

KING'S COLLEGE
ROWING CLUB

CURRENT
SPONSORS



KC ROWING NEWS

Term 4 Update

VOLUME 4 2011-2012

26TH OCTOBER 2011

OCTOBER CAMP

From evidence on the water and from coach, parent and rower feedback, the October holiday camp was a great success for all age groups.

Thank you to all parents for making holiday plans around the rowing camp and for those of you who assisted in carting rowers to and

from one of the two venues - Mercer or ARC.

We will keep this camp as a feature of upcoming seasons

Exams Pending - Training?

As the seniors settle into the exam routine and the juniors complete final topics prior to revision and their final assessments, rowing crews have benefitted from the recent camp and all age groups are in positive competition mode.

Exam time training

Each of the squads has been given a breakdown as to how training will change in the week prior to exams and for the week of exams.

In short, there will be reduced training in the week leading up to the exams so that rowers can prepare well. During exam week in school there will be no training.

The training time available to us after exams cease is crucial for best performance at Bennett Shield, Mercer and Christmas regatta's but more on that closer to the time.

Regatta

Our first regatta as a club will be Bennett Shield Regatta held at Lake Pupuke on 26 November 2011 (Saturday).

Crews who will take to the water representing King's College will be selected the previous week and will be announced a week out from racing. All rowers transport arrangements, race times and a map to the venue for your convenience

will be sent to you as soon as I have the program confirmed from the organisers.

King's will have our supporters tent up with food and drink kindly prepared for the rowers by Kate Dele-gate and her dedicated team during the day. If parents could remember to bring a picnic lunch for themselves and any other supporters accompanying them, that would work well. Food and refreshments will be on sale on the day.

Bridget Caulton will be looking for a few dads and mums for some volunteer work but you will hear from her in due course.

The Weeks Ahead

Nutrition Presentation

At the Season Opener some weeks ago now, it was mentioned that Mary Rose Spence, a well known Nutritionist in Auckland, was willing to spend some time with parents and boys outlining the current best practice for nutritional needs of our rowers during the season.

We thought the boatshed would be a good place to hold the information session. Mary Rose will speak on 5 October - Saturday morning at 7:30am. Most parents would be dropping their boys or girls off for training at or near this time.

Mary Rose will present for around an hour.

The presentation will take place in the clubrooms at ARC.

A reminder email or two will be sent out to everyone in the days leading up to the event which hopefully will remind you if you are able to attend this important info session.

Rowers will also be given information by Mary Rose so that they too can be better informed and can take some responsibility for their nutrition.

ROWSUITS

New rowsuits have been ordered and will be in the uniform shop at King's College within the next three weeks.

All U16 and older rowers are required to purchase at least one of these suits to compete and train in. This includes the girls who are still at their respective schools who are

joining us at King's next year but who row for us already. An email will be sent out as soon as the gear arrives.

Learner Driver Permission

This applies to the seniors only. There have been some instances where travel to training has seen learner drivers taking other rowers as passengers.

While King's responsibility does not formally extend this far, I will be sending out a form which will clearly indicate parents permission for this to take place.

I would feel better knowing that you as parents are aware this is taking place and that you are happy for this to be the case.