



# Westlake Girls Rowing 2025-2026 Season Handbook



# Contents

Welcome to the WGHS rowing season	<a href="#"><u>3</u></a>
Registration process	<a href="#"><u>4</u></a>
Our History and affiliation	<a href="#"><u>5</u></a>
Rowing program commitment, mission and goals	<a href="#"><u>6</u></a>
How will we get there	<a href="#"><u>9</u></a>
Coaching style and philosophy	<a href="#"><u>11</u></a>
Coaching team	<a href="#"><u>12</u></a>
Rowing season overview	<a href="#"><u>15</u></a>
Key dates	<a href="#"><u>17</u></a>
Maadi Cup	<a href="#"><u>18</u></a>
Communication channels and inquiries	<a href="#"><u>19</u></a>
Being a rowing parent	<a href="#"><u>21</u></a>
Training structure overview	<a href="#"><u>27</u></a>
Racing philosophy overview	<a href="#"><u>36</u></a>
Pastoral care	<a href="#"><u>42</u></a>
Finances and payments	<a href="#"><u>44</u></a>
Fundraising	<a href="#"><u>49</u></a>
Packing list	<a href="#"><u>50</u></a>
Rowing FAQs	<a href="#"><u>53</u></a>





# Welcome to 2025-2026 Westlake Girls Rowing season!

To all new parents and students, welcome to the Westlake Girls Rowing family! To those returning for another season, welcome back – we hope you are excited for the season ahead.

Rowing is unique. It is often described as the ultimate team sport, where success requires every single person involved - whether in the crew or on the land - to pull together with absolute precision and fulfil their role to the best of their ability. Rowers, coxswains, parents, and coaches alike all contribute, as one, to the success of each and every crew that goes out on the water with the Westlake swan on their backs.

As a team, our standards are high. We expect commitment, hard work, sacrifice, and a willingness to grow—from everyone involved. While results on the water are a visible measure of success, our true focus is deeper: creating an environment that empowers your daughters to be ambitious, take risks, embrace setbacks as learning opportunities, and build physical, mental, and emotional resilience. Along the way, they'll also gain lifelong friendships and unforgettable memories.

Our coaching team offers a wealth of experience and knowledge at domestic and international level, and are excited to be coming together to shape the next era of rowing at Westlake Girls. They are committed to building the programme over the coming years and are ambitious about our prospects this season and beyond.

We look forward to meeting you all over the coming weeks and working together to make this season a successful and rewarding one for everyone

**Westlake Girls Rowing Coaching and Support Teams**



## New Registration Process

- Starting this season, Rowing New Zealand is introducing Rowing Connect, a new digital membership system for individual membership registration
- Whether you're a rower, coach, volunteer, supporter, or parent, everyone involved with a rowing school will need to register through Rowing Connect as well as register with Westlake Girls High School Rowing Society
- The process is free and relatively seamless. By registering our daughters, their details will feed through to RowIT, allowing Jordan and the coaching team to enter them into regattas. As all squad members are under the age of 18, a Parent/Caregiver will also need to register
- Please register [here](#) or using the QR code.
- Need help registering? Check out this step by step [guide](#)



**Register now – It only takes a few minutes!**





## 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.

Our rowers have also gone on to represent New Zealand on the international stage. In recent history, former Westlake students have represented NZ in Elite crews (Sophie Egnot-Johnson 2025), U23 crews (Leah Stanley 2009 & 2010), NZ U21 crews (Amber Fordham in 2015, Holly Gray 2019) and NZ 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, Junior Regatta, 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).





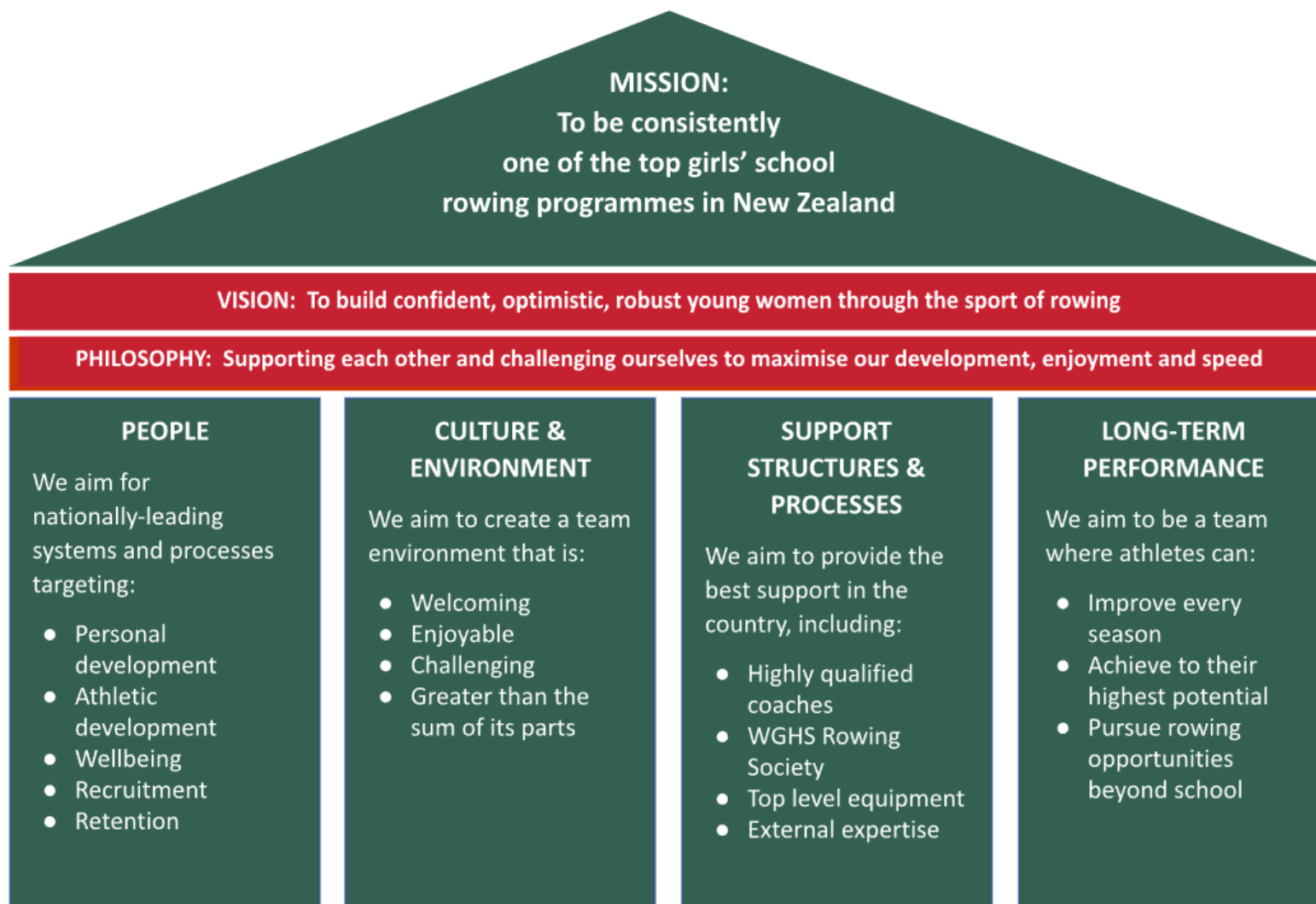
## Westlake Girls is committed to providing a rowing program that:

