

**2010 / 2011
KING'S COLLEGE
ROWING
HANDBOOK**

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King's College photography courtesy MERRITT WATSON

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Dear Parents and Students,

Welcome to the Rowing Season.

In this handbook you will find detailed information about the King's College Rowing program. The handbook will outline requirements for success from parents and rowers throughout the season.

Any other pertinent information not already in this handbook, will be sent to the students via email or will be posted on the Internet. Parents can be added to the mailing list by completing the membership form & medical consent forms issued to you at the beginning of the season and returning it to school.

Best wishes to all crews for the season.

Regards,

John Callie
Head of Rowing

WELCOME

Rowing is a summer sport & at King's College aims to provide an enjoyable, quality, team oriented programme where students and coaches interact to maximise physical and emotional development.

Rowing provides a great sport for all, including those who may not find other sports suitable. The mental and physical demands required in Rowing, not only result in improved physical development and overall fitness but can improve students self- and time management skills. Rowing develops camaraderie and often results in long lasting friendships not only for the rower but for parents also.

Parental involvement typically revolves around playing a supporting role. This support is most evident through the involvement of the King's College parent helpers. Outlined in this booklet are the various areas which committee members oversee and where you might see yourself adding your skills.

The water sessions are based at the Auckland Rowing Club on the Tamaki River during term time with land training based on site at King's College. The College boat fleet is well maintained and suited to both areas of training and competition.

The aims of the King's College Rowing Club are:

- Personal involvement and achievement at all levels.
- Progressive skill development programmes for rowers and coxswains from Year 9 to 13.
- To ensure that crews at club and school regattas perform at their optimum.
- To ensure that rowers represent the traditions and values of King's College.

All students and parents are welcome to view the facilities of the Club and to meet with the coaches to discuss what is involved in the sport of rowing and what benefits the sport provides for them.

Communication

King's Philosophy

Records

Programming

Grant Applications

**Development /
Recruitment**

Budget

**Equipment
Boatman / Shed
Bruce Lodder
Coaching**

Sponsorship

Archives

Fundraising

Merchandising

Functions

Regatta support

Camp support

KCRC Chairman

Barbara Fenner

Head of Rowing

John Callie

Director of Sport

Perry Cunningham

Director of Activities

Geoff Smith

Headmaster

Mr Bradley Fenner

KING'S COLLEGE ROWING CLUB LEADERSHIP

Captain of Rowing

A captain is appointed each season with input from coaches, staff and the rowers themselves. The captain represents the rowers and provides coaches and staff with assistance in key areas.

Past Captains

Year	Captain of Boats
2006	Scott McKenzie
2007	Henry Caulton
2008	Sam Kember
2009	Matthew Dobbs
2010	Kristian Barbarich

The skills and personal characteristics of a Captain include:

- being well organised, motivated and willing to take the time to carry out the role
- willing to be involved with junior rowers
- the respect of peers and ability to motivate and delegate
- an ability to work closely with students
- an ability to set an example to fellow rowers as an athlete and also a leader.

Act as role model for rowers, in particular:

- demonstrate enthusiasm, motivation, dedication and reliability both as an athlete and as a leader
- promote an atmosphere of friendship between all levels of the Boat Club
- display correct uniform, especially wearing of caps, sunscreen, footwear, racing and training uniform
- ensure cleanliness in The Boat Shed, particularly in the boat bays, change and shower areas
- assist with boat loading and unloading
- take care of King's College equipment

Voice of Athletes

The Captain is the voice of the student Boat Club and should have the character and confidence to represent them in feedback (positive, negative and suggestive) to the Head of Rowing.

Speeches

- address the Rolf Porter Club at the annual Head of Harbour functions
- address The KCRC at appropriate times including season opening and prize-giving dinners.

AWARDS

At the conclusion of the season a Rowing Awards Dinner will be held at the College for the rowers, parents, and members of the Rolf Porter Club.

Awards presented at this occasion include the most consistent rower and the most improved rower for each age group, as well as a number of trophies that have been traditionally awarded for rowing at the College.

These trophies (and recipients of 2010) are:

CERTIFICATES

Under-15

- Most Improved Rower Michael Williams
- Most Consistent Rower Jack Sherratt

Under-16

- Most Improved Rower Robert Glengarry
- Most Consistent Rower Ben Spence

Under-17

- Most Improved Rower James Leggat
- Most Consistent Rower Jack Stevens

TROPHIES

- Don McKay Cup for Best Junior Rower Charlie Brown
- Horton Tankard for Best Novice Rower Avon Peel
- MaCaskill Cup for Most Promising Rower Matthew Beck
- Most Improved Female Rower Jessica Cartwright
- Most Consistent Female Rower Alisha Lofroth
- Boland Trophy Best Senior Rower Kris Reily-Simmons
- Bishop Owen Trophy for Senior Cox George Lawrence
- Rowbotham Cup for Service to rowing Henry Wakefield
- Guilford Cup for Rowing Captain Kristian Barbarich
- Patrick Allison Cup for Club Spirit George Wood

COLLEGE REQUIREMENTS & EXPECTATIONS

What are your requirements?

- An ability to swim 100m without stopping.
- To advise the Head of Rowing of any medical concerns, medications and any individual limitations.
- Check if your Rowing commitment conflicts with any other sports or extra curricular activities that you are involved in during the season.
- To commit to attendance at all training sessions and holiday camps. Realise that your absence at training has a large impact on the rest of your crew. If you are unable to attend training, try and give as much advanced notice to your coach and crew.
- To at all times dress and act in accordance with College rules.
- To attend all regattas and return boats and equipment to the sheds afterwards.
- When volunteering for Rowing, you are committing to a very close knit team sport so your commitment needs to be for the entire season.

