
Rowing New Brunswick Aviron

2017 Annual General Meeting

Fredericton, New Brunswick
February 10, 2017



Presidents Report

Some years Mother Nature is a great partner and other years she seems to treat New Brunswick Rowers with contempt. 2016 was a year that she treated us well. While it was not always perfect, the ice was out of the river system early in the spring and for both major events in the province, the spring High School Regatta and the Head of the 4 Bridges, the conditions were perfect.

2016 was a year of continuing the implementation of the 4 year strategic plan with an extra focus on coach development and umpire development.

An Umpire clinic was held in Fredericton and 7 new associate umpires graduated. Five of these are based out of Fredericton and 2 out of Saint John. This adds to the 4 Umpires currently in the province.

To support our umpires, RNBA also began the Umpire Assistance Program, which provides a small subsidy to umpires and associate umpires in the province to travel to regattas away from their home club. A number of umpires and associates participated in this program in 2016.



Coach development is another area of focus of the strategic plan. RNBA partnered with both Rowing Canada Aviron (RCA) and the Government of New Brunswick (GNB) to offer Learn to Row (LTR) Facilitator and Evaluator Training. Martin George and Mike Purcer, both of RCA, visited Saint John in September to offer an LTR coaching course with 2 key goals; The first was train interested LTR candidates. The second, and more important focus, was to develop LTR Learning Facilitators and Coach Evaluators. These are the individuals that teach the LTR coaching course and evaluate candidates who become certified LTR coaches. Three individuals completed the training and will soon complete all the requirements to become fully certified Learning Facilitators and Coach Evaluators.

As President I attended the RCA AGM and National Coaching Conference in February 2016. RNBA was fortunate to receive a grant from the Sport and Recreation branch of the Department of Tourism, Heritage and Culture. This grant was part of the Department's Sport 4 Life initiatives and allowed us to support a coach from each rowing club to attend the conference. Here the coaches were introduced to the updated Athlete Development Pathways - Rowing Canada Aviron's Learn Term Athlete Development model.

I also recently returned from the 2017 World Rowing and Rowing Canada Coaches conference with our Canada Games Head Coach and Assistant Coach / Boatman. At the Rowing Canada Award's gala several of our members received special recognition. Donna Bliss received Umpire of the Year. Long Term Service recognition was given to Chris Flood for 35 years of service to the sport, Donna Bliss for 15 years service and Robert O'Connell for 15 years service.

This past year saw the formation of the Canadian Rowing Hall of Fame, where New Brunswick's own World Champions, the Paris Crew, were part of the initial class of inductees.

2017 promises to be an exciting year, with several exciting anniversaries occurring. Not only is Canada turning 150 years old but we also celebrate the 150 anniversary of Canada's first World Champions - The Paris Crew from Saint John. Additionally in 2017 the Canada Games turn 50. Once again New Brunswick will send a strong team of rowers to this event. These athletes will follow in a strong tradition of a sport that has produced 25% of all medals New Brunswick has won at a Canada Summer Games.

Finally an organization is only as good as the people in it. As President I am very fortunate to work with a talented group of individuals that make up the RNBA board. Their knowledge and experience continues to serve the rowing community of New Brunswick very well. Thank you all for your time and commitment to the rowing community in New Brunswick.

Sadly The composition of our board will change somewhat as our treasurer Sean Moore is stepping down. Sean has been an integral part of the organization over the last few years and on behalf of the rest of the board we thank him for his time and contribution to rowing in New Brunswick.

I wish the best of luck and success to all of our coaches, athletes and officials in 2017.

Respectfully submitted

John Oxley
President
Rowing New Brunswick Aviron

New Brunswick Umpire Report - 2016

Current New Brunswick Umpires are:

- Donna Bliss L3,
- Charles Thornton L3
- Hap Stelling L3
- Roger Tremblay L4
- One NB umpire has retired: Tom May

New Brunswick Associate Umpire (active):

- Mike Casey

New Brunswick Associate Umpires

Since the training course held in the spring of 2016:

John Oxley, Craig Jollymore, Jeff Rankin, Dreama Galbraith, Barb Dugas, David Clarke, Peter Seyffarth

Course was given by Roger Tremblay (Clinician - L4) with the assistance of Donna Bliss and Hap Stelling (refresher).



