



2020 Annual Report

Covid-19 Edition



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Message from the President

The 2020 season was certainly not what any of us expected at this time last year. Although COVID 19 threw us a curveball we rose to the challenge and had a successful year. Some highlights are:

The CRC started the year strong with the senior women breaking an erg world record. On February 21 and 22 ten senior women rowed for 24 hours to break the Concept 2, 24-hour erg world record with a final split 2:04.9. Subsequently, some CRC athletes participated in the UCRC world record achievement. Congratulations to all those who participated, quite an accomplishment!

At the 2020 RCA Coaches Conference in January, former CRC Junior Program Coach Chris Davidson was awarded Coach of the Year by the RCA. Chris was in attendance at the conference to receive his award and we are all very pleased for him. Congratulations Chris!

The club saw several changes to our coaching positions with a new Masters, Junior and Assistant Junior coach being hired in the spring. We also saw continued interest in our In-Training Coach (ITC) program and hired 4 new ITCs this year.

The ITC program looked different this year, because of social distancing restrictions we couldn't pair ITCs up with coaches during practice. Despite that, the ITCs really stepped up by coaching on their own and doing a lot of self-learning. This summer we held an ITC mentorship session with Chris Davidson, we look forward to hosting more of these in the future.

The Safety Committee and Amelie quickly developed a pandemic plan that followed Rowing Canada and ever-changing AHS and City of Calgary requirements. The plan was approved by both the Board and Rowing Canada. Once AHS advised they were ready to allow us all to return to sport we quickly trained coaching staff on the protocols we put in place and re-opened on June 15, after a 3-month closure, with 7 rowers per session in singles. This plan has become part of our formal documents inventory and will be updated periodically.

Due to the diligence of Amelie, the coaches and all of you, we quickly added more rowers per session, having up to 30 people on the water at peak times. Despite restrictions we retained 172 members and grew membership by adding new members from youth camps and learn-to-row (LTR).

Amelie's diligence, tenacity and attention to detail made the decision easy for Rowing Canada to select the CRC as a pilot program for youth camps this year. Youth camps were close to sold out and we brought on 27 new members as a result.

Learn to Row also looked different this year with all new rowers starting their learning in tubby singles. It was a successful program and we converted 15 rowers to members.

The CRC is at the forefront of para programming thanks to the dedication of staff, coaches and volunteers. Our club manager, Amelie, was asked by Rowing Canada to present at a webinar on para rowing. This year, we appointed club member, and former Board member Anna Currie, as Outreach Coordinator. This role was created with the goal of diversifying our para program. This year our para program grew by three new members.

We spent a fair amount of our off-water time making improvements around the boathouse. In November we had a team of around 60 people who spend 170 hours fixing boats so that we will be ready for 2020.

I'm proud to be a member and the President of this club; we've proven we're a strong, resilient, adaptable, compassionate and caring community that takes care of its own. Congratulations to everyone for a very different but successful season!

Sincerely,



Pamela Young
CRC President

CRC Inclusivity Statement

We all know that words have power - hence we are posting this message to our community. However, actions have more power and we continue to be committed to equity at our club through our day to day actions and club policies. No matter race, gender, religion, sexual preference, physical ability or otherwise - everyone is welcome at the CRC. While some of us may never understand the challenges others face within our club and our community, we stand with you.

You are always welcome in our CRC rowing community and we will always be #oneteam. Thank you for continuing to be kind, inclusive and respectful to one another, today and every day.



Committee Reports

Safety Committee

This year was a complete 180 turn from what we anticipated this time last year. The Safety Committee has worked closely with the Club Manager to develop and implement protocols to ensure that all members could enjoy the sport we love while adhering to all city, provincial and RCA Covid-19 requirements. Our protocols would not have been successful without the support of all members. We appreciate your patience as we navigate our way through this changing world and your commitment to ensuring a safe club. Despite Covid-19, we have had a successful year and have shown that we have developed a strong and respectful safety culture.

