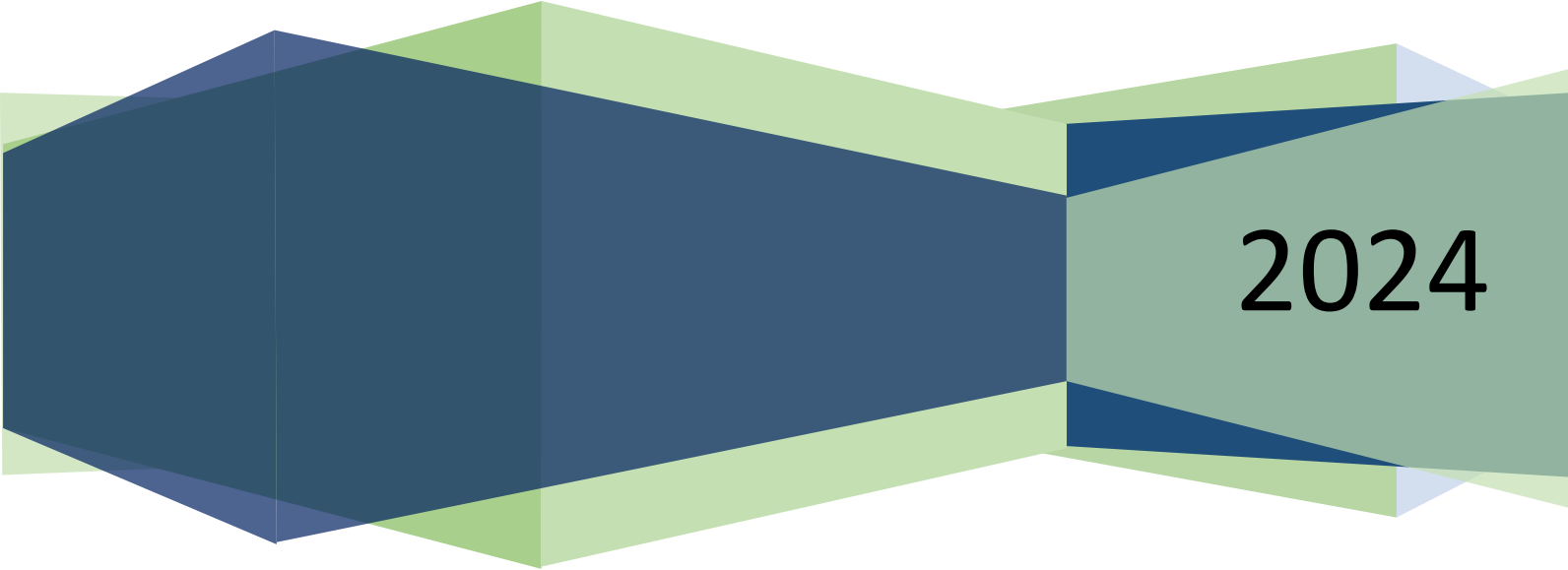


 **HANLAN**
BOAT CLUB
2022 ROWING CLUB OF THE YEAR

JUNIOR PROGRAM

Program Information

2024 Season



2024

About Hanlan Boat Club

Hanlan Boat Club is a not-for-profit community rowing club that operates out of a new boathouse located on Lake Ontario, east of Cherry Beach in downtown Toronto. We offer a variety of recreational, seasonal, and competitive programs that facilitate the needs of novice athletes, community athletes and competitive athletes of all ages.

The excellence of the club is driven by the volunteer efforts of our athletes and coaches alike. Hanlan Boat Club is fortunate to have such a consistent core of dedicated members to help operate and improve the club. Many of our coaches are experienced athletes and professionals who are giving back to the sport they love; their presence carries forward the community values that we hope to instill in our membership.

We believe that everyone should have the opportunity to enjoy the sport of rowing at Hanlan Boat Club. We strive to offer programs that are diverse and inclusive for all, with opportunities for everyone at all levels of participation. All members, staff and volunteers have the right to an inclusive rowing environment that is free of abuse, harassment, and discrimination.

We will continue to listen to and learn from a range of communities to further our understanding of diversity and inclusion and to reduce barriers for all people.

At Hanlan Boat Club, we believe rowing promotes health, personal development, and a chance for anyone to fulfill their full potential. We are committed to delivering inclusive and engaging rowing programs for youth, ages 10 to 90+ years old, from beginners to high performance athletes.

