

# Learn to Row Information Pack 2022/2023



Westlake Girls High School



# Who is Westlake Girls looking for to join our programme?

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## THE IDEAL ROWER - is rowing for you?

We are looking for students in Years 9-12 who are highly competitive, willing to work hard and are motivated to achieve their best. While natural attributes such as being tall or having strong legs are certainly advantageous, they do not define a great rower. Rowing is far less about natural physical ability than it is about mental strength!

## THE IDEAL COXSWAIN

Critical to the success of a crew of rowers is a coxswain. This is the person who instructs rowers and steers the boat in training and racing situations.

The ideal coxswain is assertive, confident, a quick learner and weighs 55kg or less (all coxswains need to weigh 55kg - if a student does not naturally weigh 55kg they would carry dead weight in the boat when they race).



New Zealand men's double of Joseph Sullivan and Nathan Cohen winning Gold at the London Olympics - a big win for 'the little guys'!



New Zealand Men's coxswain Caleb Shepherd in action



# Learn to Row vs WGHS Summer Rowing Programme

## What's the difference?

### Learn to row programme overview (June to August)

There is no denying that rowing is a significant commitment for both the student and the support system behind the student. Westlake Girls rowing runs a 8-week Learn to Row programme where students (and parents) can trial the sport and decide whether or not they would be willing to commit to a full summer season of rowing (September to April). This programme is advertised for all Year 9-12 students interested in joining rowing during the first week of June at school assembly.

### WGHS Rowing Open Days 12<sup>th</sup> and 19<sup>th</sup> June:

Westlake Girls is running two open days at North Shore Rowing Club, Lake Pupuke entry) from 8.15-10.30am on Sunday 12<sup>th</sup> and 19<sup>th</sup> June. Prospective students are welcome to attend one or both sessions, which will determine whether you would like to sign up for the 8-week Learn to Row programme.

Open day schedule:

**8.15-8.30:** Arrive

**8.30-8.45:** Welcome/brief overview of rowing for students & parents

**8.45-10.30:** Students to trial sport

**10-10:30:** Parent Q&A

### What to wear and bring:

Wear sports clothes – tights or leggings are best as baggy clothing can get stuck in rowing boats. Be sure to bring running shoes, a hat, drink bottle, a snack and a water proof jacket.

**Cost:** Nil

### Learn to Row programme - 20 sessions from 21<sup>st</sup> June to 29<sup>th</sup> August

Following the second open day, any student who wishes can join the Learn to Row Programme by supplying a permission slip and payment online.

Over the course of eight weeks, students will learn the fundamentals of the rowing stroke - with three sessions a week at Lake Pupuke

**Cost:** \$80 payable online via WGHS website

If you cannot attend either open day or any of the learn to row sessions due to winter sport commitments but are still interested in rowing please contact [kdowden@westlakegirls.school.nz](mailto:kdowden@westlakegirls.school.nz) to discuss options.

### Learn to Row & CYGNET:

Rowing is advertised at school for all students in Years 9-12 who are interested in joining the rowing programme - not just those students who are part of the Year 9 CYGNET group. So if you don't make CYGNET or choose another CYGNET sport you can still try rowing. It is expected that all students who take part in the CYGNET programme become part of the Learn to Row programme.

### Important Learn to Row dates:

Sunday 12 June: WGHS Rowing Open Day 1 (including parent Q&A session)

Sunday 19 June: WGHS Rowing Open Day 2 (including parent Q&A session)

Tuesday 21<sup>st</sup> June : Learn to Row Programme Commences

Sun 28<sup>th</sup> August: Learn to Row Programme concludes

Monday 29<sup>th</sup> August : Novice summer squad selected

Tuesday 30<sup>th</sup> August: Summer season begins

### INVITED TO JOIN THE NOVICE SQUAD - NOTIFIED BY HEAD COACH BY END OF DAY 29TH AUGUST

At the completion of the Learn to Row programme, the Head Rowing Coach will invite students who meet a specific criteria to become part of the summer novice rowing squad. Students who are part of the CYGNET programme do not automatically qualify for the summer squad, they have to meet the selection criteria like everyone else.

