

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 and scheduling. [See the bios and contact info below.](#)

Scheduling subject to boat availability.

1. **Ed Fournier (books closed for 2025/see you in 2026)**
2. **Meegan Crossley (books closed for 2025/see you in 2026)**
3. **Marcela Tendilla (still available in 2025)**

Coaches Bio



Ed Fournier

(books closed for 2025/see you in 2026)

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.



Meegan Crossley

(books closed for 2025/see you in 2026)

meegancrossley@gmail.com

Lead Coach - U23/Senior Women – Ottawa Rowing Club

Masters Daylight Crew Lead Coach 2025

Meegan began rowing in 2014 in Hamilton, Ontario with the Leander Boat Club.

She rowed for Westdale Secondary School, and the University of Ottawa where she completed a Bachelors in Health Sciences, with a minor in Psychology.

In 2021, she made the switch from competing to coaching, and hasn't looked back since. Meegan has coached high school, university novice, senior women development and will be running the ORC Senior Women's program this summer as well as the Masters Daylight Crew program.

Her certifications include multiple Rowing Canada coaching courses as well as NCCP, Safe Sport and Mental Health in Sport certifications. Meegan has been awarded the ORC Coach of the Year in 2023, and the Presidents Award in 2024.



Marcela Tendilla

marcelatendilla@gmail.com

Lead Coach - Adult Learn to Row

– Ottawa Rowing Club

RCA Coach (credits)

LTR workshop

**Business Coach Certification,
Mexico City, 2011 (100 hrs)**

Marcela has been involved in rowing for more than 30 years. She has competed at senior and master level, as well as undertaking roles in coxing, dock marshalling, volunteering and coaching in Canada and Mexico.

It was during her studies in Industrial Design at the National Autonomous University of Mexico (UNAM) in 1990 that she first discovered her passion for rowing. She rowed for Club España Rowing Club and the Mexican National Team until 1998. She resumed her involvement in rowing as a master in 2009, and subsequently relocated to Canada in 2012 to pursue her passion for designing jewelry. A year later, she had the opportunity to join the Ottawa Rowing Club as a master rower, and since 2024, she has been leading the ALTR programme.

She participated in a number of regattas all over the world, including Guatemala, Antigua and Cayos del Diablo (4x, 2x & 1x), the 1992 Essen Regatta in Germany (4x) (500m Dash) where she was awarded first place, (5000m Head Race) where she was awarded eighth place, 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+ (2 gold medals), later in 2016 at Royal Canadian Henley Regatta Master AA-D 59kg Women's 2x (1 gold medal), Head of the Charles Regatta 2014, 2016 & 2017 (40+ 8+).

In addition, her background as an early childhood educator has equipped her with the necessary skills to provide effective coaching and teaching to individuals of all ages.