Membership - Internal

Despite our slow start to the season, our summer rowing program was very successful. Following COVID guidelines, we managed to have amazing attendance with

almost 280 members throughout the summer. This year has proven that we can increase membership capacity and have rowers on the water throughout the entire day.

Our Junior program had phenomenal growth of 58 new Juniors for a total of 88 Juniors overall throughout the summer. Twenty-seven summer and High Performance campers joined the program after participating in the nearly sold-out summer camps where 126 kids learned to row. Alex Marchuk took over the Junior Program as Program Coach this year amidst a challenging season and oversaw a successful program with the help of Junior Assistant Coach Brandon Mooney and ITCs Anna Currie and Katrina Wittenberg.

The Senior program welcomed new athletes throughout the summer from university programs across the country with a total of 80 Rowers overall. Coach Pascal Ferraro was

supported by Assistant Coaches Mike Simonson, Patrick McVey and Trevor Bartoli. The coaching team kept athletes motivated throughout the season through engaging virtual and in-person programming including some fun runs and club race events.

The Rec program led by Coach McKenzie Lukacs and the Masters program led by Coach Wesley Ernst worked together this year to provide training for athletes of all levels in the evenings. The Rec program had 71 registered athletes while the Masters program had 37 registered athletes who attended the evening or Sunday morning sessions during the week. We commend Wesley for his first coaching summer during a pandemic and for assisting in club events and other teams. We were also fortunate to have Mike Simonsen coach Masters' practices Sunday morning.

Our successful LTR program saw 42 athletes participate in our singles only learn to row sessions. Fifteen LTR graduates joined either the Senior or Rec programs. The covid-19 restrictions led to us to rethink our programming. The staff team will incorporate some of the learnings into programming next year. Thank you to our ITCs Brooklea Graham, Lucy Lu and Courtney Kruschel for their hard work teaching athletes in the LTR and Rec/ Masters programs.

The Para program, led by Coach Jon Beaudry, gained a few athletes and ended the season with 5 active athletes. We will continue our work to diversify our para program and are actively seeking new recruits!

Our coaches and ITCs were fortunate to have some mentoring from Chris Davidson and we hope that will continue.

We are continuing to build our relationship with the Policeman's half marathon. Even though this year's race was cancelled, the Calgary Police still hosted a virtual event and the SWAG

bags were handed out as normal. We were able to put a small LTR flyer in the 1,200 SWAG bags that were distributed.

All programs ran an outstanding and well-attended virtual program for the last few months of the off-water season and we had a practical and successful COVID protocol that allowed us to row in singles for the first couple of months. We then were able to row in cohort doubles / pairs and eventually managed to get in a few weeks of cohort quads / 4's and 8's. Thank you to Coach Tessa VanDerVeeken for keeping our athletes fit and strong whether virtually or in the park.

With no regattas to attend, we did our best to make the competitive season as challenging as possible. Thanks to Amelie, Alex, Pascal and our other extraordinary coaches and volunteers for continuing to offer club events like Virtual Duathlon, Club Champs, Head of the Weasel, Club Triathlons and Time Trials.

A huge shout out to all our coaches and members for following the COVID protocol and keeping everyone safe. Thank you to Chris Davidson for providing a socially distanced mentoring session for our summer camp coaches and ITC coaches this year. Thank you to our team captains; Lori Hansen, Calum Rees, Carol Hermansen, Stephen Anstey, Kaliya Javra, Jarvis Chantler, Olivia McMurray, Adam Mills and Greg Sadler, for being positive, inclusive and for all your hard work and dedication to your teams and towards strengthening the athlete to athlete bonding.

Next year, we will work again with the Policemen's half marathon with an information booth and flyer. We will also look at maintaining a day time rowing schedule to accommodate all athletes and making the programs efficient and manageable.

AB Open

Due to Covid-19 restrictions relating to large sports gatherings, the Alberta Open did not take place in 2020.