Our aim is to have as many athletes join the programme but there are limits on numbers due to constraints around resources.

Ideally we will be looking to select the following mix of students to join the program (although this may vary):

- 12-14 Year 9 athletes to join our programme as rowers.
- 1-2 Year 9 athletes to join our programme as Novice coxswains.
- 2-4 Year 10-12 students to join our program as Novice rowers.
- 1-2 Year 10-12 students to join our programme as novice coxswains.

Selection of rowing athletes will be based on:

- Timed run and how this has improved from week 1 to week 7.
- 1km erg time and how this has improved from week 1 to week 7.
- Technical gains & general "coachability".

Selection of coxswain athletes will be based on:

- Ability to steer and how this has improved from week 1 to week 7
- Understanding of coxswain role and how this has improved from week 1 to week 7.

# What does the rowing season entail at Westlake Girls?

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## WINTER VS SUMMER:

### Winter commitments take priority over rowing for all students in our programme

We want our rowers to be well rounded athletes. Competing in another code in winter is important and encouraged to ensure a mental break from rowing, and to maintain fitness levels over winter. For our returning rowers, winter training begins the week commencing 30 May and is optional until 1 September. For our new intake of novices, the Learn to Row programme begins in June and runs to the end of August. We will endeavour to place these sessions on days/times least likely to clash with winter sport. Members of the Learn to Row programme will be invited to join the summer programme in our Novice (novie) Squad, provided they meet entry requirements.

## TRAINING LOAD

Sessions will steadily increase in frequency as we move into the summer/racing season. You can expect the following number of sessions per week:

- 2-3 Learn to Row sessions (June-Sep)
- 3-4 Sep-Nov
- 6 + Dec onwards

These trainings are at Westlake Girls, Lake Pupuke or another on-water location in Greenhithe. Regular training times will be communicated in advance.

## WHEN DO WE TRAIN?

Prior to Christmas our training schedule will be 3 weekday morning sessions

- 2 weekday morning at Greenhithe (5:35am starts)
- 1 weekday morning at Westlake Girls (6:30am)
- 1 weekday afternoons in Greenhithe (5:15-7:30pm)

After Christmas there will likely be 1-2 additional sessions added to the program including some Saturday & Sunday mornings

We train in the school holidays. The summer school break (Dec- Feb) encompasses some of our most intense training periods. This means you will need to get to and from both Greenhithe and Milford training locations in the morning and (less frequently) the afternoon.

## SUMMER SPORT CLASHES

If you are involved in another summer sport, perhaps tennis, surf life saving or touch, you need to consider whether you would be willing to forgo some sessions in these sports. Rowing will endeavour to accommodate other sporting commitments, but cannot be as lenient as perhaps other sports are. The reality with rowing is that once boats are "selected" it only takes one missing person to impact an entire session. Prior to Christmas there is reasonable flexibility with other sports, but following summer camp (Jan) we will consider a student's ability to attend all sessions as part of the selection criteria.



## What does the rowing season entail at Westlake Girls? cont.

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### **REGATTAS**

WGHS rowing attends nine regattas across the season, six of which are held outside of Auckland (Cambridge and Twizel). The regattas outside of Auckland are generally held over 3-4 days, with the Maadi Cup held over a full week (for the 2022-23 season this will be held at Lake Karapiro in Cambridge).

### **TRAINING CAMPS**

There are compulsory week-long training camps in October (3<sup>rd</sup>-7<sup>th</sup>), December (15-21<sup>st</sup> Dec) and January (8<sup>th</sup>-14<sup>th</sup>) school holidays each year. 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 rowers' experiences first-hand.

### **SUMMER BREAK**

There is a break in formal training over the Christmas/New Year period from 17 Dec - 7 Jan, but rowers are required to continue their fitness, with a programme provided by the coaches over the break, to be ready for the Summer Camp and regattas.

Summer camp commences 8 January 2022 and is compulsory.

