

Private Coaching

Description & Objectives

Private and semi-private coaching available to all ORC members. These sessions provide extra coaching for rowers who are looking to learn, improve or get race-ready. All levels welcome!

Process

Contact the coach directly to discuss your rowing goals, scheduling and their rates.
[See the bios and contact info below.](#)

Scheduling subject to boat availability.

- 1. Ed Fournier**
- 2. Marcela Tendilla**

Coach Bios



Ed Fournier

rowcoachfournier@gmail.com

Lead Coach - U23/Senior Men – Ottawa Rowing Club
Varsity Men's Coach – Carleton University
RCA Performance Coach Certified

Ed has been involved with rowing for 39 years both as an athlete, volunteer and coach.

He got his start in rowing while studying engineering at McGill University in 1986 where he rowed for McGill

University and the Montreal rowing club until the fall of

1988 when he moved to Ottawa and joined the Ottawa Rowing Club. Ed rowed competitively for 15 years winning many medals in the single and crew events at regional, provincial and national regattas. Ed received the Ottawa Sports Award twice for his accomplishments as an athlete and he was awarded the ORC athlete of the year on several occasions.

After retiring from competition, Ed rowed recreationally and in 2006 started coaching his son in the ORC junior men and high school programs. In 2010, Ed moved from coaching the junior program to the U23/senior men's program and in the fall of that same year he accepted the Head Coach position at Carleton University. In 2015, Ed coached the Canadian men's sculling team at the 28th Universiade Games in GwangJu, South Korea. Ed's countless hours coaching was as a volunteer in addition to his engineering job until recently when he retired from engineering.

Ed has been awarded the ORC coach of the year a number of times, the RowOntario Award of Merit, Ontario University Athletics Association Rowing Coach of the Year, and the Ottawa Sports Award for Lifetime Achievement in Coaching.

Ed has coached many athletes that have gone on to compete at higher level competitions including Can Am Mex Regatta, Commonwealth Regatta, Pan Am Regatta, Henley Royal Regatta, World University Rowing Championships, U23 World Championships, Senior World Championships, Para Olympics and the Olympics.

**Marcela Tendilla**marcela@ottawarowingclub.com**Lead Coach, Adult Learn to Row - ORC****RCA Coach (credits)****LTR workshop****Business Coach Certification,**

Mexico City, 2011 (100 hrs)

Marcela has been involved in rowing for over 30 years. She has competed at senior and master level, and has undertaken various roles including coxing, dock marshalling, volunteering and coaching in Canada, Mexico and Spain.

She first discovered her passion for rowing while studying Industrial Design at the National Autonomous University of Mexico (UNAM) in 1990. She rowed for Club España Rowing Club and the Mexican national team until 1996. She was fortunate enough to be coached by coaches from Germany, Argentina, Great Britain and Mexico, which provided her with a solid foundation in the sport. She resumed her involvement in rowing as a master in 2009, subsequently relocating to Canada in 2012 to pursue her passion for jewellery design. The following year, she joined the Ottawa Rowing Club as a master rower and has led the ALTR programme since 2024.

She has participated in numerous regattas around the world, including in Guatemala, Antigua and Cayos del Diablo (4x, 2x and 1x); the 1992 Kettwiger Herbst-Cup in Essen, Germany (4x); 250 m + 4000 m; the 1994 San Diego Crew Classic (8+), where she was awarded third place; and the 1992 Royal Canadian Henley Regatta (INT). LWT Women's 4+, SR. , LWT Women's 4+ (winning two gold medals), the 2016 Royal Canadian Henley Regatta (Master AA–D 59 kg Women's 2x, winning one gold medal) and the 2014, 2016 and 2017 Head of the Charles Regatta (40+ 8+), for which she obtained guaranteed entry for the following year.

As a certified LTR and RCA coach (credentials), I enjoy helping new and experienced rowers to build confidence and develop technical skills, as well as discovering the lifelong rewards of rowing. My diverse background in early childhood education, jewellery design and coaching enables me to foster a supportive and engaging learning environment.
