



Westlake Girls Rowing 2019-2020 Handbook

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Welcome to 2019-2020 Westlake Girls Rowing season,

To all new parents and students, it is with great pleasure that we welcome you to Westlake Girls Rowing. To those returning for another season, welcome back !

Rowing is a unique high intensity sport, and perhaps the ultimate team sport. This means that the girls work together and support each other. While it is important that the girls enjoy their rowing, we also expect them to work hard, be committed and have a good attitude towards each other.

For parents, the sport of rowing is also quite demanding, but can be extremely fulfilling. You can expect to be a taxi driver, help out at events and assist in fundraising. Further, the demands of rowing provide healthy challenges to your daughter, so they may need some guidance to become self-reliant in an intense sporting environment. As a parent you will also become a member of a much larger family and develop new friendships with other parents.

Our coaching team bring with them extensive rowing experience and coaching credentials. This team will work closely with the school and rowing society to ensure the delivery of a best in class rowing program

We look forward to meeting all of you at events & at our Westlake Girls supporters tent, for what we are sure will be an enjoyable and successful season for all.

The Westlake Girls Rowing coaching & school support team



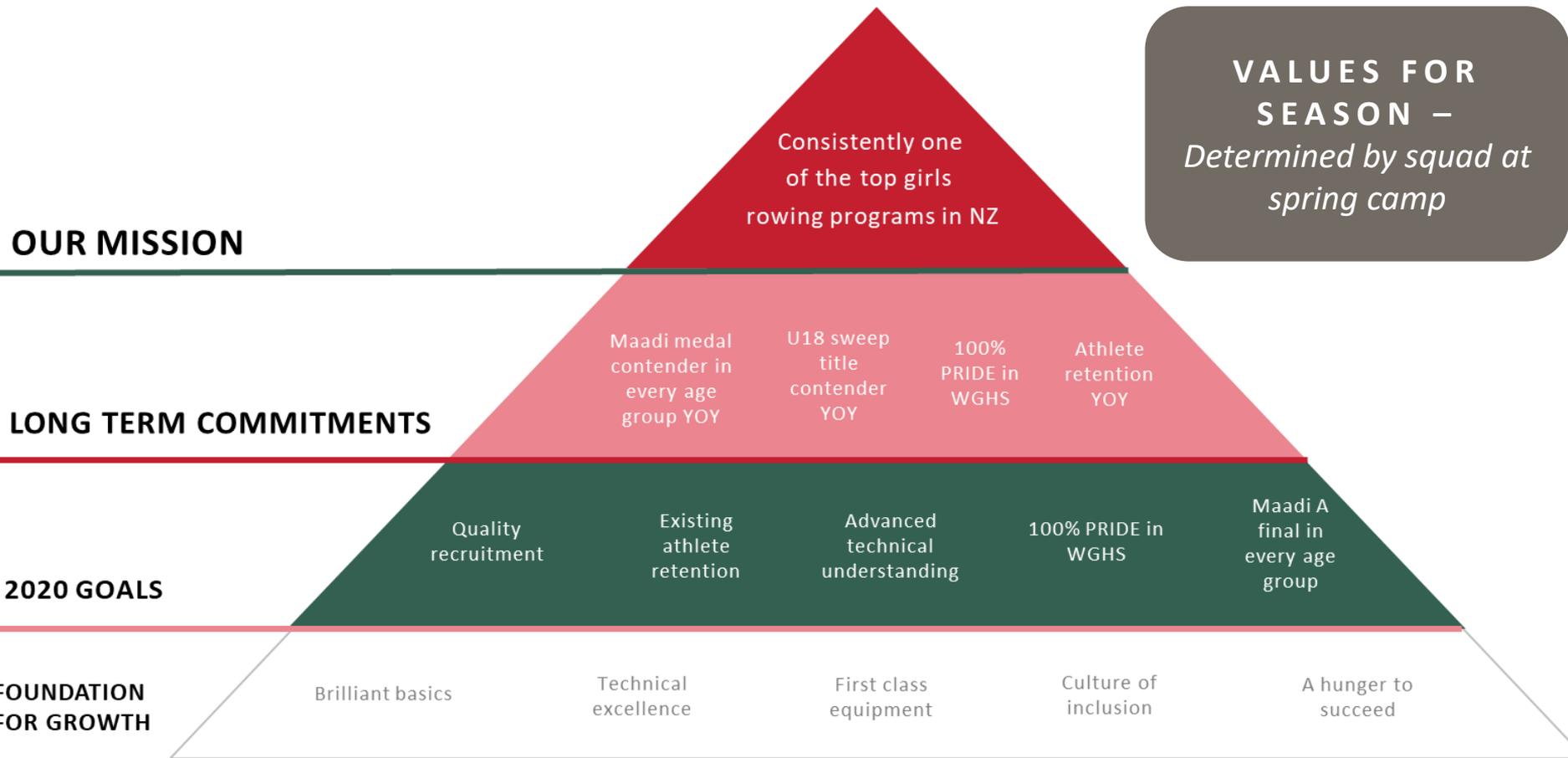
Westlake girls is committed to providing a rowing program that is :

- A positive, inclusive, collaborative environment
- Students learning and challenging themselves, taking responsibility for their training and the equipment they use
- An eight oar based programme with a priority of achieving all age-group eight oar crews in A finals followed by other Medal potential boats
- Priority crews sustaining performances in the top half of the 'A' Finals at National Championships





Who is Westlake Girls rowing and what are we about ?





Our mission: who is going to get us there ?

LEAD

WGHS Coaching team

WGHS Athletes



SUPPORT

WGHS Rowing society

WGHS school support staff

WGHS parents & supporters





What is driving force behind our aspiration : foundation for success

Brilliant Basics

- ✓ Fit athletes are fast athletes
- ✓ Rowing-school life balance for athletes
- ✓ Coach-parent communication
- ✓ Clear regatta & training standards of behaviour for all parties

Technical excellence

- ✓ WGHS has a proven technical philosophy that all athletes are taught



First class equipment

- ✓ Our athletes will have access to the best rowing equipment & general fitness facilities



A hunger to succeed – however it looks to you

- ✓ The coaching team is here to create an environment that provides encouragement & constructive feedback to assist athletes in reaching their goals
- ✓ The importance of having a desire to succeed is understood & present in all athletes
- ✓ Success is defined by the athlete & coach during goal setting, success does not look the same for all athletes

A culture of inclusion

- ✓ When one crew wins, everyone involved in our program wins
- ✓ We are a big boat school
- ✓ We make new athletes & parents feel welcome & a part of our club





2019/20 season goals

Quality recruitment

- ✓ Year on year we need to recruit quality athletes with a strategy developed by the coaching team
- ✓ Our learn to row program is robust
- ✓ Everyone is an advocate for our club
- ✓ We want both u15 & older novices entering the program

Advanced technical understanding

- ✓ WGHS has a proven technical philosophy that all athletes are taught
- ✓ By the end of the 2019-2020 season our athletes are able to not only execute this philosophy, but possess the ability to identify technical problems during a session and self correct

A final at Maadi cup across every age group

- ✓ WGHS aspires to be a credible threat in every age group
- ✓ Every athlete who participates in the WGHS program has the ability to win

100% pride in WGHS program

- ✓ In everything we do we carry ourselves with pride & dignity – at training, in the boat park, getting on/off water & on the race course
- ✓ We set goals & celebrate each others success -both those achieved on the water and away from rowing
- ✓ We benchmark our success versus our values and aspire to improve at every outing

Athlete retention

- ✓ Our program is one which promotes and strives for strong athlete retention
- ✓ With the aim of retaining 80% of athletes year on year across the 4 age groups



The rowing season

An overview



Westlake Girls history & affiliations

History

Westlake Girls attended its first Maadi cup (New Zealand Secondary School Championship) in 1983, with the Westlake Girls Rowing Society established in 1990. Now it its 35th season Westlake Girls rowing has developed a proud history of success in the sports premier events.

Westlake Girls has won the Dawn Cup (Girls u18 4+) four times since it was introduced in 1980 (second only on the victory count to Rangiri Ruru Girls School who have won the event 14 times!), mostly recently WGHS lifted the trophy in 2014 (alongside victories in 2002, 1990 & 1989).

Westlake Girls is one of only 10 schools to have won the Levin Jubilee Cup (Girls u18 8+) since its introduction to the Maadi event program in 1981, winning the event in 1989 & 1990.

In more recent times Westlake has come close to lifting the trophy, finishing second in the event in 2010 & 2014. In 2019 Westlake Girls Rowing claimed another national title winning the girls U17 4x+ for the first time in the schools history.

