



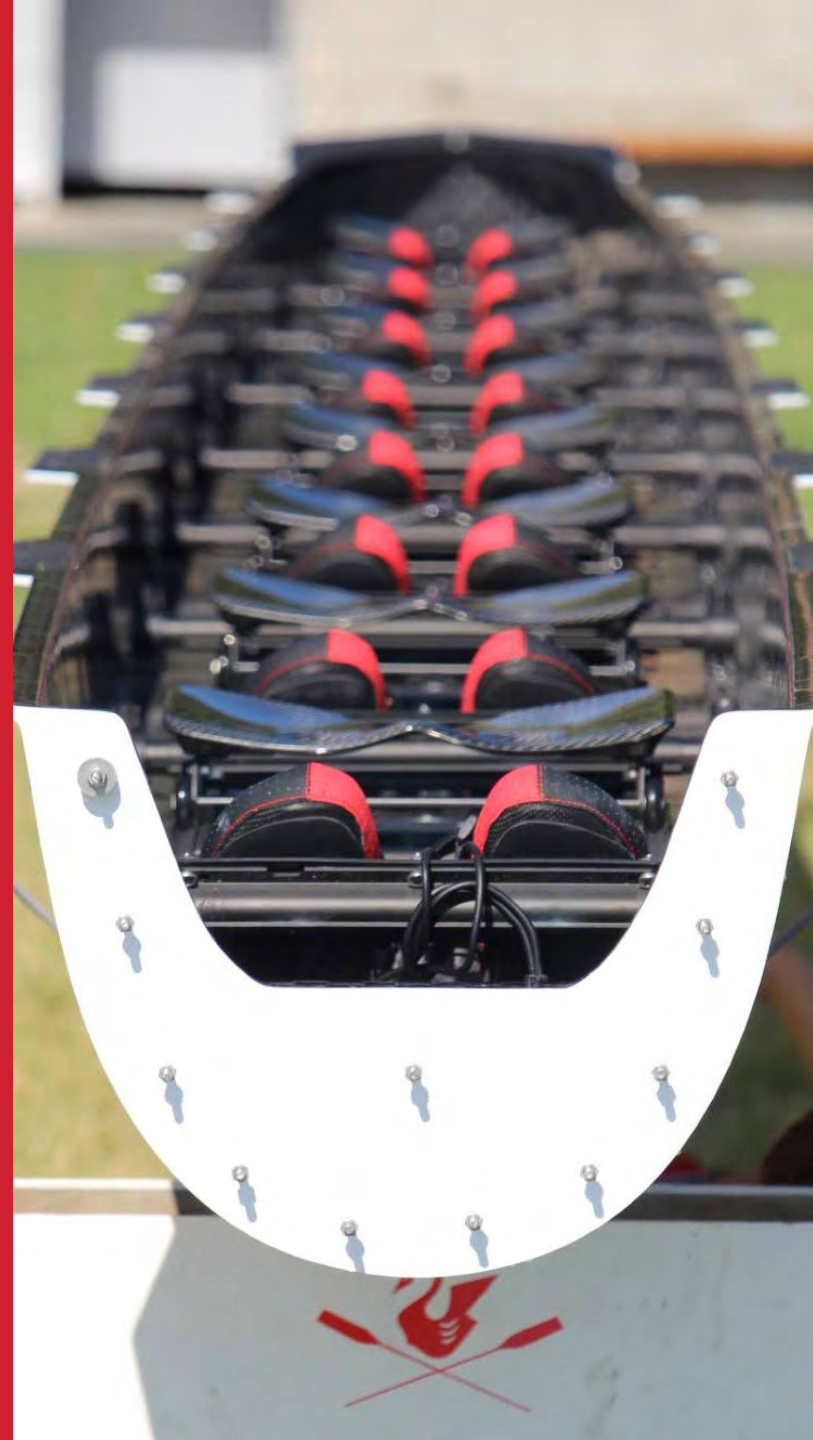
ROWING HANDBOOK



Westlake Boys
High School
ROWING

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WELCOME

We welcome returning and newcomers to this sport.

The next four years are a journey where your son will learn life skills, sporting skills and rowing skills that will set him up for life.

Enjoy the journey and watch your son grow into a young man and athlete who can use the skills learnt from this sport to take on any challenge ahead of him. It's rewarding and an investment to watch life lessons build.

As Director of Rowing, I want every boy to succeed every day in some way if he is willing to be resilient and hardworking. There are many great rewards for consistent work ethic we ask of these young men over the 28-week season.

There are opportunities for the families to attend regattas and camps and join a dad's army to help with hands-on repairs and maintenance.

Westlake Boys High School Rowing (WBHS Rowing) is a family-like atmosphere. For every boy who rows, there are parents helping – transporting to and from training, attending camps, cooking in the kitchen, supporting at the regatta tents, van driving and maybe also as volunteering as committee members.

