

WGHS ROWING

SEASON DATES 2023/2024

PROVISIONAL AS AT 7/08/23

	WHAT	DATES	WHERE	NOTES
AUGUST	Rowing fundraiser - Mother Daughter breakfast	23-Aug	WGHS Event Centre	Seniors and parents required to assist with this event
	Summer programme squad confirmed	WC 28 Aug		
SEPTEMBER/OCTOBER	Summer training commences	WC 4 Sept		Senior training program starts - compulsory
	Full squad information evening	7-Sep	WGHS Staff Room	All students and a caregiver required to attend
	Uniform fitting and ordering	9-Sep	Campbells Bay	To be held at Margaret Boak's house. Times to be confirmed.
	Rowing captain interviews, voting and selection	WC 11 Sept		Outcome announced at Spring Camp
	Senior exams	4-15 Sept		Students expected to manage exams and training load
	School holidays	23 Sept to 8 Oct		
	Spring Camp	Sun 24 Sept - Fri 29 Sept	MiCamp Whakamaru	cars and school van. Depart from WGHS Sunday AM 8:30am
	Optional Holiday Training	Mon 2 Oct - Sat 7 Oct		Regular weekly training schedule will be offered, but attendance not required
	Labour Day	Mon 23 October		No training
	5km or 2km erg	WC 23 Oct	Fitness centre	
	Senior school final day of school	30-Oct		
NOVEMBER	Bennet Shield	Sat 4 Nov	Lake Pupuke	Students to make own way to lake, self cater for day
	Eric Verdonk regatta	Sun 5 Nov	Lake Pupuke	Students to make own way to lake, self cater for day
	Junior exmas	9-14 Nov		Students expected to manage exams and training load
	NCEA Exams	6 Nov to 30 Nov	School	Students to attend as much training as can while managing exams
	5km or 2km erg test	WC 13 Nov		
	Memorial Regatta	Fri 17 Nov to Sun 19 Nov	Lake Karapiro Camp Epworth	Depart 17th 2.15pm from WGHS - Full Squad unless seniors cannot attend due to NCEA clash
DECEMBER	Senior seat racing	WC 4 Dec		Racing for U18 crews for Christmas Regatta
	Junior school final day of school	11-Dec		
	Christmas Regatta (KR1) and camp	Depart AKL Thursday 14 Dec, return Wed 20 Dec	Lake Karapiro Camp Epworth and Finlay Park	Camp Epworth Thu to Mon - Swap Mon to Weds to Finlay
	Christmas break	21 Dec to 8 Jan		Own cross training over Christmas break
JANUARY	Summer Camp	Mon 8 - Sun 14 Jan	Camp Epworth	Full squad attends, travel arranged in private cars and school van. Depart from WGHS
	2k Erg Test	18-Jan	Fitness centre	
	Weekend off	19-21 Jan		
	North Island Club Champs (KR2)	26-29 Jan	Lake Karapiro Camp Epworth	Full squad - school/hire vans
	Seat racing	WC 29 Jan		

	School year starts	30-Jan		
FEBRUARY	Waitangi Day	6-Feb		No training
	2km erg test #4	15-Feb	Fitness centre	
	Head of Harbour	10 Feb TBC	Lake Pupuke	
	Junior Regatta (KR3)	Depart WGHS Fri 23 Feb to Sun 25 Feb	Lake Karapiro Camp Epworth	Full squad - school/hire vans
	Maadi attendees confirmed	By 21 Feb		
	North Island Secondary Schools	Thur 29 Feb to Sun 3 March	Lake Karapiro Camp Epworth	Full squad
MARCH	Maadi attendees evening	TBC	WGHS staff room	All Maadi attendees and a parent/caregiver to attend
	Maadi Cup (NZSS)	Fri 15 March to Sun 24 March	Lake Ruataniwha Ahuriri Motels, Omarama	Selected squad members only