



Sacred Heart Girls' College Rowing Club



Information Booklet 2021/22

*Rowing is a sport that requires strength, endurance and focus.
Excelling at all three attributes requires dedication, effort, and determination*

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Who Are We?

- SHGC Rowing operates independently but is affiliated to the Hamilton Rowing Club (HRC) and the squad train on water from the HRC shed in Grantham St. From September to February all regattas are 'club' (not school) regattas and we are therefore recognised as HRC crews, and proudly wear the HRC uniform. HRC website <http://www.sporty.co.nz/hamiltonrowing>
- From February onwards all regattas are 'school' regattas and we are acknowledged as SHGC crews and wear our traditional school colours. **Follow 'SHGC Rowing' on FaceBook**

Head Coach – Kylee Corboy

Kylee has been involved in rowing since 2001. She had success as a SHGC rower, achieving bronze at National level, and over the past 15 years has pursued her passion for coaching with Onslow College (Wellington), SHGC, and Timaru Boys High School. Many crews have medalled under her guidance at national level. Kylee returned to SHGC in 2018, passionate as ever, and has developed our squad into great athletes on and off the water. She is currently part of the New Zealand Rowing Performance pathway for Career Coaching and is studying Sport Science at Wintec. Kylee has been named Hamilton Rowing Club - Coach of the Year for the last three years and has been selected as a North Island U18 Coach the past two years.

Key Contacts

School

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

Coaching Team

- Head Coach: Kylee Corboy, ph 027 3284411 kcorboy@shgcham.school.nz
- Manager: Carla Denmead, ph 021 767672 carladenmead@yahoo.co.nz
- Assistant Head Coach: Peter Mitchell
Assistant Coaches: Tony Burns, Jarod Fleming & Carter Haddon
- Anna Butcher (Strength & Conditioning) ph 0273052434 annajbutcher@gmail.com

Committee (Parents Support Group)

- Secretary: Sarah Casey sfjgcasey@yahoo.co.uk
- Camp Logistics Manager: Penny Perano pperano@slingshot.co.nz
- Treasurer: Melanie Giles meljgiles@gmail.com
- Fundraising/Sponsorship: Rhianna Annear Rhianna.Annear@crombielockwood.co.nz
- Members: Shelley Morell, Vicki Krissansen, Carmel Sheridan

The Committee is initially determined at the Annual General Meeting, which usually occurs in May each year. Parents/caregivers of rowers are welcome to join the committee. Meetings are 4pm every four weeks - location variable as agreed.

Communication

- **TeamAPP SHGC Rowing** download at www.teamapp.com
This is the main communication platform for training updates and reminders. It also holds all information pertaining to the season and resources like 'Rowing terms 101'.
 1. Download go to Google Play store or App store and search for Team App.
 2. Launch Team App. Then Sign-up to Team App. You'll be sent an email to confirm your registration.
 3. Log in. Then search for SHGC Rowing and request access to group(s) that apply to you.



SHGC Rowing

- On occasion emails will be sent to school email addresses so please check frequently.
- **Communication** with parents will also be by way of emails from our committee members.
- 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.



SHGC Rowing

Group · You and 120 others are members

SHGC Rowing Vision

While success requires a vision of where we want to go and a mission for what we want to accomplish, we need to create daily, weekly and monthly habits to achieve our vision and mission. Then we must have discipline to take the actions necessary to follow those habits consistently. We must be intentional with our process in our pursuit of success!

‘Create a positive, motivated and enjoyable environment where we are able to push the boundaries and be the best we can in every performance to achieve our goals’.

What does SHGC Rowing expect from your daughter and you?

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 Cup).

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.

Time For 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.

- The official start date for the 2021/22 season will start on Monday 18th October.
- Training schedules are circulated by the Head Coach by the way of Team App 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 10 mins before training start times.
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 text or call to the Head Coach for all training. NOT TEAM APP
- 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: Approximate three week break to be confirmed (Dec 20th - Jan 7th) where girls will have an individual programme.

