



Sacred Heart  
Girls' College  
HAMILTON

# ROWING

HANDBOOK 2025/2026

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# WELCOME!

Welcome to our new novice rowers, returning rowers and parents/caregivers/supporters to the 2025/2026 season. The information in this book includes key people, dates, costs and expectations. If you cannot find an answer to your question, please contact the Sacred Heart Girls' College Rowing Coordinator, Caleb Wesselson.

## Our Vision

The Sacred Heart Girls College 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 our school 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.

## Rowing for Sacred Heart Girls College

SHGC Rowing is a squad of passionate girls who strive to achieve great success on and off the water. Our squad is affiliated with the Hamilton Rowing Club (HRC). During the season, we row under the club and school colours. We have a great coaching team, who have years of experience and are supported by our amazing committee and parent network.

Your daughter is joining a sisterhood that will last longer than her time in our rowing programme. Rowing promotes the importance of teamwork, hard work and recognising that every member of the squad has a role to play. It is this concept of shared purpose that tightens the bond and connections between each rower.

## The Season

The learn to row programme starts during term 3 before rowers are required to fully commit to the season in term 4. Returning rowers training starts term 3 however their winter sport comes first. Training camps are compulsory as they prepare the girls for the season and also are used to select crews for boats. The squad participates in a number of weekend regattas ending with New Zealand Secondary Schools Rowing Championships (Maadi). Not all rowers will be selected to attend NZSS Rowing Champs, and the selection criteria will be made clear to all rowers.

The official start of the 2025/2026 season is Monday, 13th October 2025.

## Where can it lead to?

Recently, former SHGC student Georgia represented NZ under 19 development team in Michigan. In the past 4 years, our rowers have been awarded rowing scholarships to University of Tennessee, Indiana University, Southern Methodist University in Texas and this year Georgia accepted a scholarship to Rutgers University in New Jersey for 2026. These scholarships have been either part or fully funded. Past rowers have also become coaches further growing their leadership skills.





# SHGC HEARTS

*Ignite the Passion*



## MANAGEMENT & COACHES

### SHGC Rowing Coordinator:

Caleb Wesselson

cwesselson@shgcham.school.nz

### SHGC Rowing Manager:

Rhianna Annear

021 511 995

rowing@shgcham.school.nz

### HRC Coaching Staff:

**Blair Currie - Head coach**

Hayley Cutter - Coach

Mhairi Rademaker - Coach

Leisha Currie - Coach

Maleponi Vaioleti - Coach

Ryan Trent - HRC Director of Rowing

## Complaints

If a Rower / Coxswain / Parent wishes to raise an issue or complaint at any time during the season please contact the Rowing Manager first. All team members are encouraged to ask coaches for feedback and raise any matters of concern directly with the Head Coach or Rowing Manager. Compliments are also welcome.

## Our Committee

We meet every four weeks and organise fundraising and helping the school co-ordinate parent support. We would love our rowing parents and caregivers to come join us! The current committee members are Vicki Krissansen, Sara Gavin, Brent Johnson, Kathryn Morris, Vanessa Mace, Bram Smith and Tracey Powell.

## COMMUNICATION

### Stack Team App

Our primary communication for training updates and reminders will be on this app. We ask all rowers and parents to download the app and join the Hamilton Rowing Club and SHGC Rowing 2025/2026 groups

### Email

On occasion emails will be sent to rower and parent email addresses so please check frequently.

### Facebook

We have a private Facebook group called 'SHGC Rowing' for fundraising, promotion and wider community followers. In addition, HRC has a Facebook page called 'Hamilton Rowing Club'. We encourage rowers and parents to join both groups.

### Instagram

shgc.rowing is where you can follow on this platform

The Hamilton Rowing Club Website is: [www.sporty.co.nz/hamiltonrowing](http://www.sporty.co.nz/hamiltonrowing) and has a lot of good information about the club, who runs activities and other useful links to rowing.

### Other websites

**Rowit.co.nz** - The latest race scheduling and results updated throughout regattas

**Rowingnz.kiwi** - Information about NZ rowing team and regattas

**schoolrowing.nz** - NZ secondary schools rowing for broader resource about school rowing

**maadi.co.nz** - Information about the Maadi Regatta

Please contact the Rowing Manager with all enquiries.

**Rowers need to take responsibility to communicate any training absences as early as possible directly to their coach via WhatsApp.**



Rhianna Annear



Blair Currie



Caleb Wesselson



## EXPECTATIONS

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 at Lake Karapiro, and then selected rowers/coxswains attend the New Zealand Secondary School Championships (Maadi Regatta).

We run 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 programme where the girls are empowered to strive to be the best they can be, Age Quod Agis'
- The opportunity to create lasting friendships
- Attending all training sessions, camps and regattas as listed in the season dates

### 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 she attends training so that she doesn'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.

Training sessions are compulsory and the latest schedule can be found on the Stack Team app.

Training includes Strength and Conditioning at the SHGC school gym, on-water training, land-based training, ergs, running, biking. Training can be weekday mornings, afternoons, and weekends.

Arrive on time and fully prepared to get started

Always bring a pre-training and post training snack. This

helps with recovery, and muscle growth and repair.