We welcome all the help and support to make a club with a HEART and an IDENTITY that all of us are proud to be a part of.

Our coaching team is skilled and passionate. To feel confident, to progress, and for the boys to enjoy the journey, we prioritise the need for motivational and athlete-centered coaches.

Many are old boys who want to give back and who understand "The Westlake Legacy". "Once a Westlaker , always a Westlaker".

The season runs during terms 4 and 1. All boys will attend North Island Secondary School Champs while only top A final (or close to) crews will continue on to the Maadi Cup.

From the coaching and school support team, we look forward to seeing all of you at trainings and regattas over the season.



Jo Shotter, Director of Rowing
Westlake Boys High School

COMMITTED TO DELIVERING GROWTH AND DEVELOPMENT ON ALL LEVELS

Rowing at Westlake is about building all aspects of a young man. His experiences through the rowing programme will mould his values and behaviours to support him long term once leaving rowing and the school.

He will be part of an environment, committed to:

- + The pursuit of excellence in skill, fitness, commitment everyday and character. Performing at the top of the boys competition on and off the water
- + An athlete-centered approach that gives all boys a challenge and rewarding experience, no matter their level
- + A community for all where, whatever the age, crew, ability, everyone matters
- + A brotherhood, a place where each boy knows his mates will do as much for him as he will for them
- + Giving back by helping crew, younger athletes, the parents and school to make WBHS Rowing a place we want to be a part of
- + Enjoying the journey; every day is a winning day from experiences gained both in success and defeat

“We want to build champions and champion young men.”



PROGRESSIONS

RECRUITMENT	<p>x3 terms of Learn To Row Large number of Rowing Academy trialists</p>
PERFORMANCE	<p>Auckland Rowing School of the Year Auckland School Crew of the Year 70 boys rowing Medals in all age groups - NISS, Maadi cup Representatives in the North vs South series NZ junior trialists Light Blues crew to compete in provincial champs Coaches in youth rep teams</p>
CULTURE	<p>Seen by other schools as strong, a brotherhood & hard working</p>
FINANCIAL SUPPORT	<p>New skiffs every other year \$30,000 - \$70,000 raised by grants & fundraising \$350,000 annual turnover</p>
FUTURE PATHWAYS	<p>NZ representative teams (Elite, U23, U21, NZU, junior crews) Westlakers in UK, US high-performance programmes Westlakers in regional high performance Westlakers in US scholarship programmes Leavers continue to club rowing</p>

TEAMWORK

“Individuals working together toward a common goal.”

School - to lead



Coaches - to motivate



Parents - to support



Athletes - to take ownership



WHAT DEFINES WBHS ROWING?

A rowing team of five people is shown from a rear perspective, rowing a white boat on a calm blue lake. The rowers are wearing various colored caps and athletic gear. The boat has a 'Gill' logo on the stern. The background is a dense forest of green trees under a clear sky.

HEART

HARD WORK

PROFESSIONALISM

PROCESS-DRIVEN

PRIDE

SUPPORT

BROTHERHOOD

TECHNICAL EXCELLENCE

WHAT DEFINES WESTLAKE BOYS ROWING?

PROFESSIONALISM & PRIDE

WBHS Rowing holds a history to be proud of with five Olympians and many Maadi titles.

Old boys continue to give back and support the present day rowers because of the pride and value that they hold for the Swan.

The headmaster and staff allow time away from school in exchange for a balance and high standards of school academics.

The programme takes a holistic approach of what it takes to be a competitive athlete.

Boys are learning to take ownership both on and off the water to be professional in their aims.

HEART & SUPPORT

Parental support builds the backbone of a boy's confidence.

Buy-in of our wider rowing community helps build identity.

Boys race with heart when there is a sense of belonging.

School and parent community (back bone), can build the facilities, equipment and positive support our rowers need.

TECHNICAL EXCELLENCE & PROCESS DRIVEN

We aim to build boys from the U15-U18 with the skill to progress on their technical ability year to year.

The same rowing model is used by all coaches to help the boys develop.

Training programmes, both on and off the water, work together to support progress.

Target regattas, goal setting, testing, race preparation, macro-cycles of work, nutritional and mental practice, S&C, all have a part to play in our processes.

BROTHERHOOD & HARD WORK

Ask the boys what they want other schools to admire in Westlake! Brotherhood and a good work ethic is important to them.

We aim for all age groups to mix and support each other, in training and racing.

A leadership team of boys is a voice that keeps us as a club in touch with what is important to the boys.

"Having your mate's back because he has yours" is key to driving these values.

THE VISION

Westlake Boys High School and WBHS Rowing aim for boys to represent school and sport proudly, and who can successfully progress in rowing, in sport and in life.

