

## 2009 Competitive Program – Annual Report

### Introduction

The competitive programs enjoyed tremendous growth and success in 2009. Among the highlights were 7 gold medals at Henley, 9 Gold Medals at Ontario Championships and 15% growth in the competitive program.

### High School

The ORC high school programs of Glebe, Lisgar, Colonel By, Canterbury, Osgoode and Ashbury are the foundation of our competitive and development programs as they are our feeder programs into the Junior A and B programs. Each program is at a different stage of development but we have seen all programs become more competitive with each other, regionally and nationally. The ORC appreciates the efforts coaches and program coordinators tireless efforts.

### Development

The ORC is endeavoring to follow Rowing Canada's Long-Term Athlete Development Model and this group has been learning how to scull and sweep correctly. We are seeing the efforts paying off as many of the development athletes are progressing into the junior programs. Important to note, this program does not compete at summer regattas, the focus is on skill acquisition and development.

### Age Group Competitive Programs

The competitive program had one of the most successful years in the ORC's 142-year history, key highlights include:

- Morgan Jarvis winning the lightweight single at US Elite Nationals
- Samantha Kayser, Cheryl Copson, Mariel Boomgardt and Sarah Black along with ORC Head Coach being selected to Ontario's 2009 Canada Games team where they won medals along with their team Ontario teammates in the respective events
  - Bronze women's pair (Mariel Boomgardt and Samantha Kayser)
  - Gold women's eight (Mariel Boomgardt, Samantha Kayser, Cheryl Copson, Sarah Black)
- Sarah Black was selected to Canada's u23 women's national team. She competed at the World Championships and finished 7<sup>th</sup> overall in the women's pair.
- Lauren Wells was selected to the Canada's senior national team and competed at the World Championships in the lightweight quad and finished 3<sup>rd</sup>.
- Glenn Hay and Karen Donaldson participating Canada's national junior program and attending the CanAmMex event in Oakridge Tennessee where they won a Bronze medal in the women's pair.

- ORC winning 28 medals at the Ontario Championships, 9 of them gold. St. Catharine's who won 37 medals, 16 of them gold, only bettered us.
- The ORC had the most successful Henley Regatta in its recorded history winning 7 gold medals, 24 boats competed in the finals and 14 boats finished in the top 3. Of our 86 boats entered 45 boats advanced to either the final or semi-finals.
- Ottawa finished tied for second in the gold medal count (7) with South Niagara. Additionally we were third in the number of finals (24) behind Mendota and St. Catharine's respectively.
- Highlights of the Henley Regatta they came in the following events:
  - Senior men's lightweight double (Paul Amesbury and Morgan Jarvis)
  - Senior men's lightweight single (Morgan Jarvis)
  - Senior men's lightweight single dash (Paul Amesbury)
  - Senior B women's pair (Samantha Kayser and Mariel Boomgardt)
  - Senior B women's four (Brittany Tovee, Cheryl Copson, Kate Goodfellow and Sally Machin)
  - Senior B women's quad (Samantha Kayser, Cheryl Copson, Kate Goodfellow and Sally Machin)
  - Senior B women's eight (Sally Machin, Cheryl Copson, Kate Goodfellow, Andrea Ernesaks, Mariel Boomgardt, Samantha Kayser, Brittany Tovee, Emma Lehmborg and coxswain Fiona McLean)

### **Masters Competitive**

The masters program is slowly developing into a strong program for the ORC under the leadership of Scott Curda and the skilled assistance of Lindsay Geros-Moore. The program has grown and participated winning a number of events and competitions including Ontario Championships, Canadian Henley as well as Head of the Charles.

### **University Programs**

The ORC continues its longstanding relationship with the local universities (Carleton and University of Ottawa). The University of Ottawa novice men's women's programs have huge tryouts again this year. However, the university system is a minor feeder system for the competitive program.

