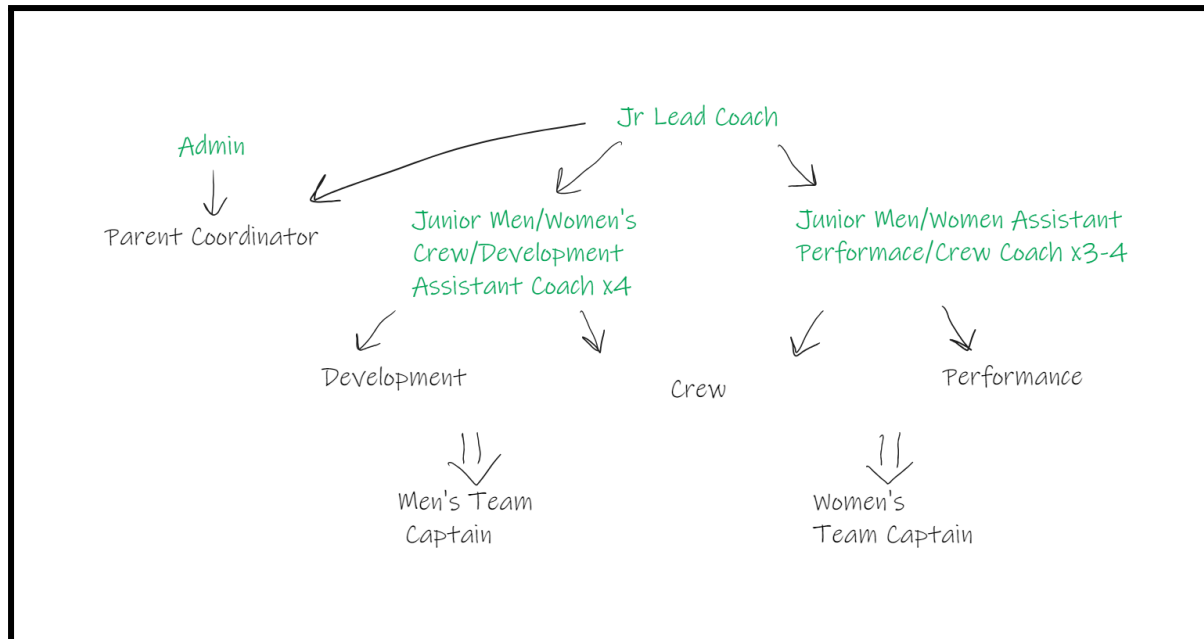


ORC Junior Programs 2025 Outline

This document is based on documentation from the Argonaut Junior Rowing programs. We thank them for allowing us to adapt their highly-successful model to suit our needs and we continue to build the ORC Junior rowing programs.

ADMINISTRATIVE INFORMATION

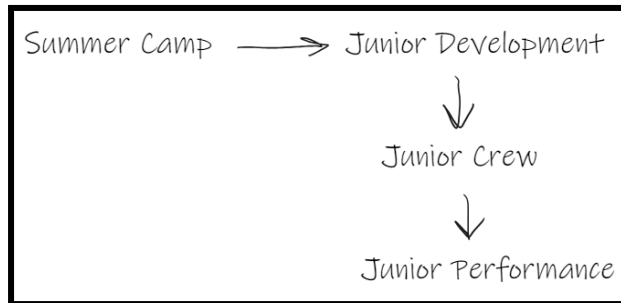
Support Structure:



Pathways:

There are two entry points to the junior program for those who do not have any experience rowing: Summer Camp and Junior Development (see diagram below). Program progression can occur at 3 points during the on-water season: Early Spring, early Summer and early Fall. Successful progression into another program will be determined by tryouts as outlined further on in this document. Commitment to training year-round will significantly increase the chances of continuing with the same level of the program or progressing to the next program.

