



# **Wanaka Rowing Club Handbook**

## ***Our Values***

***We are Respectful***

***We Work as a Team***

***We have a Positive Attitude***

***We always do our Best***

## INTRODUCTION

This handbook is intended to be a guide for parents, rowers and supporters of Wanaka Rowing club. It contains information about rowing at Wanaka - our systems and values, the key people and our expectations. We have endeavoured to provide as much information as possible and look forward to your support for this season.

If you have any queries relating to rowing, please feel free to contact one of our committee members or coaches.

## CLUB COMMITTEE AND COACHES

<b>President &amp; Coach</b>	Shane Gibson	027 485 3301	<a href="mailto:shane.gibson@crowehorwath.co.nz">shane.gibson@crowehorwath.co.nz</a>
<b>Club Captain &amp; Coach</b>	AJ Humphreys	021 344 565	<a href="mailto:ajhumphreys@negociants.com">ajhumphreys@negociants.com</a>
<b>Treasurer &amp; Coach</b>	Jaime Hutter	021 053 8929	<a href="mailto:jhutter@gmail.com">jhutter@gmail.com</a>
<b>Secretary</b>	Grainne Power	021 209 6145	<a href="mailto:nealgranz@gmail.com">nealgranz@gmail.com</a>
<b>Committee</b>	Amanda Inkster	021 247 8879	<a href="mailto:amandainkster1@gmail.com">amandainkster1@gmail.com</a>
<b>Committee</b>	David Ayres	027 432 4755	<a href="mailto:davidayresbuilding@gmail.com">davidayresbuilding@gmail.com</a>
<b>Committee</b>	Jessica Davies	021 463 699	<a href="mailto:Jessicadavies12@gmail.com">Jessicadavies12@gmail.com</a>
<b>Committee &amp; Parent Coordinator</b>	Bridget Brady	021 025 50080	<a href="mailto:adamandbridget@xtra.co.nz">adamandbridget@xtra.co.nz</a>
<b>Coach and Safety Officer</b>	Amanda Inkster	021 247 8879	<a href="mailto:amandainkster1@gmail.com">amandainkster1@gmail.com</a>
<b>Coach</b>	David Ayres	027 432 4755	<a href="mailto:davidayresbuilding@gmail.com">davidayresbuilding@gmail.com</a>
<b>Coach</b>	Rob Bruce	021 119 6535	<a href="mailto:brucer@mtaspiring.school.nz">brucer@mtaspiring.school.nz</a>
<b>Coach</b>	Matt Rickard	021 939 973	<a href="mailto:mrickard39@gmail.com">mrickard39@gmail.com</a>

## OUR HISTORY

The Wanaka Rowing Club was formed in 2007 by a small number of parents, rowers, coaches and enthusiasts. From a membership of seven, our club has now introduced over 1000 people to the sport of rowing on a social and competitive basis, many of whom compete at high level both regionally and nationally.

With growth in numbers, we have acquired boats, oars and associated equipment some through fundraising and others through grants. None of this would have been possible without the drive, determination, and sheer hard work of our members, parents, volunteers and friends, many of whom have been with the club since its inception, and our many sponsors.

As the interest in the sport of rowing has increased, one of our main challenges over the last 10 years has been to find ourselves a home for our club on the waterfront. We are very happy to report that after a long battle the Wanaka Watersports Facility Trust have been given the go ahead on the project and building is to open at the end of November 2019.

## **OUR VISION**

To foster and support the lifelong activity of rowing in the Upper Clutha Region, creating a club people aspire to belong to.

## **OUR MISSION**

The Wanaka Rowing Club provides sustainable, competitive and social rowing pathways that challenge and educate member. We will be a club that is recognised for its inclusiveness and success, while developing hauora (well-being).

## **OUR VALUES**

Rowing has an outstanding reputation built on earned respect through the deeds of its rowers both on and off the water. Rowers are leaders in and out of the boat, at home, at school and at work.

### **We are Respectful**

- We are respectful to all of our club members
- We appreciate & respect our supporters
- We listen with care

### **We Work as a Team**

- We are supportive team members
- We are encouraging & we celebrate success
- We are inclusive and kind

### **We have a Positive Attitude**

- We are self-motivated & take responsibility
- We persevere with challenges & difficulty
- We have fun

And we always do our **BEST**

Thank you to the Wanaka Rowing Clubs' 2018 Members who collaborated to create these values.

## **THE ROWING SEASON**

The rowing season runs from September to March or April depending on the timing of the final regatta. Rowing is categorised by age group and by ability. In the club regattas, our rowers will row age group and sometimes by ability and in the school regattas just by age group.

In rowing, a rower's age on the first day of January determines which age group he/she is eligible to row in for the season. The age groups are under 15, under 16, under 17 and under 18, Under 19, Under 20 and Under 22. Anyone in their first year of rowing is a Novice - no matter their age group.

