

2025

Participation and Impact Report

Ottawa Rowing Club

Rowing is Our Business.

Celebrating On-Water and Club Successes

The Ottawa Rowing Club (ORC) had an exceptional year in 2025, demonstrating competitive excellence and significant community growth.

Competitive Triumphs:

- **Regatta Excellence:** ORC secured the Club Efficiency award for top performance by an entire club at both the **2025 ERA Regatta** in Montreal and the **2025 Head of the Trent** in Peterborough, ON.
- **Provincial Championships:** The club achieved remarkable success at the **RowOntario Championships**, winning a total of **21 medals** (6 gold, 6 silver, 9 bronze) across the Junior, U23, and Senior categories.
- **Royal Canadian Henley Regatta:** Five ORC crews reached the finals at the 2025 Canadian Henley.
- **Masters Success:** ORC's masters rowers achieved outstanding results at the 2025 Masters Henley Regatta, with **five winning crews** and a total of **15 top 3 finishes**. Notably, **94%** of registered ORC masters rowers won a medal at either Henley Masters or Canadian Masters.

International Representation:

ORC athletes made their mark on the international stage:

- **Riley Richardson** earned two Bronze Medals (Women's 2- and 4-) and a Silver Medal (Mixed 8+) at the Junior Pan Am Games.
- **Euan Coulson** competed in the men's 4- at the Junior Pan Am Qualifiers.
- **U23 World Championships** saw representation from **Adam Greisbach** (Men's 8+), **Victoria Greider**, and **Isobel Campbell** (Women's 8+).
- The International Challenge Cup team of **Jack Coulson, Henrik Neuspiel, and Maxim Froeschl** won Gold in the Men's 4x, with **Samaya Kholso** also competing with distinction.
- Masters athlete **Anna Van der Kamp** won five Gold Medals at the World Masters Regatta.

Support for Local University Programs and Coaching:

- **Carleton University** had a record-breaking year, including national medalists in the women's 2x at CURCs and a second consecutive Head of the Charles (HOCHR) victory.
- The **uOttawa varsity program** achieved its highest-ever men's team placing at both OUAs and CURCs and won the most OUA medals in program history.
- **Head Coach Zak Lewis** completed the Canada Coach Program and was selected to support the Senior Men's National Team Camp in June 2025.

Club Development and Community Impact:

- **Membership & Staff:** The club boasted **589 registered rowers** and **54 fully**

certified coaches in 2025.

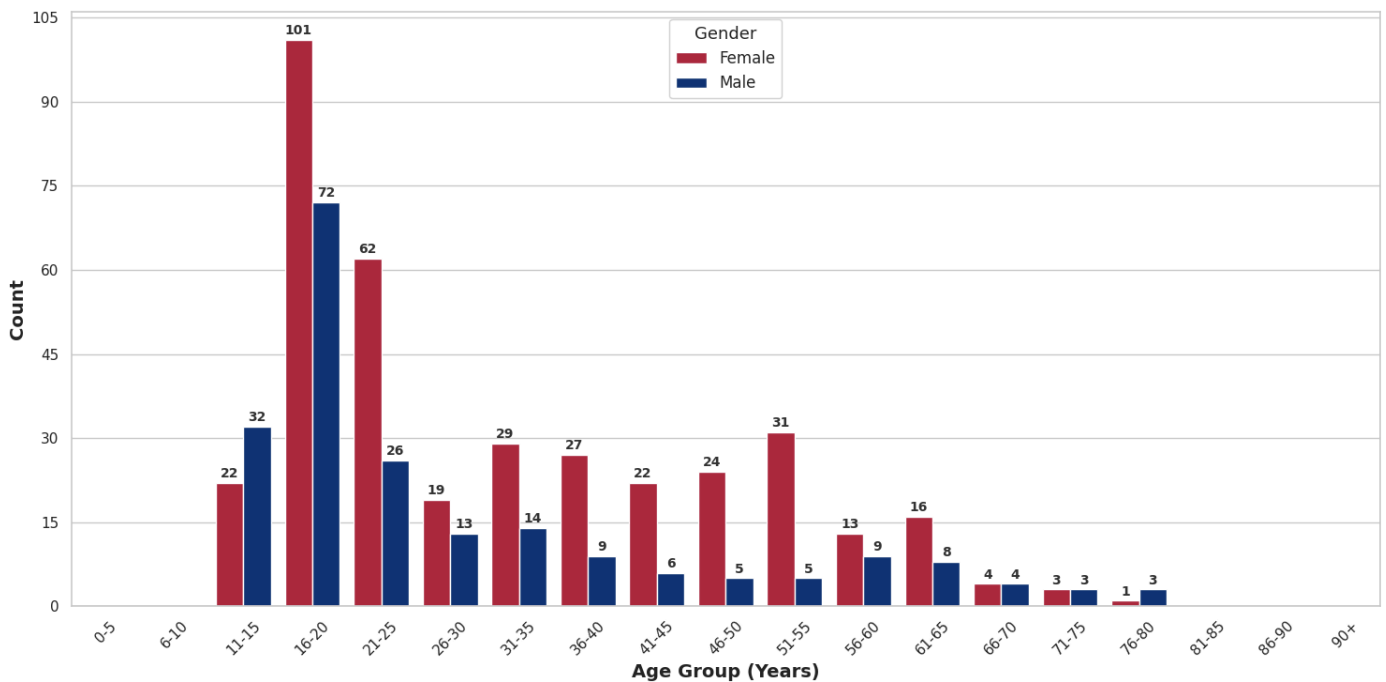
- **Community Outreach:** The **Everybody Rows Ottawa program** completed its fifth consecutive year, providing free programming to underserved and at-risk local youth. The program welcomed **335 new youth** in 2025, contributing to an all-time total of over 1000 youth who have benefited.
- **Fleet Renewal:** As part of the ongoing renewal program, ORC purchased **three new 4xs** and **two new sets of sculling blades**.
- **Program Initiatives:**
 - The **Let's Row Ottawa campaign** was renewed to introduce rowing to local high schools.
 - A new tiered structure was introduced for the **Masters program** to better address the varied athletic needs and on-water capacity of adult athletes.
- **Signature Event:** The club successfully hosted the **51st annual Head of the Rideau Regatta** on September 28th, 2025, which brought in 295 entries from 33 clubs.
- **Community Involvement:** A dedicated Community Involvement Program was also a focus for the year.