- + To be one of the top boys rowing programmes in New Zealand.
- + To leave through the archways equipped for life.
- + To have a high retention of leavers moving into multiple rowing pathways in club, NZ Rowing, US university pathways.
- + To support coaches' development and future pathways - club rowing, Rowing New Zealand, US University positions and overseas appointments.
- + To have a emphasis for academic and leadership opportunities e.g. prefects, scholarships, etc.

WBHS Rowers who are equipped for life:



Jordan Stanley

Former WBHS rower, club rower, international rower and Head Coach of WBHS Rowing. Represented NZ for rowing at junior and university level.



Finn Howard

Former WBHS rower, club rower and international rower. Represented NZ for Rowing at junior, U23 and elite level.



Barrie Mabbott

Former club rower, WBHS rower and NZ Olympian Bronze Medallist in 1984. Current Elite Selector, owns a business on the North Shore & Club Coach.



OUR GOALS

LONG-TERM GOALS

CULTURE

Support within, around and outside of rowing by school, parents, coaches and boys.

Initiatives to enable a growth-culture buddy system, leadership team, rowing captain, camps, away regattas.

Key values as a rowing club, athlete-led - believe, behave, become.

PERFORMANCE

Year in, year out consistency of results as a product of quality plant, top coaching, great processes, valued culture, recruitment and support.

FUTURE PATHWAYS

Options in the future for coaches and rowers beyond Maadi Cup.

RECRUITMENT

Building a quality foundation of new rowers each year.

Rowing is a new sport to all newcomers to secondary school. Exposing our sport, experiencing and being given opportunity to join rowing will build a quality base every year.

STRONG CLUB FOUNDATION

Financial support and community support.

The committee and parents fundraise each year for the season's running costs. New boats, coach boats, oars, trailers and parts are financed from grants, sponsorship and donations.

The next four years; we need to aim more heavily on sponsorship, donations and alumni support.



SHORT-TERM GOALS

WHAT DOES SUCCESS LOOK LIKE EACH YEAR?

- + Every day is a good day – learning from good and bad times
- + Consistently competitive
- + Having fun – an environment boys want to come to
- + Growing as an individual and growing as a crew
- + A brotherhood we want to be a part of
- + Pride for the Swan, our sport and our crew



CULTURE

Have purpose for being here. What's our WHY?

Caring – for ourselves and team mates to help us all get across the line

Building resilience and dealing with difficulty every day

Self-driven and self-management for our actions and aspirations

Learning life skills for life beyond our gates from every day, every race

Give back – leave our club better than we found it each day (give back 1.5)

RECRUITMENT

Learn To Row – Terms 1, 2 & 3

Information Morning Tea

Intermediate “Have a go” days

Pre-season selections

STRONG CLUB FOUNDATIONS

Financial support for: coach development, equipment, first class boats and facilities

Sponsorship packages secured and donors

Alumni Facebook connections and functions advanced

Fees and grants

SHORT-TERM GOALS

FUTURE PATHWAYS

Clubs – build relationships and connections with North Shore Rowing Club

- + Training sessions - boys and coxswains can join in off season water and land club sessions
- + Mixed racing pre-season
- + Trainings together to drive performance

Regional High Performance (NZ pathway) – for rowers and coaches

- + Regional selections - Blues from U16-U19, U18 North Island Squad
- + NZ selection - U19, U21, NZU, U23 and Elite New Zealand Teams
- + Aim: Westlake Rowers to be exposed boys to many opportunities

Coach Development

- + Professional development for coaches - attend workshops, conferences, invited NZ coaches to Westlake Boys High School outings, coaches to go out with NZ coaching crew sessions

Scholarship Opportunities

- + US/UK Universities - exposure and support for Westlake Rowers to attend Universities/Rowing

Gap year rowing experience

- + Leaving Year 13 boys to row northern hemisphere summer (March - July) after NZ club championships
- + Coaching opportunities in the New Zealand off-season to coach

PERFORMANCE

Strong basics established (skilled in small/big boat sculling and sweep, both sides), building aerobic base and, FMP-fundamental movement patterns for future strength and conditioning, athleticism (mindset, organisation, testing, diary, self-reliant, accountable and consistent behaviours to training, racing, team and coaches.

- + Strong squad of 20-28 first-year rowers
- + Medals in all age groups across sweep oar boats
- + Quads & Octuple in a final in all age groups
- + Strongest school in performance in Auckland area



SEASON TIMELINE

Planning for the season begins the week after the last Maadi Cup. Feedback on crew's boat priorities start to mould how we progress and better all aspects of our programme for next year, from LTR to Maadi Cup.

Every benchmark test, regatta, where to train, how to train has had hours of thought put in to make the season productive.

There are hard weeks, easy weeks, weeks off, double session weeks.

There is aerobic training, anaerobic threshold training, speed, technique, start trainings.