A rower should:

- Work hard at maintaining academic studies - good rowers are good students
- Be punctual to meetings and training - good rowers are well organised
- Leave the boat shed at the end of training as soon as all responsibilities have been met - good rowers do not waste time
- Use training routines as a model for time organisation in other arenas
- Be correctly and appropriately attired for training and competition
- Take care and responsibility for Rowing Club equipment and respect the facilities available
- Be supportive of other rowers at all levels of the Rowing Club
- Be able to recognise, appreciate and applaud fine rowing performances, particularly our immediate school competition
- Be responsible
- Represent King's College at the highest possible levels to the best of their ability
- Follow the direction of the Captain of Rowing
- Enjoy the sport of rowing. Every King's College crew, on the water, on the ergs, in the change room, at a regatta, should set a standard for themselves and the King's College Rowing Club.

TRAINING ROSTER

Remember, rowing is a team sport. If one rower fails to turn up, the entire crew sits on the bank and can neither train nor race. Enjoyment and success depends on the commitment of all rowers.

The training sessions are held either for the water sessions on the Tamaki Estuary at Auckland Rowing Club, or general fitness training at the School. Training will be either early morning or immediately after school depending on the age group or the rostered day. Everyone will train on Saturdays and Sunday training will be held for senior rowers and at times, U16's. Each coach will regularly confirm with his / her squad their training times.

The Rowing season runs in term 4 & term 1 with pre season activities in term 3. In term 4, the program will accommodate all exams and learning times periods as priorities.

Following the end of year exams the number of training sessions will increase, in preparation for the North Island and National Championships held in March.

There is normally a break in training over the Christmas/New Year period of two to three weeks for senior rowers. Senior rowers are expected to continue a fitness program over the

break and will be issued with a program and mandatory reporting dates for ergo and running times. Juniors are expected to maintain a good fitness level by running and remaining as active as possible over the holidays

Although over page outlines the standard training roster, boys will receive **detailed weekly training times** from the beginning of Term 4 on a fortnightly basis (based on regattas, tide times, other school commitments).

		WEEKLY ROSTER													
		MON		TUE		WED		THUR		FRI		SAT		SUN	
		Morning													
5	:														
3	:			R	R	R				R	R	R	E	E	
0	:			1	1	2				1	1	2	1	2	
	:			2	2	2				2	2	2	2	2	
6	:														
3	:				E										
0	:														
7	:														
0	:											R	R	R	R
0	:											1	1	2	1
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8	:														
0	:											R			
0	:											2			
	:											9			
1	:														
0	:														
0	:														
0	:														
		Afternoon													
3	:														
3	:		W	E	R	E				E	W	R			
0	:				2							2			
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		Under 15's													
		Under 16's													
		Girls													

R = Rowing session at Auckland Rowing Club (ARC)

E = Ergo session at King's College, Ergo Room (KC)

W = Weights at King's College, Rolf Porter Fitness Centre (KC)

MONDAY to FRIDAY

- **Afternoon Row** - Rowers will travel by taxi to ARC after school. Parent pick up time is **6pm at ARC** (Boarders get taxi back to school at 5:50pm – must be in Tracksuit and Shoes to get dinner).
- **Morning Row** (Seniors and Girls) starts **5:30am** - rowers arrive at ARC 10 min prior (Boarders get taxi from school). Rowers will shower, dress and ALL (Boarders included) will have breakfast at ARC, then Taxis are used to transport rowers back to school where required.

SATURDAY & SUNDAY (Boarders will get taxis to and from ARC)

- **7am** start for Senior Boys and Girls – finish by 10:30am
- **8am** start for U16s and U15s – parent pick up time is **10:30am**

COMMUNICATION WITH PARENTS

- All the latest information will be held on a Gmail webpage
- You will be able to access copies of all important KC rowing emails, important documents & the latest regatta dates and camps.
- All parent email and mobile contacts will soon be available on this page too
- Go to www.gmail.com and login with the Username King'scollegerowing@gmail.com and Password **xxxxxxx** -
- Please do not delete or change anything on this web page as it has been set up for your use and ease of communication within the King's College Rowing family.
- Do not share the username and password to others beyond KC rowing.

MEMBERSHIP & LEVY

The school budget provides a significant budget for the sport of rowing particularly for coaching, boatshed costs, equipment, insurance and competition costs.

The rowing levy is paid per rower for the costs associated with accommodation, travel and meals associated with regattas and camps.

The levy is usually about \$1,500 per season (but subject to some variation, year on year) and is charged to your school account in 3 instalments during Term's 1 and 2 in line with the timing of the major costs for the year i.e. January Camp and the major regattas in March . There is an extra cost for those selected crews going to the NZSS Championships which alternates between the North (odd years) and South (even years) Islands. This is also charged separately, if applicable, once the actual costs are finalised.

The annual levy does not cover any part of the purchase of new equipment. To facilitate this, the **KCRC Inc** was established with two of the key objectives

- *To raise and hold funds for the general purpose of rowing at King's College,*
- *To provide equipment for the purpose of rowing at King's College*

All rowers (rowing members) and parents (support members) become members of the KCRC Inc upon payment of the annual rowing levy.

In 2010 the KCRC committee have set a goal of reaching \$80,000 in fundraising through boat sponsorships and donations so that necessary new equipment (Quad sculls and Singles sculls) can be purchased. At the beginning of the season (October) we are more than half way to reaching that goal.

The purpose of the KCRC Inc is to have a separate vehicle by way of an incorporated society, which will have its own set of accounts for fundraising purposes from trusts, sponsors, and friends of rowing. The AGM is held in August/September each year and the elected committee will work with the King's College Advancement Office to actively pursue potential fundraising sources.

The College still runs rowing, but the rowing operations, annual fees, purchases, coaching costs and so on will be channelled through the KCRC Inc so that rowing can have a transparent set of accounts which the parents, sponsors and donors can view.