Regattas Officiated this year:

- New Brunswick Indoor Championships, Fredericton
- Nova Scotia Sprints, Dartmouth
- NRC / Canada Cup, Burnaby
- Head of Four Bridges, Fredericton
- Atlantic Championships, Lochaber (Antigonish)
- Head of the Charles, Boston
- Really Chili, Dartmouth
- Canadian University Rowing Championship, Welland

Out of Province Umpire participation in NB Regattas:

- Head of Four Bridges – Joan Backman, Lesley Griffiths

RNBA has initiated a refund application to NB Umpires. (\$80 for travel outside the province, \$40 for travel inside, but not at your own club, for a maximum pay out of \$120 per calendar year.) The application requires the signature of the CU for the attended Regatta. A few umpires have taken advantage of the program in 2016.

Respectfully submitted by: Roger Tremblay and Donna Bliss

Coaching Report – RNBA 2016 Season

On a Provincial level, FRC and KRC continue to support the role of the NB HP Coach and in terms of Long Term Athlete Development (LTAD) improved results amongst athletes has been noticeable with a marked increase in terms of ambitions, aspirations and level of competitions now attended.

In the past year, athletes from New Brunswick have attended over 30 different camps, trials, school or university events or races during the spring, summer and fall with a number of new members also tasting the race environment for the first time. In the on-water season, spanning 30 weeks (200 days), athletes have been on the move for more than 65 days – or every 4th day. Boats and athletes have travelled well over 20,000 road kilometres and raced an estimated 80,000+ km, taking into account multiple entries at heads and regattas.

The High Performance Committee had a busy year of drafting, editing, and creating solid RNBA selection documents for the Performance Group, for Canada Games 2017, for National Championships, and for the Hampstead Camp. The committee worked very well together and I would like to thank Barb Dugas, Tracey Fraser and Donna Bliss for their excellent support in 2016.

The Performance Group has been very active. Melanie Hamel joined the group in May 2016 but had to withdraw due to long term injury in September. Tara Gowan joined the group in September. Dana Durnford withdrew from the group in October recognizing that she did not have National Team rowing aspirations and did not want to take resources away from other athletes, even though she was meeting the commitment criteria and the performance standards. Julia Hill and Caroline Grant did not meet the required standards and moved out of the performance group into the Canada Games Group. Jess Chouinard, Jennifer Clarke, and Ian Morrison remain stable members of the Performance Group. RBC Training Ground results sent two names through to rowing. One was already in the novice program at UNB and the other has chosen to continue high performance in another sport, while just doing weekly technical erg sessions for rowing at a future date. Although no one from the performance group made the jump into a national team camp in 2016, they fulfilled or exceeded the strength & performance targets set. New targets have been set for 2017 and regular training continues.

Six **Canada Games** camps were held 4 in Fredericton and 2 in Rothesay. Camps covered nutrition basics, sport psychology, physiological testing, a review of seat racing, and time trialling. Parent meetings were held twice in each city to ensure everyone was aware of the Selection Criteria and understood the commitment required. Letters of Intent to try out were due on 15 November 2016; 16 rowers (9 female, 7 male), 2 coxswains are now part of the training squad. Friday night team lifting & workshop sessions at the CSC-Atlantic Fredericton started in November. Krista Steeves was selected as Team Manager. Nathan Blais was selected as Assistant Coach/Boatman. It is also appropriate to acknowledge the support of individuals and organizations who are supporting the ever-growing competitive rowing group: Barb Dugas with Natasha McLaughlin-Chaisson (nutrition support), Matt Forgie and ForFitness (S&C coach + facility support), the staff at the Sports Centre Atlantic – Ken Morrison and Mark Gifford (S&C coaches) and Ryan Hamilton (sport psychologist); the club coaches and equipment officers Matt Snelgrove, Geoff Holloway and Peter Seyffarth. A two and a half day Canada Games Team NB conference was held in June for coaches and managers to introduce the Team NB Mission Staff, start on administrative policies and procedures, plus gain some of the necessary qualifications for attending Games. Chantelle, Nathan and Matt S. attended this conference.

Georgia Training Camp and **Hampstead Camp** were both well attended and provided the needed intense on water experience for our athletes. The combination of these “big” camps along with the smaller day –long Canada Games camps meant that the athletes got to know each other well, they experimented with technique and style, learned and were challenged together and grew as a strong unit. Dan Bechard, Western University, was the guest coach at Hampstead and he did a wonderful job of filling in for Volker Nolte who was at the Rio Olympics. He brought a wealth of equipment knowledge from his work with Hudson Boatworks, and both clubs benefitted from an open talk he did on boat maintenance strategies.

