

Sacred Heart Girls College



Rowing Club Information Handbook 2023 - 2024



“Rowing is not just about the physical strength and technique, it is also about the mental toughness, the teamwork, and the unwavering commitment to achieving excellence.”

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Who are We?



SHGC Rowing is a squad of passionate girls who strive to achieve great success on and off the water. Our Rowing Squad are affiliated with Hamilton Rowing Club and throughout the season, we row under the Club and School colours. We have a great coaching team who collectively have years of experience and are supported by an enthusiastic Committee and parent network.

Follow SHGC Rowing on Facebook: <https://www.facebook.com/groups/317844742324484>

HRC Website: <http://www.sporty.co.nz/hamiltonrowing>



Coaches



Tony Burns - Lead Coach

Tony has been a major part of the SHGC Rowing Programme for a number of years and has achieved great success with the crews that he has coached. He has been a part of rowing in New Zealand for a long time, including coaching his own children in Auckland over the years.

Rachel Brown - Lead Coach

Rachel is in her second season of being a part of the SHGC coaching team and has been involved with the junior crews, helping them achieve success on the water. She has rowed for Tauranga Rowing Club and competed at a National Level.

Megan Giles - Junior Assistant Coach

Megan is an ex-SHGC student and coxswain who brings her knowledge to our coaching team. She has also competed at a National level and continues to be a part of the Hamilton Rowing Club squad.



Key Contacts



School

Mark McAlley Director of Sport Development mmcalley@shgcham.school.nz

Coaching Team and Support

Tony Burns (Lead Coach) - 021 027 58246

Rachel Brown (Lead Coach) - 027 438 1088

Megan Giles (Assistant Junior Coach) - 027 209 9173

Rhianna Annear (Manager) - 021 511 995

Breanna Holcroft (Strength & Conditioning Coach) - bholcroft@shgcham.school.nz

Committee

Chairperson: Paul Le Normand

Secretary: Kirsty Van Eyk

Camp Logistics: Carmel Sheridan

Treasurer: Vicki Krissansen

Fundraising/Sponsorship: Vacant

Uniforms/Police Vetting: Kim McAlley

Boat Maintenance: Brent Johnson

Committee Members: Will Simon, Justin Lukey, Stephanie Toni, Darryl Landers,
Adrian Kendrick, Danielle Johnson



The Committee is initially determined at the Annual General Meeting, which usually occurs at the end of the rowing season. Parents/caregivers of rowers are welcome to join the committee. Meetings are approximately every four weeks - location variable as agreed.

Communication & Vision

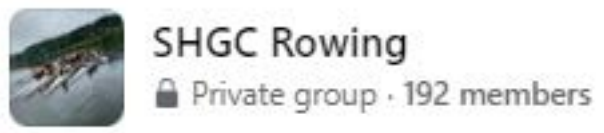


Our main communication platform for training updates and reminders is the Heja App. There are groups for each age group - the coaches post training schedules, videos of trainings, messages and group discussions. We will share the link for your daughters group so you can see all the information that relates to their training and rowing.

You will also need to download Team App as Hamilton Rowing Club use this for their communications - you will need to download this app, sign up to Team App and once logged in, SHGC Rowing and Hamilton Rowing Club HRC. Request access to group(s) that apply to you.

On occasion emails will be sent to school email addresses so please check frequently.

In addition, a closed group on Facebook has been set up called 'SHGC Rowing' for fundraising, promotion and wider community followers. We encourage you and others to follow.



Vision

Our school rowing squad is driven, dedicated and focused on achieving our goals. We work hard on and off water, constantly pushing ourselves to improve our technique, strength and endurance. We support each other as a team and are always striving to be the best we can be. We have a strong sense of pride in our accomplishments and represent Sacred Heart Girls College with honour and integrity. We are respected by our peers and competitors alike, and our success inspires ourselves and others to pursue their own passions with the same level of commitment and determination.



What does SHGC expect from you and your daughter?



SHGC Rowing aims to be among the best in Waikato and New Zealand. The highlight of each season is full squad attendance at the North Island Secondary School Championships, Lake Karapiro and then selected rowers/coxswains attend the New Zealand Secondary School Championships (Maadi).

All members of the rowing squad who complete the training programme successfully will be given the chance to race at local regattas.

It is expected that all members will attend all prescribed training sessions, camps, and regattas as listed in the season planner.

