June 2, 2017

Dear [Name],

Re: Your request for access to information under Part II of the Access to Information and Protection of Privacy Act [Our File #: CSSD 13-2017]

On April 12, 2017, the Department of Children, Seniors and Social Development received your request for access to the following records:

Please provide any documentation surrounding the provincial sport organization Rowing Newfoundland between the years 2009 - 2017.
This should include,
1. AGM minutes and financial statements submitted
2. Applications for operational grants
3. Applications for Canada games specific grants
4. Applications for event specific travel grants

I am pleased to inform you that a decision has been made by the Deputy Minister for Children, Seniors and Social Development to provide access to some of the requested information. Access to the remaining records, and/or information contained within the records, has been refused in accordance with the following exceptions to disclosure, as specified in the Access to Information and Protection of Privacy Act (the Act):

40. (1) The head of a public body shall refuse to disclose personal information to an applicant where the disclosure would be an unreasonable invasion of a third party's personal privacy.

As required by 8(2) of the Act, we have severed information that is unable to be disclosed and have provided you with as much information as possible. In accordance with your request for a copy of the records, the appropriate copies have been enclosed.

Please be advised that you may appeal this decision and ask the Information and Privacy Commissioner to review the decision to provide partial access to the requested information, as set out in section 42 of the Act (a copy of this section of the Act has been enclosed for your reference). A request to the Commissioner must be made in writing within 15 business days of the date of this letter or within a longer period that may be allowed by the Commissioner. Your appeal should identify your concerns with the request and why you are submitting the appeal.
The appeal may be addressed to the Information and Privacy Commissioner as follows:

Office of the Information and Privacy Commissioner  
2 Canada Drive  
P. O. Box 13004, Stn. A  
St. John's, NL, A1B 3V8

Telephone: (709) 729-6309  
Toll-Free: 1-877-729-6309  
Facsimile: (709) 729-6500

You may also appeal directly to the Supreme Court Trial Division within 15 business days after you receive the decision of the public body, pursuant to section 52 of the Act (a copy of this section of the Act has been enclosed for your reference).

Please be advised that responsive records will be published following a 72 hour period after the response is sent electronically to you or five business days in the case where records are mailed to you. It is the goal to have the responsive records posted to the Completed Access to Information Requests website within one business day following the applicable period of time. Please note that requests for personal information will not be posted online.

If you have any further questions, please contact me by telephone at 709-729-6370 or by email at jennifertaylor@gov.nl.ca.

Sincerely,

Jennifer Taylor  
ATIPP Coordinator

Enclosures
Access or correction complaint

42.(1) A person who makes a request under this Act for access to a record or for correction of personal information may file a complaint with the commissioner respecting a decision, act or failure to act of the head of the public body that relates to the request.

(2) A complaint under subsection (1) shall be filed in writing not later than 15 business days

(a) after the applicant is notified of the decision of the head of the public body, or the date of the act or failure to act; or

(b) after the date the head of the public body is considered to have refused the request under subsection 16(2).

(3) A third party informed under section 19 of a decision of the head of a public body to grant access to a record or part of a record in response to a request may file a complaint with the commissioner respecting that decision.

(4) A complaint under subsection (3) shall be filed in writing not later than 15 business days after the third party is informed of the decision of the head of the public body.

(5) The commissioner may allow a longer time period for the filing of a complaint under this section.

(6) A person or third party who has appealed directly to the Trial Division under subsection 52(1) or 53(1) shall not file a complaint with the commissioner.

(7) The commissioner shall refuse to investigate a complaint where an appeal has been commenced in the Trial Division.

(8) A complaint shall not be filed under this section with respect to

(a) a request that is disregarded under section 21;

(b) a decision respecting an extension of time under section 23;

(c) a variation of a procedure under section 24; or

(d) an estimate of costs or a decision not to waive a cost under section 26.

(9) The commissioner shall provide a copy of the complaint to the head of the public body concerned.
Direct appeal to Trial Division by an applicant

52. (1) Where an applicant has made a request to a public body for access to a record or correction of personal information and has not filed a complaint with the commissioner under section 42, the applicant may appeal the decision, act or failure to act of the head of the public body that relates to the request directly to the Trial Division.

(2) An appeal shall be commenced under subsection (1) not later than 15 business days

(a) after the applicant is notified of the decision of the head of the public body, or the date of the act or failure to act; or

(b) after the date the head of the public body is considered to have refused the request under subsection 16(2).

(3) Where an applicant has filed a complaint with the commissioner under section 42 and the commissioner has refused to investigate the complaint, the applicant may commence an appeal in the Trial Division of the decision, act or failure to act of the head of the public body that relates to the request for access to a record or for correction of personal information.

(4) An appeal shall be commenced under subsection (3) not later than 15 business days after the applicant is notified of the commissioner’s refusal under subsection 45(2).
ATIPP Request

CSSD 13-2017: Rowing Newfoundland

Responsive Information Included:

- Rowing Newfoundland AGM Minutes Page 2
- Rowing Newfoundland Financial Statements Page 31
- Rowing Newfoundland Travel Subsidy Applications Page 42
- Rowing Newfoundland Canada Games Grant Applications Page 75
- Rowing Newfoundland Annual Operating Grant Applications Page 112
Rowing Newfoundland

AGM Minutes
AGENDA

Rowing Newfoundland
Annual General Meeting
March 2, 2009

1. Call the meeting to order
2. Welcome & Introductions
3. Call the Roll
4. Reading and Adoption of the Last AGM Minutes
5. Presentation of Reports
   - President's report
   - Financial Report
   - Executive / Technical Director Report
   - Provincial Coaching report
6. Unfinished Business
7. Election of Officers
8. New Business
9. Set date for next AGM
10. Adjournment

** Set date for the first meeting of the Board.
Minutes – Rowing Newfoundland AGM

Date & Time: March 22, 2009, 2:00 PM
Location: Provincial Training Centre, Crosbie Road, St. John’s

In Attendance:
Doreen Hamlyn
Adrian Miller
Andy Fitzgerald
Paul Power

Absent:
Representation from Labrador
Nicole Hamlyn

9 other attendees from SJRC (athletes and parents)

The AGM was called to order at 2:15 PM by Doreen Hamlyn. As this was a re-scheduled meeting, a count was done to ensure a quorum was present.

All in attendance were welcomed, and the current RN board was introduced.

Minutes from the 2008 AGM were distributed and reviewed. Doreen asked for acceptance of the minutes as written. Moved for approval by Doreen Hamlyn; seconded by Andy Fitzgerald. There were no questions/issues stemming from the minutes.

The President’s Report was distributed and reviewed. Moved for approval as written by Doreen; seconded by Adrian Miller.

The Financial Report was distributed and presented by Andy Fitzgerald. Andy moved for acceptance of the report; seconded by Doreen.

The Executive/Technical Director report was presented by Paul Power. This past year has been a role change for Paul. He highlighted a number of points in his report:
- The need for officials and intentions to provide training for umpires and officials in the future
- Re-building the group of coaches for the province and the St. John’s Rowing Club
- Plans for 2009 Regattas

Other items not included in his report were mentioned:
- Applications for funding are being looked into.
- Short and Long-term planning at a provincial level, focused on developing other clubs, being a benefit for all involved in rowing.

Paul moved for acceptance of his report; seconded by Sec. 40 (1).

The Provincial Coach Report was distributed and presented by Sec. 40 (1). Highlights included:
- achievements and improvements of the Provincial Team at competitions during the year,
- recognition of those who contributed to the success of our rowers, including Paul Power, staff at the PTC and others.
Although the report identifies a number of concerns and observations, he noted that this past year has been good for the development of coaching, especially the support received from RN enabling 4 people to attend training at the RCA Coach Conference in Montreal this past January.

moved for acceptance of his report; seconded by Doreen.

There was no Auditor Report presented.

Election of Officers for Rowing Newfoundland:

Paul Power reviewed the current list of board members, and noted that most were willing to continue in an elected position. Andy would stand as Treasurer for another year, but might like a change after that. There are a few positions vacant; these may be able to be filled in future through appointment, if there is an expression of interest.

Nicolle Hamlyn will be away for most of the year, and is not running for election at this time.

Other current board members were re-elected. In addition, a member of the SJRC Board, has accepted nomination for position of Director-at-large. The following is the new board of RN for the year 2009:

President: Doreen Hamlyn
1st V-President: Sec. 40 (1)
2nd V-President: vacant
3rd V-President: vacant
Secretary: Sec. 40 (1)
Treasurer: Andy Fitzgerald
Director-at-Large: Sec. 40 (1)
Past-President: Adrian Miller

Next Meeting: Normally scheduled for the 2nd Monday evening of each month, in April this falls on the Easter weekend. The new board will be notified later of the date of the next meeting.

New Business:
- Development of a new website for RN
- Efforts to develop other rowing clubs within the province
- Investigation into alternative funding for Rowing, as identified by... immediately prior to commencement of the AGM

Question from the floor: When will we know what funding is available for athlete travel this year?
Answer: (Adrian Miller) Once applications are received and the Provincial Government budget is approved, funding will be approved within a month following, estimated April/May timeframe.

Doreen expressed congratulations to the newly-elected board

Meeting was adjourned at 3:45 PM.

Prepared and submitted by: Sec. 40 (1)
Secretary
March 22, 2009
Rowing Newfoundland Annual General Meeting  
November 15, 2010 @ 7:00 pm  
Waypoints – Churchill Square

Attendees:  
Doreen Hamlyn  
Adrian Miller  
Andrew Fitzgerald  
Paul Power

1. Called meeting to order by Doreen Hamlyn at 7:10pm

2. Reviewed and adopted Minutes from last AGM (March 22, 2009): The minutes were moved for acceptance as written by Andy, seconded by [Name Redacted].

3. Presidents Report: See attached report. Doreen read over her report. No questions. Her report was moved for acceptance as written by Doreen, seconded by Andy.

4. Financial Report: See attached report. Andy went over his report. There were some questions/comments:
   - Did SJRC pay its portion of the Insurance ($2000) for last year
   - SJRC still owes Registration, $100 Club Registration and $10 per member.
   - SJRC owes half of the banquet costs (Total of $400 / Half $200)
   - Cheques to come from Sport NL (Coaching Council)
His report was moved for acceptance as written by Andy, seconded by [Name Redacted].

5. Staff Report: See attached report. Paul went over his report. Some questions were asked about the 2009 Canada Games Team but it was passed onto New Business. His report was moved for acceptance as written by Paul, seconded by [Name Redacted].
6. **Election Of Officers:**
   - President: Doreen Hamlyn
   - 1st Vice President: Nicolle Hamlyn
   - 2nd Vice President: vacant
   - 3rd Vice President: Andrew Fitzgerald
   - Secretary: vacant
   - Treasurer: vacant
   - Member At Large: Adrian Miller
   - Past President: 

7. **New Business:**
   - Adrian reminded the board that nominations should be submitted 2 weeks in advance. Paul to check Constitution.
   - Doreen discussed the big need for Officials and put it out to the persons in attendance. No interest!
   - Paul discussed the need of a Strategic Plan and a board Strategic Planning session!

8. **Date for next AGM:** TBA

9. **Adjournment:** at 8:00pm.

Respectfully submitted by:
Paul Power
ROWING NEWFOUNDLAND
STATEMENT OF REVENUE & EXPENSES
For the period of January 1, 2010 – December 31, 2010

REVENUE

Provincial Government Annual Grant $ 8,750.00
Provincial Government Canada Games Grant $ 8,000.00
Federal Grant - Summer Program $ 5,815.00
Sport NL Travel Subsidy $ 4,000.00
Sport NL Coaching Fund $ 1,335.00
Fundraising $15,463.75

**SJRC membership fees (154 x $10) is outstanding with a plan to be paid in 2011
**LWRC membership fees (204 x $10) is waved due to little support (expense of travel) in 2011

Total Revenue: $ 43,363.75

EXPENSES

**Part Time Employee $15,183.50
Summer Program Staff $ 6,121.20
**Administration $ 1,605.00
(telephone, promotion, office supplies, coaching equipment – rate watches)
**Summer Program Development $ 4,211.60
(resources material, safety equipment, honorariums, equipment maintenance)
Receiver General of Canada $ 870.15
Sport NL Registration & AGM $ 145.00
**The Printing Place (Coaching Manuals) $ 814.73
**NRC Subsidy - Sec. 40(1) $ 506.79
RCA Board Meeting (extra expenses) $ 105.00
**RCA National Coaching Conference (flight, registration, hotel, meals) $ 2,805.00
Awards Banquet $ 394.00
RCA Registration $ 600.00
**Eastern Rowing Association Championships $ 5,000.00
(camp fees, trailing subsidy + regatta registration)
**Head of the Hooch (Inter-National Head Race) $ 7,000.00
(flight, boat rental + regatta registration)

Total Expenses: $ 45,361.97

Deficit for the year of: $ -1,998.22

Balance as of December 31, 2010: $ 10,686.78

Portions of the expenses highlighted with ** can be used to justify the spending of the Provincial Government Annual and Canada Games Grants.
AGENDA

Rowing Newfoundland
Annual General Meeting
November 21, 2011

1. Call the meeting to order
2. Reading and Adoption of the Last AGM Minutes
3. Presentation of Reports
   • President’s report
   • Financial Report
   • Executive Directors Report
4. Unfinished Business
5. Election of Officers
6. New Business
7. Set date for next AGM
8. Adjournment

** Set date for the first meeting of the Board.
Rowing Newfoundland Annual General Meeting
November 21, 2011 @ 7:00 pm

Attendees:
Doreen Hamlyn
Paul Power
Andrew Fitzgerald
Adrian Miller
Nicole Hamlyn

1. Called meeting to order by Doreen Hamlyn at 7:10pm

2. Reviewed and adopted Minutes from last AGM: The minutes were moved for acceptance as written by Doreen, seconded by Adrian.

3. Presidents Report: See attached report. Doreen read over her report. No questions. Her report was moved for acceptance as written by Doreen, seconded by Sec. 40 (1)

4. Financial Report: See attached report. Andy went over his report. No questions. His report was moved for acceptance as written by Andy, seconded by Sec. 40 (1)

5. Executive / Technical Director Report: See attached report. Paul went over his report. His report was moved for acceptance as written by Paul, seconded by Sec. 40 (1)

6. Election Of Officers:
   - President: Doreen Hamlyn
   - 1st Vice President: Nicole Hamlyn
   - 2nd Vice President: vacant
   - 3rd Vice President: 
   - Secretary: 
   - Treasurer: Andrew Fitzgerald
   - Member At Large: 
   - Past President: Adrian Miller

7. New Business:
   - Adrian reminded the board that nominations should be submitted 2 weeks in advance. Paul to check Constitution.
   - Doreen discussed the big need for Officials and put it out to the persons in attendance. No interest!
   - Paul discussed the need of a Strategic Plan and a board Strategic Planning session!
   - Rowing NL Website was discussed by Paul Power
   - New Club Development was brought up and ideas were discussed (Clarencville, Blaketown, etc.)

8. Date for next AGM: TBA

9. Adjournment: at 8:05pm.

Respectfully submitted by:
Paul Power
Rowing Newfoundland continues with its Learn-To-Row (LTR); High School, & Recreational and Competitive programs. We continued to improve our LTR programs by providing categories for youth, adult, and masters. There is a special interest put into Long Term Athlete Development (LTAD) for our sport. Still a main focus of the summer is preparing the Provincial Team for the two major Regattas:

- PROVINCIAL CHAMPIONSHIPS (St.John’s, NL)
- EASTERN CANADIAN CHAMPIONSHIPS (Montreal, QC)
- NATIONAL CHAMPIONSHIPS (TBA in the fall of 2011)

LEARN-TO-ROW PROGRAM (LTAD focused)
The LTR program continued to use the effective and successful Journey 1-2-3 system that included: Level I: 10 sessions = 10 hours; Level II: 10 sessions = 15 hours; Level III: 15 sessions = 22.5 hours. The program was made available to:

- Youth in two time slots (Daytime – Monday to Friday)
- Adult in two time slots (either early morning / late evening)
  (Monday, Wednesday, Friday, Sunday)
- Student in two time slots (either early morning / late evening)
  (Tuesday, Thursday, Saturday, Sunday)
- Masters in two time slots (either early morning / early evening)
  (Monday, Wednesday, Friday, Sunday)

Membership continues to stay at a healthy level and with additional promotion in the future increases can be expected.

HIGH SCHOOL PROGRAM & REGATTA
Our year round training program continues to be very popular in High Schools within the City of St. John’s and surrounding areas. High Schools that take part in this program include Gonzaga, Bishops, Booth, Holy Heart, PWC, and Holy Trinity.

All these High School Teams practiced three to four times per week in preparation for the High School Regatta that took place on Saturday, June 25, 2011. It was a very successful event with approximately sixty athletes competing in twenty races. The event was completed with Gonzaga winning the Championship Trophy.

COMPETITIVE PROGRAM
Competitive athletes took part in a Full Time Training Program and practiced between 8 and 10 times per week to prepare for representing the province at the Provincial & Eastern Canadian Championships.
PROVINCIAL CHAMPIONSHIPS
The Provincial Championships took place on Sunday, July 8, 2012, and included approximately Thirty athletes who raced in pairs, fours, singles, doubles, quads, and eights. This regatta finalized the team selection and boats that would represent the Province at the Eastern Canadian Championships in Montreal, Quebec.

EASTERN CANADIAN CHAMPIONSHIPS
On Saturday and Sunday, July 28 & 29, 2012, our Provincial Team competed in 15 events in Montreal, Quebec. This was a very successful regatta for our province and the 1 Gold, 3 Silver, 6 Bronze medals helped Newfoundland finish in Third place overall. This regatta worked as the final selection process for athletes and boats to compete at the National Championships in the fall of 2012.

PROMOTION & PUBLICITY
The Summer Coordinator chaired this committee with the major focus of providing competitive and recreational rowing programs for all ages. Posters were distributed throughout the city, and incentives were provided to existing members for their help in promoting new members.

EQUIPMENT & MAINTENANCE
The majority of the boats are old, but because this equipment is well maintained it is still usable. If we expect to improve at the Atlantic and National Levels we need to purchase new equipment. Registration is continually increasing so the demand for equipment is increasing. The summer staff takes care of all general maintenance.

RECOMMENDATIONS
- We could use more funding to hire more staff in order to provide additional coaching for the growing interest in Olympic Style Rowing.
- We need summer job positions to last more weeks (10-12 weeks)
- We need to improve our promotional tactics and take advantage of the internet.
- We need new competitive rowing shells including a convertible double/pair, and an eight.
Executive Director / Provincial Coach Report

- Summer Employment:
  - Filled out on line application for Canada Summer Jobs; applied for 7 positions; – February 2011
  - Filled out on line application for SWASP Grants; applied for 5 positions – March 2011
  - One SWASP grant was approved May 2011
  - Two Canada Summer Jobs were approved May 2011
    - CSJ position for 7 weeks at $11 per hour from May to July 2011
    - CSJ position for 7 weeks at $11 per hour from June to August 2011
  - $10 of the $11 was funded by CSJ and $1 per hour has to be covered by Rowing NL totaling $245 per position. Total of $490
  - was awarded SWASP position for 8 weeks at $10 per hour from June to August 2011. Totally funded
  - Made CRA payment for 2 previous years (2008 & 2010) of CSJ ($1880.13) in June 2011
  - Finished final Report and other documentation for SWASP in early September
  - Finished final Report and other documentation for CSJ the end of September and waiting for final 10% of the funding
  - We will need to pay CRA for 2011CSJ in the near future

- Sport NL:
  - Sportfest – attended workshop in March. Great event but was at the same time as our first out of Province Regatta in Nova Scotia. Rowing NL will do its best to be part of the 2012 Sportfest.
  - Completed coaching survey to evaluate the need for NCCP courses to be offered in different regions of the province.
  - Annual Awards – entered nominees for all categories. Rowing NL made the top 3 candidates in three categories: Senior Female (Paul); and Executive (Paul) – April 2011
  - Scholarship/Bursary Program – two athletes received the Bursary – (for athletic ability and academic achievement)
  - Coaching Fund – received some partial funding for 2010 and waiting for second portion and preparing application for funding to support the 2012 Coaches Conference
  - Attended quarterly PSO meetings in June and September.
• Provincial Government:
  • Annual Grant Application submitted. Reviewed with Patti Thorne in September to investigate additional ways to increase funding. Application then put forth for approval and we should hear back from them soon.
  • Canada Games Grant submitted and reviewed with Glen Littlejohn in June to investigate additional ways to increase funding. Received funding of $20,575 in September.
  • Coaching Podium Series for Canada Games Coaches but open to additional coaches if space is available. Session was attended in June and more sessions are now being offered this fall. Goal to have at least one coach to each session.
  • Attended Renewal of Canadian Sport Policy brainstorming session in May 2011.
  • Completed a Capital Grant looking for the maximum of $10,000 for new equipment (8+) in July and received approval in September. A finalized purchase plan needs to be put in place ASAP.
  • Attended Premier Athletic Awards: We submitted 19 application and were awarded 7 awards: T. Young-$1500; K. VanGulick; B. Colbourne; M. Noel; M. Clift; M. Fitzgerald; M. Thomas- all at $500. Overall total of $4500 for our sport.
  • Travel Subsidy- We received funding ($2000) for 2010 and I just applied for funding for 2011.
  • Canada Games Meeting – Use of the PTC and other services attended in October.

• Rowing Canada:
  • Provincial Staff Conference Calls – missed May 18 due to conflicting schedule. Minutes include: HP update, rule of racing changes, new registration process, recreation rowing, the new NCCP.
  • Insurance understanding about one LTR session or Rowing Day Camps
  • RCA Coach Weekend # 2. Spent much time from January to March 31" trying to find a long weekend that could work for the Mentor Coach and the junior coaches. We were unable to make it happen before fiscal year end. We lost the opportunity to use $800 provided by RCA but it will be taken into consideration when we apply again for 2011-2012.
  • Masters Committee Conference Call – missed both calls in March and June due to conflicting schedule. Minutes include: increasing numbers, age change to 21, touring, promotion.
  • Helped prepare new format report for April Board meeting
  • Attended two conference calls focusing around LTAD in March and in September.
• IPCC Conference Call missed in May and July due to conflicting schedule. Minutes include: Terms of Reference, Budget, NRC’s, Regional Regatta’s, IROW-Youth Rowing; RCA support to the Provinces.

• NCCP conference call in September. Minutes included: revised weekend #1 schedule; transferring the old to the new NCCP; MLF and LF training; fees for training.

• Nomination for awards at AGM/Coaches Conference- Paul – 25 years. The deadline is November 15, 2011. Sec 40(1)

• Web Registration Training – with [REDACTED] who will talk with us over a conference call. This process is followed with each province. Call will be set up in the near future.

• St. John’s Rowing Club:
  • Attended the SJRC AGM – April 2011 and presented a report
  • SJRC Row-A-Thon working with Johnson’s Insurance to support the Children’s Wish Foundation. Just under $12,000 was made with half going to the SJRC and half going to the Children’s Wish Foundation through Johnson’s Insurance.

• Rick Hanson Relay – took part in the event in the single which tested multiple sport in the St. John’s region

• Mainland Regatta’s:
  • Ice Breaker Regatta
  • ERA / Inter-Provincial Rowing Championships
  • Really Chili / Atlantic University Championships
  • Head Of The Hooch
AGENDA

Rowing Newfoundland
Annual General Meeting
November 26, 2012

1. Call the meeting to order
2. Reading and Adoption of the Last AGM Minutes
3. Presentation of Reports
   - President’s report
   - Financial Report
   - Executive Directors Report
4. Election of Officers
5. New Business
6. Set date for next AGM
7. Adjournment

** Set date for the first meeting of the Board.
Rowing Newfoundland Annual General Meeting  
November 26, 2012 @ 6:30 pm

Attendees: 
Doreen Hamlyn  
Adrian Miller  
Nicole Hamlyn  
Paul Power  
Andrew Fitzgerald

1. Called meeting to order by Doreen Hamlyn at 7:10pm

2. Reviewed and adopted Minutes from last AGM: The minutes were moved for acceptance as written by Nicole, seconded by Adrian.

3. Presidents Report: See attached report. Doreen read over her report. No questions. Her report was moved for acceptance as written by Doreen, seconded by Paul.

4. Financial Report: See attached report. Andy went over his report. No questions. His report was moved for acceptance as written by Andy, seconded by Adrian.

5. Executive / Technical Director Report: See attached report. Paul went over his report. His report was moved for acceptance as written by Paul, seconded by Doreen.

6. Election Of Officers:  
- President: Doreen Hamlyn  
- 1st Vice President: Nicole Hamlyn  
- 2nd Vice President: Jim Skanes  
- 3rd Vice President: vacant  
- Secretary: vacant  
- Treasurer: Andrew Fitzgerald  
- Past President: Adrian Miller

7. New Business:  
No new business to report.

8. Date for next AGM:  
TBA

9. Adjournment:  
8:05pm.

Respectfully submitted by:  
Paul Power
Executive Director Report

November 26, 2012

- Royal St. John’s Regatta Committee
  - Paul and Doreen presently organizing the next meeting with [redacted].
  - Topics: Program updates; winter training; summer plans, boathouse availability plans, Sportfest, RCA wanting to meet again.

- Sport NL:
  - All nominations completed for Annual Awards.
  - Met with [redacted] about participating in SPORTFEST (May) and presently working on plans to work together with the Royal St. John’s Regatta Committee.
  - Building Sport Capacity Meeting with [redacted]. No contact after the initial email?

- Provincial Government:
  - 21 Premiers Athletic Awards applications were submitted.
  - Coaching Podium Series – next session being offered this Thursday.

- Rowing Canada:
  - Only one Conference call during this report: The RCA Staff Update.
  - Meeting with [redacted] (SJRC Registrar) to update her on the RCA Web Registration.

- Hanna Family Trust:
  - Thank You letter was sent off to the family.
  - Christening needs to be scheduled early in the on-water season. Set date and details!!!
  - Presently working on a letter of proposal for this round of funding.

- Summer Employment:
  - T4s distributed to [redacted].

- Athletes and Coaches Communication Website:
  - M2Z Photography issue dealt with and closed.
  - Working well with no issues. Parents feel the website is a benefit also!

- Canada Games Coaches and Managers Meetings:
  - Attended the last meeting and various topics were discussed: flight dates; test events; clothing; sponsorship etc.
  - Applied for an exemption for [redacted].
• SJRC Update:
  • Paul and Doreen attended the SJRC AGM and the Canada Games Potentials Travel Plan Parents Meeting
  • Well attended and many new board members starting but also many vacancies!

• Canada Games / Winter Training:
  • Potential athletes attended the team Clothing sessions
  • Canada Games Potentials and Junior Development Programs are continuing to use the facilities at MAX Athletics and the PTC.
  • Started work on preparing docks this past weekend with plans to get on the water during the Easter Break.

Proposed Summer Regattas:

✓ Ice Breaker – May – Nova Scotia
✓ Canada Games Test Regatta – June - Quebec
✓ ERA / Inter Provincial Regatta – July – Quebec
✓ Canada Summer Games – August – Quebec
Executive Director’s Report
Annual General Meeting
November 25, 2014

Rowing Newfoundland concluded a good 2013 with its attendance at the Canada Summer Games in Sherbrooke, Quebec. In 2014, a new group of coaches (from SJRC) started the process of developing 2017 Canada Games Potential athletes. The team trained hard at home and attended two mainland regattas this past on-water season. Preparation for the 2017 Canada Summer Games is underway!

Coaching retention and development continues to be a top priority for Rowing Newfoundland. 2013 saw the development of Weekend #1 experienced coaches produce good candidates to progress to Weekend #2. We hope to bring in a Mentor Coach early in 2015 to teach a Weekend #1 and #2 in order to continue development and help us reach our goal of up to 5 coaches certified coaches at the Canada Games Level for 2017.

Also Rowing Newfoundland has started the process to further develop their relationship with the Labrador West Rowing Club and to work on revitalizing the Humber Valley Rowing Club. Exciting times ahead.

Provincial Initiatives and Highlights for 2013 & 2014

- Good preparation and results at the 2013 Canada Summer Games in Sherbrooke, Quebec.

- Good experience gained by coaches and athletes during the summer of 2014.

- Utilized Hanna Family Trust to finish paying off the New Hudson 8+, and the Recreational 2x and 1x.

- Continue to rebuild relationship with the High Performance Staff at our New Provincial Training Facility.

- Recognized athletes who received Premier’s Athletic Awards

- Recognized athletes who were nominated for the Sport NL Annual Awards.

- Continue to rebuild the relationship with the Fixed Seat Regatta Committee.
Key Projects, Plans and Priorities for 2015

- Send provincial athletes to mainland regattas in the summer of 2015.
- To continue to promote for young athletes to increase training levels in order to make criteria to compete at the Atlantic and National Rowing Championships.
- To send a select few top athletes (if they meet criteria) to RCA’s 2015 Development Regatta (April/May) and the National Rowing Championships (November)
- Nominate group of athletes for Premier’s Athletic Award
- Nominate the top rowing athletes for Sport NL Annual awards
- To maintain the number of athletes and coaches involved to the HS Rowing Program
- Bring in Mentor Coach to facilitate a Weekend #1 & 2 Clinic
- To promote active coaches to attend the RCA Coaches Conference / AGM
- To work on the relationship with the Labrador West Rowing Club and provide support where ever possible and revitalize the Humber Valley Rowing Club.
- To apply for RCA grants to utilize coaching initiatives.
- To continue to complete provincial grant applications and received funding to support provincial rowing initiatives
- To utilize RCA’s new promotional video to help promote the sport in the province.
- To run an officials clinic and establish an officials committee.
- To complete Strategic Planning
- To start the process to establish a Rowing Newfoundland Website
Summary of Key Issues and Challenges

- To explore options to find opportunities to fund the Executive/Technical Director part time position.

- Retention of coaches, officials, and athletes.

- To build relationships in different regions of the province to promote slide seat rowing.

Preparing for the Canada Summer Games plus recruiting and retaining athletes and coaches will always be top priority. Other priorities will include club development, umpire development, and an effort to promote and support athletes to make criteria to attend the NRC's.

Submitted by Paul Power
AGENDA
Rowing Newfoundland’s Annual General Meeting
November 25, 2014

1. Call the meeting to order

2. Greetings - invited guests

3. Presentation of Reports
   - President’s Report
   - Executive Director Report

4. Reading of Financial Report

5. Approval of Annual Dues

6. Recommendation / Placement of Officers

7. Other Business
   - Rowing Newfoundland’s Mandate
   - Strategic Plan

8. Set date for first meeting

9. Adjournment
President's Report
Annual General Meeting
November 25, 2014

Rowing Newfoundland has gone back to the grassroots of its mandate in 2014 and set its direction for the future. Strengthening relationships with the Provincial Government, the Provincial Training Centre, Sport NL, Rowing Canada Aviron, and the Royal St. John’s Regatta Committee have helped us on our way to a strong future.

In 2014, we started with a new group of coaches (from SJRC) and the process of developing athletes for the 2017 Canada Summer Games began. The team trained hard, attended two mainland regattas, gaining valuable experience. Preparation for the 2017 Canada Summer Games is well underway!

Coaching retention and development continues to be a top priority for Rowing Newfoundland. We will promote and provide coaching education over the next year to help us reach our goal of having all certified coaches at the Canada Games Level for 2017.

In my role as President I attended bi-monthly meetings to deal with the new business within Rowing Canada Aviron. (RCA) Most of these meetings happen over a conference call and there are usually 2 face to face meetings in late September and at the RCA AGM. Coming from one of meetings a highlight of our year came about with the Chief Executive Officer of RCA visiting our province, meeting with the Rowing Newfoundland Board members, and as an added bonus took in the Royal St. John’s Regatta. She met with members of the Royal St. John’s Regatta Committee, met many of our athletes, and witnessed our athletes have a successful day. She loved her visit.

An additional highlight for Rowing Newfoundland is to have started the process to further develop their relationship with the Labrador West Rowing Club. Also we have started work on revitalizing the Humber Valley Rowing Club. Most important we need to continue to keep the communication channel open with the St. John’s Rowing Club.

Recruiting and retaining athletes and coaches will always be top priority. Other priorities for 2014 will include club development and umpire development.

Submitted by Doreen Hamlyn
ROWING NEWFOUNDLAND
STATEMENT OF REVENUE & EXPENSES
For the period of May 1, 2013 – November 1, 2014

REVENUE

Provincial Government Annual Grant $ 6,520.00
Provincial Government Canada Games Grant $19,650.00
Federal Grant - Summer Program $ 6,820.00
Winter Training fees (MAX Athletics) $ 4,025.00
Hanna Family Trust $24,750.00
Canada Games Trailering Grant $ 4,283.00
Rowing Canada Aviron Grant $ 2,500.00
Unsuit additional payments $ 935.00
Summer Regatta fees/fundraising $21,393.60
(Atlantic Ice Breaker Regatta/Sherbrook Test Regatta/ERA Regatta + camp)

Total Revenue: $90,876.60

EXPENSES

Part Time Employee - until end of August 2013 $ 8,245.00
Canada Summer Jobs (2013) - 3 Summer Program Staff $ 8,085.20
Administration $ 2,560.70
(bank fees, database fees, RCA fees [2011&2012, RCA board meeting expenses,
Sport NL fees)
Training Program (MAX Athletics) $ 6,881.70
Equipment:
  Hudson Mid-Size Eight (8+) $ 6,500.00
  Recreational Double and Single $14,592.58
Canada Games Expenses (trailering, rental, repairs, storage, etc.) $ 6,830.48
Receveur General $ 1,955.27
Summer Regatta fees/fundraising $45,890.50
(Atlantic Ice Breaker Regatta/Sherbrook Test Regatta/ERA Regatta + camp)

CG Grant 2013 and portion from 2012 refunded to athletes + Athlete reimbursement

Total Expenses: $101,541.43
Overview:

Total Revenue: $90,876.60
Total Expenses: $101,541.43
Deficit for the period: $10,664.83
Balance as of November 1, 2014: $4,104.58

Paul Power
Doreen Hamlyn

Executive Director
Rowing Newfoundland
President
Rowing Newfoundland
AGENDA
Rowing Newfoundland’s Annual General Meeting
November 24, 2015

1. Call the meeting to order

2. Greetings

3. Presentation of Reports
   • President’s Report
   • Executive Director Report

4. Reading of Financial Report

5. Approval of Annual Dues

6. Recommendation / Placement of Officers

7. Other Business
   • Update - Strategic Plan

8. Set date for first meeting

9. Adjournment
Executive Director's Report
Annual General Meeting
November 24, 2015

The Provinces new group of coaches (from SJRC) continue the process of developing 2017 Canada Games Potential athletes. The team trained hard at home and attended two mainland regattas this past on-water season. Preparation for the 2017 Canada Summer Games is well underway!

Coaching retention and development continues to be a top priority for Rowing Newfoundland. 2014-2015 saw the development of a Coaching Group and these coaches moving on their individual pathways. A highlight was a group of coaches attending the RCA National Coaches Conference in Ontario. This is all helping Rowing NL reach its goal of having up to 5 coaches certified coaches at the Canada Games Level for 2017.

Also Rowing Newfoundland continues to further develop their relationship with the Labrador West Rowing Club and the Humber Valley Rowing Club. Exciting times ahead.

Provincial Initiatives and Highlights for 2014 & 2015

- Good experience gained by coaches and athletes during the summer of 2015.

- Continue to rebuild relationship with the High Performance Staff at our New Provincial Training Facility.

- Recognized athletes who received Premier’s Athletic Awards

- Recognized athletes who were nominated for the Sport NL Annual Awards.

- Continue to rebuild the relationship with the Fixed Seat Regatta Committee.

Key Projects, Plans and Priorities for 2016

- Send provincial athletes to mainland regattas in the summer of 2016.

- To continue to promote for young athletes to increase training levels in order to make criteria to compete at the Atlantic and National Rowing Championships.
• To send a select few top athletes (if they meet criteria) to RCA’s 2016 Development Regatta (April/May) and the National Rowing Championships (November)

• Nominate group of athletes for Premier’s Athletic Award

• Nominate the top rowing athletes for Sport NL Annual awards

• To maintain the number of athletes and coaches involved to the HS Rowing Program

• To promote active coaches to attend the RCA Coaches Conference / AGM

• To apply for RCA grants to utilize coaching initiatives.

• To continue to complete provincial grant applications and received funding to support provincial rowing initiatives

• To run an officials clinic and establish an officials committee.

• To continue to work on completing a Strategic Planning

• To start the process to establish a Rowing Newfoundland Website

Summary of Key Issues and Challenges

• To explore options to find opportunities to fund the Executive/Technical Director part time position.

• Retention of coaches, officials, and athletes.

• To build relationships in different regions of the province to promote slide seat rowing.

Preparing for the Canada Summer Games plus recruiting and retaining athletes and coaches will always be top priority. Other priorities will include club development, umpire development, and an effort to promote and support athletes to make criteria to attend the NRC’s.

Submitted by Paul Power
ROWING NEWFOUNDLAND
STATEMENT OF REVENUE & EXPENSES
For the period of November 1, 2014 – October 31, 2015

REVENUE
Provincial Government Annual Grant $ 4,850.00
Provincial Government Canada Games Grant $14,150.00
Federal Grant - Summer Program $ 8,640.00
Winter Training fees (Royal St. John's Regatta Boathouse & MUN Field House) $ 2,425.00
Summer Regatta fees/fundraising
   (Atlantic Champs/Eastern Region Champs/National Rowing Champs/Training Camps) $54,258.20

Total Revenue: $ 84,323.20

EXPENSES
Part Time Employee - until end of August 2013 $ 5,000.00
LTAD Programing / Strategic Planning $ 3,265.50
Canada Summer Jobs (2013) - 3 Summer Program Staff $ 8,285.20
Administration
   (bank fees, database fees, RCA fees (2011&2012, RCA board meeting expenses,
   Sport NL fees) $ 1,860.70
Training Program (Royal St. John's Regatta Boathouse & MUN Field House) $ 7,031.70
Receveur General $ 1,005.27
Summer Mainland Regatta fees/ Camps
   (Atlantic Champs/Eastern Region Champs/National Rowing Champs/Training Camps) $60,190.50

Total Expenses: $ 86,638.87
Overview:

Total Revenue: $ 84,053.20
Total Expenses: $ 86,638.87
Deficit for the period: $ 2,315.67
Balance as of November 1, 2014: $ 1,788.91

Paul Power

Doreen Hamlyn

Executive Director
Rowing Newfoundland

President
Rowing Newfoundland
Rowing Newfoundland

Financial Statements
ROWING NEWFOUNDLAND
STATEMENT OF REVENUE AND EXPENSES
For the Period January 22, 2008 - January 22, 2009

REVENUE

Provincial Government Grant $16,000.00
Canada Games Grant $11,600.00
St. John’s Rowing Club - Insurance $2,000.00
Federal Grant - Summer Program $5,625.00
Swasp Grant - Summer Program $4,200.00
Rowing Canada $1,424.21

Total = 40,184.5

EXPENSES

Coaching Program $16,207.50
Summer Program $9,684.40
Receiver General of Canada $0.00*
Workplace, Health, Safety & Compensation Commission $297.71
Insurance $3,065.00
Contribution Towards New Trailer $4,200.00
Sport NL Registration $100.00
AGM Sport NL $45.00
Awards/Trophies $0.00**
RCA AGM $145.52
RCA Coaches Conference - Women in Coaching $13,223.34
RCA Registration $600.00
Dartmouth Regatta Registration $1,410.00
Dartmouth Airfare for coach $598.16
Montreal Coaches Conference $2,861.82
Other (Umpire for Nationals Regatta) $613.16

Balance as of January 22, 2009 $31,410.19

*Monies will be remitted shortly for the previous year.

** As awards banquet has not occurred this expense will appear on next year’s statement.
ROWING NEWFOUNDLAND
STATEMENT OF REVENUE & EXPENSES
For the period of January 1, 2011 – December 31, 2011

REVENUE

Provincial Government Annual Grant $ 9,600.00
Provincial Government Canada Games Grant $20,575.00
Provincial Capital Grant $10,000.00
Federal Grant - Summer Program $ 5,445.00
SWASP Grant – Summer Program $ 1,400.00
Sport NL Travel Subsidy $ 4,000.00
Fundraising $13,463.75

Total Revenue: $ 64,483.75

EXPENSES

AOG+CG Part Time Employee $15,183.50
Canada Summer Jobs: 2 Summer Program Staff $ 5,311.20
SWASP Summer Jobs: 1 Summer Program Staff $ 1,400.00
AOG: Administration $ 1,605.00
(telephone, promotion, office supplies, coaching equipment – rate watches)
AOG-GR Summer Program Development $ 4,211.60
(resources material, safety equipment, honorariums, equipment maintenance)
  Receiver General of Canada $ 1,880.10
  Sport NL Registration & AGM $  230.00
AOG-E Coaching Clinic - Weekend # 1(Coaching Manuals, honorarium, other) $ 1,233.03
CG Coaching Clinic - Weekend # 2 $ 2,765.25
(Coaching Manuals, honorarium, flight, meals, gift, hotel other)
AOG-BC RCA National AGM Coaching Conference $ 2,685.00
CG (flight, registration, hotel, meals)
CG Winter Training Program (cross training) $ 2,000.00
(Foley’s martial arts, swimming, yoga, supplies)
Awards Banquet $ 305.00
RCA Registration $ 650.00
RCA NCCP Database $ 705.41
RBC Service Charges $  81.16
CG+ Atlantic Championships (Eastern Qualifier) $ 5,000.00
FUND (trailering fees, airfare, meals, coaches, regatta registration)
CG+TS Eastern Rowing Association Championships $ 7,000.00
FUND (camp fees, trailering fees, airfare, meals, coaches, regatta registration)
CG+TS Head of the Hooch (Inter-National Head race) $ 7,000.00
(boat rental, airfare, meals, coaches, regatta registration)

Total Expenses: $ 59,246.25

Deficit for the year of: $ 5,237.50

Balance as of December 31, 2011: $11,460.58
ROWING NEWFOUNDLAND

STATEMENT OF REVENUE & EXPENSES

For the period of January 1, 2011 – December 31, 2011

REVENUE

Provincial Government Annual Grant $9,600.00
Provincial Government Canada Games Grant $20,575.00
Provincial Capital Grant $10,000.00
Federal Grant - Summer Program $5,445.00
SWASP Grant – Summer Program $1,400.00
Sport NL Travel Subsidy $4,000.00
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  RCA Registration $650.00
  RCA NCCP Database $705.41
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CG+TS Head of the Hooch (Inter-National Head Race) $7,000.00
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Total Expenses: $59,246.25

Deficit for the year of: $5,237.50

Balance as of December 31, 2011: $11,460.58
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ROWING NEWFOUNDLAND
STATEMENT OF REVENUE & EXPENSES
For the period of May 1, 2013 – November 1, 2014

REVENUE

Provincial Government Annual Grant $ 6,520.00
Provincial Government Canada Games Grant $19,650.00
Federal Grant - Summer Program $ 6,820.00
Winter Training fees (MAX Athletics) $ 4,025.00
Hanna Family Trust $24,750.00
Canada Games Trailering Grant $ 4,283.00
Rowing Canada Aviron Grant $ 2,500.00
Unsuit additional payments $ 935.00
Summer Regatta fees/fundraising $21,393.60
(Atlantic Ice Breaker Regatta/Sherbrook Test Regatta/ERA Regatta + camp)

Total Revenue: $ 90,876.60

EXPENSES

Part Time Employee - until end of August 2013 $ 8,245.00
Canada Summer Jobs (2013) - 3 Summer Program Staff $ 8,085.20
Administration $ 2,560.70
(bank fees, database fees, RCA fees [2011 & 2012, RCA board meeting expenses,
Sport NL fees)
Training Program (MAX Athletics) $ 6,881.70
Equipment:
Hudson Mid Size Eight (B+) $ 6,500.00
Recreational Double and Single $14,592.58
Canada Games Expenses (trailering, rental, repairs, storage, etc.) $ 6,830.48
Receveur General $ 1,955.27
Summer Regatta fees/fundraising $15,890.50
(Atlantic Ice Breaker Regatta/Sherbrook Test Regatta/ERA Regatta + camp)
CG Grant 2013 and portion from 2012 refunded to athletes + Athlete reimbursement

Total Expenses: $101,541.43
Overview:

Total Revenue: $90,876.60
Total Expenses: $101,541.43
Deficit for the period: $10,664.83
Balance as of November 1, 2014: $4,104.58

Paul Power
Executive Director
Rowing Newfoundland

Doreen Hamlyn
President
Rowing Newfoundland
# ROWING NEWFOUNDLAND

## STATEMENT OF REVENUE & EXPENSES

For the period of November 1, 2014 – October 31, 2015

### REVENUE

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Provincial Government Annual Grant</td>
<td>$ 4,850.00</td>
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<tr>
<td>Provincial Government Canada Games Grant</td>
<td>$14,150.00</td>
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<tr>
<td>Federal Grant - Summer Program</td>
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<tr>
<td>Winter Training fees (Royal St. John’s Regatta Boathouse &amp; MUN Field House)</td>
<td>$ 2,425.00</td>
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<tr>
<td>Summer Regatta fees/fundraising (Atlantic Champs/Eastern Region Champs/National Rowing Champs/Training Camps)</td>
<td>$54,258.20</td>
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**Total Revenue:** $ 84,323.20

### EXPENSES

<table>
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<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Part Time Employee - until end of August 2013</td>
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<tr>
<td>LTAD Programing / Strategic Planning</td>
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<tr>
<td>Canada Summer Jobs (2013) - 3 Summer Program Staff</td>
<td>$ 8,285.20</td>
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<tr>
<td>Administration</td>
<td>$ 1,860.70</td>
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<tr>
<td>(bank fees, database fees, RCA fees (2011&amp;2012, RCA board meeting expenses, Sport NL fees)</td>
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</tr>
<tr>
<td>Training Program (Royal St. John’s Regatta Boathouse &amp; MUN Field House)</td>
<td>$ 7,031.70</td>
</tr>
<tr>
<td>Receveur General</td>
<td>$ 1,005.27</td>
</tr>
<tr>
<td>Summer Mainland Regatta fees/ Camps (Atlantic Champs/Eastern Region Champs/National Rowing Champs/Training Camps)</td>
<td>$60,190.50</td>
</tr>
</tbody>
</table>

**Total Expenses:** $ 86,638.87
Overview:

Total Revenue: $84,053.20
Total Expenses: $86,638.87
Deficit for the period: $2,315.67
Balance as of November 1, 2014: $1,788.91

Paul Power
Executive Director
Rowing Newfoundland

Doreen Hamlyn
President
Rowing Newfoundland
Rowing Newfoundland

Travel Subsidy Applications
Ms. Doreen Hamlyn, President  
Rowing Newfoundland & Labrador

Dear Ms. Hamlyn:

I am pleased to inform you that a grant in the amount of $4,000.00 has been approved to assist The Newfoundland and Labrador Provincial Rowing Team with their expenses to attend the “Tip of the Iceberg” Atlantic Qualifying Regatta in Dartmouth, Nova Scotia, May 16 – 17, 2009. A cheque will be forwarded to your Treasurer shortly from Sport Newfoundland and Labrador, our partner in the delivery of this new Federal-Provincial initiative.