Nutrition recommendations are on the Stack Team app.

Rowers and coxswains - NOT PARENTS - are held fully responsible for their attendance and for always arriving prepared. Rowers should provide coaches with advance notice of unavoidable lateness or absence.

Doing another summer sport at the same time is not ideal as it will clash with training, regattas and camps.

Training will continue over the school holidays and camps are during that time.

### Behaviour

Bad language at training or regattas from the girls will not be tolerated. All members and supporters must comply with our SHGC Sport Codes of Conduct You are representing SHGC and HRC - please conduct yourself well.

### Equipment

Rowers and coxswains are to treat all boats and equipment with the utmost respect. Unnecessary damage—whether through neglect, misuse, or improper handling can result in training delays and reduced operational capability.

Report any faults or damage immediately to your coach, follow handling and storage procedures precisely and use equipment only for its intended purpose

#### At the end of the regatta

**RACING:** Coaching Team Expectations of Athletes and Parents

- Encourage all crews on and off water
- Be mindful of time - arrival and report times are vital to be met, as it can be the difference between a crew being able to race or not racing at all
- The coaches decisions on crews is theirs - please respect these



- Ensure you have everything that you need to race, to eat, to drink, to rig boats, etc.
- Give your best and everything - visualise achieving your goals and you will reach them

#### ATHLETES:

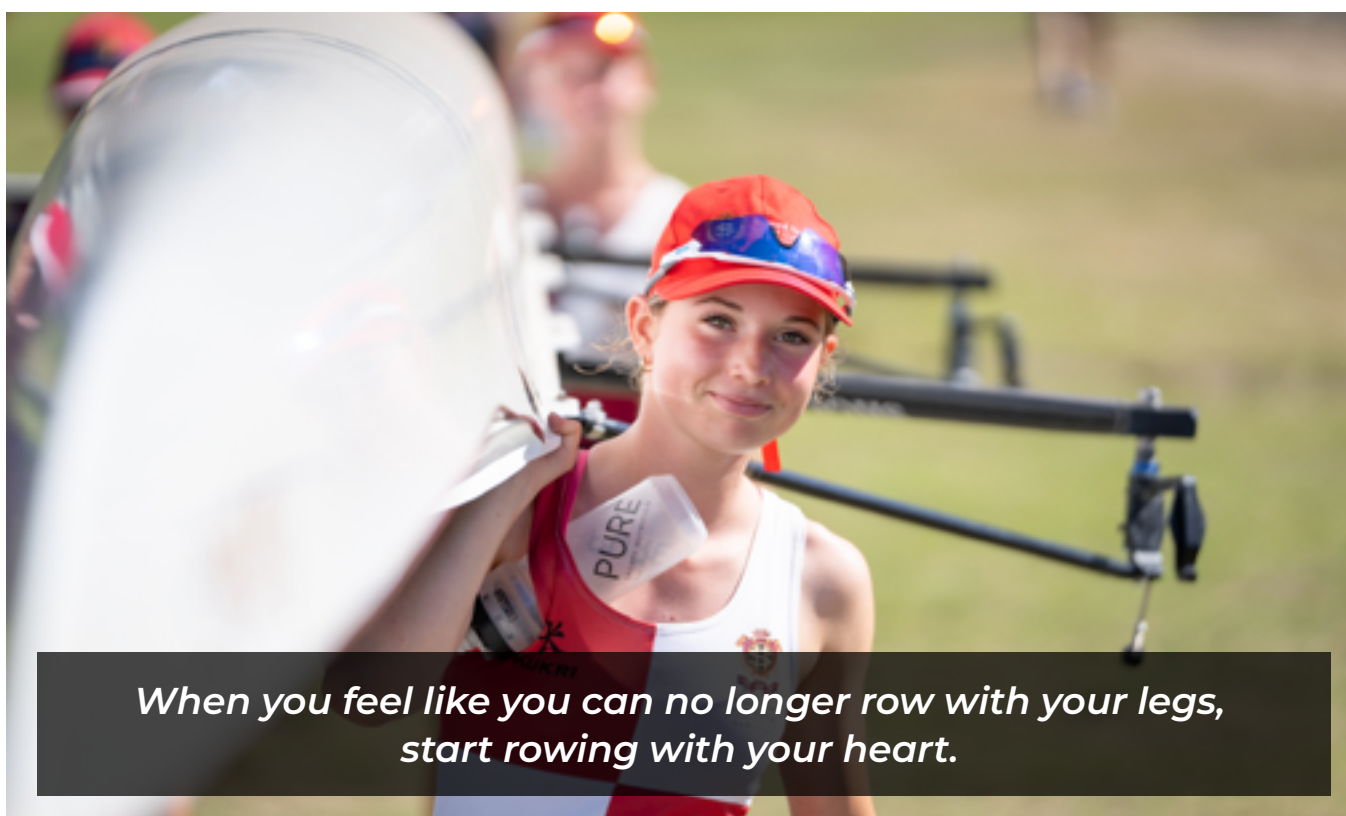
- Operate with pride and purpose
- We are SHGC - encourage your squad, crew and all crews racing
- Present yourself and behave as if you were at school - you are representing SHGC and HRC
- Come to the boat park prepared, ON TIME and ready to race
- Get on the water ready to compete ON TIME