Sacred Heart Girls College Rowing is a competitive programme that has the main aim of offering girls the opportunity to row at the highest level of which they are capable. This can be achieved by:

A supportive but challenging environment

A fun, competitive and well-structured training programme

A program where the girls are empowered to strive to be the best they can be, Age Quod Agis'

The opportunity to create lasting friendships

**All members and supporters complying with SHGC
Sport Codes of conduct**

To achieve this, the mindset and key points are:

Consistency! Continually aim to improve and progress my development.

Challenge! Make sure I am pushing myself to increase my knowledge.

Wellbeing! Look after myself by training hard, good sleep patterns and fuel my body with good food.

Positive Environment! Include everyone and build each other up. We win together, We lose together.

Earn It! Always aim for positive results on and off the water.



Trainings



As rowing is a technical sport; your daughter will need to spend a lot of time on the water training with her fellow rowers. It is essential that all rowers/coxswains attend training so that they don't let the team down. The performance of a boat can be compromised if rowers/coxswains miss training. It may result in a crew not being able to train OR a crew trains with others who are not normally in that boat which can make the session far less productive for all involved. Attendance at training is very important.

2023 Term 4 Training sessions are compulsory (including December/January Holidays)

Focus for this phase is fitness, strength and mobility, technique. The opportunity to do both sweep and sculling and rowing in mixed boats.

An example of how training could look for Term four:

Monday morning: Strength and Conditioning

Monday afternoon: On Water Training

Tuesday afternoon: Run and On Water

Thursday morning: Strength and Conditioning

Thursday afternoon: Run and On water

Friday afternoon: On water (seniors only)

Saturday 8am to midday: On water / Team Building



202 Term 1 Training sessions are compulsory

Focus 'Competition Phase'. Where selection for crews are made in the build up to North Island Secondary Schools and New Zealand Secondary School Championships (Maadi).

An example of how training could look for Term one:

Monday morning: Strength and Conditioning

Monday afternoon: On Water Training

Tuesday afternoon: Run and On Water Training

Thursday morning: Strength and Conditioning

Thursday afternoon: On Water Training

Friday afternoon: On Water Training

Saturday 8am to midday: On water Training

- ✎ The official start date for the 2023/2024 season will start on Monday 09 October 2023.
- ✎ Training schedules are circulated by the Coaches by the way of Heja and school email.
- ✎ They are modified, as the need arises, so it is important to check regularly to ensure that you have the current schedule.
- ✎ Always arrive ON TIME and FULLY PREPARED TO GET STARTED (**Important Note:** Rowers and coxswains - NOT PARENTS - are held fully responsible for their attendance and for always arriving prepared)
- ✎ Provide coaches with advance notice of unavoidable lateness or absence.
- ✎ Contact for this is to text or call your coach or give a FULL DESCRIPTION of the reason you cannot attend
- ✎ Always bring a pre-training and post training snack. This helps recovery, build and repair muscle, and growth development.
- ✎ Recommended snacks are: chocolate milk/yoghurt/banana/honey or peanut butter sandwich/nuts/muesli or nut bar/smoothies.
- ✎ Home Training during the holidays - this will be given to the squad by the coaches and will be monitored through Heja.

Regatta Protocols



Boat Loading and Unloading

The girls will be rowing in several regattas as per the season calendar. They are generally held on weekends at Lake Karapiro, culminating in the North Island Secondary Schools (NISS) Championships on Lake Karapiro. Races are generally 2000m long, with the occasional 1000m race or long-distance race (6-10km). Each rower/coxswain can have between 1 and 4 races per day.

Crews who meet separate selection criteria will be selected to attend the New Zealand Rowing Championships at Karapiro in February 2024 and the New Zealand Secondary Schools Championships (Maadi) at Twizel, South Island in March 2024.

- Loading and unloading the boats onto trailers is required at HRC before and after travelling to regattas. 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 can take up to two hours
- 10mm ratchet spanner is required.
- Each girl is responsible for organising her own transport to and from the regatta
- Girls report to the SHGC boat park gazebo 1 hour prior to their race (only crew members allowed due to health and safety regulations and focus on race preparation)
- Girls are expected to remain at the regatta until the last SHGC crew has completed their race or until they have been released by the Head Coach/Manager.



Parents and families are encouraged to come to the regattas to support the rowers/coxswains. It is an enjoyable day out and a great way to get to know other rowing families.

The SHGC marquee tent will be set up on a lakeside site. Parents are asked to assist in putting up and taking down the SHGC marquee.

It can be a long day so bring a chair, binoculars, picnic food/drink, sun protection, raincoats etc and come and share the experience of watching our SHGC crews race. A barbeque is available for people to heat water (tea and coffee provided) and cook their own food during the day. Shared baking is always appreciated! The Podium Cafe is also popular.