This funding is possible as a result of my Department’s collaboration with the Federal Government (Sport Canada) in signing a bilateral agreement in an effort to address the issue of travel for our teams to National and/or Atlantic/Eastern Canadian Championships. We all realize the high cost of travel is prohibitive to many of our teams travelling to out-of-province competitions, and it is our hope that this funding will help offset some of the expenses incurred by the athletes and their families. Upon conclusion of this event, I respectfully ask that you forward the final results of the competition to your Sport Consultant. Thank you and best wishes always.

Sincerely,

CLYDE JACKMAN, M.H.A.
Burin–Placentia West  
Minister

c  Paul Power, Coach  
Treasurer
Travel Subsidy Application Form 2008-09

General Information

SPORT: Rowing Team Name: Newfoundland Provincial Rowing Team

No. of males: ___ No. of females: ___ (traveling) Age range of athletes: 18-20 Destination: __________

Dates of Competition: ______________ Name of Championship: ______________

A. If your application concerns athletes attending Atlantic/Eastern Canadians; please complete this section

Is this a qualifying tournament necessary to attend the National event for this age group? YES

If no, is this the highest level of competition available to your athletes? ___ yes ___ no

Is this team receiving funding from any other source besides fundraising? NO If yes, what source and how much?

$ __________________

- Please attach a mailing list of the athletes that are going to this competition as well as their home town.
- Please attach the budget (per athlete) found with this application package that parents receive.

B. If your application concerns athletes attending National Championships; please complete:

Is this National Championship, the sport's NSO's sanctioned event for this age group? ___ yes ___ no

Is this team receiving funding from any other source besides fund raising? ___ yes ___ no. If yes, what source and how much?

$ __________________

- Please attach a mailing list of the athletes that are going to this competition as well as their home town.
- Please attach the budget (per athlete) found with this application package that parents receive.

Coach's Information (please print! Require home address)

- Please attach a mailing list (home addresses) of the coaches and managers traveling with this team

Nicole Hamlyn ___________________ Paul Power ___________________
Signature of Head Coach Signature of Provincial Sport Organization President or "paid" Executive Director/Technical Director of PSO

Forward your completed application (no fax or photocopy please) to the appropriate Provincial Sport Organization for their approval.

Forms to be returned to:

Patti Thorne
Sport Consultant
Dept of Tourism, Culture and Recreation
Box 8700
St. John's, NL A1B 4J6

How will your PSO be distributing the funding once received?
Equal amounts will be placed in each athletes travel account
Budget (please complete this budget for ONE athlete only)

Athlete's costs

(if any of the expenses are not applicable, please put a “0” in the blank space)

A. Airline ticket: $450.00 or bus fare

To competition:

B. Other transportation costs Ground Transportation to and from Airport and Regatta Site ($50.00)
(explain this amount)

C. Amount charged to athlete to pay for coaches/managers $95.00

D. Accommodations cost $171.00 per athlete based on quad occupancy for 4 nights

E. Registration fee $25.00 per athlete

F. Meals (use $30 a day) 5 days @ $30 = $150.00

G. Uniforms (if a part of this competition budget) racing suit and jacket $200.00

H. Other: (explain) TRAILERING = $165.00 per athlete

Total cost to athlete before subsidies $1306.00

Team Revenue (subsidies)

Amount received from National Association $0.00

Amount received from team sponsor(s) $0.00

(Team sponsor's name(s))

Amount received from Provincial Sport Organization to be determined when Canada Games Grant is received

I. Paul Power (team manager) declare that to the best of my knowledge, the aforementioned information represents what I believe to be the amount charged per athlete to participate in the event described above.

Managers contact information:

Phone Number(s) 834-1581 or Sec 40 (1)

E-Mail: yes@nl.rogers.com
### Athletes List:

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<tr>
<th>Name</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
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<td>St. John's</td>
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<td># 2</td>
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### COACHING STAFF:

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<td>C.B.S.</td>
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<tr>
<td>2</td>
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</tbody>
</table>
Ms. Doreen Hamlyn, President
Rowing Newfoundland & Labrador

Dear Ms. Hamlyn:

I am pleased to inform you that a grant for $4,000 has been approved to assist the Newfoundland and Labrador Provincial Rowing Team with their expenses to attend the “Eastern Canadian Head Race” in Dartmouth, Nova Scotia, held November 9 – 10, 2010. A cheque will be forwarded to your Treasurer shortly from Sport Newfoundland and Labrador, our partner in the delivery of this new Federal-Provincial initiative.

This funding is possible as a result of my Department’s collaboration with the Federal Government (Sport Canada) in signing a bilateral agreement in an effort to address the issue of travel for our teams to National and/or Atlantic/Eastern Canadian Championships. We all realize the high cost of travel is prohibitive to many of our teams travelling to out-of-province competitions, and it is our hope that this funding will help offset some of the expenses incurred by the athletes and their families. Upon conclusion of this event, I respectfully ask that you forward the final results of the competition to your Sport Consultant. Thank you and best wishes always.

Sincerely,

TERRY FRENCH, M.H.A.
Conception Bay South
Minister

c: Mr. Paul Power, Coach
Mr. Andy Fitzgerald, Treasurer
Mr. Troy Croft, Executive Director, Sport NL
Travel Subsidy Application Form 2010-11

General Information

SPORT: ROWING  Team Name: PROVINCIAL ROWING TEAM

No. of males: 12  No of females: 16 (traveling)  Age range of athletes: 16-21  Destination: Dartmouth, Nova Scotia

Dates of Competition: November 9 & 10, 2010  Name of Championship: Really Chill / Eastern Canadian Head Race

A. If your application concerns athletes attending Atlantic/Eastern Canadians; please complete this section

Is this a qualifying tournament necessary to attend the National event for this age group? YES

If no, is this the highest level of competition available to your athletes? NA

Is this team receiving funding from any other source besides fund raising? NO

- Please attach a mailing list of the athletes that are going to this competition as well as their home town.
- Please attach the budget (per athlete) found with this application package that parents receive.

B. If your application concerns athletes attending National Championships; please complete:

Is this National Championship, the sport’s NSO’s sanctioned event for this age group? NA

Is this team receiving funding from any other source besides fund raising? NA

- Please attach a mailing list of the athletes that are going to this competition as well as their home town.
- Please attach the budget (per athlete) found with this application package that parents receive.

Coach’s Information (please print! Require home address)

- Please attach a mailing list (home addresses) of the coaches and managers traveling with this

Signature of Head Coach

Sec. 40 (1), Signature of Paul Power

Signature of Provincial Sport Organization President or "paid" Executive Director/ Technical Director of PSO

Sec. 40 (1), Signature of Doreen Hamlyn

Forward your completed application (no fax or photocopy please) to the appropriate Provincial Sport Organization for their approval.

Forms to be returned to:

Patti Thorne
Sport Consultant
Dept of Tourism, Culture and Recreation
Box 8700
St. John’s, NL A1B 4J6

How will your PSO be distributing the funding once received? Divided evenly between all athletes traveling
Budget (please complete this budget for ONE athlete only)

Athlete's costs

(if any of the expenses are not applicable, please put a “0” in the blank space)

A. Airline ticket: $380.00 (St. John’s to Halifax – return)
B. Other transportation costs: $40.00 - Van Rental (5 days)
C. Accommodations cost: $82.50 = 3 nights @ $109.50 a night (base on Quad occupancy)
D. Registration fee: $45.00 (averaged out for all events entered)
E. Meals (use $30 a day): $120.00 (4 days)
F. Uniforms: $40.00 (long sleeve racing shirt)
G. Other: $185.00 = TRAILERING (equipment to the regatta)
H. Amount charged to athlete to pay for coaches: $78.00

Total cost to athlete before subsidies: $970.50

Team Revenue (subsidies)

Amount received from National Association: NA
Amount received from team sponsor(s): NA

Amount received from Provincial Sport Organization: $50.00 per person to go towards trailering

I, PAUL POWER declare that to the best of my knowledge, the aforementioned information represents what I believe to be the amount charged per athlete to participate in the event described above.

Contact information: Sect. 40 (1)

Phone Number(s): [REDACTED] or (709) 834-1581

E-Mail: yes@nl.rogers.com
# 2010 Provincial Rowing Team

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<thead>
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<th>Last Name:</th>
<th>Where they are from:</th>
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# Team Newfoundland Results

## Atlantic Qualifier Regatta

**Dartmouth, Nova Scotia**  
**October 30, 2010**

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OCT 26 2011

Ms. Doreen Hamlyn, President
Rowing Newfoundland & Labrador

Dear Ms. Hamlyn:

I am pleased to inform you that a grant for $4,000 has been approved to assist the Newfoundland and Labrador Provincial Rowing Team with their expenses to attend the “Really Chill Atlantic Qualifying Regatta” in Dartmouth, Nova Scotia, October 29 – 30, 2011. A cheque will be forwarded to your Treasurer shortly from Sport Newfoundland and Labrador, our partner in the delivery of this Federal-Provincial initiative.

This funding is possible as a result of my Department's collaboration with the Federal Government (Sport Canada) in signing a bilateral agreement in an effort to address the issue of travel for our teams to National and/or Atlantic/Eastern Canadian Championships. We all realize the high cost of travel is prohibitive to many of our teams travelling to out-of-province competitions, and it is our hope that this funding will help offset some of the expenses incurred by the athletes and their families. Upon conclusion of this event, I respectfully ask that you forward the final results of the competition to your Sport Consultant. Thank you and best wishes always.

Sincerely,

TERRY FRENCH
Minister

C: Mr. Paul Power, Coach
Mr. Andy Fitzgerald, Treasurer
Mr. Troy Croft, Executive Director, Sport NL
General Information

SPORT ___________ Rowing _______________ Team Name: ___________ Newfoundland Provincial Rowing Team ________________

No. of males __10__ No of females __14__ (traveling) Age range of athletes __18-20__ Destination: __Dartmouth, NS__

Dates of Competition: __October 29 & 30 / 2011__ Name of Championship: __Really Chill Atlantic Qualifier Regatta__

A. If your application concerns athletes attending Atlantic/Eastern Canadians; please complete this section

Is this a qualifying tournament necessary to attend the National event for this age group? __YES__

If no, is this the highest level of competition available to your athletes? ______yes ______no

Is this team receiving funding from any other source besides fundraising? __NO__ If yes, what source and how much?

__________________________________________________________________________

$ ____________

- Please attach a mailing list of the athletes that are going to this competition as well as their home town.
- Please attach the budget (per athlete) found with this application package that parents receive.

B. If your application concerns athletes attending National Championships; please complete:

Is this National Championship, the sport's NSO's sanctioned event for this age group? ______yes ______no

Is this team receiving funding from any other source besides fund raising? ______yes ______no. If yes, what source and how much?

__________________________________________________________________________

$ ____________

- Please attach a mailing list of the athletes that are going to this competition as well as their home town.
- Please attach the budget (per athlete) found with this application package that parents receive.

Coach's Information (please print! Require home address)

- Please attach a mailing list (home addresses) of the coaches and managers traveling with this team

__Paul Power__
Signature of Head Coach

__Doreen Hamlyn__
Signature of Provincial Sport Organization President or “paid” Executive Director/Technical Director of PSO

Forward your completed application (no fax or photocopy please) to the appropriate Provincial Sport Organization for their approval. Forms to be returned to:

__Patti Thorne__
Sport Consultant
Dept of Tourism, Culture and Recreation
Box 8700
St. John's, NL A1B 4J6

How will your PSO be distributing the funding once received?

Equal amounts will be placed in each athlete's travel account.
Budget (please complete this budget for ONE athlete only)

Athlete's costs

(if any of the expenses are not applicable, please put a "0" in the blank space)

A. Airline ticket: $450.00 or bus fare

To competition:

B. Other transportation costs: Ground Transportation to and from Airport and Regatta Site ($50.00)
(explain this amount)

C. Amount charged to athlete to pay for coaches/managers: $95.00

D. Accommodations cost: $171.00 per athlete based on quad occupancy for 4 nights

E. Registration fee: $25.00 per athlete

F. Meals (use $30 a day): 5 days @ $30 = $150.00

G. Uniforms (if a part of this competition budget): Racing suit and jacket: $200.00

H. Other: (explain) TRAILERING = $165.00 per athlete

Total cost to athlete before subsidies: $1306.00

Team Revenue (subsidies)

Amount received from National Association: $0.00

Amount received from team sponsor(s): $0.00

(Team sponsor's name(s))

Amount received from Provincial Sport Organization: to be determined when Canada Games Grant is received

I, _______ Paul Power _______ (team manager) declare that to the best of my knowledge, the aforementioned information represents what I believe to be the amount charged per athlete to participate in the event described above.

Managers contact information:

Phone Number(s): 834-1581 or [redacted]

E-Mail: yes@nl.rogers.com
Hi, Patti,

Hope all is well with you and I know you are busy as usual.

Just a little note to let you know I am aware that Paul Power is applying for help in way of a travel subsidy for The Atlantic Qualifier being held this fall.

I also want to thank you in advance for your consideration with this and thank you and the department for all your help in the past. Its very much appreciated by Rowing Newfoundland and the athletes.

If you need any more information please do not hesitate to let me know.

Thanks again
Doreen Hamlyn
President Rowing Newfoundland.
Really Chili Atlantic Qualifier Regatta

Team NL Athlete List:

1. Outer Cove
   St. John’s
2. St. John’s
3. St. John’s
4. St. John’s
5. St. John’s
6. St. John’s
7. Torbay
8. St. John’s
9. St. John’s
10. St. John’s
11. St. John’s
12. St. John’s
13. St. John’s
14. St. John’s
15. St. John’s
16. Torbay
17. St. John’s
18. St. John’s
19. St. John’s
20. St. John’s
21. St. John’s
22. St. John’s
23. St. John’s
24. St. John’s
25. St. John’s

COACHES:

1. Paul Power
   Conception Bay South
2. St. John’s
3. Nicolle Hamlyn
   St. John’s
4. St. John’s
   St. John’s
Team Newfoundland Results
Atlantic Qualifier Regatta
Dartmouth, Nova Scotia
October 29-30, 2011

Senior Men Single (1x)
[Score: 40 (1)]

Senior Men Single (1x)
[Score: 40 (1)] 5th Place

Open Women Quad (4x) [Score: 40 (1)]

Novice Men Double (2x)
[Score: 40 (1)]

Novice Women Four (4+) [Score: 40 (1)]

Open Mixed Double (2x)
[Score: 40 (1)] 7th Place

Open Mixed Double (2x)
[Score: 40 (1)] 8th Place

Open Women Eight (8+) [Score: 40 (1)]

Novice Women Double (2x)
[Score: 40 (1)]

Novice Women Double (2x)
[Score: 40 (1)]

Open Mens Quad (4x) [Score: 40 (1)]

Junior Women Quad (4x)
[Score: 40 (1)]

Open Women Single (1x) [Score: 40 (1)]
Ms. Doreen Hamlyn, President
Rowing Newfoundland & Labrador

Dear Ms. Hamlyn:

I am pleased to inform you that a grant for $4,000 has been approved to assist the Newfoundland and Labrador Provincial Rowing Team with their expenses to attend the “Really Chili Atlantic Qualifying Regatta” in Dartmouth, Nova Scotia, October 27 – 28, 2012. A cheque will be forwarded to your Treasurer shortly from Sport Newfoundland and Labrador, our partner in the delivery of this Federal-Provincial initiative.

This funding is possible as a result of my Department’s collaboration with the Federal Government (Sport Canada) in signing a bilateral agreement in an effort to address the issue of travel for our teams to National and/or Atlantic/Eastern Canadian Championships. We all realize the high cost of travel is prohibitive to many of our teams travelling to out-of-province competitions, and it is our hope that this funding will help offset some of the expenses incurred by the athletes and their families. Upon conclusion of this event, I respectfully ask that you forward the final results of the competition to your Sport Consultant. Thank you and best wishes always.

Sincerely,

TERRY FRENCH, MHA
Conception Bay South
Minister

c: Mr. Paul Power, Coach
   Mr. Andy Fitzgerald, Treasurer
   Mr. Troy Croft, Executive Director, Sport NL
Travel Subsidy Application Form

General Information

SPORT: Rowing  
Team Name: Newfoundland Provincial Rowing Team

No. of males: 9  
No of females: 12  
Age range of athletes: 16-20  
Destination: Dartmouth, NS

Dates of Competition: October 27 & 28 / 2012  
Name of Championship: Really Chil Atlantic Qualifier Regatta

A. If your application concerns athletes attending Atlantic/Eastern Canadians; please complete this section

Is this a qualifying tournament necessary to attend the National event for this age group? YES

If no, is this the highest level of competition available to your athletes?  
  yes  no

Is this team receiving funding from any other source besides fundraising? NO  
  If yes, what source and how much? $  

- Please attach a mailing list of the athletes that are going to this competition as well as their home town.
- Please attach the budget (per athlete) found with this application package that parents receive.

B. If your application concerns athletes attending National Championships; please complete:

Is this National Championship, the sport’s NSO’s sanctioned event for this age group?  
  yes  no

Is this team receiving funding from any other source besides fund raising?  
  yes  no. If yes, what source and how much? $  

- Please attach a mailing list of the athletes that are going to this competition as well as their home town.
- Please attach the budget (per athlete) found with this application package that parents receive.

Coach's Information (please print! Require home address)

- Please attach a mailing list (home addresses) of the coaches and managers traveling with this team

Paul Power  
Signature of Head Coach

Doreen Hamlyn  
Signature of Provincial Sport Organization President or “paid” Executive Director/ Technical Director of PSO

Forward your completed application (no fax or photocopy please) to the appropriate Provincial Sport Organization for their approval. Forms to be returned to:

Patti Thorne  
Sport Consultant  
Dept of Tourism, Culture and Recreation  
Box 8700  
St. John's, NL  A1B 4J6

How will your PSO be distributing the funding once received?  
Equal amounts will be placed in each athletes travel account.
Budget (please complete this budget for ONE athlete only)

Athlete’s costs

(if any of the expenses are not applicable, please put a “0” in the blank space)

A. Airline ticket: $450.00 or bus fare ________________
   To competition:

B. Other transportation costs __________ Ground Transportation to and from Airport and Regatta Site ($30.00)
   (explain this amount) ________________

C. Amount charged to athlete to pay for coaches/managers $86.00

D. Accommodations cost $101.00 per athlete based on quad occupancy for 4 nights

E. Registration fee $35.00 per athlete

F. Meals (use $30 a day) ____________ days @ $30 = $120.00

G. Uniforms (if a part of this competition budget) ____________ racing suit and jacket $150.00

H. Other: (explain) ____________ TRAILERING = $229.00 per athlete

Total cost to athlete before subsidies $1100.00

Team Revenue (subsidies)

Amount received from National Association $0.00

Amount received from team sponsor(s) $0.00

(Team sponsor’s name(s) ________________

Amount received from Provincial Sport Organization to be determined when Canada Games Grant is received

I ____________ Paul Power (team manager) declare that to the best of my knowledge, the aforementioned information represents what I believe to be the amount charged per athlete to participate in the event described above.

Managers contact information:

Phone Number(s) 834-1581 or ____________

E-Mail: yes@nl.rogers.com
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| Rank|    |                          |
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|   | 9:20 MV4x | Winning Time: 00:03:55.82 |
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| Crew Entry| | MMRC                   |
| Rank| 1 |                            |
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| Crew Entry| | MMRC                  |
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|          |             | 3   | Row NL| STFX       |     | 1     | 03:31.41 | 00:03:40.61  |
|          |             | 4   | UNB  | UNB        |     | 3     | 03:44.21 | 00:03:43.23  |
|          |             | 5   | STFX | STFX       |     | 6     | 04:11.61 | 00:03:43.23  |
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<td>STFX</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crew Entry</td>
<td></td>
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<tr>
<td>Cox</td>
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<tr>
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<table>
<thead>
<tr>
<th>34</th>
<th>3:30 JW+-</th>
<th>Winning Time</th>
<th>00:03:56.99</th>
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<tbody>
<tr>
<td>Bow</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Club</td>
<td></td>
<td>Row NL</td>
<td>MRC</td>
</tr>
<tr>
<td>Crew Entry</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Cox</td>
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<td></td>
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<tr>
<td>Rank</td>
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<td></td>
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<table>
<thead>
<tr>
<th>35</th>
<th>3:40 GM2-</th>
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<th>00:03:27.39</th>
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</thead>
<tbody>
<tr>
<td>Bow</td>
<td></td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Club</td>
<td>Row NL</td>
<td>FRC</td>
<td>HRC</td>
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<tr>
<td>Crew Entry</td>
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3:50 Break

<table>
<thead>
<tr>
<th>36</th>
<th>4:00 MV4x</th>
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<td>1</td>
<td>2</td>
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</tr>
<tr>
<td>Club</td>
<td></td>
<td>NSRC</td>
<td>MMRC</td>
</tr>
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<td></td>
<td></td>
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<td>Rank</td>
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<tr>
<td>Team</td>
<td>Winning Time</td>
<td>Bow 1</td>
<td>Bow 2</td>
</tr>
<tr>
<td>--------</td>
<td>--------------</td>
<td>-------</td>
<td>-------</td>
</tr>
<tr>
<td>37 4:10 JMx 8+</td>
<td>00:03:33.39</td>
<td>00:03:33.39</td>
<td>00:03:33.39</td>
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<tr>
<td>Club</td>
<td>Row NL</td>
<td>Row NB</td>
<td>Row NS &amp; Row NB</td>
</tr>
<tr>
<td>Cox</td>
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<td></td>
</tr>
<tr>
<td>Rank</td>
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<td>2</td>
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<thead>
<tr>
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<th>Winning Time</th>
<th>Bow 1</th>
<th>Bow 2</th>
<th>Bow 3</th>
<th>Bow 4</th>
<th>Bow 5</th>
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<tr>
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<td>00:03:56.73</td>
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<td>00:03:56.73</td>
<td>00:04:12.56</td>
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<td>STFX</td>
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<td>Cox</td>
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<tr>
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<td>5</td>
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<td>1</td>
<td>4</td>
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<td>Finish Split</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Team</th>
<th>Winning Time</th>
<th>Bow 1</th>
<th>Bow 2</th>
<th>Bow 3</th>
<th>Bow 4</th>
<th>Bow 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>39 4:20 OW9+</td>
<td>00:03:36.30</td>
<td>00:03:11.01</td>
<td>00:03:56.49</td>
<td>00:03:12.29</td>
<td>00:03:06.30</td>
<td>00:03:28.03</td>
</tr>
<tr>
<td>Club</td>
<td>Row NS</td>
<td>STFX</td>
<td>Row NL</td>
<td>Row NB</td>
<td>DAL</td>
<td></td>
</tr>
<tr>
<td>Cox</td>
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<td></td>
</tr>
<tr>
<td>Rank</td>
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<td>5</td>
<td>3</td>
<td>1</td>
<td>4</td>
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<tr>
<td>Elapsed</td>
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<td>00:05:59</td>
<td>00:03:06.30</td>
<td>00:03:28.03</td>
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<tr>
<td>Finish Split</td>
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</tbody>
</table>
Rowing Newfoundland

Canada Games Grant Applications
SECTION D:
CANADA GAMES GRANT APPLICATION
(complete separate applications per gender for team sports)

If you are applying for a Canada Games Grant, please complete the following chart:

| Indicate Games Year: 2013 | Circle: Winter | Circle: Male |

Coach(es)/Manager

Indicate name(s) and mailing address(es) of Games coach(es)/manager. Coaching staff must be in place in order to receive a Canada Games grant.

<table>
<thead>
<tr>
<th>NAME</th>
<th>POSITION</th>
<th>CERTIFICATION LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paul Power</td>
<td>Head Coach</td>
<td>Level 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELEPHONE (H): 834-1581</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NAME</th>
<th>POSITION</th>
<th>CERTIFICATION LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Coach</td>
<td>Weekend #2</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELEPHONE (H):</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NAME</th>
<th>POSITION</th>
<th>CERTIFICATION LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manager</td>
<td>Weekend #2</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELEPHONE (H):</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DOCUMENTS REQUIRED FOR CANADA GAMES GRANT FUNDING REQUEST

- Summary report on last year’s activities
- Financial statement (may be part of the PSO’s financial statement or separate but with President’s and Treasurer’s signature if separate).
- Budget request worksheet for this fiscal year
- Training program for 2012-13
- Names/hometowns of the athletes in the Canada Games Training Pool (attach)

SUMMARY REPORT - 2011-2012

Team Selection

Provide a brief report on the status of your team’s selection process (how many are identified, is the team finalized, when will it be finalized etc).

There is now a training group of close to 30 athletes (10 male, 20 female). The final team selection will take place in early May and the final list selection will take place after the team competes at the Atlantic Championships in late May 2013.
Team Training

For your athletes who reside in St. John’s Metro area: Are they accessing the high performance program at the NL Sports Centre? _Yes_ _No_ _Na_ (no athletes living in the area). If yes, how many?

10 males 20 females (regularly means: 9 months of the year, at least once a week) **Full Team**

Describe any fitness training program that your athletes are following outside of the NL Sports Centre (note things such as an accountability framework coaches might have in place such as log books, reports, fitness testing etc):

During the season, but mostly during the dry land season, the training machine (ERGOMETER) is used to take the place of on the water. Our coaching staff also include cross training in the program which includes: CORE TRAINING, MARTIN ACT (M-FOIL), YOGA, Swimming.

Athletes are required to use log books for evaluation. Other tests will be used for evaluation which include: ERGOMETER, on water TIME TRIALS, FITNESS TESTING etc.

How many "team" practices do athletes participate in per week? _9-12_ How many times per week do this team practice together? _6-8_ How many months of the year do the team practice? _12_

Add any other training notes here (especially notes about athletes who cannot participate as a team):

On-water regatta results are the most important evaluation criteria. Performance at MAINLAND REGATTA is the most valuable evaluation tool.

Athlete attendance, attitude will also be taken into consideration.

Any athlete can challenge to make the team up until June 1, 2013

---

Special Project

Did you avail of any development opportunities for your team in the last fiscal year to assist in your training and preparation? Describe.

2 CANADA GAMES TRAINING CAMPS took place in St. Johns in 2012. Not included on-water and ergomater testing and training (MAY 5-SEPTEMBER)

1 CANADA GAMES TRAINING CAMP took place out in Blake Town. This gave the team opportunity to test and train on a larger range area which is closer to the size of the course at the 2013 Canada Summer Games.

(July)
Complete (reproduce if needed) the following chart

Outline competitions that your team/pool attended in 2011. Provide number of provinces/territories and overall result in this report. In individual sports, provide overall placing and number of competitors. Highlight any awards, medal winners, etc. of your athletes for last season.

<table>
<thead>
<tr>
<th>Athletes</th>
<th>Competition Name</th>
<th>Location</th>
<th>Month in 2011</th>
<th># in Direct Competition with this athlete (indiv sports) or total in competition (team sports)</th>
<th>Final Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex: B. Murphy (indiv)</td>
<td>Quebec Invitational</td>
<td>Montreal</td>
<td>June</td>
<td>10 in age group</td>
<td>2</td>
</tr>
<tr>
<td>Ex: CG Team (team)</td>
<td>Quebec Invitational</td>
<td>Montreal</td>
<td>June</td>
<td>5 other provinces</td>
<td>2</td>
</tr>
<tr>
<td>FULL CG</td>
<td>PROVINCIAL</td>
<td>ST. JOHN'S</td>
<td>APRIL</td>
<td>RANKED ATHLETES within NL</td>
<td>6 GOLDS, 6 SILVERS</td>
</tr>
<tr>
<td>TRAINING GROUP</td>
<td>ERGOMETER</td>
<td>NL</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ATLANTIC CHAMPIONSHIPS</td>
<td>FULL CG GROUP</td>
<td>DARTMOUTH</td>
<td>MAY</td>
<td>4 PROVINCES</td>
<td>4 GOLDS, 3 SILVERS, 2 BRONZES</td>
</tr>
<tr>
<td></td>
<td>(EASTERN CAN) QUALIFIER</td>
<td>NS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FULL CG</td>
<td>PROVINCIAL</td>
<td>ST. JOHN'S</td>
<td>JUNE</td>
<td>RANKED ATHLETES qualified with personal best times</td>
<td>7 OF 10 QUALIFIED WITH PERSONAL BEST TIMES</td>
</tr>
<tr>
<td>TRAINING GROUP</td>
<td>TIME TRIAL</td>
<td>NL</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FULL CG</td>
<td>EASTERN</td>
<td>ROWING ASSOCIATION</td>
<td>MONTREAL</td>
<td>JULY</td>
<td>6 PROVINCES</td>
</tr>
<tr>
<td>TRAINING GROUP</td>
<td>REGATTIN</td>
<td>QC</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 MEMBER OF CG</td>
<td>HEAD OF THE river</td>
<td>TENNESSEE</td>
<td>OCTOBER</td>
<td>MANY PROVINCES</td>
<td>2 SILVERS (W1K, M1K2X)</td>
</tr>
<tr>
<td>TRAINING GROUP</td>
<td>(INTERNATIONAL)</td>
<td>USA</td>
<td></td>
<td></td>
<td>5 TOP FINISHES OUT OF 30-35</td>
</tr>
<tr>
<td>FULL CG</td>
<td>REALLY CHILIS</td>
<td>DARTMOUTH</td>
<td>NOVEMBER</td>
<td>4 PROVINCES</td>
<td>3 GOLDS, 2 SILVERS, 1 BRONZE</td>
</tr>
<tr>
<td>TRAINING GROUP</td>
<td>NATIONAL QUALIFIER</td>
<td>NS</td>
<td></td>
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</tr>
</tbody>
</table>
BUDGET REQUEST

BUDGET REQUEST FOR (Canada Games Team): Rowing Newfoundland

YEAR STARTING: AND ENDING:

You may be asked to receipt any area funding is approved for in next year’s financial statement for accountability reasons. Following is a sample budget for a Sport with 25 athletes in the training pool. All budget requests are to be under $20,000 per team.

**SAMPLE BUDGET**

<table>
<thead>
<tr>
<th>Funding Area</th>
<th>Total expenses for initiatives</th>
<th>Amount of Request</th>
<th>Revenue and Source</th>
<th>In-Kind/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration</td>
<td>$200</td>
<td>$100</td>
<td>$100 (PSO contribution)</td>
<td>Able to obtain meeting space at manager’s work, periodically, may need to rent for larger meetings with parents</td>
</tr>
</tbody>
</table>

**Team Selection and Training/Camps**

**Event Name/Date/Location/Other Information**

Ex: Easter Camp: April 2012, Power Plex, St. John’s

**Expenses:**

- Facility Rental ($1,500)
- Equipment (500)
- Personal Trainer ($200)
- Small grant to those from out of town ($100 per out of town athlete = $500)
- Miscellaneous (500)

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Total expense</th>
<th>Amount of Request</th>
<th>Source</th>
<th>In-Kind/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>$3100</td>
<td>$1,950</td>
<td>$250 Registration Fees ($50 per athlete x 25 athletes = $1,250)</td>
<td>Coach and Manager are volunteering their time for this camp</td>
<td></td>
</tr>
</tbody>
</table>

**Competition**

**Event Name/Date/Location/Other Information**


**Expenses (per athlete):**

- Air ($550)
- Ground Transportation ($20)
- Coaches Fee ($90)
- Meals ($120)
- Registration ($50)
- Accommodations ($120)
- Misc ($50)

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Total expense</th>
<th>Amount of Request</th>
<th>Source</th>
<th>In-Kind/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1000 per athlete x 25 athletes = $25,000</td>
<td>$5000</td>
<td>Athletes to contribute rest as a competition expense; we are providing opportunities through our volunteer parent committee to fundraise</td>
<td>Three Parents have volunteered to travel with the team, thus we only have to pay for our coach’s expenses. Our NSO funded the Olympic team coach</td>
<td></td>
</tr>
<tr>
<td>$28,300</td>
<td>$7,050</td>
<td>$21,250</td>
<td>We do not have a sponsor at this stage although we are looking.</td>
<td></td>
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</tbody>
</table>
**BUDGET REQUEST FOR (Canada Games Team): Rowing Newfoundland**

**YEAR STARTING:** Jan. 1, 2011  **AND ENDING:** Dec. 31, 2011

You may be asked to receipt any area funding is approved for in next year’s financial statement for accountability reasons. All budget requests are to be under $20,000 per team.

<table>
<thead>
<tr>
<th>Funding Area</th>
<th>Total expenses for this initiative</th>
<th>Amount of Request</th>
<th>Revenue and Source</th>
<th>In-Kind/Notes</th>
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</thead>
<tbody>
<tr>
<td>Administration</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Items requiring funding:</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Meetings/Supplies/Unisuit</td>
<td>$150</td>
<td>$2000.00</td>
<td>Addition to be Fundraised by Parent Committee</td>
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</tr>
<tr>
<td>Training suits</td>
<td>$2800 (Training suits)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Meetings can take place at home</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Supplies given from Board Members</td>
</tr>
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<td></td>
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<td></td>
<td>Businesses</td>
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<tr>
<td>Team Selection and Training</td>
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<td></td>
</tr>
<tr>
<td>Event Name/Date/Location/Other Information:</td>
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<tr>
<td><strong>TRAINING CAMP</strong></td>
<td><strong>MAY</strong></td>
<td><strong>BLAKEYTOWN</strong></td>
<td><strong>1 OVERNIGHT</strong></td>
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<td>Expenses:</td>
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<tr>
<td>Trailer Transportation</td>
<td>$75</td>
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<tr>
<td>Accommidations</td>
<td>$60</td>
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<tr>
<td>Meals</td>
<td>$80</td>
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</tr>
<tr>
<td>Coaches Expenses</td>
<td>$50</td>
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<tr>
<td>Registration</td>
<td>$315</td>
<td>$4000.00</td>
<td>Registration fees</td>
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<td>$1250.00</td>
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<td>Fundraising</td>
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<td>$2125.00</td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Transportation to Blakeway</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Either to parents or using Parent Vehicle.</td>
<td></td>
</tr>
<tr>
<td>Team Selection and Training</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Event Name/Date/Location/Other Information:</td>
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<tr>
<td><strong>Mentor Coach Visit</strong></td>
<td><strong>MAY</strong></td>
<td><strong>ST. JOHN'S</strong></td>
<td><strong>WEEKEND CLINIC &amp; ON WATER EVALUATION</strong></td>
<td></td>
</tr>
<tr>
<td>Expenses:</td>
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<td>Airfare</td>
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<td>Meals</td>
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<td>$1850</td>
<td>Registration fees</td>
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<td></td>
<td></td>
<td></td>
<td>$500.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Stay Night w/ Provincial Coach</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Numerous Meals at Board Members Homes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Some photocopying at Board Members Work</td>
<td></td>
</tr>
<tr>
<td>Funding Area</td>
<td>Total expenses for initiative</td>
<td>Amount of Request</td>
<td>Revenue and Source</td>
<td>Revenue In-Kind/Notes</td>
</tr>
<tr>
<td>--------------</td>
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<td><strong>Funding Area</strong></td>
<td><strong>Total expenses for initiative</strong></td>
<td><strong>Amount of Request</strong></td>
<td><strong>Revenue and Source</strong></td>
<td><strong>Revenue In-Kind/Notes</strong></td>
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<tr>
<td><strong>Competition</strong></td>
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<td><strong>Event Name/Date/Location/Other Information:</strong></td>
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<tr>
<td>ATLANTIC CHAMPIONSHIPS / MAY / DARTMOUTH, NOVA SCOTIA (EASTERN QUALIFIER)</td>
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<td><strong>Expenses (per athlete)</strong></td>
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<tr>
<td>AIRFARE</td>
<td>500</td>
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<td>TRAILER TRANSPORTATION</td>
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<td>ACCOMMODATIONS</td>
<td>150</td>
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<td>MEALS REGISTRATION</td>
<td>35</td>
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<td>TOTAL</td>
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<td><strong>Expenses (per athlete)</strong></td>
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<td>AIRFARE</td>
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<td>GROUND TRAVEL REIMBURSEMENT</td>
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<td>TRAILER TRANSPORTATION</td>
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<td>TOTAL</td>
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<tr>
<td><strong>TOTALS</strong></td>
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</tr>
</tbody>
</table>

**Signature of Head Coach:**

**Signature of Treasurer (PSO):**

**Signature of President (PSO):**

Sec. 40 (1), Signatures of Paul Power, Andrew Fitzgerald and Doreen Hamlyn

No - funded T.sub.
Provincial Sport Organizations
Canada Games Grant Application 2013 Games
Department of Tourism, Culture and Recreation
Recreation and Sport Division

Deadline for Receipt: April 15, 2013 (please complete electronically if possible, save document to your computer and then submit to the Recreation and Sport Division.) Coaches and/or Managers are responsible for completing this application.

Sport/Gender: ROWING

Indicate Games Year: 2013
Head Coach: Paul Power [Section 40 (1)]
Manager: [Section 40 (1)]
E-Mail: yes@nl.rogers.com
E-Mail: [Section 40 (1)]
Assistant Coach(s): [Section 40 (1)]

Attach: Names/hometowns of the athletes in the Canada Games Training Pool (updated)

Required: Team Training Status Report:
This report must be submitted to Glenn Smith, Games Coordinator with Sport NL, through an online process. Contact Glenn at gsmith@sportnl.ca for additional information. Canada Games Funding will not be approved until this report is received to Glenn's satisfaction.

Required: Financial Statement for 2012-13 (Canada Games only) to support your funding report (next section). Financial statement must be signed by the Coach and PSO Treasurer. Expenditures should indicate where the athletes received funds for competition. Letters to parents showing government support is also a requirement.

High Performance Services: The NL Sports Centre offers a High Performance Program to eligible athletes who are selected to the Canada Games Program. Services include Fitness Testing, Strength and Conditioning Training and Support, Sport Nutrition, Mental Preparation/Sport Psychology. Thus these services are not eligible for funding under the Canada Games grant.

Team's selection status: No. of athletes currently in the training pool: 10 males 16 females
- If your team is not finalized, when will the final selection be completed? June 1, 2013

2012-13 Funding Report (Accountability)

As a condition of funding, coaches/managers are required to demonstrate that any Canada Games funding received from the Recreation and Sport Division was spent as directed by the Minister and was the same project that the coach/PSO applied for in the 2012-13 grant application (refer to the letter from the Minister of TCR in 2012-13 for the funding directive and funding amounts).

Our PSO did not receive a Canada Games Grant for 2012-13. NOTE: If you did not receive a CG grant in 2012-13 you must still supply all reports requested for the last year funded.

A. Administration: Amount Received: $150.00 Amount Spent: $2,560.70

B. Team Training/Camps: Total funding received: $5,000.00
First Project:

Name: Dry-Land Training Funding from the CG Grant spent: $6,412.02

Referenced on Financial Statement: Yes No If "No", contact the Recreation and Sport Division.

Athletes taking part in this initiative (list or attach names): Training group list attached


What items was funding used to pay for: ergometer purchase, voice lessons, a membership discount

Other notes about this initiative you wish to add: Athletes also paid $80 per month!
B. Team Training/Camps
Second Project:

Name: __________________________ Funding from the CG Grant spent: __________________________

Referenced on Financial Statement: ☐ yes ☐ no If "no", contact the Recreation and Sport Division.

Athletes taking part in this initiative (list or attach names):
________________________________________________________________________
________________________________________________________________________

Project Details: Location: ______________ Dates: ______________

What items was funding used to pay for?
________________________________________________________________________
________________________________________________________________________

Other notes about this initiative you wish to add:
________________________________________________________________________
________________________________________________________________________

Office Use Only:

Team Selection/Training Grant: ___________ Amount Spent ___________ Amount Remaining ___________

__________ number of athletes participating ___________ Notes:
________________________________________________________________________

C. Competition

Competition that funding was received for: Atlantic Qualifier - Icebreaker Regatta

$ Received: $11,500.00 $ Spent: $16,000.00

Referenced on Financial Statement: ☐ yes ☐ no If "no", contact the Recreation and Sport Division.

Competition Details: Location: Dartmouth, NS Dates: May 26-27, 2012

Attach the results of this competition as well as the names of all of the athletes, coaches and managers who traveled; (web site print out is required). Any changes to the number of athletes competing from that indicated in the application must have been reported to the Recreation and Sport Division.

Office Use Only:

__________ no. of athletes/coaches funded x per person amount $ ___________ = $ ___________

__________ no. of athletes/coaches attending x per person amount $ ___________ = $ ___________

Balance = ___________ Notes:
________________________________________________________________________

C. Competition

Competition that funding was received for: Royal Canadian Henley

$ Received: $6,000.00 $ Spent: $20,000.00

Referenced on Financial Statement: ☐ yes ☐ no If "no", contact the Recreation and Sport Division.

Competition Details: Location: St. Catherines, ON Dates: August 8-14, 2012

Attach the results of this competition as well as the names of all of the athletes, coaches and managers who traveled; (web site print out is required).

Office Use Only:

__________ no. of athletes/coaches funded x per person amount $ ___________ = $ ___________

__________ no. of athletes/coaches attending x per person amount $ ___________ = $ ___________

Balance = ___________ Notes:
________________________________________________________________________
C: Competition
Competition that funding was received for:

$ Received: ________ $ Spent: ________

Referenced on Financial Statement  [ ] yes  [ ] no  If "no", contact the Recreation and Sport Division

Competition Details: Location __________________________ Dates: __________________________

Attach the results of this competition as well as the names of all of the athletes, coaches and
managers who traveled; (web site print out is required).

Office Use Only:

________ no. of athletes/coaches funded  x per person amount $ ________ = $ ________

________ no. of athletes/coaches attending x per person amount $ ________ = $ ________

Balance = ________ Notes: __________________________

Use the space below to elaborate on any items in the previous section.

______________________________

2013-14 Funding Request

Please complete the budget sheets below. If funding is calculated for a team member who does not use it, that funding
will be applied to future PSD funding requests. Canada Games funding is available to help offset the team expenses in
the areas identified on these budget work sheet only.

Administration ($150). Are you applying for this funding?  [ ] Yes  [ ] No

Office Use Only: Amount Left from 12/13: ________ Amount Approved = ________

Team Training/Camps

Item for which funding is requested: Sherbrooke Test Training Camp

Location Sherbrooke, Quebec  Dates June 7-9, 2013

<table>
<thead>
<tr>
<th>Team Training/Camps</th>
<th>Total expenses</th>
<th>$ Requested</th>
<th>Revenue and Source</th>
<th>In-Kind/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expenses (Itemize)</td>
<td></td>
<td></td>
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<tr>
<td>and note cost:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trailer</td>
<td>$ 3680</td>
<td>$12,850.00</td>
<td>$10,000.00</td>
<td>Fundraising and possible sponsorship</td>
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<tr>
<td>Hotel</td>
<td>1269</td>
<td></td>
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<tr>
<td>Coach</td>
<td>2045</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regatta</td>
<td>3753</td>
<td>Average of $1100.00 per athlete</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Office Use Only: Amount left from 12/13 ________ Amount Approved = ________

Notes: __________________________
<table>
<thead>
<tr>
<th>Team Training/Camps</th>
<th>Total expenses for initiatives</th>
<th>Amount of Request</th>
<th>Revenue and Source</th>
<th>In-Kind/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expenses (itemize) and</td>
<td>$10,620.00</td>
<td>$9,000.00</td>
<td>Fundraising and</td>
<td></td>
</tr>
<tr>
<td>note cost:</td>
<td></td>
<td></td>
<td>possible</td>
<td></td>
</tr>
<tr>
<td>Hotel</td>
<td>$3753</td>
<td></td>
<td>sponsorship</td>
<td></td>
</tr>
<tr>
<td>Trailers</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coach</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fees</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Office Use Only: Amount left from 12/13: __________ Amount Approved: __________

Notes: __________

Competitions:
(out of Province only; Atlantic/Eastern Canadians and National championships that are eligible for funding under the Travel Subsidy Program are not eligible; 2013 CG apply for competitions taking place between April 2013 – August 2013)

Name of Competition 1: Atlantic Qualifier - Icebreaker Regatta Location: Dartmouth, Nova Scotia
Date: May 24-27, 2013 Number of athletes attending: 24
Names of coaching staff attending: Paul Power

Cost per athlete to attend:
- Transportation: 300.00
- Accommodations: 148.75
- Registration: 59.58
- Coach's expense: 49.54
- Meals (use $35 per day): 105.00
- Trailer - $212.50

Office Use Only: Amount remaining from 2012-13: __________ Amount Approved: __________

Notes: __________

Sec. 40 (1)

Name of Competition 2: Eastern Canadian Inter-Provincial Championships (ERA) Location: Montreal, Quebec
Date: July 7-9, 2013 Number of athletes attending: 24
Names of Coaching Staff attending (max of three considered for funding, 1: 7 ratio): Paul Power

Cost per athlete to attend:
- Transportation: 450.00
- Accommodations: 156.83
- Registration: 63.96
- Coach's expense: 33.94
- Meals (use $35 per day): 105.00
- Trailer - $135.83

Office Use Only: Amount remaining from 2012-13: __________ Amount Approved: __________

Notes: __________
Team “Competition” Uniforms (2013 Canada Games Sports Only)
If you are requesting funding to support team uniforms, please attach the quote/invoice of the team “competition” uniform that you are purchasing. Note the number of uniforms being purchased as well.