*** For 2025, if you were part of the Crew program in Fall 2024, you will need to participate in tryouts, but will not be demoted back to the Development program. If you were part of the Development program in Fall 2024 and wish to join the Crew program, you will need to participate in tryouts for Crew. If you were part of the Performance program in Fall 2024, you will automatically be placed into the Crew program, but can try out for the Performance program.



Program Comparison for On-water Season:

	Development	Crew	Performance
Maximum spots available (approximate)	20	50	20
On-water practices	3 per week	4 per week	5 per week
Dryland practices	Optional, suggest 1/week	Optional, suggest 1-2/week	Mandatory, some on own time
Attendance	optional	on-water mandatory	All mandatory

Focus Events			
Spring	n/a	Training Camp with Argos	Training Camp with Argos
Summer	n/a	RO Champs	Henley
Fall	n/a	Head of the Trent + other	Head of the Charles + other
Winter	Quebec Indoors	Quebec Indoors	Canadian Indoor Rowing Champs
Tryouts	No	Yes	Yes
Tryout windows:			
Spring	n/a	May 5-11, 2025	May 5-11, 2025
Summer	n/a	June 23-29, 2025	June 23-29, 2025
Fall	n/a	August 25-31, 2025	August 25-31, 2025
Costs (estimated, based on full on-water season, plus tax)			
Registration	1450.00	1650.00	2000.00
Racing/regatta kit	200.00	200.00	200.00
Fees, local regattas*	250.00	650.00	1250.00
Total	1900.00	2500.00	3450.00

*all regatta travel and accommodations to and from regattas are to be organized on your own, so they are not included in the fees. This number varies greatly depending on the events each athlete is registered in. All dates are subject to change.

1) Junior Development

LTAD Stage: Learn to train

Mission: To develop basic rowing competency on-water and on land and foster an enjoyable and fun environment.

Dev. Goals/Desired Outcomes: knowledge of safety equipment, basic terminology, equipment handling (land and water), manoeuvrability, grip, stroke sequence, rhythm (controlled recovery)

Range of Competitions: skills events, timed skills demonstration, short sprints at appropriate stroke rate, incorporate skills events into competition - Skills/Drills Event at ORC, limited regattas where similar levels will be attending

Boat Size Focus: edons (rec singles), singles, doubles, quads, eights when appropriate

Gender/age separation: no gender or age separation

2) Junior Crew

LTAD Stage: Train to Train, Learn to Compete

Mission: To provide junior athletes with the opportunity to develop their skills while making them aware of higher performance standards in a supportive and fun environment.

Dev. Goals/Desired Outcomes: basic equipment maintenance, rigging essentials, competent manoeuvrability, emphasis on balance, emphasis on ratio, basic rules of racing

Range of Competitions: local and regional regattas, Skills/Drills Event at ORC

Boat Size Focus: Eights, quads

Gender/age separation: generally yes, but there will likely be some mixing

3) Junior Performance

LTAD Stage: Learn to Compete, Train to Compete

Mission: To provide junior athletes with a supportive, competitive and performance oriented environment.

Dev. Goals/Desired Outcomes: boat inspection and reporting, knowledge of rules of racing, can rig and derig, strategies to correct balance, manage weather conditions, adjust technique to boat class, emphasis on posture, advanced communication and race planning, understanding pacing, developed understanding and execution of warm and cool down, leadership development

Range of Competitions: local, regional and national regattas

Boat Size Focus: various

Gender/age separation: yes

Other: Mandatory leadership roles within Junior programs (i.e. participation in RCA coaching courses (free) and volunteering for Try Rowing days for recruitment)

Fee Breakdown:

	Rowing Canada Aviron and Row Ontario Annual Fee	Full Season (May 1 - November 15)	Spring (May 1 - June 22)	Summer (June 23 - August 24)	Fall (August 25 - November 15)	Winter '25/26
Junior Development	64.43	1439.00	473.00	532.00	592.00	TBD
Junior Crew	64.43	1679.00	551.00	621.00	691.00	TBD
Junior Performance	64.43	2039.00	647.00	732.00	817.00	TBD
Coxswain	64.43	\$0	\$0	\$0	\$0	TBD

