



OUR TEAM

- **KELSEY MCDANIEL, HEAD COACH**

Kelsey comes from an extensive rowing background, having competed for both Shawnigan Lake School and the University of Washington. Since starting his coaching career, Kelsey has guided both men's and women's crews of all ages to gold medal finishes at a variety of national and international regattas.

- **COLIN GRAY**

Colin comes to us after four successful years at Ithaca as head of the Junior Program. Prior to that, he has been in charge of both the Masters and Seniors program at Calgary. He recently joined the RowBC Team as the Head of High School Rowing Development Program.

- **JILL WURFLINGER**

Jill is one of the few Level IV coaches operating within BC. She has effectively coached crews at domestic and elite levels, with many of her athletes going on to represent Canada at Junior and Senior World Championships. Since joining our team in 2007, Jill has played a major role in elevating the level of excellence within the DCRC.

- **MATTHIAS UHLENBRUCK**

- **ANDY VAN RUYVEN, CLUB CAPTAIN**

As Club Captain, Andy is responsible for ensuring operational excellence within the DCRC, and is responsible for the continued long term growth of the club. Prior to becoming DCRC Club Captain, Andy was active in rowing for 16 years, including representing Canada at the Summer Olympics in 1972 and 1976. In addition to his role as Club Captain, Andy also fulfills a coaching role in selected programs.

EQUIPMENT

Since 2005, the DCRC has been aggressively building an inventory of elite shells and related equipment for our athletes to enjoy. We are proud to boast that our athletes use only Hudson equipment, with all shells and oars being no more than 3 years old.

In 2006, Best Buy Canada donated an HD television and video capabilities so our athletes could enjoy the benefits of regular film evaluation, which is critical to their improvement as rowers.

VENUE

The DCRC has a waterway that is unmatched in the Lower Mainland. On any given morning, there is over 20km of potential training space available, and more often than not is pristine in nature.

Our boathouse is located in the heart of Deep Cove, with ample parking for our athletes, as well as regular bus service at our front door.

As a waterfront community, Deep Cove offers numerous on-water activities. With a rich history of water sports, and a supportive local community, "The Cove" is the perfect setting for an elite rowing center.



SCHEDULE AND REGATTAS

Throughout the year, the DCRC offers a variety of programs for athletes of all ages and abilities. We make every effort to align our practice schedules with our athlete's personal schedules, taking into account school, work, and family commitments. As such, we divide the year into 4 distinct stages: Fall, Winter, Spring, and Summer. Likewise, Rowing Canada (RCA) divides its racing seasons to fit this model, with each period having a specific focus.

Since some regattas are specific for ages, programs, or skill levels, not all athletes will be attending all regattas.

SPRING - \$540 (NON-DCRC MEMBERS) / \$480 (CURRENT DCRC MEMBERS)

- **February – June**

- Main racing season*

- Athletes train and compete as the DCRC, within respective age / gender / skill categories.
 - Athletes train 3-5 times per week, depending on age and stage
Final schedule TBD

REGATTAS

(Note: Regatta participation varies among crews/individuals.)

- | | | |
|----------------------|---------|---------------------|
| 1) Elk Lake Sprints | - Feb. | Victoria |
| 2) Brentwood Regatta | - April | Mill Bay |
| 3) SLS Regatta | - May | Shawnigan Lake |
| 4) Delta Deas | - May | Delta |
| 5) CSSRA | - June | St. Catherines, ONT |

CLUB CONTACTS AND INFORMATION

All documents and schedules are available on our website:

www.deepcoverowingclub.com

CLUB ADMIN AND LOCATION

- deepcoverowingclub@hotmail.com
- 604-929-4510
- 2156 Banbury Rd

MAILING ADDRESS

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