Signature of Head Coach
Signature indicates that you authorize this grant application as well as acknowledging that the content is factual.
Date: April 30, 2012

Signature of Treasurer (PSO)
Signature indicates that you authorize this grant application as well as acknowledging that the content is factual.
Date: April 30, 2012

Signature of President (PSO)
Signature indicates that you authorize this grant application as well as acknowledging that the content is factual.
Date: March 30, 2013

These signatures attest to having read and reviewed the grant submission to the Recreation and Sport Division.
Any personal information collected or provided as part of the application process will only be used for purposes relating to the operation of the relevant programs and for statistical reports. All information will be kept confidential and will not be disclosed to third parties without your consent unless required or authorized by law. Any questions or comments regarding privacy issues can be directed to Jennifer Taylor, Program and Policy Development Specialist, Department of Tourism, Culture and Recreation, 700-729-6370.

Office Use Only: Total Amount Approved = __________ Administration + __________ Team Selection and Training + __________ Competition + __________ Team Uniforms = __________

Total Recommended

Notes:

Return to:
Patti Thorne, Consultant
Recreation and Sport Division
Department of Tourism, Culture and Recreation
Box 8700
St. John’s, NL
A1B 4J6
pthorne@gov.nl.ca

NO FAXES PLEASE
Provincial Sport Organizations
Canada Games Grant Application 2013 Games
Department of Tourism, Culture and Recreation
Recreation and Sport Division

Deadline for Receipt: April 15, 2013 (please complete electronically if possible, save document to your computer and then submit to the Recreation and Sport Division)
Coaches and/or Managers are responsible for completing this application.

Sport/Gender: Slide Seat Rowing

Indicate Games Year: 2013

Head Coach: [Name] [E-mail] [Sec. 40 (1)]
Manager: [Name] [E-mail] [Sec. 40 (1)]
Assistant Coach(s): [Name] [E-mail] [Sec. 40 (1)]

Attach: Names/hometowns of the athletes in the Canada Games Training Pool (updated)

Required: Team Training Status Report:
This report must be submitted to Glenn Smith, Games Coordinator with Sport NL, through an online process. Contact Glenn at gsmith@sportnl.ca for additional information. Canada Games Funding will not be approved until this report is received to Glenn's satisfaction.

Required: Financial Statement for 2012-13 (Canada Games only) to support your funding report (next section). Financial statement must be signed by the Coach and PSO Treasurer. Expenditures should indicate where the athletes received funds for competition. Letters to parents showing government support is also a requirement.

High Performance Services: The NL Sports Centre offers a High Performance Program to eligible sports who are selected to the Canada Games Program. Services include Fitness Testing, Strength and Conditioning Training and Support, Sport Nutrition, Mental Preparation/Sport Psychology. Thus these services are not eligible for funding under the Canada Games grant.

Team's selection status: No. of athletes currently in the training pool: 10 males, 16 females
- If your team is not finalized, when will the final selection be completed? June 1 2013

2012-13 Funding Report (Accountability)

As a condition of funding, coaches/managers are required to demonstrate that any Canada Games funding received from the Recreation and Sport Division was spent as directed by the Minister and was the same project that the coach/PSO applied for in the 2012-13 grant application (refer to the letter from the Minister of TCR in 2012-13 for the funding directive and funding amounts).

Our PSO did not receive a Canada Games Grant for 2012-13. NOTE: If you did not receive a CG grant in 2012-13 you must still supply all reports requested for the last year funded.

A. Administration:
   Amount Received: ________
   Amount Spent: 3250.00

B. Team Training/Camps
   Total funding received: 5000.00

First Project:
   Name: [Name]
   Funding from the CG Grant spent: ________
   Referenced on Financial Statement: ☐ yes ☐ no If "no", contact the Recreation and Sport Division.
   Athletes taking part in this initiative (list or attach names):

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

   Project Details: Location: Dates: ______________________
   ______________________________________________________
   What items was funding used to pay for?
   ______________________________________________________
   Other notes about this initiative you wish to add: The above funding has been lost in PSO.
B. Team Training/Camps
Second Project:

Name: 
Funding from the CG Grant spent: 

Referenced on Financial Statement:  yes  no  If "no", contact the Recreation and Sport Division.

Athletes taking part in this initiative (list or attach names):

Project Details: Location: Dates:

What items was funding used to pay for?:  

Other notes about this initiative you wish to add: Funding may be lost in PSO

C. Competition

Competition that funding was received for:

$ Received:  $ Spent:  

Referenced on Financial Statement:  yes  no  If "no", contact the Recreation and Sport Division.

Competition Details: Location: Dates:

Attach the results of this competition as well as the names of all of the athletes, coaches and managers who traveled; (web site print out is required). Any changes to the number of athletes competing from that indicated in the application must have been reported to the Recreation and Sport Division.

C. Competition

Competition that funding was received for:

$ Received:  $ Spent:  

Referenced on Financial Statement:  yes  no  If "no", contact the Recreation and Sport Division.

Competition Details: Location: Dates:

Attach the results of this competition as well as the names of all of the athletes, coaches and managers who traveled; (web site print out is required).
C: Competition
Competition that funding was received for: ____________________________

$ Received: ________ $ Spent: ________

Referenced on Financial Statement  O yes  O no  If "no", contact the Recreation and Sport Division

Competition Details: Location ______________________________ Dates: __________________________

Attach the results of this competition as well as the names of all of the athletes, coaches and managers who traveled; (web site print out is required).

Or use the only:

- no of athletes/coaches funded $__________ amount $ ______
- no of athletes/coaches attending $__________ amount $ ______

Balance ______ Notes ______

Use the space below to elaborate on any items in the previous section.

Funding may be lost in PSO. The money that was declared for team travel would have been used for Coach "Paul Power Salary".

In past four years team has received no money to offset training or travel

---

2013-14 Funding Request

Please complete the budget sheets below. If funding is calculated for a team member who does not use it, that funding will be applied to future PSO funding requests. Canada Games funding is available to help offset the team expenses in the areas identified on these budget work sheet only:

Administration ($150). Are you applying for this funding?  O Yes  O No

Team Training/Camps

Item for which funding is requested: Sherbrook Test Training Camp

Location Sherbrook Quebec  Dates June 7 - 9

<table>
<thead>
<tr>
<th>Team Training/Camps</th>
<th>Total expenses</th>
<th>$ Requested</th>
<th>Revenue and Source</th>
<th>In-Kind/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expenses (Itemize) and note cost:</td>
<td>12838.00</td>
<td>12500.00</td>
<td>We Have no revenue</td>
<td>Each team member would</td>
</tr>
<tr>
<td>Trailer</td>
<td>7840.00</td>
<td></td>
<td>source at this time except what is charged to the team members</td>
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</tr>
<tr>
<td></td>
<td>+ 450.00</td>
<td></td>
<td>We plan on parent lead fundraising and a cooperate support program</td>
<td></td>
</tr>
<tr>
<td>Coach</td>
<td>1348.00</td>
<td></td>
<td></td>
<td>Approx 450.00 each</td>
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<tr>
<td>Regatta</td>
<td>450.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hotel</td>
<td>2735.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ 105.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meals</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1089.93 Per</td>
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</tbody>
</table>
Team Training/Camps
Item for which funding is requested: ERA (Eastern Rowing Association) Training Camp
Location: Montreal, Quebec
Dates: July 2 - July 5

<table>
<thead>
<tr>
<th>Team Training/Camps</th>
<th>Total expenses for initiatives</th>
<th>Amount of Request</th>
<th>Revenue and Source</th>
<th>In-Kind/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expenses (Itemize) and note cost:</td>
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</tr>
<tr>
<td>Hotel</td>
<td>$3679.00</td>
<td>10618.50</td>
<td>10500.00</td>
<td>As Above</td>
</tr>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trailer</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>+ 450</td>
<td></td>
<td></td>
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<tr>
<td>Coach</td>
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<tr>
<td></td>
<td>Meals</td>
<td>772.42 Per</td>
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</tbody>
</table>

Competition:
(out of Province only; Atlantic/Eastern Canadians and National championships that are eligible for funding under the Travel Subsidy Program are not eligible; 2013 CG apply for competitions taking place between April 2013 - August 2013)

Name of Competition 1: Ice Breaker Atlantic Regatta
Location: Halifax, NS
Date: May 24 - 27
Number of athletes attending: 24
Names of coaching staff attending: [redacted]

Cost per athlete to attend:
- Transportation: $300.00
- Accommodations: $148.75
- Registration: $59.58
- Coach's expense: $49.54
- Meals (use $35 per day): $105
- Trailer: $212.50
- Total per person: $898.89

Name of Competition 2: ERA Regatta
Location: Montreal, Quebec
Date: July 7 - 9
Number of athletes attending: 24
Names of coaching staff attending (max of three considered for funding, 1:7 ratio): [redacted]

Cost per athlete to attend:
- Transportation: $450.00
- Accommodations: $156.83
- Registration: $63.96
- Coach's expense: $33.94
- Meals (use $35 per day): $105
- Trailer (135.83)
- Total per person: $772.42
Team "Competition" Uniforms (2013 Canada Games Sports Only)
If you are requesting funding to support team uniforms, please attach the quote/invoice of the team "competition" uniform that you are purchasing. Note the number of uniforms being purchased as well.

Signature of Head Coach: ___________________________ Date: ____________
Signature indicates that you authorize this grant application as well as acknowledging that the content is factual.

Signature of Treasurer (PSO) ___________________________ Date: ____________
Signature indicates that you authorize this grant application as well as acknowledging that the content is factual.

Signature of President (PSO) ___________________________ Date: ____________
Signature indicates that you authorize this grant application as well as acknowledging that the content is factual.

These signatures attest to having read and reviewed the grant submission to the Recreation and Sport Division.
Any personal information collected or provided as part of the application process will only be used for purposes relating to the operation of the relevant programs and for statistical reports. All information will be kept confidential and will not be disclosed to third parties without your consent unless required or authorized by law. Any questions or comments regarding privacy issues can be directed to Jennifer Taylor, Program and Policy Development Specialist, Department of Tourism, Culture and Recreation, 709-729-6370.

Return to:
Patti Thorne, Consultant
Recreation and Sport Division
Department of Tourism, Culture and Recreation
Box 8700
St. John's, NL
A1B 4J6
pthorne@gov.nl.ca

NO FAXES PLEASE
### Ice Breaker May 24 - 27

<table>
<thead>
<tr>
<th>People Info</th>
<th>Hotel Info</th>
<th>Trailer Info</th>
<th>Coach Info</th>
<th>Regatta Info</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>Male Ath</td>
<td>Occupancy</td>
<td>Travel Days</td>
<td>Meal Allowance</td>
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<td>Sub</td>
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<tr>
<td>Female Ath</td>
<td>Cost Final</td>
<td>Hotel Nights Up</td>
<td>Coach W Trailer</td>
<td>Site</td>
<td>Additional</td>
</tr>
<tr>
<td>Male Coach</td>
<td>Rooms</td>
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<td>Coach W Flight</td>
<td>Sub Total</td>
<td>Incidental</td>
</tr>
<tr>
<td>Female Coach</td>
<td>Room set 1</td>
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<td>Fuel</td>
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<td>Flight Cost</td>
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<td>$219.00</td>
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<td>$118.50</td>
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### Sherbrook Test June 7 - 9

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### ERA camp & Regatta July 2 - 9

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<tr>
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*Training 50% $156.38

*Ferry storage (750.00)

* Trailer Coach Flights (750.00)
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<td>Newfoundland and Labrador</td>
<td>Canada</td>
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</table>
# Section 1: General Information

What is the name of the group or organization seeking funding?

**ROWING NEWFOUNDLAND**

What is the permanent mailing address of the group or organization seeking funding?

<table>
<thead>
<tr>
<th>Street/P.O. Box:</th>
<th>Sec. 40 (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Town/City:</td>
<td>St. John's</td>
</tr>
<tr>
<td>Province:</td>
<td>NL</td>
</tr>
<tr>
<td>Postal Code:</td>
<td></td>
</tr>
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<table>
<thead>
<tr>
<th>Contact Name:</th>
<th>Paul Power</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone:</td>
<td></td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:yes@rogers.com">yes@rogers.com</a></td>
</tr>
</tbody>
</table>

| Fax:             |            |
| Web Address:     | NA         |
Section 2: About your Organization/Group

Describe the purpose of your organization/group?

Rowing Newfoundland main purpose is to enhance and promote rowing participation through the implementation of the FUNdamentals to Active for Life stages of the Canadian Sport for Life model. (Long-Term Athlete Development) (CS4L/LTAD)

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>How many clubs/groups/leagues are served by your organization/group?</td>
<td>3</td>
</tr>
<tr>
<td>What age groups does your organization/group serve?</td>
<td>Size to fit equipment - 9 years &amp; up</td>
</tr>
<tr>
<td>Are you a non-profit organization/group?</td>
<td>Yes</td>
</tr>
<tr>
<td>Are you incorporated under Newfoundland and Labrador Registry of Companies?</td>
<td>Yes</td>
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<tr>
<td>If yes, what is your incorporation number?</td>
<td>12476</td>
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<tr>
<td>Are you listed with the Canadian Revenue Agency as a Registered Charity?</td>
<td>No</td>
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<td>If yes, what is your Registration Number?</td>
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<tr>
<td>How many active volunteers are involved in your organization/group?</td>
<td>35-40</td>
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<tr>
<td>How many paid staff does your organization/group employ?</td>
<td>Full-Time: 0</td>
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Section 3: Canada Games Support

Games Year: 2017

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<tr>
<th>Sport: Rowing</th>
<th>Gender: Male and Female</th>
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<td>Head Coach: NA</td>
<td>Email: NA</td>
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<tr>
<td>Manager: NA</td>
<td>Email: NA</td>
</tr>
<tr>
<td>Assistant Coach(s): NA</td>
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</tbody>
</table>

Number of athletes currently in training pool? Male: 11 Female: 15

Administration

Are you applying for administrative support? Yes

Team Selection and Training

Describe how funding will be used to support team selection and/or training. Please include as much detail as possible including locations and dates of any camps, number of athletes and projected costs. Attach a separate sheet of paper if required.

A Canada Games potential athlete will need to be a registered a 2015-2016 club member ($450) and register at Max Athletics for ergometer training during the off season ($250)

These athletes are also required to participate in a dry land camp in St. John's in February 2015 ($50) including ergometer testing. There will then be an on water camp required in St. John's in June 2015 ($50) including on water time trials. This camp will also help finalize boat selection for summer 2015 mainland regatta's. Athletes participating in mainland regatta's will also be required to attend an on water camp in July with invited coach to prepare for National Regatta ($200+). In the October 2015 there will also be an (OPEN) camp both on water and dry land ($50) looking to increase the training pool for 2015.

The amount for each athlete for training and team selection is approximately $1,000.00
### Competitions

**Name of Competition 1: Ice Breaker Regatta (Atlantic Qualifier)**

<table>
<thead>
<tr>
<th>Date:</th>
<th>Location: Dartmouth, NS</th>
<th>Number of athletes attending: 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 23 &amp; 24, 2015</td>
<td></td>
<td></td>
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</tbody>
</table>

**What is the total cost per athlete to attend this competition?**

- Transportation: $450
- Accommodations: $88
- Meals: $175 ($35 per day)
- Coach's Expenses: $107
- Registration: $45
- Other: Trailering/Van Rental: $415
- Overall Cost: $1,280

**Name of Competition 2: Canadian Junior/University Rowing Championships (National)**

<table>
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<tr>
<th>Date:</th>
<th>Location: Antigonish, NS</th>
<th>Number of athletes attending: 20+</th>
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<tr>
<td>October 31 &amp;</td>
<td></td>
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<tr>
<td>November 1, 2015</td>
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</table>

**What is the total cost per athlete to attend this competition?**

- Transportation: $550
- Accommodations: $128
- Meals: $175 ($35 per day)
- Coach's Expenses: $97
- Registration: $75
- Other: Trailering/Van Rental: $445
- Overall Cost: $1,490

### Team Competition Uniforms

**Are you requesting funds to support the purchase of team competition uniforms?**

- **No**

**If yes, how many uniforms will be purchased?**

**What is the total cost per uniform?**

- **No**
## Section 4: Budget

<table>
<thead>
<tr>
<th>Item</th>
<th>Expense</th>
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<th>Other</th>
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<td>$150</td>
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<td>Team Selection and Training</td>
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<td>Team Competition Uniforms</td>
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</table>

| Total                         | $39,600 | $14,650                                 |       |         |

*Please note that Funding Sources include where all money is expected to come from. You can have a budget item that will require funding from all three funding sources.

Seniors, Wellness and Social Development - This includes the amount of funding you are requesting for each item.

Other - This includes money that your organization, partners or other funders will contribute.

In-kind - This includes any contribution that you do not receive or pay money for.
Section 5: Conditions and Privacy Notice

The Department of Seniors, Wellness and Social Development's (SWSD) funding may be used only for the purposes specified in this application. Once SWSD has agreed to provide financial assistance, no substantial change in these activities shall be made without the consent of SWSD and it shall be at the discretion of SWSD to determine what constitutes substantial change in each case. SWSD reserves the right to determine the extent and type of information required to support payment of the grant. Further, SWSD may require that an audit be undertaken to verify the purposes for which Government funds have been utilized. Any funding not used for these purposes must be returned to SWSD or becomes a debt due the Crown. The organization/group is wholly responsible for its own debts. SWSD will not consider any application to pay debts. If any part of this funding is used to pay salaries or honoraria, federal and provincial laws concerning salaries and source deductions must be applied (i.e. deductions for income tax, unemployment insurance, etc.)

Whenever appropriate, public acknowledgement of funding by SWSD is expected. Publications should clearly acknowledge SWSD's assistance. A standard statement of acknowledgement is available on request. The organization/group agrees to respect and apply the spirit and provisions of existing human rights legislation. Under the Access to Information and Protection of Privacy Act, members of the public may request and obtain access to information held in Provincial Government records. Should a request be received for information about this grant application, SWSD may consult with you prior to disclosing any information. It should be noted, however, that only personal information and certain third-party confidential financial information may be withheld. When funding is approved, the amount of funding, the purpose for which the funds were granted and the name of the organization receiving the funding are considered public information.

Privacy Notice

Under the authority of the Grants and Contributions Program, personal information may be collected for the purpose of program administration. Section 39(1)(C) of the Access to Information and Protection of Privacy Act allows Government Departments/Agencies to disclose personal information to other
Government Departments/Agencies of Newfoundland and Labrador for the purpose of reviewing and monitoring applications, conducting policy analysis and seeking other potential funding sources. Any questions or comments can be directed to jenifertaylor@gov.nl.ca

Section 6: Checklist

IMPORTANT: Please review your application and be sure that all required information has been provided.

Have you:
- [ ] Reviewed the program guidelines to verify the eligibility;
- [ ] Completed all sections of the grant application;
- [ ] Attached a quote for the uniforms intended to be purchased if applicable.

Section 7: Authorization

I certify that, to the best of my knowledge, the information provided in this grant application is accurate, complete and is endorsed by the organization/group that I represent, and that I am authorized to enter into funding agreements on behalf of my organization/group. I certify that my organization/group meets the basic eligibility criteria of the Canada Games Grant Program Guidelines, referenced hereto as Appendix “A” and which forms part of this application. I also certify that if successful for funding my organization/group will abide by all terms and conditions herein which will form the Agreement between the Parties.

If funded:
- I agree to submit a final report no later than February 28th. I acknowledge that failure to submit a final report will result in my organization/group being ineligible to receive future funding;
- I agree to acknowledge the Department of Seniors, Wellness and Social Development's funding contribution to this project where appropriate.

<table>
<thead>
<tr>
<th>PSO Signing Authority (please print):</th>
<th>Doreen Hamlyn</th>
</tr>
</thead>
</table>

**Title:**
President - Rowing Newfoundland

**Sec. 40 (1), Signature of Doreen Hamlyn**

June 8, 2015

**Head Coach (please print):**
Paul Power

**Sec. 40 (1), Signature of Paul Power**

June 8, 2015

**APPLICATION DEADLINE:**
May 22, 2015

**PLEASE SUBMIT TO:**
Applications should be scanned and saved in the following format:
CGGP_1516_« Sport »

For example: CGGP_1516_Girls Basketball

Completed applications should be submitted to David Feener
Recreation and Sports Consultant
Phone: 729-6291
Email: dfeener@gov.nl.ca

**OFFICE USE ONLY:**
Consultant:

Date Received:

File Number:
### Canada Games Grant Follow-Up Report

**Name of Provincial Sport Organization:** ROWING NEWFOUNDLAND

<table>
<thead>
<tr>
<th>Contact Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paul Power</td>
<td><a href="mailto:yes@nl.rogers.com">yes@nl.rogers.com</a></td>
</tr>
</tbody>
</table>

**Games Year:** 2017

<table>
<thead>
<tr>
<th>Sport</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rowing</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Head Coach</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBA</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Manager</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBA</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Assistant Coach(s)</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBA</td>
<td></td>
</tr>
</tbody>
</table>

| Did all activities identified in your original application proceed as proposed? If you answered no please explain below or on a separate sheet. |
|-------------------------------------------------------------------------------------------------------------------|-------|
| Yes                                                                                                               |       |

| All required quarterly Team NL Training Status Report have been submitted to the Games Coordinator during this fiscal year (April 1 - March 31): |
|-------------------------------------------------------------------------------------------------------------------|-------|
| Yes                                                                                                               |       |

| Final Financial Report has been completed and is attached: |
|-----------------------------------------------------------|-------|
| Yes                                                       |       |

<table>
<thead>
<tr>
<th>Doreen Hamlyn</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSO Signing Authority</td>
</tr>
<tr>
<td>June 8, 2015</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Paul Power (Acting)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
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<tr>
<td>June 8, 2015</td>
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<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td></td>
</tr>
<tr>
<td>Item</td>
</tr>
<tr>
<td>-----------------------------------------</td>
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<tr>
<td>Administration</td>
</tr>
<tr>
<td>Team Selection and Training</td>
</tr>
<tr>
<td>Competitions</td>
</tr>
<tr>
<td>Team Competition Uniforms</td>
</tr>
<tr>
<td><strong>Total</strong></td>
</tr>
</tbody>
</table>

Surplus funds must be returned to the Department unless expressed written consent is obtained for the Recreation and Sport Consultant responsible for the Canada Games Grant Program.
Canada Games Grant Program
2016-17

Section 1: General Information

What is the name of the group or organization seeking funding?
Rowing Newfoundland

What is the permanent mailing address of the group or organization seeking funding?

<table>
<thead>
<tr>
<th>Street/P.O. Box</th>
<th>Sec. 40 (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Town/City:</td>
<td>St. John's</td>
</tr>
<tr>
<td>Province:</td>
<td>NL</td>
</tr>
<tr>
<td>Postal Code:</td>
<td>Sec. 40 (1)</td>
</tr>
<tr>
<td>Contact Name:</td>
<td>Paul Power</td>
</tr>
<tr>
<td>Telephone:</td>
<td>Sec. 40 (1)</td>
</tr>
<tr>
<td>Fax:</td>
<td>Sec. 40 (1)</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:yes@rogers.com">yes@rogers.com</a></td>
</tr>
<tr>
<td>Web Address:</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Section 2: About your Organization/Group

Describe the purpose of your organization/group?
To enhance and promote rowing participation through the implementation of the FUNdamentals to Active for Life stage for the CS4L/LTAD.

How many clubs/groups/leagues are served by your organization/group? 3
| What age groups does your organization/group serve? | 9 years and up |
| Are you a non-profit organization/group? | □ Yes □ No |
| Are you incorporated under Newfoundland and Labrador Registry of Companies? | □ Yes □ No |
| If yes, what is your incorporation number? |  |
| Are you listed with the Canadian Revenue Agency as a Registered Charity? | □ Yes □ No |
| If yes, what is your Registration Number? |  |
| How many active volunteers are involved in your organization/group? | 40 |
| How many paid staff does your organization/group employ? | Full-Time: 0  Part-Time: 1 |

**Section 3: Canada Games Support**

**Games Year: 2017**

**Sport:** Rowing  
**Gender:** Male and Female

**Head Coach:** Paul Power  
**Email:** yes@nl.rogers.com

**Manager:** [name redacted] - Sec. 40 (1)  
**Email:**

**Assistant Coach(s):** [name redacted] - Sec. 40 (1)

**Number of athletes currently in training pool?**  
**Male:** 14  
**Female:** 18

**Administration**

**Are you applying for administrative support?**  
☑ Yes  
□ No

**Team Selection and Training**

Describe how funding will be used to support team selection and/or training. Please include as much detail as possible including locations and dates of any camps, number of athletes and projected costs. Attach a separate sheet of paper if required.

Process to train for Canada Games:

1. Become member of either SJRC/HVRCA/LWRC, Rowing NL, and Rowing Canada Avikon ($450) - Approximately 32 athletes
2. Dryland Training facility fees at Royal St. John's Regatta Committee Boathouse and Memorial University Field House ($300) - Approximately 32 athletes
3. Attend 2 Training Camps (One in Bialetown) and Provincial Time Trials ($250) - Approximately 32 athletes
4. Attend 2/3 Mainland Regatta's (Atlantic ($1250), Eastern Canadian ($1500), National - less athletes ($2000))
### Competitions

**Name of Competition 1:**
Eastern Regional Championships  
**Date:** July 2 & 3, 2016  
**Location:** Montreal, QC  
**Number of athletes attending:** 28-32

- **What is the total cost per athlete to attend this competition?**  
  - $1640.00
- **Transportation:** $580  
  - **Accommodations:** $148  
  - **Registration:** $75  

**Other:** Meals ($195); Coach Expenses ($127); Trailering / Van Rental ($495)

**Name of Competition 2:**
Atlantic Championships  
**Date:** October 22 & 23, 2016  
**Location:** Antigonish, NS  
**Number of athletes attending:** 28-32

- **What is the total cost per athlete to attend this competition?**  
  - $1490.00
- **Transportation:** $550  
  - **Accommodations:** $128  
  - **Registration:** $75

**Other:** Meals ($175); Coach Expenses ($97); Trailering / Van Rental ($445)

### Team Competition Uniforms

- Are you requesting funds to support the purchase of team competition uniforms?  
  - ☐ Yes  
  - ☐ No

  - If yes, how many uniforms will be purchased?

  - What is the total cost per uniform?

As per Canada Games policy, Newfoundland and Labrador colors are maroon with white and grey trim. Competition uniforms in any other color are not permitted and will not be eligible for funding. Please attach a quote for the uniforms to be purchased. The quote must include details of item type, number of uniforms to be purchased, and individual and total cost of uniforms to be purchased.
**Section 4: Budget**

<table>
<thead>
<tr>
<th>Item</th>
<th>Expense</th>
<th>Seniors, Wellness and Social Development</th>
<th>Other</th>
<th>In-Kind</th>
</tr>
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<tr>
<td>Administration</td>
<td>$ 1740</td>
<td>$ 150</td>
<td>NA</td>
<td>NA</td>
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<tr>
<td>Team Selection and Training</td>
<td>$ 7,000+</td>
<td>$ 5,000</td>
<td>($1,250) Fundraising</td>
<td>NA</td>
</tr>
<tr>
<td>Competitions</td>
<td>$ 80,00+</td>
<td>$ 24,000</td>
<td>($14,750) Fundraising</td>
<td>NA</td>
</tr>
<tr>
<td>Team Competition Uniforms</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$ 88,740</strong></td>
<td><strong>$ 29,150</strong></td>
<td><strong>$ 16,000</strong></td>
<td><strong>$ NA</strong></td>
</tr>
</tbody>
</table>

*Please note that Funding Sources include where all money is expected to come from. You can have a budget item that will require funding from all three funding sources.*

**Seniors, Wellness and Social Development** - This includes the amount of funding you are requesting for each item.

**Other** - This includes money that your organization, partners or other funders will contribute.

**In-kind** - This includes any contribution that you do not receive or pay money for.
Section 5: Conditions and Privacy Notice

The Department of Seniors, Wellness and Social Development’s (SWSD) funding may be used only for the purposes specified in this application. Once SWSD has agreed to provide financial assistance, no substantial change in these activities shall be made without the consent of SWSD and it shall be at the discretion of SWSD to determine what constitutes substantial change in each case. SWSD reserves the right to determine the extent and type of information required to support payment of the grant. Further, SWSD may require that an audit be undertaken to verify the purposes for which Government funds have been utilized. Any funding not used for these purposes must be returned to SWSD or becomes a debt due the Crown. The organization/group is wholly responsible for its own debts. SWSD will not consider any application to pay debts. If any part of this funding is used to pay salaries or honoraria, federal and provincial laws concerning salaries and source deductions must be applied (i.e. deductions for income tax, unemployment insurance, etc.)

Whenever appropriate, public acknowledgement of funding by SWSD is expected. Publications should clearly acknowledge SWSD’s assistance. A standard statement of acknowledgement is available on request. The organization/group agrees to respect and apply the spirit and provisions of existing human rights legislation. Under the Access to Information and Protection of Privacy Act, members of the public may request and obtain access to information held in Provincial Government records. Should a request be received for information about this grant application, SWSD may consult with you prior to disclosing any information. It should be noted, however, that only personal information and certain third-party confidential financial information may be withheld. When funding is approved, the amount of funding, the purpose for which the funds were granted and the name of the organization receiving the funding are considered public information.

Privacy Notice
Under the authority of the Grants and Contributions Program, personal information may be collected for the purpose of program administration. Section 39(1)(C) of the Access to Information and Protection of Privacy Act allows Government Departments/Agencies to disclose personal information to other Government Departments/Agencies of Newfoundland and Labrador for the purpose of reviewing and monitoring applications, conducting policy analysis and seeking other potential funding sources. Any questions or comments can be directed to jennifertaylor@gov.nl.ca

Section 6: Checklist

IMPORTANT: Please review your application and be sure that all required information has been provided.

Have you:
- Reviewed the program guidelines to verify the eligibility;
- Completed all sections of the grant application;
- Attached a quote for the uniforms intended to be purchased if applicable.
Section 7: Authorization

I certify that, to the best of my knowledge, the information provided in this grant application is accurate, complete and is endorsed by the organization/group that I represent, and that I am authorized to enter into funding agreements on behalf of my organization/group. I certify that my organization/group meets the basic eligibility criteria of the Canada Games Grant Program Guidelines and that if successful for funding my organization/group will abide by all terms and conditions herein which will form the Agreement between the Parties.

If funded:
- I agree to submit a final report no later than February 28th. I acknowledge that failure to submit a final report will result in my organization/group being ineligible to receive future funding;
- I agree to acknowledge the Department of Seniors, Wellness and Social Development's funding contribution to this project where appropriate.

PSO Signing Authority (please print): Doreen Hamlyn

Title:
President

November 21, 2016

Signature Date

Head Coach (please print): Paul Power

November 21, 2016

Signature Date

APPLICATION DEADLINE:
May 25, 2016

PLEASE SUBMIT TO:
Applications should be scanned and saved in the following format: CGGP_1617_« Sport »
For example: CGGP_1617_Girls Basketball

Completed applications should be submitted to Dave Feener
Recreation and Sports Consultant
Phone: 729-6291
Email: dfeener@gov.nl.ca

OFFICE USE ONLY:
Consultant:

Date Received:

File Number:
# Canada Games Grant Follow-Up Report

**Name of Provincial Sport Organization:** ROWING NEWFOUNDLAND

<table>
<thead>
<tr>
<th>Contact Name: Paul Power</th>
<th>Email: <a href="mailto:yes@nl.rogers.com">yes@nl.rogers.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Games Year:</strong> 2017</td>
<td></td>
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<tr>
<td>Sport: Rowing</td>
<td>Gender: Male &amp; Female</td>
</tr>
<tr>
<td><strong>Head Coach:</strong> Paul Power</td>
<td>Email: <a href="mailto:yes@nl.rogers.com">yes@nl.rogers.com</a></td>
</tr>
<tr>
<td><strong>Manager:</strong> [Redacted]</td>
<td>Email: [Redacted]</td>
</tr>
<tr>
<td><strong>Assistant Coach(s):</strong></td>
<td>[Redacted] [Redacted]</td>
</tr>
</tbody>
</table>

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**Did all activities identified in your original application proceed as proposed?** If you answered no please explain below or on a separate sheet.

- **Yes**

**All required quarterly Team NL Training Status Report have been submitted to the Games Coordinator during this fiscal year (April 1 - March 31):**

- **Yes**

**Final Financial Report has been completed and is attached:**

- **Yes**

---

Doreen Hamlyn  
**PSO Signing Authority**  
**November 21, 2016**  

Paul Power (Acting)  
**Head Coach**  
**November 21, 2016**  

**Date**
<table>
<thead>
<tr>
<th>Item</th>
<th>Amount Received from Seniors, Wellness and Social Development</th>
<th>Actual Expenses</th>
<th>Funds Remaining</th>
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<tbody>
<tr>
<td>Administration</td>
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<td>$1,740</td>
<td>0</td>
</tr>
<tr>
<td>Team Selection and Training</td>
<td>$5,000</td>
<td>$7,000+</td>
<td>0</td>
</tr>
<tr>
<td>Competitions</td>
<td>$9,000</td>
<td>$65,000+</td>
<td>0</td>
</tr>
<tr>
<td>Team Competition Uniforms</td>
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<td></td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td></td>
<td>$14,150</td>
<td>$73,740</td>
</tr>
</tbody>
</table>

Surplus funds must be returned to the Department unless expressed written consent is obtained for the Recreation and Sport Consultant responsible for the Canada Games Grant Program.
Rowing Newfoundland

Annual Operating Grant Applications
Provincial Sport Organization
Annual Grant Application
2009/2010

Section A: General Information

Contact Information

A. Name of Sport Organization: Rowing NL

- Please attach a mailing list of your Executive and Directors that includes complete mailing addresses and in the case of the President and Treasurer, their phone numbers and e-mail addresses.
- Please attach your reports from the most recent AGM (unless already submitted).

B. Financial Statement

- Your 2008 financial statement must be included with your application in order to be eligible for funding. This statement must be authorized by a CA or someone with a professional designation in accounting (A and B sports) or diploma in accounting or related field (C and D sports). If this is not possible (no one with that designation in your sport), please contact us for suggestions or alternatives.

POLICY NOTES
AOGs will not be assessed without a financial statement. The financial statement must accurately show all PROVINCIAL government grants provided to your organization (as separate line items) including travel subsidy grants as money in and money out (in the expenditures) and regional try-outs for NL Games if applicable. The financial statement must also show all expenditures for AOG items government provided funding for. If not expended, a letter of explanation must accompany the grant. Late applications will be assessed a penalty of $500 and will not be assessed until September of the grant year.

C. AGM/Constitution

- Please attach the reports from the most recent AGM as well as any updates to your Constitution. It is now a Division Policy that all constitutions have to be ratified by the membership, dated and signed every three years. Any updates MUST be on file with the Recreation and Sport Division. All PSOs must have a general meeting every year (of the full elected board) in order to be eligible for an annual operating grant and an election of officers every two years.
ROWING NEWFOUNDLAND ANNUAL REPORT FOR THE YEAR ENDING 2008

PROVINCIAL STATISTICS:
Number of Clubs: 1
St. John's Rowing Club (SJRC)

ATHLETE STATUS:

<table>
<thead>
<tr>
<th></th>
<th>Competitive:</th>
<th>Recreation:</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Youth: Adult</td>
<td>Youth: H S:</td>
<td>Adult:</td>
</tr>
<tr>
<td>St. John's Rowing Club</td>
<td>38 3</td>
<td>23 88</td>
<td>167</td>
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</tbody>
</table>

The province is still working towards revitalizing at least one of the two clubs that existed in Labrador in the past.

COACHING STATUS:

<table>
<thead>
<tr>
<th></th>
<th>Active:</th>
<th>Potential:</th>
<th>Certified:</th>
<th>Overall:</th>
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</thead>
<tbody>
<tr>
<td>Certified Coaches:</td>
<td>5</td>
<td>2</td>
<td>8</td>
<td>15</td>
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<tr>
<td>Level I:</td>
<td>5</td>
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<td>Level II:</td>
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<tr>
<td>Level III:</td>
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<td>(or close to completion)</td>
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<td></td>
</tr>
</tbody>
</table>

Licensed referees / Officials: 7
Active Local Officials: 3 (coaches)

REGATTAS HELD THIS YEAR:
High School Championships
Rowing Newfoundland Provincial Time Trial Championships
St. John's Rowing Club Invitational

CLINICS HOSTED BY ROWING NFLD THIS YEAR:
There was one Level I Technical Clinic hosted in the Province. There is a plan for a LTR Instructor clinic to take place in the off-season.

OUT OF PROVINCE PARTICIPATION THIS YEAR:
This year our Province participated at the Dartmouth Sprints in NS, and the Inter-Provincial Rowing Championships in QC. We plan to attend the NRC in 2009 when our athletes have another year experience under their belts.

REGATTAS, AND SPECIAL EVENTS FOR NEXT YEAR:
Next year we plan to host all the same Regattas as the year past. We will be sending our Provincial Team to NS for two regattas in May and July in preparation for the Canada Games. Also we would do what we could to attend a test regatta in PEI if it was provided. A Highlight of our summer will be participating at the Canada Summer Games in PEI. In the fall we would like to get the Memorial University Team back travelling either to the Atlantic or National University Championships. For coaching development our Provincial Coaches will attend the National Coaches Conference in QC.
PROVINCIAL OVERVIEW:
Newfoundland is challenged to make gains in providing programs due to our continuing challenge to keep coaches. We are still emphasising on club building, recruiting, and coach/athlete development. Our Executive/Technical Director and Provincial Coach is still working closely with the club executives, coaches, and athletes to ensure our goals are met. We look forward to revitalizing the Labrador rowing program bridging the gap between St. John’s and Labrador.

COMMITTEE REPRESENTATIVES:
Officials: vacant
Inter-Provincial Coaches - Coach / Athlete Development: Paul Power

Respectfully Submitted;

Doreen Hamlyn
President
Rowing Newfoundland
EXECUTIVE / TECHNICAL REPORT

Rowing Newfoundland Annual General Meeting March 2, 2009

In the year 2008, the Provincial Program continued to build with the primary focus of preparing athletes for the 2009 Canada Summer Games in Prince Edward Island. After a successful winter training season, these athletes traveled and competed at two mainland regattas with the first being Atlantic Championships (NS) in July and the second being the Inter-Provincial Championships (QC) in August. The Canada Games potentials did not travel in the fall so the coaches could spend time completing a final recruitment drive before running a Development Camp at the end of the on-water season. Most of the athletes involved in the program showed continual improvement throughout the year that is setting the Province up for a strong 2009. [Redacted] hard work is a major factor attributing to this past successful season.

The Province also had a small Masters group attend the Atlantic Championships (NS) and this small group worked as Role Models for our younger Canada Games potentials. [Redacted] hard work also needs to be recognized with the start up of this successful Masters Program

The St. John’s Rowing Club also hosted two successful local Regattas during the 2008 on water season that worked well in helping develop our Provincial athletes peak for the mainland regattas. The final regatta served well as talent identification for new potential athletes.

The Province has started the rebuilding process of our officials/referees. Andrew Fitzgerald has taken on the role of Chief Official for our province. There are also plans for our province to bring in a master official from RCA to complete a clinic early in the 2009 on-water season.

Our Province was hit hard again this year with the loss of coaches. In the fall and winter season the Provincial Coaching Committee started a rebuilding plan for Newfoundland Coaches. This plan was proved successful by our province having four (4) coaches attend the National Coaches Conference. The future does seem brighter with the potential of having three (3) more coaches returning home from schooling over the next 2 years. We could have as many as five (5) active Level 3 coaches by the summer of 2010. Also we are working on having five (5) level 1 and 2 coaches starting their path in coaching education by 2010 too.

This year also saw the Provincial Coaches Position switch to a Executive / Technical Director position which kept our Provinces most experienced and qualified coach active in our sport. This also gave the opportunity for new coaches to step up into bigger roles in the Provincial coaching staff.

Important happenings to notice for 2009 are as follows:

- In January both four (4) Provincial coaches attended the National Coaching Conference in Quebec.
- We are scheduling for a mentor coach to visit the province in order to work with our level 1 and 2 active coaches.
- Our province plans to send a coach to the Women In Coaching Project offered by RCA.
- The Provincial Coaching staff will conduct a couple of Talent Identification Camps to recruit additional athletes and evaluate existing athletes for our 2009 Canada Games Team.
- The Provincial athletes will attend 3/4 mainland regattas during the 2008 season. They will be:
  1. Ice Breaker Regatta in Dartmouth, Nova Scotia on May 16, 2009
  2. Atlantic Championships in Dartmouth, Nova Scotia on July 18 & 19, 2009
  3. Canada Games in Charlottetown, Prince Edward Island on August 16 to 23, 2009
  4. National University Championships in Montreal, Quebec on November 7 & 8, 2009

Sincerely Submitted:

Paul Power
Executive / Technical Director
Provincial Coach Report

RNL Annual General Meeting March April 5, 09

Provincial Team Update:

The provincial team attended the following regattas in 2008:

Atlantic Championships – Dartmouth, Nova Scotia - July 2008
Quebec Inter-Provincial Championships – Montreal, Quebec – August, 2008

The team enjoyed a second place finish at the Atlantic Championships and a third place finish at the Quebec Inter-Provincial Championships.

The push for Canada Games began in September 2008 with the following schedule:

FALL PROGRAM:
September 1 – September 13 (Orientation/Rowing Mechanics/Introduction to Erg)  
September 14 – October 15 (Identification Camp Preparation)  
October 16 – October 19 (2009 Canada Games Identification Camp)  
October 20 – October 25 (Regatta Prep/2009 Canada Games Selection Regatta)

After a short transition period the Canada Games potential athletes began dry-land training on November 17th. In early November, the coaching staff began to work closely with (Strength and Conditioning Specialist) and his staff at the Provincial Training Center to create an effective strength training program that would compliment the rowing specific portion of the training.

joined the Canada Games coaching staff beginning in February 2009. She brings experience in coaching and high performance rowing to our staff.

As of this date, Rowing Newfoundland has 13 males and 14 females vying for a position on the 2009 Canada Games team. Each athlete has recently been given a detailed summary of selection criteria and what will be expected of them for the 2009 season. There are ongoing fundraising efforts to help offset some of the costs for trips this summer.

Planned 2009 regattas:

Icebreaker Regatta – Dartmouth, Nova Scotia – May 16, 2009
Atlantic Championships – Dartmouth, Nova Scotia – July 18/19, 2009
Canada Summer Games – Charlottetown, PEI – August 16-23, 2009-03-22
Coaching

Rowing Newfoundland has started laying the groundwork for improving coach education in the province. NCCP has recently reorganized how each coach will attain Level 1, 2 and 3. Rowing Canada has adapted their coach education to meet these new standards and is now providing Coaching Weekend #1 and Coaching Weekend #2. Paul Power is working on getting an instructor to travel to St. John’s this Spring/Summer to offer these courses.

Rowing Newfoundland has also discussed having a minimum number of coaches in the province certified at Level 1, Level 2 and Level 3. Rowing Newfoundland will provide funding where possible to help interested coaches acquire their Levels.

January 2009 – Paul Power, [redacted] and I attended the National Coaches Conference. [Sec. 40 (1)]

Future Plans

Focusing on youth development in the province and bringing programs in line with the RCA Long Term Athlete Development Model.

Developing a long-term plan with respect to the growth of the sport in the rest of the province. Investigating sites for new clubs and starting the groundwork in those communities to acquire the training and equipment needed to build and develop a successful club.

Continuing to improve coach education in the province.

Shifting focus of Canada Games as the pinnacle of slide seat rowing in Newfoundland.

Raising the standards for our high performance athletes and giving them the supports they need to achieve their true potential.
# ROWING NEWFOUNDLAND

**STATEMENT OF REVENUE AND EXPENSES**

*For the Period January 22, 2008 - January 22, 2009*

## REVENUE

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provincial Government Grant</td>
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<tr>
<td>Canada Games Grant</td>
<td>$11,600.00</td>
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<tr>
<td>St. John's Rowing Club - Insurance</td>
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<tr>
<td>Federal Grant - Summer Program</td>
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<td>Swasp Grant - Summer Program</td>
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<td>Rowing Canada</td>
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## EXPENSES

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<th>Amount</th>
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<tr>
<td>Coaching Program</td>
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<tr>
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<tr>
<td>Awards/Trophies</td>
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<td>Other (Umpire for Nationals Regatta)</td>
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## Balance as of January 22, 2009

$31410.19

*Monies will be remitted shortly for the previous year.*

**As awards banquet has not occurred this expense will appear on next year's statement**
MEMORANDUM OF ASSOCIATION
OF
ROWING NEWFOUNDLAND

1. The name of the Corporation is ROWING NEWFOUNDLAND.

2. The registered office of the Corporation will be situated in the City of St. John's, in the Province of Newfoundland.

3. The objects of the Corporation are:-

(a) to promote a program devoted to the development of amateur rowing in Newfoundland and Labrador as a means of athletic competition and attainment of physical fitness;

(b) To establish classification and rankings for competitions promulgating general rules and regulations for the sport of rowing; and sanctioning regattas in accordance with these rules and regulations;

(c) To conduct an annual Provincial Championship Regatta and to promote interest through competition in this and similar events;

(d) To extend representation through active member organizations.

(e) To co-operate with and become a member of similar groups, bodies, associations or authorities;

(f) To purchase, take on lease or otherwise acquire, any land and buildings, or other assets and to sell or otherwise dispose of the same;

(g) To raise funds for the work of the Corporation by public and private subscriptions and in various ways which may be deemed advisable from time to time;

(h) To borrow such money or monies as may be deemed necessary from time to time for the purpose of the attainment of the above objects and to give such security therefore as may within reason be required;

(i) To do all such other things as are incidental or conducive to the attainment of the above objects.
4. The income, profits and property of the Corporation whereby and wheresoever derived shall be applied solely towards the promotion of the objects of the Corporation as set forth in this Memorandum of Association and no portion thereof shall be paid or transferred directly or indirectly by way of dividend, bonus or otherwise howsoever by way of profit to the members of the Corporation. The payment of any dividend to the members of the Corporation is hereby prohibited; provided that nothing herein shall prevent the payment in good faith of reasonable and proper remuneration of any officer or servant of the Corporation or of any member of the Corporation, in return for any services rendered to the Corporation, nor prevent the payment of interest on money lent or proper rent for premises demised or let by any member of the corporation.