The KCRC is essentially the face of King's College rowing run by a committee with the Chairman co-operating with the Head of Rowing .

In general the roles for the parents are limited to the following areas:

Feeding, Ferrying, Fun and Fundraising!

- to provide appropriate food and beverages to meet the nutritional needs of the rowers at camps, regattas and weekend training sessions
- to help transport rowers in minivans or private transport to and from training sessions, regattas and camps
- to provide a social programme for the parents at regattas and to support the ongoing growth and renewal programme of the KCRC through fundraising and volunteering.

ROLF PORTER FUND

The Rolf Porter Fund was established by Old Collegians to acknowledge the contribution of Rolf Porter to rowing at the College. Old Collegians have generously contributed to establishing and maintaining the Trust, run by the King's College Foundation. The aim of the Fund is to continually build on the current capital base to increase the level of contribution that is available to the King's College Rowing Club Inc. It is intended to grow this capital fund base by encouraging supporters to gain life membership by contributions from Old Collegians and other supporters, and by sponsorship and charitable trust contributions.

The objectives of the Rolf Porter Fund are to:

- support racing at King's College through fundraising activities, which contribute to facilities, equipment and expenses, coaching on request, riverbank support
- provide the opportunity for Old Collegians and members of the King's College family to row both socially and competitively
- promote activities and rowing related events or ideas of interest via newsletter and other King's College publications
- promote a social/reunion programme for Old Collegians, parents and members of the King's College family
- maintain a close relationship with the school through regular contact with the personnel in charge of rowing at the College

Supporters of rowing at the College may subscribe to life membership of the Rolf Porter Club for a once-only payment of \$1000 and/or placing an individual or family name on the Rolf Porter Club Honours Board for \$5000. These payments are added to the capital fund held by the Rolf Porter Trust. The interest from this fund is available to the King's College Rowing Club Inc, along with sponsorship monies and other contribution, for the purchase of new rowing equipment for rowers at King's College.

TRANSPORT TO TRAINING & REGATTAS

Training

During the school term taxis are used to transport the rowers from ARC to school after on-water morning sessions, and from school to ARC in the afternoons; parents of day students are expected to make arrangements to get rowers TO training in the mornings (drop-off 5:20am) and FROM training in the afternoons (6pm pickup). Students holding a restricted or learner license shall NOT carry passengers in the vehicle they are driving. Any other passengers to and from training must have written consent of both passengers and drivers parents.

Regattas & Camps

Transport to and from regattas & rowing camps, will be co-ordinated by The Head of Rowing, Mr John Callie and parents of each age-group. Students are not permitted to drive themselves to regattas or camps. Detailed arrangements prior to each regatta & camp will be forwarded by email to parents.

REGATTA, CAMP & FUNCTIONS CALENDAR

	DAY	DATE	CAMP	REGATTA	FUNCTION
OCT	Sun	17th			Season Opening
		Mon	25th		Labour day long weekend
NOV		Tue - Sun	30th - 7th		WORLD CHAMPS - Karapiro
	Sun	21st		House Regatta ARC	

	Sat	27th		Bennett Shield – Pupuke (800m)	
DEC	Sat	4th		Mercer Regatta	
	Sun – Tue	12th – 14th	Junior Rowing Camp ARC	Sen Camp ARC	
	Wed - Fri	15th -17th		Sen Camp Mercer	
	Fri - Sun	17th - 19th		Junior Regatta / Spring KRI # 1 - Karapiro	Parent “BOOT LUNCH”
		Mon		20th	Christmas Program begins
		Mon		27th	1 st Reporting Date – Seniors
JAN		Mon		3rd	2 nd Reporting date – Seniors
		Mon		10th	Seniors start training
	Mon-Wed	17th – 19th	Senior Rowing Camp		
	Thurs - Sun	20th – 23rd	Senior / U16		
	Mon - Fri	24th – 28th	ALL EPWORTH CAMP		
	Fri - Sun	28th - 30th		Cambridge Town Cup - Karapiro	Parent Dinner
FEB	Fri	11th		Westlake Junior Regatta - Pupuke	
	Sat	12th		Head of the Harbour - Pupuke	Parent BBQ Lunch
		Sat		26th	College Athletics Day – all juniors to attend
	Sat - Sun	26th - 27th		Age Group Regatta - Karapiro Seniors only	
MAR	Fri - Sun	11th - 13th		NISS Champs - Karapiro	Parent “BOOT LUNCH”

	Mon - Sat	28th - 2nd		NZSS Championships - Karapiro	Dinner on Sat evening
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BOAT CLASSIFICATION

The boat classifications in programmes specify, in a set sequence, the age and/or expertise of the rowers, the gender, the number of rowers' seats, whether they are rowing or sculling (x) and if they have a coxswain (+) or not.

The boats in common usage have 1, 2, 4, or 8 seats.

It is a convention that if the gender is not specified then the boat is a male crew and that the crew is rowing unless specified as a sculling crew (x).

For example:

U18 2- = under 18 coxless pair

U18 2x = under 18 double scull

U17 4+ = under 17 coxed four (rowing)

U16 4x+ = under 16 coxed quad (sculling)

U15 8+ = under 15 eight (rowing)

U18 G8 = under 18 girls' eight (eights always have coxswains, so the '+' is often omitted).

SQUADS & EVENT ELIGIBILITY

Squad Eligibility

A rower's age on the 1st January will determine which squad they will row in for the following season.

There are four squads:

- U18 – if he/she was under 18 years of age on 1st January of the year in which the regatta takes place. It does not matter if the rower has already turned 18 by the time that the regatta takes place, so long as he/she was under 18 at the beginning of the year.
- U17 – if he/she was under 17 years of age on 1st January preceding the regatta.
- U16 – if he/she was under 16 years of age on 1st January preceding the regatta.
- U15 – if he/she was under 15 on 1st January preceding the regatta.