What is included in the fees:

- coaching staff
- access to equipment (shells, oars, ergs, gym equipment)
- access to facilities (gym, erg room, boat storage, bathrooms, change rooms)
- information sessions
- Rowing Canada Aviron and Row Ontario annual fees for insurance
- RCA Learn to Row coaching course and certification (Performance athletes)

What is not included in the fees

- regatta fees (trailer, accommodations, snack table, coach accommodations, 3% athlete fund, etc)
- kit fees
- travel arrangements

TRAINING

Practice Times:

Dev = Development, Perf = Performance

Spring and Fall Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Perf, Crew 4:15 PM to 6:30 PM	Perf, Crew 4:15 PM to 6:30 PM	Perf 4:15 PM to 6:30 PM	Crew 4:15 PM to 6:30 PM	Perf 4:15 PM to 6:30 PM	Perf, Crew 6:30 AM to 10:30 AM
	Dev 4:30 PM to 6:30 PM		Dev 4:30 PM to 6:30 PM	Dev 4:30 PM to 6:30 PM		Summit Saturday (Row + meeting + tracking erg)

Summer Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Perf, Crew 5:45 AM to 7:45 AM	Perf, Crew 5:45 AM to 7:45 AM	Perf 5:45 AM to 7:45 AM	Crew 5:45 AM to 7:45 AM	Perf 5:45 AM to 7:45 AM	Perf, Crew 6:30 AM to 10:30 AM
	Dev 8:30 AM to 10:30 AM		Dev 8:30 AM to 10:30 AM	Dev 8:30 AM to 10:30 AM		Summit Saturday (Row + meeting + tracking erg)

***Performance group will also be given second workouts to be completed on their own time

SELECTION

This section outlines the selection procedures for the Junior programs and to competitive crews for priority regattas. The priority regattas are Row Ontario Championships, Royal Canadian Henley, and Head of the Charles. Any other regattas ORC Juniors participate in will have crew combinations made at the discretion of the coaches and will be based on previous selection and time trial results. Crews that have been selected for priority regattas may be given priority entries for the other regattas.

Our priority is to select the crews and combinations that are most likely to be successful at the priority regattas. The number of spots available on each team and which boat types will be chosen to be included in selection may vary from season to season and year to year.

There are two types of selection: selection to a team (Crew or Performance), and selection into a specific boat. Team selection will generally occur first at the start of the Spring, Summer and Fall, and boat selection will follow.

Roles

1. Lead Junior Coach
 - ensure selection information is communicated 2 weeks prior to a selection event, except in extenuating circumstances
 - decide which regattas require selection
 - decides on the most appropriate format based on the available information
 - makes the final selection decision for teams and boats
 - ensure timely communication of the selection processes to coaches, athletes and parents
 - follow the selection procedure as outlined
 - outline and distribute the appeal process for each selection event to each coach and athlete
2. Assistant Junior Coaches
 - collaborate with the Lead Junior Coach during selection event and provide feedback to the Lead
 - follow the procedure outlines for each event
 - assist in running selection events in a fair manner
 - report any potential unfairness to the Lead Coach immediately after discovery

3. Athletes

- participate in selection events to the best of their ability (active participation at each practice and skills session, communicating injury or illness, staying informed - read emails!, honour the selection results, avoid behaviour and activities that do not contribute to a high-performance rowing environment)
- understand that missed training sessions and regattas (illness, injury, vacation, etc) may impact the athletes selection into teams and/or boats
- Injury and illness may require a doctor's note before returning to training
- follow the training plan given by the Lead Coach
- when selected to a team, athletes/families are expected to make arrangements so they are available for the entirety of all mandatory practices and regattas, while acknowledging that making themselves available does not guarantee assignment to a boat to race at that regatta
- Should an athlete have an extenuating circumstance leading to their inability to participate in a mandatory regatta or event, the Lead Junior Coach must be made known of this via email no later than 3 weeks prior to the regatta, otherwise they will be required to pay the full regatta invoice

