



Westlake Girls Rowing 2024-2025 Season Handbook



Welcome to 2024-2025 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 brings extensive rowing experience and coaching credentials from around the world. This team will work closely with the school and rowing society to ensure the delivery of a rowing program that aims to be consistently one of the best girls' school rowing programmes in New Zealand.

We look forward to meeting all of you at events and 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 and school support team



Westlake Girls is committed to providing a rowing program that:

- Is enjoyable, supportive, collaborative and challenging
- Encourages students to learn and challenge themselves by taking responsibility for their training and development
- Maximises the performance of all students with a priority of achieving all age-group eight-oar crews in A finals at National Championships
- Performs with distinction at the National level, with our priority crews consistently placing in the top 5 in New Zealand
- Provides best-in-class equipment and support to achieve these goals.





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





WGHS coaching style and philosophy

<p>BEST EFFORT, EVERY TIME, NO EXCEPTIONS</p> <p>We get out what we put in. If it's worth doing, it's worth doing to the best of our ability</p>	<p>GREAT ATHLETES SEEK CHALLENGE</p> <p>Challenging situations are opportunities to learn and get better</p>	<p>NOTHING STOPS US FROM FROM ACHIEVING OUR GOALS</p> <p>We excel at the things we can control, so we're not influenced by the things we can't</p>
<p>ROWING SHOULD BE ENJOYABLE</p> <p>But it's important to know when to switch on</p>	<p>WIN OR LOSE, WE CAN ALWAYS GO FASTER NEXT TIME</p> <p>Acknowledge our successes, learn from our mistakes and we'll improve faster than anyone else</p>	<p>FAST CREWS COME FROM A STRONG TEAM</p> <p>If one of our crews is successful, it's because of our entire team working together</p>



Westlake Girls High School

WGHS 2024/2025

Rowing Season Overview





Westlake Girls Rowing History and Affiliation

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 in its 43rd season Westlake Girls rowing has developed a proud history of success in the sport's 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 Rangi Ruru Girls School who have won the event 16 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 and 1990. In more recent times Westlake has come close to lifting the trophy, finishing second in the event in 2010 and 2014.

Since 2003, Westlake has also won eight other national titles in U15, U16 and U17 events – most recently winning bronze in the U16 4+ in 2024.

Our rowers 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) and NZ Junior u19 Crews (Sophie Egnot-Johnson in 2018, Sophia Greenhalgh in 2022)

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, AON Jr, 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. Winter training began in May; this training is optional and 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 this season at Lake Karapiro in March.

Training Load:

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

- 3-4 sessions May-Sept (optional)
- 5-7 sessions Sept-Nov
- 7-8+ sessions 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 September (Spring Camp) and January (Summer Camp). 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 19th Dec - 7th 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 and is compulsory. At Summer Camp parents and siblings are welcome and encouraged to join us, camping at Epworth.



Key Dates

SPRING CAMP	Sun 29 Sept - 4 Oct	Micamp Whakamaru
BENNETT SHIELD	Sat 2 Nov	Lake Pupuke
ERIC VERDONK REGATTA	Sun 3 Nov	Lake Pupuke
CLUB REGATTA	Fri 29 Nov - Sun 1 Dec	Camp Epworth (Lake Karapiro)
CHRISTMAS REGATTA (KR1) + CAMP	Thur 12 Dec - Wed 18 Dec	Camp Epworth (Lake Karapiro)
SUMMER CAMP	Wed 8 - Mon 13 Jan	Camp Epworth (Lake Karapiro) Parents/siblings welcome.
NORTH ISLAND CLUB CHAMPS (KR2)	Fri 24 - Mon 27 Jan	Camp Epworth (Lake Karapiro)
HEAD OF HARBOUR	Sat 8 Feb	Lake Pupuke
JUNIOR REGATTA (KR3)	Fri 21 Feb - Sun 23 Feb	Camp Epworth (Lake Karapiro)
NORTH ISLAND SECONDARY SCHOOLS CHAMPS	Thur 6 Mar - Sun 9 Mar	Camp Epworth (Lake Karapiro)
MAADI CUP (NZ SECONDARY SCHOOLS CHAMPS)	Fri 21 Mar - Sat 29 Mar	Camp Epworth (Lake Karapiro)



Maadi Cup: 24 - 29 March – Lake Karapiro

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 (NISS), this is also the last regatta our entire squad will attend. Only those crews the school and coaching team deem competitive enough will attend Maadi Cup.

