

Sarah Black Rowing Scholarship

The Sarah Black Rowing Scholarship is awarded to students in Grades 9–12. Sarah Black '07 began her rowing career at Elmwood and went on to row at university, represent Canada at multiple World Rowing Championships, and most recently won the Rowing Canada Coach of the Year award. She is an inspiring role model for our rowers.

The scholarship in her name will be awarded annually to those who embody passion, commitment and promise to the advancement of the Elmwood School Rowing Program.

In 2024/2025, we will award three (3) rowing scholarships valued at \$2000 each to those athletes currently on the Elmwood Senior School Rowing team. The money will be used to offset rowing expenses such as entry fees, travel expenses, and accommodations to regattas and/or training camps. Selection will consist of multiple criteria outlined below.

Expression of interest	Aerobic Capacity	Aerobic Capacity	Power	Power	Character/ commitment /attitude
Letter /video	Beep Test	2000m erg	500m erg	Vertical jump	Interview
Dec 13	Dec 12/13	Dec 17	Dec 10	Dec 10	Jan 11/12

The **Expression of Interest** should demonstrate your passion for the sport, insight as to your future goals, and why you are a positive contributor to Elmwood Crew.

The **Fitness Testing** will show your potential as an athlete in both endurance and power, two critical pieces to being a successful rower. Non-specific rowing tests are included for a wider demonstration of potential. Tests will be completed on the date scheduled as a group at school.

The **Interview** will consider drive, passion, past and future commitment, attitude, goals and plans to improve Elmwood Crew.

Expression of Interest should be emailed to dofarell@elmwood.ca.

Derek O'Farrell
Head of Rowing
Elmwood School