Rowers are also categorised by ability - Novice, Intermediate, Club, Senior and Premier. Their status changes as they win races or reach finals. This is currently under review by Rowing New Zealand and we are awaiting confirmed guidelines but in general if a rower or crew reach the top half of the A Final in a qualifying regatta, they will be moved up to the next category.

## **DATES FOR YOUR DIARY**

Sun 15th September – Festival of Sport. Visit our stand from 10am at the Wanaka Rec Centre

Sat 21st September – Club Open Day – Come and try rowing.

Mon 23rd September – Junior Learn To Row Six Week Course Starts

Oct 5/6 - R2K Singles and Provincial Regatta

Nov 2/3 - Aoraki 1k, Twizel

Dec 14/15 - Meridian Otago Championships, Twizel

Jan 18/19 - Meridian Canterbury Championships, Twizel

Feb 1/2 - Meridian South Island Championships, Twizel

Feb 18-23 - NZ Nationals, Karapiro (Selected crews only)

Mar 13-15 - Meridian South Island Secondary School Championships, Twizel

Mar 29 to April 4<sup>th</sup> - Aon New Zealand Secondary School Championships, Twizel

## **TRAINING**

On-water and land based training commences in September and will typically be 4 sessions per week. Novices tend to train less intensely than the senior rowers do. After Christmas, the number of training sessions increase in preparation for the South Island Secondary Schools Championships (SISSC) and for selected crews, the National Championships and the New Zealand Secondary Schools Championships (Maadi Cup Regatta).

The coaches will confirm training times and a general schedule is listed on our website.

## **CLOTHING FOR TRAINING**

Running shoes, gumboots or water shoes, spare socks, training kit, spare dry clothes, waterproof jacket, towel, any medication required, sun cream, hat, gloves, thermal long sleeve top and thermal leggings, water bottle (with hot water if cold), sensible snacks to eat after training. 10mm spanner.

## GUIDELINES FOR PARENTS AND ROWERS

Rowing is full of new, challenging experiences and some will learn and adapt more quickly than others. To be successful at rowing, you require a combination of fitness and technique. The fitter you are, the better the results you will achieve. Our goal is to get your child hooked on rowing.

Rowing would not be possible without a high level of parent support and involvement either assisting the coach, at regattas or at a committee level. Parents can assist their children to reach their goals by encouraging them in all they do, helping them to organise their time and ensuring they are taking care of themselves. As much as possible let them deal with the rowing situation on their own, it will develop their independence.

To help crews give of their best, form their own identity and mature as a crew, please consider the following:

- Rowing is dependent on a full crew and teamwork. If one rower is absent, the entire crew may not be able to row. Every member in a boat has a crucial role to play and a crew is let down if a member of the crew are absent.
- Full commitment to attend every training session is essential, as is arriving on time for training. All training sessions, regardless of the weather will be on as scheduled, unless advised otherwise by your coaches and rowers should be prepared for rowing on the water or land training.
- If you are unable to make a training session for some reason, you must give your coaches at least 24 hours' notice. It is not acceptable to just miss a training session.
- Rowers are responsible for carrying boats, carrying oars, checking equipment, loading trailers and cleaning equipment. Taking this responsibility will help them appreciate what they have and develop their ability to be prepared for training and racing efficiently. Ideally, the rowers should manage all of the tasks with as little assistance as possible.
- Encourage their independence as much as possible. Better that they make their own mistakes and learn for themselves. Improvement often comes from losing not winning.
- Please remember that all of our coaches and management are volunteers and should be treated with the utmost respect at all times.
- Recognise rowing for what it is - a physically and mentally demanding sport requiring supreme dedication. There is more than enough pressure on the water so please make every effort to minimise it off the water. Winning is the aim, but remember that the rewards come from what the crew learn along the way even if the crew does not realise it at the time. It is often said that those who do not "star" gain the most in the end.
- The intense nature of the sport can give rise to conflict within the crew. This is to be expected and needs to be worked out by the crew and coach. It is all part of the experience. It is very easy to form opinions without having all the facts. Avoid getting involved in the discussions and taking sides.
- Support any disciplinary action that might be taken as well as any demotions or crew changes. It is a privilege to race and represent the school or club, not a right. Crew changes are made with a lot of prior thought and invariably many factors have to be considered. Frequently factors outside of the control of individual rowers, such as the regatta programme, the form and improvement of other rowers, the availability of boats and entry restrictions by regatta organisers influence selection decisions.
- Any communication with coaches should be outside training hours. While open honest communication about decisions and selections is valued, your queries should be discussed at an appropriate time.

## UNIFORM

**Only Wanaka RC (or MAC PE uniform) is to be worn at the regatta site.**

Our registered racing strip is our quartered black and gold singlet with black shorts or our row suit.