4. Parents

- understand the selection process
- support their athlete
- communicate respectfully to the coaches
- do not interfere with the selection process
- honour the outcome of the selection
- parents that are involved in a power-holding position at the club (ex. Junior coach, board member) will not be allowed to be involved in certain aspects of the selection process where their child may be involved. They may, however, be involved in the creation of the selection processes and execution of processes that do not involve their child
- Should an athlete have an extenuating circumstance leading to their inability to participate in a mandatory regatta or event, the Lead Junior Coach must be made known of this via email no later than 3 weeks prior to the regatta, otherwise they will be required to pay the full regatta invoice

5. ORC Head Coach and VP Competitive

- approve this document
- determine if appeals have merit and contribute to decision making as necessary

- Assist Lead Junior Coach in decision making as necessary

Eligibility

Athletes wishing to participate in the Development program do not need to go through a selection process. Acceptance into the Development program will be on a first come, first served basis. Athletes wishing to try out for the Crew team must have completed at least one season on the Development team. Athletes wishing to try out for the Performance team must have at least one season on the Crew team. Boat selection is limited to within each team.

***Some exceptions may apply if an athlete shows exceptional ability to participate in the next program level

Each athlete must be in good standing with the ORC, Row Ontario and Rowing Canada Aviron, and be classified as a junior rower based on their age in the year they wish to compete. They must also abide by the [ORC Policies and Rules](#) and [ORC Values](#).

Appeals

A decision cannot be appealed simply because an athlete or assistant coach does not like or agree with it; there must be sufficient grounds for the appeal. The possible grounds for appeal are that the individual or group(s) making the decision:

- A. Did not have authority as set out in this Selection Document to make the decision;
- B. Failed to follow procedures as laid out in this Selection Document;
- C. Made a decision which was influenced by bias, (defined as a lack of neutrality) to such an extent that the decision-maker is unable to consider other views;
- D. Made a decision that was grossly unreasonable or unfair.

Any appeal must be submitted within 24 hours of the selection event. If no appeals have been made within the allowed time, selection decisions will be finalized. If an appeal has been lodged, the results will be finalized once the appeal process has concluded.

Appeals must be forwarded to the ORC Head Coach and the VP Competitive via email, who will decide if the appeal has merit. The athlete appealing a decision will bear the onus of proof in the appeal and therefore must be able to demonstrate, on a balance of probabilities, that the Respondent to the Appeal has made an error as described above.

Selection Results

Results must be finalized and shared with athletes within 72 hours days of the selection event. Raw data will be provided whenever possible.

If a selection can not be concluded in the amount of time outlined in the selection event document (ex. In the event of weather delays, repeated ties, inability of athletes to attend practice/selection/regattas, insufficient access to appropriate equipment, etc.), the Lead Coach may select a crew based on the best available information.

Accuracy of Seat Racing and Time Trial Results

By agreeing to take part in a selection process, it is assumed that athletes are agreeing that there is no selection process that can be 100% accurate and replicable. The selection process is created and executed in a way that aims to be as accurate as possible. Timing is done by hand and is generally accurate within 0.5 seconds, so differences between athletes of less than 1.0 seconds is considered a null result. In the event of a tie, any other relevant selection results will be considered as a tie-breaker.

Coxswain Selection

Coxswain selection is subjective. In addition to the selection criteria outlined in this document, ultimately the selected coxswain should be able to make the boat go faster over an extended period leading up to a competition.