#### SHGC ROWING CREW GUIDELINES

**Training:** Coaching Team Expectations of Athletes and Parents

**Athletes:** operate with pride and purpose

- Come to training on time, ready to learn & provide good feedback
- Arrive striving to improve and take steps towards achieving your goals
- Demand quality from yourself & your teammates
- Compete with & push your teammates in every session but never forget we are one team



*When you feel like you can no longer row with your legs,  
start rowing with your heart.*



## 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 (NISS).

Crew selection will be based on individual performance at all regattas, training sessions and camps during the season prior to NISS. Selection of training and race crews is the responsibility of the coaches. All coaches are involved in regular discussions about selections. The coaches consider their selection decisions very carefully and use their discretion, judgement, and experience to decide on crew selections. They will use key indicators to monitor progress. Social factors involving the age and stage of development of the individual athlete will also be taken into account.

Often the contenders for 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.

### Key Indicators Coxswains

- Attitude.
- Being 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
- Attendance and preparation for training
- Regatta performance, on and off the water behaviour
- Keeping to race plans and training plans given by the coaching staff

### Key Indicators Rowers

- Attitude.
- Being 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
- Attendance and preparation for training
- Regatta performance, on and off the water behaviour
- Keeping to race plans and training plans given by the coaching staff
- Erg (rowing machine) score, including training and formal erg tests

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.



## Ten things that require zero talent

- ★ Being on time
- ★ Work Ethic
- ★ Effort
- ★ Body Language
- ★ Energy
- ★ Attitude
- ★ Passion
- ★ Being Coachable
- ★ Doing Extra
- ★ Being Prepared



## MINDSET

**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.

### Maadi Regatta

**23-28 March 2026, Lake Ruataniwha**

Maadi Regatta (New Zealand Secondary Schools Championships) is the largest school sports event in the Southern Hemisphere. In 2025, 2236 students from 116 schools competed over 6 days at Karapiro. It alternates each year between Lake Karapiro and Twizel.

For Sacred Heart Girls College Rowing, this is our pinnacle event and what our season of training is centred around achieving at. Our final warm up regatta prior to Maadi Regatta is North Island Secondary School Championships (NISS), this is also the last regatta our entire squad will attend. Only those crews the school and coaching team deem competitive enough will attend Maadi Regatta. Maadi Regatta is about more than just racing, it provides students with an experience unique to the sport of rowing, allowing

them to meet like-minded teenagers from other schools and learn more about traditions in the sport. Once crew selection is finalised all Rowers and Coxswains will race at the North Island Secondary Schools Championship. For a place in the New Zealand Secondary Schools Championships (NZSS) squad, commonly known as the Maadi Regatta, a Rower or Coxswain may gain an 'A' final at NISS (not including straight finals) or by Head Coach's discretion.

Coach's discretion may include but is not limited to performance at other regattas, managing injury, number of boats requiring a Coxswain.





## UNIFORM

Rowers will require the uniform listed below. Some items are included with the HRC membership, SHGC gear will be available to purchase at the start of the season. The first half of the season the squad race under HRC in the club regattas and will wear the HRC uniform, the school regattas make up the second half.

| HRC Uniform                |                                                                                                          |          |
|----------------------------|----------------------------------------------------------------------------------------------------------|----------|
| Provided by HRC with fees: | HRC Training top                                                                                         |          |
|                            | HRC Hat                                                                                                  |          |
| Purchased from HRC:        | HRC Racing singlet (Novices only)                                                                        |          |
|                            | HRC Rowsuit (Returners only)                                                                             |          |
| SHGC Uniform               |                                                                                                          |          |
| Purchased from SHGC:       | SHGC Rowsuit (on KINDO)                                                                                  | \$100.00 |
|                            | SHGC Sport Training Tee (Available Nov)                                                                  | -        |
| Purchased from NZ Uniform: | SHGC Cap                                                                                                 | \$40.00  |
|                            | SHGC Visor                                                                                               | \$25.00  |
| Optional Gear              |                                                                                                          |          |
| Purchased from NZ Uniform: | SHGC - CODE Training Jacket<br>Outer: 100% Polyester Ripstop (waterproof)<br>Lining: 100% Polyester mesh | \$85.00  |
|                            | SHGC - Wet Weather Sports Jacket (\$120) & Pants (\$80)<br>(coming 2026, Term 2)                         | \$200.00 |
| Extras to be self sourced: | Black or white thermals or long sleeve compression tops                                                  |          |
|                            | Black lycra shorts - 5inch minimum                                                                       |          |
|                            | Black leggings                                                                                           |          |
|                            | Running shoes and socks                                                                                  |          |
|                            | 10mm ratchet spanner                                                                                     |          |
|                            | 2 x Drink bottles for water - preferably non-metal as it damages the inside of boats                     |          |

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

It is essential to bring running shoes to all regattas and training 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.



## Recovery Nutrition

Recovery nutrition, just remember the 4Rs.