Membership Demographic: Age Group Distribution by Gender

This chart highlights the overall "health" and diversity of the club's core membership.

- **Total Community Size:** ORC saw 589 active rowers, representing a strong and growing base for the club. This is excluding Come Try Days, EROs, and LROs,
- **Gender Balance:** The club maintains a strong female representation, accounting for over 63% of the total membership.
- **Age Concentration:** There is a massive concentration of members in the **16–25 age range**, indicating a vibrant youth and young-adult community.
- **Lifelong Sport:** Participation is visible across **seven decades of age groups**, proving that rowing at our club is truly a sport for life.
- **Growth Potential:** The high number of young adults suggests a strong pipeline for future competitive and senior leadership within the club.

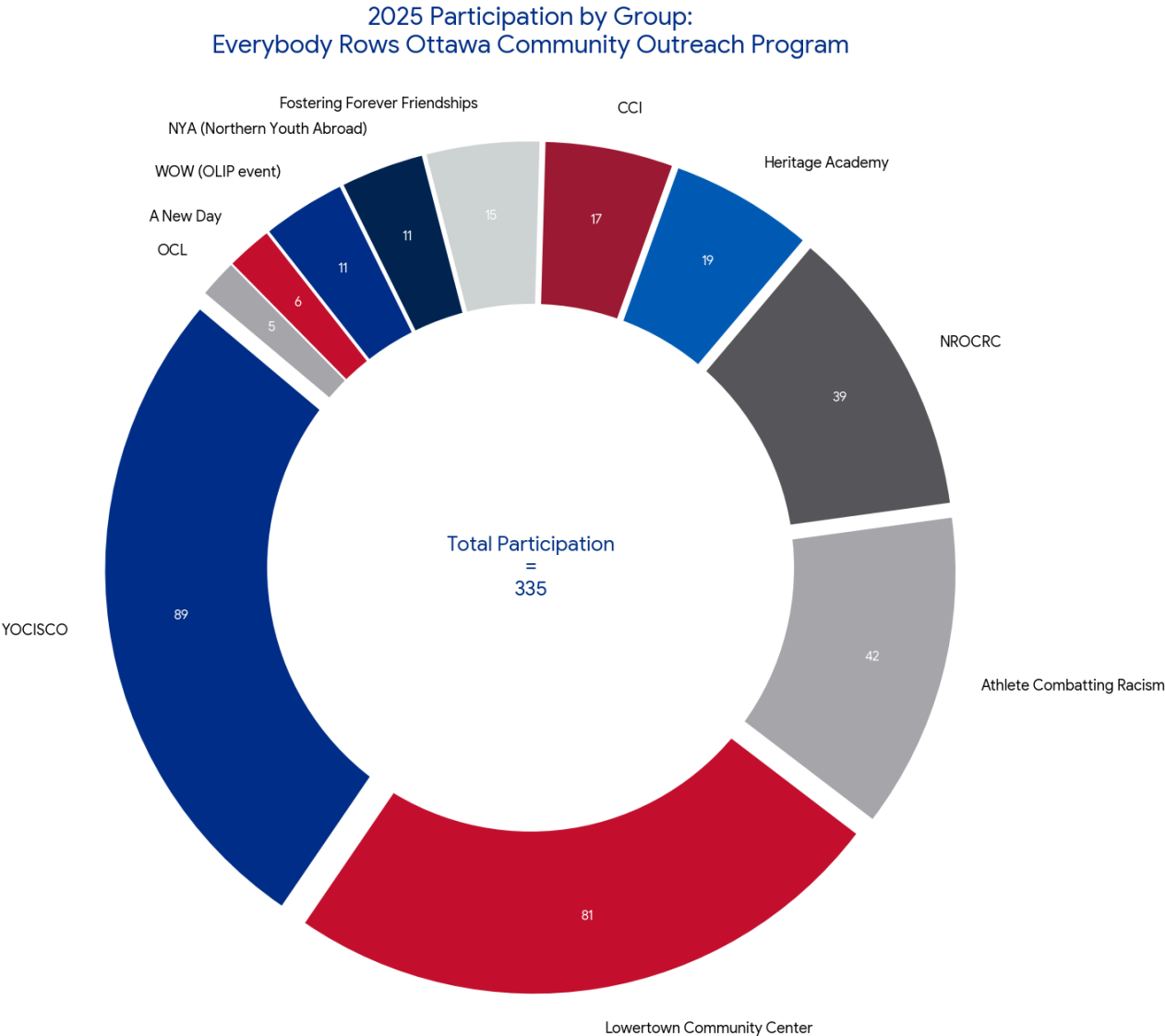
2025 Demographics: Age Group Distribution by Gender