- 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?







## Programme Goals

### 5 Year Goals

- *Be the best girls' school rowing programme in New Zealand*
  - *Win the Levin Jubilee Cup and Dawn Cup*
  - *Medal in all age group eights and fours*

### 3 Year Goals

- *Win Maadi medals across several age groups including some in eights and fours*
  - *Make Maadi A finals in all age group eights and fours*

### 1-2 Year Goals

- *Make Maadi A finals across multiple age groups.*
  - *Win two Maadi medals*





## How we will get there

### **Train Hard**

*Be the toughest and fittest team*

- 100% attendance
- 100% effort
- Challenging yourselves and each other to be better every day.
- Build a high performance training environment

### **Train Smart**

*Take care of the details*

- 8 hours sleep minimum each night
- Fuel your body by eating lots of healthy, nutritious food.
- Hydration
- Proactive injury prevention.
- Prioritise recovery

### **Technical Excellence**

*Be the crews others watch*

- Technique is always our priority.
- Every stroke focused on making the boat go faster.
- Technical change is uncomfortable— if you're comfortable you aren't improving

### **Culture**

*Be the best teammates*

- One team, one dream - Everyone contributes to the success of the team.
- Sisterhood - Respect and support your teammates. Nothing tears us apart.
- We not me

### **Citizenship**

*Be good people*

- Be polite and kind to your teammates, coaches, parents and teachers.
- Build a positive reputation for rowing in the school and the community.
- Ambassadors of Westlake Rowing



## Who we need on board

### Athletic

WGHS Coaching  
team

WGHS Athletes



### Support

WGHS Rowing  
society

WGHS school  
support staff

WGHS parents & supporters





## WGHS coaching style and philosophy

<p><b>BEST EFFORT, EVERY TIME, NO EXCEPTIONS</b></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><b>BE AMBITIOUS AND EMBRACE FAILURE AS A PATH TO SUCCESS</b></p> <p>We set our sights high and use the learnings from any setbacks to build resilience and make improvements</p>	<p><b>NOTHING STOPS US FROM FROM ACHIEVING OUR GOALS</b></p> <p>We focus on excelling at the things we can control</p>
<p><b>ROWING SHOULD BE ENJOYABLE</b></p> <p>We work incredibly hard - but we have fun doing it.</p>	<p><b>WIN OR LOSE, WE CAN ALWAYS GO FASTER NEXT TIME</b></p> <p>We celebrate success, but no matter how well we have done we are always learning and improving</p>	<p><b>FAST CREWS COME FROM A STRONG TEAM</b></p> <p>If one of our crews is successful, it's because of our entire team working together. Our sum is greater than our parts</p>



## 2025 - 2026 Coaching Team



**Jordan Stanley**

Jordan joins the Westlake Girls rowing programme as Head Coach this year and is also returning to teach at the school after a stint in business advisory. Starting rowing at Westlake Boys, Jordan's placed 2<sup>nd</sup> in the Maadi Cup before going on to represent New Zealand at Junior and University level, and winning national medals and titles with North Shore Rowing Club. He has been the Head Coach at Westlake Boys, coached the University of Cambridge to victory over Oxford in the Boat Race, and most recently won the Maadi Cup, Springbok Shield and Boys U18 Pair with Westlake Boys. Additionally, he is a NZ U19 Selector and Auckland Rowing Association Board Member. Jordan is excited to join Westlake Girls this season and work alongside a hugely talented coaching team to help build the Westlake Girls programme to new heights!



**Ella Campbell**

Ella's rowing and coaching journey began at Westlake Girls, and she is very excited to be back as an assistant coach this season. As an athlete, she won multiple national medals for North Shore Rowing Club and went on to represent New Zealand at University level. She has previously coached Westlake Girls crews to win national titles in the U15 4+, 4x+, and U17 4x+. For the past two years she has been leading the North Shore women's squad and has also coached New Zealand crews, working with the North Island, U21, and U22 teams. She is looking forward to another successful season with the swans!