You may follow immediate results and details of the regattas at www.rowit.nz

Boat Parking

This is especially important for parents and supporters – please understand and respect the following;

- Race mode means that we are fully focused on providing the right atmosphere so that our rowers can give their best in their events.
- Crews and coaches need time to focus, prepare and recover.
- Parents, unless on official business, must please refrain from entering the boat park. This is a rule that all Clubs must adhere to throughout the season.
- We all handle stress in different ways – some like to be able to talk their way through it while for others it is preferable to be left alone to think quiet thoughts undisturbed. Please try to recognize your son's/daughter's and their crew mate's needs at this time.
- Similarly, there will be times of celebration for some and great disappointment for others. Give them space.
- Leave advice on boat set-up or race plans to the coaches as these are specific to a crew and to the particular boat being rowed at the time.
- All gear, oars etc must be taken to/from the water by the crew. They are responsible for ensuring nothing is left behind.
- The launch ramps are for competitors and the coaching team only.
- Please do not be offended if we need to remind you of this protocol throughout the season - competition time can be a stressful time for all of us.

Camps & Key Dates



During the season there will be two overnight camps each season. Camps are a compulsory part of the rowing season. It is an opportunity for the team to spend quality time together to bond as a team, and also train together on still water.

- Camp One - September holidays. Learn To Row Camp at Epworth, for all returning rowers/coxswains and those that would like to join for the upcoming season. This is a learning camp and provides an opportunity for those interested in joining to experience a rowing camp.
- Camp Two - January. For the entire team to attend at Mangakino. This camp is a competitive camp to see where each individual is at in their progress and development. Once camp is completed draft crews are set for the season.

Parents will be asked to:

- contribute some food (namely baking and snack bars)
- volunteer as overnight camp helpers (dads welcome) we require adult to child ratio approximately 1:8
- tow coach boats or the gear trailer to and from camps
- assist with transport as necessary



**Camp 1: Learn To Row Camp (www.epworth.co.nz)
22 September - 25 September**

Clive Steenson Memorial Regatta 28 October

Karapiro Memorial Regatta 18-19 November

Karapiro Club Regatta 02-03 December

Mercer Club Regatta 09 December

Karapiro Christmas Regatta 02-03 December

Camp 2: Rowing Camp (28 Korari Crescent, Mangakino) 19-24 January

Karapiro Christmas Regatta 16-18 December

Camp 2: January Camp (Mangakino, 28 Korari Crescent) 19-24 January

North Island Club Rowing Championships 27-29 January

**(Selected Squad) New Zealand Club Rowing Championships
13-17 February**

Aon Junior Regatta 24-25 February

Aon North Island Secondary School Championships 01-03 March

**(Selected Squad) Aon Maadi New Zealand Secondary School
Championships (Twizel, South Island) 18-23 March**

SHGC Rowing Crew Guidelines



Selection ✓

The purpose of the selection process is to produce crews to achieve the goals of Sacred Heart Girls' College Rowing.

With the ultimate aim to produce the fastest boat possible relative to the competition in that event by the full squad pinnacle event (North Island Secondary Schools Championships).

Crew Selection will be based on individual performance at all regattas, training sessions and camps during the season prior to the NISS.

Selection of training and race crews is the responsibility of the coaches. All coaches are involved in regular discussions about selection issues.

The coaches consider their selection decisions very carefully and use their discretion, judgment, and experience to decide on crew selections. They will use certain key indicators to monitor progress.

Social factors involved with the age and stage of development of the individual athlete will also be taken into account.

Often the contenders for the last seats in a crew cannot be separated by objective testing and a subjective decision must be made. It is emphasized that no one result can ensure selection into a crew.

It is intended that preliminary crew formation will be completed by North Island Club Championships. It must be accepted that injury, illness, individual development and other unavoidable problems may cause delays or crew changes

Maadi Squad

Once crew selection is finalised all rowers and coxswains will race at the North Island Secondary Schools Rowing Championship. For a place in the Maadi Squad, a rower or coxswain must gain an 'A' final at North Island Secondary Schools Rowing Championship (not including straight finals) or by coach's discretion.

Coaches discretion may include but is not limited to - performance at other regattas, managing injury, number of boats requiring a coxswain.

The key indicators for coxswain:

- **Attitude:** A rower with a good attitude is one who is pleasant, polite, helpful and always training to their best of their ability.
- **Steering and Crew control.**
- **Being a Team player and working well in a team environment.**
- **Seat racing results:** these may be conducted at any-time of the season.
- **Attendance and Preparation:** Rowers who miss training sessions without informing the coaches and fully prepared for each rowing session.
- **Regatta Performance:** On and off the water behaviour.
- **Keeping to race plans and training plans given by the coaching staff.**

Sometimes there are outside factors that determine crew selection, including the regatta programme of events and regatta regulations.