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

WHAT IS MAADI CUP ABOUT FOR WESTLAKE GIRLS?





Being a Rowing Parent



The WGHS Rowing Society

All Westlake Girls High School rowers, their parents/caregivers, the head coach, and School Principal, are members of the WGHS Rowing Society Inc.

A committee of Society members is formed at the Annual General Meeting, generally held in June, to coordinate the planning and delivery of the programme in conjunction with the Head Coach.

The primary role of the Society is to deliver and manage the rowing programme at Westlake Girls. This involves the planning, implementation and management of infrastructure and operations. The Society provides the equipment for the programme including the rowing boats and oars, coach boats and trailers as well as support equipment such as catering gear, tents, tables, barbeques etc. The Society organises and provides the transport, food and accommodation for camps and regattas; boat and equipment maintenance; boat transport; safety and first aid; coordination of uniforms; fundraising; financial management; stakeholder relations; and generally does what is required to support the success of the rowing programme.

All members of the Society are able to seek election to the Committee. You do not have to be on the committee to contribute and participate. All parents/caregivers are welcome to attend the monthly committee meetings and participate in any discussion.

The committee welcomes input, support, and assistance from all parents/caregivers. Rowing requires significant parent contribution in a variety of respects and we would appreciate your support and assistance with the programme. Please get in touch if there is anything we can help you with, and anything you can help us with!





2024-2025 Rowing Society Committee

NAME	POSITION	DAUGHTER	EMAIL
Paul Howker	Chairperson	Sophia (u16)	wlgrowing.chairperson@gmail.com
Sujata Giri	Treasurer	Tara (u17)	wlgrowing@gmail.com
Cheryl Francis	Secretary	Allegra (u16)	wlgrowing.secretary@gmail.com
Adele Lusher	Logistics	Neva (u18) Marnie(u15)	wlgrowing.logistics@gmail.com
Lynn Currie	Boat Captain	Neva (u18) Marnie(u15)	wlgrowing.boats@gmail.com
Katrina Chatfield	Catering	Talia (u18)	wlgrowing.catering@gmail.com
Tracey Christiansen	Uniforms	Holly (u17)	wlgrowing.uniforms@gmail.com
Megan Farrington	Fundraising	Pippa (u17) Matilda (u15)	wlgrowing.fundraising@gmail.com
Claire Burgham	Grants and Sponsorship	Sacha (u18)	wlgrowing.grants@gmail.com
Vacant	Health, Safety & Equipment		



How You Can Help as a Parent

The rowing programme has four key areas of commitment from parents to ensure the success of the programme and support our rowers:

Committee

The committee works during the season to deliver the infrastructure, operations, financial support and logistics for the programme. All parents can contribute to the work of the committee, assistance is encouraged and welcomed!

Fundraising/Sponsorship

Planning is underway for three fundraising opportunities this season. We ask that all families participate in our fundraising activities in some way. We are always keen to explore sponsorship opportunities. If you or your business or anyone's business you know is keen to know more about sponsorship, please get in touch.

Camps and Regattas

We need parents who can help in the kitchen organising, preparing and serving food; with the boats, trailers and rowing equipment; with tents and barbecues; driving vans and towing trailers; with first aid skills etc. All help is appreciated, generally no experience is needed, we'll teach you on the job. These events are a great way to meet other parents and get a close up insight into the rowing environment.

Specialist

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

- Boat and equipment maintenance (rowing skiffs, trailers and coach boats)
- Ability to tow large trailers
- Networks to assist with fundraising and sponsorships
- Experience with grant applications
- Any professional/specialist skills that may be useful such as marketing, social media, grant applications, donation sourcing.



Supporting Your Daughter, the Squad, and the Coaching Team

Rowing is a demanding sport, physically and mentally. Your daughter may need your support to help navigate this. Each rower will face different challenges and have different aspirations for the season ahead. Our rowers all need a kind and 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 Ian Bright, the Head Coach.