The Junior program provides participants with the basics of rowing in a fun, engaging and safe environment. It introduces Juniors to our Club's athlete development pathways to prepare them for eventual competition at higher levels in the sport of rowing if that is their goal. Through Hanlan's junior programs, athletes also build valuable relationships, leadership, and team-building skills that they will carry forward to their everyday lives.

Vision, Mission and Core Values

OUR VISION

To be the place where everyone loves to row.

OUR MISSION

To inspire and support everyone on their rowing journey.

OUR VALUES



Coaching Staff

To inspire and support everyone on their rowing journey, Hanlan Boat Club has invested in a professional, experienced and committed coaching staff.

Horacio Tendilla Rocha

Head Coach, Junior/U23/Senior Programs

Horacio started his rowing career in 1976 in Mexico and rowed for many years on Mexico's national rowing team, where he later became the Director of Talent Development. After immigrating to Canada in 2008, Horacio worked as Director of Rowing and Head Coach at several Ontario rowing clubs, where he has had repeated success in both growing rowing programs and developing rowers to compete at the highest levels. He has also coached at the provincial level, training Ontario's top U19 rowers for provincial, national and international competitions.

Cody Tops

Assistant Coach, Junior/U23/Senior Programs

Cody learned to row in Newfoundland, and transitioned into coaching after competing at the Canada Games in 2017. What excites him most about rowing at Hanlan is how much exposure you can have to the sport, be it in competition, in Hanlan community rowing events and in other rowing-related learning experiences at the Club.

Eric Hall

Assistant Coach, Junior Development Program, and Hanlan Boat Club Board Director

Eric Hall has been a member of the Hanlan Boat Club for 18 years, is certified with Rowing Canada as a Learn-to-Row instructor and has participated in coaching activities at Hanlan for many years. As a rower, he has participated in a dozen rowing marathons, often as a member of a winning crew, and enjoys leading rowing sessions in the tank during the winter.

Tony Tremain

Managing Director, Hanlan Coaching Centre of Excellence (HCCE), and Head Coach, Competitive Programs

Tony has been coaching since 1984 at all levels and helped to start the Hanlan Coaching Centre of Excellence in 2022. Tony supports all of our coaches, including our junior coaches, in running Hanlan's rowing programs. He also provides personalized, real time feedback to coaches while they work with crews on the water, and ongoing professional development of their coaching careers.

Junior Development, 2024

- Date:** May 7, 2024 – September 26, 2024
- Practice Times:** Tuesdays and Thursdays, 4:30 p.m. – 6:00 p.m.
- Demographic:** Middle and high school students (ages 11 – 18)
Athletes willing to attend two practices per week
Athletes who want to learn the basics of rowing and begin their rowing journey.
- Goals:** Develop a love for rowing
Develop basic rowing skills and mobility
Develop overall strength, fitness, posture, and core
Learn the basic technique for both sculling and sweeping
Understand and promote Club’s core values
- Possible Regattas:** Dominion Day Regatta, Toronto Island, (July 1, 2024)*
CORA Regatta, Welland, ON (July 6, 2024)*
CORA Championships, St. Catharines, ON (July 13, 2024)*
ERA, Montreal, QC (July 12-13, 2024)*
Muskoka Fall Classic, Gravenhurst, ON, (September 7, 2024)*
Head of the Welland, Welland, ON (September 28, 2024)*

* Open to all Club Members

Junior Competitive, 2024

The Junior Competitive program at Hanlan Boat Club demands commitment, attendance, a good work ethic and a positive attitude, with the goal to be the best rower that you can be.

- Date:** April 10, 2024 – October 30, 2024
- Practice Times:** Monday - Friday, 5:30 a.m. – 7:15 a.m.
Saturdays, 8:00 a.m. – 10:00 a.m.
- Demographic:** Middle and high school students (ages 12 – 18)
Athletes willing to attend all practices (five practices per week minimum)
Athletes who have proved their dedication and commitment to the sport
- Goals:** Develop a love for rowing
Develop strength and endurance (both core and mobility)
Improve and develop good, effective technique for both sculling and sweeping
Understand and promote Club's core values
- Possible Regattas:** Dominion Day Regatta, Toronto Island, (July 1, 2024)*
CORA Regatta, Welland, ON (July 6, 2024)*
CORA Championships, St. Catharines, ON (July 13, 2024)*
ERA, Montreal, QC (July 12-13, 2024)*
Row Ontario Championships, Welland, ON (July 20-21, 2024)
Muskoka Fall Classic, Gravenhurst, ON, (September 7, 2024)*
Head of the Welland, Welland, ON (September 28, 2024 *
Head of the Trent, Peterborough, ON (October 5-6, 2024)*
Head of the Charles, Boston, MA, USA. (October 18-20, 2024)*