Our rowers, past and present, have also gone on to represent New Zealand on the international stage. In recent history former Westlake students have represented NZ in NZ u23 crews (Leah Stanley in 2009 & 2010), NZ u21 crews (Amber Fordham in 2015, Holly Gray 2019) & NZ Junior u18 Crews (Sophie Egnot-Johnson in 2018)

Affiliation with North Shore Rowing Club (NSRC)

Westlake Girls is affiliated with NSRC and rows out of the NSRC boat sheds located in Greenhithe & Lake Pupuke. All Westlake Girls rowers are members of NSRC.

When we compete in school regattas (HOH, KRI3, NISS, MAADI), we row as Westlake Girls High School and the girls compete in Westlake girls row suits. When we compete in club regattas (generally held before Christmas), we row as members of the NSRC and compete in NSRC colours (Navy Blue).





The rowing season

Winter vs summer :

The summer rowing season runs from September to March or April depending on the timing of the final regatta for the season. Winter training begins w/c 26th May, this training is optional & winter commitments take priority through to the end of August. From September on-water and land based training will become compulsory, attendance will be noted and contribute toward final selection decisions made by the coaching team.

After Christmas, the number of training sessions increases in preparation for the North Island Secondary Schools Championships (NISS) and for selected girls, the New Zealand Secondary Schools Championships (Maadi Cup Regatta) both of which are held each year in March or April

Training load :

Sessions will steadily increase in frequency as we move into summer/ racing season, you can expect approx. the following number of sessions :

3-4 sessions May-Sept (optional)

4-5 Sept-Nov

6-7+ Dec onwards

NB : Novices tend to train less intensively than the seniors. Regular training times will be communicated in advance.

Training camps :

There are compulsory training camps in October and January. These camps prepare rowers for the season and are also used to inform crew selections. Parent volunteers are needed for both camps. The camps provide a great opportunity for parents to share in and observe the girls' experiences first-hand.

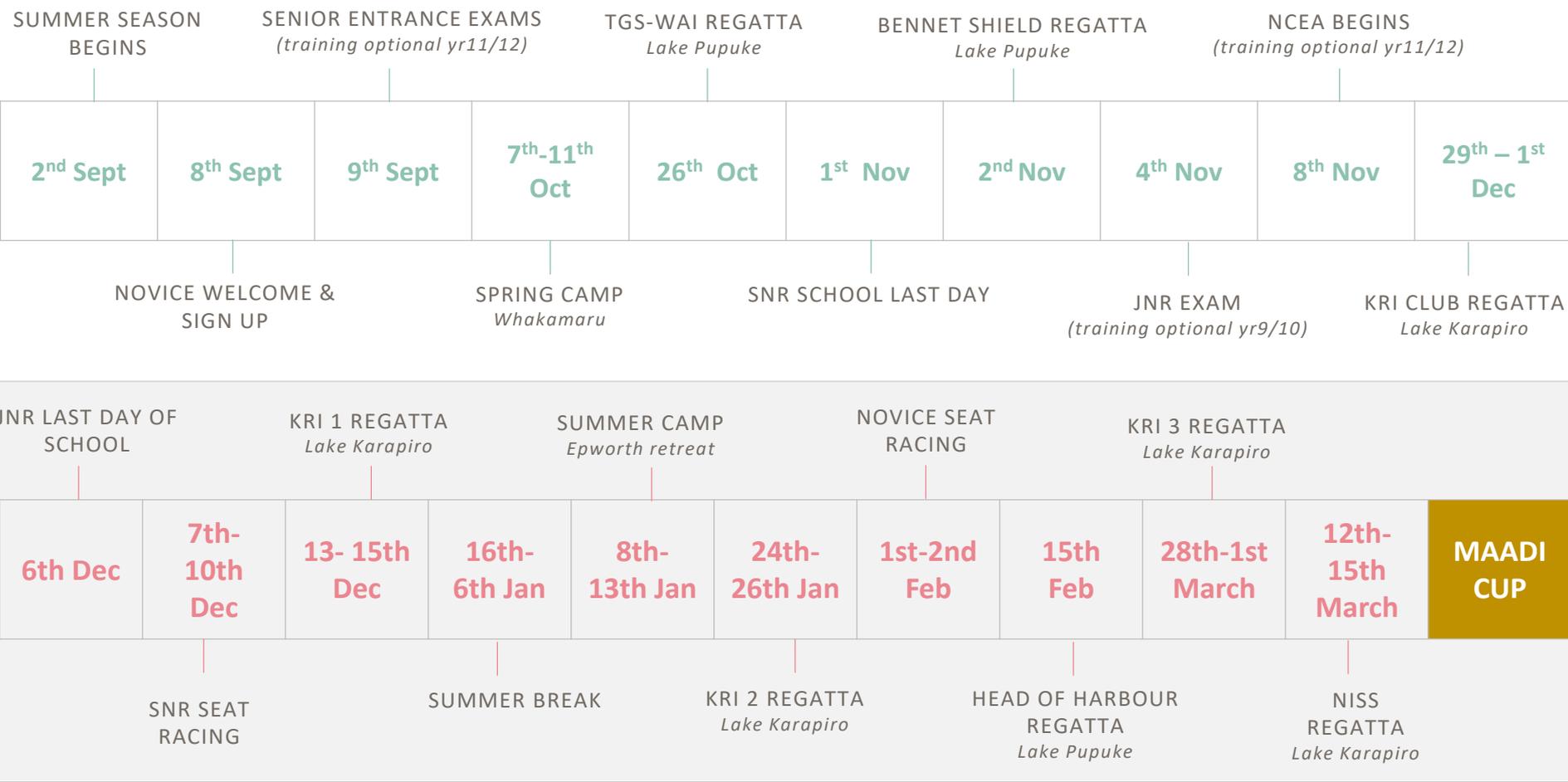
Summer break:

There is a break in formal training over the Christmas/New Year period from 16th Dec-6th Jan but students are required to continue their fitness with a programme provided by the coaches over the break so as to be ready for the January Camp and regattas.

Summer camp commences on the 8th of January & is compulsory, training will reconvene on January 6th for those athletes in Auckland.



What does our season look like – key dates





What is the Maadi Cup: 27th March – April 5th, Lake Ruataniwha (Twizel)

Maadi Cup (New Zealand Secondary Schools Championships)

is the largest school sports event in the Southern Hemisphere with over 2,000 students from 131 schools competing in 25 boat classes. Racing is held over 6 days and coincides with national secondary school summer tournament week for all sporting codes.

The Maadi Cup is the prize for the New Zealand Secondary Schools Boys' Under 18 Rowing Eights. More colloquially, it is the name given to the New Zealand Secondary Schools Rowing Regatta, at which the Maadi Cup is raced.

The top prizes at the regatta are the Maadi Cup (B18 8), Springbok Shield (B18 4), Levin Jubilee Cup (G18 8), Dawn Cup (G 18 4) and Star Trophy (overall top school).

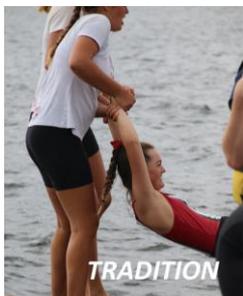
For Westlake Girls, the Maadi Cup or New Zealand Secondary championships

is our pinnacle event and what our season of training is centred around achieving at.

Our final warm up regatta prior to Maadi Cup is North Island Secondary school championships, this is also the last regatta our entire squad will attend. Only those crews the coaching team deem competitive enough will attend Maadi Cup.

Maadi Cup is about more than just racing , it provides students with a an experience unique to the sport of rowing, allowing them to meet likeminded teenagers from other schools and learn more about traditions in the sport

WHAT IS MAADI CUP ABOUT FOR WESTLAKE GIRLS ?