However, a rower showing skill, ability and maturity may be considered for promotion to a more senior squad. For example, the 1st Eight is not limited to only senior rowers, but will be comprised of the best eight combinations of any athletes at any level.

A novice rower is anyone in their first season of rowing, no matter their age group.

The nature of rowing is that the squads will spend a great deal of time together, particularly at regattas and camps. This encourages all squads to get to know, and to support, each other and also encourages parents and supporters to do the same.

PATHWAYS BEYOND KING'S COLLEGE BOAT CLUB

King's College encourages all school rowers to continue rowing. Your coach can guide you in the right direction and provide information on which club to join if you wish to continue rowing at the completion of your U18 season.

Progression Opportunities available are.....

- King's College Crew
- 1st VIII
- U18 North Island Team
- U20 Interprovincial
- NZ Junior Team
- Auckland RPC
- NZ U21 Youth Cup Team
- National Teams – U23/Elite

REGATTAS

Rowing competitions are called 'Regattas'. King's College provides all rowers with a chance to compete at regattas, although not all rowers attend every regatta. Some regattas are designed for seniors, some for novices, and others for all levels of rowers.

Regattas are normally held on a Saturday and/or Sunday. Each rowing club has its own tent site and King's College will be clearly visible. Please feel welcome to use the tent as your base for the day. It is a good idea to make your self comfortable with a picnic rug & hamper.

Frequently the race schedule is not known until the evening before the regatta. Information is distributed as soon as it becomes available. Coaches will let rowers know what time they should be at the regatta. Schedules are available at the regatta; one will be posted in the King's College tent. Parents and supporters are requested not to enter the boat-park at regattas to allow the coaching staff and rowers to focus on their preparation and performance.

Once the races are finished, boats and equipment must be loaded onto the trailer. All rowers are expected to stay for any awards ceremony. A roster will determine which rowers will be needed to ensure the boat loading is undertaken quickly and efficiently.

Specific information for each regatta, including arrival and departure times, tentative race schedules, is distributed prior to each regatta.

The main regattas are:

- i) **Head of the Harbour:**

To determine the top Auckland rowing school. Held at the Lake Pupuke course (around 964 metres).

ii) **North Island Schools' Championships:**

Held at Lake Karapiro (near Cambridge) on the purpose built 2000 metre course used in the 1978& 2010 World Championships.

iii) **New Zealand Secondary Schools' Championships:**

Pinnacle of the season, held on alternate years at Lake Karapiro and Lake Ruataniwha (near Twizel) over one week. It is the largest rowing regatta in the Southern hemisphere with over 2000 competitors. This regatta will be attended by selected crews only.

The main venues are:

- **Auckland Rowing Club:**
Ian Shaw Park
Panama Road
Otahuhu
Auckland
New Zealand
Ph: +64 9 276-3691
- **Lake Pupuke:**
Located at the end of Sylvan Park Ave off Kitchener Road, Milford, Auckland. Minimal parking is available in Sylvan Park Ave. Alternative parking is available on Kitchener Road, or nearby side streets.
- **Mercer:**
Mercer Rowing Club, beside the bridge over the Waikato at Mercer
- **Lake Karapiro:**
The events at Lake Karapiro are centered on the south side of the lake above the dam. Use either the traditional route to Cambridge via Hamilton, or turn left at Taupiri, through Gordonton. This is a very pleasant drive and a significantly less congested route. However, although quicker, there are many turn-offs to follow. The route is fully sign posted though. Once in Cambridge you can follow SH 1 to the Karapiro Dam turn-off approximately 7 kilometres south, or cross the Waikato River in Cambridge and take the back road to the regatta venue.
- **Lake Ruataniwha:**
The South Island hydro lake located at Twizel, south of Mt Cook. Our current policy is to fly rowers as a group to Christchurch and hire 10 seater vans for the week of competition. The lake is a comfortable four to five hour drive from Christchurch. Parents are encouraged to attend but need to make their own arrangements for transport and accommodation.

UNIFORM & CLOTHING

All Rowers are required to wear the King's College uniform at training & regattas, both on and off the water, this encourages a sense of pride in the Club and presents a professional image.

Any rower not wearing the required uniform will be ineligible to row at the regatta.

The School's policy for Rowing Uniform is:

No non-approved school uniform is to be worn at any time. This includes 'seat specific' or individually named shirts or uni suits, tracksuit tops, or any other item of clothing with King's College crest and colours work by rowers.

On Water

U15

In a rowers first year of rowing, he needs to wear PE shorts and his house sports shirt with socks and closed shoes to all training sessions.

For regatta's, U15 rowers will wear their black PE shorts with the King's College athletics singlet and socks.

U16 and Senior

Training and Regatta's

Any rower representing King's College must wear the following uniform on the water:

- Lycra all-in-one suit in the standard school colours with the school crest
- School rowing socks.
- White thermals top may be worn underneath the lycra rowing suit.
- Club caps will be introduced over the course of the season and may be worn on the water.

All uniform items are available from the uniform shop on the first floor of the Gym.

Off Water

When representing the School at regattas the standard off-water uniform consists of:

- School sports training shirt
- School Sports tracksuit top
- No racing or training gear is to be personalised with names, nicknames or squad names.
- Club cap with logo
- The off-water uniform is to be worn at all training and regattas when rowers are not racing.

SELECTION GUIDELINES

What follows is to be used as a guide to give an overview of the selection procedures and criteria used for all crews for the King's College Rowing Club. While each coach has the best knowledge of athletes in their charge, the Head of Rowing is ultimately responsible for setting selection policy and approves final selection of all crews.

Each age group has similar selection criteria which boys have to meet in order for coaches to make their final decisions regarding all levels of crews.

