

The background of the slide features a photograph of a modern, multi-story building with a grey, textured facade and several windows. The building is elevated on white stilts over a body of water. In the foreground, there are tall green reeds. The sky is hazy. The slide is framed by blue geometric shapes on the left and right sides.

Row Nova Scotia Annual General Meeting

Wednesday February 19, 2025

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's Report
 - ☐ Coastal Report
 - ☐ High Performance Report
 - ☐ Treasurer's Report
 - ☐ Umpire Report
- ☐ Election of Officers
- ☐ New Business
- ☐ Meeting adjournment

Membership Statistics

2023: April 1, 2023 to March 31, 2024; and **2024:** April 1, 2024 to February 10, 2025

	ARC	HRC	LYC	MMAAC	NSRC	Total
2023	40 (8%)	181 (36%)	7 (1%)	147 (29%)	133 (26%)	508
2024	37 (7%)	171 (34%)	25 (5%)	142 (28%)	135 (26%)	510
	-7%	-6%	+357%	-4%	+1%	0%

	Men	Women	Non-Binary	Undisclosed
2023	202 (39%)	299 (59%)	3 (1%)	5 (1%)
2024	193 (38%)	308 (60%)	5 (1%)	4 (1%)
	-5%	+3%	+67%	-20%

	U19	19-29	30-49	50-69	70+
2023	148 (29%)	153 (30%)	115 (23%)	83 (16%)	12 (2%)
2024	178 (35%)	100 (20%)	120 (24%)	93 (18%)	17 (3%)
	+20%	-35%	+4%	+12%	+42%



President's Report

Laura Graham

External Work

- PAC - Provincial Advisory Committee (with a representative from each provincial rowing association) continues to be engaged, meeting
 - ▶ Bi-monthly
 - ▶ As needed, e.g., when preparing for sessions on the National Training Centre

Participation

- Successfully hosted National Beach Sprint Selection Trials at Rissers Beach; continue to work on coastal strategy
- Increased high school rowing participation in HRM
- Some changes to university rowing scene (StFX coaching struggles; SMU successes)
- Umpire recruitment and recruitment continues

Organizational Effectiveness

- The Board finalized and approved the 2024-2027 Row Nova Scotia Strategic Plan in 2024
- Improving committees, communications (e.g., website)
- 3 primary pillars:
 - ▶ Organizational Effectiveness
 - ▶ Coaching and Officiating
 - ▶ Participation & Officiating

Coaching and Officiating

- Technical Director (Rob!)
- Certification & Engagement
- Master Coach Developer program candidates identified and are being appropriately supported

Looking Ahead

- Hosting similar RCA coastal rowing event this summer
 - ▶ Continued promotion of coastal rowing more generally
- Canada Games (2029) - rowing continuing on a positive track
- Continued implementation of Strategic Plan in phases
- Re-establish committees and recruit from broader rowing community
- Re-establish and continue to improve lines of communication & feedback
- Build in succession planning for board positions
- Celebration and communication of our successes - have accepted awards nominations, looking toward an awards ceremony in the Spring

A rowing team of nine women in a yellow boat on a lake, with a blue geometric overlay on the right.

Technical Director's Report

Rob Richards

Initiatives in 2024

- ❑ Held Learn to Row and RCA Weekend 1 training sessions in 2024
- ❑ Worked with the Row NS Coastal Committee to trial a Coastal Come & Try session for members in Halifax.
- ❑ Worked with RCA and the Coastal Committee to bring the National Beach Sprint Selection Trials and Coastal Education workshop to NS
- ❑ Developed and staged the Row NS Coaches Symposium

A photograph of three people in a white kayak on a body of water. The kayak is labeled 'LITE BOAT' on its side. The people are wearing athletic gear, including swimwear and hats. The background shows a forested shoreline under a blue sky with clouds. The image is framed by blue geometric shapes on the left and right sides.

Coastal Report

Coastal Committee

Initiatives in 2024

- Hosted a Coastal Come & Try session for members in Halifax.
- Worked with RCA to host the National Beach Sprint Selection Trials and Coastal Education workshop.