Governance Committee

The priority of the Governance committee for 2020 was the final re-draft of the CRC Policy Manual. This is now complete and will be released to membership in Q1 2021. The committee also advised on Safety and Inclusivity and is currently working on an update to the Board's skills matrix. This year we adopted a digital on-line waiver program using the Smartwaiver system. With Smartwaiver, members and, in the case of minors, their parents and guardians, are now able to review and sign waivers for club activities electronically using their computers or phones. The waivers comprise a release of liability, waiver of claims, assumption of risks and indemnity agreement. We also undertook a review of the respective insurance policies of the CRC and the RCA to identify the parameters of coverage as they apply to the activities of the CRC.

Governance committee members are Wayne and Hans as co-chairs and Francesca, with guidance from Pam and Jae.

Community & Alumni Outreach Committee

This year, the Community and Alumni Outreach Committee took some big steps forward in a number of areas. Under the leadership of Adam Mills, we have started to write a full history of the Calgary Rowing Club from 1966-2017. Adam spent hours interviewing many past and present members who have shared their experiences while rowing for Calgary. Adam has also begun a specific History Committee which we expect to see grow in 2021. Progress has also been made in scanning photos, and documents that have significance to the club.

This year, the committee also focused on alumni outreach by building up the alumni

contact list and inviting alumni members to attend 2020 social and CRC events. This included participating in the Coast to Coast Indoor rowing event. These efforts will form the foundation of how alumni members are included in future CRC events through an integrated approach with current members.

Some community outreach began last winter with several local groups to support the para program and strengthen relationships with particular community groups. Other marketing and community outreach events were put on hold due to impacts of COVID-19.

Building Modernization

The building modernization committee was formed in early 2020 to research the funding landscape and work towards a renovation or modernization plan for the building. The committee put plans on hold for the year as a result of the changing environment brought about by Covid-19.