Coaches look for good performance across all of the assessment areas to select their final crews.

General:

Punctuality	This applies not only to whether a boy arrives on time at each of his training sessions, but how many of his sessions he misses during the season. A crew member who misses a training session prevents the crew he is a member of from taking to the water.
Motivation	Attitude to training and participating translates directly to racing ability. Highly motivated boys will be selected ahead of less motivated boys.
Crew Dynamics	Rowing is an intensive team sport and all members must be team contributors in order to achieve successful results. Examples of assessment areas in this topic are an individual's 'coachability' or his / her ability to apply coaching instruction during sessions or, a rowers obvious positive reinforcement of fellow team mates.

Specific:

Running Times	We will be using running as a measure of general fitness in the earlier part of the season. The fastest time possible for each boy will be timed over a distance which will vary across each age group.
Ergometer Scores	Ergometer scores are an important component of the selection process. Boys will be given a target score prior to each test, based either on his previous scores, or on a crew average from previous seasons. In addition to measuring the power and endurance of each rower, ergometer testing also reveals the capacity for the rower to perform individually under physical stress. Ergometer scores must be interpreted in conjunction with the other selection criteria, so a comparatively good ergometer score does not guarantee selection in the highest crew.

Rowing technique	King's College has a well defined technical model which all coaches aspire to achieving with each of their rowers. This single technical model not only ensures all rowers are compatible with each other, but since rowing technique is a major part of an individual's boat-moving capacity, it remains the single largest component in the range of selection criteria. All coaches and the Head of Rowing have expertise in making objective selection decisions based on observations of technical abilities of each boy.
Race application	An individual's race attitude becomes apparent as the season progresses. Our goal is to select the most competitive individuals with the best possible rowing technique in the top positions.

The coaching team takes into account all of the above factors when making their decision about which boy will row in which seat.

At no stage during a season is any crew "set" for the rest of the season. Development and skill acquisition take place at different rates for different individuals and changes have to be made to crews as this occurs.

It is anticipated that final selection of all crews will be made after the North Island Championships. These combinations will ideally not change until the National Championships, however there is always a chance some changes might have to be made.

All selection decisions are made by the coaches in collaboration with the Head of Rowing. Personal experience in rowing locally (and internationally) by coaches ensures decisions are not made without thorough thought process

Any selection decision is made without bias and will be based on merit within the above guidelines.

During the season, all rowers will be informed of their progress and where they can improve. Communication regarding final combinations is encouraged throughout the season and conversation between coaches and boys in this regard is encouraged.

Any selection matters or issues with how procedures are carried out in the selection process must be addressed to The Head of Rowing.

SAFETY & HEALTH

Whether in business, leisure or sport, the focus on safety has become more and more important. The laws in force today place increasing responsibility on organisations to be proactive in the areas of health and safety. There are potential hazards in all aspects of rowing whether on or off the water.

Guidelines For Rowing On The Tamaki

- Any school crew on the water must be supervised by a coaching boat at all times.
- Boats must not be used by students without the permission of the Head of Rowing.
- Row to the right of the channel.

- An overtaking boat gives way.
- Coaching boats must not create a wake that interferes with another boat.
- Boats coming into the shore give way to boats leaving the shore.
- It should take no longer than 3 minutes to complete the procedure of leaving the shore once the boat has been placed in the water, or the reverse when lifting the boat from the water.
- The whole crew should be involved in lifting the boat onto or off the water to maximise speed and efficiency. Crews are not to talk when lifting the boat onto or off the water, apart from the stroke of the crew to issue directions, or for the bow of the crew to provide direction.
- The whole crew must behave in a professional and disciplined manner at all times. The use of offensive language and any other behaviour that may bring crews of the College into disrepute will not be tolerated.

Procedure for Injuries Sustained At Rowing.

(Club, Regattas, Camp)

- Minor injuries will be attended to by coaches/designated first aider with materials available in first aid kit.
- More serious injuries will be attended to in the first instance by coaches/designated first aider and then referred and transported to either the school nurse, a doctor or if required an ambulance will be called and parents will be notified.

Things to Consider.

- 1 To help prevent infection of small cuts and grazes from Tamaki water.
 - Reef shoes to be worn by all rowers at ARC.
 - Rinse legs down with fresh water immediately after row and wash with soap and water as soon as possible.
- Sun Protection.
 - Hats to be worn at all times with the exception of early morning rows during the week.
 - Sunscreen compulsory. Apply at least every four hours.

Discipline

Rowing is part of the school's overall educational programme. Whilst students are training, competing or travelling, normal school rules apply and must be strictly adhered to. Please note this also applies to training and camps during the school holidays and anytime during which an athlete is representing King's College.

Any serious breach of those rules will result in the school following its normal conduct procedures.

Any serious breach of school rules, including:

- Disrespectful behaviour towards coaches and parents
- Possession and/or use of drugs, alcohol or tobacco
- Bullying of other rowers

Any of the above will see a rower sent home at parent's expense. The decision to send a boy/girl home from a regatta or camp will be made by the Head of Rowing

Drug Testing

Random drug testing will take place at major regattas to test for the presence or otherwise of certain drugs or doping methods to enable your National Sporting Organisation to consider whether disciplinary action should be taken. The relevant legislation is the New Zealand Sports Drug Agency Act 1994 and the Sports Drug (Urine Testing) Regulations 1994.

The Head of Rowing has a booklet that has been issued to the Club, with a list of permitted 'over the counter' medicines and drugs. If you wish to refer to either of these publications, you should speak to your Coach in the first instance.