**Refuel / Repair / Rehydrate / Revitalise**

Within 30 minutes of any race or training have recovery food, a high protein, high carb snack. Eg.

- Chocolate milk, banana smoothie, cereal with milk
- Banana, Avocado, Fruit
- Nut Bar, Muesli Bar or Bliss Balls
- Eggs, Tuna, Chicken with Toast

It is very important that the girls stay hydrated for training and regattas. They will need to have two full water bottles of their own with them at all times, and should drink throughout training and regattas. Be aware that many sports drinks contain a lot of refined sugar and are not suitable.



## Snickers Bar Smoothie

*By Nadia Lim*

This healthy smoothie is full of nutty chocolatey goodness! Perfect for an afternoon treat or breakfast before you row, or when you feel like sneaking a snickers bar!

2 frozen bananas

1 small ripe avocado flesh or 1/2 medium

3-4 tablespoons good-quality peanut butter  
- I used Pics

2-3 tablespoons raw cacao powder or you could use good quality dark cocoa

milk e.g. soy, almond, cow's just enough to cover ingredients in the blender

1 tablespoon pure maple syrup optional, if you like it sweeter

Blend all ingredients together until smooth.





## EQUIPMENT

All equipment is regularly washed. There is a first aid kit in each rowing boat, one at HRC and for camps and regattas. Coach boats meet regulations outlined in the HRC Boat Safety Policy and Rowing NZ Water Safety Code 2016. All Coaches have had boat safety training.

| Regattas        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BEFORE          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Boat loading    | Boats are loaded onto the trailer at the last training session before a regatta                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Boat unloading  | After school, on the day before a regatta, all girls are taken to Lake Karapiro in school vans and parent vehicles to unload the boats, rig the boats and erect the supporters tent.                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Packing list    | SHGC rowing t-shirt (for School regattas) or HRC rowing t-shirt (for club regattas).<br>SHGC sport cap (for school regattas) or HRC cap (for club regattas)<br>SHGC row suit (for school regattas)<br>Black training shorts (to row in) - lycra 5 inch minimum.<br>Thermal or compression long sleeve top, black or white.<br>Black leggings / track pants / jacket<br>Substantial lunch and snacks to cover until tea time & 2 named water bottles<br>Sunscreen & sports sunglasses suitable for rowing<br>Slides/crocs AND running shoes<br>10mm spanner<br>Ensure you have everything that you need to race, to eat, to drink, to rig boats, etc. |
| DURING          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Transport       | Each girl is responsible for organising her own transport to/from a regatta.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Day Sheet       | Once crews have been entered, the Rowing Manager will send out a day sheet - this will include arrival and report times. A day sheet will provide all the info for the events that your daughter is entered into. Please note the day sheet can be released late at night once the crews in races have been finalised - this is outside of SHGC control.                                                                                                                                                                                                                                                                                             |
| Report time     | Report to the lake at the time advised, crews racing are to report to the boat park gazebo 60 minutes prior to their race.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Coaches Lunches | Parents will be rostered to prepare lunches for coaches - this is shared throughout the squad and you will only need to do this once.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Expectations    | Athletes are to operate with pride and purpose<br>We are SHGC - encourage your squad, crew and all crews racing<br>Present yourself and behave as if you were at school - you are representing SHGC and HRC<br>Be mindful of time - arrival and report times are vital to be met, as it can be the difference between a crew being able to race or not racing at all<br>Come to the boat park prepared, ON TIME and ready to race<br>Get on the water ready to compete ON TIME<br>Encourage all crews on and off water<br>The coaches decisions on crews is theirs - please respect these                                                            |

## Regattas

### AFTER

|                   |                                                                                                                                                                                            |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Boat loading      | Boats are derigged and loaded onto the trailer once the Regatta has been completed                                                                                                         |
|                   | 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 and/or Rowing Manager.                    |
| Transport to club | After loading, all of the squad is to report back to the supporters tent to be collected by their parents/caregivers.                                                                      |
| Boat unloading    | All of the squad are to unload the boats and wash them at the club either after the regatta or at the next training (instructions will come from the Head Coach and or the Rowing Manager) |



## SUPPORTERS

Racing is generally from 8:00am-6:00pm. Parents and whanau are encouraged to come to the regattas to support the squad. Parking at Karapiro is \$7 per day via eftpos only. You are given a ticket when entering so you can leave and return during that day.

The SHGC/HRC Supporters Tent will be set up lakeside - parents are asked to assist in taking it down. Bring a chair, binoculars, food, drink, sun protection and raincoats etc. The Podium Cafe is also a popular option. We are always on the lookout for parents that have time to help create an enjoyable supporters experience. If you have the time and can help then we'd love to hear from you! Some regattas will be livestreamed and we will send the link out on those days.

## THE BOAT PARK

The regatta boat park is a busy area of activity during regattas. For health and safety, and to allow the crew's space to focus, parents and supporters are not permitted to enter the boat park. Before a race, athletes need to focus on their performance and the coaches' input. After races, crews need space to debrief, warm down, refocus. This is a universal rule and you will notice signage at the regattas. Please try to recognise your daughter's needs at this time. There will be times of celebration for some and great disappointment for others.

