

Rowing – Summary

Why Row?

- Rowers belong to a very positive group of athletes and while at school they have a busy, active lifestyle
- Year 9's and 10's will have 7 to 10 hours a week of supervised training – through holidays as well.
- Seniors work up to 10 hours on the water and 4 hours land training per week
- 2 two day camps and about 10 x 1 and 2 day regattas through the season
- Rowing's training base and discipline will prepare athletes to excel in any other sport, particularly important if they have the talent to aspire to regional, national or professional level sport.
- Rowing also teaches less obvious things like working with a team, self discipline, self reliance, setting and achieving goals, staying controlled under pressure. You'll be pleasantly surprised at some of the changes you'll see in your rower.
- Masters rowers – stay fit and flexible with no impact exercise

Costs

- To parents of school-age athletes; In the short time your child is at school, you too will have a busy, active lifestyle as the program needs your help to succeed.
- Although coaches are volunteers and the Rotorua Rowing Club provides the boats through community grants, there are still plenty of costs. Each rower needs to pay about \$100 per month from May to February inclusive, about \$2 per hour of training. (Coxn's less than half of this) When you fill in the application forms we will provide you with payment details. Each rower affiliated to the club pays regularly into their groups rowing account which then pays the club and others for subscriptions, regattas, camps etc.
- Early mornings – Everyone gets used to them surprisingly quickly and theres always car pooling. The 7.45 pickup to take rowers from club to school has proved harder for many so we work together to transport all rowers to school gyms straight after rowing for showers and breakfast at the gym kitchens for DIY breakfast. The club also have showers and will soon be building more showers for girls.
- Masters rowers row Saturday and Sunday mornings and at other times by arrangement.

Support team

- The RRC rowing program has a several capable coaches, a very active committee and has a good number of successes over the last few years
- Schools provide a liason person for rowing.
- The Parents from each school have 2 representatives on the Rotorua Rowing Club committee, plus one person who organises the group – mostly via email, one person who runs the account and everyone else helps on a job by job basis – lots to do.

Getting Started

- Come along to try rowing at 7.30am on Saturdays – Location is on the town waterfront, behind the sound shell.
- When you decide you want to continue rowing you can then fill in the club application form and arrange for regular payments.
- Although Rowing is a summer sport, our training program starts in May, working around winter sports, and builds towards NZ club championships mid February and NZ Schools championships at the end of March, or Masters National Championships in October.

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