No seat in the boat is guaranteed.

The key indicators for rowers:

- **Attitude:** A rower with a good attitude is one who is pleasant, polite, helpful and always training to their best of their ability
- **Technique**
- **Being a Team player and working well in a team environment.**
- **Seat racing results:** these may be conducted at any-time of the season.
- **Attendance and Preparation:** Rowers who miss training sessions without informing the coaches and fully prepared for each rowing session.
- **Regatta Performance:** On and off the water behaviour
- **Erg (rowing machine) score:** including training and formal erg tests.
- **Keeping to race plans and training plans given by the coaching staff.**

Health & Safety



The rowing program is intense, and the girls need to look after themselves in order to be able to keep up with their rowing and school commitments. They are expected to notify The Head Coach as soon as possible of any illness/injury that may impact on their rowing and they will be supported to seek professional help (e.g., physio).

SHGC Physiotherapy Services - Active Health

First Aid Equipment



All equipment is regularly washed.

There is a first aid kit in each coach boat, one at HRC and for camps and regattas.

Coach boats meet the regulations outlined in the HRC Boat Safety Policy and Rowing NZ

Water Safety Code 2016. All coaches have had boat safety training.

Blister Care



Blisters on hands are part of the course for rowers and yes, they can hurt.

Hands can be conditioned by applying methylated spirits to toughen the skin, and over the season calluses will form.

Blisters can be treated by using a sterilised needle to pierce the skin and drain fluid. If plasters are required, first cover the blister with fabric plaster then overlay with sports tape.

Keep as dry as possible - short showers, gloves doing dishes, limit moisturizer/sunblock

Please self-monitor and if you have any signs of infection see a Doctor.

Sleep



The physical demands and early starts imposed on rowers require them to adjust their timetables to ensure that they get the sleep they need to be able to keep going with their training, stay alert at school, and get their homework done. It can be a battle at first, but with age and experience comes wisdom.

Nutrition & Hydration



Rowing girls need a lot of good fuel to keep them going! While the girls are training, they need a balanced nutritional diet - complex carbohydrates for energy, concentration and good muscle recovery; 'good' fats; protein before and after exercise for hard working muscles, and, of course, lots of fresh fruit and veggies. With the training load expect appetites to increase.

An after-training snack is compulsory and there is a kitchen to use at school for breakfast.

The day before a race day, get plenty of fluids in.

On race days timing of food intake is important:

- Have a major meal 3-4 hours before a race, or the night before, if the race is early in the morning.
- 1-2 hours before the race have a decent size energy snack, e.g., banana/yoghurt/milo/cereal/creamed rice/tinned fruit/pasta
- Straight after the race have recovery food eg, chocolate milk/muesli bars/banana/nuts. The most important part is to make sure to just get any food into you after you race.
- Have plenty of snacks and water during the day to maintain energy levels. Small bite size things are sometimes better than big if your daughter is a little nervous.

It's very important that the girls keep hydrated. They will need to have two full water bottles of their OWN with them at all times, and should drink through training and regattas.

Be aware that many sports drinks can contain a lot of refined sugar and are not suitable.

Fee Structure



SHGC Rowing aims to make rowing accessible and affordable. We are heavily reliant on full payment of season fees as they cover most operational costs of the rowing programme. The balance is met by fundraising, sponsorship and grants. SHGC Rowing also purchase and maintain plant and equipment, big ticket items include rowing boats, coach boats, trailers etc. These capital costs are generally covered by sponsorship, grants and fundraising.

How much are season fees?

SHGC Rowing 2023/2024 Season Fees \$3,000 pa

When do season fees need to be paid?

A non-refundable deposit of \$750 is required by 10th October 2023.

Account # 01-0315-0329900-00 noting student name and rowing as a reference

The balance is expected to be paid as follows (unless you arrange a payment plan with the school and specifics are communicated with the SHGC Rowing treasurer):

- \$750 by 14 November 2023
- \$750 by 12 December 2023
- \$750 by 09 January 2024

Rowers and coxswain will only be eligible for Maadi selection if all fees have been paid for by 09 January 2024 or if a payment plan is in place that shows regular commitment.

Costs which are included in the season fees:

- HRC/WRA/NZSS affiliations fee
- Regatta entry/tent site/amenities (excluding Maadi)
- Boat repair/maintenance, equipment, boat storage,
- the use of HRC facilities
- SHGC and HRC prize giving
- Camp Two: January Overnight Training Camp, Mangakino
- Insurance and Administration

Uniform



- HRC Singlet
- SHGC cap
- SHGC Racing lycra suit
- SHGC Black socks
- SHGC sports training tops

**prices for this season to be confirmed*

Some secondhand gear may be available.