2025 Participation by Group: Everybody Rows Ottawa (ERO) Community Outreach

This donut chart is the "heart" of the report, showcasing the club's impact beyond its regular membership.

- **Massive Outreach Impact:** In 2025, the outreach program successfully engaged **335 total participants** from across the city.
- **Community Footprint:** We partnered with 11 different community organizations, ranging from Canadian newcomer groups to youth-at-risk and racialized groups to provide free of charge rowing programming.
- **Primary Partners:** YOCISCO and the **Lowertown Community Center** were our largest partners, accounting for over **50% of total outreach participation**.
- **Meaningful Connection:** By providing rowing access to groups like **Athletes Combatting Racism** and the **Lowertown Community Association**, the club is actively breaking down barriers to the water.



Below is a list of all groups that participated in our Everybody Rows Ottawa program in 2025:

- CCI Ottawa (CCI)
- Heritage Academy
- Nepean Rideau Osgoode Community Resource Centre (NROCRC)
- Athletes Combatting Racism Organization Ottawa Branch
- Lowertown Community Centre
- Youth Ottawa Community Immigrant Services Organization (YOCISO)
- Ottawa Carleton Lifeskills Inc. (OCL)
- A New Day
- Welcoming Ottawa Week (WOW) with Ottawa Local Immigration Partnership (OLIP)
- Northern Youth Abroad (NYA)
- Fostering Forever Friendships

