

20 22 NATIONAL CONFERENCE



JANUARY 28 to 30, 2022 | Virtual

THURSDAY January 27, 2022

3:30-5:00pm PT | 6:30-8:00pm ET

Grow Rowing Pilots Community Update

In 2021, RCA partnered with three organizations to pilot new Grow Rowing programming that can be delivered nationwide that will diversify rowing in Canada to drive a significant increase in the number of Canadian rowers by 2025. This session will have representatives from Argonaut Rowing Club (Oar Board Initiative), False Creek Rowing Club, and Kingston Rowing Club who will share their learnings and key takeaways from the pilots. There will be time for registrants to ask questions. Learn more about the Grow Rowing Pilots [here](#).

FRIDAY January 28, 2022

11:30am-12:30pm PT | 2:30-3:30pm ET

What's Next for Coastal Rowing in Canada and the World

Guin Batten, Brienne Miller

Guin Batten, Chair of Coastal Rowing with World Rowing, and Brienne Miller, gold medallist in the women's solo event (CW1x) at the 2021 World Rowing Beach Sprint Finals, will share their experience with and insight into coastal rowing development. Learn more about the progress and future plans for Canadian and international coastal events.

11:30am-12:30pm PT | 2:30-3:30pm ET

Fundraising: Myths and Mysteries of Big Gifts

Jennifer Blunt

A session for clubs and provincial associations, large or small, with ideas that could come to life with more funding. Learn about current trends in philanthropy, proven approaches, and how to get the biggest return from limited resources, whether staff or volunteer. You will discover you don't need to have board members with deep pockets to succeed. You will learn a strategic approach that takes the "scary" out of fundraising. You will come away with an understanding of the stages and steps that will help your organization succeed with major gift fundraising.

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1:00-2:00pm PT | 4:00-5:00pm ET

What's On Your "TO BE" List for 2022?

Judy Riege

How are you preparing yourself for new energy and new ideas to create sport experience that people will be so excited to come back to and stay in? In this plenary session, Judy Riege, a thought leader in the area of leadership and team performance, wants to invite you into a new way of thinking to make 2022 a "personal best" where you step fully into becoming the leader you are meant to be - every day.

The societal and sports landscape has been changed forever through the COVID-19 pandemic. We will continue to deal with uncertainty and the stress of getting our programs up and running again and growing forward. We are coming back to anything but "normal" - the opportunity is to expand our mindset and skills and to become more intentional with how we choose to "show up" and lead ourselves and others to meet people where they are NOW - not where they were BE-fore. Our lived and learned experiences through the pandemic have changed us all in so many different ways. Let's celebrate that difference and make sport experiences and our sport communities more connected, more inclusive and better than ever.

Come ready to be challenged, cheered and championed on why WE NEED YOU - ALL IN to BEING your best to bring out the in others!

2:30-3:30pm PT | 5:30-6:30pm ET

Planning and Tracking Athlete Development

Jordan Clarke, Phil Marshall

The panel will look at methods for monitoring if athletes are progressing relative to their plan and strategies for continual progress.

2:30-3:30pm PT | 5:30-6:30pm ET

Rowing and the Climate Crisis: Acting Now to Fight Climate Change

Jim Walker

In addition to the COVID-19 crisis, the world has seen a worrying acceleration of extreme weather events over the past two years, and projections show an increasingly narrow pathway to avoiding unmanageable climate impacts in the second half of the century. Having had his recent attempts to start a youth rowing programme in North Carolina hampered by repeated flooding, Jim will discuss developments in our understanding of climate change and the response needed. This first of two sessions on rowing and climate will also look at the implications for the sport in Canada and internationally.

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SATURDAY January 29, 2022

8:00-9:00am PT | 11:00am-12:00pm ET

Will Diversity Grow Rowing in Canada?

Matt Rostron

As corporations increase the diversity and inclusion within their own workplaces and boards are asking their shareholders to engage with more diverse management teams, the sporting world is also beginning to look at this too. Olympic teams are looking to move away from the image and perception that rowing and other high-level sports are elitist and 'not for me', and are announcing that they want to increase their diversity and inclusion so that their teams are more representative of the community and society from where they draw from.

