



ROTORUA ROWING CLUB INFORMATION FOR NEW ROWERS AND PARENTS



WHY ROW?

- Rowers belong to a very positive group of athletes and while at school they have a busy, active lifestyle.
- Rowing's training base and discipline will prepare athletes to excel in any other sport, particularly important if they have the talent to aspire to regional, national or professional level sport.
- Rowing also teaches less obvious things like working with a team, self-discipline, self-reliance, setting and achieving goals, staying controlled under pressure. You will be pleasantly surprised at some of the changes you'll see in your rower.

TIME COMMITMENT

- Yes, rowing involves early mornings. But the views over the lake make it worth it and everyone gets used to them surprisingly quickly.
- The rowers ease into the season in August with Saturday morning sessions.
- Once the mornings get lighter, the weekday sessions on Tuesdays and Thursdays begin. Rowers need to be at the rowing club at 5.45am to be on the water at 6.00am.
- They finish training at 7.30am. There are showers and they can bring their own breakfast to get ready before school.
- If the weather is too bad in the morning to train on the water, the rowers have an 'erg' (rowing machine) session in the shed.
- After school, once or twice a week, it is recommended that rowers attend some scheduled erg sessions to improve fitness and strength.
- The Club holds 2 two-day camps. These cost about \$100 each.
- There are approx. 10 one- and two-day regattas through the season which finishes at the end of March.
- During winter, there may be erg sessions held after school one day a week.
- The coaches will emphasise how important it is for your child to get to all trainings, barring injury and genuine reasons. Communicating with the coach if your child can not get to training is very important so they can plan what boats need to be set up and what crews can go out on the water.

At the peak of training, this is what a possible training week might look like:

Training	Dates	Times
Before school on-water training	Tuesday, Thursday	5.45 – 7.30am
Weekend Training	Saturday	7.15 – 9.15am
After school erg training (optional but at least one session is recommended)	Mon, Wed, and/or Friday	1 hour

SUPPORT TEAM

- The RRC rowing program has several capable coaches, a very active committee and has had a good number of successes over the last few years.
- Each school provides a liaison person for rowing.
- The Rotorua Rowing Club committee has a parent representative from each school, a treasurer and someone who organises the group, mostly via email and Messenger.
- Everyone else helps on a job-by-job basis – lots to do.

COSTS

- Although coaches are volunteers and the Rotorua Rowing Club (RRC) provides the boats through community grants, there are still plenty of costs.
- There are various rowing fees. The table gives an indication of costs.

Rowing Fees to RRC, School rowers	\$795*	This can be paid in instalments over three months (June-August). (*2022 fee)
Coxswain fee to RRC	\$385	If only joining the season as a coxswain.
Rowing singlet RRC colours	\$35	Ordered through Stitch n' Print.
Rowing Hoodie (optional)	\$62	Ordered through Stitch n' Print.
Rowing Suits (optional)	from \$85	Optional, instead of the rowing singlet.
School singlets (for secondary school level regattas)	Provided by, or organised through, the schools.	

Each regatta also has an entry fee for each race. These fees vary between \$30 - \$100 per regatta, depending on the number of races and sizes of boats. There is a Rowing for Success bank account which looks after the school rowers money. You are welcome to pay a regular AP into this account which is tracked to your rower's name. Upon receiving an invoice from the Rotorua Rowing Club, the money is transferred by RFS into the RRC account to cover your child's costs.

- The biggest cost is the Maadi Cup on even years as it is held in the South Island. There are travel and accommodation costs to save for. This can also be added to the Rowing for Success account. There is an annual fundraiser by the school groups that helps pay regatta entries and costs associated with Maadi. 2024 will be in the South Island.
- Fees are discounted for siblings.

CONTACT DETAILS:

www.rotoruarowing.org.nz

Tom Clark, Mobile: 027 540 2785, e-mail: tom.clark6895@gmail.com

FAQ'S

<p>If my child pulls out halfway through a season, do we get any refund?</p>	<ul style="list-style-type: none">• Club fees are generally paid over June, July and August so if you pulled out during this period then no more fees would be required. After this, the committee would look at it on a case-by-case basis as after the end of September the club incurs costs for rowers. A refund is more likely for medical reasons.
<p>Do we need to do any fundraising?</p>	<ul style="list-style-type: none">• The one major fundraiser for the season is truffle making which is held at the beginning of December over two evenings. All parents and rowers are expected to help with the organising, making and selling of truffles.• During the two Blue Lake regattas parents are asked to help with BBQ and parking. These are fundraisers to raise money for the Rotorua Rowing Club.
<p>Do you row for the School or the Club?</p>	<ul style="list-style-type: none">• Both, depending on the regatta. The beginning of the season is for the Club, wearing the red and green Rotorua Rowing colours. The last three regatta of the season, including Maadi Cup, are in school colours.
<p>What is expected at regattas in terms of parent help? And what do we do at regattas?</p>	<ul style="list-style-type: none">• All rowers are expected to help with the loading of the boat trailer prior to the regatta and parents and rowers are expected to help with the unloading after a regatta.• Parents are asked to help to get the boat trailer and sometimes coach boats to and from the regatta.• Parents are expected to get the rowers to the regatta each day. Coaches will advise if parents are needed to help with any other duties during a regatta.
<p>How do regattas work?</p>	<ul style="list-style-type: none">• Regattas are usually held over a weekend with a few starting on a Friday. Race times vary from regatta to regatta and some races will be as early as 8.00am and as late as 3.30pm. Most regattas you will have 2-3 different races during the first day and, depending on results, you will be in semi-final races on the subsequent days. Generally, the rower needs to be at the regatta two hours before their first race to get the boat ready and warm-up, etc. During the season as each regatta approaches the coaches will communicate what is required and expected. Also, rowit.co.nz is very useful during the regattas.
<p>Do they have training in school holidays?</p>	<ul style="list-style-type: none">• Yes, but not during the 10 days over Christmas and New Year.

TIPS

- Organising car-pooling with other parents is quite handy!