When making selection decisions regarding coxswains, coaches will evaluate the following:

- Athlete/coach feedback in oral and/or paper format regarding but not limited to boat feel, ability to execute practice and race plans, ability to make right call in practice/race situation, and steering
- Compatibility with other athletes in selected crew and coaches and their ability to translate coach's vision to boat (i.e. technical calls should reflect the coach's focus)
- Past race experience and results (may include practice races)

Post-Selection

Any athlete that is successful in being selected must maintain good standing to remain eligible. To remain in good standing, athletes must:

- A. Maintain high training standards as outlined above in 'Role of the Athlete',
- B. Meet performance expectations in competition and in practice,
- C. Remain free of significant injury, illness or for other medical issues (defined as any injury, illness, or medical issue that stops an athlete from training or competing for a protracted length of time)
- D. Meet the eligibility and monitoring requirements as set out in this Selection Document

E. Attend all mandatory regattas

Exceptional Circumstances

If because of injury, illness, or extenuating circumstance an athlete is unable to meet any of the criteria set out in this document, an athlete may still be considered for selection. Athletes must advise the Head Junior Coach in writing of any injury, illness, or personal extenuating circumstance as soon as possible. In the case of illness or injury, a medical certificate signed by the athlete's doctor or nurse practitioner may be requested by the Lead Coach.

In the event an athlete who has been selected becomes injured or ill, and in the opinion of the Lead Coach (with advice of the volunteer coaches and/or medical professionals, where relevant), is not deemed fit to compete, then the athlete may be replaced with another athlete. The choice of replacement athlete is at the sole discretion of the Lead Coach in consultation of the relevant coaches.

In all cases, permission to be exempted from any requirement contained within this document must be obtained in writing from the Lead Coach.

Lead Coach's Discretion in Selecting Crews

At all stages of the selection process, the Head Junior Coach has discretion to intervene in the process. The decision to intervene will be made only with input from the coaching staff and volunteers. In a time-sensitive situation, that may be limited to exclusively the coaches currently present on site, but otherwise will include all coaches involved with the selection. This will generally be done electronically, either by use of a shared online document or via an online meeting or group chat.

There are a multitude of reasons that the Head Junior Coach may intervene, including (but not limited to):

- Sudden changes in weather
- Unexpected illness or injury
- Incomplete or erroneous selection data
- The selection process cannot be completed
- Logistical challenges

The Head Junior Coach will only intervene when it is the only reasonable solution, and they are tasked with doing so in a way that best balances accuracy and fairness. For example, if an athlete is injured and unable to take part, a seat racing matrix could be reorganised rather than cancelled.

Lastly, after the selection events have taken place, the Head Junior Coach will evaluate the data collected and, with the help of the Junior Program Coordinator, Assistant Coaches, and volunteer coaches, finalise the crew(s) being selected. In making this decision, the empirical data will be the primary factor considered, but not the only one. The Head Junior Coach will have discretion to consider everything they know about the athlete(s) being selected in making this decision. A list of items that may be considered is included in Appendix A.

Selection Events

There may be multiple opportunities for selection and include the following:

1. Seasonal try-outs
 - a. Spring, Summer and Fall seasons will start with a tryout to select the Crew and Performance teams
 - b. The Try Rowing Days at the end of each tryout week are part of the tryout events where leadership abilities and willingness to participate will be evaluated. Athletes must be present to be considered for a program.
 - c. All athletes interested in being on the Performance team must participate in subsequent programming as there is no guarantee that they will stay on the team for consecutive seasons.
2. Regattas
 - a. Regatta results may be used to compare times or placements against other teammates in the same event
 - b. A proven record of regatta success will be included in decision making
3. On-water selection events
 - a. Any time trial or seat racing events
4. Erg testing
 - a. All athletes wishing to participate on the Crew and Performance teams must complete any scheduled erg testing. Anyone unable to attend must let the Lead Coach know, in writing, by one week prior to the testing. The Lead Coach will schedule the individuals testing for another day. All erg testing that does not occur during the scheduled time will need to be supervised by another coach who is approved by the Lead Coach, otherwise the test will not be considered
 - b. Sanctioned indoor rowing events (ex. CIRC), RADAR tests and try-outs may be used in lieu of regular testing