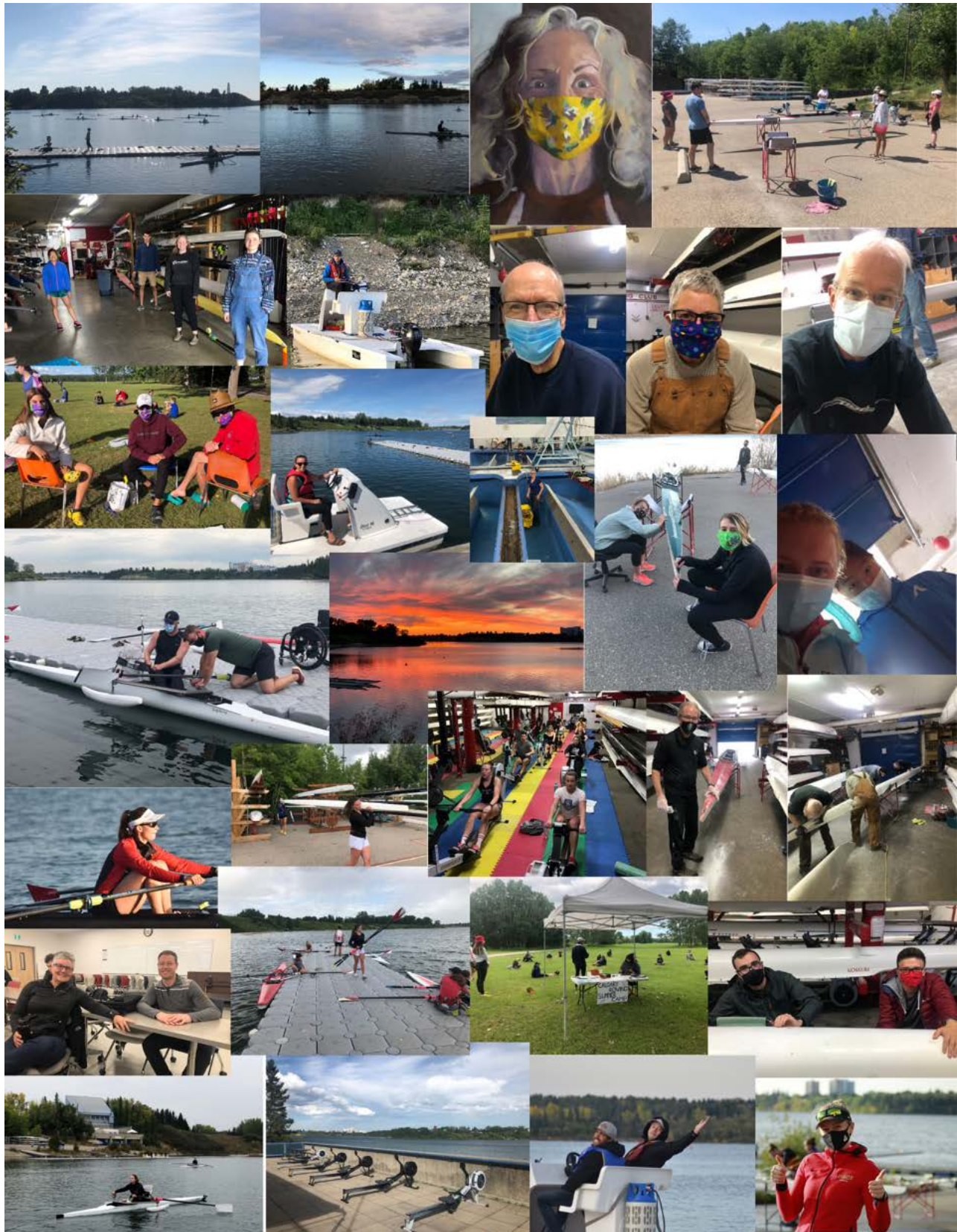
Equipment/ Facility Maintenance

The committee compiled a "To Do List" that included items from "must have" to "nice to have". This is an ongoing list of priorities, but a few changes that membership may have noticed this year were: redesign of the oar storage to increase capacity; rebuilding of the storage area between bay doors; new tool chest to keep tools organized; and, a new hose caddy to allow multiple wash stations. Other changes in the building that were coordinated with the Building Foundation were: painting the tank; new sweep/scull oar locks in tank; painting stairwell floor and rails; panels repaired in stairwell; and, repairs to showers. The Fatima (wooden single) refurbishment project was completed, preserving some history, while adding another beautiful boat to our fleet.

Finally, a new initiative to extend the life of our older fleet was piloted for the month of November. Members were asked to volunteer their time to help with repairs ranging from

cleaning decks, changing shoes, fibreglass repairs, and sanding...lots and lots of

sanding! Thanks to all who volunteered their time and expertise.



Events and Regattas

Concept 2 World Record: 24-Hour Erg - February 21-22

Two CRC Senior athletes, Olivia McMurray and Anna Currie, had a vision of breaking the 24-Hour Erg World Record in the Women's Small Team category. The team consisted of Anna Currie, Olivia McMurray, Natalie McMurray, Sara Elkady, Kass Pedenko, Lucy Lu, McKenzie Lukacs, Courtney Kruschel, Elana Taub, and Libby Wheeler. The women had to maintain a split faster than a 2:10 in order to set the new world record. Their final split of 2:04.9 enabled them to beat the current Concept 2 score with meters to spare. The first 21 hours were divided into shifts rowed by partners while the last 3 hours saw the entire team of women sprinting short pieces to bring down the final average. The completion of the event was made especially exciting thanks to the many supporters who came to cheer the athletes on as they raced to the finish line.

Never one to pass up a competitive opportunity, Senior Coach Pascal Ferraro was inspired to form a men's team to complete their own erg relay while supporting the women's team. For 24 hours Pascal, Menno Ulrich, Jarvis Chantler, Jacob Cook, Kristofer Dean, and Patrick Milner erged alongside the women's team. The men's team chose to stay at the boathouse for the entire 24 hours and retreated to the weight room to sleep in between shifts. Their final split was 1:54.7. In addition, junior rower Michael Classen joined both teams to erg for 5 hours for an impressive 70km total. Congratulations to all involved!

