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ST. JOHN'S ROWING CLUB

# 2024/2025 ANNUAL REPORT

## 2024-2025 Board of Directors

Maria Roach (President)

Kristine Power (Secretary)

Ann Dorward (Past President)

Emma Ramsay

Yvonne Knight

Claudette Warren

Cherie Whelan

Sarah East

Caroline McShane

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# ST. JOHN'S ROWING CLUB

## LAND ACKNOWLEDGEMENT

*We respectfully acknowledge the province of Newfoundland and Labrador, of which the city of St. John's is the capital city, as the ancestral homelands of the Beothuk. Today, these lands are home to a diverse population of Indigenous and other peoples. We would also like to acknowledge with respect the diverse histories and cultures of the Mi'kmaq, Innu, Inuit and Southern Inuit of this province.*

## LETTER FROM THE BOARD OF DIRECTORS

The St. John's Rowing Club has operated slide-seat rowing programs on Quidi Vidi Lake in St. John's, NL for 39 years, during which time thousands of athletes, coaches and volunteers have discovered a passion for rowing.

During April 2024 to March 2025, the Club continued to develop and flourish as we explored new opportunities to grow the sport in our city; Come Try It events continued throughout the season to encourage folks to experience rowing, we have been reconnecting with past rowers, and we have been introducing rowing to new, young athletes through our school demonstration program. We overcame the challenge of finding a new indoor training facility by forging a partnership with Reps and setting up an SJRC erg room, which has also gained two new bike ergs.

Athletes represented SJRC on multiple occasions at regattas in 2024 when the Junior Competitive team attended the 2024 Red Island Regatta (PEI) Coastal Races & Beach Sprints and members from the adult and junior programs competed at the Really Chili Regatta in Dartmouth NS.

In Fall 2021, the Board of Directors initiated a 5-year strategic plan to help organize the activities of the board and set goals for the immediate and long-term future of the SJRC. The board has committed to the goals and values embedded within the first strategic plan for the club and are "living the plan" to the best of our ability. Highlights of the 2022-2027 strategic plan are found in this annual report. The detailed strategic plan is on our website at [www.sjrc.ca](http://www.sjrc.ca).

# FINANCIAL SUMMARY

## INCOME SOURCES

Program registrations	48993
Grant income	62628
Donations	190
Unapplied income adjustment	-44
<b>TOTAL</b>	<b>111,767</b>

## MAJOR EXPENSES

Club dues	810
Come Try It / Rowing Canada expenses	566
Fleet / Trailer Insurance	2,771
Bank charges	460
Rent payments	11,676
Freight & Delivery	4,165
Gas & Oil	384
Office expenses / PO Box rental	2,526
Boat repair services	1,076
Customs brokerage fees	190
Travel support	530
Advertising	142
Clothing	505
Boathouse expenses	33,717
Accounting services	120
Payroll expenses (youth)	40,165
Meals & entertainment	325
Other general admin expenses	95
Taxes & Licenses	106
Coach training support	150
Misc. expenses	905
<b>TOTAL</b>	<b>101,384</b>