## 2025 - 2026 Coaching Team



**Molly Judson**

Molly has recently moved to Auckland from Christchurch to study physiotherapy after completing a Bachelor of Sport Coaching at UC. Molly rowed for two seasons at school and a further four years at Avon Rowing Club. For the past four years she has been coaching at Cashmere High School, predominantly in girls sculling, supporting the programme to national titles in the U15 8x+, U16 4x+, U17 4x+ and U18 4x+. She has also been involved with the Light Blues programme this winter and will be coaching the Girls 4x+ as they prepare to race in Australia. She is super excited to be joining WGHS rowing this season!

### **Michelle Chandler**

Michelle started coxing in the inaugural Rangitoto College squad coached by the wonderful Jane Stanley, with success in school crews and rowing for North Shore Rowing Club, winning national titles and medals across grades all the way up to Premier. Michelle represented NZ for 5 years from Junior to Elite level, including placing 4th and 7th at the 1990 and 1991 World Champs in the women's eight.

Prior to returning to the world of rowing as a coach at Westlake Girls, Michelle raised 3 kids and held a corporate management role, ran her own swim school for 4 years, and coached netball for primary, college and local representative teams. She is now studying occupational therapy at AUT, teaching puberty to primary school children, helping out a small local college Wentworth with their rowing program and looking forward to an awesome season with Westlake Girls.



## 2025-26 Coaching Team



**Amber Williams**

Amber began rowing as a coxswain in high school, gaining selection into the South Island team as an U16 and U17, becoming the captain in her second year. In 2020 she went to Otago University on a Performance Scholarship and was selected for the team to travel to China. Since then, she has won the Women's Championship 8+ at University Champs in and gold with the Avon Men's Senior 8+ and Men's Premier 8+ at Nationals earning a red coat and the Alan Boykett Memorial Trophy. From 2022–2024 she coached at Rangī Ruru Girls' School, working with novices and U16s before heading overseas on her OE. She has now moved to Auckland to study a Masters in Physiotherapy and is excited to join the Westlake coaching team and work with the girls this season!



**Sophie Bowden**

Sophie has recently moved to Auckland from Christchurch to study a Masters in Physiotherapy. She started rowing at Christchurch Girls' High School in 2015, and was selected for the South Island team in 2017. In 2020, She returned to CGHS as a coach before heading off to university overseas. Sophie spent four years rowing at Indiana University in the United States, where she captained the team, competed at three national championships, and helped secure back-to-back second-place finishes at our conference championships. Sophie is really excited for the upcoming season, and can't wait to coach all the girls and see them go fast!





# Rowing Season Overview



## The Rowing Season

### Summer season:

The summer rowing season runs from September to March. From September all sessions are compulsory - attendance will be noted and contribute toward final selection decisions made by the coaching team.

The first half of the season involves a lot of training and some racing, and is focused on athletic and skill development. After Christmas, the intensity of training and racing increases in preparation for the North Island Secondary Schools Championships (NISS) and, for selected girls, the New Zealand Secondary Schools Championships (Maadi Cup Regatta). This Season, Maadi is being held in Twizel.

### Training Load:

Training is carefully formulated based on a periodised, polarised training model. Training is programmed in four week blocks, which increase in volume and intensity. Early season training is primarily focused on technical development and aerobic base, while later season training shifts toward higher intensity intervals as we approach key regattas.

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 15th Dec - 5th 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 7th of January and is compulsory. At Summer Camp parents and siblings are welcome and encouraged to join us, camping Epworth.





## Key Dates

SPRING CAMP	Sun 21 - Wed 24 Sept	Micamp Whakamaru
PARENTS WELCOME EVENING	Sun 12 Oct, 4pm	Fantail and Turtle
ERIC VERDONK REGATTA	Sat 18 Oct	Lake Pupuke
BENNETT SHIELD	Sun 19 Oct	Lake Pupuke
CLUB REGATTA	Fri 28 – Sun 30 Nov	Camp Epworth (Lake Karapiro)
CHRISTMAS REGATTA (KR1) + CAMP	Thurs 11 – Sun 14 Dec	Camp Epworth (Lake Karapiro)
SUMMER CAMP	Wed 7 - Mon 12 Jan	Camp Epworth (Lake Karapiro) <b>Parents/siblings welcome.</b>
HEAD OF HARBOUR	Sat 8 Feb	Lake Pupuke
JUNIOR REGATTA (KR3)	Fri 13 Feb - Sun 15 Feb	Camp Epworth (Lake Karapiro)
NORTH ISLAND SECONDARY SCHOOLS CHAMPS	Thurs 5 Mar - Sun 8 Mar	Camp Epworth (Lake Karapiro)
FINISHING CAMP	Fri 13 Mar - Sun 15 Mar	Camp Epworth (Lake Karapiro)
MAADI CUP (NZ SECONDARY SCHOOLS CHAMPS)	Fri 20 Mar - Sun 29 Mar	Lake Ruataniwha, Twizel



## Maadi Cup: 23 - 28 March – Lake Ruataniwha

**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 (G18 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?





## Communication Channels

### PRIMARY



#### WhatsApp

- Used for coach to squad comms to share training times and schedules



#### Email

- For rowing committee to parent community/athletes comms.
- Used for all general communication relating to meeting, events, regattas, fundraising, parent help for camps & regattas

#### WGHS Website rowing page

- Contains all information about our Rowing program including key dates and handy resources [westlakegirls.school.nz/rowing/](http://westlakegirls.school.nz/rowing/)

### SECONDARY



#### WhatsApp

- Parent to parent groups are used to coordinate regatta/camp help logistics
- Age group chats used to share and ask for info which are set up by a parents representative.

#### Social media

- We use Facebook and Instagram as a means to share informal updates and pics/videos



Join Westlake Girls Rowing Families Facebook Group [facebook.com/groups/wlgrowing](https://facebook.com/groups/wlgrowing)



Follow @westlakegirlsrowing



## Inquiries

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### **Athlete queries**

- 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.