As well as supporting your daughter, we also request your support to help the programme and the crews be the best they can be. 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 and transparent program. The coaching team has a strong desire to see every athlete in our program succeed. The coaching team's intent is to do what it believes is best for both your daughter and every other daughter in the program.
- Please respect decisions the coaching team makes. You may not always agree with them, however the coaching team have the skills, expertise and experience to make these decisions. Please provide feedback in a constructive way that allows the coaching team and the athletes to maintain an open dialogue.
- By all means have a chat to the assistant coaches but for any questions relating to the programme or your daughter please directly get in touch with the Head Coach (Ian Bright), WGHS Society Chairperson (Paul Howker), or Director of Sport (April Ieremia).
- Our athletes need to learn to take responsibility for themselves in both training and racing situations which will allow them to grow their independence as both athletes and people. Please help to facilitate this by encouraging them to manage themselves independently.

Overview of Training Structure

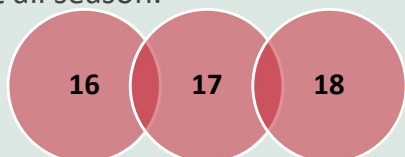




Training – How it Works

ONE PROGRAM – ONE TECHNIQUE

- The Head 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 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, strength, core, stretching will remain all season.
- Sometimes we’re not able to get out on the water and have to stay on land - always bring your shoes!

NOVICE PROGRAM SEPARATE ON WATER UNTIL SUMMER CAMP

- The lead novice coach will lead the daily training of the novice program with technical & strategic support from the Head 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)
- Over 15 novice rowers may join the senior rowing program on invitation by the Head Coach

WINTER SPORT THE PRIORITY

- Winter sessions are “optional”, summer session are not (starting 9th Sept)

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 Jan Camp crews will shift to probable racing boats (possibly Christmas Regatta for U18 crews)
- Coaches will be assigned to a mix of age group events & athletes for the racing season
- Head Coach will work on water with all age groups.



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)

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 Dates: 29 Sept- 4 Oct 2024

Address: 1105 Ongaroto Rd, RD1, Atiamuri 3491

Phone: 07 343 2352

Website: 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

Summer Camp Dates: 8-13 Jan 2025

Address: 116 Finlay Road Cambridge 3494 New Zealand

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

Website: 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



FINLAY PARK

Address: 2/117 Finlay Road (next to Epworth)

Website: finlaypark.co.nz



Training: Coaching Team Expectations of Athletes and Parents

Athletes: operate with **pride and purpose**

- Come to training **on time, 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 etc.

If as a parent you do have serious queries/concerns that your daughter is unable to address, please do not hesitate to contact the Head Coach.

Ideally you would not raise queries/concerns pre or post training as this is generally a very busy and focused time. The preferred method is an email to the Head Coach or school representative (Leisen Jobe), where a meeting can be arranged outside of training hours if required.

Allow your daughter to complete tasks alone at training & refrain from spending time in the boat shed or on the boat ramp

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 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 and we will be asking!



Communication

Head Coach, the first point of contact

- All comms will flow from Head Coach
- All comms from parents and supporters to be directed to Head Coach in the first instance – not assistant coaches or novice lead coach.

Missing training

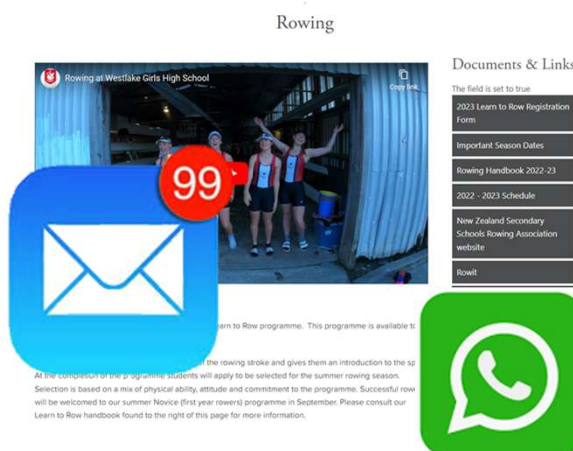
- Indicate on the Google Sheet by **9am** the day before training
- If late notice, contact Ian directly.



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 Head Coach.