Erg Testing Rules

1. All athletes but complete the full test without stopping, unless there are extenuating circumstances that stop you from doing so (ex. Sudden injury or throwing up)
2. Screens must not be slammed down and other dramatic shows of negative emotion are not welcome in the erg room
3. For 2k testing, all athletes must remain on the erg seat until the last person is finished (we start as a crew, we finish as a crew)

4. For 2k and 6k testing, no music will be played on the speakers, however athletes can listen to their own music through headphones if they wish
5. The Lead Junior Coach will not provide individual encouragement, but they may provide encouragement to the group as a whole
6. Athletes may encourage each other, but each athlete must give their consent to personal encouragement before testing. If they do not consent, a sticky note or other form of flag will be placed on their erg indicating they do not want others to yell at them.

Event Selection Process

1. The Lead Coach determines whether selection is needed for each event. This does not mean that all athletes are guaranteed entry, rather it means that some athletes may not need to undergo selection depending on the specifics of the regatta in question.
2. The coaches determine the focus events for the Performance and Crew teams, when applicable (for example, the events at the HoCR are generally determined by the previous year's performance). The decision of focus events is made based on the age, gender, interest, ability, and number of athletes.
3. Depending on the number of athletes versus the number of 'seats' available to race, an appropriate selection process will be created by the coaches. The selection will be scheduled with as much notice as is possible. It is the responsibility of the athlete to ensure they are available for seat racing. Selection events will not be scheduled around an individual's attendance.
4. At the discretion of the coaches, a regatta may be used to make the final determination for selection and entry of athletes into a given regatta.
5. Selection is for the fastest boat. At the discretion of the coaches, athletes may still participate in priority events if they are not selected for the fastest boat. Selection may also include naming of a 'B' boat, depending on the event and number of athletes. If a non-'A' boat is continuously out-performing the 'A' boat, the Lead Coach may decide at any time to change the priority crew for a race.

SELECTION CRITERIA

Specific selection criteria may vary depending on the selection event. In any case, specific criteria will be outlined in each selection event document.

Additional selection criteria may include

- Selection to a national team (ex. CanAmMex, Canada Cup, U19s)
- Past performance in competition and availability for future competitions
- Attitude to rowing and teammates
- Athlete's compatibility with the rest of the crew

- Competitive performance during training sessions
- Overall performance in practice, competition, and selection
- Erg testing performance: are you completing your erg tests, or are you stopping part way through? Have you been improving over time?
- Recommendation of the other coaches
- Meeting eligibility requirements for regattas
- Demonstrated commitment to the team and club
- Leadership abilities such as ability to motivate, work with different crews, etc.
- Care for the equipment and facility
- Crew athlete participation in secondary workouts

Questions to ask yourself before tryouts

- Why do I want to do the next program level? Do my goals align with the goals of the program?
- Am I attending all in person practices in my current program? If no, you must commit to this before committing to more practice time in the next level.
- Am I completing all secondary workouts in my current program? Am I willing to complete some of them on my own? If no, you should commit to this before committing to more training volume in the next level.
- Am I willing and able to spend the amount of time training in the next program level? Including on-water practice, dryland practice, erg and cross training sessions on my own time, strength and conditioning, more regattas, etc. If no, you must commit to this before committing to more training time in the next level.
- Am I willing to commit to all of the extra auxiliary activities that come with the next program level? (ex. More stretching, journaling, goal setting, more focus on proper sleep, nutrition and hydration). If no, then consider what is required of you for the next program more deeply.