### **Missing training**

- Indicate on the Google Sheet by **3:15pm** the day before training
- If late notice, contact Jordan directly.

### **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.

### **Club administration**

All other inquiries relating to the administration of the program should be directed to the appropriate Committee member or to the Committee Chairperson at

[wlgrowing.chairperson@gmail.com](mailto:wlgrowing.chairperson@gmail.com)



# 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!





## 2025-2026 Rowing Society Committee

NAME	POSITION	DAUGHTER	EMAIL
Paul Howker	Chairperson	Sophia (u17)	wlgrowing.chairperson@gmail.com
Sujata Giri	Treasurer	Tara (u18)	wlgrowing@gmail.com
Graham Wilkins	Secretary	Zoe (u16)	wlgrowing.secretary@gmail.com
Adele Lusher	Logistics	Marnie (u16)	wlgrowing.logistics@gmail.com
Lynn Currie	Boat Captain	Marnie (u16)	wlgrowing.boats@gmail.com
Piria Brown	Catering	Mikayla (u16)	wlgrowing.catering@gmail.com
Tracey Christiansen	Uniforms	Holly (u18)	wlgrowing.uniforms@gmail.com
Megan Farrington	Fundraising	Matilda (u16)	wlgrowing.fundraising@gmail.com
Yolande Rothschild	Grants and Sponsorship	Sienna (u16)	wlgrowing.grants@gmail.com
Bart Hoggard	Health, Safety & Equipment	Lucia (u16)	wlgrowing.healthandsafety@gmail.com
Bernece Maude	Communications	Sophia (u18)	wlgrowing.comms@gamil.com





## 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 five 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. **To attend, all parent helpers are required to complete Police vetting forms which will be provided.**

### 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.





## Catering and Nutrition

### Nutrition & Meals

Nutrition is key to our girls staying healthy, strong and competitive. All meals are catered for at Regattas and Camps, with costs covered by your seasons fees. We provide 4 meals per day, as well as snacks and recovery food.

We cater for all dietary requirements, but not dietary preferences.

#### Meals Served:

##### First Breakfast

- At camp, girls serve themselves
- Toast, cereal, fruit and yoghurt

##### Second Breakfast

- Served at camp during camps and lakeside during regattas
- Examples: Ham and Cheese Croissants, Bacon and Egg Muffins

##### Lunch

- Served at camp during camps and lakeside during regattas
- Examples: Burgers, Mac n' Cheese, Teriyaki Chicken

##### Dinner + Dessert

- Served at camp
- Examples: Poke Bowls, Spaghetti and Meatballs & Brownie and Icecream, Sticky Date Pudding, Ambrosia



### Parent Help

#### Kitchen Help

We need at least 4 parent helpers in the kitchen for every Camp and Regatta. This is crucial to be able to deliver the girls the meals they need.

- There will be a kitchen lead assigned to help direct and support you - i.e. no experience needed
- You won't miss your daughters races if you sign up to help. This is what we are all there for!
- You won't be working all day. We do have an early start each morning given how early the girls start, but there will be plenty of time for breaks and your own time during the day
- It's a great opportunity to see where the girls stay and to get to know other parents and the wider crew

#### Baking

- There will be a request for baking for every camp and regatta
- This is used for both afternoon tea and recovery food
- We welcome anything that is easy to portion out i.e. banana bread, brownie, slices and biscuits are all fine
- Banana bread is particularly good for recovery food
- No nuts please!



## 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 Jordan Stanley, 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:

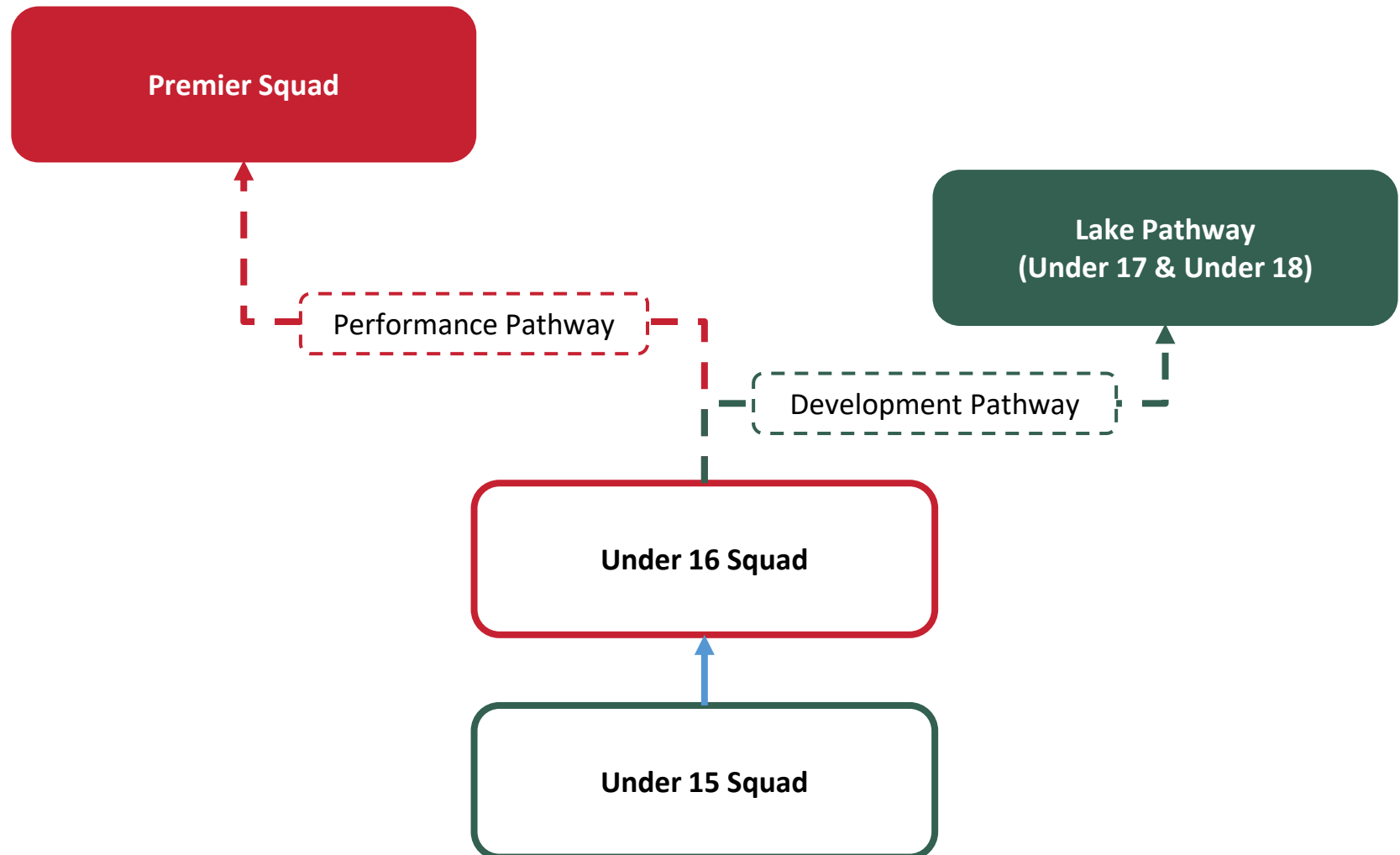
- Trust the coaching team to deliver a fair and transparent program. The coaching team has a strong desire to see every athlete in our program succeed. The coaching team's intent is to do what it believes is best for both your daughter and every other daughter in the program.
- Please respect decisions 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 (Jordan Stanley), Head of Sport (Leisen Jobe), 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