TRADITION



CAMARADERIE



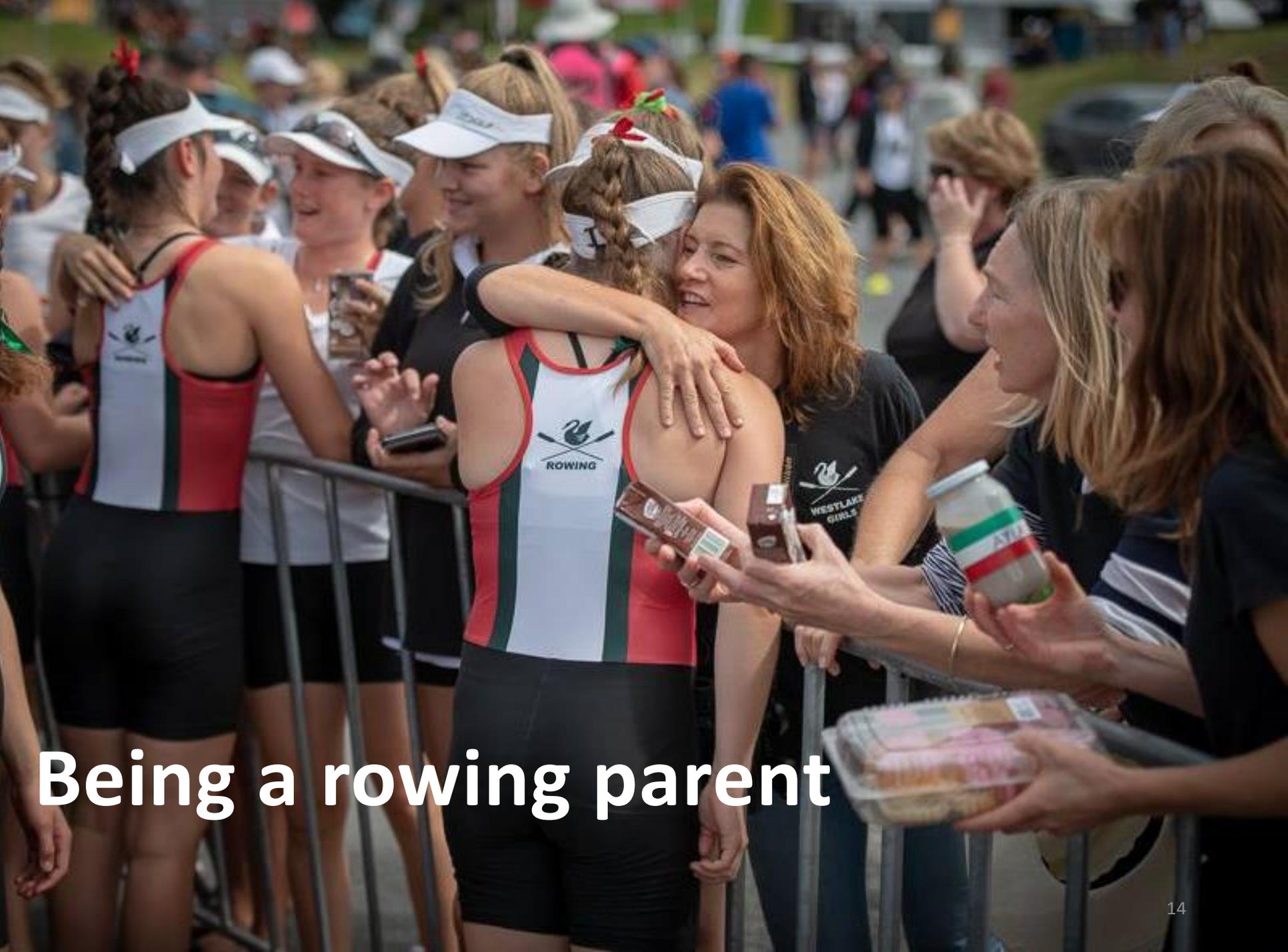
COMPETITION



PRIDE



FUN



Being a rowing parent



How can you help as a parent ?

What is the WGHS rowing society?

All Westlake Girls High School rowers, their parents/guardians/ caregivers, coaches, WGHS Principal, and TIC of Rowing, are members of the WGHS Rowing Society.

The role of the Society is to deliver and manage the infrastructure to enable the rowing programme. This infrastructure is substantial and includes the rowing boats and oars; coach boats and equipment; equipment to support camps and regattas such as tents, tables, barbecues etc.

A committee is formed at each Annual General Meeting, generally held in July, to coordinate the delivery of these objectives. The committee organises the transport, food and accommodation for camps and regattas; the boat and equipment maintenance; boat transport; safety and first aid; design and ordering of uniforms; fundraising and financial management including asset ownership and management; stakeholder relations and general affairs for WGHS Rowing.

All members of the society are able to seek election to the Committee at the July AGM for each season. You do not have to be on the committee to contribute and participate. All parents/guardians are welcome to attend the monthly committee meetings and participate in any discussion.

Meetings are in the NSRC Clubrooms, located at Lake Pupuke.

2019/2020 Rowing Committee

NAME	POSITION	DAUGHTER
Graeme Rawlings	Chairperson	Caitlin (U17)
Tina Luff	Secretary	Cassidy (U16)
Doug Booth	Treasuer	Katie (U17)
Jason Veldman	Boat Captain	Jemma (U16)
Anna Dykgraaf	Logistics	Sophie D (U16)
Robert Holmes	Catering	Ayla (U16)
Kathy Rawlings	Fundraising/ Sponsorship	Caitlin (U17)
Bevan Leadley	Grants	Sylvia (U18)
Tanya Hanrahan	Uniform	Jaime (U17)
Chrissy James	Health & Safety	Kate (U17)



How can you help as a parent ?

What is expected from parents to support the society

Rowing has four key areas of commitment from Parents to make the programme produce the results we are all invested in for our rowers.

Committee

The committee works relentlessly during the season to deliver the infrastructure and logistics for the programme. In the off season work continues with fundraising, grant applications and planning for the next season. All members of the society can contribute to the work of the committee through submission.

Fundraising

We are always looking for creative ways to raise money. We especially like projects that are not too resource hungry and provide a good return! We expect all families to participate in our fundraising activities at some level.

Camps & Regattas

We need parents, caregivers, grandparents who can help in the kitchen, with the boats, tents, and barbecues, driving the vans, first aid skills etc.
All help appreciated, we'll teach you on the job. These events are a lot of fun.

Specialist

If you have skills in any of these areas we could really use your input:

1. Boat maintenance (rowing skiffs and coach boats).
2. Ability to tow large trailers (we have a vehicle)
3. Any professional, specialist skills that you think may be useful e.g. marketing, web design, grant application
5. expertise anything you think could be helpful.
6. Networks to assist with fundraising and sponsorships



How can you help as a parent ?

Support your daughter & our coaching team

Rowing is a demanding sport, your daughter will need your support to help navigate this. Each rower will have different aspirations for the season ahead, but all need a kind & caring parent to support them in their efforts and in the event they do not quite realise their goals they will need your support to come to terms with this. If you are concerned with how your daughter is managing please do not hesitate to get in touch with the senior lead coach.

As well as supporting your daughter & Westlake Girls Rowing as a volunteer, we also request your support to help the crew's row to the best of their ability. To help crews give their best, form their own identity and mature as a crew, the coaching team respectfully asks that as a parent you :

- Trust the coaching team to deliver a fair & transparent program. The coaching team has a strong desire to see every athlete in our program succeed. The coaching teams intent is to do what is deemed best for both your daughter & every other daughter in the program
- Please respect decisions the coaching team makes. You may not always agree with them, this is your prerogative - please handle this in a constructive way, that allows the coaching team & the athletes to maintain a open dialogue
- By all means have a chat to the assistant coaches but for any questions relating to the program or your daughter please direct them to the senior lead coach or the school representative (Liz Page, director of Sport).
- Our athletes need to learn to take responsibility for themselves in both in training & racing situations to grow their independence as both athletes & people – please help to facilitate this as it will make them better racers !



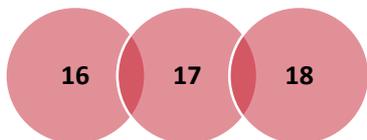
Overview of training structure



Training – how will it work ?