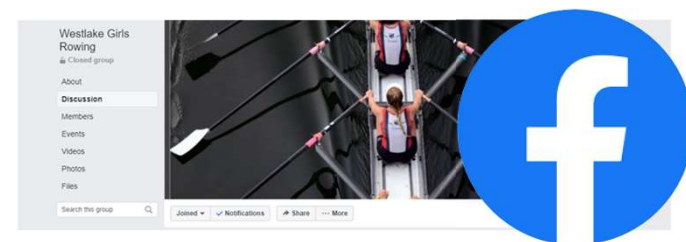
Expect information from the coaching team via Email, WhatsApp and school website



westlakegirls.school.nz/rowing/

- School website contains all information about our program
- 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 via the Westlake Girls Rowing Families Facebook page



The coaching team will not generally use the WGHS Facebook page as a tool to communicate regarding training or regattas but this page is an important part of the Rowing Society's engagement with parents regarding parent help, fundraising, regatta support and news. We also share photos on this page.

Please join:

facebook.com/groups/wlgrowing

We will also have specific WhatsApp groups for parent helpers at regattas or camps to help coordinate timings around food and transport.

A rowing team of nine athletes is captured in mid-stroke on a large body of water. They are wearing red and white uniforms. The water is dark blue with whitecaps. In the background, a line of houses and trees sits on a hill. In the foreground, the backs of several spectators' heads are visible, some holding up phones to take pictures.

Overview of Racing Philosophy



Regatta 101

During the season, WGHS will compete in approximately 9 regattas, with the pinnacle event being the New Zealand Secondary Schools Championships - Maadi Cup Regatta (held at Lake Karapiro 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 the multiple day regattas at Lake Karapiro, WGHS will provide transport, food and accommodation for the girls. Parent volunteers will be needed to help with 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. We normally have umbrellas up for supporters to sit under. 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

<p>Maadi Cup – the pinnacle</p> <ul style="list-style-type: none">• 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 towards the end of February• No athletes will have more than 3 events at Maadi Cup (likely 2)	<p>U18 8 = team 1</p> <p>Our 9 fastest athletes from the u15-18 age groups</p>  <p>LEVIN 75TH JUBILEE CUP - GU188+</p>	<p>Pre-Christmas Racing</p> <ul style="list-style-type: none">• Mixed crews across age groups where applicable• Likely athletes will race up grades• Results are important, but priority will be learning the racing process• Developing a common understanding across the squad about how we race	<p>Post-Christmas Racing</p> <ul style="list-style-type: none">• Probable Maadi crews boated from NICC onwards• About refining racing routine for Maadi in crews that you will race in
<p>"Rowing up/down"</p> <p>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.</p> 	<p>Older novices</p> <p>Eligible to compete for seats in age group events if fast enough – summer camp assessment</p> 	<p>We are a big boat program</p> <p>While a school the size of WGHS should be a competitive 8 oar program, we will target the largest crews possible that have potential to achieve medals and A finals (in that order) at Maadi</p>	<p>Sweeping vs Sculling</p> <ul style="list-style-type: none">• Race/train in both sweep & scull 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 and purpose

- Come to the boat park **prepared** and 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 before you warm up

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 and 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 and structure with the athletes.

Pastoral Care





Pastoral Care is Priority One

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

Illness and injury

Please do not attend a session if you are ill - if you are at training, you are healthy enough to do the work. Training while ill will slow your recovery and decrease the quality of your training.

If you are injured please let a coach know ASAP and arrange to have the injury assessment by a professional.



Nutrition

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

We aim to provide an expert-led nutrition session early in the season.

Sleep

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



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 and starting a new school year. If you ever feel as though the impact of this is becoming too great to manage please contact the Head Coach so we can look to help you manage it.

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

Sensible social media usage

Social media is an ever-present factor in the lives of today's teenager, if your daughter is struggling with social media and rowing-based issues, please get in touch with the coaching team.

Finances and Payment





Finances and Payment

The Rowing Society manages both the infrastructure assets and the operational costs of the rowing programme.

Rowing is a capital intensive sport involving considerable operational cost. The fees for the programme reflect these components of the sport and take into account fundraising and grants we are able to achieve over the season.

Equipment

Westlake Girls Rowing prides itself on providing the girls in its programme with high-level equipment that provides a platform for achievement of the performance goals of the programme. The approximate replacement value of the equipment used in our programme is \$400,000. We are committed to continual maintenance and investment in equipment for our current rowers and future generations of rowers at Westlake Girls.

