



*FOR IMMEDIATE RELEASE*

### **WRC ROWERS INVITED TO TRAIN WITH NATIONAL TEAMS**

*Winnipeg MB (March 31, 2010)* -- The Winnipeg Rowing Club is pleased to announce that two competitive athletes are going to train with Canada's national rowing teams. **Emily Cameron** will head east to London, Ontario, to train with the women, while **Kevin Kowalyk** will head west to Victoria to train with the men. Both Emily and Kevin – who not only row together, but are also a couple – are packing their bags and leaving Winnipeg on Easter weekend.

#### **ABOUT EMILY CAMERON**

Emily was invited to train with the Canadian Women Rowing Team after getting noticed at the National Rowing Championships last November. She was invited to take part in Rowing Canada's spring training camp in Florida this past January, and from there, was selected and officially invited to spend the summer training in London. For Emily, it's a stepping stone towards her goal of making the national women's team:

"Going to London to train with the caliber of athletes already at the pinnacle of this sport will help me get there. I'm hoping to become the best rower that I can be, and to reach my potential in this sport," says Emily

Emily has been rowing for just under four years, and has been a member of the Manitoba Provincial Rowing Team for six months. Relocating to Winnipeg from Mississauga Ontario, Emily began rowing at the Don Rowing Club, and joined the Winnipeg Rowing Club in April of 2009. Some of her accomplishments include a gold medal in the Club Women's Four at the Head of the Charles in 2007, a top ten finish in the Championship Women's Four at the 2008 Head of the Charles, and a gold medal in the Open Women's Single at the 2009 North Western International Regatta. Emily has a Masters of Science Degree in Molecular Anthropology from the University of Toronto, and is currently training full time.

#### **ABOUT KEVIN KOWALYK**

Kevin Kowalyk has been on Rowing Canada's radar since first competing at the Royal Canadian Henley in 2007, where he captured the gold medal in Men's Single, and won gold again in 2009 in Men's Dash. Kevin trained with the national men's team in Victoria last month, where he received positive feedback and was encouraged to return for summer training. With plans now in place to head back to Victoria, his mission is to see what happens next:

"My current plan this summer is to head out right after I finish my last exam and stay on as long as I can, and see if I can earn a spot in a crew boat. To me, it's a test to see how I stack up against the best rowers in the world," says Kevin.

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Kevin has been rowing for six years and has been a member of the provincial team for the past three. On a whim he tried rowing, fell in love with the technical and physical aspects and made it his main sporting focus. His most notable accomplishments include winning the Men's Dash in 2009 and the Men's Single in 2007 at the Royal Canadian Henley, winning the Men's Single Dash, Men's Single and Men's Double at the Northwest International Regatta (NWIRA) in 2007 and 2009, and placing 6th at the Canadian Nationals in 2008 and 2009. He is currently a full time student at University of Manitoba taking his first year of Engineering.

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*At 129 years old, the Winnipeg Rowing Club is one of the oldest sporting organizations in Western Canada. It has been in operation since 1881, stopping only twice – during WWI and WWII. A long-time tenant of the banks of the Red River in downtown Winnipeg, the WRC survived the North-West Rebellion of 1885, the General Strike of 1919, the Great Depression of the 1930's, the Great Flood of 1950, and the Flood of the Century in 1997. Over the years the clubhouse has been destroyed by fire, wind, and water, but has always managed to maintain its long and proud tradition. Today, the WRC is a non-profit organization with a rich and successful sporting history, fostering generations of camaraderie and friendships. Members range from 13 to 85, and the club offers programs for all skill levels.*

[www.winnipegrowingclub.ca](http://www.winnipegrowingclub.ca)