Coast to Coast - February 22

Occurring at the time of the 24-hour erg was RCA's inaugural Coast to Coast erg competition, an event which involved clubs across Canada

competing for the most total meters erged. Fifty-Five CRC athletes erged a total distance of 699kms in 3 hours, with members as far away as Victoria and San Diego submitting their distances for Calgary! The CRC had a strong showing and was a leader in the province and country based on kilometers rowed and overall participation of members. Provincially, Alberta tied for first place with Ontario in distance rowed per athlete. Thank you to everyone who participated!

Erg Champs - March 7

Over 100 athletes from rowing clubs across Alberta came to Blackfalds to compete in 1000 or 2000m on ergs. Some were competing for eligibility to represent Alberta at the Canada Summer Games and others to beat their personal best times.

Small Boats Championships - July 18

The Club hosted the Small Boat Championships on July 18th under the leadership of Senior Coach Pascal Ferraro and Junior Coach Alex Marchuk. 56 athletes from the Senior, Junior, Masters, and Rec programs raced in singles in pursuit of the title of Club Champion. Athletes raced 2 x 1500m in time trial style which fed into the afternoon finals, raced over 1000m. Despite windy conditions, the event ran successfully and provided an exciting racing opportunity for all who participated. Thank you to the volunteers who helped the racing run smoothly and the spectators who came out to cheer from a safe distance!

The winners of the event were:

Men: Andrew Hubbard

Women: Anna Currie

Masters Women: Heather White

Masters Men: Carl Steudler



Glenmore Series - August 7th, 2020

The COVID-19 pandemic forced the cancellation of events worldwide, and rowing competitions were no exception. With athletes facing a season of no regattas, including Royal Canadian Henley, the CRC coaches and staff worked creatively to bring competitive excitement to the club. The Glenmore Series was initially imagined by Senior Coach Pascal Ferraro and was planned and operated by himself, Junior Coach Alex Marchuk and Club Manager Amelie Schumacher. Entries were permitted in singles, doubles, and pairs, in accordance with RCA safety protocols at the time. Athletes raced a morning time trial and were seeded into A/B or C/D progression pools. The date selected for the regatta was significant, as it was held on the day that Henley finals would have been taking place. An impressive volunteer effort helped the Series run smoothly and athletes of all levels benefited from the competitive environment of the regatta.

The winners of the Glenmore Series were as follows:

W1x: Anna Currie

W2x: Beth Miller, Gaby Worobec

W2-: Olivia McMurray, Courtney Kruschel

M1x: Bob Bryden

M2x: Jarvis Chantler, Jacob Cook

M2-: Michael Classen, Andrew Hubbard

Head of the Weasel - September 12

The annual Head of the Weasel race was another challenging but rewarding racing opportunity for all athletes. Despite choppy water, the first wave of boats raced the 7.5km course around the entire reservoir. Unfortunately, by the start of the second wave conditions had deteriorated and the race was adjusted to keep crews around the course while completing the same distance. In a year with no

official regattas, not even white caps and wind gusts could dampen the spirits of members, and they embraced the chance to race. For many athletes who learned to row over the summer, the Head of the Weasel was their first competitive experience. This race highlighted the flexibility, resilience, and positivity of both coaches and competitors.

Triathlon/Duathlon - September 27

The annual triathlon/duathlon race was another event which required creative adjustments to ensure athlete safety and adherence to COVID-19 protocols. Athletes from the CRC and UCRC were invited to participate in one of two race formats. The first was a 4.5km row, 15km cycle around the reservoir, and 4km run to the causeway and back. Those who chose not to bike raced in a rowing and running duathlon. There was also a relay opportunity where two competitors would row together in a pair or a double and then each complete a cycling or running leg. The weather was beautiful, the volunteers were incredible, and all athletes enjoyed a safe and well-organized event.

Dash Championships - October 17

The second annual Dash Championships were planned as a season closer event to provide athletes one last chance to race. With large cohort boats approved by the RCA, the Dash regatta was going to see athletes race in large and small boats over 500m. Unfortunately, an early cold snap in Calgary left the dock covered with ice and the coaches had no choice but to cancel the event. Although the racing did not go ahead as anticipated, the enthusiastic and detailed planning by the coaches was greatly appreciated.