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 and from the water by the crew. They are responsible for ensuring nothing is left behind. The launch pontoons are for competitors and the coaching team only.

Parents and supporters must stay behind the barriers at all times.

## HOW CAN YOU HELP?

Be overnight camp helpers (Dads are welcome). Our adult to child ratio for camps is approx 1 : 8. Hamilton Rowing Club organises the camps and will be asking for parent helpers for cooking, transporting students, transporting boats and supporting the girls. All help is appreciated, no experience is needed, we'll teach you on the job. These events are a great way to meet parents and get a close up insight into the rowing environment.

- Contribute some baking and snacks for camps and regattas
- Tow coach boats or the gear trailer to and from camps
- Tow the gear trailer to regatta on setup day
- Assist with transport as necessary
- Help maintain our boats and equipment (trailers, rowing skiffs and coach boats)
- Assist with fundraising and sponsorship
- Help take down the supporters tent at the end of regattas and pack gear trailer
- Boat holding at the start line on our rostered days
- Become part of the committee to help with fundraising and other organising
- Please do not enter the boat park at regattas

Your rower is soon to become an organised and independent athlete. Not being able to attend training is her responsibility to let her coach know. She needs to be responsible for packing the correct gear for training, regattas and camps - and bringing it! She is however going to be tired, hangry and sore so she really needs enough sleep and good nutrition (having a box of muesli bars in the car will keep you, the taxi driver, safe until you get home).

Please make sure she arrives and leaves on time at training, our coaches want to go home on time too.





## OPERATIONAL COSTS

Rowing is a sport that requires considerable time and financial commitment. We strive to find the right balance between quality equipment to give the girls the best chance of success, while also make the sport as accessible as possible.

The operational cost of our rowing programme is approximately \$2800 x rowers + 10k each year.

This includes the cost of equipment, row boats, coach boats, fuel, storage buildings, training facilities including ergs, safety equipment, repairs and maintenance of equipment, club affiliations, entry and race fees for regattas. Warrants, regos, SHGC Rowing organisers work hard to keep costs down while also maintaining equipment and our fees continue to be one of the lowest in the region.

Over the years SHGC Rowing has built up a fleet of 8 boats. These boats need to be replaced as they age. We're also seeing a surge in interest in SHGC Rowing recently, which means we are planning to purchase more boats.

### To give you an idea of the cost of equipment:

|                                        |          |
|----------------------------------------|----------|
| New eight costs approximately          | \$60,000 |
| Set of oars                            | \$7,000  |
| Cox box                                | \$2,500  |
| Training erg                           | \$2,060  |
| A pair of shoes for one seat on a boat | \$180    |



## FEES

SHGC Rowing has made rowing accessible and affordable. We are heavily reliant on full payment of season fees as they cover operational costs of the rowing programme. The balance is met by fundraising, sponsorship and grants. We purchase plant and equipment that includes rowing boats, coach boats, trailers, oars etc.

Fees will be charged by Hamilton Rowing Club and Sacred Heart.

Commitment for the full season is confirmed by 6/7 October 2025.

Once committed for the season and deposit is paid, the balance is expected to be paid as follows:

| Hamilton Rowing Club Fees                 | Rowers        | Coxwains      |
|-------------------------------------------|---------------|---------------|
| <b>Total</b>                              | <b>\$2400</b> | <b>\$1500</b> |
| <b>Due dates if paying in instalments</b> |               |               |
| 18 October 2025                           | \$800.00      | \$500.00      |
| 20 November 2025                          | \$800.00      | \$500.00      |
| 12 December 2025                          | \$800.00      | \$500.00      |

### HRC Bank Account 03-1556-0080039-00

Please state the students name, rowing and SHGC as a reference.

This includes the \$200 non-refundable deposit for Learn to Row / Pre-season training

If you wish to make a payment plan, please email David, the HRC treasurer at [treasurer@hamiltonrowing.org.nz](mailto:treasurer@hamiltonrowing.org.nz)

| SHGC Fees - charged via Kindo | Rowers | Coxwains |
|-------------------------------|--------|----------|
| Due date: 17 October 2025     | \$400  | \$400    |

## What is included in the fees?

- Strength & Conditioning training for Term 4 and Term 1
- Administration (Rowing Manager + Rowing Coordinator)
- School van usage and fuel
- NZSS Registration Fees

For HRC Fees - Rowers and Coxswains will only be eligible for NZSS (Maadi Regatta) Squad selection if all fees have been paid for by 12 December 2025 or if a payment plan is in place that shows regular commitment.

## What is not included in the fees

### Strength & Conditioning Training for Term 3

All Uniform Items - Some uniform items including a row suit, club singlet and school t-shirt.

New purchases such as boats, which are always funded through fundraising and sponsorship.

### Maadi Regatta

For girls who are selected to compete in this event, additional fees will apply. This summer Maadi will be held at Lake Ruataniwha in March 2026. Fees will be approximately \$2,400 (based on previous costs) and are not included in normal rowing season fees. It is a lot cheaper when held at Lake Karapiro.