## Westlake Girls Rowing Pathways





## Performance and Development Pathways

### Premier Squad

- Athletes capable of making A finals at NISS and Maadi.
- Performance-focussed training programme with significant intensity and volume.
- 8-10 sessions per week:
  - 4-5 x Rowing
  - 2-3 x Ergs
  - 1-2 x Fitness
  - 2 x S&C
- Attend all camps and regattas throughout the season (Maadi selection TBC).

### Lake Pathway

- Athletes who have not met performance standards, but are keen to continue rowing.
- For U17s - athletes who are determined to make the Premier Squad the following season.
- 4-5 sessions per week with a dedicated coach, and additional programming for independent sessions
- Attend Spring Camp, Bennett Shield Regatta, Eric Verdonk Memorial Regatta, Club Regatta, Xmas Regatta and Head of Harbour Regatta.
- Train alongside Westlake Boys Lake Pathway.
- Coastal rowing opportunities.





## Training – How it Works

### ONE PROGRAM – ONE TECHNIQUE

- The Head Coach leads the training program & technical philosophy of the club for all age groups.
- U17/U18s will form one squad, with U16s and U15s their own squads.
- Some rowers will train and race across squads if deemed appropriate - e.g. some U16s may train and race in U17/U18 boats.
- Coxswains will train and race across age groups throughout the season.

### COACHING STRUCTURE

- From Spring Camp, There will be dedicated squad coaches for each age group, though there may be occasional need for coaches to work across age groups.
- The Head Coach will lead one of the squads, but will also float across age groups to ensure consistency and oversight.

### TRAINING MIX

- Water work will be a mix of technical drills, longer endurance pieces, and shorter higher intensity intervals. A mix of land-based training – erging, running, strength, core, stretching, etc. – will remain all season.
- Sometimes we're not able to get out on the water and have to stay on land – ***bring your running shoes to ALL training sessions.***

### 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

### CREWS

- Training and Racing crews will vary considerably in the first half of the season, to allow for different developmental speeds.
- Final crew decisions will be made following North Island Secondary School Championships, however, we expect very few changes to crews at this stage.
- Changes to crews may occur right up to Maadi Cup and even during the regatta if required – injuries and illness can crop up at anytime, and last-minute changes are sometimes necessary

### CREW SELECTION

- Crews will be selected in line with the Westlake Girls High School Selection Policy detailed in this handbook.



## 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/from venue:**

- **Morning:** Parent drop-off. WGHS rowing society then arranges a bus to take students from Rame Rd after training at 8am to school.
- **Afternoon:** Girls will need to catch a regular after school bus to Greenhithe and walk quickly down to the shed. Parent collection after training.
- **Weekend:** Parent drop off and 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:** 21 Sept- 24 Oct 2024

**Address:** 1105 Ongaroto Rd, RD1, Atiamuri 3491

**Phone:** 07 343 2352

**Website:** [micamp.co.nz/whakamaru.html](http://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:** 7-12 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](http://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 and purpose

- **Communicate clearly and proactively** with your coaches about attendance, illness/injury, or lack of understanding.
- 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**
- Be **proactive and purposeful** in all that you do. Every minute wasted is a missed opportunity and an advantage to our competition– **make every minute count**

### Parents: please help us to create independent athletes

Encourage direct coach – student communication about missing training, 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!*



## Illness and Injury

Illness is a normal part of life, and injury - within reason - is a normal part of any high volume/intensity sport. We understand that these things happen sometimes and will work with the girls to manage any issues accordingly. We do, however, require athletes to take responsibility for their health and wellbeing, and are guided by them. We expect the following:

### Illness:

- Above the chest illness (e.g. head cold, sore throat, etc.) are inconvenient but can be trained through.
- If too unwell to attend training, **stay away from training for a minimum of 48 hours** to avoid spreading illness and allow recovery. Exceptions may apply in certain circumstances (e.g. 24 hour bugs).
- Illnesses that require time off training must be communicated to the coaching team as soon as possible.
- **See a healthcare professional if illness is not improving after 3 days.**
- Communicate illness to coaches as soon as possible.