5. The fourth paragraph of this Memorandum is a condition on which a license is granted by the Provincial Government under the hand of the Minister of Consumer Affairs and Environment to the Corporation in pursuance of Section 253 of the Company Act.

6. If any members of the Corporation receives any dividend, bonus or other profit in contravention of the fourth paragraph of this Memorandum, his liability shall be unlimited.

7. The liability of the members is limited.

8. Every member of the Corporation undertakes to contribute to the assets of the Corporation in the event of the same being wound up during the time he is a member, or within one year afterwards, for payment of the debts and liabilities of the Corporation contracted before the time at which he ceases to be a member, and of the costs, charges and expenses of winding up the same, and for the adjustment of the rights of contributories amongst themselves, such amount as may be required not exceeding the sum of One Dollar, or in case of this liability becoming unlimited such other amount as may be required in pursuance of paragraph 6 of this Memorandum.

9. The Corporation shall keep accurate and true accounts of all moneys received and spend and shall have the Company accounts audited at least once a year.

10. If upon the winding up or dissolution of the Association these remains, after the satisfaction of all its debts and liabilities, any property whatsoever, the same shall not be paid to or distributed among the members of the Association,
but shall be given or transferred to some other institution or institutions having objects similar to the objects of the Association and which shall prohibit the distribution of its or their income and property amongst its or their members to an extent at least as great as is imposed on the Association or by virtue of Paragraph 4 thereof, such institution or institutions to be determined by members of the Association at or before the time of dissolution, or in default thereof by such judge of the supreme Court as may have or acquire jurisdiction in the matter, and if and so far as effect cannot be given to the aforesaid provisions then to come charitable objects.

We the several persons who names and addresses are subscribed are desirous of being formed into a Corporation in pursuance of this Memorandum of Association.

Original signed by :-

Sec. 40(1)
MEMBERSHIP

1. The Subscribers to the Memorandum and Articles of Association shall be charter members of the Corporation.

2. (a) Application for membership shall be in such form as shall be prescribed by the Executive Committee from time to time.

   (b) Membership to the Corporation shall consist of Rowing Clubs and Special Associations interested in promoting rowing and shall meet the requirements of membership as described in Sub-clause (c) hereto and any amendments thereto.

   (c) New member Rowing Clubs and Special Associations shall be accepted into the corporation on the following basis:

   (1) The applicant shall submit a written application for membership to the Head Office and/or the Secretary including a copy of its constitution and bylaws.

   (2) Acceptance of an application shall be by a two-thirds majority vote at any meeting of the Board of Directors.

   (3) An accepted applicant shall be under a probational period of one year during which time they shall:

       (a) Pay annual dues to the Corporation;
       (b) They shall have representation but no voting privileges during the one year probationary period;
       (c) Rowing Clubs shall participate in at least two organized regattas during the one-year probationary period.

   (4) At a meeting of the Board of Directors, not less than twelve (12) months after the date of probationary acceptance, the application shall be presented for final consideration and the decision of the Board of Directors shall be final.

   (5) After an application for trial consideration has been rejected, the application shall not be reconsidered for at least a period of twelve
(12) months.

DEFINITIONS

3. (a) Rowing Club: Any club carrying on an athletic program whose purpose is to promote one or more sports of which one is competitive or recreational rowing.

(b) Special Association: Any association, federation or organization established to promote the sport of rowing.

FEES

4. (a) The annual fee for each type of membership shall be determined at an Annual General Meeting and shall be payable on the first day of October of the then current fiscal year.

(b) Non payment and/or late payment of annual dues or other monies due and outstanding dues shall cause the members concerned:

1) To forfeit all voting rights and privileges until the outstanding dues or other monies due are paid in full;
2) At the discretion of the Board of Directors, to be liable to expulsion;
3) To be subject to interest charges of 1 1/2% monthly on outstanding accounts of greater than 90 days from date of billing.

(c) A member expelled for non-payment of annual dues or of monies due and outstanding dues shall not be reinstated until all arrears in annual dues are paid in full.

(d) Membership shall be automatically renewed for each year. A member may terminate its membership by giving written notice to the Secretary.

REPRESENTATION OF BOARD OF DIRECTORS

5. (a) The affairs of the Association shall be vested in the Board of Directors consisting of the following:

1) One representative appointed by each Rowing Club and Special Association which is in good standing.
2) All members of the Executive Committee.
(b) Representatives:

(1) Each representative must be a member in good standing of their respective Rowing Club or Special Association.
(2) The appointment of a representative shall be made in writing and forwarded to the Head Office and/or the Secretary two weeks prior to a Board or Annual General Meeting.
(3) The term of office of a representative shall normally be for a period of two years or until terminated as follows:

(a) By written notice of their respective Rowing Club or Special Association.
(b) By order of the Board of Directors sanctioned by the members at a Special General or Annual General Meeting.

(4) In the event that a representative cannot attend a meeting at which their attendance is expected, their respective Rowing Club or Special Association shall select a substitute who may attend such meeting and shall confirm this substitution in writing to the Head Office and/or the Secretary.

PATRIOTS AND HONOURARY OFFICERS

6. The Board of Directors shall have the right to appoint and to terminate the appointment of any or all of the following:

(a) Patron;
(b) Honorary President;
(c) Honorary Vice-Presidents, to a number not exceeding three.

OFFICERS

7. (a) The officers of the corporation shall be as follows:

(1) President.
(2) First Vice-President.
(3) Second Vice-President.
(4) Third Vice-President.
(5) Treasurer.
(6) Secretary.
(7) Past President.
(b) Elected officers: The President, Vice-Presidents, Treasurer and Secretary shall be elected in accordance with the following:

(1) The President, Vice-Presidents, Treasurer and Secretary shall be elected at an Annual General Meeting by a majority vote of the eligible voters in attendance.

(2) The following only are eligible to hold the elected offices of President, First, Second and Third Vice-Presidents, Treasurer and Secretary:
   (a) a representative of a Rowing Club or Special Association which is in good standing;
   (b) persons from the community at large who are interested in furthering the objectives of the Corporation.

(3) A representative of a Rowing Club or Special Association who is elected to office may be replaced as the representative by their respective club or association upon written notice to the Head Office and/or the Secretary.

(4) Elected Officers may be removed from office by a two-thirds majority vote at any Annual or Special General Meeting called for this specific purpose, upon a motion by a Member in good standing and seconded by a Member in good standing.

(c) The Past President will automatically be a member of the Executive Committee.

EXECUTIVE COMMITTEE

8. (a) The Executive Committee of the Corporation shall consist of all Corporation officers.

(b) Any four (4) members of the Executive Committee shall constitute a Quorum.

(c) The Board of Directors shall delegate to the Executive Committee all powers of the Board between meetings of the Board.

STANDING COMMITTEES

9. (a) Standing Committees may be appointed by the Executive Committee as required and for as long as
required. At the time of appointment of each Standing Committee, the Executive Committee shall indicate in reasonable detail the purpose and authority of the Committee so appointed.

(b) At the first meeting of the Executive Committee after the Annual General Meeting, the Executive Committee shall determine that any or all of the following Standing Committees are functioning:
1. Finance Committee and Grants;
2. Regatta Committee;
3. Public Relations Committee;
4. Constitution Committee;
5. Coaching and Technical Committee;
6. Referees Committee;
7. Safety Committee.

(c) Each Standing Committee shall consist of the following:
1. A chairperson;
2. A Member of the Board of Directors;
3. Any additional members as required.

(d) The Executive Committee shall have the power to dissolve a Standing Committee by a majority vote. The President shall be an "ex-officio" member of all Standing Committees. The Treasurer shall be a member of the Finance Committee.

(e) The Executive Committee has the authority to create ad-hoc committees as required. The Executive Committee shall dissolve an ad-hoc committee when the Executive Committee deems that the work of that committee has been completed.

NOMINATING COMMITTEE

10. (a) The Executive Committee shall appoint, not less than sixty (60) days in advance of the Annual General Meeting, a Nominating Committee consisting of the immediate Past-President, or failing that person, the second immediate Past-President and two other individuals having been active in the affairs of the Corporation in the past and who, for good and sufficient reason, would not submit their names to stand for nomination to office in the current election.

(b) The duties of the Nominating Committee shall be to prepare a slate of candidates for the positions of officers of the Corporation and to obtain their
written consent to stand for office.

(c) Additional nominations may be received by the Nominating Committee provided they are accompanied by the candidate's letter of agreement and the signatures of two voting delegates to the Annual General Meeting fifteen (15) days prior to the Annual General Meeting.

(d) The slate of candidates nominated shall be distributed to all members eligible to vote at least fifteen (15) days prior to the Annual General Meeting.

(e) The Chairperson of the Nominating Committee shall conduct the election of the President, First, Second and Third Vice-Presidents and of the Treasurer and Secretary.

**DUTIES OF OFFICERS**

11. (a) President: The President shall preside at all meetings of the Corporation, the Board of Directors and the Executive Committee and shall order that meetings of the Directors and the Executive Committee be held whenever he or she may deem necessary.

   The President shall be an ex-officio member of all Committees.

(b) Vice-Presidents: A Vice-President shall, in the absence of the President, in order of seniority, act in his or her place.

   The Vice-Presidents shall assume such responsibilities as may be assigned by the Board of Directors and the Executive Committee.

(c) Secretary:

   (1) The Secretary shall keep minutes of all meetings of the Corporation Board of Directors and of the Executive Committee and arrange for the distribution of minutes as required. The Secretary shall be responsible for the custody of the Minutes Book and the Corporate Seal.

   (2) The Secretary shall be responsible for seeing that credentials of the voting representatives are in order.

   (3) The Secretary shall encourage and receive
applications for membership and see that lists of such members are maintained for use of the Corporation and its work.

(4) The Secretary shall perform such duties as may be assigned by the Board of Directors, the Executive Committee and the President.

(d) Treasurer: It shall be the responsibility of the Treasurer to attend to the following matters:

(1) The Treasurer shall collect and have custody of all monies and assets belonging to the Corporation and keep accurate accounting records of receipts and disbursements;

(2) The Treasurer shall pay all properly incurred bills approved by the President and the Treasurer and such payments shall be ratified by the Executive Committee;

(3) The Treasurer shall submit a report of the Corporation's financial transactions at regular meetings of the Directors and Executive Committees;

(4) The Treasurer shall be a member of the Finance Committee;

(5) A bond for the Treasurer shall be fixed in amount by the Board of Directors and the premium paid out of funds of the Corporation;

(6) The Treasurer shall submit an Annual report to the Annual General Meeting supported by financial statements certified by a Chartered Accountant or an Independent Public Accountant who was duly appointed at the last Annual General Meeting;

(7) In the absence of the Treasurer, the President and Board of Directors shall appoint a member of the Executive Committee to assume the duties of the Treasurer.

SPECIAL APPOINTMENTS
12. (a) Executive Director:

(1) The Executive Director may be appointed by the Board of Directors on a contract basis and the annual compensation to be paid to the Executive Director shall be determined by the Executive Committee.

(2) The Executive Director shall be responsible to and report to the Executive Committee.

(3) The Executive Director shall perform such management and supervisory functions assigned to him or her by the Executive Committee.

(4) A bond for the Executive Director shall be fixed in amount by the Board of Directors and the premium paid out of the funds of the Corporation.

(b) Representatives to other organizations:

(1) Representatives may be appointed by the Executive Committee, at their first meeting following the Annual General Meeting, to the National Association, Rowing Canada Aviron (RCA). All appointments shall be ratified by the Board of Directors.

(2) Each representative appointed shall be a member of a Rowing Club or Special Association which is in good standing, or any other member of the Corporation who is in good standing.

(3) The term of the appointment of such representative shall be at the discretion of the Executive Committee.

(4) Representatives shall be appointed to any association deemed necessary by the Executive Committee.

(5) The President is automatically a Director of RCA. If the President is unable to attend a meeting of the RCA, the Executive Committee shall appoint a designate. The Executive Committee shall appoint
representatives to the committees of RCA, as appropriate.

TRAVEL EXPENSES

13. Travel expenses incurred in the carrying out of the business of the Corporation may be authorized by the Executive Committee providing the liquid assets (cash, bonds, debentures etc.) excluding any Special Fund, are not depleted below an amount determined by the Executive Committee. The Executive Committee shall decide whether or not travel expenses shall be paid in advance or upon presentation of receipts. Travel expenses for competitions shall be subject to authorization by the Executive Committee.

MEETINGS

14. (a) The Annual General Meetings shall be on a Saturday in the month of November each year and the time and place of these meetings shall be decided by a majority vote at a meeting of the Board of Directors. Notice of the Annual General Meeting shall be sent to all members in good standing at least thirty (30) days in advance of the meeting. The notice of the Annual General Meeting shall include the following:

(1) The proposed agenda;
(2) The proposed changes in the Articles of Association;
(3) The list of nominations for elected officers shall be distributed to all members eligible to vote at least fifteen (15) days prior to the Annual General Meeting.

(b) Meetings of the Board of Directors shall be called by the President, and in his or her absence, by a Vice-President in order of seniority, a minimum of three times each year including the Annual General Meeting. A written Notice of Meeting together with a copy of the agenda shall be sent to each Director in good standing, at least two (2) weeks in advance of the meeting.

(c) Meetings of the Executive Committee shall be called at the discretion of the President and in his or her absence by a Vice-President in order of seniority. A written Notice of Meeting and a copy of the proposed agenda shall be sent to each member of the Executive
Committee at least two (2) weeks in advance of the meeting.

(d) A Special Meeting of the Board of Directors may be called by the President and in his or her absence by a Vice-President in order of seniority, or by the Secretary on written request of two-thirds of the members of the Board of Directors.

The Secretary shall call the meeting within two (2) weeks of receiving the request. The request for the meeting and the Notice of Meeting shall state the purpose of the meeting. A copy of the Notice of Meeting shall be sent to each Director. The first item on the agenda shall be the item for which the Special Meeting was called.

ORDER OF BUSINESS

15. At Annual General Meetings the Order of Business shall be as follows:
   (a) Reading of the notice calling the meeting;
   (b) Secretary's report as to credentials of members present;
   (c) Roll call by the Secretary;
   (d) Reading and adoption of Minutes of the previous Annual General Meeting;
   (e) Presentation of reports;
   (f) Adoption of auditor's report;
   (g) Unfinished Business;
   (h) Executive Committee program and/or administration accountability;
   (I) Election of Officers;
   (j) Appointment of Auditors;
   (k) New Business;
   (l) Adjournment.

The Order of Business at meetings of the Board of Directors and of the Executive Committee shall be the same as above except items (d), (f), (h), (I) and (j) shall be deleted.

QUORUM

16. (a) Annual General Meeting and Special General Meeting:

   A majority of the Officers, Directors, and representatives of member Rowing Clubs and Special Associations which are in good standing form a Quorum.
Proxy shall not be recognized in determining a Quorum.

(b) Meeting of the Board of Directors:

A majority of Directors in good standing shall form a Quorum and Proxy shall not be recognized in determining a Quorum.

(c) Meeting of the Executive Committee:

Any four (4) members of the Executive Committee shall constitute a Quorum and Proxy may be recognized in determining such a Quorum.

**VOTING RIGHTS**

17. (a) The voting rights at meetings of the Board of Directors shall be governed by the following:

(1) At no time and under no circumstances shall any member or delegate vote more than once on any given question.

(2) Voting shall be by roll call only, according to the following:

(a) each Rowing Club and Special Association in good standing shall have one vote;

(b) each member of the Executive committee shall have one vote.

(3) In the event of a tie vote, the Chairperson shall be entitled to exercise a second or casting vote.

(b) The voting rights at Annual or Special General Meetings shall be governed by the following:

(1) At no time and under no circumstances shall any member or delegate vote more than once on any given question.

(2) Voting shall be by roll call only, according to the following:

(a) each Rowing Club and Special Association in good standing shall have one vote.

(b) each member of the Executive Committee shall have one vote.

**FINANCES**
18. (a) The financial year of the Corporation shall begin on the first day of October of each year and end on the thirtieth day of September of the following year.

(b) All contracts, documents or any like instruments requested to be executed by the Corporation shall be signed by two of the three of the President, the Treasurer and the Executive Director. If there is no Executive Director, then the signatures required are those of the President, Treasurer and one of the Vice-Presidents, in order of seniority.

(c) One or more bank accounts shall be kept for the Corporation in chartered Canadian Banks. All cheques on such bank accounts shall be signed by any two of the President, Treasurer, the Executive Director and an Executive Committee Member.

REGISTER OF ROWERS

19. The Executive Director and/or the Secretary will obtain and maintain records of registration as prescribed by the Executive Committee.

DEFINITION OF AMATEUR

20. The Definition of an Amateur shall at all times be the same as the definition prescribed by Rule 26 of the International Olympic Association (I.O.C.)

SANCTIONING OF EVENTS

21. (a) The following Newfoundland regattas shall require the sanction of the Corporation.

(1) Provincial Championships;

(2) High school Championships.

(b) Corporation sanction of a Regatta shall require the approval of:

(1) Site of the regatta.

(2) Date, Time and Schedule of the Regatta.

(3) Regatta Organization Committee.

(4) Rules (including safety procedures) by which the Regatta will be conducted.

(5) Referees for the Regatta.

(6) Competitions.

(c) Corporation sanction shall be required for
crews competing outside the Province and representing Newfoundland.

(d) The proposed dates and sites for all regattas sponsored by the Corporation, in addition to those requiring sanction, shall be forwarded to the Head Office of the Corporation with lists of responsible officials at least thirty (30) days in advance.

(e) Club crews desiring to participate in any regatta outside of Newfoundland shall require written permission from the Corporation to do so. Application for such permission shall be forwarded to the Head Office of the Corporation at least thirty (30) days in advance of the event. In special circumstances, the Executive Committee may waive the foregoing thirty (30) day requirement.

**DISCIPLINARY ACTION**

22. (a) Any violation of the Articles of Association of the Corporation by a member Rowing Club or Special Association or a competitor representing a member Rowing Club or Special Association of the Corporation, shall make both the member Rowing Club or Special Association liable to forfeiture of membership and the competitor or competitors shall be liable to disciplinary action at the discretion of the Executive Committee. The ruling of the Executive Committee shall be effective immediately and shall be in effect until the next meeting of the Board of Directors at which time said ruling shall be subject to ratification.

(b) A representative of a member Rowing Club or Special Association must attend at least two-thirds of the meetings called. A representative who fails to attend at least two-thirds of the meetings called may be removed from office by a two-thirds vote of the Board of Directors attending a meeting provided:

(1) Ten (10) days notice in writing is sent to each member of the Board of Directors of the proposal to remove such member representative;

(2) Thirty (30) days notice in writing is sent to the member in question, stating specifically the charges that are being preferred against him or her.

**AWARD OF MERIT**
23. The Corporation, may, by a two-thirds majority vote at an Annual General Meeting, confer an Award of Merit on any person or organization for services rendered. Recommendations in writing, signed by two Directors whose respective Rowing Clubs or Special Associations are in good standing, must be received by the Head Office and/or Secretary at least six (6) weeks in advance of the Annual General Meeting.

AMENDMENT TO THE ARTICLES OF ASSOCIATION

24. The Articles of Association may be amended, repealed in whole or in part or added to, by a two-thirds majority vote at either the Annual General Meeting or at a Special General Meeting which has been called for that specific purpose by the Executive Committee, providing:

(a) Written notice of motion of the proposed change duly signed by two (2) members in good standing, as mover and seconder, is received by the Head Office and/or Secretary at least three (3) weeks in advance of the meeting, and a copy of the proposed change or changes is mailed with the Notice of Meeting and such to be listed on the agenda of the meeting as "New Business" and provided further that the amendment is ratified by a confirmation vote of the members present at a Special General or Annual General Meeting.

(b) The Executive Committee is the sole authority for interpretation of the Articles and the decision or decisions of the Executive Committee shall be final and binding on all members unless challenged at the immediate next meeting of the Board of Directors by unanimous decision of all Rowing Club and Special Association representatives present in each case; in the event of disagreement after discussion, the interpretation shall be made by resort to an external legal opinion which shall be binding.

VACANCIES

25. (a) A replacement or replacements shall be appointed immediately by the respective Rowing Club or Special Association for the unexpired term of the representative being replaced and same confirmed in writing to the Secretary and Head Office.

(b) The Board of Directors shall elect a replacement, as soon as possible, for the unexpired term of the elected Officer being replaced.
AUDIT OF ACCOUNTS

26. One or more auditors, or accountant, who could be an Independent Public Accountants, shall be appointed by the members of the Corporation at their first General Meeting and at every Annual General Meeting thereafter, but a casual vacancy in the office of auditor may be filled by appointment by the Board of Directors. No Officer or Director of the Corporation may be appointed or act as auditor. The auditor's financial report shall be presented to the members of the Corporation at the Annual General Meeting.

SEAL

27. The Seal of the Corporation shall be in such form as shall be prescribed by the Board of Directors of the Corporation and shall be kept in the custody of the Secretary.
Section B: General Information

Registration Information

- Please attach a registration report from your Organization to provide us with the names of each club/organization under your auspices, who the President of that club/organization is and how many members each has.

Eg. MUN Wrestling Club  Bill Smith  40

- How many Newfoundlanders and Labradorians do you provide services to, who might not be registered members? (eg. NLAA hosts the Tely 10 but runners may not be members of this Association). Detail your numbers below:

Labrador Rowing 50-70  St. John's 170  Tally 30-50

Claremont & Brearley M. (Kings, St. John's)  2 coaches. ~ 18

- How many athletes or teams would have competed at a National Competition in your sport in the last year?

18 athlete(s)  or  team(s) (Nat's in Montreal, Quebec)

Please attach any other information you would like to share about your sport development.

Coaching Development

Please complete the following chart designed to provide us with information about coaching courses held over the last year, preferably in different regions of the Province. You might add any notes pertaining to anything substantial your sport has done to build capacity in the area of coaching.

<table>
<thead>
<tr>
<th>Course Offered (describe)</th>
<th>Location</th>
<th>Facilitator</th>
<th>Coaches Completing course</th>
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<tbody>
<tr>
<td>Nat's Coaches Conf. - Rowing</td>
<td>BC, N.S.</td>
<td>(Jan 09)</td>
<td></td>
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</tbody>
</table>

Notes:

- Sec 40 (1) 4 Coaches went in '09

Officials Development

Please complete the following chart designed to provide us with information about officials clinics held over the last year; preferably in different regions of the Province. You might add any notes pertaining to anything substantial your sport has done to build capacity in the area of officiating.

<table>
<thead>
<tr>
<th>Course Offered (describe)</th>
<th>Location</th>
<th>Facilitator</th>
<th>Officials Completing course</th>
</tr>
</thead>
</table>

Note: Andy to attend May. July prep regatta. Goal to become off. @ Can Games

Other

Have you had any guest speakers, coaches, national team athletes etc invited to speak or give a workshop/seminar to coaches/officials/athletes? Circle yes or no.

Please provide a brief overview below: Sec 40 (1)

From Rowing Can, prof. dev seminar for coaches, athletes, board mem & also some coaching.

Performance

If any individual/team received funding from the Department's Travel Subsidy Program to attend Atlantic/Eastern Canadians and/or Nationals, results should be on file with the Division. If not, please attach.

Attached
ROWING NEWFOUNDLAND

Canada Games Potentials (2009)

Atlantic & National Championship Results – Summer 2008

Atlantic Championships - Dartmouth, Nova Scotia:

6 - GOLD: Men 2x, Men 4+, Men 8+, Men 8+ dash, Women 4+, Mixed 8+

5 - SILVER: Sr. Women 2-, Jr. Women 2-, Sr. Women 4+, Jr. Women 4+, Women 2x

7 - BRONZE:

Women 4x, Women 4+, Women 8+, Women 8+ dash, Women 2x, Men 4x, Men 2x

5 - (4th Place): Sr. Women 4x, Women 2x, Women 1x, Men 2-, Jr. Women 4x

3 - (5th place): Women 4+, Women 2x, Men 2x

Inter-Provincial Championships - Montreal, Quebec:

1 - GOLD: Women 2-

3 - SILVER: Women 4x, Women 2x, Men 2x

3 - BRONZE: Women 4-, Men 2x, Men 1x

2 - (4th Place): Men 4x, Men 4+

1 – (5th place): Men 2-

1 – (6th place): Women 1x
Grant Expenditures

Please note in your financial statement, where you spent the money given your PSO for 2008-09 as outlined in the letter your President would have received from the Minister of TCR, Mr. Clyde Jackman. Use a highlighter and margin notes if necessary please. You are not expected to highlight money given for Administration or Athlete Support. An example of what is expected is provided below. The categories are general and may not reflect the budget breakdown used by your organization.

EXPENSES of the NLYA

<table>
<thead>
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<th>Category</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Administration (general)</td>
<td></td>
</tr>
<tr>
<td>Canadian YU Association</td>
<td>$3,450.00</td>
</tr>
<tr>
<td>Postage, web site, general admin</td>
<td>$5,320.00</td>
</tr>
<tr>
<td>NLYU Awards</td>
<td>$324.00</td>
</tr>
<tr>
<td>AGM</td>
<td>$450.35</td>
</tr>
<tr>
<td>Board Insurance</td>
<td>$250.00</td>
</tr>
<tr>
<td>Development</td>
<td></td>
</tr>
<tr>
<td>Active Kids Program</td>
<td>$3000.00 (Annual Grant)</td>
</tr>
<tr>
<td>Competition and Training</td>
<td></td>
</tr>
<tr>
<td>Provincial Tournaments</td>
<td>$4,250.00</td>
</tr>
<tr>
<td>Bishop’s Falls Bullets Travel Subsidy</td>
<td>$3,000.00 (Travel Subsidy)</td>
</tr>
<tr>
<td>NL Games Regional Qualifiers</td>
<td>$1,259.00 (NL G*)</td>
</tr>
<tr>
<td>NLYU National U 13</td>
<td>$5,500.00 (Hosting subsidy here)</td>
</tr>
<tr>
<td>Building Capacity/Leadership/Development</td>
<td></td>
</tr>
<tr>
<td>Coaching Development</td>
<td>$750.00</td>
</tr>
<tr>
<td>Community Coaching Course – Labrador</td>
<td>$1,450.00</td>
</tr>
<tr>
<td>Director’s Strategic Planning</td>
<td>$1,360.00</td>
</tr>
<tr>
<td>Total</td>
<td>$29,363.35</td>
</tr>
</tbody>
</table>

Deferred Revenue 91.22 not expended from NL Games Regional Qualifiers Grant)

Note. If you did not use the money for a project for which you received funding, please explain. If you used it for something else, please explain that as well. Our policies however, dictate that money used for any other purpose than defined by the Minister must first have approval in writing from the Recreation and Sport Division.
Section D - Application for Funding 2009 – 2010

Projects

Four of the six directions under the Recreation and Sport Strategy provide the basis for annual grant funding:

1. Increase Involvement and Participation in Recreation, Sport and Physical Activity
2. Improving Access for All
3. Reaching Our Potential Through Enhanced Excellence
4. Building Human Resource Capacity

On the following three pages, you will see a brief overview of each area, the types of projects the Recreation and Sport Division will consider under each directive, the funding allotted to each area and a copy of the application form you are to complete (YOU WILL NEED TO MAKE ADDITIONAL COPIES IF YOU APPLY FOR MULTIPLE PROJECTS).
Direction 1 & 2: Increasing Involvement in Sport/Improving Access for All (Sports must apply for at least one project in this area)

Using the template below (copy) to request financial assistance for a maximum of four initiatives (in order of priority) to help your PSO to either maintain the numbers in your sport, attract new members and/or support grassroots development. Do not include any items that could be considered as administrative expenses (website development, software etc.). Project grants for this area range from $500 - $5000 per project. If your project costs more than this, please find some aspect that government funding can be used for.

When evaluating your submission, projects will be evaluated based on organizational strength: project legacy, quality of the project, leadership support, feasibility, budget submission and proposed program evaluation.

Project Name: JR & SR HIGH SCHOOL PROGRAM & CAMPS

Describe this initiative to someone who has never heard of it:

The goal is for all jr & sr high school athletes to learn, how to row and create a more active lifestyle. 

Who will administer this project? Provincial Coach

Who will lead the project? (eg: teachers? coaches?) 8-12 COACHES & LTR INSTRUCTORS

Circle where applicable: Is this a new project? or renewed project? Is it a national program?

Community partners: [Jr High School & surrounding area (approx. 8 in total)]

Target group (age/gender if not answered above) from 12 - 18 years old (Age of 12 is minimum student age to rowing)

Date project will commence: May 09 - November 2019

Identify the venues/communities that this initiative will take place:

QUIDI VIDI LAKE & BOATHOUSE

How will you evaluate the project’s objectives to see if they have been accomplished once the program has been completed? (eg, survey, stats, report by Administrator... etc)

1. Program statistics reported at monthly coach/Staff Meetings.
2. Coaches will provide M1O TEAM & FINAL reports.
3. Final evaluation will include a survey & focus group.

BUDGET

Revenues (detail below, how you will get revenues, eg, 30 participants x $10 per person)

Expenses

<table>
<thead>
<tr>
<th>Administration (note specifics and costs to the right)</th>
<th>$2,500.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honorarium (note specifics and costs to the right)</td>
<td>$10,000.00</td>
</tr>
<tr>
<td>Equipment and supplies (as above)</td>
<td>$1,000.00</td>
</tr>
<tr>
<td>Other (itemize) - Coach Boot/ Safety Boot / Rental / Gas</td>
<td>$500.00</td>
</tr>
<tr>
<td></td>
<td>$16,000.00</td>
</tr>
</tbody>
</table>

Amount requested (expenses after revenue)

$12,500.00
The Provincial Coach will visit a number of TK and SR High School to promote the fundamentals of rowing. Ergometers & some video will be used. Sessions will last approximately 1 hour. After the session athletes will have the option to join the program in either the competitive or recreational stream.

Community Partners
- City of St. John's
- St. John's Rowing Club
- Royal St. John's Regatta Committee
Direction 1 & 2: Increasing Involvement in Sport/Improving Access for All (sports must apply for at least one project in this area)

Using the template below (copy) to request financial assistance for a maximum of four initiatives (in order of priority) to help your PSO to either maintain the numbers in your sport, attract new members and/or support grass roots development. Do not include any items that could be considered as administrative expenses (web site development, software etc.). Project grants for this area range from $500 - $5000 per project. If your project costs more than this, please find some aspect that government funding can be used for.

When evaluating your submission, projects will be evaluated based on organizational strength: project legacy, quality of the project, leadership support, feasibility, budget submission and proposed program evaluation.

Project Name: **Row for All/ Summer Program (June-Aug)**

Describe this initiative to someone who has never heard of it:

The goal is for all participants involved in the program to learn to row while promoting a more active lifestyle.

Who will administer this project? **Provincial Coach of Summer Program Coordinator**

Who will lead the project? (eg: teachers, coaches?) **Assistant Coaches & Instructors**

Circle where applicable: Is this a new project? **or renewed project? Is it a national program?**

Community partners: **City of St. John's/ St. John's Rowing Club/Royal St. John's Rowing Committee**

Target group (age/gender if not answered above) **Row for All/ Primarily Youth**

Date project will commence: **Summer 2009**

Identify the venues/communities that this initiative will take place:

**Quidi Vidi Lake & Boat House**

How will you evaluate the project's objectives to see if they have been accomplished once the program has been completed? (eg, survey, stats, report by Administrator...etc)

1. Program statistics reported at Bi-Weekly Staff Meetings
2. Staff Mid Term & Final Reports
3. Final Evaluation will include a Survey & Focus Group

**BUDGET**

Revenues (detail below, how you will get revenues, eg, 30 participants x $10 per person)

<table>
<thead>
<tr>
<th>Cost</th>
<th>Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>$60 x 40 = $2400</td>
<td></td>
</tr>
</tbody>
</table>

Possible Summer Grant:

<table>
<thead>
<tr>
<th>Total revenue</th>
</tr>
</thead>
<tbody>
<tr>
<td>$2000.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration (note specifics and costs to the right):</td>
</tr>
<tr>
<td>Equipment (note specifics and costs to the right):</td>
</tr>
<tr>
<td>Other (itemize):</td>
</tr>
<tr>
<td>- Additional Summer Recreation Supplies</td>
</tr>
</tbody>
</table>

Total revenue:

$11,500.00

Amount requested (expenses after revenue): **$8,100.00**
The Provincial coach and/or the summer Program Coordinator will organize an initial session in order to promote the fundamentals of rowing. Use of ergometers and a minimum portion of dock side rowing + video will be used during the session. This session will last approximately 1 hour after the session the participants can choose if the sport is a fit.
**Direction 3: Reaching our Potential Through Excellence**

Using the template below to request financial assistance for a maximum of four initiatives (in order of priority) to help your PSO with "excellence" objectives. Projects in this area include strategic planning, LTAD development, seminars, camps and elite programs (but not projects identified in a sport’s Canada Games grant application).

In some cases, PSOs have projects with budgets in excess of the Division’s ability to fund (greater than $5000). In these instances, it is requested that the PSO identify some aspect of that development project that could be supported by the Division and thus assist in the overall initiative. Grants range from $200 - $5000 per project.

**Project name:**

Who will be coordinating this project?

**Description of project/objectives**

Other spin-offs planned with this project:

Please identify who the target audience is:

Location of the event ________________ the date ________________ leaders ________________

Other?

Revenues expected (detail how you will get some revenues for this project)

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Total revenue</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td></td>
</tr>
<tr>
<td>b.</td>
<td></td>
</tr>
<tr>
<td>c.</td>
<td></td>
</tr>
<tr>
<td>d.</td>
<td></td>
</tr>
<tr>
<td>e.</td>
<td></td>
</tr>
<tr>
<td>f.</td>
<td></td>
</tr>
</tbody>
</table>

Total Expenses __________________

Amount requested (Expenses after revenue) __________________
Direction 4: Building Human Resource Capacity

This refers to increasing the number of recreation and sport professionals and volunteers in the recreation and sport system.

The Recreation and Sport Division provides annual funding to the NL Coaching Council to support requests for training opportunities for coaches who wish to access advanced coaching courses. Funding is also available through the Department’s annual grant program for individuals who wish to pursue official’s certification outside of the province and coaches who have been selected by their respective PSOs to obtain Learning Facilitator status under the new Coaching module. Other projects that may be considered under this Direction include: software purchases/training to increase the efficiency of membership and volunteer data bases, training for staff/board members, volunteer recruitment and retention initiatives, expenses connected with new club start-up (leadership focused), training for PE teachers, athletic directors, volunteers or a new project that helps build capacity within your organization, not mentioned here.

Please use the following template when applying for grants in this area:

Project name: Labrador Coaching Dev / Players Clinic / Club Dev

Who will be participating in this project? Coaches, athletes

Rationale for this initiative: Dev. club Lab, certif coaches, gov

Date this initiative to take place: Sept- Oct (post Can. games) (may get it in before

Location/other logistics/concerns that the Recreation and Sport Division should be aware of:

Costs are high to go to Lab, transportation, accommodations

Revenues expected (detail how you will get revenues to help support this initiative)

Total revenue

Expenses

g. AIR $900

h. Acc's $500

i. Ground T $100

j. Res. Material $300

k. Hen $500

Total Expenses $2300

Amount requested (Expenses after revenue) $2300

Direction 4: Building Human Resource Capacity

→ BRING A ROWING CANADA MASTER LEARNING FACILITATOR TO NL TO WORK WITH EXISTING & POTENTIAL COACHES.

→ Work on ATHLETE & COACHES DEVELOPMENT / COACHING CERTIFICATION

→ DATE & TIME DURING 2009 ON WINTER BREAK/DEPENDENT ON MF Schedule (this is being set up at this present time)

→ IT WILL TAKE PLACE IN ST. JOHN'S - POSSIBLE LABRADOR COACH TO ATTEND?

REVENUES:

EXPENSES:

Airfare $650

Accommodations $500

Transportation $150

Books/Materials $500

Honourarium $750

Total Expenses $2550

Amount Requested $2550
Conditions

- Departmental funding may be used only for the purposes/activities specified by the Minister of Tourism, Culture and Recreation. Once the Department has agreed to provide financial assistance, no substantial change in these activities shall be made without the consent of the Department and it shall be at the discretion of the Department to determine what constitutes substantial change in each case.

- The Department reserves the right to determine the extent and type of information required to support payment of the grant. Further, the Department may require that an audit be undertaken to verify the purpose for which Government funds have been utilized.

- The organization is wholly responsible for its own debts. The Department will not consider any application to pay debts.

- If any part of this funding is specified to pay salaries or honoraria, federal and provincial laws concerning salaries and source deductions must be applied (i.e. deductions for income tax, unemployment insurance, etc.).

- Whenever appropriate public acknowledgement of funding by the Department is expected, publications should clearly acknowledge the Department's assistance.

- The organization agrees to respect and apply the spirit and provisions of existing human rights legislation.

- Under the Access to Information and Protection of Privacy Act (ATIPP), members of the public may request and obtain access to information held in Provincial Government records. Should a request be received for information about this grant application, the Department will consult with you prior to disclosing any information. It should be noted, however, that only personal information and certain third-party confidential financial information may be withheld. When funding is approved, the amount of funding, the purpose for which the funds were granted and the name of the organization receiving the funding are considered public information.

Declaration

I declare that:

i) the information in this application is accurate and complete;

ii) the application is made on behalf of the organization named on page 1 with its full knowledge and consent;

iii) if financial assistance is provided, the organization will submit financial and activity reports as required by the Department;

iv) if financial assistance is provided, the organization will submit to an evaluation of the activity funded as required by the Department.

Sec. 40 (1). Signature of Paul Power

Signing Authority: Person completing application

President's Name: Doreen Hamlyn

Signature: [Signature]

Date: 15/04/09

Sec. 40 (1). Signature of Doreen Hamlyn
Appendix A  Professional Assistance

To qualify for a full-time professional assistance grant, your staff person must be employed for at least 9 months of the year @ a minimum of 30 hours per week. The PSO must fund at least $11,000 of the salary.

Name/Title of paid staff person for 2009-2010: [signature]

Please describe the employment record of your past staff person for 2008 - 2009 by answering the questions below:

Months working full time (35+ hours a week) ________ hours for ________ months

Months working part time (15 - 34 hours per week) ________ hours for ________ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

What is the proposed employment for your staffing request for 2009-2010 (for the PSO only):

Months working full time (35+ hours a week) ________ hours for ________ months

Months working part time (15 - 34 hours per week) ________ hours for ________ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

SEE ATTACHED SHEET

OTHER
Was the TD given a raise of at least $1000 in 2008-09?  No
Professional Assistance Grant Application

Position Title: PROVINCIAL COACH / TECHNICAL DIRECTOR

Requesting: (January to December / 2009)

Job Description: This person will fill the role of:
- **Technical Director** – developing rowing programs throughout the Province and making the sport more accessible and noticeable.
- **Mentor Coach** – overlook all coaches / programs and provide clinics to develop coaching throughout the Province and also for coaches to improve their talent.
- **Club Developer** – help interested individuals establish programs in new areas of the Province and to help improve programs in existing areas.

The Need for a Professional Employee:
Coaching numbers have improved but the Province still need more coaches to provide adequate athlete to coach ratios. Developing Level I coaches will still be top priority with the plan of advancing these coaches to Level II and eventually to Level III. The Provincial Coach has to continually keep coaches involved and expanding their knowledge. The short-range plan is to double the number of existing coaches with a long-range plan to have coaches for each crew.

Proposed Salary: 40 + hours per week for 14 weeks @ $881.00 bi-weekly
20 + hours per week for 38 weeks @ $596.00 bi-weekly

Intention to Generate Funds: The breakdown is as follows:
- **ROWING NEWFOUNDLAND** $7000
- **PROVINCIAL GOVERNMENT** $7000
- **ST. JOHN’S ROWING CLUB** $1500
- **CORPORATE** $1000
- **FUNDRAISING** $1000
- **$17,500**

Schedule for Travel:
- **JUNE:** Level I Clinic in Eastern Region
- **JULY:** Level I Clinic in Labrador Region & Atlantic’s in Nova Scotia
- **AUG:** Level I Clinic in Western Region / Level II – Eastern Region National’s in Ontario
- **SEPT:** Camps in Eastern, Western, and Labrador Regions

Amount Requested:
- **SALARY:** $7000
- **TRAVEL:** $3000
- **GRAND TOTAL:** $10,000
1. Mailing list included comments: ✓

2. Financial Statements included: Period covered by statement: Jan 08 - Jan 09
   - Annual Revenue: $40,845
   - Administration: $3697
   - Competition: $6100
   - Increased Participation: $25,891 (part of this is salary for 30 hours)
   - Building Capacity: $5383

3. Minutes of AGM included: ✓

4. Date of AGM: Mar 22, 09

5. Consultant present? yes ✓ no comment: No invite

Sport Category: D1 (based on criteria) Grant amount in 2008-09 $11,000 + $5,000

Grant recommended in 09-10 (based on category, credits and debits) $5,000

LTAD? Has paid coach (we fund) Acc's top of category (slashing 6,000 apply for T-sub to help some expenses)

Summary Projects to fund

<table>
<thead>
<tr>
<th>Area</th>
<th>Policy</th>
<th>Award $</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration</td>
<td>Assess after projects funded</td>
<td>1500</td>
<td>Admin</td>
</tr>
<tr>
<td>Increased Participation</td>
<td>Min of 40% funding after Admin</td>
<td>3,000</td>
<td>Jr &amp; Sr Highschool Prog</td>
</tr>
<tr>
<td>Excellence</td>
<td>Max 30% of funding after Admin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Building Capacity</td>
<td>Max 30% of funding after Admin</td>
<td>1500</td>
<td>Coaching Dev</td>
</tr>
<tr>
<td>Strategic Plan</td>
<td>Bonus funding up to $2000</td>
<td></td>
<td>Coaching Ass</td>
</tr>
</tbody>
</table>

Date: 5,000

Coach: John Doe
Section B: Application for Project Funding – 2009-2010

Direction 1 and 2:
Increase Involvement and Participation in Recreation, Sport and Physical Activity/Improving Access for All – 1st priority

Maximum available: $5250 per project; Evaluation: $30 a point

Project

Jr. High School Program

If project is over $3000.00; use this formula. If less than this project and detailed budget is included and warranted, fund to the amount requested.

- Project is targeted to five different regions (facilities) St. John's/50 points
  If Labrador one of the regions; bonus 15 points
  M'l 20 15 points
- Project is a service to increase/maintain/numbers 15 15 points
- Project caters to underrepresented groups
  (must reduce their costs; see budget
- Partnership formed 15 15 points
- Budget (1 point for every purchase of $200) ≤$50 50 points

Comments: 100 x 30 = 3000

Grant awarded:
Direction 3:
Reaching our Potential Through Excellence – 3rd priority

Maximum funding of $2000 per project after revenues (revenues expected from registration). $100 a point. (If budget is less than $2000 and warranted, fund all). Cannot be for Canada Games

a. Elite Programs:

☐ Budget: Admin Costs: 1 point per $50; max of 12 points
☐ Target audience (Professional Development for Coaches = 1; Development for Youth = 2)
☐ Target regions: Local (2), Regional (300 k radius = 4) Labrador (6), Provincial in scope (6)

Recommended Funding ____ points x $100 = ________ (to a max of what was asked for)

Amount ________

b. Strategic Planning $2000 max ________

Amount: ________

c. Developmental Programs (For projects and initiatives that do not qualify for any other government funding)
Maximum of $5000. Fund to a maximum of 50% of costs or whatever remains after all funding for above items given out.

Project: ________

Amount ________

d. Other (program support for a project required to achieve excellence). Maximum of $2000.

Amount ________

Note: salaries/expenses for Positions already funded by Professional Assistance are not eligible.
Direction 4: Building Capacity (2nd priority)

a. Professional Development. (projects aimed at increasing knowledge and skills of board members, staff, coaches, officials) Maximum funding of $1500 per project.

Project: Learning Fac/General Coach

Amount: $100

b. Program Enhancement/Unique Expenses of this sport; maximum of $3000 per project; 50% of actual costs;

Amount

Items to include: rental of facility, small equipment expenses/purchases/hiring of someone to improve program delivery

c. Coaches and Officials Development
To develop Learning Facilitators/Evaluators/Advanced Coaching/ $750 west of Ontario, $500 east of Ontario. $250 in Province.

Project

Amount

d. Other projects that may be considered under this Direction include:

Software purchases/training to increase the efficiency of membership and volunteer data bases (max of $1000)

Project

Amount

Volunteer recruitment and retention initiatives: ($500, $1,000, 1,500, 2,000)

Project

Amount

Expenses connected with new club start-up (leadership focused; max of $2000 based on budget)

Project

Amount

Training for PE teachers, athletic directors, volunteers on a new project (max of $1,000 based on budget)

Project

Amount

f. Other (max of $2000); based on budget/merit

Amount
Section A: General Information

Contact Information

A. Name of Sport Organization: ROWING NEWFOUNDLAND
   • Please attach a mailing list of your Executive and Directors that includes complete mailing addresses and in the case of the President and Treasurer, their phone numbers and e-mail addresses. Please date your mailing list as 2010-2011
   • Please attach your reports from the most recent AGM (unless already submitted).

B. Financial Statement
   • Your 2009 financial statement must be included with your application in order to be eligible for funding. This statement must be authorized by a CA or someone with a professional designation in accounting (A and B sports) or diploma in accounting or related field (C and D sports). If this is not possible (no one with that designation in your sport), please contact us for suggestions or alternatives.

POLICY NOTES
AOGs will not be assessed without a financial statement. The financial statement must accurately show all PROVINCIAL government grants provided to your organization (as separate line items) including travel subsidy grants as money in and money out (in the expenditures) and regional try-outs for NL Games if applicable. The financial statement must also show all expenditures for AOG items government provided funding for. If not expended, a letter of explanation must accompany the grant. Late applications will be assessed a penalty of $500 - $1000 and will not be assessed until September of the grant year.

C. AGM/Constitution
   • Please attach the reports from the most recent AGM as well as any updates to your Constitution. It is now a Division Policy that all constitutions have to be ratified by the membership, dated and signed every three years. Any updates MUST be on file with the Recreation and Sport Division. All PSOs must have a general meeting every year (of the full elected board) in order to be eligible for an annual operating grant and an election of officers every two years.
Section B: General Information

Registration Information

- Please attach a registration report from your Organization to provide us with the names of each club/organization under your auspices, who is the President of that club/organization and how many members each has.