## FUNDRAISING & SPONSORSHIP

Our Rowing programme, established in 2002, has built a strong 23-year legacy of excellence, reflecting our vision of inspiring young women to change the world. Sacred Heart rowers consistently achieve their personal best while developing teamwork skills, competing successfully in Hamilton, throughout the Waikato, and at national levels.

Participation levels in sport overall at Sacred Heart reached an impressive 54% in 2024 versus 46% in 2023 reflecting the growing interest in sports participation, with rowing featuring as the sport of choice for more students.

Sacred Heart has successfully completed its inaugural season as part of the Hamilton Rowing Club's (HRC) managed rowing programme, marking a significant transition from its previous independent operations. This collaborative partnership brings substantial advantages to the school's rowing capabilities through HRC's expert coaching team and strategic fleet management expertise.

Our objective is to maintain a state-of-the-art rowing fleet, ensuring no vessel exceeds 12 years of service. From our current fleet of 8 boats, 4 urgently need replacing. We are seeking funding to meet these objectives.

With new boats our athletes will be able to train and compete with equipment that meets contemporary performance standards whilst enhancing their rowing performance and competitive edge.

### Fundraising

**Fundraising** is part and parcel of SHGC Rowing. Initiatives are a family affair and can include boat holding and medal assisting at regattas, Bunnings BBQs, Nothing Naughty Bar sales and Hamilton event marshalling. We seek to draw upon the talents, skills, ideas and contacts from all rowing families to help with our fundraising. Any new ideas are welcome.

### Sponsorship

Partnering with SHGC Rowing offers organisations valuable advantages and promotional possibilities.

We are offering various sponsorship levels with brand recognition aligned to the investment. The Sponsorship Proposal is available upon request.

*Please contact the Rowing Committee if you have any fundraising and/or sponsorship opportunities you'd like to discuss.*

**Thanks for Sponsoring us**



**Engineers | Planners | Surveyors**





## CODE OF CONDUCT

Sacred Heart Girls' College (SHGC) provides students with the opportunity to become rowers/coxswains, enabling them to enjoy both the sport and the camaraderie that goes with it. This includes participation in regattas, e.g. the North Island Club Championship, North Island Secondary Schools Championship and, if selected, Aon Maadi Secondary Schools Rowing Championship (National Competition). With this comes responsibility, to the Club, to fellow rowers/coxswains, coaches, parents and Sacred Heart Girls' College.

This Code of Conduct is intended as a statement advising what every participant commits to as an individual and as a member of the Rowing Squad each season.

Each rower/coxswain must accept and sign this Code of Conduct as a condition of their membership of the SHGC Rowing squad.

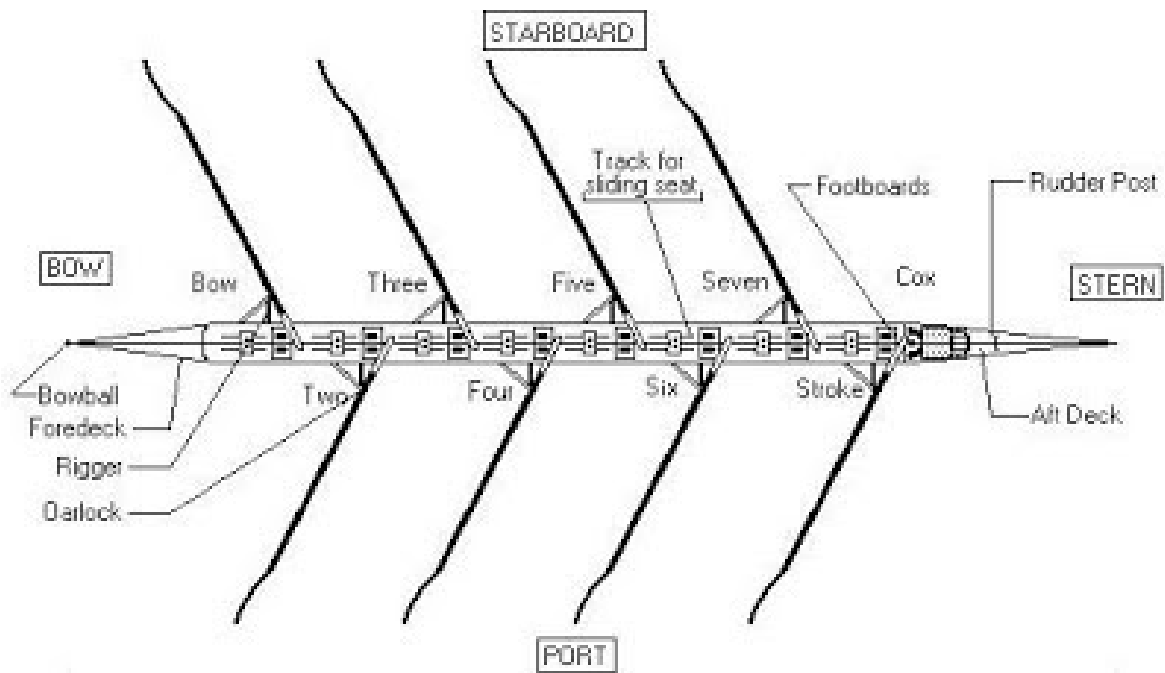
### As a SHGC Rower or Coxswain I will:

