

Junior Program Proposal 2024



Ottawa
Rowing
Club





Why the change?

- In attempt to improve program offering based on feedback from ORC rowers, coaches, and athletes post 2023 on-water season
- Reasons included:
 - Interest in moving away from 5AM practice times
 - More communication with parents and athlete regarding team travel, selection, expectations
 - Opportunities for year round coaching support
 - Better coach to athlete ratio
 - Lack of volunteer coaches and consequently coaching consistency for some programs

ORC Desired Outcome for Jr. Rowers

“Provide the best possible rowing experience where athletes are safe, supported, and given the highest quality instruction to learn and develop as athletes and as people”



The Process

- **November 2023**
 - Jr. Athlete surveys
 - Jr. Athlete Parent Surveys (41% competition rate)
- **Nov./Dec. 2023**
 - Jr. Coach end of season reviews
 - Engagement/Interviews of 8 other junior programs in Canada/USA
- **Jan. 2024**
 - Proposed program offering to current junior coaches and pertinent board members for feedback
 - Fee structure analysis of 31 Ottawa based junior sport programs
 - Fee proposal for 2024 on-water season
- **Feb. 2024**
 - Jr. Program proposal outlined at ORC Townhall
 - Proposal outline shared with parents via email prior to AGM



Programs Overview

3 tiers based on Long Term Athlete Dev. Model

	Development	Crew	Performance
LTAD Stage	Learn to train	Train to Train, Learn to Compete	Learn to Compete, Train to Compete
Mission	Develop basic rowing competency on water and land and foster an enjoyable and fun environment.	Provide athletes with the opportunity to develop skills while making them aware of higher performance standards in a supportive and fun environment.	Provide athletes with a supportive, competitive and performance oriented environment.
Development Goals and Desired Outcomes	Swim test, knowledge of safety equipment, basic terminology, equipment handling (land and water), manoeuvrability, grip, stroke sequence, rhythm (controlled recovery)	Basic equipment maintenance, rigging essentials, competent manoeuvrability, emphasis on balance and ratio, basic rules of racing	Boat inspection and reporting, knowledge of rules of racing, rig and derig, strategies to correct balance, manage weather conditions, adjust technique to boat class, emphasis on posture, advanced communication and race planning, understanding pacing, developed understanding and execution of warm and cool down
Sessions/week	3	4	5-6 (1 on erg, 4-5 on water)



Programs Overview (continued)

	Development	Crew	Performance
Time of Day	Afternoons, summer mornings	Afternoons, Saturday mornings, summer mornings	Afternoons, Saturday mornings, summer mornings
Range of Competition	Skills events, timed skills demonstration, short sprints at appropriate stroke rate, incorporate skills events into competition - Skills/Drills Event at ORC, *ERAs, *Rideau	local and regional regattas - CSSRA, ERA, RO, *Henley, Rideau, Trent, Fish, Skills/Drills Event at ORC	local and regional regattas - CSSRA, ERA, RO, Henley, Rideau, Trent, *Charles, Fish
Boat Size Focus	Edons, singles, doubles	Doubles and quads	Eights and quads
Gender Separation	no	yes	yes
Intake Periods	Early each season	Early each season	Early each season



Proposed Weekly Schedule

Practice Times:

Spring and Fall

4:30 PM - 6:30 PM

Summer

5:40 AM - 7:40 AM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Development							
Crew							AM
Performance							AM