### Injury:

- Athletes who suffer injuries that prevent full participation in training sessions or require time off training **must see a healthcare professional within 5 working days.**
- Please request that the healthcare professional email the Head Coach the diagnosis and next steps for rehabilitation.
- Return to training protocols will be case-by-case and developed in collaboration with the healthcare professional.
- **If you are unable to complete erg training, you are unable to row on-water**
- Communicate injuries to coaches as soon as possible.

***If an athlete is unable to fully participate in training sessions, they should not be attending training. The only exceptions to this are athletes with managed return to training protocols or alternatives pre-arranged with the coaching team.***



## Testing

Testing is an important part of the rowing season both from an assessment perspective, and as a training tool to teach athletes how to race and manage pressure situations. Testing can create anxiety, however, the coaching team is focused on building athlete confidence through their training and shifting the mindset toward acceptance and understanding of testing as an opportunity to put into practice the work they have been doing in training.

### There are the following expectations around testing:

- There is ***no stopping in testing***. If you start a test, you finish it to the best of your ability.
- If you are unable to test on a given day due to illness/injury, you ***must complete the test within two weeks of returning to normal training***. The only exceptions to this are athletes who require a longer phased return to training from injury/illness.
- If you are unable to test on a given day for another reason (e.g. away on holiday, availability clash, etc.), ***you must complete the test before returning to normal training***.
- If you know that you have difficulty managing anxiety around testing it is your responsibility to be proactive about communicating and developing a plan with the coaching team to address these issues. Taking personal responsibility is critical to overcoming such challenges - do not ignore it or wait for a coach to say something.
  - If external professional support is required, this should be sought – the earlier, the better.





## Athlete Expectations Summary

- Communicate non-attendance to coaches by 3:15pm the day before.
- Bring running shoes to ALL training sessions.
- If injured, see a healthcare professional within 5 working days.
  - Have them email the Head Coach with the diagnosis and next steps for rehabilitation.
- If too sick to train, minimum of 48 hours off training - except in exceptional cases.
- If illness is not improving after three days, see a healthcare professional.
- If you are unable to participate fully in training sessions, you should not attend – except when pre-arranged with the coaching team.
- If you cannot erg, you cannot row on-water.
- There is no stopping in testing.
- If you cannot test on a certain day due to illness/injury, you must complete the test within two weeks.
- If you cannot test on a certain day due to availability, you must complete the test before returning to normal training.
- Take personal responsibility for managing anxiety around testing - your coaches will help you, but you have to own it.


A rowing team of nine athletes is captured in mid-stroke on a racing shell across a large body of water. The athletes are wearing red and white uniforms. The water is dark blue with white splashes from the oars. In the background, a lush green shoreline is dotted with houses and trees. In the foreground, the backs of several spectators' heads are visible, some holding up phones to capture the race. A yellow buoy is visible in the water to the right of the boat.

# Overview of Racing Philosophy





## WGHS Racing Philosophy

<b>Maadi Cup – the pinnacle</b> <ul style="list-style-type: none"><li>• The season is structured towards achieving success at Maadi Cup</li><li>• Crews need to be capable of achieving top 10 to attend Maadi Cup.</li></ul>	<b>U18 8 = team 1</b> <p>Our 9 fastest athletes from the u15-18 age groups</p>  <p>LEVIN 75TH JUBILEE CUP - GU188+</p>	<b>Pre-Christmas Racing</b> <ul style="list-style-type: none"><li>• Mixed crews across age groups where applicable.</li><li>• Racing crews will vary to provide opportunities for athletes with different developmental speeds.</li><li>• Results are important, but priority will be learning the racing process</li></ul>	<b>Post-Christmas Racing</b> <ul style="list-style-type: none"><li>• Crews will be refined post-Christmas.</li><li>• Approx. 80% of seats will not change after Summer Camp.</li><li>• This period is about making final selections and refining racing routines for Maadi Cup.</li></ul>
<b>“Rowing up/down”</b> <ul style="list-style-type: none"><li>• We are open to athletes rowing up/down age groups.</li><li>• 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.</li></ul>	<b>Older novices</b> <ul style="list-style-type: none"><li>• Older novices will be eligible to compete for seats in age group events if fast enough.</li></ul>	<b>We are a big boat program</b> <ul style="list-style-type: none"><li>• Ultimately, our aim is to be successful in the biggest boats possible. We will target the largest crews possible that have potential to achieve medals and A finals (in that order) at Maadi Cup.</li></ul>	<b>Sweeping vs Sculling</b> <ul style="list-style-type: none"><li>• Race/train in both sweep &amp; scull events throughout the first half of the season</li><li>• This will allow the coaching team to assess where the greatest opportunity for success lies for the squad</li></ul>



## 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
- Conduct yourself in a manner that **enhances** our school's and team's reputation, both on and off the water.

### 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.





## Selection Policy

Selection for racing crews is multi-faceted and the coaching team will gather information on all athletes across the season. As a coaching team, we will be emphasising to all girls that every day is an opportunity to put forward their case to gain selection in crews – we are looking for athletes who can train and race consistently, and can be relied upon to put out their best effort every day.

