

Argonaut Rowing Club

Camp Argo Report 2022

Submitted to
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by

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General Information

Duration	8 weeks,
Registrants	114 Registrants Many campers came back for more than one week.
Revenue	\$60564 (32% decrease in revenue from 2021)
Head Counsellor	Isabella Jachymek (Weeks 1-6), Jacqueline Groenewegen (weeks 7-8)
Junior Counsellors	Ava Semeniuk, Ethan Li, Joshua Leung, Ewan Maynes (Week 1), Julia Txteria (Weeks 2-5, 8)
Camp Argo Volunteers	Constant Volunteers (those who volunteered for more than two sessions): Anna Bellfeille (head volunteer), Robin Wigg, Kathryn Young, Joshua Holmes

Weekly Itinerary

From 8:00 am-9:00 am, the team would typically meet in the trophy room to discuss and create the daily schedule based on projected weather conditions. Once the program was complete, two counsellors - typically the head counsellor and one other - would greet campers in the parking lot while the others assembled coach boats. Between 3:00 pm and 4:00 pm, one counsellor - typically the head counsellor - would supervise any campers waiting for their parents to arrive while the others put away the equipment, such as megaphones and walkie-talkies. Once all of the campers had left, the staff would debrief about the events of the day in the coach's office before leaving. Below is the standard itinerary followed by the counsellors between 9:00 am and 3:00 pm:

Monday

- ✓ Greet and sign in campers, answer questions from parents
- ✓ Introductions (name, age, school and favourite animal or food), go over the general rules of the club
- ✓ Provide campers with a tour of the boathouse where they would learn different boat

classes, and would play the price is right to learn the different costs of the boats. They would also be taught the parts of the boat and the traffic pattern would be explained to them

- ✓ Group demonstration of how to properly carry a boat, how to put oars in, how to get into the boat, the basic parts of the boat, the parts of the stroke, feathering and squaring the blades. The demonstration was performed by the counsellors and volunteers.
- ✓ Bring campers into the erg room. What they did were as follows:
 - Counsellor demonstration of the rowing stroke; campers follow
 - Learn split and rate
 - Practice hitting different rates
 - Learn how to set up the monitor for a workout
 - 1km test
- ✓ Create a “full value contract” with the group which outlines Camp Argo rules, what the kids want to get out of camp and what the counsellors expect of the campers
- ✓ Take a lunch break in the park on yoga mats
- ✓ For the first half of the afternoon, all campers row on the water
- ✓ In the second half of the afternoon, all campers play field games in the park

Tuesday

- ✓ Greet campers
- ✓ Begin the morning with the entire group on the ergs
 - Erg warm-up (30 arms only, 30 with body swing, 30 half-slide, 30 full-slide, 30 legs only, 30 legs and body, 30 full strokes)
 - Once the warmup is complete, campers participate in a fish game bracket tournament
- ✓ Conclude the morning by rowing in boats that we deem applicable to weather and gap conditions
 - o Goal to row to Ontario Place
 - o Focusing on stroke sequencing
- ✓ Lunch
- ✓ Campers go back on the water in different boat classes depending on conditions and

camper's skill level

- ✓ Conclude the afternoon by playing games on the field or in the trophy room:
 - o Mafia
 - o Octopus
 - o Elephant ball
 - o Uno
 - o Apples to apples
 - o Capture the flag

Wednesday

- ✓ Greet campers
- ✓ Begin the morning with the entire group on the ergs
 - Erg warm-up (30 arms only, 30 with body swing, 30 half-slide, 30 full-slide, 30 legs only, 30 legs and body, 30 full strokes), taking strokes at a higher rate
 - Counsellors divide campers onto even teams based on 1k test times and campers participate in a relay
- ✓ Conclude the morning by rowing in boats that we deem applicable to weather and gap conditions
 - o Goal: row from ontario place to Palais Royale
- ✓ Lunch
- ✓ First half of the afternoon is spent on the water in different boat classes
- ✓ Second half is spent playing games

Thursday

- ✓ Greet campers
- ✓ Begin the morning with the entire group on the ergs
 - o Erg warm-up (30 arms only, 30 with body swing, 30 half-slide, 30 full-slide, 30 legs only, 30 legs and body, 30 full strokes), taking strokes at a higher rate
 - o Campers participate in 100m sprint king's court tournament
- ✓ Conclude the morning by rowing in boats that we deem applicable to weather and gap conditions