- Be fully committed to training and will compete to the best of my ability when participating at regattas.
- Be organised, punctual, helpful and proactive around the Club and at regattas, including wearing the appropriate clothing and uniform, getting boats on and off the water, loading and unloading at regattas and fixing and maintaining boats.
- Listen and be open to learning new things. In turn, I will pass on to younger rowers what I have learned.
- Be aware of training, camp and regatta schedules and communicate to the Rowing Manager in advance if I cannot attend at any time.
- Do my best to ensure my schoolwork is always up to date. If I am struggling to do so, I will advise the Rowing Coordinator so they can support me in obtaining assistance. Ongoing failure to maintain schoolwork at a satisfactory level may result in my exclusion from boat crews.
- Take pride in my role and respect and treat others as I would like to be always treated myself.
- Contribute to a positive culture, supporting my peers, coaches and managers at all times.
- Ensure if I engage in social media, contributions will be considerate and positive. Failure to do so may result in my exclusion from training and/or regattas.
- Adhere to health and safety requirements, always keeping myself and my fellow rowers safe.
- Respect the property that we use, including keeping Hamilton Rowing Club tidy, ensuring all equipment is appropriately stored away before leaving for the day and keeping the DVC room and gym clean, tidy and ready for others to use.
- I understand that to compete at Maadi (National Secondary Schools Championships), I must meet the following criteria (coaches' discretion will also apply):
- Be punctual at all training sessions, attend camp prior to NISS and have overall good performance at all regattas.
- Place in an A Final at the North Island Secondary Schools Championships (NISS).
- Social factors are also included (e.g. attitude, social media, etc.).



## ROWING BOAT CONFIGURATIONS

| Configuration                                                 | Name         | Crewed by         | Abbreviation |
|---------------------------------------------------------------|--------------|-------------------|--------------|
| <b>Sweep boats</b><br>Each crew member has 1 oar              | Eight        | 8 rowers plus cox | 8+           |
|                                                               | Coxed four   | 4 rowers plus cox | 4+           |
|                                                               | Coxless four | 4 rowers          | 4-           |
|                                                               | Pair         | 2 rowers          | 2-           |
| <b>Sculling boards</b><br>Each crew member has 2 smaller oars | Coxed quad   | 4 rowers plus cox | 4x+          |
|                                                               | Coxless quad | 4 rowers          | 4x-          |
|                                                               | Double       | 2 rowers          | 2x           |
|                                                               | Single       | 1 rower           | 1x           |



## GLOSSARY

|                        |                                                                                                                                                                                                                                                                                                                                                                |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bow</b>             | The front of the boat, first to cross the finish line                                                                                                                                                                                                                                                                                                          |
| <b>Bow Side</b>        | Bow side, all the rowers with their oars on the left hand side when looking from the bow down to the stern                                                                                                                                                                                                                                                     |
| <b>Catching a Crab</b> | When a rower loses control of an oar                                                                                                                                                                                                                                                                                                                           |
| <b>Cox Box</b>         | 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.                                                                                                                                                                                                     |
| <b>Coxswain or Cox</b> | 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. 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”. |
| <b>Double</b>          | A boat which holds two rowers each with two oars and no cox (Sculling boat)                                                                                                                                                                                                                                                                                    |
| <b>Eight</b>           | A boat which holds eight rowers each with one oar and a coxswain (Sweeping boat)                                                                                                                                                                                                                                                                               |
| <b>Ergometer (Erg)</b> | Indoor rowing machine - not particularly liked                                                                                                                                                                                                                                                                                                                 |
| <b>Four</b>            | A boat which holds four rowers each with one oar (coxed or coxless) (Sweeping boat)                                                                                                                                                                                                                                                                            |
| <b>Novice</b>          | For rowers who have not competed in a prior season.                                                                                                                                                                                                                                                                                                            |
| <b>Pair</b>            | A boat which holds two rowers each with one oar and no cox (Sweeping boat)                                                                                                                                                                                                                                                                                     |
| <b>Quad</b>            | A boat which holds four rowers each with two oars and a cox (Sculling boat)                                                                                                                                                                                                                                                                                    |
| <b>Rigging</b>         | Metal struts that support the oars; these are removed from the boat during transport.                                                                                                                                                                                                                                                                          |
| <b>Seat numbering</b>  | Number one seat is in the bow and the stroke seat is number eight                                                                                                                                                                                                                                                                                              |
| <b>Sculls</b>          | Each rower has two oars — singles, doubles and quads                                                                                                                                                                                                                                                                                                           |
| <b>Single</b>          | A boat which holds one rower with two oars (no room for a Cox) (Sculling boat)                                                                                                                                                                                                                                                                                 |
| <b>Stern</b>           | Back of the boat                                                                                                                                                                                                                                                                                                                                               |
| <b>Stroke</b>          | The rower that sits in the stern of the boat and controls the rating (strokes per minute).                                                                                                                                                                                                                                                                     |
| <b>Stroke side</b>     | All the rowers with their oars on the right hand side when looking from the bow down to the stern.                                                                                                                                                                                                                                                             |
| <b>Sweep</b>           | Each rower has one oar — pairs, fours and eights                                                                                                                                                                                                                                                                                                               |