The following factors will be taken into consideration when selection decisions are being made:

<b>1. On-water performances in training and racing</b>	Consistency and progress track are valued above one-off performances. Coaches will be using every single training session to see how athletes work together, which combinations go fast, and which individuals are having a positive impact on their boats.
<b>2. Erg scores in training and testing</b>	Ergs don't float, but they also don't lie. Erg scores give an indication of an athlete's fitness, strength, and mental toughness. Athlete size is factored in to this metric.
<b>3. Crew compatibility</b>	In terms of both rowing style and personality, some people work together better than others. While we strive to have the best individuals in our priority crews, in some circumstances this may not be conducive to crew performance.
<b>4. Seat racing results</b>	Seat racing at school level is highly variable and often unreliable. As such, seat racing will be used sparingly and only in circumstances where other factors are inconclusive. <b>No one is guaranteed a seat race, and most athletes will be selected without doing seat racing.</b>
<b>5. Coaches judgement</b>	<b>Ultimately, the coaching team's professional judgement will determine selection.</b> Squad coaches will present crew selections, and accompanying evidence, to the Head Coach for approval.
<b>6. Team Contribution</b>	All athletes should be positive members of the team and contribute to the success of those around them. We want team players who value the team's success above all else.

***N.B. There is no appeal process for crew selections. Queries will be acknowledged and justification may be provided if the Head Coach deems appropriate. Athletes and parents must trust that the coaching team have the best interests of the girls at heart and are dedicated to finding the fastest crews to represent Westlake.***



## Erg Standards

Erg scores aren't everything, but they do give a good indication of the standard someone will be able to perform at on the water. Girls who win Maadi medals are almost always at least at Bronze standard.

Age Group	Elite (Top 3 in NZ)	Gold	Silver	Bronze
Under 18	7:00	7:15	7:25	7:35
Under 17	7:10	7:25	7:35	7:45
Under 16	7:20	7:35	7:45	7:55
Under 15	7:30	7:45	7:55	8:05

# 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

- Detailed information about illness and injury is covered earlier in this handbook.
- If you are injured or ill please let a coach know ASAP and arrange to have the injury/illness assessed by a professional. The coaching team can arrange an alternative training programme while you rehabilitate your injury or return from illness.
- If you cannot erg, you cannot row. The physical demands of on-water training are the same, if not greater, than on the erg.

### Nutrition

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

Lots of good quality food is essentially not only for performance and recovery, but also for preventing injury and illness.

### Sleep

- To cope with the training load throughout the summer our athletes need at least 8 hours sleep per night, preferably more.
- Every hour of sleep before midnight is worth two hours of sleep after midnight.



### 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 rowers are expected to continue to attend all training sessions, except if they have an exam on that day.

### 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 PAYMENTS



## 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 \$50,000, 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 spend 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 2025/2026 Rowing Season

The fees for the 2025/2026 rowing season are as follows:

- \$4,200 for rowers
- \$3,700 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 (\$190), a black visor (\$20) and track pants (\$85).
- Significant new plant purchases - skiffs, oars, coach 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 2026, Maadi will be held at Lake Ruataniwha in Twizel so the Maadi fees could be up to \$2,800 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 12 September 2025

Option 2: Payment as follows:

\$1,300 by 12 September 2025

\$800 by 31 October 2025 for rowers, \$600 for coxswains

\$800 by 30 November 2025, \$600 for coxswains

\$800 by 31 December 2025, \$600 for coxswains

\$500 by 31 January 2026, \$600 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](mailto: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 four, a new set of oars and make a substantial contribution to an eight.

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

- Catering and managing the Parent/Daughter breakfast on behalf of the school. This alternates each year between Father/Daughter and Mother/Daughter, and any help is always greatly received. All squad members are required to attend and help as wait staff, so we ask you not to purchase tickets to attend as guests. This year it was the Mother/Daughter breakfast held on 20th August and it was a great success, with 350 people attending, raising just over \$7000.
- In September/October we have our 'Money Cake' raffle. For the raffle, every rower/coxswain will have 30 raffle tickets to sell at \$5 each. The raffle will be for \$500 cash (fashioned into a money cake). We expect to net about \$7000 from the raffle although last year it was a whopping \$9000 as we had families who sold extra tickets. You will be emailed all the information you need in late September, and the raffle will be drawn at the Parent Get Together on 12th October.
- Wine/Gin and Vodka fundraiser which will run from 2 November, with orders due back by 26 November. Orders will be ready to collect on 6th December - just in time for Christmas! 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, gin and vodka to their families, friends and other contacts. The wine is from the Forrest Estate and is really delicious - backed up by the huge number of repeat orders we have every year.
- We are planning a new movie fundraiser on the afternoon of 9 November at Takapuna Beach Cinema.. More details will follow as the season gets underway.
- 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. The dates run from August through to the end of November, and it should take no more than an hour. . A roster will be sent out, and all rowers are expected to help out.



## Fundraising

### 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 Parent/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

<b>Please ensure all items are named</b>	✓
Backpack, 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/trackpants)	
Casual, comfortable, clothing to last for duration of camp/regatta	
Swimming togs	





## Packing List

<b>Please ensure all items are named</b>	✓
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><b>Sweeping OR Sculling</b></p>  	
	<b>Name</b>	<b>Crewed by</b>	<b>Abbreviation</b>
<b>Sweep boats</b>	EIGHT	EIGHT ROWERS & A COX	<b>8+</b>
	FOUR	FOUR ROWERS & A COX	<b>4+</b>
	FOUR	FOUR ROWERS	<b>4-</b>
	PAIR	TWO ROWERS	<b>2-</b>
<b>Sculling boats</b>	QUAD	FOUR ROWERS & A COX	<b>4x+</b>
	QUAD	FOUR ROWERS	<b>4x-</b>
	DOUBLE	TWO ROWERS	<b>2x</b>
	SINGLE	ONE ROWERS	<b>1x</b>