St. John's Rowing Club
Labrador West Rowing Club
Humber Valley Rowing Club

Placentia, Harbour Grace, & Blaketown are targeted for Club Development in Strategic Plan.

How many Newfoundlanders and Labradorians do you provide services to, who might not be registered members? (eg, NLAA hosts the Tely 10 but runners may not be members of this Association). Detail your numbers below or attach a summary sheet to explain your numbers.

None

- How many athletes or teams would have competed at a National Competition in your sport in the last year?

21 athlete(s) or 1 team(s) (ALL athletes compete on 1 Provincial Team)

Please attach any other information you would like to share about your sport development.

Travel 2009: 30 athletes – Atlantic Qualifier in May; 32 athletes – Atlantic Championships in July; 21 athletes – Canada Summer Games in August; and 16 athletes – Inter-National Head Race in October.

Coaching Development

Please complete the following chart designed to provide us with information about coaching courses held over the last year; preferably in different regions of the Province. You might add any notes pertaining to anything substantial your sport has done to build capacity in the area of coaching.

<table>
<thead>
<tr>
<th>Course Offered (describe)</th>
<th>Location</th>
<th>Facilitator</th>
<th>Coaches Completing course</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Coaches Conference</td>
<td>London, ON</td>
<td>N.S.O. - many</td>
<td>3 coaches attended (HS, L.3, &amp; L.4 components)</td>
</tr>
<tr>
<td>New NCCP–Weekend #1</td>
<td>St. John’s, NL</td>
<td>Sec. 40 (1) from ON</td>
<td>6 Coaches</td>
</tr>
</tbody>
</table>

Notes
Also a female coach who missed Weekend #1 in NL traveled to NS to get it done. Provincial Coach will be getting trained to be a Learning Facilitator and a Weekend #2 will be offered in 2010. All coaches above are

Officials Development

Please complete the following chart designed to provide us with information about officials clinics held over the last year; preferably in different regions of the Province. You might add any notes pertaining to anything substantial your sport has done to build capacity in the area of officiating.

<table>
<thead>
<tr>
<th>Course Offered (describe)</th>
<th>Location</th>
<th>Facilitator</th>
<th>Officials Completing course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Official/Referee Clinic</td>
<td>St. John’s, NL</td>
<td>T.B.A.</td>
<td>6-8</td>
</tr>
</tbody>
</table>

Notes
Rescheduled for early in the 2010 season due to availability of facilitators.

Performance

If any individual/team received funding from the Department’s Travel Subsidy Program to attend Atlantic/Eastern Canadians and/or Nationals, results should be on file with the Division. If not, please attach.

Section C - 2009 - 2010 Follow Up

Grant Expenditures

Please note in your financial statement, where you spent the money given your PSO for 2009-10 as outlined in the letter your President would have received from the Minister of TCR. Use a highlighter and margin notes if necessary please. You are not expected to highlight money given for Administration. Note. If you did not use the money for a project for which you received funding, please explain. If you used it for something else, please explain that as well.
Section D - Application for Funding 2010 – 2011

Projects

Four of the six directions under the Recreation and Sport Strategy provide the basis for annual grant funding:

1. Increase Involvement and Participation in Recreation, Sport and Physical Activity
2. Improving Access for All
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On the following three pages, you will see a brief overview of each area, the types of projects the Recreation and Sport Division will consider under each directive, the funding allotted to each area and a copy of the application form you are to complete (YOU WILL NEED TO MAKE ADDITIONAL COPIES IF YOU APPLY FOR MULTIPLE PROJECTS).
**Direction 1 & 2: Increasing Involvement in Sport/Improving Access for All (sports must apply for at least one project in this area)**

Using the template below (copy) to request financial assistance for a maximum of four initiatives (in order of priority) to help your PSO to either maintain the numbers in your sport, attract new members and/or support grassroots development. Do not include any items that could be considered as administrative expenses (web site development, software etc). Project grants for this area range from $500 - $5000 per project. If your project costs more than this, please find some aspect that government funding can be used for.

When evaluating your submission, projects will be evaluated based on organizational strength: project legacy, quality of the project, leadership support, feasibility, budget submission and proposed program evaluation.

**Project Name:** Junior & Senior High School Training Camps and Regattas

Describe this initiative to someone who has never heard of it: Goal of project, ages of attendees, who run it, period of time project runs.

The Goal of the project is increase the number of junior athletes involved in the sport even if it is just at a recreation level promoting more active lifestyles. Various schools will develop training camps to meet the needs of their athletes and these camps will provide three to four sessions per week. There will be two or three coaches provided per coach depending on numbers. At the end of the summer season and in October there will be regattas run and categories for fun (co-ed) and competitive will be provided. This follows LTAD where rowing is a late entry sport. The age of these athletes will be from ages 13 to 19. This project will be overlooked by the Provincial Coach, run by numerous volunteer/summer program staff. The project will run for the majority of the on-water season which is from May to

Identify the venues/communities that this initiative will take place and note regions outside of the St. John's metro region as well if applicable.

The project will be run primarily at Quidi Vidi Lake and the boathouse. The project is being discussed with Labrador and they are deciding how it will work with their short on-water season. We are also looking at running one of the regattas in Blaketown to celebrate completion of the project with an outing and for promotion purposes.

How will you evaluate the project's objectives to see if they have been accomplished once the program has been completed? (eg, survey, stats, report by Administrator...etc) Include any evaluations if this was funded last year.

The project will be evaluated in the following ways: 1. Attendance reports at monthly coaching staff meetings. 2. Head project coaches will submit mid-term and final reports. 3. Final evaluation and report will include a questionnaire and a couple of focus groups. 4. If the project athletes decide to become members of Rowing Clubs in Newfoundland.

**BUDGET**

**Revenues** (detail below, how you will get revenues, eg, 30 participants x $10 per person)

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration: (Insurance, resource materials, telephone, etc.)</td>
<td>$3,000.00</td>
</tr>
<tr>
<td>Honorariums: (12-15 coaches and instructors)</td>
<td>$10,000.00</td>
</tr>
<tr>
<td>Equipment &amp; Supplies: (Maintenance and rental)</td>
<td>$3,000.00</td>
</tr>
<tr>
<td>Safety Equipment: (Licences, lifejackets, coach boat, gas, etc.)</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Additional Supplies: (Recreation material, awards, etc.)</td>
<td>$750.00</td>
</tr>
</tbody>
</table>

**Total expenses** $18,750.00

**Amount requested (expenses after revenue)** $8,750.00

*Note: These amounts are illustrative and may vary depending on actual costs.*
Direction 1 & 2: Increasing Involvement in Sport/Improving Access for All (sports must apply for at least one project in this area)

Using the template below (copy) to request financial assistance for a maximum of four initiatives (in order of priority) to help your PSO to either maintain the numbers in your sport, attract new members and/or support grassroots development. Do not include any items that could be considered as administrative expenses (web site development, software etc.). Project grants for this area range from $500 - $5000 per project. If your project costs more than this, please find some aspect that government funding can be used for.

When evaluating your submission, projects will be evaluated based on organizational strength: project legacy, quality of the project, leadership support, feasibility, budget submission and proposed program evaluation.

Project Name: ROW FOR ALL - SUMMER PROGRAM (June – August)

Describe this initiative to someone who has never heard of it: Goal of project, ages of attendees, who run it, period of time project runs.

The Goal of the project is increase the number of persons rowing in Newfoundland while promoting more active lifestyles. Clubs will develop LEARN-TO-ROW training sessions for all ages and these sessions will take place four to five times per week for 6 weeks. There will be one or two coaches provided per coach depending on the numbers registered. At the end of the summer a regatta will be run and categories for fun (co-ed) and competitive will be provided. This follows LTAD where rowing is a late entry sport. The age of these participants can be from ages 12 to Master ++ (Dependent on Doctor’s note). This program will be overlooked by the Provincial Coach and run by

Identify the venues/communities that this initiative will take place and note regions outside of the St. John’s metro region as well if applicable.

The project will be run primarily at Quidi Vidi Lake and the boathouse. The project is also being discussed with Labrador and they are deciding how it will work, with their short on-water season. We are also looking at running the regatta in conjunction with the High School Regatta in Blaketown to celebrate completion of the program with an outing and for promotion purposes.

How will you evaluate the project’s objectives to see if they have been accomplished once the program has been completed? (eg, survey, stats, report by Administrator…etc) Include any evaluations if this project was funded last year.

The program will be evaluated in the following ways: 1. Attendance reports at monthly coaching staff meetings. 2. Summer staff coordinator’s final report. 3. Final evaluation and report will include a questionnaire. 4. If the project athletes decide to become members of Rowing Clubs in Newfoundland.

BUDGET

Revenues (detail below, how you will get revenues, eg, 30 participants x $10 per person)

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Total revenue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration: (Insurance, resource materials, telephone, etc.)</td>
<td>$ 1,500.00</td>
</tr>
<tr>
<td>Honorariums: (4-5 coaches and coxwains)</td>
<td>$ 4,000.00</td>
</tr>
<tr>
<td>Equipment &amp; Supplies: (Maintenance and rental)</td>
<td>$ 2,000.00</td>
</tr>
<tr>
<td>Safety Equipment: (Licences, lifejackets, coach boat, gas etc.)</td>
<td>$ 1,000.00</td>
</tr>
<tr>
<td>Additional Supplies: (Recreation material, awards, etc.)</td>
<td>$ 500.00</td>
</tr>
</tbody>
</table>

Total expenses $ 9,000.00

Amount requested (expenses after revenue) $ 4,500.00
Direction 3: Reaching our Potential Through Excellence

Using the template below to request financial assistance for a maximum of four initiatives (in order of priority) to help your PSO with “excellence” objectives. Projects in this area include seminars, camps and elite programs (but not projects identified in a sport’s Canada Games grant application).

In some cases, PSOs have projects with budgets in excess of the Division’s ability to fund (greater than $5000). In these instances, it is requested that the PSO identify some aspect of that development project that could be funded by the Division and thus assist in the overall initiative. Grants range from $200 - $5000 per project.

Project Name: EASTERN CANADIAN REGIONAL TRAINING CAMP

Describe the project and the objectives:

This training Camp will act as a camp where Newfoundland’s identified top athlete’s can go to row and develop with other identified top athletes from other provinces in the region. The camp will involve on-water, ergometer, rowing tanker (if needed) and in class interactive sessions (evaluating video etc.) Newfoundland’s athletes will also spent time rowing in boats with these athletes. The athletes will be coached by different provincial coaches and can be identified by a N.S.O. representative that will be present at the camp. Also this camp will act as coaching education and development. Newfoundland’s provincial coaching staff will get the opportunity to work with other provinces top identified athletes/coaches. All coaches that participate at the camp will take part in a “Best Practices Session” at the camps completion. These athletes will then participate in the Eastern Rowing Association (ERA) Regatta to demonstrate their new skills.

Please identify the target beneficiaries of the project. 4-6 athletes & 2 coaches

What is the location (if applicable) of this initiative? Montreal’s Olympic Rowing Basin

What date will the project commence? CAMP: July 14 to 16, 2010 / REGATTA: July 17 & 18, 2010

Who will be leading this initiative? Eastern Region Provincial Coaches Committee – Facilitated by Quebec

Other comments?

All athletes that will participate in this camp are planning to attend the regatta anyway, so the cost will be more reasonable due to this. Other athletes from Newfoundland that are still developing and not identified will participate at this regatta too.

Revenues expected (detail how you will get revenues to help support this initiative)

There will be a registration fee for the camp of $100.00 but it may change slightly dependent on the rental charge for the Olympic Basin but none of this will offset the athlete’s cost.

Total revenue $ 0.00

Expenses:
Camp Registration: (6 athletes) $ 600.00
Airfare: (6 athletes at $550 each) $ 4,400.00
Hotel: (2 rooms for 2 nights = coach) $ 900.00
Meals: (3 days for 6 athletes - 2 coaches) $ 750.00

Total expenses $ 6650.00

Amount requested (expenses after revenues) $ 6650.00
Section 4: Building Human Resource Capacity

This refers to increasing the number of recreation and sport professionals and volunteers in the recreation and sport system.

The Recreation and Sport Division provides annual funding to the NL Coaching Council to support requests for training opportunities for coaches who wish to access advanced coaching courses. Funding is also available through the Department’s annual grant program for individuals who wish to pursue official certification outside of the province and coaches who have been selected by their respective PSOs to obtain Learning Facilitator status under the new Coaching module. Other projects that may be considered under this direction include: software purchases/training to increase the efficiency of membership and volunteer data bases, training for staff/board members, volunteer recruitment and retention initiatives, expenses connected with new club start-up (leadership focused), training for PE teachers, athletic directors, volunteers or a new project that helps build capacity within your organization, not mentioned here.

Please use the following template when applying for grants in this area:

Project Name: Labrador West Rowing Club Visit: Club Development / Technique Development / Coaching Development

Who will be participating in this project?

Club executive members, athletes, and coaches will all benefit from the mentoring visit.

Rationale for this initiative?

The main goal of the visit is for Rowing Newfoundland to help in further developing the Labrador West Rowing Club and to bridge the gap between the Island and Labrador rowing. Program development planning and best practices will be shared with executive members and the coaching group. A Learn-to-Row Instructor Clinic will be taught to the active coaches and on-water coaching will take place with as many athletes as possible.

What date will the initiative take place?

Late June or early July

Location/other logistics/concerns that the Recreation and Sport Division should be aware of?

Airfare and accommodations in Labrador are expensive!

Revenues expected (detail how you will get revenues to help support this initiative)

There will be a registration fee for all participants who take the Learn-To-Row Instructors Clinic. ($60 x 12 persons = $720)

| Total revenue | $720.00 |

Expenses:

| Airfare: | $900.00 |
| Accommodations: | $500.00 |
| Ground Transportation: | $200.00 |
| Resource Material: | $300.00 |
| Honorarium | $300.00 |

| Total expenses | $2,200.00 |

Amount requested (expenses after revenues)

$1,480.00
Section 4: Building Human Resource Capacity

This refers to increasing the number of recreation and sport professionals and volunteers in the recreation and sport system.

The Recreation and Sport Division provides annual funding to the NL Coaching Council to support requests for training opportunities for coaches who wish to access advanced coaching courses. Funding is also available through the Department’s annual grant program for individuals who wish to pursue official’s certification outside of the province and coaches who have been selected by their respective PSOs to obtain Learning Facilitator status under the new Coaching module. Other projects that may be considered under this Direction include: software purchases/training to increase the efficiency of membership and volunteer data bases, training for staff/board members, volunteer recruitment and retention initiatives, expenses connected with new club start-up (leadership focused), training for PE teachers, athletic directors, volunteers or a new project that helps build capacity within your organization, not mentioned here.

Please use the following template when applying for grants in this area:

**Project Name:** Bring a Master Learning Facilitator to Newfoundland to continue Education Process with the new NCCP

**Who will be participating in this project?**

Existing and potential coaches will benefit from this project.

**Rationale for this initiative**

The main goal of this project is for Rowing Newfoundland to keep its commitment to continually work on improving athlete and coaching development. This project will also provide the opportunity for the Provincial Coach to train to become a course Learning Facilitator. Increasing the number of Certified active coaches in Newfoundland is also a major component in our Strategic Plan.

**What date will the initiative take place?** September or October 2010

**Location/other logistics/concerns that the Recreation and Sport Division should be aware of?**

Airfare and accommodations are expensive in order to bring a Mentor Coach to Newfoundland!

**Revenues expected (detail how you will get revenues to help support this initiative)**

There will be a registration fee for all participants who take the Weekend 2 clinic. ($75 X 10 persons = $750)

<table>
<thead>
<tr>
<th>Total revenue</th>
<th>$ 750.00</th>
</tr>
</thead>
</table>

**Expenses:**

- Airfare: $650.00
- Accommodations: $500.00
- Ground Transportation: $150.00
- Resource Material: $500.00
- Honorarium: $500.00

<table>
<thead>
<tr>
<th>Total expenses</th>
<th>$ 2,300.00</th>
</tr>
</thead>
</table>

**Amount requested (expenses after revenues)**

$1,550.00

[Signature]

Page 6
Conditions

- Departmental funding may be used only for the purposes/activities specified by the Minister of Tourism, Culture and Recreation. Once the Department has agreed to provide financial assistance, no substantial change in these activities shall be made without the consent of the Department and it shall be at the discretion of the Department to determine what constitutes substantial change in each case.

- The Department reserves the right to determine the extent and type of information required to support payment of the grant. Further, the Department may require that an audit be undertaken to verify the purpose for which Government funds have been utilized.

- The organization is wholly responsible for its own debts. The Department will not consider any application to pay debts.

- If any part of this funding is specified to pay salaries or honoraria, federal and provincial laws concerning salaries and source deductions must be applied (i.e. deductions for income tax, unemployment insurance, etc.).

- Whenever appropriate public acknowledgement of funding by the Department is expected, publications should clearly acknowledge the Department’s assistance.

- The organization agrees to respect and apply the spirit and provisions of existing human rights legislation.

- Under the Access to Information and Protection of Privacy Act (ATIPP), members of the public may request and obtain access to information held in Provincial Government records. Should a request be received for information about this grant application, the Department will consult with you prior to disclosing any information. It should be noted, however, that only personal information and certain third-party confidential financial information may be withheld. When funding is approved, the amount of funding, the purpose for which the funds were granted and the name of the organization receiving the funding are considered public information.

Declaration

I declare that:

i) the information in this application is accurate and complete;

ii) the application is made on behalf of the organization named on page 1 with its full knowledge and consent;

iii) if financial assistance is provided, the organization will submit financial and activity reports as required by the Department;

iv) if financial assistance is provided, the organization will submit to an evaluation of the activity funded as required by the Department.

Person completing application: ____________________________

President’s Name: DOREEN HAMLYN

Signature: ____________________________

Date: 14/05/2010

Day Month Year

Sec. 40 (1). Signature of Paul Power

Sec. 40 (1). Signature of Doreen Hamlyn
Appendix A  Professional Assistance

To qualify for a full-time professional assistance grant, your staff person must be employed for at least 9 months of the year @ a minimum of 30 hours per week. The PSO must fund at least $11,000 of the salary.

Name/Title of paid staff person for 2010-2011: Technical Director / Provincial Coach

Please describe the employment record of your past staff person for 2008 - 2009 by answering the questions below:

Months working full time (35+ hours a week): ___________ hours for ___________ months

Months working part time (15 - 34 hours per week) ___________ hours for ___________ months

If neither of these descriptions applies to you, please detail the annual work schedule below:

_________________ See separate sheet for outlined details ___________________

What is the proposed employment for your staffing request for 2010-2011 (for the PSO only)

Months working full time (35+ hours a week): ___________ hours for ___________ months

Months working part time (15 - 34 hours per week) ___________ hours for ___________ months

If neither of these descriptions applies to you, please detail the annual work schedule below:

_________________ See separate sheet for outlined details ___________________

OTHER

Was the TD given a raise of at least $3000 in 2009-10? NO

Did the TD maintain the same salary (at least) in 2010 - 2011? YES

If no please explain.
Professional Assistance Grant Application

Position Title: TECHNICAL DIRECTOR / PROVINCIAL COACH

Requesting: (January to December / 2010)

Job Description: This person will fill the role of:
• Technical Director – developing rowing programs throughout the Province and making the sport more accessible and noticeable.
• Mentor Coach – overlook all coaches / programs and provide clinics to develop coaching throughout the Province and also for coaches to improve their talent.
• Club Developer – help interested individuals establish programs in new areas of the Province and to help improve programs in existing areas.

The Need for a Professional Employee:
Coaching numbers have improved but the Province still need more coaches to provide adequate athlete to coach ratios. Developing Level I coaches will still be top priority with the plan of advancing these coaches to Level II and eventually to Level III. The Provincial Coach has to continually keep coaches involved and expanding their knowledge. The short-range plan is to double the number of existing coaches with a long-range plan to have coaches for each crew.

Proposed Salary: 40 + hours per week for 14 weeks @ $881.00 bi-weekly
20 + hours per week for 38 weeks @ $596.00 bi-weekly

Intention to Generate Funds: The breakdown is as follows:
ROWING NEWFOUNDLAND $7000
PROVINCIAL GOVERNMENT $7000
ST. JOHN’S ROWING CLUB $1500
CORPORATE $1000
FUNDRAISING $1000
$17,500

Schedule for Travel:
• JUNE: Level I Clinic in Eastern Region
• JULY: Level I Clinic in Labrador Region & Atlantic’s in Nova Scotia
• AUG: Level I Clinic in Western Region / Level II – Eastern Region National’s in Ontario
• SEPT: Camps in Eastern, Western, and Labrador Regions

Amount Requested:

| SALARY: | $7000 |
| TRAVEL: | $3000 |

GRAND TOTAL: $10,000
<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Rowing C2 5000 - 6,000</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 5,000 + 5,000 (2500 - 3,000 d2)</td>
<td>Area</td>
<td>percent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Admin</td>
<td></td>
<td>1,000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Summer Program</td>
<td></td>
<td>2,750</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
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<td>11</td>
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<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 Total</td>
<td></td>
<td>3750</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 Other</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>16 Grass Roots Coordinator</td>
<td></td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 Professional Assistance</td>
<td>5,000</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>20 Total</td>
<td>5000</td>
<td>8750</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ANNUAL OPERATING GRANTS TO PROVINCIAL SPORT ORGANIZATIONS
Recreation and Sport Division

ASSESSMENT AND RECOMMENDATIONS GUIDELINES 2010-11

*To be completed by Recreation and Sport Division Consultants in accordance with Program Information and Guidelines. Assessment and Recommendation to be reviewed and approved by the Director of Recreation and Sport.

<table>
<thead>
<tr>
<th>PSO INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name: NL Rowing Association</td>
</tr>
<tr>
<td>Contact/E-Mail/Phone No.</td>
</tr>
<tr>
<td>Paul Power 834-1581</td>
</tr>
<tr>
<td><a href="mailto:Rowing.newfoundland@nf.sympatico.ca">Rowing.newfoundland@nf.sympatico.ca</a></td>
</tr>
</tbody>
</table>

ALIGNMENT WITH PRIORITY FUNDING AREAS

- Enabling communities, schools, sport clubs and sport associations in the province to be better served in physical activity, recreation and sport programs and activities (as per the Canadian Sport for Life (CS4L) model;
- Increasing participation, opportunities and new initiatives in physical activity, recreation, and sport;
- Ensuring access regardless of age, gender, background, ethnicity, socioeconomic circumstances, physical or mental abilities or place of residence;
- Building the sport community capacity;
- Building human resource capacity;
- Promoting inclusion of traditionally under-represented populations, especially women and girls, seniors, Aboriginal people, low income persons and those with disabilities;
- Providing opportunities for youth to reach their potential through sport opportunities that address "train to train and train to compete" stages of the SC4L principleS
### Preliminary Evaluation for (Name of PSO) ROWING

#### 2009-2010 Grant Report/Accountability

<table>
<thead>
<tr>
<th>Project</th>
<th>Amount of Grant</th>
<th>Expenditures (financial Statement/AOG reports)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration</td>
<td>500</td>
<td>Around $4,000</td>
</tr>
<tr>
<td>School Program</td>
<td>3,000</td>
<td>No (no Explanation) was it the Summer program?</td>
</tr>
<tr>
<td>Coaching Development</td>
<td>1,500</td>
<td>Yes</td>
</tr>
<tr>
<td>Part Time Assistance</td>
<td>5000</td>
<td>Yes</td>
</tr>
</tbody>
</table>

#### Documents submitted

<table>
<thead>
<tr>
<th>Category</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGM Reports</td>
<td>Yes</td>
</tr>
<tr>
<td>List of Executives</td>
<td>Yes</td>
</tr>
<tr>
<td>Club Lists and Numbers</td>
<td>Yes, minimal numbers in the one club</td>
</tr>
<tr>
<td>Constitution updated</td>
<td>?</td>
</tr>
<tr>
<td>Financial</td>
<td>Not signed off, questions about report (gov grant, travel subsidy not reported) Income 40,849</td>
</tr>
<tr>
<td>Sport Status</td>
<td>D2 (2500 – 3000, had $5000 in 09)</td>
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</tbody>
</table>

#### EVALUATION

**A. Increased Involvement and Participation in Recreation, Sport and Physical Activity/Improving Access for All**

*Maximum available: $5250; $30 a point*

<table>
<thead>
<tr>
<th>A1</th>
<th>Project Name</th>
<th>Points Available</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Junior and Sr High School Training Camps</td>
<td>175</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Target Regions</strong></td>
<td><strong>30 (5 per region)</strong></td>
<td><strong>5</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Under-Represented Groups (Women/Girls, Seniors, Persons with Disabilities, Aboriginal, Low Income,)</strong></td>
<td><strong>20 (5 per group, max of 20)</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Partnerships/Collaborative Efforts (schools, community recreation group, service groups, other PSOs)</strong></td>
<td><strong>15 (5 per partner)</strong></td>
<td><strong>0</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Increased participation</strong></td>
<td><strong>60 (60 for new project aimed at people not already in the)</strong></td>
<td><strong>15</strong></td>
</tr>
<tr>
<td>Budget</td>
<td>50 (1 pt for every purchase $100)</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
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</tr>
<tr>
<td>Total Points = 55 x $50 a point = 2750</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**D. Operating Expenses - Administration**

<table>
<thead>
<tr>
<th>C4</th>
<th>Expenses on Financial Statement – previous fiscal year:</th>
<th>Funding available $500</th>
<th>Maximum available: $1000 -</th>
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</thead>
<tbody>
<tr>
<td>Total Award = $1000</td>
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<td></td>
</tr>
</tbody>
</table>

---

**Assessed/Recommended by: (Consultant/Project Officer)**

Sec. 40 (1) - Signature of P. Thorne

---

**Assessed/Recommended by: (Consultant/Project Officer)**

---

**Approved (Sport Division)**

Sec. 40 (1) - Signature of J. Tee

---

**Total Funds approved:**

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**Date:**

Y/2010 M/06 D/28

---

**Date:**

Y/10 M/06 D/29

---

**Date:**

Y/ M/ D/

---

**Date Applicant Notified:**

Y/ M/ D/
AGENDA

Rowing Newfoundland
Annual General Meeting
March 2, 2009

1. Call the meeting to order
2. Welcome & Introductions
3. Call the Roll
4. Reading and Adoption of the Last AGM Minutes
5. Presentation of Reports
   - President’s report
   - Financial Report
   - Executive / Technical Director Report
   - Provincial Coaching report
6. Unfinished Business
7. Election of Officers
8. New Business
9. Set date for next AGM
10. Adjournment

** Set date for the first meeting of the Board.
Rowing Newfoundland
Presidents Report for 2008
Annual General Meeting – March 2, 2009

Opening Remarks:

Thank you again in my third year as President for all you have done to help me along the way. I can’t stress enough how important it is to have a good executive, for which I thank each of you individually. A sincere thank you to Adrian Miller for being there as usual as Past President. I would also like to thank [Name], President of St. John’s Rowing Club and his executive and look forward again to working with them in the coming year.

Provincial Statistics:

Number of clubs: 1
St. John’s Rowing Club (SJRC)

The province is still working towards revitalizing at least one of the two clubs that existed in Labrador in the past.

Athlete Status:

St. John’s Rowing Club:
A large majority of St. John’s Rowing Club membership usually comes from High School and Competitive programs. I am pleased to hear that the club is working on increasing their number in the Recreation, Youth and Masters programs. A more exact number will be presented in the St. John’s Rowing Club Report.

Regattas Held this year:
High School Championships in June.
St. John’s Rowing Club Invitational in October.

Out of Province Participation this year:
This year our Province participated at the Dartmouth Sprints for the Atlantic Championships and the Inter Provincial Rowing Championships in Quebec.
Both Regattas were well represented and placed well. Thanks to [redacted] for a big undertaking with regard to these Regattas.

**Regattas and Special Events for the next year:**
Next year we plan to host all the same Regattas as the past year. We will be sending our Provincial Team to NS for two Regattas in May and July in preparation for the Canada Games. The Coaches have decided to pass on the Regatta in PEI and feel the athletes will benefit from the Sprints etc. A Highlight of our summer will be participating at the Canada Summer Games in PEI. In the fall we would like to get the Memorial University Team back traveling either to the Atlantic or National University Championships.

**Coaching:**
For coaching development our Provincial Coaches attended the National Coaches Conference in Quebec. This year we have been fortunate to be able to bring the Executive/Technical Director position on board to work closely with the club executives, coaches and athletes to ensure our goals are met.

**Officials:**
Rowing Newfoundland’s goal is always to increase numbers of active Officials. This year we hope to achieve what we are always hoping to and that is to certify at least 2 Officials.

**Finances:**
Our financial situation is always a concern. This years details are displayed in our Treasurers Report. Provincial Government Funding varies from year to year, this year being a Canada Games year we usually receive a little more funding but is always earmarked.

In closing, I would like to thank the Department of Tourism and Recreation and the executive of St. John’s Rowing Club for their assistance during the past year.

Respectfully Submitted

Doreen Hamlyn
President.
EXECUTIVE / TECHNICAL REPORT

Rowing Newfoundland Annual General Meeting March 2, 2009

In the year 2008, the Provincial Program continued to build with the primary focus of preparing athletes for the 2009 Canada Summer Games in Prince Edward Island. After a successful winter training season, these athletes traveled and competed at two mainland regattas with the first being Atlantic Championships (NS) in July and the second being the Inter-Provincial Championships (QC) in August. The Canada Games potentials did not travel in the fall so the coaches could spend time completing a final recruitment drive before running a Development Camp at the end of the on-water season. Most of the athletes involved in the program showed continual improvement throughout the year that is setting the Province up for a strong 2009. Hard work is a major factor attributing to this past successful season.

The Province also had a small Masters group attend the Atlantic Championships (NS) and this small group worked as Role Models for our younger Canada Games potentials. Hard work also needs to be recognized with the start up of this successful Masters Program.

The St. John’s Rowing Club also hosted two successful local Regattas during the 2008 on water season that worked well in helping develop our Provincial athletes peak for the mainland regattas. The final regatta served well as talent identification for new potential athletes.

The Province has started the rebuilding process of our officials/ refereess. Andrew Fitzgerald has taken on the role of Chief Official for our province. There are also plans for our province to bring in a master official from RCA to complete a clinic early in the 2009 on-water season.

Our Province was hit hard again this year with the loss of coaches. In the fall and winter season the Provincial Coaching Committee started a rebuilding plan for Newfoundland Coaches. This plan was proved successful by our province having four (4) coaches attend the National Coaches Conference. The future does seem brighter with the potential a having three (3) more coaches returning home from schooling over the next 2 years. We could have as many as five (5) active Level 3 coaches by the summer of 2010. Also we are working on having five (5) level 1 and 2 coaches starting their path in coaching education by 2010 too.

This year also saw the Provincial Coaches Position switch to a Executive / Technical Director position which kept our Provinces most experienced and qualified coach active in our sport. This also gave the opportunity for new coaches to step up into bigger roles in the Provincial coaching staff.

Important happenings for notice for 2009 are as follows:

- In January both four (4) Provincial coaches attended the National Coaching Conference in Quebec.
- We are scheduling for a mentor coach to visit the province in order to work with our level 1 and 2 active coaches.
- Our province plans to send a coach to the Women In Coaching Project offered by RCA.
- The Provincial Coaching staff will conduct a couple of Talent Identification Camps to recruit additional athletes and evaluate existing athletes for our 2009 Canada Games Team.
- The Provincial athletes will attend 3/4 mainland regattas during the 2008 season. They will be:
  1. Ice Breaker Regatta in Dartmouth, Nova Scotia on May 16, 2009
  2. Atlantic Championships in Dartmouth, Nova Scotia on July 18 & 19, 2009
  3. Canada Games in Charlottetown, Prince Edward Island on August 16 to 23, 2009
  4. National University Championships in Montreal, Quebec on November 7 & 8, 2009

Sincerely Submitted:

Paul Power
Executive / Technical Director
Provincial Coach Report
Rowing Newfoundland Annual General Meeting March 22, 09

The provincial team attended the following regattas in 2008:

Atlantic Championships - Dartmouth, Nova Scotia - July 2008

Quebec Inter-Provincial Championships - Montreal, Quebec August, 2008

The team enjoyed a second place finish at the Atlantic Championships and a third place finish at the Quebec Inter-Provincial Championships. These positive results would not have occurred without the help of Nicole Hamlyn and who each helped coach the team at various points throughout the season.

The St. John’s Rowing Club was able to purchase and new trailer, truck and high performance 4-/x in 2008. All of these purchases benefited the provincial team tremendously and the SJRC board deserve credit for adding to Rowing Newfoundland’s ability to provide a quality provincial program.

The push for Canada Games began in September 2008 with the following schedule:

FALL PROGRAM:
September 1 - September 13 (Orientation Rowing Mechanics Introduction to Erg)
September 14 - October 15 (Identification Camp Preparation)
October 16 - October 19 (2009 Canada Games Identification Camp)
October 20 - October 25 (Regatta Prep 2009 Canada Games Selection Regatta)

After a short transition period the Canada Games potential athletes began dry-land training on November 17th. In early November, the coaching staff began to work closely with and his staff at the Provincial Training Center to create an effective strength training program that would compliment the rowing specific portion of the training and his staff have been a vital part of the Canada Games training in 2008/2009.

Along with the services of and his staff at the Provincial Training Center, Sport NL has also provided a podium series to all provincial coaches wishing to improve on their coaching abilities. We have taken advantage of all of the sessions so far and plan to continue attending in the future. The Canada Games coaching staff has also been attending mental training sessions with monthly since December 2008.

Paul Power, and I attended the RCA Coaches conference in Montreal, Quebec on the weekend of January 24/25. This was an unbelievable learning experience. Many of the concepts learned were immediately implemented on returning to St. John’s.
joined the Canada Games coaching staff beginning in February 2009. She brings experience in coaching and high performance rowing to our staff. Her work ethic and organizational skills have also been a very welcome aspect to the coaching team. Athletes were introduced to her in mid February and as expected have responded well to her instruction and enthusiasm.

As of this date, Rowing Newfoundland has 13 males and 14 females vying for a position on the 2009 Canada Games team. Each athlete has recently been given a detailed summary of selection criteria and what will be expected of them for the 2009 season. There are ongoing fundraising efforts to help offset some of the costs for trips this summer.

Planned 2009 regattas:

* Icebreaker Regatta  Dartmouth, Nova Scotia  May 16, 2009
* Atlantic Championships  Dartmouth, Nova Scotia  July 18-19, 2009
* Canada Summer Games  Charlottetown, PEI  August 16-23, 2009-03-22

Concerns and Observations:

- Effective development of rowing at a younger age.
- Quality coaching at all levels of rowing in the province
- Coordination and planning of future rowing trips out of the province
- Long term planning for the development of more clubs in the province must begin.
- Focus on Canada Games as the pinnacle of slide seat rowing the province must shift. Regattas such as Royal Canadian Henley, National Rowing Championships and Head of the Charles must become part of our plans for the future.
- Our athletes are capable of competing at and succeeding at a national level. St. John’s has a unique rowing culture built into the community. RNL must begin to use this to our advantage in the future development of the sport.
- Raising standards and expectations of our athletes over the coming years must become a priority.
REVENUE

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provincial Government Grant</td>
<td>$16,000.00</td>
</tr>
<tr>
<td>Canada Games Grant</td>
<td>$11,600.00</td>
</tr>
<tr>
<td>St. John’s Rowing Club - Insurance</td>
<td>$2000.00</td>
</tr>
<tr>
<td>Federal Grant - Summer Program</td>
<td>$5625.00</td>
</tr>
<tr>
<td>Swasp Grant - Summer Program</td>
<td>$4200.00</td>
</tr>
<tr>
<td>Rowing Canada</td>
<td>$1424.21</td>
</tr>
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</table>

EXPENSES

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching Program</td>
<td>$14,207.50</td>
</tr>
<tr>
<td>Summer Program</td>
<td>$9684.40</td>
</tr>
<tr>
<td>Receiver General of Canada</td>
<td>$0.00*</td>
</tr>
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<td>Workplace, Health, Safety &amp; Compensation Commission</td>
<td>$297.71</td>
</tr>
<tr>
<td>Insurance</td>
<td>$3065.00 Ad</td>
</tr>
<tr>
<td>Contribution Towards New Trailer</td>
<td>$4200.00</td>
</tr>
<tr>
<td>Sport NL Registration</td>
<td>$100.00 Adm</td>
</tr>
<tr>
<td>AGM Sport NL</td>
<td>$45.00 Adm</td>
</tr>
<tr>
<td>Awards/Trophies</td>
<td>$0.00**</td>
</tr>
<tr>
<td>RCA AGM</td>
<td>$145.52 Adm</td>
</tr>
<tr>
<td>RCA Coaches Conference - Women in Coaching</td>
<td>$1322.34</td>
</tr>
<tr>
<td>RCA Registration</td>
<td>$600.00 Adm</td>
</tr>
<tr>
<td>Dartmouth Regatta Registration</td>
<td>$1410.00</td>
</tr>
<tr>
<td>Dartmouth Airfare for coach</td>
<td>$598.16</td>
</tr>
<tr>
<td>Montreal Coaches Conference</td>
<td>$2861.82</td>
</tr>
<tr>
<td>Other (Umpire for Nationals Regatta)</td>
<td>$613.16</td>
</tr>
</tbody>
</table>

Balance as of January 22, 2009: $31410.19

*Monies will be remitted shortly for the previous year.
**As awards banquet has not occurred this expense will appear on next year’s statement.
Provincial Sport Organization
Annual Grant Application – Part A: Questionnaire
2011-2012

PSO: NL ROWING                              Date: Oct 4/11
Individual Completing this questionnaire: Paul Power (with Patti)
E-mail: yes@nl.rogers.com                  Phone no. [REDACTED] Sec 40 (1)

All PSOs are required to have this info filed before any funding is forthcoming.

Please do your best to answer the following questions as your responses will help the Recreation and Sport Division to assess your sport’s development in advance of. If you are not able to answer a question, please contact Patti (pithorne@gov.nl.ca) or 729-5270 for guidance.

Questions

1. Please complete the membership report chart (at the end of the questionnaire).
   a. Does your PSO have a Registrar’s report in the 2010 AGM minutes? Yes ____________
   b. Does your PSO have a data base of members? [ ] if yes, please attach with your return. If no, you will be expected to have that in order to qualify for any government funding.
   c. Does your PSO reflect membership fees in their Financial Statement? Yes [ ] No (if no, why not) ____________

2. If your PSO received funding for Part Time Assistance or a 2nd staff position, please attach a report of his/her activities from 2010 [ ] attached [ ] NA [ ] AGM REPORT

3. Identify the names of up to two “Coaching” Learning Facilitators and the Coaching Streams that they facilitate
   a. [NAME] Power 4 [NAME] Hamlyn Still on old prg
   b. [NAME] Sec 40 (1) R CAN

4. How many NCCP courses has your PSO facilitated in the last two years (March 2009 – March 2011)
   Competition ______ nil ______ 1-3 ______ more than 3 ______
   Community Sport ______ nil ______ 1-3 ______ more than 3 ______
   Instruction ______ nil ______ 1-3 ______ more than 3 ______

   If nil, please explain why ____________

5. Name the teams (or up to three individual athletes) and the National Competition they attended in 2010
   a. July to Montreal Jr Can Games pool SES
   b. (Total = 87)
   c. ______ we did not send any teams or individuals to Nationals
6. Has your sport hosted any Atlantic, Eastern Canadians, Nationals or International competition since March 2009? X no □ yes. If yes, please identify in the table below

<table>
<thead>
<tr>
<th>Competition Name</th>
<th>Ages/Gender</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

7. Has your sport hosted any High Performance camps since March 2009? X no □ yes. If yes, please identify in the table below

<table>
<thead>
<tr>
<th>Event</th>
<th>Target Group</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

8. Has any team/individual finished in the 30th percentile at Nationals in the last three years (since March 2008)? □ no X yes. List max of three

<table>
<thead>
<tr>
<th>Competition Name/Event</th>
<th>Placed</th>
<th>Team/Individual</th>
<th>Placing/number of team/athlete competed against</th>
<th>Date/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CANADA GAMES:</td>
<td>W2x, 8+ (Bronze)</td>
<td>M2x, 8+ (Silver)</td>
<td>BC</td>
<td>2009</td>
</tr>
<tr>
<td>NATIONAL/INTER-PROVINCIAL CHAMP.</td>
<td>W2x, 8+ (Bronze)</td>
<td>M2x, 8+ (Gold)</td>
<td>BC</td>
<td>2010</td>
</tr>
<tr>
<td>NATIONAL/INTER-PROVINCIAL CHAMP.</td>
<td>W2x, 8+ (Bronze)</td>
<td>M2x, 8+ (Gold)</td>
<td>BC</td>
<td>2010</td>
</tr>
</tbody>
</table>

9. Has any team/individual finished in 1st or 2nd at an Eastern Canadian or Atlantic competition in the last three years (since March 2008)? □ no X yes. List max of three.

<table>
<thead>
<tr>
<th>Competition Name/Event</th>
<th>Team/Individual</th>
<th>Placing/no. in direct competition</th>
<th>Date/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATLANTIC QUALIFIER (W)</td>
<td>Men's 2, 4, 6, 8</td>
<td>Silver, Gold, Silver, Gold</td>
<td>NS</td>
</tr>
<tr>
<td>ATLANTIC QUALIFIER (M)</td>
<td>Men's 2, 4, 6, 8</td>
<td>Silver, Gold, Silver, Gold</td>
<td>NS</td>
</tr>
<tr>
<td>ATLANTIC QUALIFIER (W)</td>
<td>Women's 2, 4, 6, 8</td>
<td>Silver, Gold, Silver, Gold</td>
<td>NS</td>
</tr>
<tr>
<td>ATLANTIC QUALIFIER (M)</td>
<td>Men's 2, 4, 6, 8</td>
<td>Silver, Gold, Silver, Gold</td>
<td>NS</td>
</tr>
</tbody>
</table>

10. Do you have a Hall of Fame? X no □ yes. If yes, please attach info (a web page overview will do if you have it)

11. Volunteer recognition initiative each year? □ no X yes if yes, explain:

12. Do your PSO have provisions for any developmental training for your volunteers? X no □ yes. If yes, explain:

13. Describe any certification/developmental opportunities provided to your Officials in 2010.

    SCHEDULED FOR SPRING 2012

14. Please forward any policies you have in place for the following areas:

    Healthy Eating
    Smoke free sport
    Team Selection (Provincial Teams)
    Coach Selection (Provincial Teams)
    Club/Associations accountability to the PSO
    Harassment and abuse
    Other

Cleaves: Do you have a strategic plan? X no □ yes. If yes, please refer us to an online site or attach copy if not available online (use the one at the end of the document if you do not have one)

    Going to CNW 2012

16. What term is covered by your financial statement (the financial statement you will submit to the Division for 2010)? X Jan - Dec 11

17. Have you had a third party review (someone outside of the PSO) of your financial statement in the last three years? X Yes (who) [REDACTED] (LEAST 4 YEARS) Sec. 40 (1) □ No

If no, the Recreation and Sport Division will make arrangements with you to have this completed.
18. What is the date your Constitution was last ratified? 2006 (the Division requests that it be ratified every three years)

19. What was the date of your AGM in 2010 \textbf{Nov 15, 2010} Location \textbf{WAYPOINTS OFFICE}

20. What is the date of your 2011 AGM \textbf{Nov 21, 2011} Location \textbf{WAYPOINTS OFFICE}

21. LTAD Questions. Please complete the following chart to describe the programs and services offered your PSO (either through the Clubs/Associations or directly by you) for each of the following LTAD stages. You will need your LTAD/SC4L manual to complete this. Most sports have copies filed with the Division. Some sports use different terminology – feel free to correct!

<table>
<thead>
<tr>
<th>Stage (Change the name to reflect your LTAD terminology)</th>
<th>Ages Male</th>
<th>Ages Female</th>
<th>Programs/Services we have for this stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundamentals</td>
<td>6 to 9</td>
<td>6 to 8</td>
<td>LTR SUMMER CAMPS</td>
</tr>
<tr>
<td>Learn to Play/Train</td>
<td>9 to 12</td>
<td>8 to 11</td>
<td>LTR SUMMER CAMPS</td>
</tr>
<tr>
<td>Train to Play/Train</td>
<td>12 to 16</td>
<td>11 to 15</td>
<td>Provincial Rowing Program (JR Development / JR)</td>
</tr>
<tr>
<td>Learn to Compete</td>
<td>15 to 19+</td>
<td>15 to 19+</td>
<td>Provincial Rowing Program (JR / U23 Development / SR)</td>
</tr>
<tr>
<td>Train to Compete (High Performance)</td>
<td>19 to 23+</td>
<td>19 to 23+</td>
<td>National Development SR Provincial Team</td>
</tr>
<tr>
<td>Active for Life (what is available at all ages for athletes who leave each of the above stages)</td>
<td>ALL AGES</td>
<td>ALL AGES</td>
<td>Recreational Rowing Program</td>
</tr>
</tbody>
</table>
Step 4: Conduct a SWOT analysis: Strengths, Weaknesses (but only things you can affect change in the next three years), Opportunities and Threats. Again, thank you to Tennis NL for our example:

**ORGANIZATIONAL STRENGTHS**
- Board of Directors very committed to growing the game of tennis in NL
- We have the best talent in Atlantic Canada U10 / U12 players
- Very strong BTC program and growth of tennis in the smaller communities across the province
- Partnerships being formed with major stakeholders such as: Greenbelt / Riverdale / TNL
- Support for the strategic direction and overall makeup of Tennis NL from Tennis Canada, its club members and stakeholders
- Website development (baseline) once fully implemented will be the key to organizational success and is easy to use

**ORGANIZATIONAL WEAKNESSES**
- Geographical location of the province makes it difficult for our players to travel and receive the same opportunities as others provinces
- Distance for our athletes to travel within the province and abroad (cost to travel is very high compared to other parts of Canada)
- Few certified coaches and officials makes it difficult to develop players
- Small competitive base of talent makes it difficult to run larger draws (events may have to be combined)
- Lack of database and knowledge regarding our website / programs / events
- Very few opportunities, for re-grouping our top players (all ages and levels)
- Tennis does not have a large presence in the local media
- 1 staff member makes it difficult to grow the organization (things will take time as projects get developed)
- No club / individual membership means less revenue for the association
- The only province in Canada not to have tournament sanctioned fees, individual and club memberships
- No awards or recognition projects currently in place

**ORGANIZATIONAL OPPORTUNITIES**
- Develop a strong U8 / U10 / U12 program which will grow the base of talent in NL.
- Develop more tennis tournaments and events in order to lessen the burden of the high costs of travel.
- Look at having a portion of our operating budget allocated towards provincial team travel / jr. nationals (we can subsidize as well as the government).
- Develop more fundraising opportunities, sponsorships and revenue streams to sustain the organization in the future.
- Implement a club & individual membership (revenue stream).
- Develop a school’s tennis program as well as better programming (progressive tennis) at the club level.
Tennis has not identified threats but you certainly can if you see anything that could compromise your plans for success.