STANDARDS

The set of standards have been determined by the ORC Head Coach, VP Competitive and Lead Junior Coach based on their experience and existing data. They are made with the purpose of being as competitive as possible at priority regattas. All testing must occur during the allotted time and supervised by the Lead Junior Coach unless otherwise specified. On-water standards may differ for specific regattas (ex. National Rowing Championships) and will be communicated as early as possible to the Performance team. Please see Rowing Canada's document explaining [RADAR testing](#) to help understand the 2k, 6k, and peak power tests. For the movement screen, see the [Canadian Sport Institute Pacific's youtube playlist labelled "Rowing Canada"](#) and look for videos 125 to 134 (not including 133) for examples of the testing. If you score

low on any exercise, you can find all of the corrective exercises for each movement test on [CSIP's youtube playlists](#). The tests include calf lunge (both sides), lat length (both sides), shoulder rotation (both sides), spinal rotation (both sides), hamstring (both sides), side plank (both sides), full squat, and active straight leg raise (both sides and both legs).

Your age category is generally determined by the age you are turning in any given year. You must still be under the age listed in the category on December 31st of the year of competition. For example, you are U17 if you are turning 16 on or before December 31st of that year. For gender categories, ORC follows [RCA's trans inclusion policy](#), which indicates that athletes can participate with the gender they identify with.

Performance

Athletes must achieve 2 out of 4 of the standards to be considered for the Performance team. Should the maximum number of athletes allowed in the program be exceeded by these results, the other selection criteria listed above will be used to aid in selection. Athletes must have experience in the Crew program or equivalent.

	Movement Screen	2k	6k	Peak Power (watts)
U17 Men	32, no pain on any exercise	7:10	23:06	675
U19 Men	32, no pain on any exercise	7:00	22:36	750
U17 Women	32, no pain on any exercise	8:10	26:06	450
U19 Women	32, no pain on any exercise	8:00	25:36	500

Performance/Aspiring Performance athletes - During the on-water seasons, all athletes are expected to attend every session scheduled for their program. Athletes are required to attend a minimum of 85% of training sessions to be considered for the regatta boatings and for the Performance program the following season. Effective from November 2025 - During winter training, athletes are expected to attend a minimum of 80% or will be responsible for tracking and sending the sessions they completed on their own time to the Lead Junior Coach.

Crew

The standards are not mandatory but should give athletes an idea of what to aim for. Athletes must have experience in the Development program or equivalent program.

	Movement Screen	2k	6k*	Peak power (watts)
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Men	No pain on any exercise	7:40	24:36	650
Women	No pain on any exercise	8:40	27:30	400

*Athletes moving from Development to Crew will be required to do a 3km test, rather than a 6km test.

REGATTA/EVENT TRAVEL

Starting in 2025, the ORC is not organizing any travel and accommodation for athletes. All regatta and external event travel is to be organized by parents for their own children. We will do our best to reserve a block of rooms for you to book on your own, on a first come, first served basis. There is a table at the end of this document that outlines the information needed for booking at away regattas.

Be advised of RCA's Safe Sport Policy relevant to travel:

Travel

7. Any travel involving Persons in Authority and Athletes shall respect the following:

[...]

d) No Person in Authority may drive a vehicle with an Athlete alone unless the Person in Authority is the Athlete's parent or guardian

e) A Person in Authority may not share a room or be alone in a hotel room with an Athlete unless the Person in Authority is the Athlete's parent or guardian

[...]

This information is current as of January 2025. Please refer to Rowing Canada's Safe Sport Policy Manual for the most up to date information.

After consultation with RCA in February 2025, RCA has directed parents to review the following information:

[Rule of Two](#)

[Open and Observable Environments](#)

Understand the full [Athlete Protection Policy](#) in the Manual on our Safe Sport page

Free [Safe Sport training module](#) through The Locker.