Fundraising, Scholarship & Complaints



Fundraising

Fundraising is part and parcel of SHGC rowing. Fundraising initiatives intended this season so far include boat holding, medal assisting at regattas, BBQ's and Hamilton event assistance. We seek to draw upon the talents, skills, ideas and contacts from all rowing families to help with our fundraising so any new ideas are welcome, as are donations.

Scholarship

We are keen to seek sponsorship opportunities for the coming season (a promotional portfolio is available).

Please advise Rhianna Annear (Manager) if you are interested or know of any likely sponsors or fundraising ideas.



Complaints

If a rower/parent wishes to raise an issue or complaint at any time during the season please follow the appropriate process as outlined on the school website under 'Sports Procedures'.

www.shgcham.school.nz

All team members are encouraged to ask coaches for feedback and raise any matters of concern directly with the Head Coach or Manager

Compliments are also welcome.



Uniforms



Training Sessions



- SHGC Rowing T-shirt/School PE Top or SHGC Sport Training top
- Black training shorts (to row in) – lycra 5inch minimum
- Thermal or compression long sleeve black or white
- Black leggings/track pants
- Black shower jacket/ SHGC tracksuit jacket
- SHGC Sport Cap
- Running shoes and socks
- 10mm ratchet spanner
- x2 Drink bottles (filled with water)
- Training Snacks

Club Regattas



- HRC Racing Singlet and t-shirt (free with membership)
- SHGC Sport Training top
- SHGC Black racing socks
- Black training shorts (to row in) – lycra 5inch minimum
- Thermal or compression long sleeve white
- Black leggings/ SHGC track pants
- SHGC tracksuit jacket
- SHGC Sport Cap or HRC Bucket hat
- Running shoes and socks
- 10mm ratchet spanner
- x2 Drink bottles (filled with water)

School Regattas



- SHGC Sport Training top
- SHGC racing rowsuit
- SHGC Black racing socks
- Black training Shorts (to row in) – lycra 5inch minimum
- Thermal or compression long sleeve white
- Black leggings/SHGC track pants
- SHGC tracksuit jacket
- SHGC Sport Cap
- Running shoes and socks
- 10mm ratchet spanner
- x2 Drink bottles (filled with water)



As the weather is very changeable ALWAYS be prepared with extra warm clothing, and a towel.

It is essential to bring running shoes to all rowing sessions/regattas regardless if a water session is scheduled or not. The water level of the Waikato river can be very changeable and if it gets too high we are not allowed out on the water.



Glossary of Rowing Terms

Bow	The front of the boat, first to cross the finish line
Bow Side	Bow side, all the rowers with their oars on the left hand side when looking from the bow down to the stern
Catching a Crab	When a rower loses control of an oar
Cox Box	An electronic device connected to wiring and speakers in the boat which allows the cox to give directions to the crew. Also monitors stroke rate and time.
Coxswain or Cox	The cox controls the boat and is usually a small person under 55kg in weight. They control steering, stroke rating, and encourage the crew during races... The minimum weight is 55kg for all Under 18 heavyweight events. For all other events the minimum weight is 50kg. Coxes are usually seen wearing a lifejacket and carrying lead weights and their "cox box".
Double	A boat which holds two rowers each with two oars and no cox (Sculling boat)
Eight	A boat which holds eight rowers each with one oar and a coxswain (Sweeping boat)
Ergometer (Erg)	Indoor rowing machine

Glossary of Rowing Terms



Four	A boat which holds four rowers each with one oar (coxed or coxless) (Sweeping boat)
Novice	For rowers who have not competed in a prior season.
Pair	A boat which holds two rowers each with one oar and no cox (Sweeping boat)
Quad	A boat which holds four rowers each with two oars and a cox (Sculling boat)
Rigging	Metal struts that support the oars; these are removed from the boat during transport.
Seat numbering	Number one seat is in the bow and the stroke seat is number eight
Sculls	Each rower has two oars – singles, doubles and quads
Single	A boat which holds one rower with two oars (no room for a cox) (Sculling boat)

Glossary of Rowing Terms



Stern	Back of the boat
Stroke	The rower that sits in the stern of the boat and controls the rating (strokes per minute).
Stroke side	All the rowers with their oars on the right hand side when looking from the bow down to the stern.
Sweep oar	Each rower has one oar – pairs, fours and eights