ONE PROGRAM – ONE TECHNIQUE :

- The senior lead coach leads the training program & technical philosophy of the club for all age groups
- The u16-18 age group will train as a unit all season



TRAINING MIX

- Water sessions not before school will almost always include a run or other form of exercise, don't forget your shoes !
- Water work will be a mix of "longer" endurance pieces : 10-20 minutes with drills mixed in, static drills & short high rate work
- Mix of land based training – erging, running, exercises, core, stretching will remain all season

NOVICE PROGRAM SEPARATE ON WATER TO SUMMER CAMP

- The lead novice coach will manage the daily operations of the novice program with technical support from the lead senior coach (attending Novice water sessions)
- From late August there will be at least one full club session per week (i.e Novice & senior program together)
- From summer camp over 15 novice rowers may join the senior rowing program depending on skill level

WINTER SPORT THE PRIORITY :

- Winter sessions are "optional", summer session are not (Sept 1st)

TRAINING BOATS

- A mix of sweep & sculling
- Predominantly big boats at Rame road & small boats from Lake Pupuke
- 70-30 focus split to sweeping boats

MIXED CREWS & ROTATING COACHES PRE-CHRISTMAS

- Training sessions (and regattas) prior to summer camp will be mixed across the u16-18 age groups
- No coaches will be "assigned" to a single age group (excluding the Novice group). Coaches will rotate across all athletes prior to Christmas

RACING CREWS & FIXED COACHES SUMMER CAMP ONWARDS

- From camp crews will shift to probable racing boats
- Coaches will be assigned to a mix of age group events & athletes for the racing season
- Senior lead coach will work on water with all age groups & only coach 8s (with another coach) on race day)



Training venues for our program

RAME RD ROWING SHED

Address: 84 Rame Rd, Greenhithe (this is the address for the Salthouse boat builders who we share the area with)

How do girls get to venue : Parent drivers (prior to morning sessions) or bus arranged by WGHS rowing society if coming after school (during school days)

How do girls get from venue to school : WGHS rowing society arranges a bus to pick students up from Rame Rd on weekday mornings at 8am and send to school. Weekend parent collection

Drive time : Approx. 20 mins from WGHS with no traffic



LAKE PUPUKE TRAINING SHED :

Address : 1a Northcote Rd, Takapuna

How do girls get to venue : Parent drivers or walk after school

How do girls get from venue to school : Walk

MI CAMP WHAKAMARU

Spring Camp location : 7th – 11th October

Address: 1105 Ongaroto Rd, RD1, Atiamuri 3491

Phone: 07 343 2352

Website:
<http://www.micamp.co.nz/whakamaru.html>

How do girls get to & from venue : Parent drivers in own cars

Drive time : Approx. 3 hours from WGHS, 30 minutes outside Tokoroa

WGHS FITNESS CENTRE

Location : Enter via Gate 2 of WGHS

EPWORTH RETREAT & RECREATION CENTRE

Accommodation for Summer camp – January 8th - 13th

Address: 116 Finlay Road Cambridge 3494 New Zealand

Phone : 07 827 2848 – please note that cell phone reception at Epworth is poor

Website: <https://www.epworth.co.nz/>

How do girls get to & from venue for camps : Parent drivers in own cars

Drive time : Approx. 2:30 hours from WGHS with no traffic





Training – coaching team expectations of athletes and parents

Athletes : operate with pride & purpose

- Come to training **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**

Parents : please help us to create independent athletes

Encourage direct coach – student communication about missing trainings ect

If as a parent you do have serious queries/concerns that your daughter is unable to address please do not hesitate to contact the senior lead coach. If you could please refrain from doing so pre or post training as this is generally a very busy and focused time. The preferred method is a email or phone call with the senior lead coach or school representative (Liz Page) outside of training hours, where a meeting can be arranged if required.

Parents : please help us to create independent athletes

Allow your daughter to complete tasks alone at training & refrain from spending time in the boat shed or on the boat ramp (*dad's this will be tough to watch!*)

Please refrain from assisting rowers with any of the following unless requested by a coach :

- Putting coach boats on the water
- Carrying any boats or oars to/from the water
- Helping girls off the water
- Loading boats onto/off of the trailer at boat loading/unloading
- Loading equipment onto the trailer
- Rigging/derigging boats
- Collecting oars from the pontoon
- Tying boats down

NB : There will still be plenty of occasions where your help is required & we will be asking !



Communication – how will it work ?

Senior lead coach the first point of contact

- All comms will flow from senior lead coach (and in some instances junior led coach)
- All comms from parents & supports to be directed to senior lead coach in the first instances – not assistant coaches or junior lead coach

Missing training ?

Athletes please text age group lead coach by **8pm** the night before as crews will already have been planned



Athlete with a query

Speak with any coach at anytime if you have a query or concern, we will do our best to provide you with an answer. An assistant coach may need to seek clarification with the senior lead coach

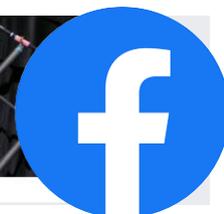
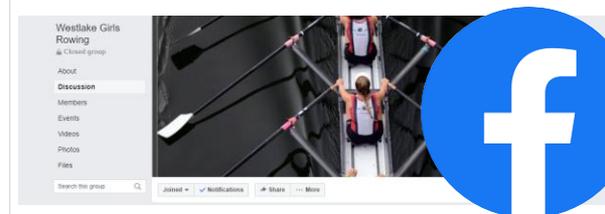
Expect information from the coaching team via Email, text & school website



<https://www.westlakegirls.school.nz/rowing/>

- School website contains all information about our program
- Coaching update sent via email weekly-forenightly depending on time of season
- Email will be used to circulate all regatta information (generally a week prior), with racing crews circulated 1-3 days prior to racing

Stay in touch with society members via the Westlake Girls Rowing Facebook page



- The coaching team will not use the WGHS facebook page as a tool to communicate regarding training or regattas but this page is critical for parents to be apart of so they can get update to date information from the rowing society (generally regarding fundraising, regatta support & volunteering)
- It can also be extremely useful during regattas to know what is happening at Karapiro or where your daughter is during the drive home !

<https://www.facebook.com/groups/373136399406540/>

Overview of racing philosophy





Regatta 101

During the season, WGHS will compete in approximately 10 regattas, with the pinnacle event being the New Zealand Secondary Schools Championships - Maadi Cup Regatta (held at Lake Ruatanwhia this season).

Students are expected to make their own way to and from the one day regattas at Lake Pupuke. Students will also need to provide their own food these days as they are not catered for.

For the multiple day regattas at Lake Karapiro , WGHS will provide transport, food and accommodation for the girls, and parent volunteers will be needed for this.

Parents are encouraged to attend all regattas and support the girls. At most regattas WGHS will have pitched a Supporters' Tent by the rowing course.

Parents and other supporters are encouraged to use the tent as their base for these regattas.

Things for supporters to bring to regattas include camp chairs or something else to sit on, binoculars, lunch and snacks for the day. Some reading material is always good to have as there can be lengthy down times between races.

The Supporters' Tent is also used as a base for the rowers, the rowers will return to the tent to eat & rest.

The parent helpers will provide the rowers with a nutritionally sound diet.

The girls will also have a tent or other shelter in the boat park from where they make their final preparations for each race and go through their debrief and immediate post-race nutrition routines.

At regattas, the girls are subject to normal School Rules, including dress and conduct, and a high standard of behaviour is expected from them at all times



WGHS racing philosophy ?

Maadi Cup – the pinnacle

- The season is structured towards achieving success at Maadi Cup
- Crews need to earn the right to attend
- Athletes will know whether they're attending Maadi by end of day February 20th
- No athletes will have more than **3** events at Maadi Cup (likely 2)

U18 8 = team 1

- Our 9 fastest athletes from the u15-18 age groups



LEVIN 75TH JUBILEE CUP - GU188+

Pre Christmas racing

- Mixed crews across age groups where applicable
- Likely athletes will race up grades
- About learning not about results – results not a consideration for selection
- Developing a common understanding across the squad about how we race

Post Christmas racing

- Probable Maadi crews boated from KRI2 onwards
- Athletes racing in own grade with limited “racing up” in some events where required
- About refining racing routine for Maadi in crews that you will race in

“Rowing down”

We are open to athletes rowing down - in school rowing, a girl's age on the first day of January determines which age group she is eligible to row in for the season.



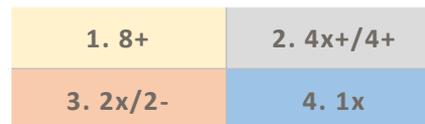
Older novices

Eligible to compete for seats in age group events if fast enough – summer camp assessment



We are a big boat program

- Our fastest athletes will be placed in big boats first – a school the size of WGHS should be a competitive 8 oar program



Sweeping vs sculling :

- Race in both fours & quad events throughout the first half of the season
- This will allow the coaching team to assess where the greatest opportunity for success lies for the squad



Racing – coaching team expectations of athletes and parents

Athletes : operate with **pride & purpose**

- Come to the boat park **prepared** & ready to **race**
- Get on the water ready to **compete**
- Represent the swan in a manner that makes everyone **proud**
- People know when Westlake is racing in finals because they can hear us on the bank – **support**
- **HATS – HAVE IT ON !**

Parents : celebrate with your daughter

Regattas are filled with proud moments for parents & there is certainly a place for your pride and enthusiasm, when your daughter returns from the boat park there will be plenty of time to celebrate

The coaching team respectfully request that you refrain from entering the following areas at regattas unless expressly asked by the head coach

- The boat park
- Boat trailer
- The off-water ramp & surrounding off water area

Being in these areas is the equivalent of being in the changing sheds before a match or walking the court with your daughter while she warms down post match

Please do not take offence if you are asked to leave an area during a regatta – it is so we can maintain focus & structure with the athletes



Selection policy



SELECTION PROCESS – What are we likely to boat for Maadi Cup* ?

