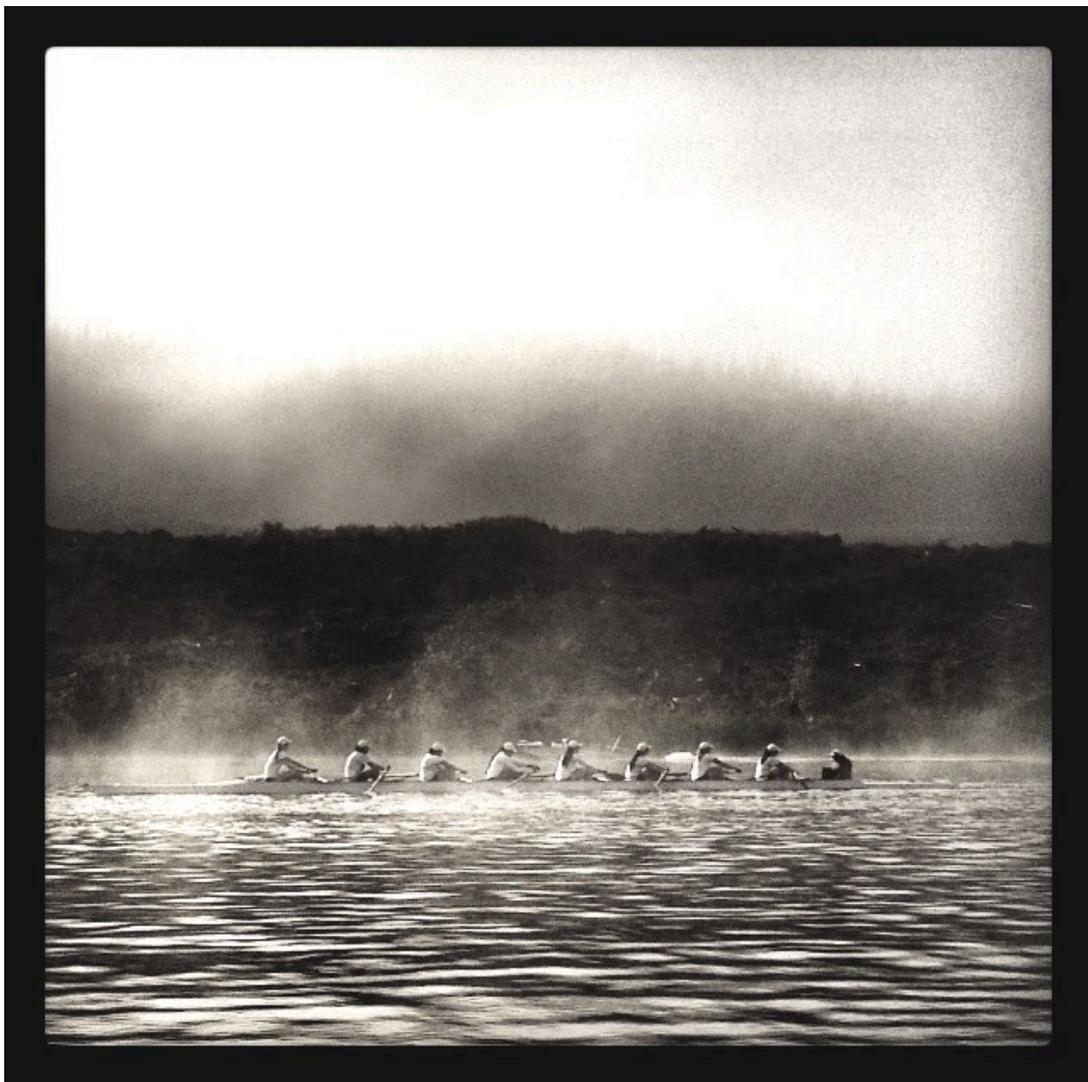




SACRED HEART GIRLS' COLLEGE
ROWING CLUB



INFORMATION BOOKLET

Vision & Values

- Empowering the girls to strive for excellence.
- Working with them to develop a supportive but challenging environment.
- Providing quality coaching, which maximises the potential of each girl, and progressively moulds that potential into competitive, winning crews.