- ✓ Lunch
- ✓ First half of the afternoon is spent on the water in different boat classes
- ✓ Second half is spent playing games
- ✓ Remind campers to bring pizza money

Friday

- ✓ Greet campers
- ✓ Begin the morning with the entire group on the ergs
 - o Review 1k test results from Monday
 - o Discuss race strategy
 - o Campers complete erg warmup
 - o Campers pull their second 1k test of the week
- ✓ Conclude the morning by rowing in boats that we deem applicable to weather and gap conditions
- ✓ Pizza lunch
- ✓ Campers spend the entire afternoon on paddle boards
- ✓ Say good-bye to the campers

Inclement Weather

There were a few mornings and afternoons this summer where various weather conditions prevented us from rowing on the water or playing games outside. Some of these conditions included high winds or thunderstorms. If we had access to the outdoors, we would create a relay race that included indoor and outdoor facilities. If we were restricted to the indoors, we could play rowing jeopardy or various card games. We would also rearrange the schedule based on the weather, so we would sometimes row before we went on the ergs and vice versa.

What Worked Best

Camp Dynamic

- Synergy between the counsellors was good
- By keeping the campers as one group rather than dividing them into smaller groups, campers would get to know each other better and counsellors would be able to formulate connections with all of the campers
- To maximize time on the water, the forecast was monitored the entire day

Access to Big Boats

- Due to the lack of Covid-19 restrictions, we were able to put campers in bigger boat classes such as coxed quads, coxed fours, quads, and eights
- Campers were able to learn the motions of the stroke in a more stable environment
- Volunteers or counsellors would cox the boats, so campers were able to receive more direct feedback regarding their stroke
- Campers were able to formulate stronger connections with each other by being in larger boats together
- Campers were given the opportunity to learn how to sweep and scull

Safety

- There was a significant increase in first-aid equipment from last year
- There was a sufficient supply of band-aids in the office, which many of the campers needed to treat their blisters
- The motors were replaced from last year, so there were very limited instances where they died in the middle of a water session
- All of the coach boats were equipped with proper equipment, such as ladders, life jackets, and abilers
- There were children's life jackets provided so that smaller campers could properly fit in them

Areas of Improvement for 2023

Oarboards

- With only eight oarboards and 20 campers during one session, it was frustrating to organize the allocation of oarboards
- There were many quality issues with the oarboards. Despite proper assembly, the riggers would fall off of the oarboards while campers were rowing
- Many of the campers, especially the returning campers disliked rowing in oarboards as it confused them with the actual rowing motion. Hence, they preferred to row in shells. They only liked them when they were used as paddle boards, and they did not mind that they did not have to double or triple up on the board
- We suggest that if the oarboards are to be used again next year the club only uses them as paddleboards

Enrollment

- Enrollment numbers were significantly lower than last year's. However, there was still a large number of returners and campers joining the junior program following the end of a session
- Due to the return of regular activity and plane travel following the Covid-19 pandemic, fewer campers enrolled in Camp Argo due to more options
- We suggest that for next year, there be a stronger marketing initiative for Camp Argo on different social media platforms

Volunteers

- This summer, there was a large number of junior rowers who volunteered at Camp Argo
- The ratio between campers to staff and volunteers was often too high, meaning that the volunteers were doing more harm than good and not being productive or helpful
- A volunteer signup sheet was created in order to contain the number of volunteers, but the juniors often disregarded the sheet and came anyway
- We suggest for next year that there be a volunteer application process and that there only be a small number of volunteers per session in order to contain the amount of people and maintain a productive staff/volunteer to camper ratio

Counsellor Hiring Process and Standards of Commitment

- Over the summer, there were instances where counsellors were not committed to the amount of time they agreed to work, and did not state when they would need to miss days or weeks of work until the last minute
 - For example, some counsellors would miss work for reasons that could have been prevented, such as for drivers tests or appointments
 - Additionally, one counsellor committed to the job, but last minute missed half of the summer of work
- Due to this, there were many staffing shortages throughout the summer that needed to be compensated last minute, which caused stress for the other counsellors
- We suggest that for next year, the commitment needed for the job be more established in the interview, and if a counsellor fails to commit during the summer, a punishment be implemented, such as the termination of their job