NB Athletes attended 5 more **races** than last year – from junior and senior trials, regattas in NS, PEI, Quebec, Ontario and BC to one of the world’s biggest races – Head of the Charles. FRC’s on water membership doubled in number while expanding into an active winter training program in their own space. KRC increased its competitive program athletes and recreational program participants this year and benefitted greatly throughout the year from a new partnership with ForFitness allowing for year-round club training sessions. Club Rowers, on average, were training 5 times a week; the Canada Games potential athletes doing 10 sessions a week; and, the Performance Group 12-15 sessions a week. Results are beginning to show both on and off the water. Our top end athletes are performing better and more consistently as results at local, provincial and national events show. There are many results to go through but it is important to recognize the work of all those athletes who are training 12 or more times a week and representing our province with pride:

RCA ,FISU & U23 National Trials – Jess Chouinard (Semi Final 86.6% GMS) – not selected to camp.

National Junior Trials: Caroline Grant (80.2%), Jenn Clarke(82.3%), Dana Durnford(79.9%), Ian Morrison(84%). No NB athletes made this 2016 team camp cut of 85% GMS, but Jenn Clarke and Ian Morrison were close.

NRCs and Canada Cup 4xs: **Taylor Perry (A Final 5th), Jess Chouinard (B Final 11th)**, Jennifer Clarke (E Final 27th & 5th Jr), Ian Morrison, Noah Hartery 2- (E Final 26th).

Eastern Championships in Montreal – club success in junior w 1x, 2x, 4x and senior 1x and 2x. Canada Games events were entered.

CSSRA’s: Athletes represented their schools - Rothesay Netherwood, Rothesay HS, Leo Hayes HS and Fredericton HS. **Ian Morrison** made the **Final = 5th** Sr M Lwt 1x. Jenn Clarke, Dana Durnford Semi-Final Sr W 2x, Jenn Clarke Semi-Final Sr W1x.

Numerous 1st places at the Nova Scotia sprints junior m & w 4x,2x,1x – including an open mixed 8 and at Atlantic Championships club success continued, particularly amongst junior men & women – 4x, 2x, 2-, 1x , open w8+ and w4x.

Royal Canadian Henley saw a larger group attend with 6 crews racing semi- finals, 2 of which missed out on their respective finals by 1 place.

Head of the Charles was raced by the FRC masters women 8+ and the senior women’s 8+. The Senior W8+ missed out on pre-qualifying for 2017 events by less than 25 seconds. Much of this crew is Canada Games eligible, and they also represented UNB at Canadian University Rowing Championships with a first ever women’s 8+ racing, as far as memory serves. The race experience and performance of these athletes was a highlight of the season for them.

CURC 2016, **Jess Chouinard** made **A Final** coming 5th and the Womens 2- of **Caroline Grant and Julia Hill** made the **B final** coming 12th.

The final club race of the season, Really Chili, the Junior women’s double of **Jenn Clarke and Lucy Black** take the overall trophy recording a GMS time of 93%.

Club Coaches, School Coaches and Volunteers on and off the water have kept the clubs on the water with coaching, safety boat driving, umpiring and off water work. Rowing operations have been, to say the least, “busy”. This have inevitably caused some wear and tear to equipment and a few accidents, but the fleet of shells has been well maintained and upgraded in both clubs leading into the Canada Games summer. Whilst it is easy to focus on competition because it has tangible results, the clubs also run other programs which are key



to the sustainability and the future of rowing performance in the province. Learn To Rows, “taster days”, recreational programs and school rowing are fundamental to recruiting new rowers into competitive programs. Delivery and retention from these vital programs with the clubs continues to be inconsistent, and so RNBA started to supporting a more consistent approach in terms of organization, planning and the coaching of these groups by creating a stronger Coach Development Pathway with the Learn To Row Instructors qualification.

Coach Education was a priority in 2016. I completed the RCA Performance Coach Certification by attending the Coach Conference for the rowing component, and then completing 7 multi-sport courses along with Nathan Blais. FRC sent 3 new coaches to PEI to take Coach Weekend #1, RNBA qualified two LTR Facilitators and two LTR Evaluators who can support the clubs’ coaches in 2017. At the same time, 5 new Learn to Row Instructors were trained, 2 Instructors were evaluated and completed their certifications. A number of safety changes were also required with these updated certifications, and the clubs have embraced these changes for the most part. Mentor relationship opportunities also became available with NB, PEI, NS, ON & BC coaches.