Philosophy

- Develop and maintain a team culture and environment, which supports and encourages every girl to do their best; be punctual and professional; be tolerant, have a positive attitude and be a team player.
- Develop in each girl the qualities needed to succeed including discipline, commitment, self belief and self motivation.
- Reinforce to the girls a culture of respect and dignity – respect for themselves, respect for one another, respect for the College, respect for the coaches and their decisions, respect for the competition, respect for the parents and supporters, respect for accommodation, respect for people's property and respect for all equipment and facilities.
- Offer all girls equal opportunities to develop and improve through a well-planned training programme. Provide competitive opportunities that encourage each girl to strive to achieve her personal best, and to foster the desire to always seek the competitive edge.
- Adopt a holistic approach to rowing by educating the girls on the importance of diet, hydration, rest and mental preparation, in addition to specific training.

The Club

- SHGCRC is affiliated to the Hamilton Rowing Club. For the period of November to February we row as Hamilton Rowing Club (wearing the HRC Rowing uniform which is a red and white singlet)
- At any school regattas (Mighty River Power Junior Regatta, Nth Island & New Zealand Secondary School Champs), the girls wear the school rowing uniform which is a maroon and white row suit (lycra one piece).
- Currently Fraser High School and Hillcrest High School also row out of the Hamilton Rowing Club Shed.

Season Camp & Regatta Timetable

The following table outlines the regattas we intend to attend this season and the dates of training camps we have booked. Dates for camps may alter slightly.

	Location	Dates
October Camp	Mangakino	27 Sept - 1 Oct
Huntly Regatta	Lake Puketirini	15 Oct
KRI Spring Regatta	Lake Karapiro	19-20 Nov
Christmas Regatta	Lake Karapiro	16-18 Dec
January Camp	Mangakino	9 – 14 Jan
Cambridge Town Cup Regatta	Lake Karapiro	27-29 Jan
Waitangi Camp	Mangakino	3-6 Feb
MRP Junior Regatta	Lake Karapiro	25-26 Feb
North Island Sec School	Lake Karapiro	10-12 Mar
Maadi Camp	Mangakino	17-19 Mar
Maadi Cup Regatta (NZSS)	Karapiro	25 Mar-2 April

Contacts

President	Greg Wills	021 896 585
Rowing Manager	Kate van der Hulst	021 311 962
Head Coach	Ashlee Numa	027 847 6654
Secretary	Maree Haddon	027 498 4477
Treasurer	Gareth Johns	027 801 5803
Teacher in Charge	Megan Eshuis	021 856 729

Parent's Role

- To be a constant support for your daughter/s.
- Be an active member of the SHGCRC

As parents you will often assume the role as motivator, facilitator and even coach (e.g during holiday training). For a parent, this can be quite a challenge. You will be providing the emotional and physical support and encouragement that your daughter needs away from rowing. This need will increase throughout the season as pressure mounts towards selection and the major regattas. We see your support and positive encouragement as critical in the development of not only your daughters rowing but to the team environment as a whole.

Rower's Role

- Complete ALL training that is set by the Head Coach.
- Always put maximum effort into your training.
- Be punctual (5 minutes early).
- Advise the Coach 24 hours ahead of the session if you are unable to attend with very good reason.
- Always wear the correct training / competition uniform – be proud of who you are and what you represent.
- Notify a Coach immediately if you have sustained an injury or illness that will affect your ability to train. Seek immediate diagnosis and treatment.

Coach's Role

- The Head Coach sets out the rowing programme for the season. This will include training sessions (and the locations), training camps, rowing regattas, nutrition and clothing. Usually a monthly planner will be sent via email to each girl/parent in advance.
- The Coach leads, instructs, inspires and trains the girls to acquire the technical, physical and mental attributes to be successful in their school rowing careers.
- The Coach will provide and recommend rowers for higher honour opportunities such as North Island U18 and NZ Junior rowing trials.

Rowing coaching is a challenging endeavour. The Coach must get the girls into great shape both physically and mentally. The Coach will often hold tactical discussions identifying both individual and crew strengths and weaknesses. The Coach will ask for feedback and facilitate goal setting. The Coach will challenge crews and individuals constantly throughout a season to better their best and always test their limits.

Communication

As a parent involved in the SHGCRC you have the right to understand what the expectations and communication processes are for you and your daughter.