**Strengths**
- Well qualified coaches through strong RCA/NECP program
- Past success at CANADA GAMES, NATS/ATLANTICS
- Committed volunteers

**Weaknesses**
- Not enough coaches due to: school/work/age
- Rowing not provided in enough regions of the province
- Promotion → website development to get with the times

**Opportunities**
- Develop stronger relationship with provincial high schools
- Tap into our ever growing "Baby Boomers" - Masters rowing
- Provide more athletes opportunity for national recognition

**Threats**
- Extreme cost of trailering equipment
- Perception of us being against the traditional "fixed seat rowing"

---

**Step 5 Goals and Strategies**
For each of your Pillars, identify where you want to be in three years' time. These are your goals. Then develop your action steps - things you need to do to accomplish these goals. For now, try two to three for each pillar and work on your Strategic plan over the next year. Don't forget to establish time lines, re-visit and put a person in charge of ensuring the success.

**Pillar: Regional Rowing Development**

**Goal:** Contact 5 different regions in the next 24 months

**Action Steps (aka strategic direction)/date**
- Formulate a list of recreation director/spirit consultants in province.
- Contact the majority of the list & evaluate information obtained.
- Choose 5 regions with potential & visit 5 with most potential.
- Visit 1 region in June, 2 in July, 2 in August

**Contact Person:** Sec. 40 (1), Signature of Paul Power
Pillar: Regional Rowing Promotion Development
Goal: To plan & develop 2 pieces of promotion & website & poster

Action Steps (aka strategic direction)/date
- Plan & develop poster/website in next 4 months/ off season
- Meet with provincial members for input during summer/fall
- Present demo to provincial board in 12-15 months
- Final product ready for summer 2012

Contact Person: [redacted]

Sec. 40 (1)

Pillar: Coaching & Officials Development
Goal: Increase number of existing coaches & officials by 2012

Action Steps (aka strategic direction)/date
- Provide coaching clinics in summer 2011, fall 2011, spring 2012
- Bring in mentor coach during the fall 2011 & summer 2012
- Bring in official instructor during the fall 2011 & spring 2012
- A head official will then be qualified to teach by summer 2012

Contact Person: [redacted]

Sec. 40 (1)

Pillar: Resource Development
Goal: Provide additional funds to aid in rowing development

Action Steps (aka strategic direction)/date
- Plan, organize & implement a major fundraiser in fall 2011 (row-a-thon)
- Plan & implement a corporate sponsorship policy for fall 2011
- Put together a provincial fundraising committee with representatives from each region by summer 2012

Contact Person: Doreen Hamlyn & Paul Power
Provincial Sport Organization
Annual Grant Application – Part B
2011-2012

DOCUMENTS REQUIRED Grant applications will not be assessed without all requested documents; electronic submissions are no longer accepted (printing and format problems). It is recommended that you follow up with your Sport Consultant if you have not received confirmation of receipt of your grant within two weeks. Onus on PSO to ensure the Division has receipt of your application hence forth.

Section A: General Information

DOCUMENTS REQUIRED

A. Name of Sport Organization: Rowing NL

Submission Requirements (note that many of these items are requested on the pre-grant questionnaire) Upon completion of all documents noted below, PSOs will be assessed for funding eligibility and amount

☑ Questionnaire (sent from the Recreation and Sport Division March 28, 2011)
☑ Membership Report (part of the questionnaire) and data base
☑ Part Time Staff person/Grassroots Report from funded position; if applicable
☑ Board Update/changes noted
☑ AGM Reports from 2010
☑ Financial Statement (2010)
☑ On-Line Deposit Form
☑ Project Reports of Funding given on AOG in 2010 (part of your grant submission)
☑ Policy Booklets
☑ Strategic Plan
☑ Hall of Fame
☑ Volunteer Recognition Info
☑ Coach and Team Selection Policies
☑ Constitution Date 2006
☐ Outstanding items (Travel Subsidy Reports from 2009-2010, 2009 items that are outstanding, NL Games Reports, past financial statements, past membership numbers etc You will be notified of items required)

POLICY NOTES
AOGs will not be assessed without a detailed financial statement. The financial statement must accurately show all PROVINCIAL government grants provided to your organization (as separate line items) including travel subsidy grants as money in and money out (in the expenditures). The financial statement must also show all expenditures for AOG items government provided funding for. If not expended, a letter of explanation must accompany the grant. Funding cannot be guaranteed for late applications.

Annual Operating Grants Funding Criteria
Four of the six directions under the Recreation and Sport Strategy provide the basis for annual grant funding:

1. Increase Involvement and Participation in Recreation, Sport and Physical Activity
2. Improving Access for All
3. Reaching Our Potential Through Enhanced Excellence
4. Building Human Resource Capacity

Funding for 2011-2012 will be based on the information gathered from your Questionnaire and your 2010 reports. You will be directed to spend your annual grant funding (after your Administration Grant and any assistance given for staff) as follows:

- a minimum of 40% of your grant is to be used for programs and projects in support of the Active Start, Fundamentals, Learning to Train and/or Active For Life Stages of the Canadian Sport For Life Model
- a maximum of 20% of your grant is to be used to support programs and projects at the Training to Compete (competitive) stage of the Canadian Sport For Life Model.

- a minimum of 20% of your grant is to be used to support programs and projects aimed at Building Capacity of your organization to support the CS4L model.

Please complete APPENDIX A if you received an AOG in 2010, or did not file a project report as part of past grant requirements.

Professional Assistance Application

NOTE: To qualify for a full-time professional assistance grant, your staff person must be employed for at least 9 months of the year @ a minimum of 30 hours per week. The PSO must fund at least $11,000 of the salary.

Name/Title of paid staff person for 2010-2011 ________________________________

Name/Title of staff person for 2011-2012 ________________________________

Please describe the employment record of your past staff person for 2010-11 by answering the questions below:

Months working full time (35+ hours a week): ________ hours for _________ months

Months working part time (15 - 34 hours per week) ________ hours for _________ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

__________________________________________________________________________

What is the proposed employment for your staffing request for 2011-2012 (for the PSO only)

Months working full time (35+ hours a week): ________ hours for _________ months

Months working part time (15 - 34 hours per week) ________ hours for _________ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

__________________________________________________________________________

If you are applying for a position other than the Executive Director’s position, please attach a job description.
Conditions

- Departmental funding may be used only for the purposes/activities specified by the Minister of Tourism, Culture and Recreation. Once the Department has agreed to provide financial assistance, no substantial change in these activities shall be made without the consent of the Department and it shall be at the discretion of the Department to determine what constitutes substantial change in each case.

- The Department reserves the right to determine the extent and type of information required to support payment of the grant. Further, the Department may require that an audit be undertaken to verify the purpose for which Government funds have been utilized.

- The organization is wholly responsible for its own debts. The Department will not consider any application to pay debts.

- If any part of this funding is specified to pay salaries or honoraria, federal and provincial laws concerning salaries and source deductions must be applied (i.e. deductions for income tax, unemployment insurance, etc.).

- Whenever appropriate public acknowledgement of funding by the Department is expected, publications should clearly acknowledge the Department’s assistance.

- The organization agrees to respect and apply the spirit and provisions of existing human rights legislation.

- Under the Access to Information and Protection of Privacy Act (ATIPP), members of the public may request and obtain access to information held in Provincial Government records. Should a request be received for information about this grant application, the Department will consult with you prior to disclosing any information. It should be noted, however, that only personal information and certain third-party confidential financial information may be withheld. When funding is approved, the amount of funding, the purpose for which the funds were granted and the name of the organization receiving the funding are considered public information.

Declaration

I declare that:

i) the information in this application is accurate and complete;

ii) the application is made on behalf of the organization named on page 1 with its full knowledge and consent;

iii) if financial assistance is provided, the organization will submit financial and activity reports as required by the Department;

iv) if financial assistance is provided, the organization will submit to an evaluation of the activity funded as required by the Department.

Signing Authority: Person completing application: [Name]

President’s Name: [Name] Signature: [Signature] Date: [Date]

Sec. 40 (1), Signature of Paul Power

Sec. 40 (1), Signature of Doreen Hamlyn
Appendix A:

Report on projects approved by the Minister of TCR in the 2010-2011 grant letter. Please complete one chart for each line item that you received (we will assess this report against your financial statement)

<table>
<thead>
<tr>
<th>Name of Project Funded</th>
<th>Administration</th>
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<tbody>
<tr>
<td></td>
<td></td>
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<tr>
<td>Amount of Grant in 10-11</td>
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</tr>
<tr>
<td>Items for which expenses were incurred</td>
<td>telephone, promotion, office supplies + some coaching equipment</td>
</tr>
<tr>
<td>Total cost to PSO for Administration expenses</td>
<td>$ 1000</td>
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<tr>
<td>Revenues obtained from this project (directly)</td>
<td>NA</td>
</tr>
<tr>
<td>Brief Report on Project</td>
<td>NA</td>
</tr>
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</table>

Duplicate the chart if you received funding for more than one project

<table>
<thead>
<tr>
<th>Name of Project Funded</th>
<th>Summer Program Dev</th>
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</thead>
<tbody>
<tr>
<td>Amount of Grant</td>
<td>$ 2750</td>
</tr>
<tr>
<td>Items for which expenses were incurred/cost</td>
<td>resource material, safety equipment, some conservancy &amp; equipment maintenance</td>
</tr>
<tr>
<td>How have you referenced this on your financial statement?</td>
<td>Yes</td>
</tr>
<tr>
<td>Total cost of this project/initiative (should be itemized on financials)</td>
<td>Yes</td>
</tr>
<tr>
<td>Brief Report on Project</td>
<td>Recreational rowers of all ages</td>
</tr>
<tr>
<td>Who took part</td>
<td>Possible Next Year</td>
</tr>
<tr>
<td>CS4L stage applicable to this project</td>
<td>Quidi Vidi Lake, St. John's, NL</td>
</tr>
<tr>
<td>Location(s) of Project</td>
<td>Sec. 40 (1)</td>
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<tr>
<td>Project Leader(s)</td>
<td></td>
</tr>
<tr>
<td>Brief summary of successes or things that could have been done to improve the project</td>
<td>The Learn to Row Summer Program successfully used the Journey 1-2-3 system provided by Rowing Canada. Sessions were provided for all ages &quot;Row for All.&quot; Youth rowed during mostly daytime slots while the students, adult, and masters categories rowed during the evenings. Weekends. The Journey Program breaks down into 3 levels with Level 1 = 10 hours of coaching, Level 2 = 15 hours of coaching, Level 3 = 225 hours of coaching.</td>
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</table>
Establishing a Basic Strategic Plan

PSO Rowing Newfoundland

Date: May 2011

Committee members: DREW HAMLYN, ADRIAN MILLER, ANDREW FITZGERALD

Rated: May 2011 at ST. JOHN'S, NL

Strategic Plan For Period 2011 to 2016

Developing a strategic plan

Step 1: Identify your mission statement and vision

Example from NL Tennis Association (thank you Tennis!)

Mission Statement
Tennis Newfoundland & Labrador is committed to growing and promoting the sport of tennis throughout Newfoundland and Labrador and to increase participation at levels consistent with the personal goals and aspirations of competitors in all age groups.

Vision: It is our vision to successfully promote and develop tennis as a lifelong activity at both the recreational and competitive level as well to become the leading provincial sport organization in NL.

Your Mission statement
Rowing NL is committed to growing and promoting the sport of rowing across Newfoundland & Labrador and to increase participation at levels consistent with the personal goals & aspirations of participants.

Your Vision
It is our vision to successfully promote & develop rowing as a lifelong activity at both the recreational & competitive level.

Step 2: Establish your core values and principles (you can work on these over the next year. Examples are available from your Sport Consultant)

Step 3: What are your Pillars of Success? - things that are in necessary for success in the sustainability and success of your organization.

Example from Tennis NL

Strategic Directions: 5 Pillars of Success
These five pillars of success should be the core business areas we should focus on in the coming years:
1) Community Tennis Development
2) High Performance Development
3) Competitive Tennis Development
4) Technical Leadership Development
5) Resource Development
<table>
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<tr>
<th>Regions with Clubs/Associations</th>
<th>Number of Clubs/Assoc's/Identify names if enough space, if not attach membership report</th>
<th>Registered Members in each*</th>
<th>Other Members (see note below)</th>
<th>Description</th>
<th>No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 St. John's</td>
<td>SJRC ST JOHN'S ROWING CLUB</td>
<td>154</td>
<td>Eg. Schools participated in Cross Country Meet</td>
<td>52</td>
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<td>2 Mt. Pearl</td>
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<td>3 CBS</td>
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<td>4 Paradise</td>
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<td>5 Avalon N/S other</td>
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<td>6 Conception Bay North</td>
<td>BAYEKEEN ROWING CLUB (WORKING TO START UP)</td>
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<tr>
<td>7 Eastern</td>
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<td>8 Central</td>
<td></td>
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<td>9 Western</td>
<td>HUMBER VALLEY ROWING CLUB (WORKING TO RE-VITALIZE)</td>
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<tr>
<td>10 Labrador HC-GB</td>
<td>GOOSE BAY ROWING CLUB (WORKING TO RE-VITALIZE)</td>
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<tr>
<td>11 Labrador West</td>
<td>LWRC LABOURED WEST ROWING CLUB</td>
<td>204</td>
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<td></td>
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<tr>
<td>12 Other</td>
<td></td>
<td></td>
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</table>

- “Registered members” means the registered athletes, coaches, officials and volunteers that paid a membership fee to your PSO and to whom your PSO delivered programs, services and activities on an on-going basis. “on-going basis” means a deliverable provided, or benefit received by members, at regular and multiple intervals – excludes one-time service, benefit or activity.

- Other members – May not be a member but members would be individuals who paid the PSO a fee for a service provided by the PSO (one time visits/demonstrations do not apply), where the service is an event the participant had to train for (camps, competition)
In the year 2010, the Provincial Program started its re-building process after the successful 2009 Canada Summer Games in Prince Edward Island. After a successful winter training season, provincial athletes traveled and competed at three mainland regattas with the first being Atlantic Championships (NS) and the second being the Inter-Provincial Championships (QC). The team then traveled in the fall to an Atlantic Qualifier Regatta (NS) so the coaches could evaluate time spent developing our 2013 potential Athletes. The season ended with a final recruitment drive before running a Development Camp. Most of the athletes involved in the program showed continual improvement throughout the year that is setting the Province up for a strong 2011. [REDACTED] hard work is a major factor attributing to this past successful season.

The Province also had a Masters / Seniors group attend the Atlantic Championships (NS) and this small group worked as Role Models for our younger Canada Games potentials. [REDACTED] hard work also needs to be recognized with the start up of this successful Program. 

The St. John’s Rowing Club also hosted two successful local Regattas during the 2010 on water season that worked well in helping develop our Provincial athletes peak for the mainland regattas. The final regatta served well as talent identification for new potential athletes.

[REDACTED] has taken on the role of Chief Official for our province. There are also plans for our province to bring in a master official from RCA to complete a clinic early in the 2011 on-water season.

Our Province was hit hard again this year with the loss of coaches. In the fall and winter season the Provincial Coaching Committee started a
rebuilding plan for Newfoundland Coaches. This plan was proved successful by our province having coaches attend the National Coaches Conference. The future does seem brighter with the potential of having three coaches returning home from schooling over the next 2 years. We could have as many as four active Level 3 coaches by the summer of 2011. Also we are working on having five (5) level 1 and 2 coaches starting their path in coaching education by 2011 too.

Important happenings to notice for 2011 are as follows:
• In January Provincial coaches will attend the National Coaching Conference in Ontario.
• We are scheduling for a mentor coach to visit the province in order to work with our level 1 and 2 active coaches.
• Our province plans to send a coach to the Women in Coaching Project offered by RCA.
• The Provincial Coaching staff will conduct a couple of Talent Identification Camps to recruit additional athletes and evaluate existing athletes for our 2013 Canada Games Team.
• The Provincial athletes will attend 3/4 mainland regattas during the 2011 season. They will be:
  1. Atlantic Championships in Dartmouth, Nova Scotia
  2. Inter-Provincial Championships in Montreal, Quebec
  3. The Atlantic Qualifier Regatta in Dartmouth, Nova Scotia

Sincerely Submitted:

Paul Power
Executive / Technical Director
## Team Newfoundland Results

**Atlantic Qualifier Regatta**  
Dartmouth, Nova Scotia  
**October 30, 2010**

<table>
<thead>
<tr>
<th>Event #</th>
<th>Event Description</th>
<th>Place</th>
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<tbody>
<tr>
<td>#2</td>
<td>Senior Men Single (1x)</td>
<td>BRONZE</td>
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<tr>
<td>#3</td>
<td>Junior Men Double (2x)</td>
<td>BRONZE</td>
</tr>
<tr>
<td>#7</td>
<td>Senior Women Single (1x)</td>
<td>GOLD</td>
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<tr>
<td>#8</td>
<td>Open Mixed Double (2x)</td>
<td>BRONZE</td>
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<td>Open Mixed Double (2x)</td>
<td>8th Place</td>
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<td>#9</td>
<td>Novice Women Coxed Four (4+)</td>
<td>BRONZE</td>
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<tr>
<td>#12</td>
<td>Junior Women Quad (4x)</td>
<td>SILVER</td>
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<td>#13</td>
<td>Junior Men Single (1x)</td>
<td>5th Place</td>
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<td>#15</td>
<td>Novice Women Double (2x)</td>
<td>GOLD</td>
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<td></td>
<td>Novice Women Double (2x)</td>
<td>SILVER</td>
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<td>#19</td>
<td>Junior Men Quad (4x)</td>
<td>SILVER</td>
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<td>#15</td>
<td>Junior Women Double (2x)</td>
<td>SILVER</td>
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<td></td>
<td>Novice Women Double (2x)</td>
<td>4th Place</td>
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</table>
Event # 17: Open Women Eight (8+)

Event # 20: Senior Women Double (2x)

Event # 21: Junior Women Single (1x)

Event # 22: Novice Men Double (2x)

GOLD

Sec. 40 (1)

BRONZE

Sec. 40 (1)

SILVER
## St. John's Rowing Club

**2010**

- **154 members**

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<tr>
<th>RCA #</th>
<th>Last Name</th>
<th>Given Name</th>
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<tr>
<th>RCA #</th>
<th>Last Name</th>
<th>Given Name</th>
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<tr>
<th>LAST_NAME</th>
<th>FIRST_NAME</th>
<th>GENDER</th>
<th>CATEGORY</th>
<th>CLUB_1_NAME</th>
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Professional Assistance Grant Application

Position Title: \textit{TECHNICAL DIRECTOR / PROVINCIAL COACH}

Requesting: (January to December / 2011)

Job Description: This person will fill the role of:
- \textbf{Technical Director} – developing rowing programs throughout the Province and making the sport more accessible and noticeable.
- \textbf{Mentor Coach} – overlook all coaches / programs and provide clinics to develop coaching throughout the Province and also for coaches to improve their talent.
- \textbf{Club Developer} – help interested individuals establish programs in new areas of the Province and to help improve programs in existing areas.

The Need for a Professional Employee:
Coaching numbers have improved but the Province still need more coaches to provide adequate athlete to coach ratios. Developing Level I coaches will still be top priority with the plan of advancing these coaches to Level II and eventually to Level III. The Provincial Coach has to continually keep coaches involved and expanding their knowledge. The short-range plan is to double the number of existing coaches with a long-range plan to have coaches for each crew.

Proposed Salary: 40 + hours per week for 14 weeks @ $881.00 bi-weekly  
20 + hours per week for 38 weeks @ $596.00 bi-weekly

Intention to Generate Funds: The breakdown is as follows:
- \textbf{ROWING NEWFOUNDLAND} $7000
- \textbf{PROVINCIAL GOVERNMENT} $5000
- \textbf{ST. JOHN’S ROWING CLUB} $2500
- \textbf{CORPORATE} $1000
- \textbf{FUNDRAISING} $2000

\textbf{Total: $17,500}

Schedule for Travel:
- \textbf{JUNE:} Level I Clinic in Eastern Region
- \textbf{JULY:} Level I Clinic in Labrador Region & Atlantic’s in Nova Scotia
- \textbf{AUG:} Level I Clinic in Western Region / Level II – Eastern Region National’s in Ontario
- \textbf{SEPT:} Camps in Eastern, Western, and Labrador Regions

Amount Requested: 
\begin{itemize}
\item \textbf{SALARY:} $5000
\item \textbf{TRAVEL:} $2000
\end{itemize}

\textbf{GRAND TOTAL:} $7,000
Deadline for submission: March 30, 2012

Provincial Sport Organization (PSO)  
SPORT PROFILE Questionnaire: a requirement to receive an Annual Operating Grant 2012-2013 2011-12

PSO: Rowing Newfoundland  
Individual completing this questionnaire: Paul Power  
Date: October  
E-mail: ypsnrl.rogers.com  
Phone no: [redacted]  

All PSOs are required to have the information in this questionnaire filed with the Recreation and Sport Division before any funding for an Annual Operating Grant is considered.

i. Attach (or refer us to your database) your membership (names and hometowns).  
   Attached

ii. Complete Appendix A: Regional Profile  
    Completed

QUESTIONS
SECTION A: PARTICIPATION

1. Complete the following chart to describe the programs and services offered by your PSO in 2011 (either through the Clubs/Associations or directly by you) for each of the LTAD stages noted below.

Provide the web site to your NSO’s LTAD/CS4L manual:

www.rowingcanada.org ➔ LTAD WEBINARS & GUIDEBOOK

| Stage of the LTAD/CS4L Model | Programs/Services we have for this stage  
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<td>Fundamentals</td>
<td>(If this is a National Model, note same)</td>
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<td>Learn to Play/Train (Pre-Competitive)</td>
<td>ATTACHED LONG-TERM FRAMEWORK</td>
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<td>Active for Life (Recreation)</td>
<td>ATHLETE DEVELOPMENT FRAMEWORK</td>
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[Handwritten notes and annotations]
8. Identify any out of Province Camps, Invitationals or other “excellence initiatives” that any team/athlete might have attended under your auspices in 2011.

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<tr>
<th>Team/Individual</th>
<th>Event Name</th>
<th>Location</th>
<th>No. Taking part</th>
<th>Month/2011</th>
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9. Identify the name of one coach who currently holds the highest level of Coaching Certification in NL in your sport and who is also actively coaching in NL on a regular basis:

Name: **Paul Power**  
Name of Certification: **Level 3 Certified**

**SECTION C: BUILDING CAPACITY**

1. Identify up to two “active” Learning Facilitators in your Sport who currently reside in NL.

**Paul Power**  
Sec. 40 (1)

2. Identify up to two NCCP recognized coaching courses conducted by your PSO in 2011 and identify the course facilitator.

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<thead>
<tr>
<th>Name of Course</th>
<th>Location/Month in 2011</th>
<th>Course Facilitator</th>
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<tr>
<td>WEEKEND #1</td>
<td>St. John's / August 2011</td>
<td>(NS) Paul Power</td>
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<td>WEEKEND #2</td>
<td>St. John's / September 2011</td>
<td>(NS) Paul Power</td>
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3. Identify up to two “Officials” certification/upgrade conducted by your PSO in 2011 and identify the course facilitator.

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<th>Course Facilitator</th>
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<tr>
<td>NA</td>
<td>Rescheduled for 2013 (NS)</td>
<td>Facilitator Availability</td>
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4. Has your sport hosted any Atlantics, Eastern Canadians/Nations or NSO functions, Camps etc in 2011?

No  
Yes, if yes, please identify in the table below

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<td></td>
<td>Facility</td>
</tr>
</tbody>
</table>

5. Do you have a volunteer recognition program?

Yes  
No

Explain if yes: **Recognition at our Annual Awards Banquet.**

6. If you have a Hall of Fame, write the names of the inductees for 2011, 2012 in the space below:

**Our first inductees will be named at 2012 Annual Awards Banquet.**

Sec. 40 (1)

7. Part of Building Capacity involves the development of partnerships. Describe at least two partnerships that your PSO has developed in 2011 (schools, communities, other PSO support,
corporate etc)
a. **JUNIOR HIGH SCHOOLS → ST. BON'S / ST. PAUL'S**
b. **WAYPOINTS (YESMI PROGRAM) → SCOTIABANK / DENSE PILATES**
Royal St. John's Regatta Committee
Max Athletics
8. Attach minutes from your AGM for 2011
9. Attach any updated Strategic Plans.
10. Part of Building Capacity includes purchases, upgrades etc you have undertaken to allow you to expand your current programs or to enrich the quality of current programs and thus attract new members. Let us know what you did in 2011 to "build capacity" - Max of four things please.

   a. **PURCHASE OF NEW 8+ ROWING SHELL (RECREATIONAL/LTR/GRATITUDE)**
   b. **UPDATER VIDEO EQUIPMENT (LEARNING)**
   c. **RE ENFORCED EXISTING EQUIPMENT FOR (ADAPTIVE/LTR)**
Purchased other cross-train supplies for all levels of LTR →

**APPENDIX A: MEMBERSHIP DATA FOR ROWING (SPORT)**

<table>
<thead>
<tr>
<th>Regions with Clubs and/or Associations</th>
<th>Club Names</th>
<th>Total reg'd members</th>
<th>Other Members (see note below)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Description (name the participants)</td>
<td>Names</td>
</tr>
<tr>
<td>Ex</td>
<td></td>
<td>Eg. Schools participated in Cross Country Meet (attached is the list of schools)</td>
<td>252</td>
</tr>
<tr>
<td>1 St. John's</td>
<td></td>
<td>my count: 142</td>
<td></td>
</tr>
<tr>
<td>2 Mt. Pearl</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 CBS</td>
<td></td>
<td>172</td>
<td></td>
</tr>
<tr>
<td>4 Paradise</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Avalon N/S other</td>
<td></td>
<td>Placentia Harbour Grace</td>
<td>WORKING ON COMBINING FIXED &amp; SLIDING SEAT ROWING</td>
</tr>
<tr>
<td>6 Conception Bay North</td>
<td></td>
<td>BAKE TOWN</td>
<td>CAMP COMPLETED &amp; LTR PROVIDED</td>
</tr>
<tr>
<td>Eastern</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o Central</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 Western</td>
<td></td>
<td>Humber Valley Rowing Club</td>
<td>LOOKING TO RE-VITALIZE</td>
</tr>
<tr>
<td>10 Labrador HC-GB</td>
<td></td>
<td>Labrador West Rowing Club</td>
<td></td>
</tr>
<tr>
<td>11 Labrador West</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 Other</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL each column</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

"Registered members" means the registered athletes, coaches, officials and volunteers who paid a membership fee to your PSO and to whom your PSO delivered programs, services and activities on an on-going basis. "on-going basis" means a deliverable provided, or benefit received by members, at regular and multiple intervals – excludes one-time service. Other members – May not be a member but members would be individuals who paid the PSO a fee for a service provided by the PSO (one time visits/demonstrations do not apply), where the service is an event the participant had had to train for (camps, competition).

**Thank You!**
2011 St. John's Rowing Club Membership

St. John's
St. John's
St. John's
St. John's
St. John's
Middle Cove
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
Outer Cove
St. John's
Outer Cove
St. John's
Outer Cove
St. John's
Outer Cove
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
Toronto
St. John's
St. John's
St. John's
St. John's
St. John's
CBS
Outer Cove
CBS
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
Torbay
St. John's
Outer Cove
Outer Cove
St. John's
Paradise
St. John's
Mount Pearl
St. John's
Portugal Cove St. Phillips
St. John's
St. John's
St. John's
St. John's
Torbay
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
Torbay
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
Placentia
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
Flatrock
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
St. John's
Harbour Main
St. John's
St. John's
St. John's
PRESIDENTS PROVINCIAL REPORT:
November 2011

INTRODUCTION

2011 has been another busy year in our province. Rowing NL has continued to work on our long-term plan to recruit and retain athletes and coaches. This year focused on retention within existing clubs and relationship building with new potential clubs. Our High performance training group and adult/masters group started this year and has great potential. Coaching mentorship, official development, and volunteer recruitment continue to be high priorities. Rowing Newfoundland’s long-term plan will work in conjunction with RCA goals.

1.0 STRATEGIC PLAN: GOAL 1 – WIN GOLD MEDALS

Key Accomplishments 2011

- Continued to fund the Executive Director / Provincial Coach part time position
- Sent Provincial athletes to an Atlantic Competition (Tip of the Iceberg) in NS in May; to an Eastern Canadian Competition (QIRC) & Canada Games Camp in QC in July; to a second Atlantic Competition (Really Chili / AURC) in NS in October; to an Inter-national Head Race (Head of the Hooch) in TN-USA in November.
- Sent provincial coach to the RCA National Coaches Conference
- Organized a Provincial Ergometer Regatta and a Provincial Time Trial Regatta
- Had 8 athletes receive the Premier’s Athletic Awards
- Continue to promote for young athletes to increase training levels in order to make criteria to compete at the National Rowing Championships. (NRC)
  Task: ONGOING
- Rowing Newfoundland also encourages our top athletes to participate in the National Ergometer monitoring program.
  Task: ONGOING

GOAL 1 - BUILD A SUSTAINABLE ORGANIZATION

- Build relationships in different regions of the province to promote the idea of slide seat rowing.
  Task: ONGOING
- Continue to build a strong relationship with the Royal St. John’s Regatta Committee (fixed seat rowing) in hopes of re-establishing the relationship with slide seat rowing and RCA.
  Task: ONGOING
- Build on the number of active Rowing Newfoundland Board Members and make sure each member has a specific role.
  Task: To be completed by May 2011
• Implement and incorporate a short and long term Strategic Plan.
  Task: Short term by June 2011 & Long Term by January 2012
• Be creative and work towards maintaining the part-time position Executive Director / Provincial Coach.
  Task: ONGOING
• Our Staff to participate in RCA Conference Calls and committee meetings.
  Task: ONGOING
• Continue to make sure that safety is priority number one.
  Task: ONGOING

GOAL 2 - GROW MEMBERSHIP

• To work on increasing the number of members and Clubs in NL
  Task: ONGOING
• Apply for the RCA Recreation Rowing Development Trailer to help the Club building process.
  Task: To apply as soon as the program is available again in the Atlantic Region.
• We support and follow the Rowing Canada LTAD model and we also have started on the track with the new NCCP program.
  Task: ONGOING
• Utilize RCA’s new promotional video to help promote the sport in the province.
  Task: ONGOING
• Establish a Rowing NL Website
  Task: To be completed by August 2011

• Continue with the Provincial Coaching Plan and utilize programs offered from the Provincial Government and RCA. Canada Summer Jobs are a very important part of program planning on an annual basis. Without these jobs it would be very hard to grow our sport.
  Task: Mentor coach visit by May 2011; Summer Jobs to start in May & June 2011
• Continue to take part in the RCA women in coaching initiatives.
  Task: ONGOING
• Continue to send as many active coaches as possible to the annual RCA AGM/Coaches Conference.
  Task: To be completed January 2012
• Start building a Masters/Corporate rowing program in the province.
  Task: To begin the process June 2011
• To bring in an Official Instructor to complete a clinic with a small group of local officials.
  Task: To be completed in June 2011
• Athletes and coaches are awarded at Annual Provincial Rowing Banquets and then nominated for awards at the full Sport NL Level.
Task: Completed with Provincial Banquet taking Place April 2011

GOAL 3 - WIN GOLD MEDALS

- Continue building on our strong performances at the last two Canada Games and continue the building process of our 2013 Team.
  Task: ONGOING

- Send athletes to mainland regattas to gain valuable experience.
  Task: Atlantic Regatta in May 2011 (NS); Eastern Canadian Regatta & Camp in July 2011 (QC); Inter-National Regatta in November 2011 (TEN, USA)

- Continue to promote for young athletes to increase training levels in order to make criteria to compete at the National Rowing Championships. (NRC)
  Task: ONGOING

- Rowing Newfoundland also encourages our top athletes to participate in the National Ergometer monitoring program.
  Task: ONGOING

Respectfully Submitted;

Doreen Hamlyn
President Rowing Newfoundland
ROWING NEWFOUNDLAND

SUMMER PROGRAM

FINAL REPORT

MAY - AUGUST 2011

Long Term Athlete Development Coordinator: Paul Power

Summer Program Supervisor:

Learn To Row Staff:
Rowing Newfoundland continues with its Learn-To-Row (LTR); High School, & Recreational and Competitive programs. We continued to improve our LTR programs by providing categories for youth, adult, and masters. There is a special interest put into Long Term Athlete Development (LTAD) for our sport.

**LEARN-TO-ROW PROGRAM (LTAD focused)**
The LTR program continued to use the effective and successful Journey 1-2-3 system that included: Level I: 10 sessions = 10 hours; Level II: 10 sessions = 15 hours; Level III: 15 sessions = 22.5 hours. The program was made available to:
- **Youth** in two time slots (Daytime – Monday to Friday)
- **Adult** in two time slots (either early morning / late evening)
  - (Monday, Wednesday, Friday, Sunday)
- **Student** in two time slots (either early morning / late evening)
  - (Tuesday, Thursday, Saturday, Sunday)
- **Masters** in two time slots (either early morning / early evening)
  - (Monday, Wednesday, Friday, Sunday)
Membership continues to stay at a healthy level and with additional promotion in the future increases can be expected.

**HIGH SCHOOL PROGRAM & REGATTA**
Our year round training program continues to be very popular in High Schools within the City of St. John’s and surrounding areas. High Schools that take part in this program include Gonzaga, Bishops, Booth, Holy Heart, PWC, and Holy Trinity.

All these High School Teams practiced three to four times per week in preparation for the High School Regatta that took place on Saturday, June 25, 2011. It was a very successful event with approximately sixty athletes competing in twenty races. The event was completed with Gonzaga winning the Championship Trophy.

**PROMOTION & PUBLICITY**
The Summer Coordinator chaired this committee with the major focus of providing competitive and recreational rowing programs for all ages. Posters were distributed throughout the city, and incentives were provided to existing members for their help in promoting new members.

**EQUIPMENT & MAINTENANCE**
The majority of the boats are old, but because this equipment is well maintained it is still usable. If we expect to improve at the Atlantic and National Levels we need to purchase new equipment. Registration is continually increasing so the demand for equipment is increasing. The summer staff takes care of all general maintenance.

**RECOMMENDATIONS**
- We could use more funding to hire more staff in order to provide additional coaching for the growing interest in Olympic Style Rowing.
- We need summer job positions to last more weeks (10-12 weeks)
- We need to improve our promotional tactics and take advantage of the internet.
- We need new competitive rowing shells including a convertible double/pair, and an eight.
ROWING NEWFOUNDLAND
STATEMENT OF REVENUE & EXPENSES
For the period of January 1, 2011 – December 31, 2011

REVENUE

- Provincial Government Annual Grant $ 9,600.00
- Provincial Government Canada Games Grant $ 20,575.00
- Provincial Capital Grant $ 10,000.00
- Federal Grant - Summer Program $ 5,445.00
- SWASP Grant – Summer Program $ 1,400.00
- Sport NL Travel Subsidy $ 4,000.00
- Fundraising $13,463.75

**Total Revenue:** $ 64,483.75

EXPENSES

- AOG+CG Part Time Employee $15,183.50
  - Canada Summer Jobs: 2 Summer Program Staff $ 5,311.20
- SWASP Summer Jobs: 1 Summer Program Staff $ 1,400.00
- AOG: Administration $ 1,605.00
  - (telephone, promotion, office supplies, coaching equipment – rate watches)
- AOG-GR Summer Program Development $ 4,211.60
  - (resources material, safety equipment, honorariums, equipment maintenance)
- Receiver General of Canada $ 1,880.10
- Sport NL Registration & AGM $ 230.00
- AOG-E Coaching Clinic - Weekend # 1 (Coaching Manuals, honorarium, other) $ 1,233.03
- CG Coaching Clinic - Weekend # 2 $ 2,765.25
  - (Coaching Manuals, honorarium, flight, meals, gift, hotel other)
- AOG-BC RCA National AGM Coaching Conference $ 2,685.00
- CG (flight, registration, hotel, meals)
- CG Winter Training Program (cross training) $ 2,000.00
  - (Foley’s martial arts, swimming, yoga, supplies)
- Awards Banquet $ 305.00
- RCA Registration $ 650.00
- RCA NCCP Database $ 705.41
- RBC Service Charges $ 81.16
- CG+ Atlantic Championships (Eastern Qualifier) $ 5,000.00
- FUND (trailering fees, airfare, meals, coaches, regatta registration)
- CG+TS Eastern Rowing Association Championships $ 7,000.00
- FUND (camp fees, trailering fees, airfare, meals, coaches, regatta registration)
- CG+TS Head of the Hooch (Inter-National Head Race) $ 7,000.00
  - (boat rental, airfare, meals, coaches, regatta registration)

**Total Expenses:** $ 59,246.25

**Deficit for the year of:** $ 5,237.50

**Balance as of December 31, 2011:** $ 11,460.58
Professional Assistance Grant Application

Position Title:  
TECHNICAL DIRECTOR / PROVINCIAL COACH

Requesting:  
(February to December / 2011)

Job Description:  
This person will fill the role of:
- **Technical Director** – developing rowing programs throughout the Province and making the sport more accessible and noticeable.
- **Mentor Coach** – overlook all coaches / programs and provide clinics to develop coaching throughout the Province and also for coaches to improve their talent.
- **Club Developer** – help interested individuals establish programs in new areas of the Province and to help improve programs in existing areas.

The Need for a Professional Employee:
Coaching numbers have improved but the Province still need more coaches to provide adequate athlete to coach ratios. Developing Level I coaches will still be top priority with the plan of advancing these coaches to Level II and eventually to Level III. The Provincial Coach has to continually keep coaches involved and expanding their knowledge. The short-range plan is to double the number of existing coaches with a long-range plan to have coaches for each crew.

Proposed Salary:  
40 + hours per week for 14 weeks @ $881.00 bi-weekly
20 + hours per week for 38 weeks @ $596.00 bi-weekly

Intention to Generate Funds:  
The breakdown is as follows:

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROWING NEWFOUNDLAND</td>
<td>$7000</td>
</tr>
<tr>
<td>PROVINCIAL GOVERNMENT</td>
<td>$5000</td>
</tr>
<tr>
<td>ST. JOHN’S ROWING CLUB</td>
<td>$2500</td>
</tr>
<tr>
<td>CORPORATE</td>
<td>$1000</td>
</tr>
<tr>
<td>FUNDRAISING</td>
<td>$2000</td>
</tr>
</tbody>
</table>

**Total:** $17,500

Schedule for Travel:
- **JUNE:** Level I Clinic in Eastern Region
- **JULY:** Level I Clinic in Labrador Region & Atlantic’s in Nova Scotia
- **AUG:** Level I Clinic in Western Region / Level II – Eastern Region National’s in Ontario
- **SEPT:** Camps in Eastern, Western, and Labrador Regions

Amount Requested:  

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>SALARY</td>
<td>$5000</td>
</tr>
<tr>
<td>TRAVEL</td>
<td>$2000</td>
</tr>
</tbody>
</table>

**GRAND TOTAL:** $7,000
Executive Director / Provincial Coach Report

- Summer Employment:
  - Filled out on line application for Canada Summer Jobs; applied for 7 positions; – February 2011
  - Filled out on line application for SWASP Grants; applied for 5 positions – March 2011
  - One SWASP grant was approved May 2011
  - Two Canada Summer Jobs were approved May 2011
  - [Redacted] CSJ position for 7 weeks at $11 per hour from May to July 2011
  - [Redacted] CSJ position for 7 weeks at $11 per hour from June to August 2011
  - $10 of the $11 was funded by CSJ and $1 per hour has to be covered by Rowing NL totaling $245 per position. Total of $490
  - [Redacted] was awarded SWASP position for 8 weeks at $10 per hour from June to August 2011. Totally funded
  - Made CRA payment for 2 previous years (2008 & 2010) of CSJ ($1880.13) in June 2011
  - Finished final Report and other documentation for SWASP in early September
  - Finished final Report and other documentation for CSJ the end of September and waiting for final 10% of the funding
  - We will need to pay CRA for 2011 CSJ in the near future

- Sport NL:
  - Sportfest – attended workshop in March. Great event but was at the same time as our first out of Province Regatta in Nova Scotia. Rowing NL will do its best to be part of the 2012 Sportfest.
  - Completed coaching survey to evaluate the need for NCCP courses to be offered in different regions of the province.
  - Annual Awards – entered nominees for all categories. Rowing NL made the top 3 candidates in three categories: Senior Female (Redacted); Coach (Paul); and Executive (Redacted) – April 2011
  - Scholarship/Bursary Program – two athletes received the Bursary – [Redacted] (for athletic ability and academic achievement)
  - Coaching Fund – received some partial funding for 2010 and waiting for second portion and preparing application for funding to support the 2012 Coaches Conference
  - Attended quarterly PSO meetings in June and September.
• Provincial Government:
  • Annual Grant Application submitted. Reviewed with Patti Thorne in September to investigate additional ways to increase funding. Application then put forth for approval and we should hear back from them soon.
  • Canada Games Grant submitted and reviewed with Glen Littlejohn in June to investigate additional ways to increase funding. Received funding of $20,575 in September.
  • Coaching Podium Series for Canada Games Coaches but open to additional coaches if space is available. Session was attended in June and more sessions are now being offered this fall. Goal to have at least one coach to each session.
  • Attended Renewal of Canadian Sport Policy brainstorming session in May 2011.
  • Completed a Capital Grant looking for the maximum of $10,000 for new equipment (8+) in July and received approval in September. A finalized purchase plan needs to be put in place ASAP.
  • Attended Premier Athletic Awards: We submitted 19 application and were awarded 7 awards: T. Young-$1500; K. VanGulick; B. Colbourne; M. Noel; M. Clift; M. Fitzgerald; M. Thomas- all at $500. Overall total of $4500 for our sport.
  • Travel Subsidy- We received funding ($2000) for 2010 and I just applied for funding for 2011.
  • Canada Games Meeting—Use of the PTC and other services attended in October.

• Rowing Canada:
  • Provincial Staff Conference Calls—missed May 18 due to conflicting schedule. Minutes include: HP update, rule of racing changes, new registration process, recreation rowing, the new NCCP.
  • Insurance understanding about one LTR session or Rowing Day Camps.
  • RCA Coach Weekend # 2. Spent much time from January to March 31st trying to find a long weekend that could work for the Mentor Coach and the junior coaches. We were unable to make it happen before fiscal year end. We lost the opportunity to use $800 provided by RCA but it will be taken into consideration when we apply again for 2011-2012.
  • Masters Committee Conference Call—missed both calls in March and June due to conflicting schedule. Minutes include: increasing numbers, age change to 21, touring, promotion.
  • Helped prepare new format report for April Board meeting.
  • Attended two conference calls focusing around LTAD in March and in September.
- IPCC Conference Call missed in May and July due to conflicting schedule. Minutes include: Terms of Reference, Budget, NRC’s, Regional Regatta’s, IROW-Youth Rowing; RCA support to the Provinces.
- NCCP conference call in September. Minutes included: revised weekend #1 schedule; transferring the old to the new NCCP; MLF and LF training; fees for training.
- Nomination for awards at AGM/Coaches Conference- Paul – 25 years The deadline is November 15, 2011.
- Web Registration Training – with who will talk with us over a conference call. This process is followed with each province. Call will be set up in the near future.

- St. John’s Rowing Club:
  - Attended the SJRC AGM – April 2011 and presented a report
  - SJRC Row-A-Thon working with Johnson’s Insurance to support the Children’s Wish Foundation. Just under $12,000 was made with half going to the SJRC and half going to the Children’s Wish Foundation through Johnson’s Insurance.

- Rick Hanson Relay – took part in the event in the single which tested multiple sport in the St. John’s region

- Mainland Regatta’s:
  - Ice Breaker Regatta
  - ERA / Inter-Provincial Rowing Championships
  - Really Chili / Atlantic University Championships
  - Head Of The Hooch
Provincial Sport Organizations
Grant Application Package: 2012-2013
Department of Tourism, Culture and Recreation
Recreation and Sport Division

Deadline for Receipt: Thursday, May 31
Earlier receipt encouraged!
Need help? Meeting scheduled for 12:00pm, April 25, 2012 at Sport NL office – Main Board Room

Return to:
Kristina Turner, Administrative Assistant
Recreation and Sport Division
Department of Tourism, Culture and Recreation
Box 8700
St. John’s, NL
A1B 4J6

Grant Package Includes:
SECTION A: General Information
SECTION B: Annual Operating Grant Report for Previous Year Funding
SECTION C: Annual Grant Application
SECTION D: Canada Games Grant Application

SECTION A: GENERAL INFORMATION

1. Complete

NAME OF PROVINCIAL SPORT ORGANIZATION: Rowing Newfoundland

PRESENTER: Doreen Hamlyn

TREASURER (PURPOSE): Andrew Fitzgerald

PRO MAILING ADDRESS:

TOWN: ST. JOHN'S, NL

COMPLETE MAILING ADDRESS:

TOWN: ST. JOHN'S, NL

TELEPHONE: (709) 576-2200

TELEPHONE: (709) 576-2200

E-MAIL ADDRESS:

E-MAIL ADDRESS:

Please indicate all persons within your organization who have signing authority and take responsibility for the transfer of funds. If their addresses/contact information is not included in above, please attach.