To give you an idea of the capital investment involved, a new eight skiff costs approximately \$45,000, a set of blades \$7,000, an erg \$2,000 and a cox box \$1,500. And those are the basics - there is a raft of associated equipment required for the programme including coach and safety boats, trailers, megaphones, stroke coaches and shoes.

As you would expect with equipment of this nature, maintenance and repairs are constantly required to ensure the continued performance and longevity of our fleet.





Finances and Payment

Operational Costs

The operational cost of the programme is approximately \$300, 000 each year (excluding capital expenditure). This includes storage and operational costs of training facilities, transport and running costs, repairs and maintenance of equipment, accommodation and food costs, club affiliations, entry and race fees for regattas.

This season the squad will attend approximately 30 nights at regattas and camps (excluding Maadi Cup). In comparison to other sports, this is a significant amount of time away training and competing. The resources required for this undertaking are reflected in the operational costs of the programme.

The Committee of the Society takes its obligations to manage costs seriously. We too are full fee-paying parents. We will endeavour to manage costs in a way that ensures that the programme is run efficiently and effectively.

Other Considerations

Over the course of last season and through this off-season, we have seen an increase in a number of cost areas of the programme. This includes increases in fuel and food costs, club and regatta costs, accommodation and transport.

We want to ensure that we can continue to maintain our track record of continual improvement of equipment and ensuring all operational costs are covered, taking into account rising costs of suppliers to our programme.

Our fees continue to be one of the lowest in Auckland. We understand that most schools are increasing their rowing fees this season to reflect the impact of rising operational costs.

This season our fees will increase by just under 5% to reflect the increased cost of operating the programme.



Fees for 2024/2025 Rowing Season

The fees for the 2024/2025 rowing season are as follows:

- \$4,000 for rowers
- \$3,500 for coxswains

The fees include the following:

- Camp costs - food accommodation, transport, activities
- Regatta costs - food accommodation transport, entry fees
- All training winter and summer including costs of transport back to school after training.
- Maintenance and repairs - skiffs, oars, coach boats, cox boxes, trailers and all associated equipment.
- Affiliation fees and training facility costs

The fees exclude the following:

- Uniform - this is generally around \$500 for the basic compulsory kit including two row suits, visor, a white thermal, a regatta t-shirt, a travel t-shirt. Optional and recommended extras include a raincoat (\$175), a black visor (\$15) and track pants (\$75).
- Significant new plant purchases - skiffs, oars, coact boat, trailers etc. which are funded via fundraising, grants, sponsorship.
- NZ Secondary Schools Champs (Maadi). For girls that are selected to compete in this event, an additional fee applies. The venue for Maadi alternates between Karapiro in the North Island and Lake Ruataniwha in the South Island. The fees for athletes range from \$1,200 up to \$2,800 for this event depending on where it is held. In 2025, Maadi will be held at Lake Karapiro in Cambridge. The 2025 Maadi fees could be up to \$2,500 per athlete, depending on costs. Maadi uniform items will be an additional cost.



Payment Options and Payment Terms

Payment Options

The fees can be paid using one of the following options:

Option 1: Payment in full by 22 September 2024

Option 2: Payment as follows:

\$1,200 by 22 September 2024

\$800 by 20 October 2024 for rowers, \$600 for coxswains

\$800 by 20 November 2024, \$600 for coxswains

\$800 by 20 December 2024, \$600 for coxswains

\$400 by 20 January 2025, \$500 for coxswains.

Payment Terms

You will receive a Xero invoice for the payment option you have selected approximately a week before it is due. Please ensure that payments are made by the due date for payment. We reiterate that these payments cover the operational costs of your daughter participating in the programme, without which the programme cannot run. If extraordinary circumstances mean that your payment may be delayed, please contact the Treasurer (wlgrowing@gmail.com) in advance and make specific arrangements for delayed payment.

Many of the operational costs of the programme are paid in advance and are based on specific numbers of rowers participating in the programme. Because of this, fees paid are non-refundable although the Committee will consider requests for partial refunds on a case-by-case basis taking into account specific circumstances.



Fundraising

Fundraising for each season allows us to purchase new gear and equipment and is an important part of our capex programme. Last season, our fundraising efforts meant we could purchase a new pair/double skiff, a new set of oars and a new gear trailer. This season we are hoping to raise funds for a new four as well as a new set of oars.