- All **training** related queries should be directly between your daughter and the Head Coach in the first instance.
- **All** other queries should be directed to the Rowing Manager.

Please note that there are times that are set aside solely for communication between coach(es) and athlete(s) and these times are inappropriate for parental interruption. Some examples of these are

- The time prior to or immediately after a training session.
- During regatta's the girls will be purposely kept down in the crew tents (usually by the boats). At these times the coaches and the rowing crews are focused on racing and therefore any interruptions or discussion with the girls or coaches are inappropriate. Parents are advised to stay at the Parent tent (unless they are helping on the day) and the girls will come up to the Parent tent as they finish racing.

Training

Training is held at the Hamilton Rowing Club on Grantham Street (just below the Victoria Bridge) for most of the season. However there will be occasions where training will be held outside of Hamilton – these exceptions are noted on the monthly planners. Hamilton Rowing Club is walking distance from the school. After early morning trainings are completed – all the girls will walk back to school together. Training is usually held before or after school, depending on the training programme. As the season progresses, the physical training will become gradually more intense. Physical conditioning is a vital aspect of rowing and any interruption to this process will impair the girls' chances of success.

- Training timetables are set by the coach. The timetable is published in a monthly planner and given to the girls in advance.
- Training sessions involve both land and water training.
- There will be compulsory training camps (weekends or during school holidays)
- Initially early morning trainings are scheduled for 5.50am but closer to regattas they may start as early as 5.30am
- Pre-season training is often 3-4 times per week (will include 1 or 2 water sessions)
- Early season training increases to 5 – 7 times per week plus regattas.
- During the peak of the competition season (Jan-Mar), there can be as many as 12 training sessions in one week. Girls will be very well conditioned and able to cope with the load by this time.
- School Holidays: training continues through the holidays and the girls are expected to follow a programme given to them by the coaches.
- Land trainings can include running, erging (rowing machine), cycling, swimming, boxing and circuit training.

Please note that training is NOT optional and girls are expected at every session. ***If girls are injured or cannot train for any reason they are still required to attend trainings.***

Injuries

Unfortunately injuries are a part of sport and can be expected. If girls are suffering from an injury they need to advise the coach immediately and secondly, make an appointment for within 48 hours to see a physio (unless the injury seems serious in which case a Doctor or a visit to A & E). When seeing a physio it is important that they understand your daughter needs to be back in the boat as quickly as possible.

SHGC Rowing prefers that your daughter seeks treatment from the following physiotherapist:

Melissa or Bridgette at **Performance Plus Physiotherapy:** **ph 8551788** 280 Peachgrove Rd,
Fairfield

Sports Med Physiotherapy: **ph 8383262** 243 Ulster Street,
Hamilton

Training Camps

Enormous gains are made at training camps. These intensive periods of physical and mental training are always taxing but incredibly valuable. It is also a good time to build the sense of team and foster the key elements of a strong sporting culture.

These camps are held throughout the season (the dates are in the monthly planners) and normally take place at Mangakino. Girls and parent help stay in a purpose built rowing lodge facility on the lake.

- Training camps are **compulsory** for all rowers and coxswains
- The girls are required to pay for the training camp prior to leaving.

Boat Loading

SHGC has a variety of training and racing boats that are usually stored at Hamilton Rowing Club. Loading and unloading the boats onto trailers is an important part of rowing. The girls are required to bring a **10mm spanner** to boat loading as they will be de rigging the boats before loading them. The Rowing Captains will organise the girls (with directions from the Coaches) for this task. All rowers and coxswains are required to attend and participate in boat loading and unloading. The girls become very adept after a little practice but please note that this often takes some time.

Regattas

As part of the continuing growth and development of the rowing crews, attendance at rowing regattas is essential and compulsory. Girls will be exposed to the level of competition in both the Waikato region and from further afar. This can be a unique but daunting experience for the novice rowers. At any one regatta, there can be as many as 60 events a day – each race taking up to 7-8 minutes; that makes for a lot of racing. The majority of the regattas are held at Lake Karapiro, home of the 2010 World Rowing Champs. It is protected by hills on each side and has a sheltered bay with multiple docks for easy launching of the boats for racing. It is a 2000m racing course with eight straight lanes that are fully buoyed.