Awards

	Most Improved Athlete	
Senior	Sara Elkady	Steen Linquist
Junior	Ainsley Salmon	Henry King
Rec	Diane Cooney	Raul Alvarez
Master	Matt Swain	Wanda Murin
Para	Chelsea Donelon	





Board of Directors



Pamela Young
President



John Martin
Director



Hans Verwijs
Director



Anna Currie
Director (resigned)



Jae Chantler
Vice President



Francesca Swanson
Director



Richard Galway
Director



Paul Jackson
Director



Wanda Murin
Secretary



Wayne Pridham
Director



Christina Fuller
Director



Stephen Anstey
Treasurer



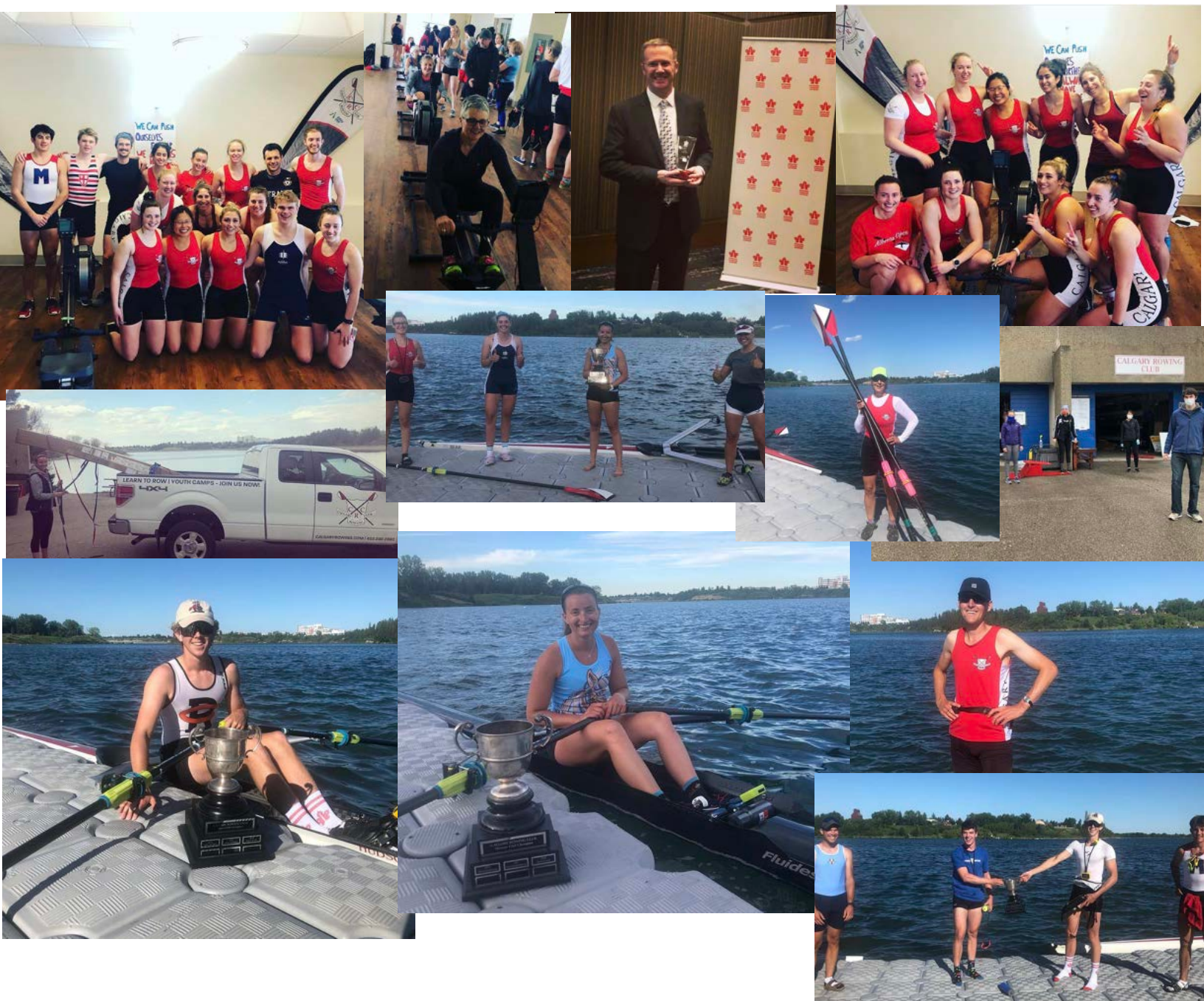
Adam Mills
Director



Barb Heise
Director

CRC Committees

Safety	John Martin	Jae Chantler	Richard Galway	
Equipment/ Facility maintenance	Wanda Murin	Paul Jackson	Craig Kirker	Richard Galway
Alberta Open	Wanda Murin	Steve Norman		
Governance	Wayne Pridham	Hans Verwjis	Francesca Swanson	
Community & Alumni Outreach	Christina Fuller	Adam Mills	Anna Currie	Pamela Young
Membership - Internal	Barb Heise	Jae Chantler	Anna Currie	Stephen Anstey
Building Modernization	Christina Fuller	Paul Jackson	Pamela Young	



CRC Coaches and Staff



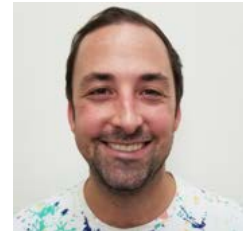
Pascal Ferraro
Senior Program Coach



Alex Marchuk
Junior Program Coach



McKenzie Lukacs
Recreational Program Coach



Wesley Ernst
Masters Program Coach



Michael Simonson
Asst Senior/ Masters Coach



Brandon Mooney
Asst Junior Coach



Jon Beaudry
Para Program Coach



Courtney Kruschel
ITC



Patrick McVey
Assistant Senior Coach



Lucy Lu
ITC



Brooklea Graham
ITC



Tessa VanDerVeecken
Strength Coach



Trevor Bartoli
Asst Senior Coach



Katrina Wittenberg