U18	U17	U16	U15	NOVICE
U18 8+ <i>(8 fastest athletes)</i>	U17 8+ <i>(eligible novices considered)</i>	U16 8+ <i>(eligible novices considered & eligible YR11s)</i>	U15 8+ <i>(eligible YR10s considered)</i>	U18N 8+ <i>(all novice yr 9-12 considered)</i>
	U17 2x	U16 4x+ <i>(or 8+ if second 8 competitive: A final NISS)</i>	U15 4X+ <i>(or 8+ if second 8 competitive : A final NISS)</i>	
8	10	12-16	12	8

Other possible priority events for Maadi Cup*

U18	U17	U16	U15	NOVICE
U18 4x+, U18 2x	U 17 4+, u17 4x+	U16 4+	U 15 4+	U 18 N4+, u18N4x+

*This is subject to change depending on results in the build up to Maadi Cup



SELECTION PROCESS – Objective & considerations

OBJECTIVES :

Ensure we have the fastest crews selected - in a manner that is clear & transparent for all

Ensure Summer camp is utilized for developing speed/connections in racing crews – with all athletes clear on where they sit so are not confused when they swap in and out of crews

Ensure crews are by in large settled by the end of Jan & we able to focus on working towards success at Maadi Cup

NB:

If at any point during the season you wish to discuss any selection choices further please direct communication via email to the senior lead coach (Kim Dowden), or the Director of Sport (Liz Page)

SELECTION CONSIDERATIONS (WITH WEIGHTING OF IMPORTANCE)

SEAT RACING RESULTS

Result vs others
40%

ATTITUDE & WORK ETHIC

20%

TECHNICAL SKILL & PROGRESS

Improvement over time

20%

2KM TIME

Result vs others
Improvement over time

15%

LAND FITNESS PERFORMANCE

Result vs others
Improvement over time

3%

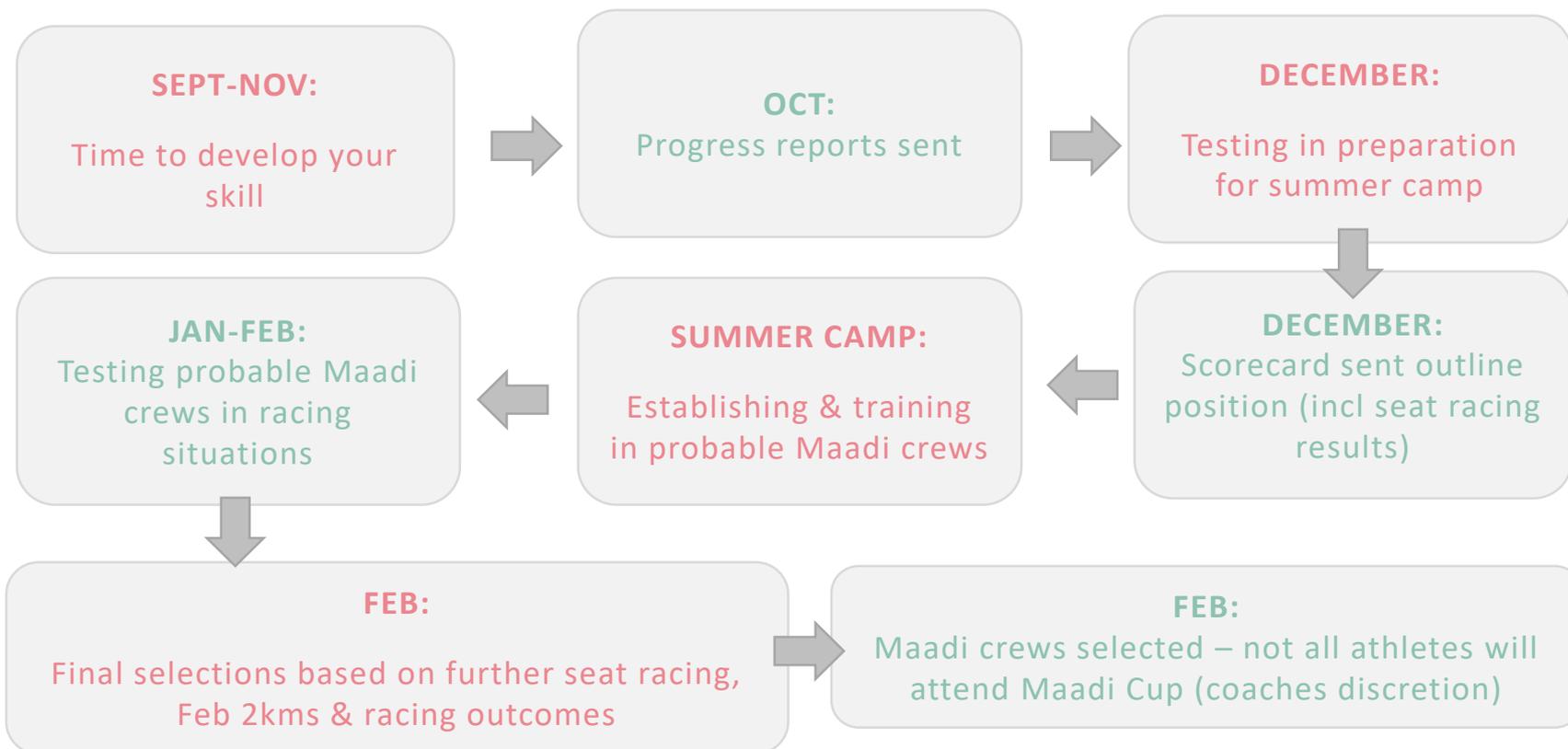
5KM TIME

Result vs others
Improvement over time

2%

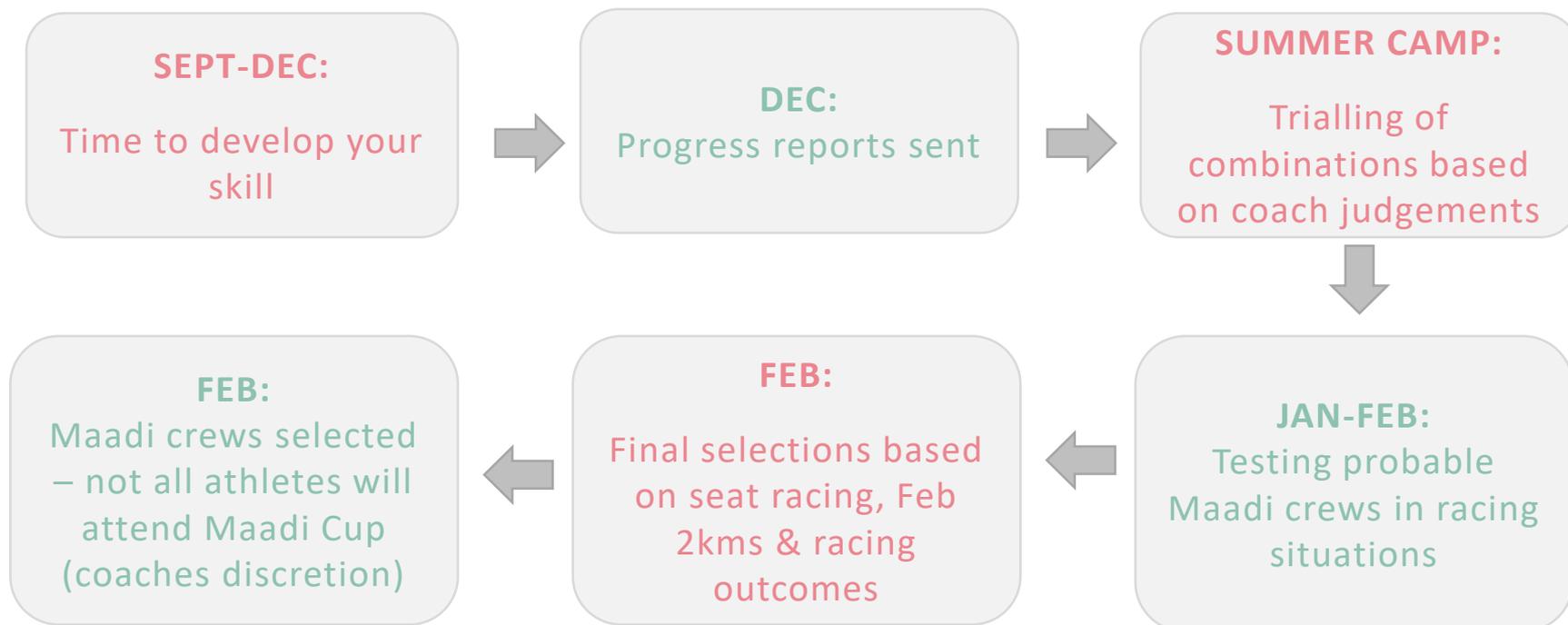


SELECTION PROCESS – SENIOR PROGRAM





SELECTION PROCESS – NOVICE PROGRAM





SELECTION PROCESS – COXSWAINS

DEVELOPING BEST IN CLASS COXSWAINS is critical to the success of our program. Good coxswains are like having another coach on the water. In racing situations it is critical our coxswains are able to take command of the situation. The coaching team needs to provide our coxswain squad with specific training.