### **OTHER BREAKS FROM THE FORMAL PROGRAMME WORTH NOTING:**

July school holidays: Break in formal winter training for school holidays. Training is optional and it is up to rowers to self-manage during NCEA and school exams - education comes first! Labour Day off.

# Why choose rowing at Westlake Girls?

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Rowing is a unique, high-intensity sport, and perhaps the ultimate team sport. This means that the rowers work together and support each other. While it is important that the students 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

## Benefits of choosing rowing as your sport (For both students and parents):

1. Friendships - lifelong friends are forged in the rowing community!
2. Fun, a sense of belonging and community - you always have someone to talk to at school when you are a rower.
3. Students develop self discipline due to early starts and the hard work expected.
4. Time management is learnt to ensure school work is maintained despite a heavy training load.
5. How to work hard.
6. For parents it's a new way to bond with your daughter - rowing will quickly become a common interest.
7. Its not just students who join a community - parents also have the opportunity to enter a new community of friends.

## HISTORY:

Westlake Girls attended its first Maadi Cup in 1983, with the Westlake Girls rowing society established in 1990. Now in 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 Rangī Ruru Girls School which has won the event 14 times). Most recently WGHS lifted the trophy in 2014 (alongside victories in 2002, 1990 and 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 programme in 1981, winning the event in 1989 and 1990. In more recent times Westlake has come close to lifting the trophy, finishing second in the event in 2010 and 2014.

Maadi Cup 2022 marks the first time in over 20 years Westlake Girls Rowing made the A final in all three u18 sweeping events. Most importantly it was the first time in 7 years our u188 has returned to A final of the premier race on the girls program. In an incredible race late Saturday afternoon our crew finished a hugely impressive fourth behind South Island power houses Rangī Ruru & St Margrets.

Our rowers, past and present, have also gone on to represent New Zealand on the international stage. Most recently current year 13 student Sofia Greenhalgh has been selected for the 2022 NZU19 team to compete in Varese, Italy in June 2022. Other recent Westlake international representatives include Leah Stanley (NZU23 2010,2009) team, Amber Fordham (NZU21, 2016, 2015), Holly Gray (NZU21 2019), Sophie Egnot-Johnson (NZ U19 2018, NZU21 2019, NZU23 2022)



# Novice Summer Squad Key Dates:

Please note not all of the dates below have been confirmed but it is reasonable to expect they will follow a similar programme.

It is also worth noting we attend three week-long camps out of Auckland and eight regattas, six of which are held outside of Auckland (Cambridge and Twizel). These last between two and seven days at a time. Please note that inability to attend regattas and summer camps may impact your daughter's ability to make "top crews". Please discuss with the coaching team any pre-booked holidays/commitments that clash with these dates prior to committing to the season.

	What	Dates	Where	Notes
JUNE	2022-2023 Novice recruitment & open days	Open day 1 12th June Open day 2 19th June	Lake Pupuke	Senior rowers (and parents) required to support open days including parent Q&A
	Learn to Row program begins	WC 20 June	Lake Pupuke	Seniors required to provide support for 3 sessions/week : Tuesday, Wednesday & Sunday morning U18 group to run recruitment
SEPTEMBER	2022/2023 Senior training starts (required to attend)	WC 29th August		Senior training program starts - compulsory
	Full squad information evening	7th Sept	WGHS Staff Room	All students and a caregiver required to attend
	Novice Welcome/Uniform try on/Boat Naming	11th Sept	Lake Pupuke	Welcome new squad members, uniform fitting, TBC boat naming ceremony
	Senior entrance exams	TBC 12-23 Sept		Students expected to manage exams and training load
OCTOBER	Spring Camp	2nd-7th October	MiCamp Whakamaru	Full squad attends, travel arranged in private cars and school van. Depart from WGHS Sunday AM 8:30am
	TGS-Wai Regatta	TBC	Lake Pupuke	Students to make own way to lake, self cater for day
NOVEMBER	Bennet Shield	5th Nov	Lake Pupuke	Students to make own way to lake, self cater for day
	Junior exmas	TBC 7-10th Nov		Students expected to manage exams and training load
	NCEA Exams	From 7th November		Students to attend as much training as can while managing exams
	Memorial Regatta	TBC 11-13th Novemeber	Lake Karapiro (Camp Epworth)	Depart 11th from WGHS - All U15/16, TBC senior attendance
DECEMBER	Mercer Regatta	3rd Dec	Mercer	All 17 & 18 plus selected u16
	Christmas Regatta (and Camp)	Depart AKL Thursday 15th Return Weds 21st	Lake Karapiro (Camp Epworth & Finlay Park)	Camp Epworth Thu to Mon - Swap Mon to Weds to Finlay
JANUARY	Summer Camp	8-14th Jan	Camp Epworth	Full squad attends, travel arranged in private cars and school van. Depart from WGHS
	Weekend off	20th-22nd Jan		
	North Island Club Champs	24th Jan-30th Jan	Camp Epworth	Full squad - school/hire vans
FEBRUARY	School year starts			
	Head of Harbour	12th Feb		
MARCH	North Island Secondary Schools	Thursday 9th-Sunday 12th March	Camp Epworth	Full squad - school/hire vans
	Maadi Cup	Friday 24th to Saturday 1st	Camp Epworth	Select squad members only



