



Sacred Heart
Girls' College

HAMILTON

ROWING

HANDBOOK 2024/2025





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WHO ARE WE?

WELCOME TO THE 2024/2025 SEASON

The purpose of this handbook is to provide information for parents and caregivers, rowers and supporters of the SHGC Rowing. It contains information about rowing at SHGC Hamilton including key people, dates, costs and expectations.

We endeavour to provide as much rowing information in the handbook as possible. If you cannot find an answer to your question, please contact the Rowing Manager, Rhianna Annear via email shgchamiltonrowing@gmail.com

OVERVIEW OF ROWING AT SHGC HAMILTON

SHGC Rowing is a squad of passionate girls who strive to achieve great success on and off the water. Our Rowing Squad are members of the Hamilton Rowing Club (HRC) 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.

Typically, SHGC has a rowing squad of girls across all year levels. Your daughter will be exposed to a sisterhood that connects year groups across the school, lasting longer than her time in the rowing programme. Rowing promotes the importance of teamwork which is about recognising that every member of the team has a role to play. It is this concept of shared purpose that tightens the bond and connection between each girl.

Rowing is a summer sport and racing takes place in terms four and one. Training starts in term three with the Learn to Row programme before fully committing to rowing for the season.

The rowing squad participates in a number of weekend regattas in terms four and one. These regattas build up to the New Zealand Secondary Schools Rowing Championships. Not all rowers will necessarily attend NZSS Rowing Champs, and the selection criteria will be made clear to all rowers.

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.

MANAGEMENT + COACHES

HEAD COACH:

Blair Currie



RHIANNA ANNEAR



ROWING MANAGER:

Rhianna Annear | 021 511 995
shgchamiltonrowing@gmail.com

Please contact the Rowing Manager with all enquiries.

MANAGEMENT AND COACHING TEAM

Head Coach:	Blair Currie	
Novice Coach:	Tony Burns	
Returns Coach:	Amara Casey	
Rowing Manager:	Rhianna Annear	shgchamiltonrowing@gmail.com

SCHOOL CONTACTS

School Rowing Coordinator:	Rebecca Dowdle	rdowdle@shgcham.school.nz
Strength and Conditioning:	Brenna Narbey-Nimeti	bnarbey@shgcham.school.nz
Rowing Captain:	Georgia Kendrick	
Rowing Captain:	Eva McGivern	

COMMITTEE

Chairperson:	Paul Le Normand
Secretary:	Sara Gavin
Treasurer:	Vicki Krissansen
Committee Members:	Justine Lukey, Brent Johnson, Adrian Kendrick, Daryl Landers, Kathryn Morris, Francis Davey, Angela Clifford-Marsh, Vanessa Mace

Parents/caregivers of rowers are welcome to join the committee.

Meetings are approximately every 4 weeks. The AGM is held in the off-season.

KEY DATES

21 July 2024
SHGC Committee AGM | SHGC

1 September 2024
Long Distance Row | Horahora

29 September 2024
Confirm commitment to the 2024/2025 season

12 October 2024
HRC Muster Day | HRC

14 October 2024
Official start of 2024/2025 season

26 - 27 October 2024
Pre-season Camp | Ngāruawahia

2 November 2024
Clive Steenson Memorial Regatta | Karapiro (c)

16 - 17 November 2024
Karapiro Memorial Regatta | Karapiro (c)
Novice & Intermediate only

30 November - 1 December 2024
Karapiro Club Regatta | Karapiro (c)

13 - 15 December 2024
Christmas Regatta | Karapiro (c)

8 - 11 January 2025
Jan Camp | Mangakino

24 - 26 January 2025
North Island Club Champs | Karapiro (c)

6 - 9 February 2025
Waitangi Camp | Epworth

18 - 22 February 2025
NZ Rowing Champs (Club) | Twizel (c)

22 - 23 February 2025
Aon Junior Regatta | Karapiro (s)

7 - 9 March 2025
North Island SS Champs | Karapiro (s)

24 - 29 March 2025
NZ SS Rowing Champs (Maadi) | Karapiro (s)

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



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.

HOW MUCH ARE SEASON FEES?

SHGC Rowing 2024/2025 season fees are \$2,450 for Rowers and \$1,350 for Coxswains. This includes \$50 for Learn to Row / Pre-season training.

HOW TO PAY FEES?

Step 1: \$50 will be charged to the students' school accounts for Learn to Row or Pres-season training.

Step 2: All Rowers and Coxswains need to complete their Hamilton Rowing Club Membership as confirmation of their commitment to the 2024/2025 season.

<https://www.sporty.co.nz/hamiltonrowing/membership-information-1/Membership-Form-1>

Step 3: Rowers pay \$2,000 and Coxswains \$900 directly to HRC. Information can be found on the HRC website regarding payment methods. <https://www.sporty.co.nz/hamiltonrowing/membership-information-1/Fees-1> Payment plans can be organised by contacting the HRC treasurer directly treasurer@hamiltonrowing.org.nz.