When racing rules dictate that all crews should be dressed identically – this means the same singlet or row suit, visors for whole crew or no visor, school or rowing t-shirt over row suit in hot weather, black long sleeve Wanaka rowing shirt under row suit if cold, with long plain black leggings. The whole crew may also choose to row to the start if cold in their club jackets.

Rowers will require the following uniform and equipment. Please ensure every garment is clearly labelled

### **Essential Kit (to be worn or taken to regatta site in kit bag)**

- Day bag or backpack
- Racing row suit (or plain black lycra shorts and club singlet)
- Club or MAC sports T-shirt (not singlet)
- Rowing club hooded jacket
- Rowing visor
- Rowing club black long sleeve top
- Plain black leggings
- Running shoes
- Rowing scuffs
- Sunglasses
- Sunhat/ beanie ( depending on weather)
- Spanner 10mm (for rigging boats)
- Drink bottle - Must be clearly named
- Personal first aid kit (including tape to cover over blisters, band aids, chap-stick and any prescribed medication, sunscreen)
- Towel
- Spare rowing kit
- Waterproof jacket
- Warm blanket (often rowers will take a blanket as it can be very cold first thing when waiting for races)
- Warm jacket and track pants – something warm if cold
- Deck chair (these are not provided by the club. If you would like to use a chair, please bring your own and if not please be courteous if using other peoples)
- **Healthy snacks** – as a number of our rowers have allergies please bring your own preferred healthy snacks for between races. The club will provide bananas, fruit, lunch and an electrolyte drink. We will provide you with a Nutrition Guide and some healthy snack recipes etc.

### **Other Items required for the weekend**

- Casual clothes, pyjamas, underwear.
- Sleeping bag and pillow case (and pillow if you have preference)
- Towel(s)
- Personal toiletries - including deodorant and personal medicines

### **Optional Items**

- Binoculars
- Bicycle, helmet and bike lock, fluorescent vest – we sometimes ride from the houses to the lake. We will let you know in advance if we are taking bikes, as we need to organise a bike rack to transport them.

## STANDARDS AND TARGETS

To monitor training progress during the season and for selection criteria a number of individual measurements will be undertaken. All rowers will be expected to take part. These are the recommended times that you should be aiming for as a first year rower, together with Junior Representative times for Rowing New Zealand

Activity	Gold Time	Silver Time	Bronze Time
5k Run	< 22 mins	25 mins	30 mins
Boys 2K Erg	Gold Time	Silver Time	Bronze Time
U15	7.00	7.10	7.20
U16	6.45	6.50	6.55
U17	6.30	6.35	6.40
Girls 2K Erg	Gold Time	Silver Time	Bronze Time
U15	8.00	8.10	8.20
U16	7.45	7.50	7.55
U17	7.30	7.35	7.40
NZ Best times	Age	Boys	Girls
	13 -14	6.28	7.30
	15-16	6.07	7.08
	17-18	6.04	7.03
NZ Selection Times		Boys	Girls
	Junior	6.03	6.59
	U23	5.55	6.51
	U23 Lwt	6.13	7.12

## REGATTA WATCHING GUIDE FOR PARENTS

### The Races

Men and women race over 2000m over a buoyed 8 to 10 lane course. Some novice events and all masters events are raced over 1000m. Events are either sculling – with one oar in each hand or rowing - with only one oar and can be both coxed and coxless. Junior races are coxed.

### What to look out for in a crew

#### Continuous Motion:

Rowing should be a continuous and fluid motion

#### Synchronisation:

Rowers strive for perfect timing in all actions

#### Clean blade work:

Blades going in and coming out of the water shouldn't disturb it too much. The catch should be quick and light, the finish smooth and fluid.

#### Blade heights on the feather:

As the blades are brought out of the water, they are turned flat (feathered). They should move forward horizontally at the same height, just above the water and are rolled square (vertical) just before the catch.

#### Consistent Speed:

Stroke rates vary from boat to boat, depending on the number of rowers and the sizes of the athletes. At the start, the stroke rate will be higher 40-44 strokes per minute for an eight, 36-40 for a single. The rate will settle down in the middle of the race to 32-38 for an eight and 28-34 for a single. Finishing stroke rates can go as high as 46.

**Tight Puddles:** When the oar is in the water it should not dive too deep nor wash out across the top of the water. The “puddle” around the oar should be tight and powerful.

### Boats/events

- 1X Single Sculls
- 2X Double Sculls
- 2- Pair (One oar each rower)
- 4X Quadruple Sculls
- 4- Coxless Four (One oar each rower)
- 4+ Coxed Four (One oar each rower plus coxswain)
- 4X+ Coxed Quad Sculls (Two sculls each plus coxswain)
- 8- Coxed Eight (One oar each rower plus coxswain)

## The Boat