A copy of the NZSCA information pamphlet is held by the Head of Rowing and, for those students who are either suffering from or are susceptible to the conditions listed in that pamphlet, 'credit card' size cards are available which reproduce the same information. If you wish to obtain one, please speak to your Coach.

www.drugfreesport.co.nz

Capsizing in the Tamaki

Know Distress Signals:

- Waving arms
- Waving shirts overhead
- Blowing whistle or horn
- Raising one oar vertical to the boat

Stay with a swamped or capsized boat. Use an oar or boar for flotation. **NEVER** attempt to swim to shore without the boat or oar.

Use the buddy system at all times when not accompanied by a safety/coach boat.

Stay within reach of shore if you are out in a shell unaccompanied.

If rescue is not eminent, roll the shell over. An overturned shell can be used as a float that allows rowers to get partially out of the water.

Hypothermia

How to combat hypothermia:

- Get out of the water and onto an oar or overturned shell if you can.
- Stay with your boat even if land appears to be within easy reach; holding still in the water is preferable to swimming. Physical ability is hampered and judgement is impaired in cold water.

If the victim is conscious, re-warm him or her by removing wet clothing and wrapping in warm blankets (don't rub them down). Give warm liquids - no alcohol. Warm only the torso with warm blankets or the body heat of another person. Prevent the victim from losing more body heat. Do not re-warm extremities.

If the victim is not breathing and there is no pulse, clear the air passage and begin mouth-to-mouth rescue breathing and CPR immediately. Once you begin CPR, do not stop until medical assistance is obtained.

Don't give up. Drowning victims may look dead. Their skin is blue and cold to the touch. There is no detectable heartbeat or breathing. The eyes are fixed and dilated and there is no other sign of life. However, if the water was cold, there is still a good chance of survival. Even in a near-drowning, individuals must always be assessed by a medical provider.

Water quality and the Tamaki River

Rowers are advised of the risks of infection from coming into contact with estuarine

water. This risk is far greater in times of heavy rain with water from drains. Contact with the water should be kept to the barest minimum at all times, given the nature of the sport. Water bottles that come into contact with estuarine water need to be cleaned thoroughly. Scullers who fall into the water are to come back to shore and shower immediately.

King's College does not recommend that any members consume or swim in the Tamaki River and that good hygiene is practiced after every training session.

Managing Blisters

Friction between the skin on the palm of the hands and the oarhandle causes blisters. The outer layer of the skin (the epidermis) becomes separated from the inner layer (the dermis), and a clear watery fluid fills the space created.

Blisters occur in all rowers. Novice rowers have soft skin unaccustomed to the friction and so quickly contract blisters. Experienced rowers may get blisters due to a change of humidity, training volume or oar handle.

Help prevent blisters by bathing palms of hands in methylated spirits. This hardens the outer layer of the skin. If a blister does form, it is generally agreed that the fluid needs to be drained if rowing is going to be continued. Either:

i) Thread a piece of cotton through a **sterile** needle, pass the needle through the blister and allow the fluid to ooze out along the thread. Remove the thread and allow the skin to dry and flake off.

or

ii) Puncture the blister with a **sterile** pair of scissors and trim away any loose skin carefully.

Continue training by protecting the blister until it has healed:

- i) Strap elastoplast or electrical tape over blisters on the fingers
- ii) For blisters on the palm of the hand, where elastoplast will not stick, a 'tubigrip' mitten will provide good protection. Tubigrip is an elasticated tubular bandage that can be purchased at most pharmacies. Cut a length of wrist width tubigrip from your wrist to the knuckles of the fist and make a hole for the thumb. A new, hardened outer layer of skin will form (a callous). This new layer needs to be kept supple with moisturising cream, otherwise it will crack.

NUTRITION

KING'S COLLEGE ROWING DIETARY RECOMMENDATION

In order to ensure that caloric output by our rowers is matched by caloric intake, King's College follows a high carbohydrate proportion diet (70%), with the essential components of protein (20%) and unsaturated fats and oils (10%) making up the remainder of 'refuelling'.

This page gives an 'outline' of recommended intake and is followed on subsequent pages by further reading. For a more detailed and individually tailored program, rowers are encouraged to seek the advice of a qualified nutritionist who understands the demand put on the body by high intensity sport and study.

Training

A breakfast snack should be had as a rower wakes prior to taking on a training session. Rowers should bring TWO water bottles to each session. The bottles should be the standard

'cycling type' 750ml size.

One bottle, to be sipped at opportune times during the session should contain water and a second should be consumed within 30min of completion of the training session and should contain a carbohydrate solution (Gatorade, Powerade). Within 45 minutes of training, a meal should be eaten. Morning training is geared towards complying with this routine.

During the day time

We at King's College encourage the carbohydrate-rich diet which has a consistent proportion of unsaturated fats and vegetable oils as well as good sources of protein.

Each rower should target eating a minimum of 5 meals per day of smaller size at 2.5 – 3 hour intervals. The school day is conveniently divided up into the correct eating opportunities in its break times and end of school time to use as an eating guide.

If possible, rowers should have something to eat at each break (minimum 2 sandwiches with peanut butter, jam or a meat filling) with at least 500ml of water. Evening meals can be larger but still comprise similar proportions of Proteins, fats (oils) and carbohydrates.

In total, a rower should consume 3 litres of water each day.

Further reading....

General nutrition

Rowing requires a unique mix of technique, power and endurance, utilising both the anaerobic and aerobic energy systems. Rowers have very high energy and carbohydrate requirements to support training loads and meet body weight and strength goals.

Carbohydrate

Carbohydrate is a critical fuel source for the muscle.

A rower can calculate a carbohydrate target in grams, and use food tables or information on food labels to plan to meet this goal. Even better, a rower can see a Sports Dietitian for advice to further narrow this target range according to his/her specific situation, and have an individualised meal plan fitted to their needs.