### **National Rowing Championships and Radar**

The ORC has actively participated in Row Ontario's RADAR and programming. RADAR is being used to identify the Provincial carding opportunities supported by the Quest for Gold. As a result of RADAR the following people were selected to participate in the National Rowing Championships as part of the Ontario delegation.

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|-------------------|-------------------|
| • Lilianne Page   | • Taylor Pluzack  |
| • Dylan Dodge     | • Kerry Waddell   |
| • Cristy Nurse    | • Karen Donaldson |
| • Ben Vandervliet | • Paul Amesbury   |

As a result of RADAR performances and erg scores the following ORC athletes were selected to receive funding from the Ontario Athlete Assistance Program:

- Cristy Nurse
- Ben Vandervliet
- Kevin Frost

## Coaching

We appreciate the commitment made by the High School, University and Competitive Coaches to help with the programs. Without their support, patience and knowledge the ORC could not deliver the competitive programming it has in the past year. Of special notes are the competitive coaches who put volunteer hours are often stretched for 6 months to deliver our competitive, development, and masters programming. Many of these coaches lead and deliver the University and High School programs

Ed Fournier (Junior Men)  
Matt Waddell (Junior Men)  
Rob Thomson (Junior Men)  
Kate Gorsline (Junior Women)  
Rob Park (Junior Women)  
Mark Wismer (Senior Women)  
Patrick Fiori (Senior Women)  
Deidre Waite (Senior Women)  
Stu McKenzie (Senior Women)  
Bobby Snider (Senior Men)

Sean Dowd (Senior Men)  
Robert Tang (Development)  
Kurt Hermann (Development)  
Brian Adams (Adaptive)  
Brett Miller (Development)  
Scott Curda (Masters)  
Lindsay Geros-Moore (Masters)  
Roger Meagher (Senior Men & Women)

The ORC recognizes that attracting, training and retaining our coaches is our biggest challenge to our ability to consistently deliver top notch programming address this in 2009 we put forth a new initiative and supported a portion of the RCA coach certification. We will continue to do this with an aim of qualifying more coaches and building the quantity of available coaches.

## Competitive Program Services

The competitive program is integrating service providers who are paid and/or volunteer to support the competitive program through sport psychology, strength and conditioning and yoga.

The sport psychology and yoga services were primarily focused on the summer competitive programs and were made available to all competitive programs.

The strength and conditioning services have been focused on during the winter training.

The competitive program would like to more deeply embed these programs in our holistic development strategy for our athletes.

## Equipment

The ORC purchased the following equipment in 2009 to support the competitive programming:

- 3 Hudson Singles (Lightweight, Mid-Weight and Heavy Weight)
- 3 Hudson Eights
- 1 Vespoli coxed four
- 4 sets of Croker Sculling Oars
- 2 sets of quad sculling riggers (Fast4ward and Facta non Verba)
- 4 Concept 2 Model D Rowing Machines

We will continue to upgrade our equipment and align the equipment renewal with the long-term athlete development model.

## Recognition

The competitive program was recognized locally, provincially and nationally the recognitions are:

- The senior B women's 8 was awarded the team of the year by the Ottawa Sport Awards.
- Mark Wismer was named coach of the year by Row Ontario and Rowing Canada.

## Going Forward - 2010 and Beyond

2009 was a tremendous year and 2010 is shaping up to be successful judging by the number and consistent participation of our competitive rowers. However, we must continue to identify areas of weakness to improve upon. Currently we believe it is in attracting, retaining and developing volunteer coaches and ensuring the Long-Term athlete development model is more fully integrated into our competitive programs.

In order to shore up these weaknesses we will be doing the following in 2010:

- Hiring a full-time paid assistant coach to meet the needs of our participation growth and provide additional expertise.
- Develop a mentoring and on-going development program for the volunteer assistant coaches in order to increase their competencies and coaching expertise inventory of the entire club.
- Renewing the coach boat and engines.
- Purchasing boats and equipment including three new singles and additional sculling oars to more fully align our competitive and development programs with the long-term athlete development model.
- Identifying other services to support and educate our athletes.