2021 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 afternoon: On water
 Tuesday morning: Land Training
 Tuesday afternoon: Run and On Water
 Thursday morning: Land Training
 Thursday afternoon: Run and On water
 Friday morning: On water (seniors only)
 Saturday 7.30am to midday: On water

2022 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 Cup).

An example of how training could look for Term one:

Monday afternoon: On water
 Tuesday morning: Land Training
 Tuesday afternoon: On Water
 Thursday morning: Land Training
 Thursday afternoon: On water
 Friday morning: On water or Fun session/team building
 Saturday 7.30am to midday: On water

Regattas & Boat loading/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 Secondary Schools Championships (Maadi Cup) in Twizel 2022.

- 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 Park Protocol At Regattas

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 recognise 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

During the season there will be two/three 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/October holidays. Learn To Row camp, 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. 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.
- Camp Three - Waitangi Weekend. To be confirmed each season, this is dependent on if the coaching team feels they need more time to adjust crews from Camp Two. This can either be an overnight camp or a day camp.

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 1:6
- tow coach boats or the gear trailer to and from camps
- assist with transport as necessary

Key Dates For the 2021/22 Season

- **Camp 1: Learn To Row Camp (Epworth Camp www.epworth.co.nz)** 12-15 October
- **Boat Safety, Nutrition and More Day** 23 October
- **Te Awamutu Regatta** 30 October
- **Karapiro Memorial Regatta** 13-14 November
- **Karapiro Club Regatta** 4-5 December
- **Karapiro Christmas Regatta** 17-19 December
- **TEAM FUNDRAISER: Boat Holding, Lake Karapiro** 19 December
- **Camp 2: January Camp (Mangakino, 28 Korari Crescent)** 8-13 January
- **North Island Club Championships** 28-31 January
- **Camp 3: Waitangi Weekend** TBC
- **Aon Junior Regatta** 26-27 February
- **Aon North Island Secondary Schools** 10-13 March
- **Selected Squad Only: Aon Maadi Cup at Twizel (Includes travel days)** 25 March - 3 April

SHGC Rowing Crew Selection Guidelines

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, judgement, 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 emphasised 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.

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.

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.

Maadi Cup 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.



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 (Tuesdays & Fridays) - Active Health, Claudia McKenna

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.

Nutrition and 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.

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 sterilized 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 moisturiser/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.

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 2021/22 Season Fees \$2,350 pa

When do season fees need to be paid?

A non-refundable deposit of \$550 is required by **25th October 2021**.

Account # 010315032990000 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):

- \$600 by 30 November 2021
- \$600 by 20 December 2021
- \$600 for rowers by 31 January 2022

Rowers and coxswain will only be eligible for Maadi Cup selection if all fees have been paid for by 31 January 2022 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 Cup).
- Boat repair/maintenance, equipment, boat storage, the use of HRC facilities.
- SHGC and HRC prize giving and numerous other bits and pieces.
- Camp Two: January Overnight Training Camp, Mangakino 6 nights.

Uniform costs which can be included in the season fees:

- HRC Singlet \$50
- SHGC cap \$35
- SHGC Racing lycra suit \$90
- SHGC Black socks \$16
- SHGC sports training tops \$40

Some secondhand gear may be available. Swap & Buy day will be on Thursday 21st October.

There are some additional costs which are not included in the season fees:

- Camp One: Learn to Row Overnight training camp (3nights \$130-150 Epworth). Camps must be paid for prior to attending.
- Maadi Cup is held in alternate years between the North (Karapiro) and South (Twizel) Islands in March/April. This season, it is in Twizel. If a rower/coxswain is selected to attend Maadi Cup then the costs of attending this event are additional to season fees. When in Twizel, this is estimated at an additional \$2,000 per squad member and in Karapiro \$500. Every effort is made to keep these costs to a minimum.

Fundraising and Sponsorship

Fundraising is part and parcel of SHGC rowing. Fundraising initiatives intended this season so far include a quiz night, comedy night and boat holding. 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.

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

Please advise, Rhianna Annear Rhianna.Annear@crombielockwood.co.nz if you are interested or know of any likely sponsors or fundraising ideas.

SHGC Resolution Process for a sporting concern or complaint

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 session:

- 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
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)

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