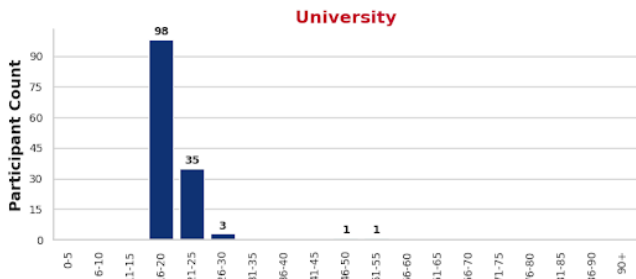
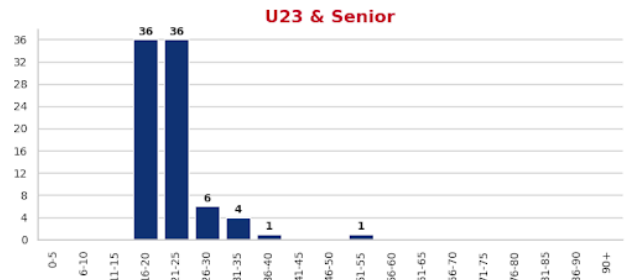
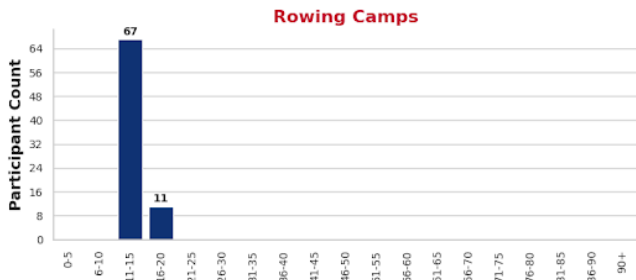
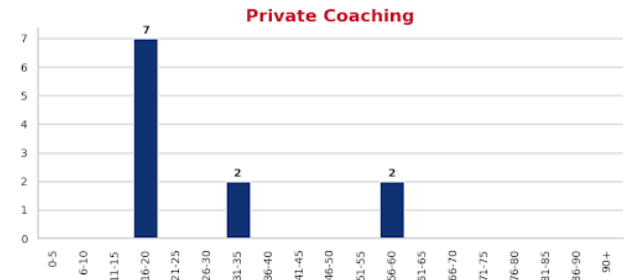
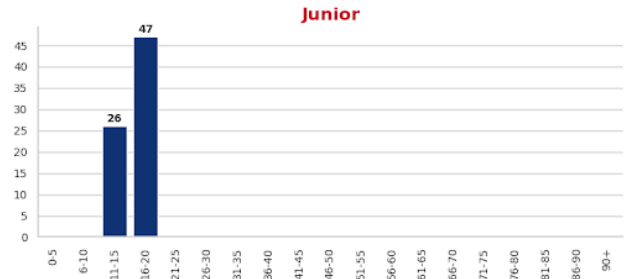
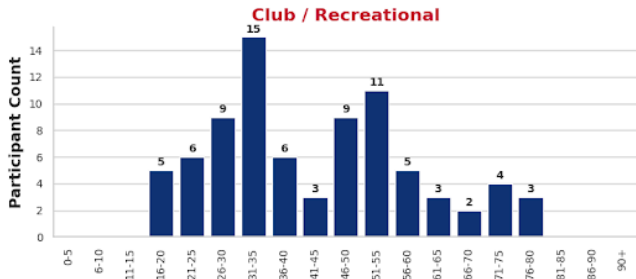
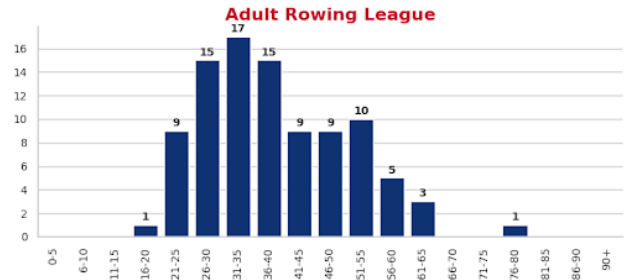
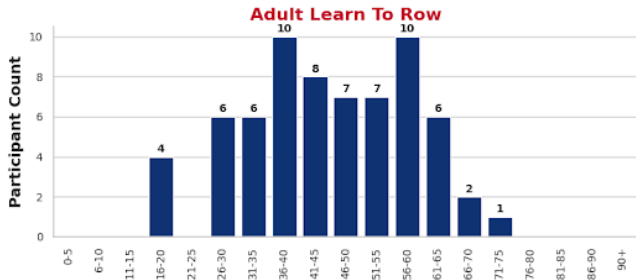
2025 Program Registration Profile by Age Group

This chart displays the specific age distribution for each of our programs, reflecting a total of 710 registrations.

- **Youth & University Peaks:** The **University (138)** and **Junior (73)** programs show high concentration in the **11–20** age range, serving as our primary youth development hubs.
- **Active Adult Community:** Programs like the **Adult Rowing League (94)** and **Club/Recreational (81)** demonstrate a broad and steady engagement from members aged **26 to 60**.
- **High-Performance Concentration:** The **U23 & Senior** competitive stream (84) is most active among the **16–25** demographic, bridging the gap between youth and senior rowing.

Program Name	Total Participants	Primary Age Demographic
University Rowing	138	16–20 Years
Adult Rowing League	94	31–35 Years
Senior Competitive	84	16–20 Years
Club / Recreational	81	31–35 Years
Rowing Camps	78	11–15 Years
Junior	73	16–20 Years
Adult Learn To Row	67	36–40 Years
Masters	46	51–55 Years
Winter Training	38	16–20 Years
Private Coaching	11	16–20 Years

2025 Program Registration Profile by Age Group



Program Registration: Gender Distribution by Program

This chart showcases how participation varies by gender across our diverse club offerings, reflecting a total of **710 registrations**.

- Female-Led Growth:** Programs like the **Adult Rowing League (91% female)** and **University Rowing (63% female)** continue to drive high engagement among women, reflecting a strong culture of women in sport.
- Balanced Pathways:** Our **U23 & Senior Competitive** and **Junior** streams show a more equitable gender split (averaging 60% female), ensuring accessible high-performance opportunities for all athletes.
- Male Recruitment:** **Rowing Camps** serve as a critical entry point for male participants, who currently represent **60%** of that program's demographic.
- Inclusive Environment:** The presence of **Undisclosed** data points across our largest programs reinforces the club's ongoing commitment to being a safe and welcoming space for all identities.

2025 Program Registration: Gender Distribution by Program

