

The background features a modern, multi-story building under construction on a waterfront. The building has a mix of wood and grey siding. In the foreground, there are tall green reeds. The scene is set during a hazy or foggy day. The image is framed by blue geometric shapes on the left and right sides.

Row Nova Scotia Annual General Meeting

Thursday February 25, 2021

Agenda

- ▶ Call to order
- ▶ Identification of voting delegates
- ▶ Approval of the agenda
- ▶ Approval of the previous year's minutes
- ▶ Reports
 - ▶ Membership Statistics
 - ▶ President's Report
 - ▶ Technical Director Report
 - ▶ Provincial Coach Report
 - ▶ Treasurer's Report
- ▶ Election of Officers
- ▶ New Business
- ▶ Meeting adjournment

Membership Statistics

2019: April 1, 2019 to March 31, 2020; and 2020: April 1, 2020 to February 20, 2021

	ARC	HRC	LYC	MMAAC	NSRC	Total
2019	44 (8%)	267 (49%)	26 (5%)	139 (25%)	72 (13%)	548
2020	23 (9%)	75 (29%)	13 (5%)	98 (38%)	48 (18%)	257
	-47%	-72%	-50%	-29%	-33%	-53%

	Men	Women	U19	19-29
2019	194 (35%)	354 (65%)	158 (29%)	135 (25%)
2020	103 (40%)	154 (60%)	55 (21%)	71 (28%)
	-49%	-56%	-65%	-47%

	30-49	50-69	70+	LTR
2019	118 (22%)	122 (22%)	10 (2%)	199
2020	55 (21%)	68 (26%)	8 (3%)	5
	-53%	-44%	-20%	-97%

The background of the slide is a scenic view of a lake with a town in the background. The town features various buildings, including a prominent white house on the left and a taller, modern building on the right. The lake is calm with gentle ripples. The entire scene is framed by large, overlapping blue geometric shapes, primarily triangles and polygons, in various shades of blue, creating a modern, abstract border.

President's Report

Katie Edwards

COVID-19

- ▶ Strengthened relationship with RCA through PAC
- ▶ Decision-making framework
- ▶ Engagement during a pandemic
- ▶ Relief funding

Participation

- ▶ Virtual Events
- ▶ Coastal Rowing
- ▶ Indoors
- ▶ Strategic Partnerships Committee

Organizational Effectiveness

- ▶ Safe Sport
- ▶ Board recruitment and restructuring
- ▶ Subcommittees
- ▶ Strategic Planning

Coaching and Officiating

- ▶ Technical Director
- ▶ Officiating in the time of COVID
- ▶ Certification
- ▶ Engagement

Excellence

- ▶ Provincial Team training
- ▶ Partnerships with CSCA and ADCKC

Looking Ahead

- ▶ Canada Games
- ▶ Operationalizing Strategic Plan
- ▶ Coastal strategy
- ▶ Growing Indoor Rowing

A rowing team of eight women in a yellow boat on a lake. The background shows autumn foliage and houses. The text 'Technical Director Report' is overlaid in large black font.

Technical Director Report

Jenna Todd

Coach Certifications

- ▶ Every Coach Certified - Requirements must be met by March 31st 2021.
- ▶ Two coaches successfully completed moved to “certified” status.
- ▶ Eight new LTR coaches completed the Workshop in August.
- ▶ Three coaches on the pathway to becoming Learning Facilitators for LTR Coach and/or RCA Coach workshops.

Targeted Groups - Participation

** Projects on hold due to COVID.

- ▶ High School Rowing - Start an ACIS High School Rowing League. Hopefully will grow to include NSSAF and/or CSAP schools.
- ▶ Boys and Girls Club - Start an after-school spring/fall program and/or a summer camp program. Would start with Dartmouth locations (due to proximity to a club).

Coastal Rowing

** Projects on hold due to COVID.

- ▶ Assist with (/learn from) LYC regatta and tours.
- ▶ Help organize Beach Sprint Qualifier in partnership with AMP.
- ▶ Host “Come and Try” Coastal event in association with beach sprint qualifier.
- ▶ Plan and execute a “test” coastal tour (summer) and a “Champions” coastal tour (fall).

A person in a red jacket is rowing a boat on a calm lake. The background shows a hillside with trees in autumn colors. The text 'Provincial Coach Report' is overlaid in large black font.

Provincial Coach Report

Patrick Cody

Provincial Team Program Overview

- ▶ **Program Goal:** Increase the quality and quantity of competitive athletes produced in Nova Scotia.
- ▶ **Actual and Expected Outcomes:**
 - ▶ Groups
 - ▶ Development Group: 7 athletes vs target of 10;
 - ▶ Training Group: 6 athletes vs target of 10;
 - ▶ Performance Group: 10 athletes vs target of 6.
 - ▶ Training Hours
 - ▶ Training Group Actuals are ~10hrs/wk vs a target of 10-15hrs/wk.
 - ▶ Performance Group Actuals: ~14.5hrs/wk vs a target of 15-20hrs/wk.
 - ▶ RBC Training Ground ran in Halifax in early March. 7 athletes were contacted in August, with four trying rowing, one was retained for fall and winter training.
 - ▶ Canada Games ~~2024~~ **2022** (5 NSPT males, 6 non-NSPT males; 5 NSPT females, 4 non-NSPT females).
 - ▶ National Championships and National Team events were cancelled. However, we did have National Team Camp Representation (Jana (Next Gen Jr), Claire (Next Gen U23), Shannon (Next Gen SrA), Brienne (Next Gen SrA), Pat (Next Gen SrA coach) Andrew (Paralympic), Cody (Olympic)).
 - ▶ From mid March to June ergometers were sent home with athletes and training was supported via modified training plans and online platforms (Workplace, and now Slack).