ITC



Anna Currie
ITC



Amelie Schumacher
Club Manager



Summer Staff

Louis Ferraro, Elizabeth Wheeler, John Perri, Deanna Salmon



Treasurer's Report

Audited financial statements for the year ended December 31, 2019 are provided for your review. Unaudited financial statements for the period January 1, 2020 to October 31, 2020 are also provided. A summary of results is below:

- 2020 started off well and CRC completed the remaining purchases from its \$45,492 remaining grant / equipment fund (see Equipment Purchase Summary).
- In March 2020, COVID-19 impacted all Canadians and rowing clubs across the nation were forced to remain closed.
- With proper precautions in place, RCA approved the CRC to open June 15th.
- Membership revenue in 2019 was \$169,426, or 5% lower than 2018, however YTD 2020 memberships have declined by (\$30k) to \$132,219 due to the 6-week delayed season start and irregular COVID-related programs.
- YTD 2020 grants are down (\$19k) and LTR is down (\$18k), however we realized record-high youth camps at \$27,561 thanks to the persistence of our Club Manager to obtain RCA approval.
- YTD 2020 vs. YTD 2019 includes lower Total Equipment Expenses (\$92k), lower Total Staff Expenses (\$27k), lower Foundation expenses (\$11k) and lower social functions.
- YTD 2020 Current Assets total \$411,990 including a \$40,000 CEBA loan to assist with expenses related to the impact of COVID-19, of which \$30,000 is to be repaid by Dec. 31, 2022.
- CRC maintained GIC funds totalling \$100,824 in 2019, and will continue this strategy throughout 2020-21 as an emergency fund for unexpected expenditures.