Situation	Recommended Carbohydrate Intake
Daily refuelling for training	Daily intake of 7-10g per kg body mass.
Pre-event meal	Meal eaten 1-4 hrs pre-competition 1-4g per kg body mass.
Rapid Recovery after training session	Intake of 1g per kg body mass in the first 30 min after exercise, repeated every 1-2 hrs until regular meal patterns are resumed

A chart that provides information about the carbohydrate content of common foods can be viewed on (www.ais.org.au/nutrition). You can use this information to plan a daily menu, or specific pre-competition meals and post exercise snacks and meals.

Protein:

Rowers in heavy training require extra protein to cover a small proportion of their energy costs of their training and to assist in the repair and recovery process after exercise. Adolescent rower's who are still growing, have additional protein requirements.

Protein Requirements can be summarised as follows:

Situation	Grams protein per kg body mass per day
Adolescent Rowers	2.0

Which foods are the best to provide protein?

The following table indicates the protein content of many foods. Each of the foods provides approximately 10g of protein.

Animal Foods	Plant Foods
2 small eggs	4 slices (120g) bread
30g (1.5 slices) reduced fat cheese	3 cups (90g) wholegrain cereal
1 cup (250ml) low fat milk	2 cups (330g) cooked pasta
35g lean beef, lamb or pork (cooked weight)	3 cups (400g) cooked rice
50g canned tuna or salmon	¾ cup (150g) lentils or kidney beans
200g reduced fat yoghurt	200g baked beans
	60g nuts or seeds

Pre Exercise Nutrition

Depletion of carbohydrate stores is a major cause of fatigue during exercise.

Eating Before Early Morning Sessions:

After an overnight fast (sleeping) liver glycogen (energy) stores are substantially depleted.

Therefore, pre training carbohydrate intake is important for maintaining blood glucose levels towards the end of prolonged training sessions.

For example; cereal, toast, fruit, protein drink, smoothie or even a glass of juice. can be useful in providing essential carbohydrate.

Making up for the smaller carbohydrate intake before exercise by consuming carbohydrate during the training session (eg: sports drink) is an important strategy. The rower should experiment to find a routine that works and is comfortable for them.

Further detailed information on pre exercise eating can be accessed on www.ais.org.au/nutrition in the AIS "Eating Before Exercise" fact sheet.

Hydration Strategies:

Drinking regularly during exercise, athletes can prevent the negative effects associated with dehydration and performance can be improved. Every rower should make fluid replacement a key priority during training and competition. Long training sessions on the water lead to significant sweat losses.

Dehydration impairs the body's ability to regulate heat resulting in increased body temperature and an elevated heart rate.

Rowers can estimate their own fluid requirements by weighing themselves pre and post exercise sessions. Each kilogram lost is approximately equivalent to 1 litre of fluid. Once a rower's individual sweat losses are known, a plan can be prepared to help him/her to achieve better fluid replacement in following exercise sessions.

Competition Nutrition:

Rowers should go into each race with fluid and fuel stores topped up, and feeling comfortable after their last meal. With the regatta or competition lasting a number of days, the challenge is to recover between each day's sessions and to prepare for the next race (see Recovery Nutrition Strategies section above).

Generally a meal that provides carbohydrate should be consumed 2-3 hours before a race, eg: breakfast cereal, toast, muffins, sandwiches, yoghurt, fruit, pasta and creamed rice. Some rowers need to take special care with pre race eating, as it can be very uncomfortable to race with a full stomach. Low bulk choices such as liquid meals and sports bars can be useful in these situations.

Rowers need to organise themselves to have appropriate food and fluids available at all times during competition. Many athletes find that they easily lose weight over the course of a competition due to being unable to consume their usual high energy diet (as they are spending

much of the day in preparation and the race itself) To help avoid this from happening take along a supply of cereal bars, liquid meal supplements sports bars, fruit bars, dried fruit, sandwiches, yoghurt, juice etc...

Be aware of your fluid needs (see Hydration Strategies section above). You can be dehydrated from your rowing efforts, making weight practices or just from sitting in the sun watching competition.

KING'S COLLEGE
ROWING TECHNIQUE

CHECKPOINTS OF THE ROWING STROKE

<u>Description</u>	<u>Oarsman</u>
<u>Checkpoint #1</u>	
<u>Lap drop –</u>	
<u>Checkpoint #2</u>	
<u>Checkpoint #3</u>	
<u>Checkpoint #4 –</u>	

<u>Catch</u>	
<u>The Drive</u>	

REGATTA FUNCTIONS FOR PARENTS

Over the rowing season the parents have a number of informal “get togethers” on the banks of Lake Karapiro and in Cambridge to which you are all warmly invited. These are always a lot of fun and a relaxed occasion for parents to get to know one another and to become part of the King’s College Rowing Family.

Car Boot Lunches

Meet around midday at a designated shady spot in the carpark away from the school rowing tents. There will be a King’s College flag flying for easy identification and usually a couple of 4 wheel drives with tables set up for food. Bring your own lunch or food to share with others and if you feel like it a glass of wine or a cool beer to enjoy. Please remember to wear your name tag (one will be provided at the beginning of the season to be worn at all regattas).

Dinners

There are a number of good restaurants in Cambridge and dinners are planned during the season for those wanting a fun night out. This year there will be one dinner for the whole club held during the North Island Secondary Schools Rowing Champs. The meals are a set price per head and the cost will be advised nearer the time.

NZSS Cocktail Party

This is a traditional event hosted by the Independent Schools (of the Island where the NZ Secondary School Rowing Champs are being held) for the visiting Independent Schools. This season the NZSS Regatta is held on Lake Karapiro and the North Island Independent Schools will advise us the date for this special party. It is usually on the Wednesday or Thursday evening (or if we are lucky both) of NZSS Week.