THE CHALLENGE OF SUBJECTIVITY IN COXSWAIN SELECTION
Coxswain selection inherently more subjective than selecting rowers for crews – there are no “tests” for coxswains. The coaching team needs to ensure coxswains have a clear development pathway/understand what “good” coxing looks like to benchmark themselves against. Athletes feedback on coxswain performance will be taken into consideration – as ultimately how athletes respond to the coxswain is central

WHAT DOES GOOD LOOK LIKE FOR OUR COXSWAINS ?

1. Exceptional understanding of how to make a boat go faster in training & racing due to superior engagement with & understanding of the rowing stroke
2. Ability to steer a boat straight & to do so in both training & racing situations
3. Capable of getting athletes to respond in training & racing situations due to correct tone of voice & type of calls made !
4. Can organise crews in training & racing situations – taking the initiative & ensuring in command of the crew at all times



SELECTION PROCESS – COXSWAINS – Personal development & crew fit

SELECTION BASED ON PERSONAL DEVELOPMENT SEPTEMBER THROUGH TO KRI2

Coxswain will have 1 on 1 meetings with coaches where both parties will rate & reflect on progress & how they have adjusted to feedback from athletes and coaches.

We will endeavour to capture and reflect upon racing and training recordings monthly & provide coxswains with education resources and other development opportunities through the season

SUMMER CAMP CREW ROTATION & ROWING “RATING” POST SUMMER CAMP

During summer camp coxswains will go out for sessions in a number of different “probable” Maadi crews to give all parties a better idea of “crew fit”

Following summer camp rowers will be asked to provide feedback on coxswains.

This feedback combined with coach feedback will be provided to coxswains in time for KRI2 to ensure by this regatta you are clear on likely Maadi racing crews, work ons etc

Final crews & Maadi attending coxswains will be confirmed the same day as the rowers in Feb 20th



SELECTION PROCESS – Feedback on progress

- **Progress report** – will be sent to senior athletes (rower & coxswain) in Oct & novice athletes in Dec
 - will give you feedback on Attitude, technical & fitness (1-3), which should help you understand where you are sitting headed into selection discussions
- **Senior scorecard circulated** in December including seat racing results
 - Will not be verbally explaining seat racing results of outcomes/what it means in person, will instead send home a email and then be available to discuss results at summer camp. Felt this season telling athletes in person was lost in translation when it got home
- One on ones at Summer camp for novice & senior athletes – novices to discuss progress report and seniors to discuss scorecard
- **February seat racing & 2km results** circulated via email for all, novice will include overall scorecard
- Maadi selection – notified via email & in person by senior lead coach by 20th Feb
- All rowers will compete at North Island secondary schools, selected athletes at Maadi Cup

WHO	Athlete name			ATHLETE NAME	SCORE	WEIGHTING	WEIGHTED SCORE	MEASURE	Result	PB	Bench mark if applicable
TECHNICAL	FITNESS		ATTITUDE								
ON TRACK	▶	ON TRACK	▶	ON TRACK	▶						
Comment :	Comment :		Comment :								
				SEPT 24/25TH 2KM TIME		1%	0.0	1% point system vs PB improvement 1% vs ranking in age group	0.00		TOTAL SQUAD AVG: 21.28 U16 AVG: 21.48
				SEPT 27TH 2019 LAKE RUN TIME		1%	0.0	1% point system vs PB improvement 1% vs ranking in total squad			TOTAL SQUAD AVG: 37.36
				OCT 31ST 2019 LAKE RUN TIME		1%	0.0	1% point system vs PB improvement 1% vs ranking in age group			TOTAL SQUAD AVG: 36.40
				DEC 6TH 2KM TIME		5%	0.0	7% point system vs PB improvement 3% vs ranking in age group			TOTAL SQUAD AVG: 7.54 U16 AVG: 8.06



Pastoral care considerations



Pastoral Care is priority 1

The overall physical and mental wellbeing of our students is the most important consideration for the coaching team

Illness & Injury :

Please do not attend a session if you are ill, the coaching team assumes that if you are there you are healthy enough to do the work. Coming and struggling due to illness is beneficial to no one.

If you are injured please let a coach know ASAP and arrange to have the injury assessment by a professional - if you do not have a regular physio, the senior Physiotherapists at Forest Hill Physiotherapy or Takapuna Physiotherapy can provide great advice.



Sleep :

To cope with the training load throughout the summer our athletes need at least 8, ideally 10 hours of sleep each night

Nutrition :

For teenage girls, the challenge is generally eating enough – you need more than you think, please ensure you are getting enough fuel !



Rowing-school balance

There is no denying that balancing school and rowing can be challenging particularly during term 1 where we are in a significant training block & starting a new school year . If you even feel as though the impact of this is becoming too great to manage please contact the senior lead coach so we can look to manage this for you.

A reminder that during examination periods rowing is not a priority and during the winter all other commitments rightly come first



Finances and payment details



Finances & payment details

One of the key roles of the rowing society is to manage and maintain the infrastructure assets.

The members of the society have a stewardship role to fulfil in relation to the assets, the replacement value of which is approximately \$500,000. Our obligation is to maintain the condition and value of these assets for future generations of rowers.

The sport of rowing is 'capital intensive' in that it requires a significant investment in boats and associated accessories. A rowing eight now costs around \$40,000 and other things such as oars, seats and shoes are in addition to this and are not cheap.

In setting the rower subscription fees for any given year we have to take into account the cost of both maintaining the assets and satisfying our stewardship responsibility. This means providing for the cash value of depreciation of the assets in order to build reserves for future replacement of boats.

In addition to this, subscriptions also cover the costs associated with regattas, camps, administration and the end of season prize-giving function.





Fees for the 2019/2020 season

WGHS Rowing Fees

The fees for 2019/20 season (exl Maadi Cup) are

- \$3,350 for rowers.
- \$2,350 for coxswains.
- The operational cost of the programme is over \$200,000 each year and does not include any capital expenditure.
- The storage facilities are expensive and of course the majority of the regattas are away from home so there are transport, accommodation and food expenses.
- The fees that are charged DO NOT cover the total cost of the rowing for each girl which is why we have an active fundraising, sponsorship & grants programme.

Payment Options

OPTION 1:

- 30th September 2019 - Deposit, \$1,000.
- 31st October 2019 - \$650 (rower), \$350 (cox).
- 30th November 2019 - \$650 (rower), \$350 (cox).
- 31st December 2019 - \$650 (rower), \$350 (cox).
- 31st January 2020- \$400 (rower), \$300 (cox)

Payment Options

OPTION 2:

- 30th September 2019 - Deposit, \$1,000.
- Balance to be paid by arrangement with Treasurer (wlgrowing@gmail.com), with full and final payment no later than 31st January 2020.



Fees for the 2019/2020 season : what do they cover ?

The fees **COVER** the operational costs up to the NZ Secondary Schools Champs:

- All camp fees – food, accommodation, transport.
- All regatta fees – food, accommodation, transport, entry fees.
- Maintenance and repairs – skiffs, oars, cox boxes, coach boats, trailers and all equipment.
- Affiliation fees, administration and other operational costs.

The fees **DO NOT** cover:

- Uniform – this is generally around \$385 for a full new kit, WGHS rowsuit, visor, a white thermal, a white regatta t-shirt, black travel t-shirt.
- Optional extras include the black school sports top and sports tracksuit pants, available from the Uniform Shop at school.
- New plant purchases, skiffs, oars, coach boats, safety equipment, trailers etc. These are funded via fundraising events and grants.