Vision for 2025

- Collaboration with RCA
 - ▶ National Beach Sprint Selection Trials
 - ▶ High Performance Beach Sprint Training Camp
- Coastal Come & Try sessions

The background of the slide is a photograph of a person in a red shirt and black vest rowing a white boat on a calm lake. The background is a dense forest with trees in shades of green and yellow, suggesting an autumn setting. The text 'High Performance Report' is overlaid in a large, black, sans-serif font. The word 'High' is on the first line, 'Performance' is on the second line, and 'Report' is on the third line, all centered. The text is partially obscured by the image of the rower and the boat. The overall design is clean and professional, with blue geometric shapes on the left and right sides of the slide.

High Performance Report

Tracy Cameron-Stuart

Overview

- The 2024 season was a historic year for Row Nova Scotia, marking our best performance to date. Athlete successes, coaching milestones, and enhanced support systems contributed to unprecedented results at the national and international levels.

Performance Highlights

- Record-Breaking Athlete Achievements
 - Seven athletes advanced to RCA NextGen programs.
 - Five athletes achieved top-six finishes at the National Rowing Championships (NRCs).
 - Notable performances included:
 - ▶ Lucy MacLeod and Martine Nyhof: Bronze in Women's Pair at NRCs and 2nd at Canadian Henley
 - ▶ Emily Munroe: U23 Women's 1x Champion, National U23 Team.
 - ▶ Emerson Crick: 2023 Pan Am Team, U23 National Team.
 - ▶ Oliver Baker: Bronze in the U23 men's 1x at NRC's

Performance Highlights

- Coaching Excellence

- Provincial Team Coach, Pat Cody, was selected to coach at the 2024 World Rowing Championships in St. Catharines, Ontario—a significant recognition of Nova Scotia's high-performance development.

Enhanced Support Systems

- Athlete Development
 - ▶ Simon Taylor (Canadian Sport Institute, CSI) attended the Eastern Rowing Association Championships, providing critical support for athlete and coach preparation through the Nova Scotia Performance Science Program and the Nova Scotia Performance Pathway Initiative.
 - ▶ Athletes received comprehensive sport science testing, strength and conditioning, nutrition, and sport psychology support from CSI.

Enhanced Support Systems

□ Coaching Support

- ▶ CSI provided development opportunities for coaching staff.
- ▶ Canada Summer Jobs funding allowed the hiring of an apprentice coach, easing the coaching burden for newly recruited Talent ID (TID) athletes.

National Beach Sprints Regatta

- We successfully hosted our first National Qualifier regatta in partnership with Rowing Canada at Rissers Beach, which offered world-class conditions. As a result, we've been selected to host the 2025 National Qualifier regatta. Athletes who qualify will remain on-site for a one-week camp in preparation for the World Championships.

Program Review

□ Provincial Team Program

- ▶ Key Performance Objectives (KPOs) were exceeded.
- ▶ 2025 Focus: Expansion of Beach Sprint opportunities and U21 Canada Cup camps.

□ Talent ID Program

- ▶ Successfully identified and enrolled new athletes.

□ Coach Enhancement Program

- ▶ Continued progress, particularly with athletes emerging from TID.
- ▶ 2025 Focus: Identifying young coaches for the Canada Cup.

Program Review

- Program Review Committee
 - ▶ Ensured oversight, accountability, and program adjustments.
 - ▶ Successfully sourced funding and conducted regular reviews.
 - ▶ Welcoming a new member to the High-Performance Committee in 2025, Tony Landry.

Key Partnerships

- Canadian Sport Institute (CSI) - Athlete and coaching support, financial support
- Sport Nova Scotia- Development funding and resources
- North Star Rowing Club - Provided excellent dryland training facilities

2025 Goals & Future Outlook

- Increased focus on Beach Sprint rowing
- Expansion of training camps and weekly ocean training alongside traditional flat-water preparation
- Stronger alignment of club-level athletes with high-performance pathways
- Increased spring and summer talent identification efforts

2025 Goals & Future Outlook

- Row Nova Scotia is poised for another strong year in 2025, building on the momentum of our most successful season to date.

A photograph of two people rowing a red scull on a calm body of water. The person in the foreground is wearing a green shirt and a yellow cap, while the person behind them 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.