Parents Functions

Date	Regatta & Crews	Venue	Function	Place	Contacts
Sat 18 Dec	Christmas Regatta	Lake Karapiro	12.00 pm Boot Lunch	Carpark	Fiona Reeves

Sat 29 Jan	Cambridge Town Regatta	Lake Karapiro	7.00pm Dinner	Onyx or Rosso TBA	
Sat 12 Feb	Head of the Harbour	Lake Pupuke	12.00 pm BBQ Lunch	Carpark	
Sat 12 March	NI Secondary School Rowing Champs All Crews	Lake Karapiro	7.00pm Dinner	The Lilypad Café - TBA	
Mon 28 – Sat 2 April	NZ Secondary School Rowing Champs – Selected crews	Lake Karapiro	All events to be advised.		

Note: This schedule is provisional and any changes will be advised immediately via email

KING'S COLLEGE ROWING CLUB COMMITTEE 2010/11

Chairman	Barbra Fenner	021 275 1998 rowsmart@gmail.com
Secretary	Simon Kember	021 815 725 Simon.Kember@glaisterennor.co.nz
Regatta coordinator	Vikki Maclean	027-269 9906 Vikki@kerridgeseach.com
Social events coordinator	Fiona Reeves	021-227 0022 q.f.reeves@xtra.co.nz
Parent Help Coordinator	Bridget Caulton	021-476 695 b.caulton@kingscollege.school.nz
Charity Grants Coordinator	Susan Benedek	021 149 7373 theroonies@xtra.co.nz
Sponsorship Board	Guy Eady	021-798 848 guy.eady@macquarie.com
U15 Age Group Liaison	Kate Delegate	021-277 5533 kate.delegat@delegats.co.nz

U16 & Girls Age Group Liaison	Humphrey Sherratt	021-573 226 hsherratt@xtra.co.nz
U17 Age Group Liaison	John Glengarry	021-678 198 john.glengarry@buddlefindlay.com
U 18 Age Group Liaison	Trish Whiting	027-331 4670 trisha.whiting@xtra.co.nz

GLOSSARY OF ROWING TERMS

Arms Only	A rower who is only able to propel the boat with the use of their arms and shoulders.
Backarm	Supports the swivel pin to the boat and is adjustable
Backstops	The end of the slide(s) nearest the bow
Bilateral	On both sides of the body.
Blade/Spoon	Flattened or spoon-shaped end of an oar or scull; often used as a term for an oar.
Bow	Forward end of boat.
Bow Ball	Safety ball fitted to sharp stem of racing boat
Bow Man	The rower in the seat nearest the bow
Bow side (Starboard)	All the rowers whose oars are in the water in the right hand side of the boat when viewed from the stern.
Button	Plastic sheath on an oar to prevent the oar from slipping through the rowlock; adjustable on modern oars.
Canvas	The canvas on bow and stern decks of a boat; in race verdicts, the distance between the bow ball and the bow man's seat
Catch	The part of the stroke when the blade is put in the water.
Collar/Sleeve	Sleeve round the oar to fix the button; make sit easier to move the oar in the swivel
Coxswain (Cox)	Steers the boat from a seat in the stern or laying position in the bow
Crab	occurs when the rower fails to get the oar out of the water at the finish of the stroke

Drive	The part of the stroke between the catch and the finish; the propulsive part of a stroke.
Ergometer	A rowing machine used for fitness and skill training; on land rowing device.
Feather	To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance.
Fin	Small flat plate perpendicular to the bottom of the boat to aid steering of a boat.
Finish (release)	The part of the stroke just before the blade is taken out of the water.
FISA	Fédération Internationale des Sociétés d’Aviron (International governing body for rowing).
Fixed Seat	A seat that is unable to slide along the rails on the deck of the boat. Can have a back support for some rowers.
Foot Stretcher	The unit that holds the shoes or clogs into which the rower puts their feet.
Gate	Bar across a rowlock/swivel to retain the oar. A bracket which swivels on the end of the outrigger to support the oar.
Handle	The part of the oar that the rower holds.
Hull	The underside of the boat that travels through the water.
Inboard	The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the outboard.
Lightweight	A rower with weight restrictions for competition
Oar	The lever used to propel the rowing boat, usually numbered to correspond to the seat number of the rower using the oar.
Outboard	The distance between the end of the blade on the oar to the face of the button; the remainder is called the inboard.
Pin/Swivel pin	The pin on which the swivel rotates.
Rate/Rating	The rate of stroking, or the number of strokes per minute that a crew is rowing at.

Recovery	The part of the stroke cycle between the finish and the catch in which the oar is feathered and the seat is returned to the aft end of the slide, or the oar is placed back into the catch position.
Regatta	A competitive event raced in rowing boats.
Release	When the blade is taken out of the water .
Rigger	A framework to support the rowlock which is placed approximately 78-88cm from the centre of the boat.
Rudder	Steering device attached to the stern or under the hull of a shell
Sculls	A pair of oars for sculling boats (singles, doubles, quads).
Seat	What the rowers use to sit on to slide up and down the rails during the action of the stroke.
Shaft	The shaft or part of the oar between the handle and the blade.
Slide	The parallel tracks on which the seat moves
Square Blade	Where the blade / spoon is vertical
Stroke side	All the rowers whose oars are in the water in the left hand side of the boat when viewed from the stern.
Stroke	The complete cycle of moving the boat through the water using the oars / The rower sitting directly in front of the cox – sets the stroke rate for the crew.
Sweep	Long oars with narrow blades (pairs, fours, eights). One oar per rower in a boat of 2, 4 or eight rowers.

USEFUL NUMBERS

King's College Reception	09 2760600
Head of Rowing – John Callie	021 548 220
KCRC Chairman – Barbara Fenner	021 275 1998
Coach - Rebecca Ryall	021 347347
Coach - Leith Menzies	027 4969400
Coach - Miles Arulambalam	021 076 0169
Coach - Monty Wawatai	021 171 1142