The fees **DO NOT** cover:

- NZ Secondary Schools Championships (“Maadi”) – girls are invited to attend by coach selections, therefore a separate additional fee applies. The venue for Maadi alternates each year between Lake Karapiro in the North Island and Lake Ruataniwha at Twizel in the South Island. The fees per girl can range from \$1,200 - \$1,800 for this event, depending on where it is held and how successful we are with grant applications.



Packing list



Packing list

Please ensure all items are named!



SMALL NAMED DAY BAG, including the first 8 items on this list!

Substantial lunch and snacks to cover until dinner time

Named water bottle

Training gear, including socks, cap/visor and sunglasses if desired

WGHS Row Suit or North Shore shirt (dependent on regatta)

WGHS rowing visor

Sunscreen

Spanner – 10mm and/or small crescent/shifting

Thermal gear for early morning sessions if required

Travel gear (to be worn to and from camp – black t-shirt and shorts)

Casual, comfortable, clothing to last for duration of camp/regatta (named)

Swimming togs



Packing list

Please ensure all items are named!



Warm jersey, jacket, hoody (only WGHS uniform items at regattas)

Running shoes & jandals

Sleeping bag or duvet, and pillow + fitted single sheet to cover the mattress

2 x towels for drying, 1 x hand towel for ice bucket

Personal toiletries and blister management kit

Any personal medications required including antihistamines, bandages

Chap Stick/lip balm

Elastoplast (for taping of hands) and D3 (or like) tape

Insect repellent

Plastic bag for washing/wet clothes

Small amount of money for food stops on way to and from camp.



Rowing FAQ



Types of Boat

There are two types of boats (shells/ skiffs):

Sweep in which each rower handles one long oar, sweep boats can have two, four or eight rowers;

OR

Sculling in which each rower uses two smaller oars or sculls. Sculling boats can have one, two or four rowers.

OR



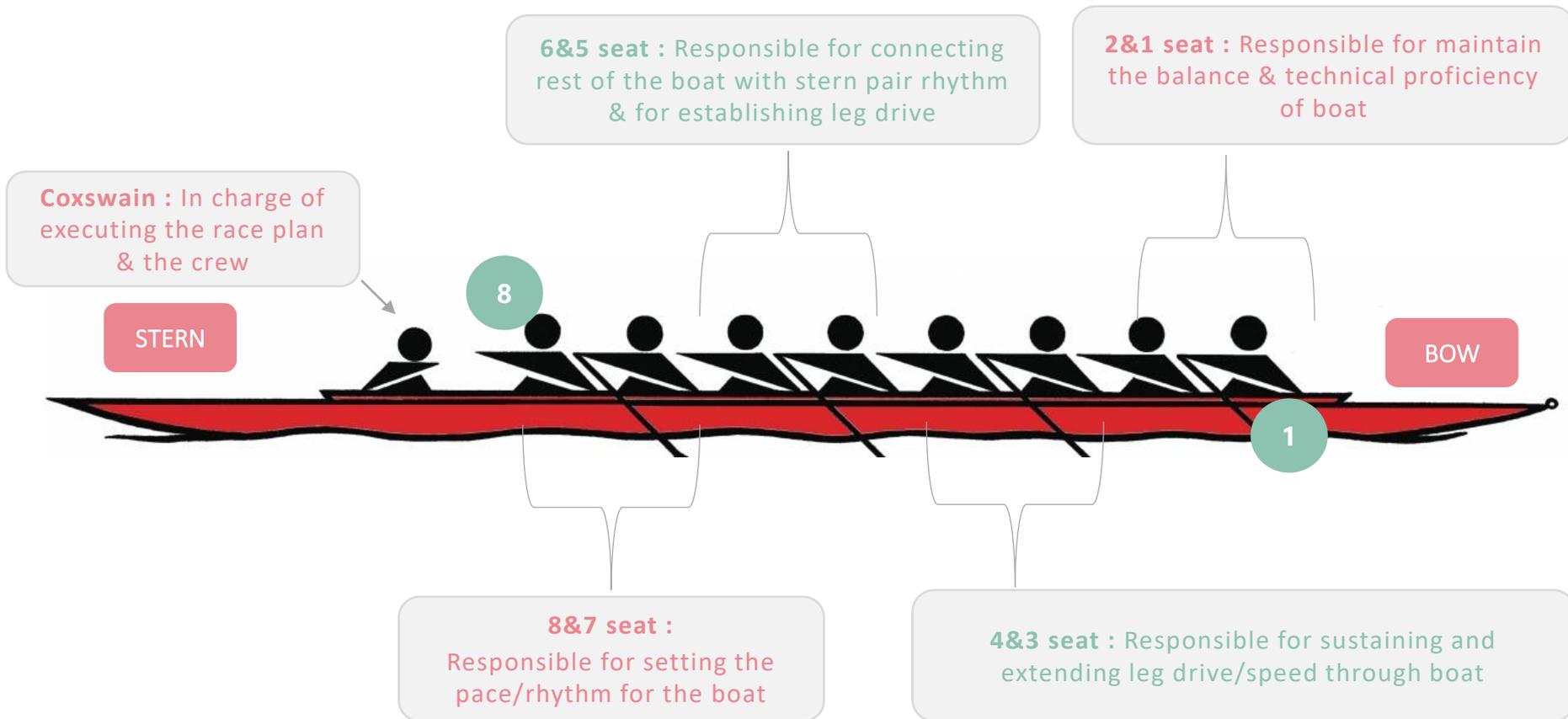
	Name	Crewed by	Abbreviation
Sweep boats	EIGHT	EIGHT ROWERS & A COX	8+
	FOUR	FOUR ROWERS & A COX	4+
	FOUR	FOUR ROWERS	4-
	PAIR	TWO ROWERS	2-
Sculling boats	QUAD	FOUR ROWERS & A COX	4x+
	QUAD	FOUR ROWERS	4x-
	DOUBLE	TWO ROWERS	2x
	SINGLE	ONE ROWERS	1x



<p>Rowing Equipment</p>	 <p>Gate or oar Lock : Connect the oar to the boat, is attached to the rigger</p> <p>In coxed boats a coxswain will use a cox box to allow crew to hear instruction – speakers are placed through the boat</p>		<p>The slide – each rower sits on a sliding seat and place their feet into the foot stretcher</p> <p>Foot stretcher - Just like on a racing bicycle, these shoes help keep the rower's feet in place.</p>	
<p>Rowing Terms</p>	<p>Stroke seat : person at back of the boat who sets the pace/rhythm for the boat</p> <p>Coxswain : Steers the boat and calls race tactics. Can be at the front (bow) or back (stern) of the boat.</p>	<p>Stroke side : Rowers with oars on same side as stroke (left-hand side and rowers right)</p> <p>Bow side : Rowers with their oars on the opposite side from the Stroke. Typically on the right side (Rowers left).</p>		<p>Stern four/pair: Rowers at stern of back of the boat, closest to the stroke seat. Seat numbers 5-8 in an eight</p> <p>Bow four/pair : Rowers at the bow or front of the boat, furthest away from the stroke seat. Seat numbers 1-4 in an eight</p>



ROLE OF EACH SEAT IN A EIGHT OAR BOAT





Training expectations – what does best in class look like from 2km times ?

	 1	 2	 3		
Age group	GOLD	SILVER	BRONZE	2KM SPLIT	TRAINING SPLIT
U15	7:45	7:55	8:05	1:56-2:01	2:04-2:10
U16	7:35	7:45	7:55	1:53-1:58	2:02-2:08
U17	7:25	7:35	7:45	1:51-1:56	2:00-2:04
U18	7:15	7:25	7:35	1:48-1:54	1:58-2:02



Useful links

Westlake Girls Rowing – <https://www.westlakegirls.school.nz/rowing/>

Everything you need to know about our program as provided by the coaching team

Westlake Girls Rowing Facebook page –

<https://www.facebook.com/groups/373136399406540/>

Keep up to date with the latest communication from the parent committee

New Zealand Secondary Schools Rowing Association

<https://www.schoolrowing.org.nz/nzssra.php>

This site is aimed at providing schools and school rowers with an easily accessed resource of information about schools rowing

Rowit - <https://www.rowit.co.nz/organisations/wtlg>

Gives access to regatta and venue information, the schools rowing profile and results, and individual rower profiles for their events and results.

Maadi Cup - <https://maadi.co.nz/>

Everything you need to know about Maadi Cup

Rowing New Zealand - <https://www.rowingnz.kiwi/>

Provides latest updates on all things related to the New Zealand rowing team and regattas





HOW DOES SEAT RACING WORK ...