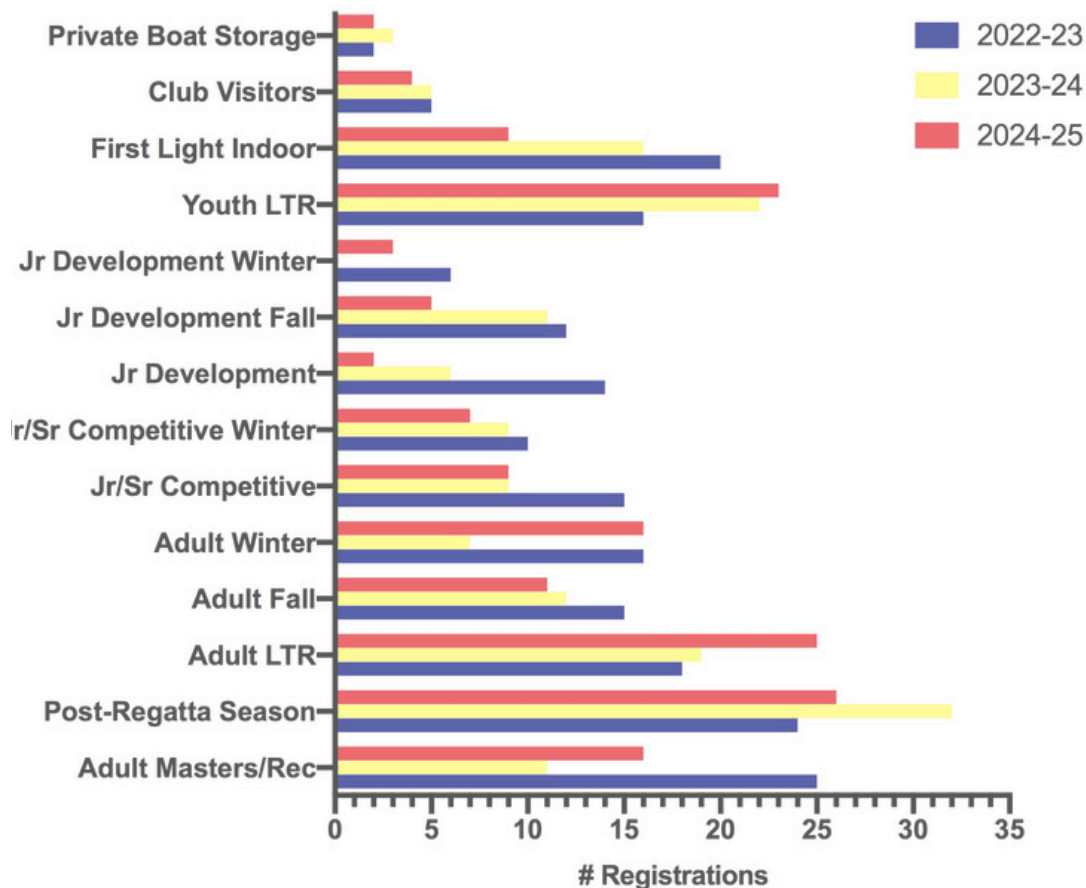
**NET PROFIT for 2024-25****10,383****CASH BALANCE (April 1, 2025)****17,424***\*pending accountant review*



# CLUB PROGRAMS

The 2024/2025 season saw consistent enrollment in the majority of programs offered; however, there was a decrease in Junior Athlete enrolment over the past three seasons. SJRC has set its sights on long term athlete development through increasing awareness of the sport. In addition to the Youth Learn to Row Program, community engagement has increased via NL Schools integration as part of the physical education curriculum.

The partnership with local gym, REPS Fitness and Conditioning, has increased adult participation over the off-water (winter) season, providing an indoor erg room exclusive to SJRC members.



"Coaches were extremely helpful!! They were always willing to help and offer advice. As a first time slide-seat rower, they helped in explaining how to set up the boats as well as providing feedback when we were out on the water and how to improve technique."

# GRANTS AWARDED

## Employment Grants

- Govt of NL
- Canada Summer Jobs

Full-Time equivalent summer employment position (1)

Employment Position (1) during on-water season

## Active NL Grant

- Spring 2024
- Fall 2024

Set of quad oars (spring)

Set of quad oars (fall)

Concept 2 Erg Bikes (2)

Oar racks (spring)

## City of St. John's

- Operating Grant
- Capital Grant

Additional oar racks (fall)

Contribution to the purchase of a Hudson USP Single

Boathouse improvements

## Sport Canada and Rowing Canada Aviron

- Rowing For All
- Community Sport For All Grant

Registration cost support for First Light members for indoor erg training (2024)

Purchase of the first coastal single for the club

Registration cost support for First Light Learn to Row program (2024)

## NL Athletics Association

- Travel Grant

Junior competitive team travel support

# CLUB EVENTS & HIGHLIGHTS



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Boathouse opens;  
On-water season  
began with great  
enthusiasm from  
athletes and the  
coaching team

**April 2024**

Ice Melt Indoor Regatta, in  
collaboration with RSJRC,  
hosted at Islander Athletics

**May 2024**

Launch of on-water  
programming



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**June 2024**

First Light Friendship Centre  
Come & Try It Day (June 15)  
Elders Marjorie Muise and  
Danny Pottle honoured us  
with a water blessing and  
smudging ceremony to  
begin the event.