Facts about regattas:

- Every race is 2000m long.
- Each individual can have between 1 and 5 races per day.
- All the girls are notified of the regatta arrangements at least the week before the event, including arrival times.
- Each girl is responsible for organising her own transport to and from the regatta.
- Boat crews will be refined and continued to be refined with each regatta. It is often possible for girls to be rowing in several different crews for each regatta.
- Racing programmes are released from the Tower on the day – they usually cost \$5 each regatta.
- Girls are expected to remain at the regatta until the last of our schools' events has been raced or until they have been released by the Head Coach.
- The girls are based in the rower's boat park.
- A spectator tent is available in the general domain area for parents and spectators.
- Parents are not permitted to be in the boat park. (Health & Safety regs)
- Parking costs \$5 per car but spectators can watch for free – plan to stay for most of the day.
- There is limited eftpos usage – so you need to bring cash if you wish to shop at the food stalls.

Parent Help at Regattas

Regattas are enjoyable events where the families of the rowers come together to support their daughters, however the success of these events is totally reliant on parent help. Without parents these events just can not occur. There are plenty of opportunities for parents to come along and participate as valued members of SHGCRC.

1. **Boat Holding:** Every year as part of fundraising SHGCRC will be involved in boat holding at different regattas. This involves holding the sterns of the boats at the start line. The boat holder is lying flat on their stomach with their arms hanging down – holding onto the stern of the boat. The platforms extend about 3 metres – no experience is necessary and you can bring along all your teenagers for a fun day
Hint: You will need to bring food and appropriate clothing – you never know what the weather will bring.
2. **Safety Motor Boat:** This task involves driving an outboard umpire boat (driving with an umpire following a race) or acting as the safety boat in the warming up zone. Some experience with a motor boat is necessary. This may also include assisting the launching and the bringing up of the motor boats.
Hint: You will need to bring appropriate clothing - you never know what the weather will bring

When you attend these regattas it is strongly advised that you bring chairs, weather appropriate clothing, sun screen, umbrellas, binoculars, rugs, and your own food.

Maadi Cup Regatta:

The New Zealand Secondary School Rowing Championships, more commonly known as Maadi Cup, is the pinnacle of the secondary school rowing calendar and is the largest school sporting event in the southern hemisphere. SHGCRC policy states that only crews capable of making an A final (top 8 boats in the country) as a minimum requirement, will be awarded the privilege to compete at Maadi. Each season Maadi Cup alternates between Lake Karapiro (North Island) and Lake Ruataniwha (South Island) near Twizel.

SHGCRC has always punched above its weight at Maadi with some outstanding results in recent years which it endeavours to build upon. Competing at the Maadi Cup is an additional cost to the rowing fees.

SHGCRC Rowing Captain(s)

- The Captain is appointed by the Head Coach and named each season.
- The rowing captain ensures that the girls are informed of events such as boat loading and training sessions. This is especially important if training takes place away from the Hamilton Rowing Club. The Captain is the communication nexus between the Coach and the crew – therefore your daughter should be able to text her captain to confirm a rowing event if needs be.

It is paramount that your daughter(s) know and communicate with their captain; this establishes an understanding of what is expected from your daughter. This empowers identification with the team and prevents any potential conflict.

The Committee

SHGCRC is run entirely by volunteers. The Committee is elected at the Annual General Meeting in July each year. The Committee consists of a President, Treasurer, Secretary and other Committee members. The Committee is always in need of assistance and therefore we are happy to see new faces on the Committee. If you want to be involved in the running of the club – please consider being a part of the Committee. The Committee's number one priority lies in driving fundraising activities involving the entire team.

Fee Structure

SHGCRC aims to make rowing accessible, affordable and fun. The fees cover the costs of running the club while capital purchases for equipment are generally funded by sponsorship, grants and any profit made from fund-raising events. For most of the year the girls will row as affiliates of the Hamilton Rowing Club (although they are still required to adhere to the school's sports policy) and therefore have to be financial affiliated members of the HRC. Membership fees are set by the SHGCRC Committee every year at the Annual General Meeting. The fee comprises of three components:

- Hamilton Rowing Club Affiliation fee (set by HRC)
- SHGC Coaching fee
- SHGC Subscription fee

A \$500.00 non-refundable deposit is required to be paid with the return of the 'Commitment to Row' form. **The fees are non-refundable should your daughter choose to stop rowing.** The total fee is expected to be paid in full by 31 January.