# CAMP PACKING LIST

## ON WATER

- Black/White thermal tops x2
- Black/White thermal long johns x2
- Black lycra pants (5 inch min length) x3
- Training tops 3-4 (don't need to be SHGC just suitable to row in)
- Rain Jacket
- Beanie
- Sun Cap
- Drink Bottles x 2
- Socks
- Sunglasses (very good if you have a suitable pair)

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## OFF WATER TRAINING GEAR

- Running shoes
- Socks
- Gear to run in (sports top/sports shorts/leggings)

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## CASUAL WEAR

- Track pants
- Wool socks (2)
- Jandals or scuffs
- Sweatshirts (1)
- Undies
- Shorts & t-shirt
- Togs

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## ACCESSORIES

- Towels
- Toiletries including sunscreen, insect repellent, medication if needed
- 10mm ratchet spanner (for boat rigging/derigging) x2
- Fitted single sheet + Sleeping bag + pillow (possibly blanket)
- Book, cards, torch, ear plugs (optional)
- Strapping Tape/Plasters (if needed for blisters)

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## EXTRAS

- 1 box of snack/protein bars

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## IMPORTANT SEASON DATES

|                |         |                                                                                                                   |
|----------------|---------|-------------------------------------------------------------------------------------------------------------------|
| <b>OCT</b>     | 4-5     | Learn to Row Camp - Epworth                                                                                       |
|                | 6-7     | Confirm commitment to the 2025/2026 season                                                                        |
|                | 13      | Official Start date of 2025/2026 season                                                                           |
|                | 18      | First instalment of fees due                                                                                      |
|                | 18 - 19 | Karapiro Lake Weekend/SHGC Based at Lake - Karapiro                                                               |
|                | 24 - 27 | Rowing Training Camp - Epworth                                                                                    |
| <b>NOV</b>     | 1       | Clive Steenson Memorial Regatta - Karapiro <b>(c)</b>                                                             |
|                | 2       | Lake Training - Karapiro                                                                                          |
|                | 15      | Boat holding at Karapiro Memorial Regatta                                                                         |
|                | 15 - 16 | Karapiro Memorial Regatta - Karapiro <b>(c)</b><br><i>*Novice &amp; Intermediate rowers only*</i>                 |
|                | 20      | Second instalment of fees due                                                                                     |
|                | 29 - 30 | Karapiro Club Regatta - Karapiro <b>(c)</b>                                                                       |
|                | 30      | Boat holding at Karapiro Club Regatta                                                                             |
| <b>DEC</b>     | 12      | Third instalment of fees due                                                                                      |
|                | 12      | Boat holding at Christmas Regatta                                                                                 |
|                | 11 - 14 | Christmas Regatta - Karapiro <b>(c)</b>                                                                           |
|                | TBC)    | Captains Run                                                                                                      |
| <b>JAN</b>     | 12 - 15 | Jan Camp - Ngaruawahia                                                                                            |
|                | 23 - 25 | North Island Club Champs - Karapiro <b>(c,m)</b>                                                                  |
| <b>FEB</b>     | 6 - 8   | Waitangi Camp - Epworth                                                                                           |
|                | 14-15   | College Sport Akl. Rowing Champs & Junior Regatta <b>(s)</b>                                                      |
|                | 17 - 21 | NZ Rowing Club Champs - Karapiro <b>(c,m)</b>                                                                     |
| <b>MAR</b>     | 6 - 8   | North Island Secondary School Champs - Karapiro <b>(s,m)</b>                                                      |
|                | 23 - 28 | NZ Secondary Schools Rowing Champs (Maadi) - Twizel <b>(s,m)</b>                                                  |
| <b>APR/MAY</b> |         | Hamilton Rowing Club Prizegiving<br><i>*A ticket is included in the squad fees, parents to pay for their own*</i> |

### Key:

**(c)** = Club Regatta, the squad will race under the HRC name, colours, and grades

**(s)** = School Regatta, the squad will race under the SHGC name, colours, and grades

**(m)** = Medals awarded at this regatta (Akl. rowing champs, only Auckland schools receive medals)

## CAMPS

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.

HRC sends out an email letting families know what to bring and it is important to contribute to keep costs down. The food is worked out so that each rower contributes to feeding the whole squad not just the individual rower unless they have food allergies then they are asked to provide food for themselves.

### CAMP ONE

**24 - 26 October 2025 | Training Camp | Epworth**

Get the season started with the Pre-season camp in Ngāruawahia, for all returning Rowers and Coxwains and those that would like to join for the upcoming season.

### CAMP TWO

**12 - 15 January 2026 | Jan Camp | Ngāruawahia**

The entire squad will attend this. This is a competitive camp to see where each individual is in their progress and development. This camp can involve seat racing & crews may be set for the season.

### CAMP THREE

**5 - 7 February 2026 | Waitangi Camp | Epworth**

The entire squad will attend the Waitangi Camp. This is a competitive camp just prior to the start of the school regatta season.







GO  
SACRED  
HEART!