With coaching and equipment resources stretched, RNBA needs to look to its **strategic planning work** and the main focus of the High Performance Coach position as it moves to the end of the funding cycle. The PECEP review took a fair amount of time early in the year. An evaluation of what the partners require and what are the long term plans for the post should be was the focus of a few informal coaches meetings. Opinions ranged from a part-time NRC and Canada Games focused position only to a full time provincial coach who is responsible for day to day training of a large group of athletes. Although, these opinions are opposites, it shows that there needs to be a consensus building conversation before the next round of funding occurs. There needs to be a clear pathway for athletes who wish to continue in the club system as a competitor versus into the provincial competitive teams. Whilst this is a programming issue, it is also a coaching and equipment resource issue which will need to be addressed in the coming years.

To conclude, the NB rowing competitive program grew in 2016 along with expectations from all members; however, the expectations often outstrip the ability of the clubs, RNBA and it’s resources: more coaching, more blades, more boats, more support equipment, more facilities = More Planning for 2017!

Respectfully submitted,

Chantelle Hanley

2015 (Attended)	Event	Location	2016 Dates	2016 Attended	No. athletes	NB/KRC/FRC/other
Yes	RCA Coaches Conference	Vancouver	27 Jan – 1 Feb	yes	3 coaches	NB/ RNS
n/a	NCCP Courses	Moncton & Fredericton	8,9,10,23 Apr; 14,15,16 Jul	yes	1-2 coach	NB
n/a	Learn To Row Instructors Course, Facilitator & Evaluator training	Rothesay	16,17,18 Sept	yes	5 coaches, 3 evaluators, 2 facilitators	KRC/NB/ ON
No	Atlantic Indoor Champs	Dartmouth	6 Feb	yes	1	FRC
yes	NB Indoor Champs	Fredericton	21 Feb	yes	25	FRC/KRC/ LHHS
Yes	Georgia Training Camp	Elberton, GA	7-11 March	Yes	15 (2 coaches)	FRC/KRC
n/a	RCA Coach Weekend #1	Charlottetown	18-20 March	Yes	3 coaches, 1 Facilitator	FRC/NB
no	FRC Indoors	Fredericton	1 May	Yes	25	FRC
yes	RCA Senior/ U23/FISU Trials	Welland	12-15 May	Yes	1	FRC/NB
no	U23/FISU camp	Welland	15-16 May	YES	1	NB
YES	Icebreaker	Dartmouth	21 May	yes	15	KRC/RNS
YES	CSSRAs	St Catharines	3-5 June	YES	15	RNS/FHS/ LHHS
NO	RCA Junior Trials	Welland	6-9 June	YES	4	KRC/FRC
NO	Eastern Rowing Assoc. Champs.	Montreal	2-3 July	YES	24	FRC/KRC/ NB
YES	Hampstead Camp	Hampstead	6-10 July	YES	15	KRC/FRC
YES	NS Sprints	Dartmouth	23-24 July	YES	70	FRC/KRC
NO	Henley Masters	St Catharines	31 July	YES	10	FRC
YES	Royal Canadian Henley	St Catharines	2-7 Aug	YES	15	FRC/KRC

YES	NB Time Trials	Fredericton	13-14 Aug	YES	22	KRC/FRC
NO	PEI Regatta	PEI	27-28 Aug	YES	24	FRC/KRC
YES	National Rowing Championships	Burnaby	24-25 Sept	YES	5	NB
n/a	Canada Cup	Burnaby	26 Sept	YES	5	NB
YES	Head of 4 Bridges	Fredericton	1 Oct	YES	70	FRC/KRC/UNB
YES	Atlantic Champs	Antigonish	15-16 Oct	YES	26	KRC/FRC
YES	Atlantic University Champs	Antigonish	15-16 Oct	YES	15	UNB/STU
NO	Head of Charles	Boston	22-23 Oct	YES	18	FRC
YES	Really Chili	Dartmouth	29-30 Oct	YES	28	FRC/KRC
YES	Canadian University Champs	Welland	2-6 Nov	YES	9	UNB
n/a	Canada Games camps #2-7	KRC & FRC	21 Feb, 17 April, 7 May, 26 June, 14 Aug, 11 Sept.	yes	28	Over the course of the year 28 athletes came to at least one camp; 6 coaches were involved at camps

High Performance Committee Summary

The High Performance Committee, as subcommittee of RNBA, mandate is to oversee the role of the Provincial High Performance Rowing Coach.