Rowing Canada National  
Come & Try It Day (June 8)

2024 SJRC AGM at the RSJRC  
Boathouse Museum

**July 2024**

Learn to Row programs begin  
(Adult and Youth)

Move to REPS Fitness with a  
dedicated SJR Erg Studio!

Junior Competitive team actively  
fundraising for regatta travel

**August 2024**

SJRC Exhibition Races on  
Regatta Day



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Come & Try  
It Day for  
members of  
the Mile One  
Run Club

Post-regatta, slide-seat program opens

Junior Competitive team  
competes at the 2024 Red  
Island Regatta (PEI) Coastal  
Races & Beach Sprints

# CLUB EVENTS & HIGHLIGHTS

## September 2024

Fall On-Water rowing programs continue

## October 2024

SJRC acquires its first coastal boat single (RSB Y18 Solo)



Boathouse closing

NL Premier Awards  
Congratulations to Furey Stone recognized for excellence in the sport of rowing!



SJRC athletes attend the Really Chili Regatta, Dartmouth, NS

## November 2024

Attendance at the Sport NL Summit

SJRC/RSJRC boatyard is re-graded



Winter training programs begin at SJRC Erg Studio (inside REPS)

## December 2024

Rowing Canada Aviron National Conference (virtual)

## January 2025

NL school visits to showcase rowing

Purchase of two Concept 2 Bike Ergs for indoor training

NL school visits continue

Hudson single purchase complete (USP 2020)

## February 2025

National Indoor Rowing Day (128,814m rowed)



## March 2025

SJRC attends SportNL Governance Gamechanger Series (Session 1)

Final stage of oar rack installation (sweep and sculling)

# STRATEGIC PLAN 2022-2027

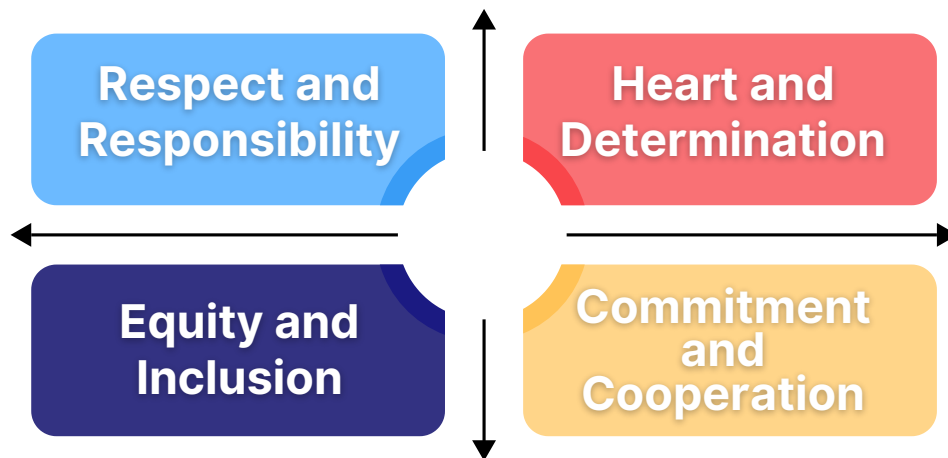
## Our Vision:

To build and sustain a slide-seat rowing community of inclusivity, opportunity, and personal excellence through a shared love of the sport.