Treasurer's Report

Warren Laybolt

Summary

- Regatta revenue up 25% (\$4k) compared to last year, as a result of the Coastal Regatta (not budgeted in 2024).
 - Also received \$4k in regatta funding from Rowing Canada.
- Halfway through four year funding cycle with increased Excellence Funding. SDT 3.0 work to begin soon.
- Completed payment for two new singles for the Provincial Team, purchased in 2023.
- Rowing Canada has announced they will be increasing dues and fees by roughly 7%.
- Row NS will be matching 7% increase to seat fees, no change to Club fees, or participant fees - likely to increase both in 2026.
- Overall 2024 results show a small cash flow loss for the year, with slightly under \$40,000 in account at year end.

2024 Financials

- Have not received final 2024 Financials from Sport NS, will post them to website when available.

Budget 2025

- Draft version of the budget in progress, will be substantially the same as the budget for 2024.
- Multi-year budgeting in place, will continue to be updated on yearly basis.
- Additional Budget Considerations:
 - Committee established for long-term Trailer Strategy.
 - Budget does not currently explicitly account for hosting Coastal high performance events, but may be built in.
 - Some external funding may also be available.
 - Multi-year budget currently shows increasing cash flow deficits, which will need to be addressed by exploring the expansion of revenue sources available to Row NS.
 - Potential increase in fees to ADCKC for regattas at Banook.

A photograph of two people in a red 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 them 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.

Umpire Report

Linda Lee

Umpire Statistics

- L1 Umpire Assistant - 6
 - Of the 6, only 3 are interested in advancing to L2, 2 of whom are new in 2024. The other 3 are currently happy to remain at L1.
- L2 Umpire - 11
 - 3 new graduates in 2024 and unfortunately 2 people stepped away.
- L3 Chief Umpire - 2
 - We currently have 2, Dave Read will be retiring.
- L3 Chief Umpire Associate - 1
 - Julie-Anne Vincent will be certified this spring.
- L4 Clinician - 1
 - Linda Lee is one of two Atlantic Region Clinicians. Donna Bliss from NB is the other.
- L5 World Rowing (FISA) Umpire - 1
 - Julie-Anne Vincent became a L5 this past summer!

Regattas attended by NS Umpires

- ❑ Beast of the East
- ❑ Ice Breaker
- ❑ NS Sprints
- ❑ Canadian Beach Sprint Trials
- ❑ Henley (St Catherines, ONT)
- ❑ Mega Worlds (St Catherines, ONT)
- ❑ Red Island Regatta (PEI)
- ❑ Cogswell
- ❑ Chili
- ❑ ARC/AURC

Vision for 2025

- Equipment renewal
 - New timing system
 - 3 radios
 - 1 new radio charger or battery
 - 2 megaphones
 - 1 new megaphone charger
 - 2 new clocks that can stop watch and show time of day
 - Admin supplies (Pens, Batteries, Tape, etc)
- Recruitment
 - We are always looking to recruit new umpires!

2024 Board of Directors

Role	Name	Term year
President	Laura Graham	1/1*
Vice President	Jonathan Tyson	1/2
Past President	Emily Jago	1/1
Treasurer	Warren Laybolt	1/2
Secretary	Hilary Brousseau	1/1*
Director at Large 1	Brienne Miller	2/2
Director at Large 2	Tracy Cameron Stuart	2/2
Director at Large 3	Maddy Horne	2/2
Director at Large 4	Austin Cameron	1/2
Director at Large 5	Mark Sebestik	1/2
<i>Director at Large 6</i>	<i>Vacant</i>	

* indicates filling a partial term vacancy

Election of Officers

Proposed 2025 Slate of Officers:

Role	Name	Term year
President	Laura Graham	1/2
Vice President	Jonathan Tyson	2/2
Treasurer	Warren Laybolt	2/2
Secretary	Hilary Brousseau	1/2
Director at Large 1	Mark Walsh	1/2
Director at Large 2	Tracy Cameron Stuart	1/2
Director at Large 3	Maddy Horne	1/2
Director at Large 4	Austin Cameron	2/2
Director at Large 5	Mark Sebestik	2/2
<i>Director at Large 6</i>	<i>Vacant</i>	

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New Business

Adjournment

Thank you to our membership,
coaches, athletes, umpires and club
leadership for making 2024 a great
rowing season!

Thank you for coming out and we look
forward to 2025!