Sec. 40 (1)

2. What is your fiscal year end? 2011 12 31

Year Month Day

3. Place an "X" in front of the grants that you are applying for:

X Annual Operating Grant

X Canada Games Grant

DOCUMENTS REQUIRED WITH YOUR AOG SUBMISSION

☑ Report from any staff hired through "grassroots/part-time" professional assistance funding (Athletics, Basketball, Gymnastics, Rowing, Cross Country Ski, Soccer, Softball and Volleyball)
☑ Board update (note the term of the board at the top of the page)
☑ Financial Statement signed by the Treasurer and/or Auditor
☑ Budget request for this fiscal year
☑ Sport Profile Questionnaire and AGM reports should already be filed, grant will not be assessed without these documents.

1
1. In order to qualify for an annual operating grant or a Canada Games grant, your Provincial Sport Organization is required to submit a financial statement that has been reviewed **AND SIGNED** by someone with an accounting designation/degree in Business or Accounting.

   The statement of revenues and expenditures **MUST** include all funds given to your organization for the 2011-2012 government fiscal year. This includes annual operating grant funding, capital grants, travel subsidies, Canada Games grants, hosting grants or any project funding. If funding has not been expended for these revenues, a note explaining why is expected. Failure to comply with this accountability requirement will result in processing delays until this information has been submitted.

2. Identify, on your financial statement, all funding given to your PSO from the Department of Tourism, Culture and Recreation (as revenue). As requested in the past, these items are to be broken down as separate line items.

3. Highlight, on your financial statement, the expenditures of all funding given to your PSO from the Department of Tourism, Culture and Recreation. Use the following code:

   - AOG – GR: (Annual Operating Grant Grass Roots)
   - AOG – E: (Annual Operating Grant Excellence)
   - AOG – BC: (Annual Operating Grant Building Capacity)
   - CAP G: (Capital Grant Expenditure – if you received a CG in 2011-2012)
   - TS: (Travel Subsidy)
   - CG: (Canada Games Grant)
   - H: (Hosting)
   - Other: (Other)

   • If the expenditures you have highlighted on the financial statement are not self explanatory or if this expenditure is an initiative that was new in the 2011 fiscal year, reproduce the following chart to inform us about each expenditure:

<table>
<thead>
<tr>
<th>Name of Project</th>
<th>Items covered under this expenditure</th>
<th>Total cost of this Project</th>
</tr>
</thead>
</table>

   Reference Code on financial statement

   Brief Report on Project
   • Who took part
   • CS4L stage applicable to this project
   • Location(s) of Project
   • Project Leader(s)

4. Submit your budget request for this fiscal year using the template on the following page.
LONG-TERM ATHLETE DEVELOPMENT FRAMEWORK

AGE
- Females: 0 to 6, 5 to 8, 8 to 11, 11 to 15, 15 to 19 +/-, 19 to 23 +/-, 23 +/-, Anytime
- Males: 0 to 6, 6 to 9, 9 to 12, 12 to 15, 15 to 19 +/-, 19 to 23 +/-, 23 +/-, Anytime

PHASE
- FUN (Movement Development)
- Skill Development
- Functional Strength Development
- Competitive Preparation
- Peak Performance
- Plateau

SKILL DEVELOPMENT
- Fundamental Movement Skills
- Fundamental Sport Skills
- Endurance and Strength
- Speed
- Agility

TRAINING FOCUS
- Fun Play
- Skill Development
- General Endurance
- Speed
- Agility
- Strength

CRITICAL WINDOWS OF TRAINABILITY
- Speed 1 and 2
- Endurance
- Agility

REGATTAS
- Club/High School/Regional
- Provincial/Canada Games
- National
- International
- Olympic/World Class

PERIODIZATION
- Pre-Season
- In-Season
- Off-Season
**SECTION C:**
**ANNUAL GRANT BUDGET REQUEST:**  **2012-2013**

Identify your fiscal year:  **01/01/2012** and ending:  **31/12/2012**

Base your budget request on your sport classification funding amount: APPENDIX A.

Do not include requests for "salaried positions" in these charts.  
**Budget Request Amount:**  $10,500.00

| **Strategic Direction:** Increased Involvement and Participation in Recreation, Sport and Physical Activity  
**Goal:** To increase the number of citizens who participate in regular recreation and sport activities. | **INITIATIVE NAME** and brief description | **Total Cost of Initiative** | **Amount Requested** |
|---|---|---|---|
| **LEARN TO ROW FOR YOUTH "ENJOY THE WATER"**  
Staff will used the RCA → JOURNEY 1-2-3 SYSTEM to teach youth how to row and how to have fun. Other fun cross training will be provided to help youth enjoy the water, be safe, and be active | ROWING CANADA LTAD8  
ACTIVE START  
FUNdamentals  
LEARN TO TRAIN | staffing  
supplies  
maintenance $2000.00 | $1000.00 |
| **LEARN TO ROW FOR TEENS "EXPLORE ROWING"**  
Just like in youth the JOURNEY SYSTEM will be followed. Teen will still be there but more focus will be on skill development & possible competition | tutoring  
LEARN TO TRAIN + possible LEARN TO COMPETE | $2000.00 | $750.00 |
| **LEARN TO ROW FOR MASTERS "TRY SOMETHING NEW"**  
As stated above, follow the JOURNEY SYSTEM but meet the participant at whatever level they are interested. Potential Volunteer Base for Rowing | tutoring  
LEARN TO TRAIN + possible LEARN TO COMPETE | $2000.00 | $750.00 |
**Strategic Direction:** Reaching our Potential Through Enhanced Excellence  
**Goal:** Provide and support opportunities for athletes who wish to reach their highest sport performance.

<table>
<thead>
<tr>
<th>Initiative Name and Brief Description</th>
<th>Total Cost of Initiative</th>
<th>Amount Requested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide on-water training camp in St. John's &amp; in Blaketown (long course/like competition)</td>
<td>(Train to train) (Learn to compete) (Train to compete) (Train to win)</td>
<td>Travel trailer $1000</td>
</tr>
<tr>
<td>Purchase up to date coaching water proof video equipment (visual is the best way to learn)</td>
<td>(Train to compete) (Train to compete) (Train to win)</td>
<td>$1000</td>
</tr>
<tr>
<td>Training &amp; Competing double/pair</td>
<td>(Learn to compete) (Train to compete) (Train to win)</td>
<td>$10,000</td>
</tr>
</tbody>
</table>
**Strategic Direction:** Building Human Resource Capacity  
**Goal:** Increase the number of recreation and sport professionals supporting an increased number of volunteers.  
**INITIATIVE NAME** and brief description:

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Total Cost of Initiative</th>
<th>Amount Requested</th>
</tr>
</thead>
</table>
| **Provide Existing Board Members & New Potential Members Training** → "Effective & Efficient Use of Time"  
"Strategic Planning Facilitation" | $500.00 | $1,000.00  
$500.00 | |
| **Official's Training/Regatta Volunteer Training** | $200.00 | $1,000.00  
Airfare  
Accommodations  
Meals  
Merriment |
APPLICATION FOR PROFESSIONAL ASSISTANCE
(complete Section A if you received a $15,000 grant in 2011 for Professional Assistance or if you received a $10,000 grant for a Grassroots Development Coordinator from TCR and are applying again).

Complete for each salaried person you are applying for – new applications not being accepted at this time due to budget restraints.

NOTE: To qualify for a full-time professional assistance grant, your staff person must be employed for at least 9 months of the year @ a minimum of 30 hours per week. The PSO must fund at least $11,000 of the salary.

Section A

Name/Title of paid staff person for 2011-2012  
Name/Title of staff person for 2012-2013  

Please describe the employment record of your past staff person for 2011-12 by answering the questions below (Financial Statement salary expenditure MUST be referenced to back up claim):

Months working full time (35+ hours a week): ________ hours for _______ months

Months working part time (15 - 34 hours per week) ________ hours for _______ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

What is the proposed employment for your staffing request for 2012-2013 (for the PSO only)

Months working full time (35+ hours a week): ________ hours for _______ months

Months working part time (15 - 34 hours per week) ________ hours for _______ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

Section B: Complete (Softball, Rowing, Cross Country Skiing only)

Professional Assistance Application: PART TIME

NOTE: To qualify for a part time professional assistance grant, your staff person must be employed for at least 4 months of the year @ a minimum of 12 hours per week. The PSO must fund at least $5,000 of the salary.

Name/Title of paid staff person for 2011-2012  
Name/Title of staff person for 2012-2013  

Please describe the employment record of your past staff person for 2011-12 by answering the questions below:

Months working part time _____ hours (describe hours here: ______________________) for ________ months (Describe months here: ____________________________)

If neither of these descriptions apply to you, please detail the annual work schedule below:

What is the proposed employment for your staffing request for 2012-2013 (for the PSO only)

If a job description for this position is not on file with the Division, please attach.
SECTION A: GENERAL INFORMATION

PSO: ROWING NEWFOUNDLAND

Individual completing this questionnaire: PAUL POWER - EXECUTIVE DIRECTOR

President's signature [Signature] Date: April 29, 2013
(An e-mail from the President sanctioning the grant submission is acceptable)

E-mail: yes@nl.rogers.com Phone no: Sec. 40 (1)

Documents required before funding application is reviewed:

a. Board Mailing List (full addresses must be included for the President and Treasurer). Date according to term of office;

b. Financial Statement (presented at the AGM for 2012-13). An interim statement that shows 2012-13 expenditures of all government grants, signed by both Treasurer and President, is acceptable but funding may be held until the final statement is submitted.

c. Sport Profile Questionnaire and all supporting documents requested on that form.

SECTION B: AOG FINANCIAL ACCOUNTABILITY: 2012-2013
(Your official financial statement)

REVENUES
The statement of revenues and expenditures MUST include all funds given to your organization for the 2012-2013 government fiscal year (April – March). This includes annual operating grant funding, capital grants, travel subsidies, Canada Games grants, hosting grants or any project funding. These must be SEPARATE LINE items.

EXPENDITURES
Highlight, on your financial statement, the expenditures of all funding given to your PSO from the Department of Tourism, Culture and Recreation. If these are not self-explanatory, please include an Appendix to explain. Your financial statement will be reviewed against the projects for which funding was requested in 2012-13.
### Administration

<table>
<thead>
<tr>
<th>PSO Administrative Expenses</th>
<th>Total Cost of Admin to your PSO in 12-13</th>
<th>Amount Requested 2013-14</th>
<th>OFFICE USE ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Rowing Canada Registration and Coaching Database fees</td>
<td>$2,560.70</td>
<td>$2,000.00</td>
<td></td>
</tr>
<tr>
<td>- Rowing Canada Annual fees</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Sport NL Annual fees</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Rowing Canada Board &amp; Provincial Staff meeting extra expenses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Bank Fees; and office supplies</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Strategic Direction

**Increased Involvement and Participation in Recreation, Sport and Physical Activity**

**Goal:** To increase the number of citizens who participate in regular recreation and sport activities.

<table>
<thead>
<tr>
<th>INITIATIVE NAME and brief description (target age group, regions involved; time frame)</th>
<th>Total Cost of Initiative Anticipated Revenues</th>
<th>Amount Requested</th>
<th>OFFICE USE ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn-To-Row (LTR) “For All Ages!!”</td>
<td>$5,000.00</td>
<td>$2,000.00</td>
<td></td>
</tr>
<tr>
<td>Staff will follow as in previous years the RCA Journey 1-2-3</td>
<td>$1,500.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>System and teach anyone and everyone how to row and how to have fun. This program will work on the Rowing Canada LTAD levels of Active Start, FUNDamentals, and Learn to Train.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Promotion Campaign&quot;</td>
<td>$3,500.00</td>
<td>$2,000.00</td>
<td></td>
</tr>
<tr>
<td>Make up a Sign for the Boathouse and 2 additional signs that can be placed daily in the high traffic walking areas. Also make up posters/pamphlets to circulate and start to create a unique web site.</td>
<td>$??</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Strategic Direction: Reaching our Potential Through Enhanced Excellence

**Goal:** Provide and support opportunities for athletes who wish to reach their highest sport performance.

<table>
<thead>
<tr>
<th>INITIATIVE NAME and brief description (team, event, date, location)</th>
<th>Total Cost of Initiative</th>
<th>Amount Requested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Send staff person and or coach to the Annual Rowing Canada Coaching Conference in order to increase their NCCP levels plus to stay on track with all the new trends and technical changes throughout Canada. (Ontario-late 2013)</td>
<td>$3,500.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>&quot;On Water Training Camp with Mentor Coach&quot;</td>
<td>$3,000.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Get a mentor coach to NL to spend time working with Athlete and Coaches to help make final preparations for Canada Games</td>
<td>$0.00</td>
<td></td>
</tr>
</tbody>
</table>

### Strategic Direction: Building Human Resource Capacity

**Goal:** Increase the number of recreation and sport professionals supporting an increased number of volunteers.

<table>
<thead>
<tr>
<th>INITIATIVE NAME and brief description (target group, location, purpose...)</th>
<th>Total Cost of Initiative/Anticipated Revenues</th>
<th>Amount Requested</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Weekend # 1 Clinic - with Mentor Coach&quot;</td>
<td>$3,000.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Bring in mentor coach to teach up to 12 new coaches the first stage of the new NCCP program under the new Rowing Canada LTAD model (Summer/Fall 2013)</td>
<td>$1,000.00</td>
<td></td>
</tr>
<tr>
<td>&quot;Weekend # 2 Clinic - with Mentor Coach&quot;</td>
<td>$3,000.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Bring in mentor coach to work on the next step with active coaches looking to completed the second stage of the new RCA LTAD model (Summer/Fall/Winter 2013)</td>
<td>$1,000.00</td>
<td></td>
</tr>
<tr>
<td>&quot;Official/Referee's Clinic&quot;</td>
<td>$2,500.00</td>
<td>$1,500.00</td>
</tr>
<tr>
<td>Bring a head official from Atlantic Canada to teach interested persons in NL to start the rebuilding process</td>
<td>$0.00</td>
<td></td>
</tr>
</tbody>
</table>

If there is not enough space here, please attach requests using your own template. If there are initiatives that you do not feel fit the categories identified here, please submit separately as well.
SECTION D: APPLICATION FOR PROFESSIONAL ASSISTANCE
(complete if you received a $15,000 grant in 2012 for Professional Assistance and/or if you received a grant for a Grassroots Development Coordinator/Part Time Assistance* from TCR and are applying again).

Complete for each salaried person you are applying for – new applications not being accepted

NOTE: To qualify for a full-time professional assistance grant, your staff person must be employed for at least 9 months of the year @ a minimum of 30 hours per week. The PSO must fund at least $11,000 of the salary.

Section A (Executive Director)
Name/Title of paid staff person for 2012-2013 NA
Name/Title of staff person for 2013-2014

Please describe the employment record of your past staff person for 2012-13 by answering the questions below (Financial Statement salary expenditure MUST be referenced to back up claim):

Months working full time (35+ hours a week): _______ hours for _______ months
Months working part time (15 - 34 hours per week) _______ hours for _______ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

What is the proposed employment for your staffing request for 2013-2014 (for the PSO only)

Months working full time (35+ hours a week): _______ hours for _______ months
Months working part time (15 - 34 hours per week) _______ hours for _______ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

Section B (Complete if you received funding for your Grass Roots/LTAD Coordinator)
Name/Title of paid staff person for 2012-2013 NA
Name/Title of staff person for 2013-2014

Please describe the employment record of your past staff person for 2012-13 by answering the questions below (Financial Statement salary expenditure MUST be referenced to back up claim):

Months working full time (35+ hours a week): _______ hours for _______ months
Months working part time (15 - 34 hours per week) _______ hours for _______ months

If neither of these descriptions apply to you, please detail the annual work schedule below:

What is the proposed employment for your staffing request for 2013-2014 (for the PSO only)

Months working full time (35+ hours a week): _______ hours for _______ months
Months working part time (15 - 34 hours per week) _______ hours for _______ months

If neither of these descriptions apply to you, please detail the annual work schedule below:
NOTE: To qualify for a part time professional assistance grant, your staff person must be employed for at least 4 months of the year @ a minimum of 12 hours per week. The PSO must fund at least $5,000 of the salary.

Name/Title of paid staff person for 2012-2013  Paul Power - Executive Director
Name/Title of staff person for 2013-2014  Paul Power - Executive Director

Please describe the employment record of your past staff person for 2012-13 by answering the questions below:

Months working part time 20 hours (describe hours here: less in winter, more in summer for 12 months (Describe months here: Main months: Apr, May, Jun, Jul, Aug, Sept, Oct.

If neither of these descriptions apply to you, please detail the annual work schedule below:

Job Description Attached

What is the proposed employment for your staffing request for 2013-2014 (for the PSO only)

If a Job description for this position is not on file with the Division, please attach

Signature of Treasurer (PSO)  Date:  Signature indicates that you authorize this grant application as well as acknowledging that the content is factual.

Signature of President (PSO)  Date:  Signature indicates that you authorize this grant application as well as acknowledging that the content is factual.

These signatures attest to having read and reviewed the grant submission to the Recreation and Sport Division. Any personal information collected or provided as part of the application process will only be used for purposes relating to the operation of the relevant programs and for statistical reports. All information will be kept confidential and will not be disclosed to third parties without your consent unless required or authorized by law. Any questions or comments regarding privacy issues can be directed to Jennifer Taylor, Program and Policy Development Specialist, Department of Tourism, Culture and Recreation, 709-729-6370.

Office Use Only: Total Amount Approved From Sport Profile Questionnaire= __________
Total Remaining/Unaccounted for from 2012-13 __________
Notes:  __________
Professional Assistance Grant Application

Position Title:  EXECUTIVE / TECHNICAL DIRECTOR

Requesting:  (January to December / 2013)

Job Description:  This person will fill the role of:
- Technical Director – developing rowing programs throughout the Province and making the sport more accessible and noticeable.
- Mentor Coach – overlook all coaches / programs and provide clinics to develop coaching throughout the Province and also for coaches to improve their talent.
- Club Developer – help interested individuals establish programs in new areas of the Province and to help improve programs in existing areas.

The Need for a Professional Employee:
Coaching numbers have improved but the Province still need more coaches to provide adequate athlete to coach ratios. Developing Level I coaches will still be top priority with the plan of advancing these coaches to Level II and eventually to Level III. The Provincial Coach has to continually keep coaches involved and expanding their knowledge. The short-range plan is to double the number of existing coaches with a long-range plan to have coaches for each crew.

Proposed Salary:  40 + hours per week for 14 weeks @ $785.00 bi-weekly
  20 + hours per week for 38 weeks @ $500.00 bi-weekly

Intention to Generate Funds:  The breakdown is as follows:
  ROWING NEWFOUNDLAND  $8000
  PROVINCIAL GOVERNMENT  $5000
  ST. JOHN’S ROWING CLUB  $2000
  $15,000

Schedule for Travel:
- MAY:  Dartmouth, Nova Scotia
- JUNE:  Sherbrooke, Quebec
- JULY:  Montreal, Quebec
- AUG:  Canada Summer Games in Sherbrooke, Quebec

Amount Requested:  SALARY:  $5000
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Mailing Address</th>
<th>Phone Number</th>
<th>Alternate Phone Number</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doreen Hamlyn</td>
<td>President</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adrian Miller</td>
<td>Past-President</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nicolle Hamlyn</td>
<td>Vice-President</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jim Skanes</td>
<td>2nd Vice-President</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Secretary</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Andy Fitzgerald</td>
<td>Treasurer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paul Power</td>
<td>PT Staff</td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:yes@nl.rogers.com">yes@nl.rogers.com</a></td>
</tr>
</tbody>
</table>

**List of Clubs**
- St. John's Rowing Club
- Labrador West Rowing Club
**NEWFOUNDLAND LABRADOR**

Recreation and Sport Division:

Provincial Sport Organization (PSO)
Sport Profile Questionnaire: 2013 – 2014
(To be completed by any PSO wishing to access Department funding)
Deadline for Submission: April 1, 2013

**PSO:** Rawing NL

Individual completing this questionnaire: **Paul Power**

E-mail: __________ Phone no: __________ [Sec. 40 (1)]

Documents **required** with this questionnaire include:

1. A membership data base, required to determine your sport classification and funding eligibility. Some sports have referred the Divisions to an electronic data base. Please call if that is your preferred choice. **24 pts**
2. AGM reports from January 2012 – December 2012: A roll call must be included along with reports from the Treasurer and President
3. An activity report for 2012-13 from any person’s hired using a Divisional grant (Executive Director’s are excluded)
4. Updated (or web site reference) to your Hall of Fame inductees
5. Strategic Plan

(Note: Points noted in the margin are used to calculate funding eligibility for PSOs who qualify for an annual operating grant)

**SECTION A: PARTICIPATION**

1. Complete the chart below: **15 pts**

<table>
<thead>
<tr>
<th>Region</th>
<th>Name of one MEMBER club/association (members must be on your data base. Individuals in a region who are not members of an association/club in that region should be excluded here)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 St. John’s</td>
<td></td>
</tr>
<tr>
<td>2 Mt. Pearl</td>
<td>St John's Rowing Club 100</td>
</tr>
<tr>
<td>3 CBS</td>
<td></td>
</tr>
<tr>
<td>4 Paradise</td>
<td></td>
</tr>
<tr>
<td>5 Avalon North/South</td>
<td></td>
</tr>
<tr>
<td>6 Conception Bay North</td>
<td></td>
</tr>
<tr>
<td>7 Eastern</td>
<td></td>
</tr>
<tr>
<td>8 Central</td>
<td></td>
</tr>
<tr>
<td>9 Western</td>
<td></td>
</tr>
<tr>
<td>10 Labrador HC-GB</td>
<td>Labrador City Rowing Club 133</td>
</tr>
<tr>
<td>11 Labrador West</td>
<td></td>
</tr>
<tr>
<td>12 Other</td>
<td></td>
</tr>
</tbody>
</table>
2. Complete the following chart to describe the programs and services offered by your PSO in 2012 (either through the Clubs/Associations or directly by you) for each of the LTAD stages noted below. 21 pts

<table>
<thead>
<tr>
<th>Name of Program</th>
<th>Regions* Where Program is Operating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundamentals/Active Start</td>
<td>Raw For All (Summer Program)</td>
</tr>
<tr>
<td>Grass Roots Program</td>
<td>St. John's</td>
</tr>
<tr>
<td>Developmental</td>
<td>Maybe Lab</td>
</tr>
<tr>
<td>Learn to Play/Train</td>
<td>High School Reg. Comp. Team</td>
</tr>
<tr>
<td></td>
<td>Prog. Games</td>
</tr>
<tr>
<td>Active for Life</td>
<td>To develop</td>
</tr>
</tbody>
</table>

* Regions – use Chart A regions

SECTION B: EXCELLENCE 20 pts

1. List up to three Provincial Competitions held in 2012. For team sports, opposite genders may count as separate events.

<table>
<thead>
<tr>
<th>Name of Event</th>
<th>Location</th>
<th>Month/2012</th>
<th>*Regions Participating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prov Time Trials</td>
<td>Pbo -</td>
<td>June/July</td>
<td>St. J.</td>
</tr>
<tr>
<td>Prov High Sc. Regatta</td>
<td></td>
<td>Late June</td>
<td>Los, High Sch.</td>
</tr>
<tr>
<td>Lab West Regatta</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Regions: Use chart A regions

2. Identify up to two teams (team sports) and up to three athletes (individual sports) who attended Nationals in 2012 (no need to complete if you received a travel subsidy for Nationals).

<table>
<thead>
<tr>
<th>Team/Individual Name</th>
<th>Gender</th>
<th>Event Name</th>
<th>Location</th>
<th>Month (2012)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prov Team m/f</td>
<td>Henley</td>
<td>St. Catharines</td>
<td>Aug</td>
<td></td>
</tr>
</tbody>
</table>

3. Complete the chart to tell us the "top" results of up to three (teams or individuals) at Nationals in 2012: if you have already sent this to the Division with your travel subsidy report, disregard this question.

<table>
<thead>
<tr>
<th>Competition placed</th>
<th>Name/Event</th>
<th>Athlete(s)</th>
<th>Team/Individual</th>
<th>Placing/how many were in direct competition</th>
<th>Monthly/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sec. 40 (1)</td>
<td>Singles</td>
<td>5/54.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women's Pair</td>
<td>Top 10 /40 teams</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. Identify up to two teams (team sports) and up to three athletes (individual sports) who attended Eastern Canadians or Atlantic in 2012 (no need to complete if you received a travel subsidy for these events).

<table>
<thead>
<tr>
<th>Team/Individual Name</th>
<th>Gender</th>
<th>Event Name</th>
<th>Location</th>
<th>Month (2012)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Atlantic Champ</td>
<td>Team Got! (See files)</td>
<td></td>
</tr>
</tbody>
</table>

5. Complete the chart to tell us the “top” results of up to three (teams or individuals) at EC/Atlantic in 2012: If you have already sent this to the Division with your travel subsidy report, disregard this question.

<table>
<thead>
<tr>
<th>Competition Placed</th>
<th>Name/Event Athlete(s)</th>
<th>Team/Individual</th>
<th>Placing/how many were in direct competition</th>
<th>Month/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7. Identify up to two provincial camps coordinated by your PSO held in 2012.

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Location</th>
<th>Month/Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blake Town Camp</td>
<td></td>
<td>Summer 2012</td>
</tr>
</tbody>
</table>

8. Identify any strategies that your PSO or member clubs initiated to achieve objectives aimed at “excellence.” Exclude provincial camps however you may include the following: hosting of an expert coach/leader (may be certified coach from this province visiting another club) at a camp, hosting other teams at a PSO event, purchases or use of new technology to improve skill, personal training programs for athletes, attendance at an invitational event (exclude Nationals, Atlantic or Eastern Canadians) etc.

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Brief Description if not self explanatory; note date and approximate cost if applicable.</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW Hudson 8+</td>
<td></td>
</tr>
<tr>
<td>PURCHASE NEW ERG</td>
<td>MAX</td>
</tr>
</tbody>
</table>

SECTION C: BUILDING CAPACITY

20 pts

1. Identify up to two “active” Learning Facilitators in your Sport who currently reside in NL.

   Evaluator: Paul
   NO LF NOW
2. Identify up to two NCCP recognized coaching courses conducted by your PSO in the last two years and identify the course facilitator.

<table>
<thead>
<tr>
<th>Name of Course</th>
<th>Location/Month/Year</th>
<th>Course Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1/2</td>
<td>Sept 2012</td>
<td>Sec. 40 (1)</td>
</tr>
</tbody>
</table>

3. Identify up to two "Officials" certification/upgrade conducted by your PSO in the last two years and identify the course facilitator.

<table>
<thead>
<tr>
<th>Name of Course</th>
<th>Location/Month/Year</th>
<th>Course Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Has your sport provided any developmental support for its membership (program books, access to technology, provincially owned equipment that would help them to build their capacity? If so, explain.

See pages 8

5. Do you have a volunteer appreciation initiative?  
<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>☑</td>
<td></td>
</tr>
</tbody>
</table>

   Explain if yes: Awards night. Lack No!

6. If you have a Hall of Fame, write the names of the inductees for 2011, 2012 in the space below (must be a Hall of Fame and not another program):

   No inductions

7. Part of Building Capacity involves the development of partnerships. Describe at least two partnerships that your PSO has with schools or community recreation groups.
   a. High Schools
   b. City of St. John's - grants

8. Attach minutes from your AGM for 2012 (Jan - Dec).

9. Attach your Strategic Plan.

10. Describe any fund raising initiatives undertaken by your PSO in 2012 (not club or team based initiatives) - max of two: Tournaments with revenues back to the PSO are eligible.
    Raceday - Children's Wish Foundation

11. Describe any membership initiatives undertaken by your PSO in 2012 to help them (your associations/clubs) build capacity (resources, membership, skills, staff visits, leadership initiatives) etc.

Thank You!
Provincial Sport Organizations  
Annual Grant Application: 2014-2015  
Department of Tourism, Culture and Recreation Recreation and Sport Division

Deadline for Receipt: May 30, 2014

Return to:  
Dave Feener, Consultant  
Recreation and Sport Division  
Department of Tourism, Culture and Recreation  
Box 8700  
St. John's, NL  
A1B 4J6  
dfeener@gov.nl.ca

NO FAXES PLEASE

- Please review guidelines before completing this application.

SECTION A: GENERAL INFORMATION

PSO: ROWING NEWFOUNDLAND

PSO Address: [Redacted]

Individual completing this application: Paul Power

President's signature: Doreen Hamlyn  
Date: December 12, 2014

(An e-mail from the President sanctioning the grant submission is acceptable)

E-mail: yes@nl.rogers.com  
Phone no: [Redacted]

Documents required before funding application is reviewed:

a. Board of Directors list by position with current emails of all board members and with term end date of each board member. Also, please include current mailing addresses for the President and Treasurer.

b. Financial Statement (presented at the AGM for 2013-14). An interim statement that shows 2013-14 expenditures of all government grants, signed by both Treasurer and President, is acceptable but funding may be held until the final statement is submitted.

c. Sport Profile Questionnaire and all supporting documents requested on that form.

SECTION B: AOGFINANCIAL ACCOUNTABILITY: 2013-2014

(Your official financial statement)

REVENUES
The statement of revenues and expenditures MUST include all funds given to your organization for the 2013-2014 government fiscal year (April – March). This includes annual operating grant funding, capital grants, travel subsidies, Canada Games grants, hosting grants or any project funding. These must be SEPARATE LINE items.

EXPENDITURES
Highlight, on your financial statement, the expenditures of all funding given to your PSO from the Department of Tourism, Culture and Recreation. If these are not self-explanatory, please include an Appendix with additional information. Your financial statement will be reviewed against the projects for which funding was requested in 2013-14.
### Administration

<table>
<thead>
<tr>
<th>PSO Administrative Expenses (list some of the items that your PSO requires admin money for)</th>
<th>Total Cost of Admin to your PSO in 13-14</th>
<th>Amount Requested 2014-15</th>
<th>OFFICE USE ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rowing Canada Aviron (RCA) fee</td>
<td>$2,500.00</td>
<td>$1,500.00</td>
<td></td>
</tr>
<tr>
<td>RCA Web Registration Accountability System fee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RCA Coaching Database fee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sport NL fee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RCA Board meeting expenses (meals)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bank fees</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Strategic Direction: Increased Involvement and Participation in Recreation, Sport and Physical Activity

#### Goal: To increase the number of citizens who participate in regular recreation and sport activities.

<table>
<thead>
<tr>
<th>INITIATIVE NAME and brief description (target age group, regions involved; time frame)</th>
<th>Total Cost of Initiative Anticipated Revenues</th>
<th>Amount Requested</th>
<th>OFFICE USE ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;WATER FUN&quot; including numerous water activities</td>
<td>$3,500.00</td>
<td>$1,500.00</td>
<td></td>
</tr>
<tr>
<td>Take place on-water season (summer-2 week session)</td>
<td>$2,000.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For ages 10-14 (or younger if they can fit in equipment)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| "Recreation TEAM" : "Development & Senior TEAM" | $6,000.00 | $2,500.00 | |
| Recreation athletes can train as little as twice per week and competitive athletes can be up to 10 sessions per week. For ages 15+ (training can be year round) | $3,500.00 | | |

| "Row For The Fun Of It" | $3,500.00 | $2,000.00 | |
| There will be up to 4 sessions available per week with attendance being optional. For ages 21+ (can start at younger age if program fits individual) | $1,500.00 | | |
**Strategic Direction:** Reaching our Potential Through Enhanced Excellence  
**Goal:** Provide and support opportunities for athletes who wish to reach their highest sport performance.

<table>
<thead>
<tr>
<th>Initiative Name and Brief Description (team, event, date, location)</th>
<th>Total Cost of Initiative</th>
<th>Amount Requested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bring in a &quot;Mentor Coach&quot; to train Weekend #1 and Weekend #2 to active and new potential coaches.</td>
<td>$3,000.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Have this mentor coach train &quot;NL Mentor Coach&quot; at the same time.</td>
<td>$1,000.00</td>
<td></td>
</tr>
<tr>
<td>Have &quot;NL Mentor Coach&quot; attend the Annual National RCA Coaches Conference.</td>
<td>$3,000.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Offer opportunities to up and coming coaches too with partial funding.</td>
<td>$1,000.00</td>
<td></td>
</tr>
<tr>
<td>Have &quot;NL Mentor Coach&quot; visit Labrador West Rowing Club to offer club development discussion and on-water coaching help + possible coaching training.</td>
<td>$3,000.00</td>
<td>$2,000.00</td>
</tr>
</tbody>
</table>

**Strategic Direction:** Building Human Resource Capacity  
**Goal:** Increase the number of recreation and sport professionals supporting an increased number of volunteers.

<table>
<thead>
<tr>
<th>Initiative Name and Brief Description (target group, location, purpose...)</th>
<th>Total Cost of Initiative/Anticipated Revenues</th>
<th>Amount Requested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop a &quot;Strategic Planning Session&quot; including representatives from each Club in the province.</td>
<td>$2,000.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Bring in an experienced facilitator from RCA to guide Rowing NL through the process.</td>
<td>$0.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Organize an &quot;Official Training Clinic&quot; in the province.</td>
<td>$2,000.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Bring in an Official Facilitator to complete the Clinic</td>
<td>$0.00</td>
<td></td>
</tr>
</tbody>
</table>

If there is not enough space here, please attach requests using your own template.
Sig. of Pres. (SOS)

Signature of Paul Power

Rowing Newfoundland is requesting $5,000.00 for Paul Power as Executive Director.

Paul Power - Executive Director

Name/Title of staff person for 2014-2015:

What is the proposed employment for your staffing request for 2014-2015 (for the PSO only):

For at least 4 months of the year @ a minimum of 12 hours per week. The PSO must fund at least

NOTE: To qualify for part time professional assistance grant, your staff person must be employed

The question is asking for a part time professional assistance grant in 2013-14

Sec. 40 (1) Signature for Doreen Hamlyn

Sec. 40 (1) Signature for Doreen Hamlyn

Date: ____________

Doreen Hamlyn
Professional Assistance Grant Application

Position Title: EXECUTIVE DIRECTOR


Job Description: This person will fill the role of:
- Technical Director – developing rowing programs throughout the Province and making the sport more accessible and noticeable.
- Mentor Coach – overlook all coaches / programs and provide clinics to develop coaching throughout the Province and also for coaches to improve their talent.
- Club Developer – help interested individuals establish programs in new areas of the Province and to help improve programs in existing areas.

The Need for a Professional Employee:
Coaching numbers have improved but the Province still need more coaches to provide adequate athlete to coach ratios. Developing Weekend #1 coaches will still be top priority with the plan of advancing these coaches to Weekend #2 and eventually making them certified. The Provincial Coach has to continually keep coaches involved and expanding their knowledge. The short-range plan is to double the number of existing coaches with a long-range plan to have coaches for each crew.

Proposed Salary: 40 + hours per week for 14 weeks @ $350.00 weekly
20 + hours per week for 38 weeks @ $200.00 weekly

Intention to Generate Funds: The breakdown is as follows:
ROWING NEWFOUNDLAND $8000
PROVINCIAL GOVERNMENT $5000
ST. JOHN’S ROWING CLUB $2500
$12,500

Amount Requested: SALARY: $5000
# Provincial Sport Organization Annual Operating Grant

## Section 1: General Information

What is the name of the group or organization seeking funding?

ROWING NEWFOUNDLAND

What is the permanent mailing address of the group or organization seeking funding?

<table>
<thead>
<tr>
<th>Street/P.O. Box</th>
<th>Sec. 40 (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Town/City</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>St. John's</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Province</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Newfoundland &amp; Labrador</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Postal Code</th>
<th>Sec. 40 (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Contact Name:

Paul Power &/or Doreen Hamlyn

<table>
<thead>
<tr>
<th>Telephone</th>
<th>Sec. 40 (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fax</th>
<th>Sec. 40 (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Email:

yes@nl.rogers.com

Web Address: N/A
## Section 2: About your Organization/Group

**Describe the purpose of your organization/group?**

Rowing Newfoundland main purpose is to enhance and promote rowing participation through the implementation of the FUNdamentals to Active for Life stages of the Canadian Sport for Life model. (Long-Term Athlete Development) (CS4L/LTAD)

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many clubs/groups/leagues are served by your organization/group?</td>
<td>3</td>
</tr>
<tr>
<td>What age groups does your organization/group serve?</td>
<td>Size to fit equipment - 9 years &amp; up</td>
</tr>
<tr>
<td>Are you currently a member of Sport Newfoundland and Labrador?</td>
<td>Yes</td>
</tr>
<tr>
<td>Are you a non-profit organization/group?</td>
<td>Yes</td>
</tr>
<tr>
<td>Are you incorporated under Newfoundland and Labrador Registry of Companies?</td>
<td>Yes</td>
</tr>
<tr>
<td>If yes, what is your incorporation number?</td>
<td>12476</td>
</tr>
<tr>
<td>Are you listed with the Canadian Revenue Agency as a Registered Charity?</td>
<td>No</td>
</tr>
<tr>
<td>If yes, what is your Registration Number?</td>
<td></td>
</tr>
<tr>
<td>How many active volunteers are involved in your organization/group?</td>
<td>35-40</td>
</tr>
<tr>
<td>How many paid staff does your organization/group employ?</td>
<td>Full-Time: 0 Part-Time: 1 ??</td>
</tr>
</tbody>
</table>
## Section 3: Sport Profile

### Participation

Complete the chart below:

<table>
<thead>
<tr>
<th>Region</th>
<th>Name of one MEMBER club/association (members must be on your data base. Individuals in a region who are not members of an association/club in that region should be excluded here)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 St. John's</td>
<td>St. John's Rowing Club (SJRC)</td>
</tr>
<tr>
<td>2 Mt. Pearl</td>
<td>(Mount Pearl Residents are members of SJRC)</td>
</tr>
<tr>
<td>3 CBS</td>
<td>(CBS Residents are members of SJRC)</td>
</tr>
<tr>
<td>4 Paradise</td>
<td>(Paradise Residents are members of SJRC)</td>
</tr>
<tr>
<td>5 Avalon North/South</td>
<td>*Potential 2000meter site - Blaketown</td>
</tr>
<tr>
<td>6 Conception Bay North</td>
<td></td>
</tr>
<tr>
<td>7 Eastern</td>
<td></td>
</tr>
<tr>
<td>8 Central</td>
<td></td>
</tr>
<tr>
<td>9 Western</td>
<td>Humber Valley Rowing Club (HVRC)</td>
</tr>
<tr>
<td>10 Labrador HV-GB</td>
<td></td>
</tr>
<tr>
<td>11 Labrador West</td>
<td>Labrador West Rowing Club (LWRC)</td>
</tr>
<tr>
<td>12 Other</td>
<td></td>
</tr>
</tbody>
</table>

Complete the following chart to describe the programs and services offered by your PSO in 2014 (either through the Clubs/Associations or directly by you) for each of the LTAD stages noted below:
<table>
<thead>
<tr>
<th>Name of Program</th>
<th>Regions* Where Program Is Operating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundamentals/Active Start</td>
<td>&quot;Water Fun&quot; Numerous water activities; during on water rowing season. This program is aimed for ages 10-14 and can be younger if they fit the equipment. All regions: St. John's, Western (starting), and Labrador West.</td>
</tr>
<tr>
<td>Learn to Play/Train</td>
<td>Broken down into 3 training groups: &quot;Recreation Group&quot; This group has the choice to train year round but only 2 or 3 sessions per week. &quot;Development Group&quot; This group will train year round for 4 to 7 sessions per week. &quot;Competitive Group&quot; This group will train year round for 7 to 10 sessions per week. All three training groups will be for ages 15+. All regions: St. John's, Western (starting), and Labrador West (partial).</td>
</tr>
<tr>
<td>Active for Life</td>
<td>&quot;Row For The Fun Of It!&quot; This group has the choice to train year round up to 4 or 5 sessions per week. Attendance is optional. The program is planned for ages 21+ and younger ages is an option if it is the right fit. All regions: St. John's, Western (starting), and Labrador West.</td>
</tr>
</tbody>
</table>

*Excellence*
List up to two Provincial Competitions held in 2014 for youth ages 21 and under.

<table>
<thead>
<tr>
<th>Name of Event</th>
<th>Location</th>
<th>Month (2014)</th>
<th>Genders</th>
<th>Regions Participating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provincial Ergometer Championships</td>
<td>St. John’s Rowing Club</td>
<td>February</td>
<td>Male and Female</td>
<td>St. John’s; Mount Pearl; CBS; Paradise. <em>Humber and Labrador via internet</em></td>
</tr>
<tr>
<td>Provincial Time Trial Regatta</td>
<td>St. John’s Rowing Club</td>
<td>July</td>
<td>Male and Female</td>
<td>St. John’s; Mount Pearl; CBS; Paradise.</td>
</tr>
</tbody>
</table>

Identify up to two teams (team sports) and up to three athletes (individual sports) who attended Nationals in 2014. Use age 21 and under only.

<table>
<thead>
<tr>
<th>Team/Individual Name</th>
<th>Gender</th>
<th>Event Name</th>
<th>Location</th>
<th>Month (2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Canadian Indoor Rowing Championships</td>
<td>Mississauga, Ontario</td>
<td>February 2014</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>Canadian Masters Rowing Championships</td>
<td>Burnaby, British Columbia</td>
<td>July 2014</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>Canadian Junior/University Training Camp</td>
<td>St. Catharines, Ontario</td>
<td>August 2014</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>Inter-National Head of the Hooch Regatta</td>
<td>Chattanooga, Tennessee, USA</td>
<td>November 2014</td>
</tr>
</tbody>
</table>
Complete the chart to tell us the "top" results of up to three (teams or individuals) at Nationals in 2014. Use age 21 and under only. Nationals refer to the National Sport Organization sanctioned event for that age group.

<table>
<thead>
<tr>
<th>Competition Name/Event Athlete(s) placed</th>
<th>Team/Individual</th>
<th>Placing/how many were in direct competition</th>
<th>Month/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canadian Indoor Rowing Championships (Ergometer)</td>
<td>11 of 50</td>
<td>February 2014</td>
<td></td>
</tr>
<tr>
<td>Canadian Masters Rowing Championships (Single - 1x)</td>
<td>3rd of 11 BRONZE MEDAL</td>
<td>July 2014</td>
<td></td>
</tr>
<tr>
<td>Canadian Junior/University Training Camp (Different Boats)</td>
<td>Ranked in the top 15 of 40</td>
<td>August 2014</td>
<td></td>
</tr>
<tr>
<td>Inter-National Head of the Hooch Regatta (Novice Single - 1x)</td>
<td>3rd of 18 BRONZE MEDAL</td>
<td>November 2014</td>
<td></td>
</tr>
</tbody>
</table>

Identify up to two teams (team sports) and up to three athletes (individual sports) - U21 only) who attended Eastern Canadians or Atlantics in 2014.

<table>
<thead>
<tr>
<th>Team/Individual Name</th>
<th>Gender</th>
<th>Event Name</th>
<th>Location</th>
<th>Month (2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Provincial Team</td>
<td>Male &amp; Female</td>
<td>Atlantic Canadian</td>
<td>Dartmouth, Nova Scotia</td>
<td>May 2014</td>
</tr>
<tr>
<td>Canada Games Potentials</td>
<td>Rowing Championships</td>
<td>Montreal, Quebec</td>
<td>July 2014</td>
<td></td>
</tr>
<tr>
<td>-------------------------</td>
<td>----------------------</td>
<td>-----------------</td>
<td>-----------</td>
<td></td>
</tr>
<tr>
<td>Junior Provincial Team / Canada Games Potentials</td>
<td>Male &amp; Female</td>
<td>Eastern Canadian Rowing Championships</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Complete the chart to tell us the “top” results of up to three (teams or individuals), U21 only at EC/Atlantics in 2014.

<table>
<thead>
<tr>
<th>Competition Name/ Event Athlete(s) placed</th>
<th>Team/Individual</th>
<th>Placing/how many were in direct competition</th>
<th>Month/Location</th>
</tr>
</thead>
</table>
| Atlantic Canadian Rowing Championships  | Junior Provincial Team / Canada Games Potentials | Mens Single (1x) - 3rd of 6 (Bronze) 
Womens Quad (4x) - 4th of 9 
Mens Quad (4x) - 5th of 8 | May 2014 |
| Eastern Canadian Rowing Championships    | Junior Provincial Team / Canada Games Potentials | Mens Single (1x) - 5th of 11 
Women Double (2x) - 5th of 19 
Womens Quad (4x) - 5th of 13 
Mens Quad (4x) - 6th of 10 | July 2014 |

Identify any athletes in your sport who are active members and are currently on the national team or in the national team selection pool.

Sec. 40 (1) was invited to the Canadian Junior/University Training Camp in St. Catherine's, Ontario, and ranked in the top 15 of a group of 40 athletes.
Identify up to two provincial camps coordinated by your PSO held in 2014.

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Location</th>
<th>Month (2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dryland Training Camp</td>
<td>St. John's Rowing Club</td>
<td>February 2014</td>
</tr>
<tr>
<td>On-Water / Dryland Training Camp</td>
<td>St. John's Rowing Club</td>
<td>May 2014</td>
</tr>
<tr>
<td>On water Training Camp</td>
<td>St. John's Rowing Club</td>
<td>August 2014</td>
</tr>
</tbody>
</table>

Identify the names of two coaches who are certified Comp Dev NCCP and are active in the Sport.

1. Paul Power / Nicole Hamlyn (Mentor Coaches)

2. [Redacted] (Development Coaches)  
   **Sec. 40 (1)**

3. [Redacted] (Senior Coaches)  
   **Sec. 40 (1)**

Identify any strategies that your PSO or member clubs initiated to help competitive athletes in your sport (not Canada Games initiatives or Provincial Competitions) improve their skills. Examples: hosting of an expert coach/leader (may be certified coach from this province visiting another club) at a camp, hosting other teams at a PSO invitational event, purchases or use of new technology to improve skill, personal training programs for athletes, attendance at an invitational event out of province (exclude Nationals, Atlanticies or Eastern Canadians).

Utilized experienced coaches from the other Atlantic provinces the day after the Atlantic Rowing Championships for a half day Training Camp which provided a learning environment for both the developing coaches and athletes.
Utilized an experienced ex-national coach the day after the Eastern Canadian Rowing Championships for a half day Training Camp which provided an additional learning environment for both the developing coaches and athletes.

Held an on-water Training Camp in Newfoundland and Labrador at the St. John’s Rowing Club utilizing our local mentor coaches providing a third opportunity for active coaches and athletes to learn in a new positive environment.

Building Capacity

Identify up to two “active” Learning Facilitators in your Sport who currently reside in NL.