* Open to all Club Members

Practice Goals

1. Work Ethic

Listed below are some expectations regarding work ethic during practice:

- Being on time means being early
- Give 100% each day, work hard and work well
- Have pride in how hard you and how hard your teammates work
- Develop intensity (the coaches can guide and help you, but ultimately you control the level of your intensity)
- Make every stroke a quality one, regardless of whether it is during a race or rowing into the dock
- Strive to be better than you were the day before
- Be patient and keep an open mind
- Attempt to perform each drill with precision
- Maintain a positive attitude
- Improve the quality of your rowing every day and encourage others to improve as well, especially while rowing in crew boats, no matter what your experience and skill level
- Know and understand your responsibilities both on and off the water
- Take initiative to ensure responsibilities and tasks are fulfilled before leaving the Club

2. Coach-ability

“Coach-ability” is the ability to be coached, and the willingness to take the coaches’ advice. The coaches are here to help the Club’s athletes become better rowers. It is expected that athletes are also active in their own improvement by helping to find ways to aid in the process. Listed below are some behaviours to help with “coach-ability”:

- Know that your coaches are trying to help you improve
- Be willing to try new ideas
- Have patience with yourself and your teammates
- Allow yourself to make mistakes
- Ask questions
- Come to practice ready to learn and grow as a person and a rower
- Have an open mind and an eager heart

As an athlete it is best not to coach other athletes. Be aware of the difference between coaching and communicating an idea or suggestion to another rower. When in doubt, speak to our coach about the difficulties that you feel a fellow athlete may be having.

3. Practice Attire

It is strongly suggested that the rowing club uniform not be worn during practice or training times. The Hanlan Boat Club uniform is to be worn on race day only.

Practicing in the heat and humidity in July, August and early September requires proper dress as well as proper conditioning. Below is a list of tips for training in warm weather:

- Wear snug fitting clothing to wick moisture away from the body
- Keep torso covered at all times
- Wear sunscreen and sunglasses
- Bring and drink plenty of water
- Keep water bottles in a protective sock or other cover while in the boat
- Wear baseball cap or head cover to keep the sun off

During the fall season, rowing sometimes takes place in very cold conditions. It is strongly suggested that long tights and long sleeves are worn when the on-the-water temperature drops below 10°C. This will allow for better performance as the muscles of the body will be warm and stay warm through the training session. Below is a list of tips for training in cold weather:

- Wear snug-fitting long tights and long-sleeve shirt to wick moisture away from the body
- Make sure long-sleeve shirt is long enough to stay tucked in, covering the low back at all times
- Wear outer shell to break the wind
- Consider wearing a toque and pogies
- Bring and drink plenty of water
- Keep water bottles in a protective sock or other cover while in the boat

Regattas and Trips

Regattas (Tentative):

Dominion Day Regatta

Toronto Island, ON (July 1, 2024)

CORA Regatta

Welland at South Niagara Club, (July 6, 2024)

CORA Championships

St Catharines, ON. (July 12, 2024)

ERA Regatta

Montreal, QC (July 12-13, 2024)

RowOntario Championships

Welland at South Niagara Club, (July 20-21, 2024)

Royal Canadian Henley Regatta

St Catharines, ON (July 30-August 4, 2024)

Muskoka Fall Classic

Gull Lake Rotary Park, Gravenhurst, ON (September 7, 2024)

Head of the Welland

Welland International Flatwater Centre, North course, Welland, ON (September 28, 2024)

Head of the Trent

Peterborough, ON (October 5-6, 2024)

Head of the Charles

Boston, MA, USA. (October 18-20, 2024)

Regatta Expectations

Junior rowers are expected to pay for their own entry regatta entry fees and expenses.

Travel to and from regattas is the responsibility of the athlete (and/or their parents) for all regattas. Athletes are required to read and obey all of the rules in the Club's Code of Conduct when at the Club, and also when representing the Club at regattas.

Chaperones are required for overnight regattas that involve more than five rowers under the age of 18 years.

Regatta Guidelines and Etiquette

- Athletes must attend boat loading and unloading times both before, during, and after regattas
- Boats must be strapped down at all times
- Shirts must be worn at all times
- Oars must be brought down to the dock prior to race and then returned to the trailer after each race
- Athletes must be respectful of competitors, coaches and officials
- Athletes must wait until all boats have passed the finish line before returning to the dock
- Athletes must communicate with their coach before departing from the regatta site