The subcommittee was comprised of:

- Donna Bliss, VP High Performance RNBA (Committee Chair)
- Tracy McGrath, KRC
- Barb Dugas, FRC
- Chantelle Hanley, HP Coach

The Committee is responsible for the developing a bridge between the Clubs and the provincial board, while supporting the HP Coach in her role as coach and mentor. The Committee met 3 times formally with minutes copied and submitted. Chantelle and VP High Performance met 4 times in addition.

Chantelle's coaching was divided between athletes at both club's on an agreed upon schedule, after discussion by the Full Committee and approval of the two Clubs.

With the HP position in place application was made to Canadian Sports Centre Atlantic for full access to their programming and grants. The Centre is located in Fredericton, however, a satellite sight has been arranged in Rothesay at Matt Forgie. There is a requirement for HP and potential Canada Games athletes to train in Fredericton weekly. The application was also successful in acquiring a grant for supporting HP Athletes development through encouraged participation at regattas and a camp outside the region. The grant funding expires March 31, 2017. It will be important to reapply for the following funding year. Application was also made, and was successful, in acquiring funds to assist potential Canada Games athletes in supplementing Regatta fees.



Impact on Rowing in New Brunswick:

- Continues to be an ambassador and champion of the sport in the communities, as well as regionally and nationally
- Continues to develop links with universities and high schools in the search for rowing athletes
- Continues to seek out opportunities to enrich her skill set through Professional Development
- Develops training plans for athletes and their coaches to follow for growth and development
- Has a vision beyond the short term for the sport's future
- Continues to mentor local and regional coaches as they develop their skills
- Seeks out grant application opportunities to support the growth of Rowing
- Provides training plans for the development of HP athletes

Strengths brought to the position:

- Enthusiasm
- Passion
- Coaching skill set
- Verbal and written communication
- Mentoring of coaches
- Vision for the sport
- Stability
- Recognition of needs within Clubs
- Identification of priorities
- Commitment
- Flexibility
- Knowledge
- Networking within the Region and across Canada

Chantelle continues to show a commitment to develop athletes to move forward with their goal of joining the National Program. The number of HP Athletes has seen change over the year as athletes leave the program, while others join. Meetings and time lines have been established looking ahead to the Canada Games in 2017. Selection Criteria has been established for each of the National Regattas and local camps. This information, as well as training plans, is now available on the RNBA website.

Areas of Focus:

- Communication with athletes, parents and Club coaches
- Recruitment and Retention of HP athletes
- Balancing coaching requirements in a coaching household

Congratulations to Chantelle in her dedication to the sport, the athletes and their personal achievements under her direction. Looking forward to success in 2017.

The HP Committee for 2017 will include Donna Bliss, Chair, Shelley Swift, FRC and KRC member to be determined, as well as Chantelle. Special thanks to Barb Dugas and Tracy McGrath for their commitment to the Committee this year.

Long Term Service Awards

Chris Flood - 35 Years

Chris's career in rowing began in 1982 as a member of the Kennebecasis Rowing Club and for a decade he realized many successes on the water. He won significant events including Canada Games (Gold, Bronze), National Championships (Multiple Gold), Royal Canadian Henley Regatta (Multiple Gold) and the Pan American Games (Silver, Bronze). Chris also was a member of the Canadian National team from 1990-1992, placing 4th in the men's 8. Once Chris hung up his oars he continued in the sport of rowing unselfishly giving of his time for many years both at the club and provincial level, holding many volunteer positions. Chris's hard work and inspiration have helped many to rise to very high levels of the sport of rowing.

Donna Bliss - 15 Years

Donna came to the sport of rowing in 2000 where her son had taken a keen interest. As Donna has done all her life she was not content sitting on the sidelines and watching. She became an associate umpire in 2001, rising to a level 3 umpire. She has been an umpire at many national and international events including the Royal Canadian Henley Regatta, Canada Games, Canamex and Head of the Charles. Her tireless work and professionalism saw her awarded Rowing Canada Aviron Umpire of the Year in 2017.

In addition to her duties as an Umpire Donna has volunteered at the club and provincial level sitting on the boards of both Fredericton Rowing Club and Rowing New Brunswick Aviron.



Robert O'Connell - 15 Years

Bob, is another parent who came to the sport when his daughter and son got involved in the sport, initially learning under Brendan Kilfoil. Having caught the bug, he built a high school program from scratch, which is now one of the top rowing high schools in the province. Harbor View High School regularly takes a haul of medals from the High School Regatta. He has even had athletes that have represented New Brunswick at the Canada Summer Games. His dedication to the Harbourview High School rowing program has benefited the overall spring high school rowing Program immensely.