Rowers race repeatedly across a fixed stretch of water at a fixed rating with rowers swapping seats each race to determine who is moving the boat faster.

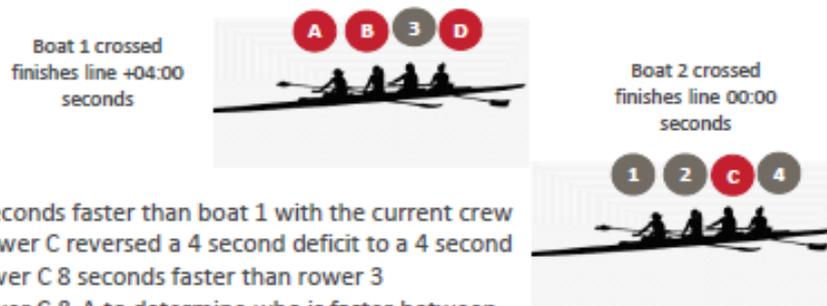
- Our races will occur over a fixed 1km stretch of water in Lucas Creek, Greenhithe
- Our rating will be fixed at 30
- Coxswains will steer the boat and ensure crews hit the 30 rate – there will be no other comments from the coxswains
- Each race coxswains will start their boat on the same side of the river
- At the end of the race coaches time the difference between the finish line times
- Rowers and coxswains are NOT told in advance how many races are being completed nor who is swapping seats – only once the race is complete do rowers know who is swapping next. Thus you always need to assume you could be swapped next & apply consistent effort. It's not the previous race that impacts your performance, it's the next result!
- Crews begin with racing starts behind the start line so crews come through the start line on rate @30, any difference through the start line is recorded by coaching team and subtracted from time difference at the end of the race.

RACE 1 : Gives the base speed of both crews, coaches record the initial difference in finish times between the crews



Conclusion : Boat 1 is four seconds faster than boat 2 with the current crew

RACE 2 : Rowers are notified which two people are changing seats – Rower 3 & C swap boats and paddle back to the start line to complete another race where it is determined who is faster



Boat 2 is four seconds faster than boat 1 with the current crew

Conclusion : Rower C reversed a 4 second deficit to a 4 second win, making rower C 8 seconds faster than rower 3

Next : Swap rower C & A to determine who is faster between rower C, A & 3



DEBUNKING MYTHS – “YOU CAN RIG SEAT RACING FOR YOUR FRIENDS, SO IS NOT FAIR ”

SCENARIO : Rowers 4 & D swap boats, but rower C is best friends with rower D, so she decides not to push as hard when rower 4 comes into her boat

OUTCOME : Rower C successfully negatively impacts the outcome for rower 4 & makes rower D the winner of the race.

BUT WHAT HAPPENS NEXT ?

The coaching team swaps rower C who hadn't tried in the previous race with rower 3. Rower 3 who has applied consistent effort through all seat races reverses the deficit that rower C intentionally created, recording a result of rower 3 being 6 seconds faster than rower 3.

THE MORAL :

If you sabotage a race for a friends benefit, you could be sabotaging yourself as you don't know how many races we are doing or whether you are going to be the next person who swaps.

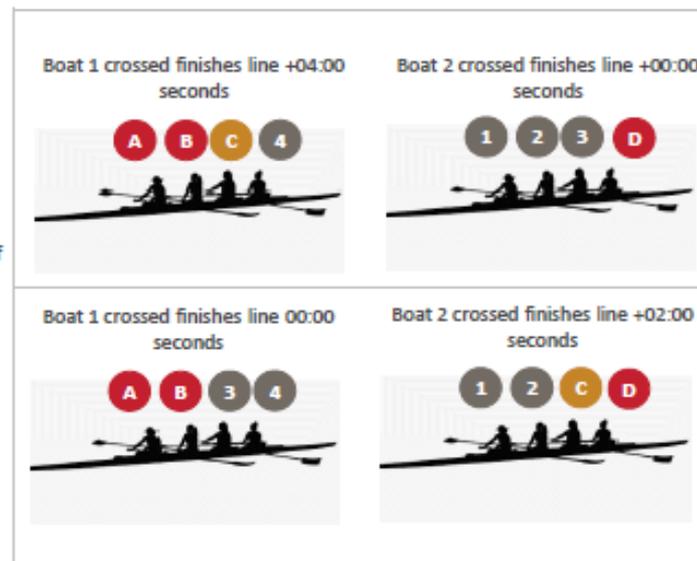
REMEMBER rowers do not know how may races are being completed in one set nor do they know when they are going to swap – you always need to assume you could be swapped next. Its not the previous race that impacts your chances, its the next result !

IT IS OUR FIRM BELIEF THAT :

Everyone member of the WGHS team would not consider acting in this way as we all want the fastest boats out on the course, because any success we manage on water is down to every member of our squad

HOWEVER :

The coaching team is smarter than you, we can tell when a result has been interfered with. If we believe a result has been deliberately interfered with we will void the result of the race and continue on. Rowers will not be notified of this, but there would likely be a re-race at some point.





DEBUNKING SEAT RACING MYTHS –

– ITS NOT FAIR BECAUSE I DIDN'T DIRECTLY SEAT RACE THAT PERSON

- Not everyone will directly race one another, some will be done by indirectly comparing three peoples time to get the relative speed between one another.
- In the event that there is extremely small time margins between people who did not directly race the coaching team will do all of the following :
 1. Look to include a direct race in one of the sets on the day – if this is also close we will then :
 2. Rotate both people in & out of the crew following seat racing to determine who fits best with the boat
 3. Complete another set of direct seat racing between the two people involved in February 2019 to determine who is faster

– ITS NOT FAIR BECAUSE THE COXSWAIN COURSE WASN'T STRAIGHT/THERE WAS WASH

- In the event that there is wash or the coxswains course is not straight the coach who is following behind the race will note this with the finish line coaches, depending on the severity of the interference (and distances between crews) the coaching team will determine what happens
 - We may elect to adjust the time difference by 1-2 seconds
 - Maintain the result and make a note, should it become relevant at a later date
 - In the event the race is extremely close, void the race and re race at another time

– ITS NOT FAIR BECAUSE THE OTHER CREW WAS RATING HIGHER

- Rating will be capped at 30 & the coaching team in the following coach boat will be monitoring rating (as will the coxswains), if the rating is not on 30, despite attempts made by the coaching team & coxswains the coaching team may elect to
 - Maintain the result and make a note, should it become relevant at a later date
 - In the event the race is extremely close, void the race and re race at another time



DEBUNKING SEAT RACING MYTHS –

– ITS NOT FAIR BECAUSE MY SEAT RACE IS LATER IN THE SET SO I AM MORE FATIGUED/ I HAVE A UNFIT PERSON IN MY BOAT

- At the beginning of the seat racing sets everyone is at optimal fitness so yes if you are a less fit athlete this is the best time for you to race. It is also therefore true that as more races occur the less reliable relative times are as means to gain an overall ranking. However it is not a disadvantage/unfair to race later to gain direct comparison. If you are racing later, fitness will play a greater role in the outcome, but this is exactly the same in a 2km race – fitter people win races. It is likely that every person will complete at least one set where there race is “later” in the racing as a way for us to “test” fitness.
- Having a “unfit” person in your crew is generally not a disadvantage as they would be raced with both people, however if the following coaching boat did believe someone “blew up” during your seat race they may elect to void the race and re-race at a later date.

– ITS NOT FAIR BECAUSE I RACED IN SET ONE & AND TWO BUT THE PERSON I AM RACING AGAINST IS ONLY RACING IN THE SECOND SET

- All our athletes should be fit enough to race multiple sets and perform well in all – between each on water set all rowers will have an hour break, ample time to recover. Those who did not complete the first set of seat racing will go for a run as an alternative.

– ITS NOT FAIR BECAUSE THEY ONLY GOT AN ADVATNGE FROM THE RACING START

- Racing starts will be done behind the start line and crews expected to cross through the start line on 30 rating. The starts are merely designed to get boats up to speed quickly. Any advantage a crew gains from the start and leads to them crossing the start line with ahead will be recorded by the following coach boat and adjusted for the finishing result

OVERALL :

- The coaching team can tell when a result has been interfered with and will make the required adjustments
- Seat racing in December is apart of the equation but there are many other things that will be taken into consideration to determine March Maadi crews. This seat racing is to get a bench mark and give rowers a steer on where they will likely end up
- In particular extremely close racing means that further consideration of rower ranking is absolutely required – this will occur by assessing crew combinations at summer camp, taking into account February 2km times and further seat racing in February