Step 4: \$400 will be charged to the students' school accounts and can be paid directly to school

Rowers and Coxswains will only be eligible for NZSS (Maadi) Squad selection if all fees have been paid or if a payment plan is in place that shows regular commitment.

COSTS INCLUDED IN FEES

- > HRC / WRA / NZSS Affiliation fees
- > Regatta entry fees, tent site fees, amenities (excluding NZSS)
- > Boat repair and maintenance, equipment
- > SHGC and HRC prizegivings
- > Pre-season camp, Jan camp, Waitangi camp
- > Insurance and administration
- > Some HRC uniform items
- > Strength and Conditioning training
- > Transport

FUNDRAISING

Fundraising is part and parcel of SHGC Rowing. Fundraising initiatives are a family affair and can include boat holding and medal assisting at regattas, Bunnings BBQs, 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, as are donations.

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.

UNIFORM AND EQUIPMENT

Rowers will require the uniform and equipment 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

To be purchased from HRC:

- > HRC Racing singlet (Novices only)
- > HRC Rowsuit (Returners only)



SHGC UNIFORM

To be purchased from SHGC:

- > SHGC Rowsuit
- > SHGC PE top, SHGC Sport training top
- > SHGC Hat

Optional gear purchased from SHGC:

- > SHGC sports jacket
- > SHGC tracksuit pants



EXTRAS TO BE SELF SOURCED

- > Black or white thermals or long sleeve compression tops
- > Black lycra shorts
- > Black leggings
- > Running shoes and socks
- > 10mm ratchet spanner
- > 2 x Drink bottles for water

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 trainings 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.

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 and 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.

Commit to the season by completing the HRC Membership form by Sunday, 29th September 2024.

Official start of the 2024/2025 season is Monday, 14th October 2024.

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. Trainings can be weekday mornings, afternoons, and weekends.

Training continues over the school holidays and includes camps. Find the camp dates in the Key Dates.

Rowers must always be on time and fully prepared to get started. 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.

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.

REGATTA PROTOCOLS

Each girl is responsible for organising her own transport to and from regattas.

Girls report to the SHGC boat park gazebo one hour prior to their race. (Crew members only)

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 or Rowing Manager. Parents and families are encouraged to come to the regattas to support the Rowers and Coxswains. It is an enjoyable day out and great way to get to know other rowing families.

The SHGC marquee will be set up lakeside, parents are asked to assist. Bring a chair, binoculars, food and 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.

REGATTA AND RACING SCHEDULES

Once crews have been entered, the Rowing Manager will send out a SHGC day sheet including report times. Please note this can be late at night once the crews have been finalised.

You can find the full regatta details and view immediate results at www.rowit.nz

BOAT PARK

The regatta boat park is a busy area of activity during regattas. For health and safety, and to allow the crews space to focus, we ask that parents and supporters respectfully do not 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.

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 recognise your daughter's needs at this time. 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 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.

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 at Lake Karapiro. Races are generally 2000m long, with the occasional 1000m race or long distance race (6-11km) Each rower or coxswain can have between 1 and 4 races per day.

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 will become very adept with practice but please note this can take up to two hours.

Every Rower and Coxswain needs their own 10mm ratchet spanner for rigging and de-rigging of boats.



HANDBOOK



SHGC coxed Four at the New Zealand Secondary Schools Championships, Twizel, 2024.

COMMUNICATION

Our primary communication platform for training updates and reminders is the Stack Team app. We ask all rowers and parents to download the app and join the Hamilton Rowing Club and SHGC Rowing 2024/2025 groups. On occasion emails will be sent to school and parent email addresses so please turn notifications on or check frequently.

In addition, we have a closed Facebook group called 'SHGC Rowing' for fundraising, promotion and wider community followers. We encourage rowers and parents to join.

Website: www.sporty.co.nz/hamiltonrowing

Please contact the Rowing Manager with all enquiries. Rowers need to take responsibility to communicate any training absences as early as possible.

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).

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 programme 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

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.

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

CAMP

During the 2024/2025 season there will be three overnight 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.

CAMP ONE: 26 - 27 October 2024 | Pre-Season Camp | Ngāruawahia

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. This is a training camp for those

CAMP TWO: 8 - 11 January 2025 | Jan Camp | Mangakino

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

CAMP THREE: 6 - 9 February 2025 | 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.

PARENT HELP

If you are interested in volunteering please contact the Rowing Coordinator to be sent the Police Vetting and School Volunteer forms.