REGATTAS AND EVENTS

				Attendance*		
Season	Event	Location	2025 Date	Development	Crew	Performance
Winter	Training Camp	Campbell River, BC	March 10-20	No	No	Select
	Mini-Camp	Montreal, QC	March 1	As interested	Suggested	Suggested
Spring	Spring Try-Outs	ORC	May 5-11	No	Mandatory	Mandatory
	Spring Try Rowing Day - Assist**	ORC	May 10	No	Suggested	Mandatory
	RCA LTR Coach Workshop	ORC	May 17	As interested	As interested	Mandatory
	RCA JNT Camp	Welland, ON	May 10-11	No	No	Select
	Lachine Canal Challenge	Lachine, QC	May 25	No	As interested	As interested
	[Placeholder for 2026 - Peterborough RC Scrimmages]	Peterborough, ON	n/a	n/a	n/a	n/a
	Chaos Regatta	ORC	June 7 (TBC)	No	Suggested	Suggested
Summer	Summer Try-Outs	ORC	June 21-28	No	Mandatory	Mandatory
	Summer Try Rowing Day - Assist**	ORC	June 28	No	Suggested	Mandatory
	Training Camp with Argos	Toronto, ON	June 26-28	No	Suggested	Mandatory
	ERAs	Montreal, QC	July 12-13	Select	Mandatory	Mandatory
	Row Ontario Championships	Welland, ON	July 19-20	No	Mandatory	Mandatory
	Canadian Henley	St. Catharines, ON	August 5-10	No	No	Mandatory

	best time to schedule summer vacation	-	-	Between August 3-24	Between August 3-24	Between August 11-24
Fall	Fall Try-Outs	ORC	August 25-31	No	Mandatory	Mandatory
	Fall Try Rowing Day - Assist**	ORC	August 30 (TBC)	No	Suggested	Mandatory
	Head of the Rideau	Ottawa, ON	September 28	Select	Mandatory	Mandatory
	Head of the Trent	Peterborough, ON	October 4-5	No	Mandatory	Mandatory
	National Rowing Championships	TBD	TBD	No	No	Select
	Head of the Charles	Boston, MA	October 17-19	No	No	Mandatory
	(TBC) Race in Montreal	Montreal, QC	(TBC)	Select	Mandatory	Mandatory

*mandatory attendance does not guarantee a race

**Community Involvement Program hours will be given for assistance with these events

HOTEL INFORMATION

These are the hotels we have a block of rooms for. Please email Meg for the codes at least 2 work days prior to the “book by” dates to ensure you receive a response in time. First come, first served. The dates for away regattas include extra dates before the regatta due to early morning races or practice on the course the day(s) prior.

Event	Location	Regatta Date	Cost/nt +tax (double room)	Accommodation Name	Booking Dates	Book By
Training Camp with Argos	Toronto, ON	June 26-28	\$199	Holiday Inn Express & Suites Toronto Airport South	June 26-28	May 26

ERAs	Montreal, QC	July 12-13	\$189	Holiday Inn Montréal Longueuil*	July 11-13	June 9
Row Ontario Championships	Welland, ON	July 19-20	\$150	Residence & Conference Centre - Welland**	July 18-20	June 18
Canadian Henley	St. Catharines, ON	August 4-10	\$263***	Village Residence Townhouse Units - Brock University	August 4-10	July 18
Head of the Rideau	Ottawa, ON	September 28	n/a	n/a	n/a	n/a
Head of the Trent	Peterborough, ON	October 5	TBD	TBD	October 4-5	TBD
Head of the Charles	Boston, MA	October 19	TBD	TBD	October 17-19	TBD
(TBD) Race in Montreal	Montreal, QC	(TBD)	TBD	TBD	(TBD)	TBD

*(ERAs) Minimum of 10 rooms must be booked from our group for the reservations to hold, otherwise the hotel reserves the right to cancel any bookings

** (ROs) Rooms offered until cut-off date OR until hotel sells out, so book early as it is a busy weekend. Free alterations or cancellation until July 17. Full sized fridge, but no stove.

***(Henley) Townhouse Units can be shared to cut down on costs. Each unit is 5 person occupancy (4 rooms with 5 single beds) complete with a full kitchen and multiple bathrooms.