Coaching Program and Delivery

- ▶ Through the summer programs were delivered by Emerson Crick (Summer Apprentice Coach), Andrew Todd (interim Provincial Coach mid May & June), and Pat Cody.
- ▶ During the first wave of COVID-19 the return to rowing was facilitated by multiple small group bubbles, individual ergometer loans, and online support platforms; our focus was on athlete wellness.
- ▶ The Integrated Support Team (physiologist, dietician and mental skills consultants) were involved for program planning, group support and individual athlete support throughout 2020.
- ▶ September through November saw a modified “return to normal” operations for the teams.
- ▶ Strength and Conditioning programs continued to be run through the Canadian Sport Centre Atlantic on a two-shift, small group basis.
- ▶ In December an agreement made with ADCKC allowing us to use their spacious indoor training facilities for 2021

Excellence Programming and 2021

- ▶ Thank you to Support4Sport who financially supported several Excellence Projects in 2020, including:
 - ▶ First ever warm water Training Camp in Sarasota Florida (February 2020)
 - ▶ The purchase of 6 NK EmPower oarlocks for enhanced on water biomechanical feedback for our athletes
 - ▶ Funding to support the purchase of Cross Country skis to facilitate physically distanced outdoor training during the winter months
 - ▶ The purchase of heart rate monitors to manage individual training loads
- ▶ Vision for 2021:
 - ▶ Continue working toward the program goals of Top 6 representation at National Rowing Championships, and representation on Rowing Canada National Team programs.
 - ▶ Continuing to grow and develop our partnerships with our local clubs, Atlantic Division Canoe Kayak Canada, Rowing Canada Aviron, and the Canadian Sport Centre Atlantic.

A photograph of two people rowing a red and white scull on a calm lake. The background shows a dense forest on a hillside. The image is framed by blue geometric shapes on the left and right sides.

Treasurer's Report

Will Bryden

Summary

- ▶ Strong financial year, considering the effects that COVID-19 had on the sport, community, and the economy as a whole.
- ▶ While there were challenges, such as a lack of regattas which are a key revenue generating part of our budget, due to prudent measures and Government support, we were able to make it through the year with our finances in order.
- ▶ Have received Phase One of COVID relief funding from the Government totaling \$13,875. Phase Two and Three expected in coming months.
- ▶ Largest expense from the year was the purchase of two new Coastal Lite Boats and oars for \$25,425, paid off over two years. These will assist in developing coastal rowing, creating a new revenue stream through grants, rentals and events.
- ▶ Unique challenges that COVID brought on included ensuring safety of PT athletes. In the Spring, new oars were purchased to ensure that each athlete could have a dedicated set in the PT training environment to ensure safety.
- ▶ Confident moving forward in the pandemic environment that with the correct measures in place we will be able to continue to remain strong financially.

2020 Financials

- ▶ Please refer to the December 2020 Financials document posted on our website view the income statement and balance sheet.

Budget 2021

- ▶ Projecting a loss of \$9,086 in 2021.
 - ▶ Due to increased initiatives leading into the Sport Development assessment, which determines future funding, in late 2021.
 - ▶ Will reassess new spending measures in 2022 budget. As COVID funding is dispersed, we are planning to finish the year with positive cash flow.
- ▶ Highlights of the budget include:
 - ▶ Addition of a \$3,500 SafeSport Fund
 - ▶ Addition of a \$5,000 fund to assist in applying for grants (often Sport NS will look for the PSO to contribute partially to the initiatives).
 - ▶ Planning for a full 2021 regatta season, which is a key revenue driver.

2020 Board of Directors

President – Katie Edwards

Treasurer – Will Bryden

Secretary – Erica Gagnon

Director at Large 1 - Andrew Todd

Director at Large 2 – Greg Scherkoske

Director at Large 3 – Joan Backman

Director at Large 4 – Judith Kays

Director at Large 5 - Emily Jago

Director at Large 6 - Mike McCarron

Election of Officers

Only one position on the Board of Directors has reached the end of term

Director at Large 4

Judith Kays has been nominated to fill the position for another term.

Call for nominations from the floor.

A photograph of two people in a rowing boat on a body of water. The person in the foreground is wearing a green shirt and a yellow cap, while the person behind is wearing a white shirt and a blue cap. The background is a dense forest on a hillside. The image is framed by blue geometric shapes on the left and right sides.

New Business

Adjournment

Thank you to our membership and club leadership for making the best of a difficult 2020.

Thank you for coming out and we look forward to 2021!