There are additional costs that are NOT included in the SHGCRC fees that parents need to be aware of. These include the following:

- Purchase of SHGC row suit
- Purchase of HRC racing singlet
- Purchase of training uniforms
- Purchase of racing socks

- Purchase of SHGCRC cap
- Training camps
- If selected, Maadi Cup costs

Fundraising and Sponsorship

To offset some of the costs of rowing, fundraising activities are an essential part of SHGCRC. As with all sports it is expected to be self-funding. The fees alone do not cover the SHGCRC expenses – the shortfall comes from fundraising activities. Successful fundraising needs organisation and therefore parents are encouraged to suggest new money-making ideas to the Committee. Donation opportunities – if you know of any individuals, organisations or businesses that may be interested in sponsoring the SHGCRC please advise the President. Planned Events – throughout the year SHGCRC will organise planned events to boost the Club's coffers. The girls and their families are expected to participate in fund-raising activities.

Rowing Uniforms:

SHGCRC requires all girls to wear the correct uniform at training and rowing regattas. For new rowers the SHGC PE uniform is acceptable in the short term until a rowing uniform has been purchased.

1. Training: SHGCRC training shirt, black spandex shorts and SHGCRC cap. The training shirts and caps can be purchased from Teamwear NZ.
2. Regatta Uniforms: Crews will wear their black spandex shorts, caps and long black socks (purchase socks at Teamwear). An HRC top is purchased at the beginning of the season and worn at all club regattas. Once the club regattas have finished in February the girls will race in SHGC row suits which will be available for purchase at Teamwear NZ. When not on the water the girls can wear SHGC track pants, white thermal and school tracksuit jacket.
3. Thermal clothing: The girls will also need thermal clothing – please ensure these are white tops and black bottoms (if purchasing).

Complaints Procedure

Certain situations may require a conference between a parent and/or the Teacher in Charge and/or the Rowing Manager. It is important that all parties have a clear understanding of the other's positions and what procedures should be followed.

- The parent in the first instance should contact the Rowing Manager
- If this does not resolve the situation alternative discussions should be arranged through the Rowing Manager and/or the President to resolve the matter.

All discussions should focus on your daughter's matters, concerns or questions. As noted before, the performance of other rowers or any coaching strategies will not be a topic of discussion.

GLOSSARY OF TERMS

Rowing	What girls do with one oar.
Sculling	Rowing with two oars.
Coxswain	(Cox for short). The person who steers the boat and directs/coaches the crew in training and racing.
Eight	A rowing boat that holds 8 rowers and a cox.
Four	A rowing boat that hold 4 rowers and a cox.
Quad	A boat which holds 4 scullers and a cox.
Double	A boat which holds 2 scullers (2 oars each).
Pair	A boat which holds 2 rowers (1 oar each).
Single	A boat which holds 1 sculler.
Bow	Front of the boat. It crosses the finish line first.
Stern	Back of boat.
Stroke	Sits in the stern of the boat, is the pace setter and usually has her oar on the right hand side.
Stroke Side	All the rowers who have their oars on their right side.
Bow Side	All the rowers who have their oars on their left side.
Seat No's	The numbering begins from the bow end of the boat.
Riggers	Support the oars.
Stretchers	What the rowers shoes a bolted to in the boat.
Slides	What the rowers seats roll backwards and forwards on.
Cox Box	Microphones and amplifier to speakers throughout the boat, so the cox can be heard by all crew.
Catch	When the oar enters the water at the start of the stroke.
Rating	The number of strokes rowed each minute.
Touching	Moving the boat slowly by taking small strokes only with the arms. (no legs)
Backing	A reverse motion to 'touching' when going backwards.
Checking	Putting blades square in water to act as brakes.
Starting Blocks	Where the boats go to start the race.
Pontoons	Where the boats are launched.
Caught a Crab	When a rower loses control of her oar.

Ergs

A rowing machine – proper name ergometer (meaning work meter)

Dumps

What boats rest on when out of the water.