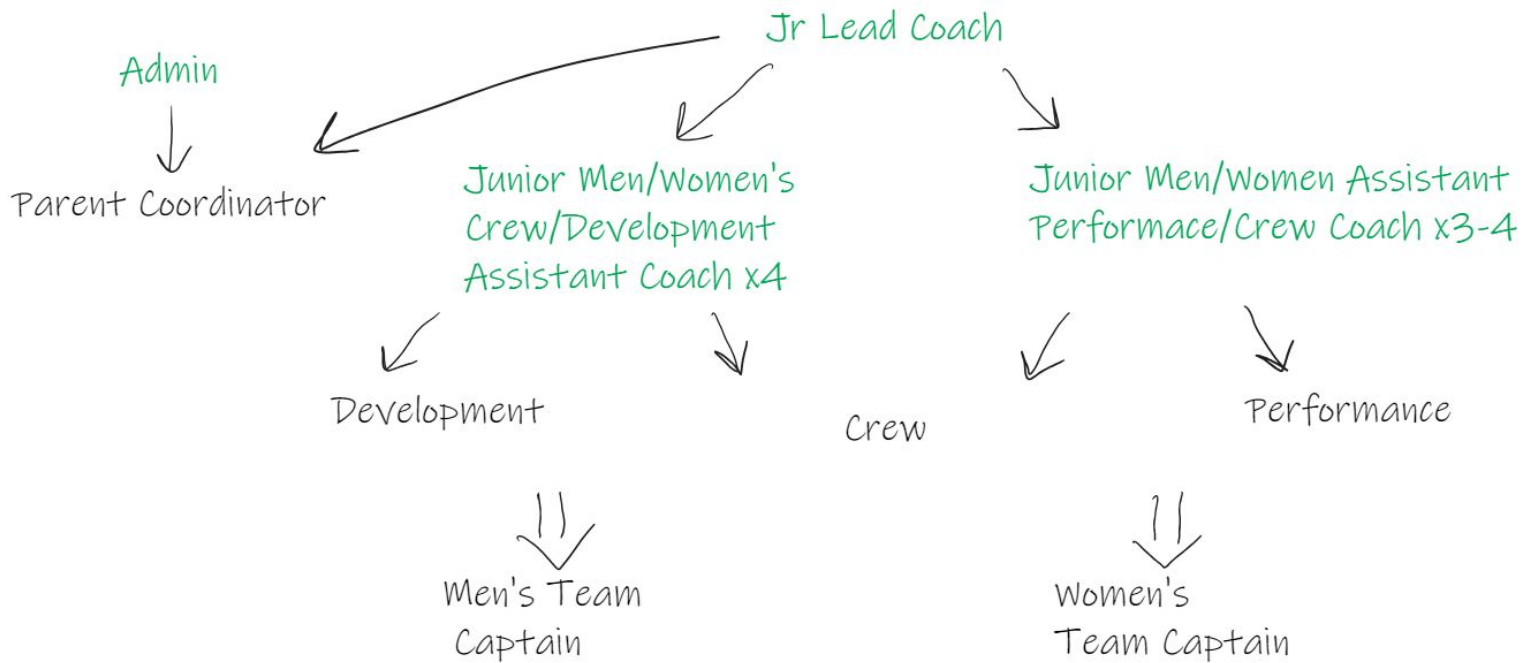


Regattas

	Priority (1=high)	Regatta	Approximate Date	Groups Attending
Spring	1	CSSRAs	Early June	Crew, Performance
Summer	3	ERAs	Early July	Dev (select), Crew, Performance
	2	RowOntario Championships	Late July	Crew, Performance
	1	Canadian Henley	Early August	Crew (select), Performance
Fall	4	Head of the Rideau	Mid September	Dev (select), Crew, Performance
	3	Head of the Trent	Late September	Crew, Performance
	1	Head of the Charles	Mid October	Performance (select)
	2	Head of the Fish	Late October	Crew, Performance
Winter	1	Canadian Indoor Rowing Championships	Early February	Dev, Crew, Performance



Support Structure



Green indicates paid positions



Why paid coaches

- Improved athlete support and access to coaching (not limited to volunteer schedule)
- Coaching and program management expectations are becoming more strenuous, asking too much of existing volunteer coaches is unfair and creates gaps in ORC program delivery
- Professionalizing coaching allows for improved education, professional development, mentoring, and adherence to professional standards
- Paying junior coaches allows for RCA certified coaches, dedicated paid time to manage program administration, timely parent/athlete/coach communication, athlete development pathways, program organization and regatta/event logistics
- ORC will still require supporting coaches for Junior program, but paid coach will manage volunteers and program supporters so there is little preparation on their part to support the group
- Year round recruitment, junior program outreach and junior program support
- Eliminate non-coaching based tasks from volunteer coaches
- Rowing coaches paid in all other provinces and at most Ontario clubs



Proposed Fee Structure (2024 Season)

		Full (S,S,F)	Spring	Summer	Fall
	# Weeks	24	7	8	9
Development	Fee	1371	450	501	564
Crew	Fee	1599	516	583	650
Performance	Fee	1942	616	697	778

**Cost per hour of programming ~\$6.05 (5% discount to Full Season members)



Additional Costs

Regatta deposit:

- \$250 per year, returned if not used
- Deducted from when athlete or parent does not provide written notice to the lead program coaches, administrator and registrar within 14 days of the regatta

Regatta Fees:

- Covers entry fee, seat fee, trailering, coach per diem, coach accommodation, boat rental, snack table, 3% Athlete Fund, 407 pass, accommodation*, bus*

Unisuit:

- Approximately \$100, required for Crew and Performance

Financial Support will continue to be available for rowers requiring assistance



Fee Comparison

ORC Fees (per hour):

Junior Performance: \$5.70 full membership

Junior Crew: \$5.78 full membership

Junior Development: \$6.05 full membership

Fees for other (31) Ottawa Sports (per hour):

Average fees: \$13.22/hr

Median fees: \$10.47/hr



Additional Benefits of New Model

- Added parental engagement
- In-Person meetings at the start of the seasons
- Parent and athlete and coach expectations outlined at practice and regattas
- Clarified selection process, training protocols, communication expectations
- Basic rigging and boat maintenance instruction
- In-season Team building
- Additional resources and health/nutrition seminar
- Additional resources for athletes seeking scholarships