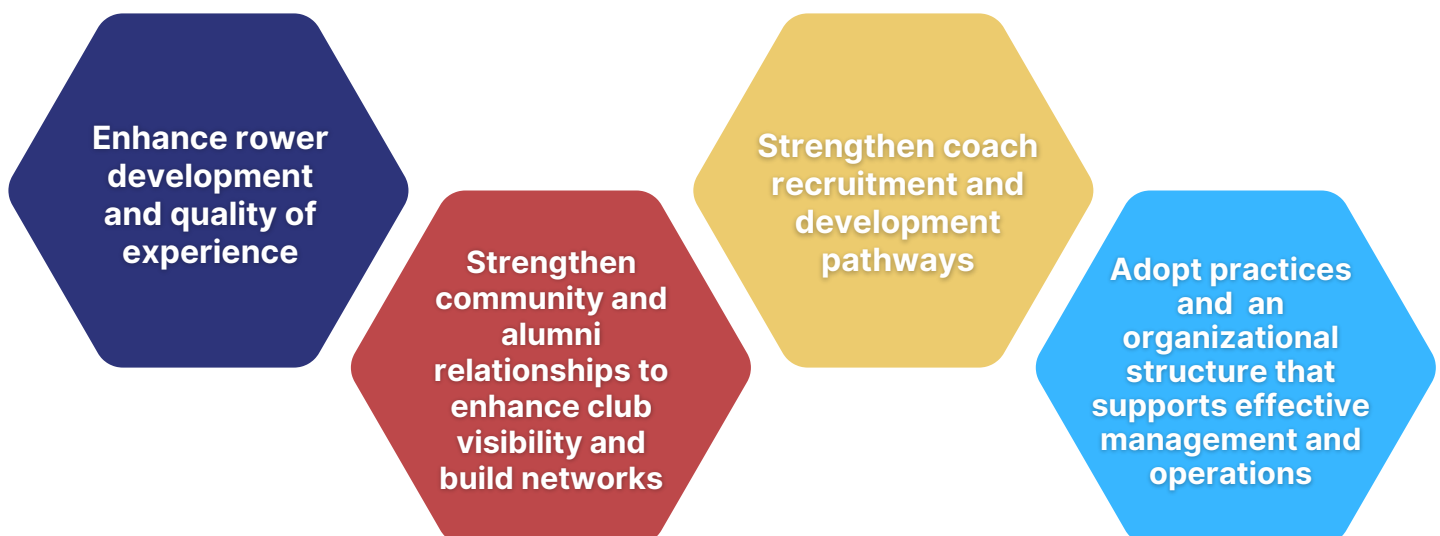
## Our Mission:

The St. John's Rowing Club provides all levels of athletes, coaches, and volunteers to learn, adapt, and strive for improvement through the sport of slide-seat rowing.

## Our Values:



## Our Goals:





# THANK YOU SJRC SPONSORS



Government  
of Canada

Gouvernement  
du Canada

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# CONTACT INFO

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**IG:** [@stjohnsrowingclubnl](https://www.instagram.com/stjohnsrowingclubnl)

## Photo Acknowledgements

Cover Photo: Early AM Row, Yvonne Knight

Land Acknowledgment Photo: Quidi Vidi Lake

Photo 1: Weekend Row, Quad Rowers unknown

Photo 2: Morning Fog Dockside, Boathouse Opening for On-water Season

Photo 3: Coach Boat in Action, Emma Ramsay, SJRC Coach

Photo 4: Come Try It Day with Mile One Running Club

Photo 5: Furey Stone, Junior Competitive Athlete and SJRC Coach

Photo 6: Really Chili Regatta, North Star Rowing Club, Dartmouth, NS

Photo 7: SJRC Erg Studio (inside REPS)

Photo 8: SJRC School Erg Session at St. Paul's Junior High (Go Vipers!)

Photo 9: Coach Boat Crew, Furey Stone, Ella Mate, Lily Byrne

Photo 10: Coach Boat Crew, Anna Walsh, Alex O'Brien, Elissa Orbasli