Equipment Purchases Summary, 2018-20

1. Wintech Single (2018)
2. Wintech Single (2018)
3. Wintech Single (2018)
4. Hudson mid 2x/- (2018), **Ron Kennedy**
5. Hudson mid 4x/- (2019), **Henley Run**
6. Hudson mid 4x/- (2019), **Schumacher**
7. Hudson lwt 2x/- (2019), **Rundle**
8. Hudson mid 2x/- (2019), **Young**
9. Hudson mid 2x/- (2019), **Two Jack**
10. Hudson lwt 1x (2019), **Cashion**
11. Hudson mid 1x (2019), **Bear**
12. Hudson mid 1x (2019), **YYC Parks**
13. Swift Para Single (2019)
14. Hudson mid 4x/- (2020)
15. Hudson hvy 1x (2020)
16. Oars (2018-20)

In summary, CRC realized its expected net loss of (\$75,365) in 2019 due to total equipment purchases and a season without Casino revenue, but has managed to bounce back with an impressive YTD net income of \$66,446 during a difficult COVID 2020 season thanks to judicious expense control by our Club Manager combined with Casino revenues of \$55,823, and lower foundation costs. Our cash position is still strong as we head into our 2021 fiscal year.

We hope to return to a 'normal' season next year but will be prepared for the worst if we need to continue to weather the COVID storm in 2021. Regardless, CRC is committed to delivering a positive rowing experience for all members to enjoy!

Sincerely,



Stephen Anstey
Treasurer, Calgary Rowing Club

Financial Statements

Income Statement	2019	Jan-Oct 2020
REVENUE		
Bingo	\$ 14,798	\$ 18,026
Casino	\$ -	\$ 55,823
Membership	\$ 169,426	\$ 132,219
Regatta and Other Income	\$ 86,809	\$ 4,590
Boat Storage	\$ 10,368	\$ 11,151
Programs	\$ 48,987	\$ 36,621
Social Functions	\$ 3,269	\$ -
Grants*	\$ 45,887	\$ 26,930
Donations*	\$ -	\$ 125
Equipment Sales	\$ 10	\$ 143
Total Revenue	\$ 379,554	\$ 285,628
EXPENSES		
Regatta Expenses	\$ 82,419	\$ 2,966
Office Expenses	\$ 20,677	\$ 21,261
Facility Expense	\$ 30,901	\$ 18,086
Casino	\$ 2,351	\$ -
Staff	\$ 182,833	\$ 142,759
Social Functions	\$ 10,612	\$ 1,050
Equipment Expenses*	\$ 125,125	\$ 33,061
Total Expenses	\$ 454,919	\$ 219,182
Net Income	\$ (75,365)	\$ 66,446

*Parks Foundation Calgary grant equipment purchases and
CRC Member Donations are accounted for separately

Balance Sheet	2019	Jan-Oct 2020
ASSETS		
Cash**	\$ 108,854	\$ 264,254
Restricted Cash*		
Bingo & Credits	\$ 82,227	\$ 70,449
Casino	\$ (2,326)	\$ 55,812
Accounts Receivable	\$ 7,209	\$ (3,671)
Total Current Assets	\$ 195,965	\$ 386,844
GICs**	\$ 101,824	\$ 25,146
Total Long Term Assets	\$ 101,824	\$ 25,146
Total Assets	\$ 297,789	\$ 411,990
LIABILITIES		
Accounts Payable	\$ (67)	\$ 1,240
Credit Cards	\$ 631	\$ 644
CEBA Loan		\$ 40,000
GST/HST Payable	\$ 1,308	\$ 7,742
Other Current Liabilities	\$ (126)	\$ (126)
Total Liabilities	\$ 1,746	\$ 49,501
EQUITY		
Opening Balance	\$ 153,416	\$ 153,416
Retained Earnings	\$ 217,992	\$ 142,627
Net Income	\$ (75,365)	\$ 66,446
Total Equity	\$ 296,043	\$ 362,489
Total Liabilities and Equity	\$ 297,789	\$ 411,990

*Bingo and Casino funds can only be used for specific expenditures

2019 Auditors: Colleen Kirker and Patrick McVey

** \$76,678 to be reinvested from General Account into GIC