Parents will be asked to:

- > Contribute some food, namely baking and snacks
- > Volunteer as overnight camp helpers (Dads welcome) we require adult to child ratio of approx 1 : 8
- > Tow coach boats or the gear trailer to and from camps
- > Assist with transport as necessary

SHGC ROWING CREW 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 selection issues. 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.

MAADI SQUAD

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 Squad, 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.

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.



SPONSORSHIP

We are keen to seek sponsorship opportunities for the coming season, please contact the Rowing Coordinator for a promotional portfolio. Below is a brief overview:

We are a large Catholic School for Girls, established by the Sisters of Our Lady of the Missions, in 1884. 2024 marks 140 years of quality Catholic Education for young women: faithful, aspirational and challenging. The Sacred Heart Girls' College Sports Programme caters for students of all abilities; from those who choose sport as an interest to those who are pursuing sport as a career.

OUR VISION. Ignite the Passion: Inspiring young women to change the world - me aro ki te haa o Hineahuone.

School capacity is 925 students with a high sports participation rate. We have a dedicated team focused on developing and growing sport at Sacred Heart. We would like to offer you the opportunity to support our programme by providing sponsorship.

Students achieve extensive visibility across local, regional and national sporting venues, providing a platform for high-profile advertising of your brand to a broad and extensive audience.

Please advise the Rowing Coordinator if you are interested or know of any likely sponsors.





HEALTH AND SAFETY

The rowing programme 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 or injury that may impact on their rowing and they will be supported to seek professional help (eg. physio).

EQUIPMENT

All equipment is regularly washed. There is a first aid kit in each 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 par for 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 a fabric plaster then overlay with sports tape. Keep as dry as possible, short showers, wear gloves when doing the dishes, limit moisturiser and sunblock on the area.

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 AND HYDRATION

Rowing girls need a lot of good fuel to keep them going and in an important part of their success on the water. While the girls are training, they need a balanced nutritional diet of complex carbohydrates for concentration, 'good' fats, protein for muscle recovery, and lots of fresh fruit and vegetables for their micronutrients and antioxidants. There is nutrition information from New Zealand High Performance Sport on Stack Team app, below is a brief overview:

With the training load, expect appetites to increase.

An after-training snack is compulsory and there is a kitchen available at school for breakfast after morning trainings.

On race days timing of food intake is important. Have a high carbohydrate meal 1-4 hours before a race. Eg:

- > Slow release carbohydrate
- > 1 cup raw oats + milk + banana
- > 3-4 Weetbix + milk + banana
- > 2-3 slices of bread + peanut butter

Athletes must not skip meals including breakfast prior to a race. It is about training the stomach to eat at that time of the morning and eating enough to make it through racing and training.

Between races with little downtime athletes need to top up their energy with a high carb, low fat, snack. Eg.

- > Banana, meusli bar, lollies
- > Raro with a pinch of salt

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, meusli bar or bliss balls
- > Eggs, tuna, chicken with toast

Stay HYDRATED and water is best. 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.



GLOSSARY

Blade	The spoon or cleaver shaped end of the oar. Also used to refer to the entire oar
Bow	The front of the boat, first to cross the finish line
Bow Ball	An essential small, soft ball, 4cm diameter, attached to the bow of the boat. Primarily for safety
Bow Number	A card displaying the race alpha and lane number of the boat. Eg. B4 is race B, lane 4
Bowside	Starboard side. Derives from the the tradition of having the bow Rower's oar on the starboard or right side of the boat
Bucket rigged	A way of rigging a boat so that a pair of Rowers both row on the same side of the boat, contrary to rigging on alternate sides
Canvas	The deck of the bow and stern of the boat, which were traditionally covered with canvas
Catch	The part of the stroke where the blade enters the water
Crab	A rowing error where the blade becomes caught under water in the flow of the water past the boat. The result always slows the boat down. Referred to as 'catching a crab'.
Collar	A wide plastic ring placed around the sleeve of an oar. The collar stops the oar from slipping through the oarlock
Cox Box	An electronic device connected to speakers in the boat which allows the Cox to give directions to the crew. Also monitors stroke rate and time
Cox	Short for Coxswain. The person in a coxed boat responsible for steering and race strategy
Erg	Short for ergometer, an indoor rowing machine
Feather	To turn the oar so that its blade is parallel with the water. Opposite to square
Footplate	The place in the boat to which a pair of shoes are attached, which allows the Rower to adjust their position relative to the slide and oarlock
Gate	The bar across the top of the oarlock, secured with a nut, which prevents the oar from coming out of the oarlock
Novice	Rowers who have not competed in a prior season
Oarlock	The rectangular lock at the end of the rigger which attaches the oar to the boat
Rigging	Metal struts that support the oars; these are removed from the boat during transport
Seat number	Number one seat is in the bow and the stroke seat is number eight
Sculling	Each Rower has two shorter oars
Square	To turn the oar so that its blade is perpendicular to the water. Opposite to feather
Stern	Back of the boat
Stroke	The Rower that sits in the stern of the boat and controls the rating (strokes per minute)
Strokeside	Port side. Derives from the tradition of having the stroke Rower's oar on the port or left side of the boat
Sweep oar	Each Rower has one long oar

