



JOIN US!

KRC Inaugural Masters Rowing Camp

Friday, JUN 1 – Sunday JUN 3

Mid-Canada's Rowing Centre of Excellence

Kenora Rowing Club

What?

- Weekend technical rowing camp for Masters only

Who?

- Led by former Olympians Janine Stephens and Jeff Powell* (see bios below)
- All Masters welcome

Weekend Agenda?

- Friday 4-6 pm Arrival, Fitting the boat to You Session
- 7 pm BBQ and Information Session
- Saturday Two technical on the water sessions + rigging session
- Evening Social: Celebration of all things local – local beer, local food
- Sunday: Rowga and on the water session
- WRAP Up: 1:00 pm

Where?

- Rabbit Lake & the Kenora Rowing Club, 110 Birchwood Drive
- www.stayinkenora.com or Airbnb for great places to stay

Price?

- \$250.00/\$200.00 for KRC members
- Fee includes Fri and Sat Dinners plus Sat and Sun Lunches
- Register by e-mailing rowkenora@gmail.com

BYOB: *Bring Your Own Boat* or ask us about borrowing /renting

Questions? Jennifer Findlay at rowkenora@gmail.com 807 466 3553



About the Coaches: Janine Stephens and Jeff Powell



Janine Stephens started rowing in the summer of 2000. She raced in the 2001 Canada Games, for the University of Michigan for 4 years, and was with the National team for the 6 years following. Janine competed in the 2008 Beijing Olympics, racing in the Quad and finishing 8th.

Janine's competitive rowing career ended with winning the Silver Medal in the 2012 London Olympics in the Women's 8+

Jeff began rowing at the Winnipeg Rowing Club (WRC) in 1996 after watching Canada's success at the Atlantic Olympics. He rowed for the WRC and Manitoba Rowing locally and did his University rowing at Western. Jeff spent four years rowing on the National Team where his highlights included two World Championships and an Olympic berth. He also coached for three year with the women's National Team program in London that culminated in Canada's development W8+ winning the Remmenhan Cup at the Henley Royal Regatta in 2012