# Learn to row 2022 schedule

JULY	Week	MON	TUES	WEDS	THU	FRI	SAT	SUN
	6	25	26	27	28	29	30	31
	AM		LEARN TO ROW 10 6:00-8:00AM LAKE PUPUKE	LEARN TO ROW 11 6:30-8:30AM LAKE PUPUKE				LEARN TO ROW 12 8:15-10:30 LAKE PUPUKE
AUGUST	Week	MON	TUES	WEDS	THU	FRI	SAT	SUN
	7	1	2	3	4	5	6	7
	AM		LEARN TO ROW 13 6:00-8:00AM LAKE PUPUKE	LEARN TO ROW 14 6:30-8:30AM LAKE PUPUKE				LEARN TO ROW 15 8:15-10:30 LAKE PUPUKE
AUGUST	Week	MON	TUES	WEDS	THU	FRI	SAT	SUN
	8	8	9	10	11	12	13	14
	AM		LEARN TO ROW 16 6:00-8:00AM LAKE PUPUKE	LEARN TO ROW 17 6:30-8:30AM LAKE PUPUKE				
AUGUST	Week	MON	TUES	WEDS	THU	FRI	SAT	SUN
	44	15	16	17	18	19	20	21
	AM			LEARN TO ROW 18 6:30-8:30AM LAKE PUPUKE				LEARN TO ROW 19 8:15-10:30 LAKE PUPUKE
AUGUST	Week	MON	TUES	WEDS	THU	FRI	SAT	SUN
	44	22	23	24	25	26	27	28
	AM		LEARN TO ROW 20 6:00-8:00AM LAKE PUPUKE	LEARN TO ROW 21 6:30-8:30AM LAKE PUPUKE				LEARN TO ROW 22 8:15-10:30 LAKE PUPUKE
	PM							SENIOR BOAT LOADING 10:30-12:00PM
SEPTEMBER	Week	MON	TUES	WEDS	THU	FRI	SAT	SUN
	BW1	29	30	31	1	2	3	4
	SNR AM		U17/18 WGHS FITNESS CENTRE 6:45-8:00AM		FULL SQUAD FITNESS 6:15AM WGHS FITNESS CENTRE		RAME ROAD (UNLOAD/RIG) 6:00-11:00AM	
	NOVICE AM			LAKE PUPUKE 6:30-8:30AM		LAKE PUPUKE 6:30-8:30AM		
	NOVICE PM		LAKE PUPUKE 3:30-5:15PM					
		SEASON BEGINS						FATHERS DAY

# Getting to the North Shore Rowing Club

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North Shore Rowing Clubs is located at Lake Pupuke, just 1km from WGHS: 1a Northcote Road, Northcote, Takapuna



The rowing club is to the right, you will see plenty of Westlake Girls on arrival!