This season we have committed to and are in the process of planning four main fundraising activities:

- Catering and managing the Father/Daughter breakfast on behalf of the school. This takes place on 25th September this year and while it has been worked towards for some months, any help will be greatly received. All squad members are required to attend and help as waitress staff.
- 1-2 'Money Cake' raffles. For each raffle, every rower/coxswain will have 30 raffle tickets to sell at \$5 each. Each raffle will be for \$500 cash (fashioned into a money cake). We expect to net about \$6000 from each raffle. More details will follow as the season gets underway.
- Wine sale fundraiser which will run in November/early December. This has been a huge success for us in the past and we hope to repeat that success this year. This involves parents selling wine to their families, friends and other contacts.
- Event Centre set up and pack down. We have been given the opportunity to be paid to set up and pack down the Event Centre at school in preparation for events held there. This generally involves 6-10 of our girls, which we'll rotate through the squad and takes less than an hour each time on specified dates.

Fundraising opt out

We understand that for some of our families, fundraising activities are not possible. If you are unable to assist with fundraising, then there is an option to opt out and pay a contribution of \$500 towards fundraising instead. Please note that this opt out is for parents, we still do require all of our squad members to participate in the fundraising opportunities that involve the girls such as the Father/Daughter breakfast and the Event Centre set up. If you want to opt out, please do so on the season sign up form which you'll receive shortly.

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, visor (and sunglasses if desired)	
WGHS or North Shore row suit (dependent on regatta)	
WGHS rowing visor	
Sunscreen	
Spanner – 10mm and/or small crescent/shifting	
Thermal top (for early morning sessions if required)	
Travel gear (to be worn to and from regattas/camps – black travel t-shirt and shorts)	
Casual, comfortable, clothing to last for duration of camp/regatta	
Swimming togs	





Packing List

Please ensure all items are named	✓
Warm jersey, jacket, hoody (only WGHS uniform items at regattas)	
Running shoes and slides/Crocs	
Sleeping bag or duvet, pillow and fitted single sheet to cover the mattress	
2 x towels	
Personal toiletries and blister management kit	
Any personal medications required including antihistamines, tape, sanitary products	
Elastoplast (for taping of hands) and D3 (or like) tape	
Insect repellent	
Plastic bag for washing/wet clothes	
Money card for food stops on way to and from regattas and camps.	

Rowing FAQ



Types of Boat	<p>There are two types of boats (shells/skiffs):</p> <p>Sweep in which each rower handles one long oar, sweep boats can have two, four or eight rowers;</p> <p>OR</p> <p>Sculling in which each rower uses two smaller oars or sculls. Sculling boats can have one, two or four rowers.</p>	<p>OR</p> <div> <div>  <p>SWEEPING</p> </div> <div>  <p>SCULLING</p> </div> </div>	
	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



Rowing Equipment



Gate or oar lock: Connect the oar to the boat, is attached to the rigger



The slide – each rower sits on a sliding seat and place their feet into the foot stretcher

Foot stretcher - Just like on a racing bicycle, these shoes help keep the rower's feet in place.



In coxed boats a coxswain will use a cox box to allow crew to hear instruction
– speakers are placed through the boat

Rowing Terms

Stroke seat: person at back of the boat who sets the pace/rhythm for the boat

Coxswain: Steers the boat and calls race tactics. Can be at the front (bow) or back (stern) of the boat.

Stroke side: Rowers with oars on same side as stroke (left-hand side and rowers right)

Bow side: Rowers with their oars on the opposite side from the Stroke. Typically on the right side (Rowers left).

Stern four/pair: Rowers at stern of back of the boat, closest to the stroke seat. Seat numbers 5-8 in an eight

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



Equipment Used in an Average Training Session



COX BOX: \$1,500

For coxswain to communicate with rowers via speakers in boat

SPEED COACH: \$700

For crews to understand their boat speed (rating – strokes per minute)



MEGAPHONE : \$500

For coaches to communicate with crews with during training



Coach boat: \$4,000

For coaches to follow crews in

BOAT:
\$8,000 (1x) through to \$40,000 (8+)

OARS :
\$5,000 for a 8 set





Useful Links

Westlake Girls Rowing - westlakegirls.school.nz/rowing/

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

Westlake Girls Rowing Families Facebook page -

facebook.com/groups/wlgrowing

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

New Zealand Secondary Schools Rowing Association -

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 - 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 - 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