<p><b>Rowing Equipment</b></p>	<div data-bbox="210 291 720 619"></div> <p data-bbox="229 639 645 733">Gate or oar lock: Connect the oar to the boat, is attached to the rigger</p> <div data-bbox="736 291 1186 762"></div> <p data-bbox="1257 358 1456 544">The slide – each rower sits on a sliding seat and place their feet into the foot stretcher</p> <p data-bbox="1257 582 1456 768">Foot stretcher - Just like on a racing bicycle, these shoes help keep the rower's feet in place.</p> <p data-bbox="210 791 1166 848">In coxed boats a coxswain will use a cox box to allow crew to hear instruction – speakers are placed through the boat</p>	<div data-bbox="1530 277 1932 882"></div>
<p><b>Rowing Terms</b></p>	<p data-bbox="210 933 703 991"><b>Stroke seat:</b> person at back of the boat who sets the pace/rhythm for the boat</p> <p data-bbox="210 1029 722 1115"><b>Coxswain:</b> Steers the boat and calls race tactics. Can be at the front (bow) or back (stern) of the boat.</p> <p data-bbox="784 933 1302 1019"><b>Stroke side:</b> Rowers with oars on same side as stroke (left-hand side and rowers right)</p> <p data-bbox="784 1058 1311 1143"><b>Bow side:</b> Rowers with their oars on the opposite side from the Stroke. Typically on the right side (Rowers left).</p>	<p data-bbox="1383 933 1891 1019"><b>Stern four/pair:</b> Rowers at stern of back of the boat, closest to the stroke seat. Seat numbers 5-8 in an eight</p> <p data-bbox="1383 1058 1891 1143"><b>Bow four/pair:</b> Rowers at the bow or front of the boat, furthest away from the stroke seat. Seat numbers 1-4 in an eight</p>



## 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+)

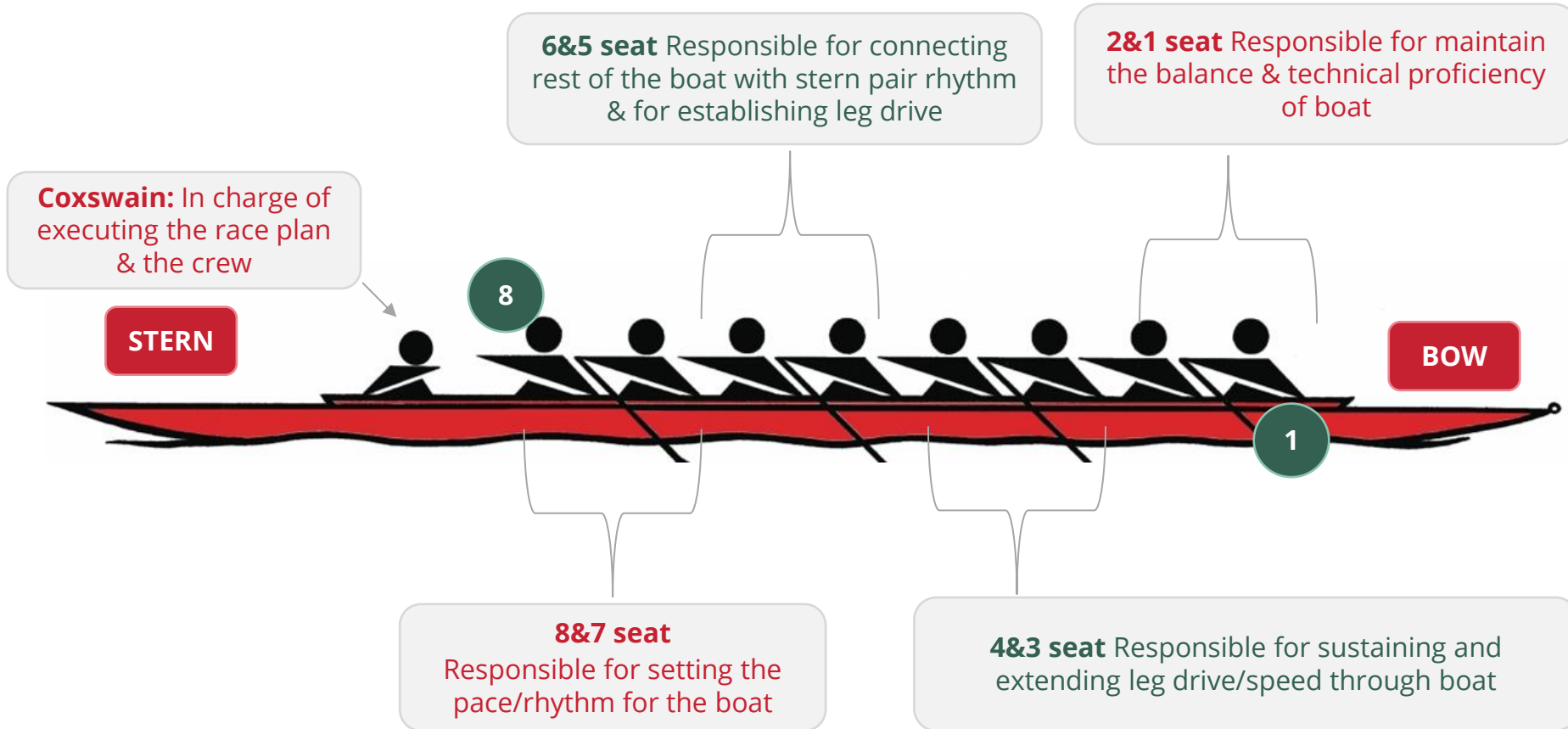
### OARS :

\$5,000 for a 8 set





## Role of Each Seat in an Eight Oar Boat





## Useful Links

### Useful sources for Rowing information

**New Zealand Secondary Schools Rowing Association -**  
[schoolrowing.org.nz/nzssra.php](http://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](http://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/](http://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