1. Paul Power

2. [Redacted] Sec 40 (1)

Identify up to two NCCP recognized coaching courses conducted by your PSO in the last year and identify the course facilitator.

<table>
<thead>
<tr>
<th>Name of Course</th>
<th>Location/Month/Year</th>
<th>Course Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekend Number 1</td>
<td>St. John’s Rowing Club August 2014</td>
<td>[Redacted] &amp; Paul Power Sec 40 (1)</td>
</tr>
<tr>
<td>Weekend Number 2</td>
<td>St. John’s Rowing Club August 2014</td>
<td>[Redacted] &amp; Paul Power Sec 40 (1)</td>
</tr>
</tbody>
</table>
Identify up to two “Officials” certification/upgrade conducted by your PSO in the last two years and identify the course facilitator.

<table>
<thead>
<tr>
<th>Name of Course</th>
<th>Location/Month/Year</th>
<th>Course Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>NONE</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Identify two services that your club provides to the general membership to attract new members or develop:

1. St. John's Rowing Club Website and Rowing NL to come in near future.

2. Posters and Promotion at Junior High and Senior High Schools.

3. Plan to attend SPORTFEST East and West in the future.

Do you have a volunteer appreciation initiative? (examples include awards programs (other than Hall of Fame), dinner, pins, gifts of appreciation etc) Yes

Additional Information:

Rowing NL calls our volunteer appreciation award the "President's Award" and it is presented at our Annual Awards Banquet.

If you have a Hall of Fame, write the names of the inductees for 2014-15 in the space below (must be a Hall of Fame and not another program):

Rowing NL is planning to put forward our first 2 names to start our Rowing
Provincial Hall of Fame at this year's Annual Awards Banquet.

Part of Building Capacity involves the development of partnerships. Describe at least two partnerships that your PSO has with schools or community recreation groups:

1. Provincial Training Centre and staff

2. Royal St. John's Regatta Committee

3. Eastern School District (High School Program)

<table>
<thead>
<tr>
<th>What was the date of your last Annual General Meeting?</th>
<th>November 2014</th>
</tr>
</thead>
</table>

Identify two things that you have accomplished in 2014 from your Strategic Plan:

1. Continued the process of providing active coaches with a clear coaching pathway to help them work towards meeting their coaching goals.

2. Have been continually in contact with the Humber Valley Rowing Club contacts to help rebuild the club and bring rowing back to the Western region of the Province.

Describe any fund raising initiatives undertaken by your PSO in 2014 (not club or team based initiatives) – max of two: Tournaments with revenues back to the PSO are eligible, but use only one time:

1. None - Not Applicable

Have you had any increases in membership in the last year? Yes

If yes, please list perceived reasons for membership growth:

Rowing Newfoundland's membership increased later in the 2014 season due to the addition of members for the Humber Valley Rowing Club. The other existing clubs pretty much stayed at their previous membership levels.
Healthy eating is an important part of enhancing athletic performance. As a PSO, you can help ensure that healthy eating is promoted and supported by developing and implementing a healthy eating policy. We recommend that your organization adopt a healthy eating policy. If you currently do not have a Healthy Eating Policy, a sample is provided in Appendix B.

<table>
<thead>
<tr>
<th>Does your PSO currently have a Healthy Eating Policy? If yes, please provide.</th>
<th>Yes (starting process now)</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you do not have a Healthy Eating Policy do you committee to adopting on in 2015-16?</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Section 4: Budget**

Amount requested should not exceed maximum eligible funding identified by appropriate sport classification identified in program guidelines.

| Are there any grants or services being provided by other provincial departments, cities/towns and/or crown corporations? | No |

If yes, please describe:

**Administration**

<table>
<thead>
<tr>
<th>Administrative Expenses</th>
<th>Actual Expense 2014-15</th>
<th>Amount Requested 2015-16</th>
<th>OFFICE USE ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>RCA fee / Sport NL fee / Board Meeting fees</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RCA Web Registration Accountability System fee</td>
<td>$1,600</td>
<td>$1,500</td>
<td></td>
</tr>
<tr>
<td>RCA Coaching Data fee / Bank fees</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Initiative name and brief description (target age group, regions involved; time frame)</td>
<td>Actual Expense 2014-15</td>
<td>Amount Requested 2015-16</td>
<td>OFFICE USE ONLY</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------------------------</td>
<td>------------------------</td>
<td>--------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>&quot;WATER FUN&quot; including numerous water activities</td>
<td>$2,750</td>
<td>$1,500</td>
<td></td>
</tr>
<tr>
<td>Take place: on-water season (summer-2 week session)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For ages 10-14 (or younger if they can fit in equipment)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Recreation TEAM&quot; ; &quot;Development &amp; Senior TEAM&quot;</td>
<td>$4,500</td>
<td>$2,500</td>
<td></td>
</tr>
<tr>
<td>Recreation athletes can train as little as twice per week and competitive athletes can be up to 10 sessions per week.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For ages 15+ (training can be year round)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Row For The Fun Of It&quot;</td>
<td>$2,750</td>
<td>$2,000</td>
<td></td>
</tr>
<tr>
<td>There will be up to 4 sessions available per week with attendance being optional.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For ages 21+ (can start at younger age if program fits individual).</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Initiative name and brief description (team; event; date; location)</td>
<td>Actual Expense 2014-15</td>
<td>Amount Requested 2015-16</td>
<td>OFFICE USE ONLY</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Bring in a &quot;Mentor Coach&quot; to train Weekend #1 and Weekend #2 to active and new potential coaches.</td>
<td>$0.00</td>
<td>$2,000</td>
<td></td>
</tr>
<tr>
<td>Have this mentor coach train “NL Mentor Coach” at the same time.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have “NL Mentor Coach” attend the Annual National RCA Coaches Conference.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Offer opportunities to up and coming coaches too with partial funding.</td>
<td>$0.00</td>
<td>$2,000</td>
<td></td>
</tr>
<tr>
<td>Have “NL Mentor Coach” visit Labrador West Rowing Club to offer club development discussion and on-water coaching help + possible coaching training.</td>
<td>$0.00</td>
<td>$2,000</td>
<td></td>
</tr>
<tr>
<td>Have “NL Mentor Coach” work with board members, coaches, and athletes offering club development discussion and on-water coaching help + coaching training.</td>
<td>$2,000</td>
<td>$2,000</td>
<td></td>
</tr>
<tr>
<td>-------------------</td>
<td>------------------------</td>
<td>--------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td><strong>Initiative name and brief description (target group, location, purpose)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Develop a “Strategic Planning Session” including representatives from each Club in the province.</td>
<td>$2,000</td>
<td>$2,000</td>
<td></td>
</tr>
<tr>
<td>Utilize Executive Director with help from an experienced facilitator from RCA to guide Rowing NL through the process.</td>
<td>Started Process</td>
<td>Continue with Process</td>
<td></td>
</tr>
<tr>
<td>Organize an “Official Training Clinic” in the province.</td>
<td>$0.00</td>
<td>$2,000</td>
<td></td>
</tr>
<tr>
<td>Bring an Official Facilitator to complete the Clinic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Utilize Executive Director with help from an experienced facilitator from RCA to introduce the role of Official to volunteers and active parents.</td>
<td>$0.00</td>
<td>$1,000</td>
<td></td>
</tr>
</tbody>
</table>

**Section 5: Professional Assistance**

<table>
<thead>
<tr>
<th>Did you receive Professional Assistance in 2014-15?</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you answered yes please continue to complete section 5. New requested for professional assistance are not being considered at this time.</td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Response</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Who was your Executive Director during 2014-15?</td>
<td>Paul Power</td>
</tr>
<tr>
<td>How many months was this person employed full time?</td>
<td>Never Full Time</td>
</tr>
<tr>
<td>How many hours a week did this person work when employed full time?</td>
<td>Worked most during on-water season</td>
</tr>
<tr>
<td>How many months was this person employed part time?</td>
<td>12 months</td>
</tr>
<tr>
<td>How many hours a week did this person work when employed part time?</td>
<td>varies</td>
</tr>
<tr>
<td>Do you intend to continue to employ an Executive Director during 2015-16?</td>
<td>Yes</td>
</tr>
<tr>
<td>How many months will this person be employed full time?</td>
<td>None – possible on-water season</td>
</tr>
<tr>
<td>How many hours a week will this person work when employed full time?</td>
<td>If possible - 40 hours</td>
</tr>
<tr>
<td>How many months will this person employed part time?</td>
<td>12 months</td>
</tr>
<tr>
<td>How many hours a week will this person work when employed part time?</td>
<td>varies</td>
</tr>
</tbody>
</table>

**Additional Information:**

Please see attached sheet for future details. Our Executive Director’s role worked as a Grass Roots / LTAD Coordinator when required.
### Section 6: Equipment

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did your PSO receive funding to purchase equipment in 2014-15?</td>
<td>No</td>
</tr>
<tr>
<td>If yes, did your PSO purchase the equipment in 2014-15?</td>
<td>N/A</td>
</tr>
<tr>
<td>If yes, please describe how this equipment has been used to enhance excellence within your sport:</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**What equipment would you PSO be interested in purchase in 2015-16 if funding is available?**

The equipment we will need to help enhance excellence within our sport is as follows:

- 2 racing singles (1x);
- 2 racing pair/doubles (2x/–);
- 4 Ergometers for dryland training;
- up to date coaching aids.

**How will this equipment help your PSO enhance excellence within your sport?**

In order to enhance excellence our athletes need to train and compete in equipment comparable to our competition. Over the past 20 years Rowing Newfoundland and Labrador has slowly upgraded our fleet of boats and did a great job of maintaining this equipment to the best of its ability. Due to these upgrades came our medal
showings at the 2005 and 2009 Canada Games. At this point many of the boats purchased in the early 1990's are too old and need to replaced. If we purchase the above new or gently used equipment we will be on an even playing ground with the competition. It is real nice to start at an even point working towards continual podium finishes!

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Sources of Revenue</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Racing Singles (1x)</td>
<td>$16,000</td>
<td>Provincial Government + Fundraising/Corporate</td>
</tr>
<tr>
<td>2 Racing Double/Pairs (2x/-)</td>
<td>$25,000</td>
<td>Provincial Government + Fundraising/Corporate</td>
</tr>
<tr>
<td>4 Ergometers</td>
<td>$8,000</td>
<td>Provincial Government + Fundraising/Corporate</td>
</tr>
<tr>
<td>Coaching Aids</td>
<td>$2,000</td>
<td>Provincial Government + Fundraising/Corporate</td>
</tr>
</tbody>
</table>

Section 7: Conditions and Privacy Notice

The Department of Seniors, Wellness and Social Development (SWSD) funding may be used only for the purposes specified in this application. Once the SWSD has agreed to provide financial assistance, no substantial change in these activities shall be made without the consent of the SWSD and it shall be at the discretion of SWSD to determine what constitutes substantial change in each case. SWSD reserves the right to determine the extent and type of information required to support payment of the grant. Further, SWSD may require that an audit be undertaken to verify the purposes for which Government funds have been utilized. Any funding not used for these purposes must be returned to SWSD or becomes a debt due the Crown. The organization/group is wholly responsible for its own debts. SWSD will not consider any application to pay debts. If any part of this funding is used to pay
salaries or honoraria, federal and provincial laws concerning salaries and source
deductions must be applied (i.e. deductions for income tax, unemployment
insurance, etc.)

Whenever appropriate, public acknowledgement of funding by SWSD is expected.
Publications should clearly acknowledge SWSD's assistance. A standard statement of
acknowledgement is available on request. The organization/group agrees to respect
and apply the spirit and provisions of existing human rights legislation. Under the
Access to Information and Protection of Privacy Act, members of the public may
request and obtain access to information held in Provincial Government records.
Should a request be received for information about this grant application, SWSD
may consult with you prior to disclosing any information. It should be noted,
however, that only personal information and certain third-party confidential
financial information may be withheld. When funding is approved, the amount of
funding, the purpose for which the funds were granted and the name of the
organization receiving the funding are considered public information.

Privacy Notice
Under the authority of the Grants and Contributions Program, personal
information may be collected for the purpose of program administration. Section
39(1)(C) of the Access to Information and Protection of Privacy Act allows
Government Departments/Agencies to disclose personal information to other
Government Departments/Agencies of Newfoundland and Labrador for the purpose
of reviewing and monitoring applications, conducting policy analysis and seeking
other potential funding sources. Any questions or comments can be directed to
jennifer.taylor@gov.nl.ca
Section 8: Checklist

IMPORTANT: Please review your application and be sure that all required information has been provided.

Have you:
☑ reviewed the program guidelines to verify the eligibility
☑ completed all sections of the grant application
☑ Database (or viewing rights) to the PSO membership (w RCA)
☑ attached AGM minutes and reports
☑ attached updated Strategic Plan (*IN PROGRESS*)
☑ attached a copy of your Healthy Eating Policy
☐ attached updated constitution (if more than three years since ratification)
☐ attached a list of current Board of Directors, including current emails of all board members and term end date of each board member. Also, please include current mailing addresses for the President and Treasurer.
☑ attached copy of your Financial Statement presented at the AGM for the previous fiscal year. An interim statement that shows expenditures of all government grants, signed by both President and Treasurer, is acceptable but funding may be held until the final statement is submitted.
☐ attached an activity report for 2014-15 from any person's hired as a result of a 2014-15 AOG (Executive Directors are excluded)

Section 7: Authorization

I certify that, to the best of my knowledge, the information provided in this grant application is accurate, complete and is endorsed by the organization/group that I represent, and that I am authorized to enter into funding agreements on behalf of my organization/group. I certify that my organization/group meets the basic eligibility criteria of the Provincial Sport Organization Annual Operating Grant Guidelines, referenced hereto as Appendix “A” and which forms part of this application. I also certify that if successful for funding my organization/group will abide by all terms and conditions herein which will form the Agreement between the Parties.
President (please print):  Doreen Hamlyn

If your application is e-mailed, this satisfies the signature requirement:

Sec. 40 (1) - Signature for Doreen Hamlyn

<table>
<thead>
<tr>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Paul Power (acting)

If your application is e-mailed, this satisfies the signature requirement:

Sec. 40 (1), Sec. 40 (1) - Signature of Paul Power

<table>
<thead>
<tr>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

APPLICATION DEADLINE:
May 22, 2015

PLEASE SUBMIT TO:
Dave Feener
Sport Consultant
E-mail: dfeener@gov.nl.ca

OFFICE USE ONLY:
Consultant:
Date Received:
File Number:
Professional Assistance Grant Application

Position Title: EXECUTIVE DIRECTOR

Requesting: 2015-2016

Job Description: This person will fill the role of:

- Technical Director – helping Rowing Newfoundland fulfill its main purpose of enhancing and promoting rowing participation through the implementation of the FUNdamentals to Active For Life stages of the Canadian Sport for life model. (Long-Term Athlete Development) (CS4L/LTAD).

- Mentor Coach – overlook all coaches / programs and provide clinics to develop coaching throughout the Province and also for coaches to improve their talent.

- Club Developer – help interested individuals establish programs in new areas of the Province and to help improve programs in existing areas.

The Need for a Professional Employee:

A strategic plan is number one priority for our organization and this needs to be led by our Executive Director. Coaching numbers have improved slightly but the Province still need more coaches to provide adequate athlete to coach ratios. The ED will provide coaches with Personal Coaching Plans (Portfolios) and a Provincial coaching pathway which will help these coaches progress to meet their goals. Our ED will create a pool of strong and confident coaches which will in turn provide stronger and more confident athletes. The short-range plan is to double the number of existing coaches with a long-range plan to have coaches for each crew.

Proposed Salary: 40 + hours per week for 14 weeks @ $350.00 weekly
20 + hours per week for 38 weeks @ $200.00 weekly

Intention to Generate Funds: The breakdown is as follows:
ROWING NEWFOUNDLAND $5000
PROVINCIAL GOVERNMENT $5000
ST. JOHN’S ROWING CLUB $2500

$12,500

Amount Requested: SALARY: $5000
Detailed Company Information

Company Name: ROWING NEWFOUNDLAND
In Good Standing

Company Number: 12476  Corporation Type: Company
Status: Active  Category: Local
Last Annual Return: 2014-10-31  Business Type: Without Share Capital
Incorporation Jurisdiction: NL  Filing Type: Incorporation Without Share Capital
Incorporation Date: 1979-11-29  Min/Max Directors: 3 / 10

(Latest addresses on file)

Registered Office:
Boat House
Quidi Vidi Lake
St. John's
NL Canada

Mailing Address:
41 Cabot Road
Conception Bay South
NL Canada
A1W 4C5

Current Directors
Records Found: 6  Viewing Records: 1-6

Director Names]
Andrew Fitzgerald
Doreen Hamlyn
Nicole Hamlyn
Adrian Miller
Paul Power
Jim Skanes
Rowing Newfoundland’s Organization Mandate

The mandate of Rowing Newfoundland is to foster and promote, within the province of Newfoundland and Labrador, the development of recreational and competitive rowing.

The objective of Rowing Newfoundland is:

(a) To promote the development of rowing in Newfoundland and Labrador as a means of athletic competition and attainment of physical fitness;

(b) To be members in good standing of Sport NL and Rowing Canada Aviron (RCA);

(c) To establish classification for competitions, to follow RCA’s rules and regulations for the sport of rowing, and to sanction regattas/events in accordance with these rules and regulations;

(d) To promote coaches and athletes to represent the province on Atlantic, National (Canada Summer Games, etc.) and International rowing sanctioned competitions, particularly as the provincial representative to the national rowing association in Canada, Rowing Canada Aviron (RCA);

(e) To overlook the development of a provincial slide seat rowing team to represent the province in Atlantic, National and International competitions.

(f) To purchase, when economically viable, land and/or buildings, rowing equipment and/or equipment needed to support the sport of rowing, and to otherwise sell or otherwise dispose of the same;

(g) To apply for all funding available to help promote the development of rowing in Newfoundland and Labrador.
AGENDA

Rowing Newfoundland’s Annual General Meeting
November 25, 2014

1. Call the meeting to order

2. Greetings - invited guests

3. Presentation of Reports
   - President’s Report
   - Executive Director Report

4. Reading of Financial Report

5. Approval of Annual Dues

6. Recommendation / Placement of Officers

7. Other Business
   - Rowing Newfoundland’s Mandate
   - Strategic Plan

8. Set date for first meeting

9. Adjournment
President's Report
Annual General Meeting
November 25, 2014

Rowing Newfoundland has gone back to the grassroots of its mandate in 2014 and set its direction for the future. Strengthening relationships with the Provincial Government, the Provincial Training Centre, Sport NL, Rowing Canada Aviron, and the Royal St. John's Regatta Committee have helped us on our way to a strong future.

In 2014, we started with a new group of coaches (from SJRC) and the process of developing athletes for the 2017 Canada Summer Games began. The team trained hard, attended two mainland regattas, gaining valuable experience. Preparation for the 2017 Canada Summer Games is well underway!

Coaching retention and development continues to be a top priority for Rowing Newfoundland. We will promote and provide coaching education over the next year to help us reach our goal of having all certified coaches at the Canada Games Level for 2017.

In my role as President I attended bi-monthly meetings to deal with the new business within Rowing Canada Aviron. (RCA) Most of these meetings happen over a conference call and there are usually 2 face to face meetings in late September and at the RCA AGM. Coming from one of meetings a highlight of our year came about with the Chief Executive Officer of RCA visiting our province, meeting with the Rowing Newfoundland Board members, and as an added bonus took in the Royal St. John’s Regatta. She met with members of the Royal St. John’s Regatta Committee, met many of our athletes, and witnessed our athletes have a successful day. She loved her visit.

An additional highlight for Rowing Newfoundland is to have started the process to further develop their relationship with the Labrador West Rowing Club. Also we have started work on revitalizing the Humber Valley Rowing Club. Most important we need to continue to keep the communication channel open with the St. John’s Rowing Club.

Recruiting and retaining athletes and coaches will always be top priority. Other priorities for 2014 will include club development and umpire development.

Submitted by Doreen Hamlyn
ROWING NEWFOUNDLAND
STATEMENT OF REVENUE & EXPENSES
For the period of May 1, 2013 – November 1, 2014

REVENUE

Provincial Government Annual Grant $ 6,520.00
Provincial Government Canada Games Grant $19,650.00
Federal Grant - Summer Program $ 6,820.00
Winter Training fees (MAX Athletics) $ 4,025.00
Hanna Family Trust $24,750.00
Canada Games Trailering Grant $ 4,283.00
Rowing Canada Aviron Grant $ 2,500.00
Unisuit additional payments $ 335.00
Summer Regatta fees/fundraising
(Atlantic Ice Breaker Regatta/Sherbrook Test Regatta/ERA Regatta + camp)
$21,393.50

Total Revenue: $ 90,876.60

EXPENSES

Part Time Employee - until end of August 2013 $ 8,245.00
Canada Summer Jobs (2013) - 3 Summer Program Staff $ 8,085.20
Administration $ 2,560.70
(bank fees, database fees, RCA fees (2011&2012, RCA board meeting expenses,
Sport NL fees)
Training Program (MAX Athletics) $ 6,881.70
Equipment:
Hudson Mid-Size Eight (8+)
$ 6,500.00
Recreational Double and Single
$14,592.58
Canada Games Expenses (trailering, rental, repairs, storage, etc.) $ 6,830.48
Receveur General $ 1,955.27
Summer Regatta fees/fundraising
(Atlantic Ice Breaker Regatta/Sherbrook Test Regatta/ERA Regatta + camp)
$45,890.50
CG Grant 2013 and portion from 2012 refunded to athletes + Athlete reimbursement

Total Expenses: $101,541.43
Overview:

Total Revenue $ 90,876.60
Total Expenses: $ 101,541.43
Deficit for the period: $ 10,664.83
Balance as of November 1, 2014: $ 4,104.58

Paul Power

Doreen Hamlyn

Executive Director
Rowing Newfoundland

President
Rowing Newfoundland
Executive Director's Report
Annual General Meeting
November 25, 2014

Rowing Newfoundland concluded a good 2013 with its attendance at the Canada Summer Games in Sherbrooke, Quebec. In 2014, a new group of coaches (from SJRC) started the process of developing 2017 Canada Games Potential athletes. The team trained hard at home and attended two mainland regattas this past on-water season. Preparation for the 2017 Canada Summer Games is underway!

Coaching retention and development continues to be a top priority for Rowing Newfoundland. 2013 saw the development of Weekend #1 experienced coaches produce good candidates to progress to Weekend #2. We hope to bring in a Mentor Coach early in 2015 to teach a Weekend #1 and #2 in order to continue development and help us reach our goal of up to 5 coaches certified coaches at the Canada Games Level for 2017.

Also Rowing Newfoundland has started the process to further develop their relationship with the Labrador West Rowing Club and to work on revitalizing the Humber Valley Rowing Club. Exciting times ahead.

Provincial Initiatives and Highlights for 2013 & 2014

- Good preparation and results at the 2013 Canada Summer Games in Sherbrooke, Quebec.

- Good experience gained by coaches and athletes during the summer of 2014.

- Utilized Hanna Family Trust to finish paying off the New Hudson 8+, and the Recreational 2x and 1x.

- Continue to rebuild relationship with the High Performance Staff at our New Provincial Training Facility.

- Recognized athletes who received Premier’s Athletic Awards

- Recognized athletes who were nominated for the Sport NL Annual Awards.

- Continue to rebuild the relationship with the Fixed Seat Regatta Committee.
Key Projects, Plans and Priorities for 2015

- Send provincial athletes to mainland regattas in the summer of 2015.
- To continue to promote for young athletes to increase training levels in order to make criteria to compete at the Atlantic and National Rowing Championships.
- To send a select few top athletes (if they meet criteria) to RCA’s 2015 Development Regatta (April/May) and the National Rowing Championships (November).
- Nominate group of athletes for Premier’s Athletic Award
- Nominate the top rowing athletes for Sport NL Annual awards
- To maintain the number of athletes and coaches involved to the HS Rowing Program
- Bring in Mentor Coach to facilitate a Weekend #1 & 2 Clinic
- To promote active coaches to attend the RCA Coaches Conference / AGM
- To work on the relationship with the Labrador West Rowing Club and provide support where ever possible and revitalize the Humber Valley Rowing Club.
- To apply for RCA grants to utilize coaching initiatives.
- To continue to complete provincial grant applications and received funding to support provincial rowing initiatives
- To utilize RCA’s new promotional video to help promote the sport in the province.
- To run an officials clinic and establish an officials committee.
- To complete Strategic Planning
- To start the process to establish a Rowing Newfoundland Website
Summary of Key Issues and Challenges

- To explore options to find opportunities to fund the Executive/Technical Director part time position.

- Retention of coaches, officials, and athletes.

- To build relationships in different regions of the province to promote slide seat rowing.

Preparing for the Canada Summer Games plus recruiting and retaining athletes and coaches will always be top priority. Other priorities will include club development, umpire development, and an effort to promote and support athletes to make criteria to attend the NRC's.

Submitted by Paul Power
Provincial Sport Organization Annual Operating Grant 2016-17

Section 1: General Information

What is the name of the group or organization seeking funding?
Rowing Newfoundland

What is the permanent mailing address of the group or organization seeking funding?

<table>
<thead>
<tr>
<th>Street/P.O. Box</th>
<th>Sec. 40 (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Town/City:</td>
<td>St. John's</td>
</tr>
<tr>
<td>Province:</td>
<td>NL</td>
</tr>
<tr>
<td>Postal Code:</td>
<td>Sec. 40 (1)</td>
</tr>
</tbody>
</table>

Contact Name: Paul Power &/or Doreen Hamlyn

| PSO President:  | Paul Power |
| PSO Email:      | yes@nl.rogers.com |
| Telephone:      | Sec. 40 (1) |
| Website:        | N/A         |

Section 2: About your Organization/Group

Describe the purpose of your organization/group.
To enhance and promote rowing participation through the implementation of the FUNdamentals to Active for Life stages of the CS4L/LTAD.

How many clubs/groups/leagues are served by your organization/group? 3
What age groups does your organization/group serve? 9 years/up
Are you currently a member of Sport Newfoundland and Labrador? ☑ Yes ☐ No
Are you a non-profit organization/group?  □ Yes  □ No

Are you incorporated under Newfoundland and Labrador Registry of Companies? □ Yes  □ No
If yes, what is your incorporation number?  12476

Are you listed with the Canadian Revenue Agency as a Registered Charity? □ Yes  □ No
If yes, what is your Registration Number?

How many active volunteers are involved in your organization/group?  40

How many paid staff does your organization/group employ?
  Full-Time:  0
  Part-Time:  1

### Section 3: Sport Profile

#### Participation

Complete the chart below:

<table>
<thead>
<tr>
<th>Region</th>
<th>Name of one MEMBER club/association (members must be on your data base. Individuals in a region who are not members of an association/club in that region should be excluded here)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 St. John's</td>
<td>St. John's rowing club (sjrc)</td>
</tr>
<tr>
<td>2 Mt. Pearl</td>
<td>Residents members of sjrc</td>
</tr>
<tr>
<td>3 CBS</td>
<td>Residents members of sjrc</td>
</tr>
<tr>
<td>4 Paradise</td>
<td>Residents members of sjrc</td>
</tr>
<tr>
<td>5 Avalon North/South</td>
<td>*potential 2000m site in Blaketown</td>
</tr>
<tr>
<td>6 Conception Bay North</td>
<td></td>
</tr>
<tr>
<td>7 Eastern</td>
<td></td>
</tr>
<tr>
<td>8 Central</td>
<td></td>
</tr>
<tr>
<td>9 Western</td>
<td>Humber Valley rowing club (hvrc)</td>
</tr>
<tr>
<td>10 Labrador HV-GB</td>
<td></td>
</tr>
<tr>
<td>11 Labrador West</td>
<td>Lab West rowing club (lwrc)</td>
</tr>
<tr>
<td>12 Other</td>
<td></td>
</tr>
</tbody>
</table>
Complete the following chart to describe the programs and services offered by your PSO in 2015 (either through the Clubs/Associations or directly by you) for each of the LTAD stages noted below.

<table>
<thead>
<tr>
<th>Name of Program</th>
<th>Regions* Where Program Is Operating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundamentals/Active Start</td>
<td>All regions</td>
</tr>
<tr>
<td>Water fun, 10-14 years of age.</td>
<td>All regions</td>
</tr>
<tr>
<td>Learn to Play/Train</td>
<td>All regions</td>
</tr>
<tr>
<td>Recreation, Development and Competitive</td>
<td>All regions</td>
</tr>
<tr>
<td>Active for Life</td>
<td>All regions</td>
</tr>
<tr>
<td>Rowing for the fun of it.</td>
<td>All regions</td>
</tr>
</tbody>
</table>

Excellence

List up to two Provincial Competitions held in 2015 for youth ages 21 and under.

<table>
<thead>
<tr>
<th>Name of Event</th>
<th>Location</th>
<th>Month (2015)</th>
<th>Genders</th>
<th>Regions Participating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provincial Erg Champs</td>
<td>SJRC</td>
<td>February</td>
<td>Male and Female</td>
<td>All Regions</td>
</tr>
<tr>
<td>Provincial Time Trial Regatta</td>
<td>SJRC</td>
<td>July</td>
<td>Male and Female</td>
<td>Avalon</td>
</tr>
</tbody>
</table>

Identify up to two teams (team sports) and up to three athletes (individual sports) who attended Nationals in 2015. Use age 21 and under only.

<table>
<thead>
<tr>
<th>Team/Individual Name</th>
<th>Gender</th>
<th>Event Name</th>
<th>Location</th>
<th>Month (2015)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sec. 40 (1)</td>
<td>Male</td>
<td>Canadian University Champs</td>
<td>Nova Scotia</td>
<td>November</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>National Rowing Champs</td>
<td>Ontario</td>
<td>November</td>
</tr>
<tr>
<td></td>
<td>Male</td>
<td>National Rowing Champs</td>
<td>Ontario</td>
<td>November</td>
</tr>
</tbody>
</table>

Complete the chart to tell us the “top” results of up to three (teams or individuals) at Nationals in 2015. Use age 21 and under only. Nationals refer to the National Sport Organization sanctioned event for that age group.
Identify any strategies that your PSO or member clubs initiated to help competitive athletes in your sport (not Canada Games initiatives or Provincial Competitions) improve their skills: Examples: hosting of an expert coach/leader (may be certified coach from this province visiting another club) at a camp, hosting other teams at a PSO invitational event, purchases or use of new technology to improve skill, personal training programs for athlete, attendance at an invitational event out of province (exclude Nationals, Atlantic or Eastern Canadians).

Utilized an experienced coach from Atlantic Region the day following the Atlantic Championships for Athletes and Coaches.

Utilized an experienced coach with National Team background while attending the Eastern Regional Championships.

Utilized Mentor Coaches at home during Dryland and On Water Training Camps and Provincial Regattas.

Building Capacity

Identify up to two "active" Learning Facilitators in your Sport who currently reside in NL.

1. Paul Power

2. [Redacted] - Sec. 40 (1)

Identify up to two NCCP recognized coaching courses conducted by your PSO in the last year and identify the course facilitator.

<table>
<thead>
<tr>
<th>Name of Course</th>
<th>Location/Month/Year</th>
<th>Course Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekend # 1 &amp; 2: Task Evaluations</td>
<td>SJRC; August; 2015</td>
<td>Paul Power</td>
</tr>
</tbody>
</table>

Identify up to two "Officials" certification/upgrade conducted by your PSO in the last two years and identify the course facilitator.

<table>
<thead>
<tr>
<th>Name of Course</th>
<th>Location/Month/Year</th>
<th>Course Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Identify two services that your club provides to the general membership to attract new members or develop:

1. SJRC website
2. Promotion at Junior and Senior High Schools, also plan to attend Sportfest.

Do you have a volunteer appreciation initiative? (examples include awards programs (other than Hall of Fame), dinner, pins, gifts of appreciation etc)  □ Yes □ No

Additional Information:
Rowing NL calls our volunteer appreciation award the "President's Award" and it is presented at our Annual Awards Banquet.
Identify up to two teams (team sports) and up to three athletes (individual sports) – U21 only who attended Eastern Canadians or Atlantics in 2015.

<table>
<thead>
<tr>
<th>Team/Individual Name</th>
<th>Gender</th>
<th>Event Name</th>
<th>Location</th>
<th>Month (2015)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr. Development Prov. Team</td>
<td>Male and Female</td>
<td>Atlantic Champs</td>
<td>Nova Scotia</td>
<td>June</td>
</tr>
<tr>
<td>Canada Games Potentials</td>
<td>Male and Female</td>
<td>Atlantic Champs</td>
<td>Nova Scotia</td>
<td>June</td>
</tr>
<tr>
<td>Canada Games Potentials</td>
<td>Male and Female</td>
<td>Eastern Region Champs</td>
<td>Quebec</td>
<td>July</td>
</tr>
</tbody>
</table>

Complete the chart to tell us the “top” results of up to three (teams or individuals); U21 only at EC/Atlantics in 2015.

<table>
<thead>
<tr>
<th>Competition Name/Event Athlete(s) placed</th>
<th>Team/Individual</th>
<th>Placing/how many were in direct competition</th>
<th>Month/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantic Champs</td>
<td>CG Potentials &amp; Development</td>
<td>M1X-3 of 7; W4X-4 of 9</td>
<td>June</td>
</tr>
<tr>
<td>Eastern Region Champs</td>
<td>CG Potentials &amp; Development</td>
<td>M1X-5 of 13; W2X-5 of 21</td>
<td>July</td>
</tr>
</tbody>
</table>

Identify any athletes in your sport who are active members and are currently on the national team or in the national team selection pool?

Sec. 40 (1)

[Name] is being monitored by the Canadian Junior/University Training Program. [Name] is being monitored by the Canadian Women's Training program and [Name] is being monitored by the Canadian Lightweight Mens Training Program.

Sec. 40 (1)

Identify up to two provincial camps coordinated by your PSO held in 2015.

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Location</th>
<th>Month (2015)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dryland Training Camp</td>
<td>SJRC</td>
<td>February</td>
</tr>
<tr>
<td>On Water / Dryland Training Camp</td>
<td>SJRC / Blaketown</td>
<td>May</td>
</tr>
<tr>
<td>On Water / Dryland Training Camp</td>
<td>SJRC / Blaketown</td>
<td>August</td>
</tr>
</tbody>
</table>

Identify the names of two coaches who are certified Comp Dev NCCP and are active in the Sport.

1. Paul Power and Nicole Hamlyn (Mentor coaches)

2. [Name] (Development coaches)
If you have a Hall of Fame, write the names of the inductees for 2014-15 in the space below (must be a Hall of Fame and not another program):

Part of Building Capacity involves the development of partnerships. Describe at least two partnerships that your PSO has with schools or community recreation groups.

1. Provincial Training Centre and staff.

2. Royal St. John's Regatta Committee and the Eastern School District.

<table>
<thead>
<tr>
<th>What was the date of your last Annual General Meeting?</th>
<th>November 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify two things that you have accomplished in 2015 from your Strategic Plan.</td>
<td></td>
</tr>
<tr>
<td>1. Continue the process of providing active coaches with a clear pathway to achieve coaching goals.</td>
<td></td>
</tr>
<tr>
<td>2. Continue to foster relationship with the Humber Valley rowing club.</td>
<td></td>
</tr>
</tbody>
</table>

Describe any fund raising initiatives undertaken by your PSO in 2015 (not club or team based initiatives) – max of two: Tournaments with revenues back to the PSO are eligible; but use only one time.

1. None

2. 

<table>
<thead>
<tr>
<th>Have you had any increases in membership in the last year?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Yes ☐ No</td>
</tr>
</tbody>
</table>

If yes, please list perceived reasons for membership growth:
Existing Clubs pretty much stayed at the same levels.

Healthy eating is an important part of enhancing athletic performance. As a PSO, you can help ensure that healthy eating is promoted and supported by developing and implementing a healthy eating policy. We recommend that your organization adopt a healthy eating policy. If you currently do not have a Healthy Eating Policy, a sample is provided in Appendix B.

<table>
<thead>
<tr>
<th>Does your PSO currently have a Healthy Eating Policy? If yes, please provide.</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Yes ☐ No</td>
</tr>
</tbody>
</table>

If you do not have a Healthy Eating Policy do you commit to adopting one in 2016-17?

| ☐ Yes ☐ No |
Section 4: Budget
Amount requested should not exceed maximum eligible funding identified by appropriate sport classification identified in program guidelines.

Are there any grants or services being provided by other provincial departments, cities/towns and/or crown corporations?  
☐ Yes  ☐ No

If yes, please describe:

<table>
<thead>
<tr>
<th>Administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administrative Expenses</td>
</tr>
<tr>
<td>Rowing Canada Aviron fees / Sport NL</td>
</tr>
<tr>
<td>General office expenses</td>
</tr>
<tr>
<td>RCA Web Registration Accountability System fee</td>
</tr>
<tr>
<td>RCA Coaching Data base Fees</td>
</tr>
<tr>
<td>Bank Fees</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initiative name and brief description (target age group, regions involved; time frame)</td>
</tr>
<tr>
<td>&quot;Water Fun&quot; - 10-14 years - All Region - on water season</td>
</tr>
<tr>
<td>&quot;Recreation / Development - 15 &amp; Up - All Regions - full year (optional)&quot;</td>
</tr>
<tr>
<td>&quot;Row For the Fun of It&quot; - 21+ - All Regions - full Year (optional)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Excellence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initiative name and brief description (team; event, date, location)</td>
</tr>
<tr>
<td>NL Mentor Coach work at Provincial Camps, May &amp; August, SJRC</td>
</tr>
<tr>
<td>NL Provincial Coach to attend National Coaches Conference, January, Ontario</td>
</tr>
<tr>
<td>NL Mentor Coach to provide camp, June, Labrador</td>
</tr>
</tbody>
</table>
# Building Capacity

<table>
<thead>
<tr>
<th>Initiative name and brief description (target group, location, purpose)</th>
<th>Actual Expense 2015-16</th>
<th>Amount Requested 2016-17</th>
<th>OFFICE USE ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Strategic Planning Sessions&quot; - All Regions</td>
<td>$1000</td>
<td>$3500</td>
<td></td>
</tr>
<tr>
<td>&quot;Officials Training Clinic&quot; - All Regions</td>
<td>$0</td>
<td>$2500</td>
<td></td>
</tr>
<tr>
<td>Support Humber Valley Rowing Club with Visit - Humber</td>
<td>$0 / $1000</td>
<td>$1500 / $7500</td>
<td></td>
</tr>
</tbody>
</table>

## Section 5: Professional Assistance

**Did you receive Professional Assistance in 2015-16?**

- Yes
- No

If you answered yes please continue to complete section 5. New requests for professional assistance are **not** being considered at this time.

## Executive Director

- **Who was your Executive Director during 2015-16?**
  - Paul Power
- **How many months was this person employed full time?**
  - Never full time.
- **How many hours a week did this person work when employed full time?**
  - Worked mostly during water season.
- **How many months was this person employed part time?**
  - 12
- **How many hours a week did this person work when employed part time?**
  - Varies
- **Do you intend to continue to employ an Executive Director during 2016-17?**
  - Yes
- **How many months will this person be employed full time?**
  - Water season only.
- **How many hours a week will this person work when employed full time?**
  - 40 if possible
- **How many months will this person be employed part time?**
  - 12
- **How many hours a week will this person work when employed part time?**
  - Varies

**Additional Information:**

## Part Time Assistance

- **Who was your Part Time employee during 2015-16?**
  - NA
- **How many months was this person employed full time?**
  - 
- **How many hours a week did this person work when employed full time?**
  - 
- **How many months was this person employed part time?**
  - 
- **How many hours a week did this person work when employed part time?**
  - 
- **Do you intend to continue to employ a Part Time employee during 2016-17?**
  - Yes
  - No
- **How many months will this person be employed full time?**
  - 
- **How many hours a week will this person work when employed full time?**
  - 
- **How many months will this person be employed part time?**
  - 
- **How many hours a week will this person work when employed part time?**
  - 
- **Do you intend to continue to employ a Part Time employee during 2016-17?**
  - Yes
  - No
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many hours a week will this person work when employed full time?</td>
<td></td>
</tr>
<tr>
<td>How many months will this person be employed part time?</td>
<td></td>
</tr>
<tr>
<td>How many hours a week will this person work when employed part time?</td>
<td></td>
</tr>
<tr>
<td>Additional Information:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Grass Roots/LTAD Coordinator (and Technical Director)</td>
<td></td>
</tr>
<tr>
<td>Who was your Grass Roots/LTAD Coordinator during 2015-16?</td>
<td>NA</td>
</tr>
<tr>
<td>How many months was this person employed full time?</td>
<td></td>
</tr>
<tr>
<td>How many hours a week did this person work when employed full time?</td>
<td></td>
</tr>
<tr>
<td>How many months was this person employed part time?</td>
<td></td>
</tr>
<tr>
<td>How many hours a week did this person work when employed part time?</td>
<td></td>
</tr>
<tr>
<td>Do you intend to continue to employ an Grass Roots/LTAD Coordinator during 2016-17?</td>
<td>Yes/No</td>
</tr>
<tr>
<td>How many months will this person be employed full time?</td>
<td></td>
</tr>
<tr>
<td>How many hours a week will this person work when employed full time?</td>
<td></td>
</tr>
<tr>
<td>How many months will this person be employed part time?</td>
<td></td>
</tr>
<tr>
<td>How many hours a week will this person work when employed part time?</td>
<td></td>
</tr>
<tr>
<td>Additional Information:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Section 6: Equipment</td>
<td></td>
</tr>
<tr>
<td>Did your PSO receive funding to purchase equipment in 2015-16?</td>
<td>Yes/No</td>
</tr>
<tr>
<td>If yes, did your PSO purchase the equipment in 2015-16?</td>
<td>Yes/No</td>
</tr>
<tr>
<td>If yes, did you submit your report with receipts?</td>
<td>Yes/No</td>
</tr>
<tr>
<td>If yes, please describe how this equipment has been used to enhance excellence within your sport: We purchased Ergometers to utilize right away for Dryland training</td>
<td></td>
</tr>
<tr>
<td>What equipment would you PSO be interested in purchase in 2016-17 if funding is available? We need to purchase some small rowing shells (Singles and Doubles)</td>
<td></td>
</tr>
<tr>
<td>How will this equipment help your PSO enhance excellence within your sport? It will put our athletes in top equipment to give us the best chance make A Finals and possible medal.</td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>Cost</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Single (1X)</td>
<td>$8500</td>
</tr>
<tr>
<td>Doubles/Convertible Pair (2X/-)</td>
<td>$15000</td>
</tr>
<tr>
<td>Coach Boat / Outboard Motor</td>
<td>$3500</td>
</tr>
</tbody>
</table>

Section 7: Conditions and Privacy Notice

The Department of Seniors, Wellness and Social Development (SWSD) funding may be used only for the purposes specified in this application. Once the SWSD has agreed to provide financial assistance, no substantial change in these activities shall be made without the consent of the SWSD and it shall be at the discretion of SWSD to determine what constitutes substantial change in each case. SWSD reserves the right to determine the extent and type of information required to support payment of the grant. Further, SWSD may require that an audit be undertaken to verify the purposes for which Government funds have been utilized. Any funding not used for these purposes must be returned to SWSD or becomes a debt due the Crown. The organization/group is wholly responsible for its own debts. SWSD will not consider any application to pay debts. If any part of this funding is used to pay salaries or honoraria, federal and provincial laws concerning salaries and source deductions must be applied (i.e. deductions for income tax, unemployment insurance, etc.)

Whenever appropriate, public acknowledgement of funding by SWSD is expected. Publications should clearly acknowledge SWSD's assistance. A standard statement of acknowledgement is available on request. The organization/group agrees to respect and apply the spirit and provisions of existing human rights legislation. Under the Access to Information and Protection of Privacy Act, members of the public may request and obtain access to information held in Provincial Government records. Should a request for information about this grant application, SWSD may consult with you prior to disclosing any information. It should be noted, however, that only personal information and certain third-party confidential financial information may be withheld. When funding is approved, the amount of funding, the purpose for which the funds were granted and the name of the organization receiving the funding are considered public information.

Privacy Notice
Under the authority of the Grants and Contributions Program, personal information may be collected for the purpose of program administration. Section 39(1)(C) of the Access to Information and Protection of Privacy Act allows Government Departments/Agencies to disclose personal information to other Government Departments/Agencies of Newfoundland and Labrador for the purpose of reviewing and monitoring applications, conducting policy analysis and seeking other potential funding sources. Any questions or comments can be directed to jennifertaylor@gov.nl.ca

Section B: Checklist

IMPORTANT: Please review your application and be sure that all required information has been provided.

Have you:
- ☐ reviewed the program guidelines to verify the eligibility
- ☐ completed all sections of the grant application
☐ provided a copy of a PSO database (or viewing rights) to the PSO membership
☐ attached AGM minutes and reports
☐ attached updated Strategic Plan
☐ attached a copy of your Healthy Eating Policy
☐ attached updated constitution (if more than three years since ratification)
☐ attached a list of current Board of Directors, including current emails of all board members and term end date of each board member. Also, please include current mailing addresses for the President and Treasurer.
☐ attached copy of your Financial Statement presented at the AGM for the previous fiscal year. An interim statement that shows expenditures of all government grants, signed by both President and Treasurer, is acceptable but funding may be held until the final statement is submitted.
☐ attached an activity report for 2015-16 from any person's hired as a result of a 2015-16 AOG (Executive Directors are excluded)

Section 9: Authorization

I certify that, to the best of my knowledge, the information provided in this grant application is accurate, complete and is endorsed by the organization/group that I represent, and that I am authorized to enter into funding agreements on behalf of my organization/group. I certify that my organization/group meets the basic eligibility criteria of the Provincial Sport Organization Annual Operating Grant Guidelines, referenced hereto as Appendix "A" and which forms part of this application. I also certify that if successful for funding, my organization/group will abide by all terms and conditions herein which will form the Agreement between the Parties.

President (please print):
Doreen Hamlyn,

If your application is e-mailed, this satisfies the signature requirement.

Date
November 21, 2016

Sec. 40 (1) - Signature of Paul Power

Treasurer (please print):

If your application is e-mailed, this satisfies the signature requirement.

Signature

Date

APPLICATION DEADLINE:
May 25, 2016

PLEASE SUBMIT TO:

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OFFICE USE ONLY:
Consultant:
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