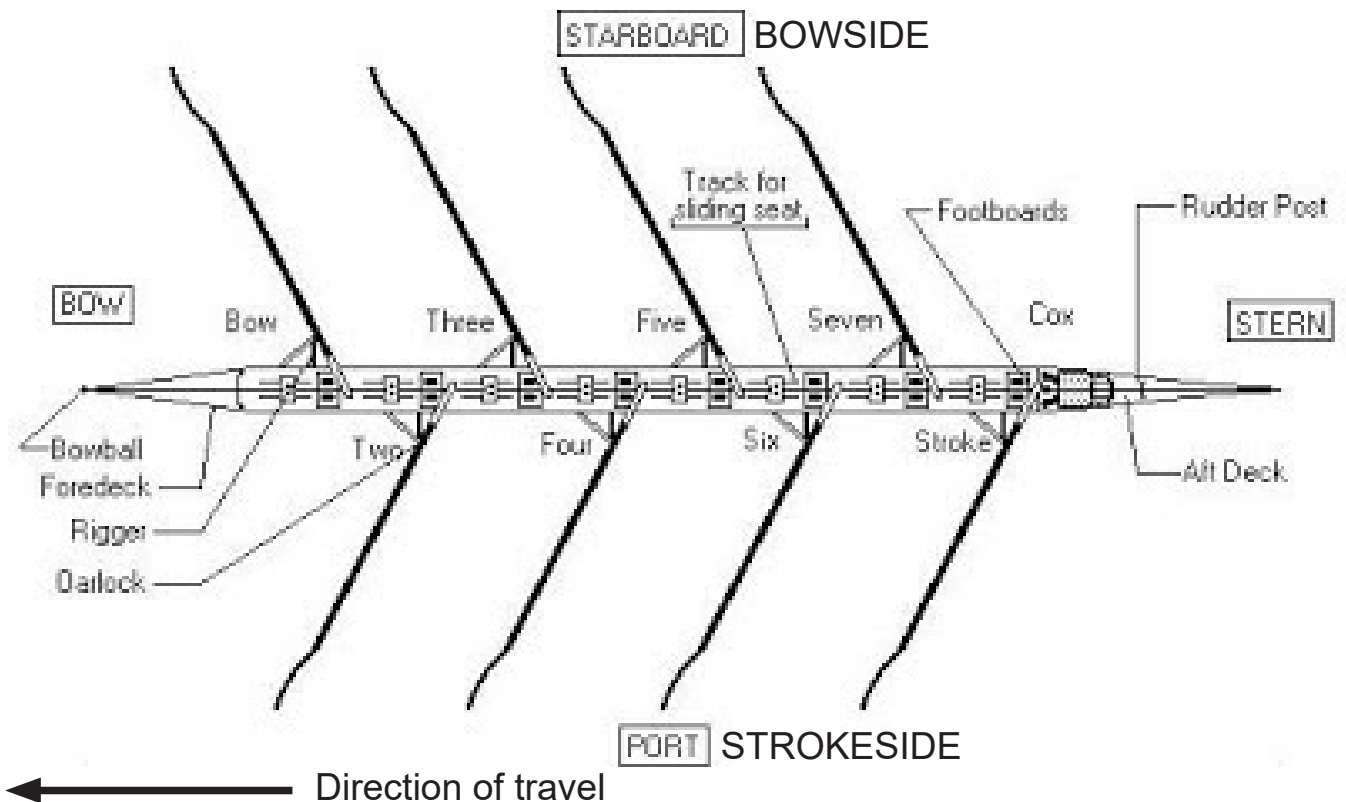
Types of Boat	There are two types of boats (shells/skiffs):	OR	
	<p>Sweep in which each rower handles one long oar, sweep boats can have two, four or eight rowers;</p> <p style="text-align: center;">OR</p> <p>Sculling in which each rower uses two smaller oars or sculls. Sculling boats can have one, two or four rowers.</p>		
Sweep boats	Name	Crewed by	Abbreviation
	EIGHT	EIGHT ROWERS & A COX	8+
	FOUR	FOUR ROWERS & A COX	4+
	FOUR	FOUR ROWERS	4-
PAIR	TWO ROWERS	2-	
Sculling boats	QUAD	FOUR ROWERS & A COX	4x+
	QUAD	FOUR ROWERS	4x-
	DOUBLE	TWO ROWERS	2x
	SINGLE	ONE ROWERS	1x



Square blades



Feathered blades





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HAMILTON