

Parent Information Package

Ottawa Rowing Club



STAGE 1:

TWO STEP REGISTRATION

<http://ottawarowingclub.com/programs/>

REGISTER WITH ROWING CANADA

The first step for registration is to register with Rowing Canada. There is no fee to complete this step.



REGISTER WITH RONIN

The second and final step for registration is to register with [RONIN REGISTRATION](#). This is where one pays for one's membership fee with the Ottawa Rowing Club.

STAGE 2: ORDER ORC UNIFORM



Competitive Team Race Uniform:

- ORC Hat
- ORC Uni-Suit
- ORC T-Shirt

Development Team Race Uniform (Spring and Fall)

- ORC Dark Sky Long sleeve Shirt

*Note: Jr. Development does not race in the summer and therefore does not require a race uniform.



Ottawa Rowing Club uniforms are manufactured in Canada by Row West Activewear. Uniforms are ordered directly online at www.rowwest.com

Enter the search term ' ORC ' to view Ottawa uniform options.

PRACTICE CHECKLIST

Ottawa Rowing Club encourages athletes to be prepared for each practice. Key items include safety equipment, proper workout gear, and a snack post-workout. Here is a checklist to get you started:



Fox 40 Light and Whistle
(Ottawa Rowing Club Office)



Running Shoes



Wool Socks



Post Workout Snack



Warm Weather Layers



Cold Weather Layers



Water Bottle



Club Hat
(Row West)



Mustang Belt PFD
(COMPETITIVE CREWS ONLY)
(Chandlery)

REGATTA CHECKLIST

Ottawa Rowing Club encourages athletes to be prepared for each regatta. Key items include photo ID, ORC uniform, rowing tools. Here is a checklist to get you started:



Photo ID



ORC Uni- Suit, ORC Hat, Sock



Water Bottle



Post Race Snack



Warm Weather Layers



Cold Weather Layers



Waterproof Bag and Day Backpack

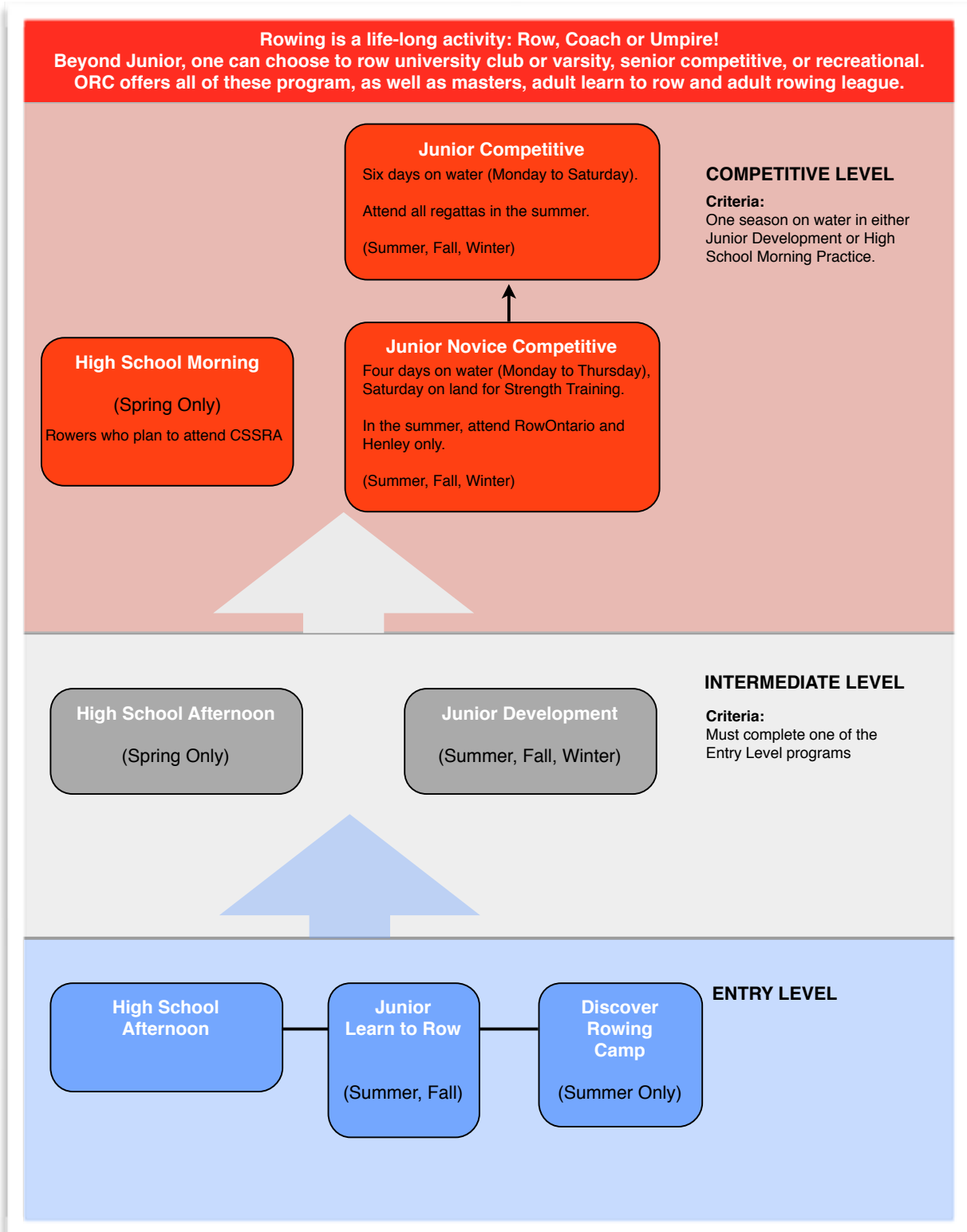


Two 7/16 Wrenches



Cox Box and Head Set
(Coxswain Only)

ATHLETE DEVELOPMENT PATHWAY



PARENTS ARE IMPORTANT TO US



The ORC is proud to be a volunteer-run club. We are always looking for parents to help support our athletes. If you have any of the following, please let us know and we'll be excited to get you involved:

- Motor boat license
- First Aid training
- Taking video and/or photos
- or just time to spend with us at away regattas

Need More Info?

We're happy to help!

Feel free to reach out to our lead junior coaches or the ORC office for answers.

We recommend adding the ORC website to your list of favourites and following us on social media for the latest ORC news and events:

Junior Men's Lead Coach - juniormen@ottawarowingclub.com

Junior Women's Lead Coach - juniorwomen@ottawarowingclub.com

ORC Office - rowing@ottawarowingclub.com

Website: www.ottawarowingclub.com

Instagram: <https://www.instagram.com/ottawarowingclub/>

Twitter: <https://twitter.com/ottawarowing>

Facebook: <https://www.facebook.com/ottawarowing>