This is a tough ask, but organizations like London Youth Rowing (LYR) are helping both corporations and UK sport providers to achieve these targets and help them reach a wider, more diverse and inclusive workforce and membership that can also help change the life of 7,000 young people from across London in the process.

9:30-10:30am PT | 12:30-1:30pm ET

Opportunities for New Speed in the Early Drive Phase

Mike Purcer, Carol Love, Kristen Kit

Engage with this diverse team of presenters on maximizing boat acceleration in the early drive phase of the rowing stroke. The presentation will review the 2020 RCA Model Technique and the data that led to the update for this part of the stroke. Understand muscle engagement and discuss coaching methods and training evidence to address this opportunity for improved boat speed for your crew.

9:30-10:30am PT | 12:30-1:30pm ET

Building an Inclusive Canadian Rowing Culture

Erin Davis

In a world where we can feel continual pressure to "do the right thing," how can we balance both external and our internal expectations to do better? In this session, we will explore the why behind building an inclusive workplace organizational culture and the strategic advantage created around enhanced innovation, creativity, group productivity, team citizenship and market reputation. Whether for yourself, your club, or the sport, we can all build our muscle when it comes to being more inclusive. This session will allow you space to identify the additional tools you need to better understand your community, and yourself, in a pursuit of a more inclusive Canadian rowing culture, one conversation at a time.

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11:00am-12:00pm PT | 2:00-3:00pm ET

Longevity in Coaching

Stacy Mitchell, Nancy Storrs, Michael Simonson, John Armitage

How do coaches stay engaged, evolve in their career, and maintain their love of coaching and rowing? Learn from our coaching panel on their personal strategies to evolve their coaching and develop their athletes throughout the years.

11:00am-12:00pm PT | 2:00-3:00pm ET

Engaging Marginalized Youth in the Craft of the Rowboat: From Building to Rowing

David Vine

From design, through construction, to launch, our 12-foot rowing skiffs have become so much more than the ultimate STEM project to engage youth in Science, Technology, Engineering and Math. They have also developed into the beginnings of a robust introduction to rowing. Learn how we use the tools, materials and techniques of the construction trades to introduce youth to life on the water.

12:30-1:30pm PT | 3:30-4:30pm ET

Engaging Together to Develop Your Rower

Maksym Kepsyy, Dane Lawson, Jeremy Ivey

The panel of RCA High Performance staff will engage in an interactive discussion on technical and physiological gaps identified in Canadian athletes. Come prepared with questions and to share your own strategies for addressing gaps in athlete development.

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12:30-1:00pm PT | 3:30-4:00pm ET

Listen First: How to Expand the Impact and Influence of Rowing

Historically rowing has had a large impact on only a small proportion of the communities in which it is based. A particular demographic has benefited from what rowing has to offer, and the structures and systems of the rowing community have continued to evolve to better support this existing group. To expand the impact and influence of rowing, the rowing community has to re-think those structures and systems to build a community from the ground up that is better representative of the overall communities that surround each local rowing organization.

In BC, this work has begun through a pilot project at the False Creek Rowing Club in Vancouver in partnership with Rowing BC and RCA. Through this project, Rowing BC has developed partnerships with other organizations which each have an existing reach into a participant demographic that has historically been under-represented in the rowing community. By listening and learning to these partners, we are learning how to build new experiences and programs that create safe and welcoming opportunities for new participant populations to find their place in the rowing community.

This session will explore how those partnerships have been developed and the key learnings and takeaways so far. Rowing BC is expanding this project across multiple rowing clubs beginning in 2022 and will share how this expansion of the initial pilot is being undertaken in a way that will be healthy and sustainable for local rowing organizations of all sizes. Whether you are located in BC or elsewhere in Canada, these same steps can guide you to an informed approach to diversifying the rowing community and along the way expanding the impact and influence of our great sport.

SUNDAY January 30, 2022

7:45-8:45am PT | 10:45-11:45am ET

The Golden Journey

Christine Roper

Two-time Olympian and Tokyo Olympic gold medallist Christine Roper will share her journey to Olympic gold and the critical elements of team culture that contributed to the success of the women's eight.