The calendar sets the dates of the programme.

Parents can organise their holidays, siblings' activities if they know what is happening with the rowing.

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
October School Holidays Spring Camp Epworth, Maungatautari	R.F. Bennett Memorial Shield Regatta Lake Pupuke, Auckland Eric Verdonk Memorial Regatta Lake Pupuke, Auckland	Karapiro Club Regatta Lake Karapiro, Waikato End of Term 4	Summer Camp Epworth, Maungatautari North Island Club Championships, Karapiro, Waikato (Auckland Anniversary Weekend)	Junior Regatta Lake Karapiro, Waikato Head of Harbour Auckland Secondary School Championships Lake Pupuke, Auckland	North Island Secondary School Championships Lake Karapiro, Waikato Maadi Cup NZ Secondary School Championships Lake Ruataniwha, Twizel or Lake Karapiro, Waikato End of Term 1
CLUB RACESUIT REGATTAS				SCHOOL RACESUIT REGATTAS	

COMMUNICATIONS & SOCIAL MEDIA

COMMUNICATION METHODS - TO INFORM, SUPPORT AND PROMOTE

Social media is a great tool if used appropriately.

Anything placed on social media that represents Westlake, its colours and uniform or while training and racing for Westlake Boys High School require a code of conduct.

Does your behaviour represent our school, team, crew and ourselves well?

Westlake Boys High School website: www.sporty.co.nz/webhsrowing



Coach to Parents

Parent representative to email squad

Coach to Squad

WhatsApp, Facebook, Email

Athlete to Coach

Text and phone injuries and sickness before 8pm. Please do not place on social media if you cannot make a training. A coach needs to know directly. Injury and illness can be supported by a coach if they know the details.

General Information

Parent community/athletes - email and follow up on Facebook page.

Social Media Tools

Facebook & Whatsapp

Westlake Boys Parent Communication page: www.facebook.com/groups/799444996768024/ **Westlake** Boys High School Rowing Alumni: www.facebook.com/groups/1885651621490171/

TRANSPORTATION

TRAININGS AT HOBSONVILLE POINT 5.30AM

x3 weekday mornings Term 4:

- + Home to Hobsonville Point – parent/carpool
- + Hobsonville Point to School – chartered bus at 8am
- + Saturday/Sundays – 7am approx. (this will vary)
- + Home to Hobsonville Point – parent/carpool

BOAT LOADING AFTER SCHOOL

There are two boat loading schedules:

- + 9am – load and travel to regatta from Hobsonville Point OR
- + 3:20pm – chartered bus to Hobsonville Point for boat loading (parents pick up from Hobsonville Point)
- + Pack snacks and a jacket as we are outside loading
Parent pick-up approx. 5:30-5:45pm

TRAININGS AT LAKE PUPUKE – BOTH AM & PM

North Shore Rowing Club, 1A Northcote Rd, Takapuna:

- + Home to Lake Pupuke – parent/carpool
- + Lake to school – 20 min.
- + School to Lake Pupuke – 20 min walk, sessions start at 3.30pm

REGATTA TRANSPORTATION

- + Parents who put their hands up to drive will be briefed on safety while driving
- + Boys transported in vans will have signed a code of conduct for travelling with parent drivers

UNIFORM

WBHS Rowing is affiliated with North Shore Rowing Club and rows out of the club's boat sheds at Lake Pupuke. All Westlake Boys rowers are members of NSRC. When we compete in club regattas (generally held before Christmas), we row as members of the North Shore Rowing Club and compete in North Shore colours (Navy Blue).

When we compete in school regattas, we row as Westlake Boys High School and the boys compete in WBHS Rowing rowsuits.

Boys are to wear travel uniform to and from all regattas

All on and off water uniform is school apparel only

Travel gear and red school sports hoodie can be purchased from the uniform shop



NSRC singlet



WBHS Rowing zoot suit



Optional training gear



HOW WE TRAIN

TRAINING PROCESSES

Rowing is a team sport

Teamwork – When a group of individuals come together to work toward a common goal.

The 1.5 Rule – have your mate's back because he has yours.

To be a part of our team you need to show:

Reliability – In all situations I can be depended on

Accountability – I will take ownership for my actions to HELP my team

Consistency – My team know I will give my best every day

Support – I can give a hand to others any time

A balanced training programme

Mindset – the mental approach to training, pre & post race, racing, mental visualisation, breathing, focus. Learning about - nutrition, organizational skills, keeping a diary and goalsetting.

Body – technical skill development, strength & conditioning, training zones target training, yoga, erg training.

Culture and Soul – leadership team, crewmanship, buddy system.

An environment to promote a good experience

Inclusiveness – no matter the crew

Reward the fight in the dog, not the dog in the fight

Every day is a good day – win or lose we gain from the experience

THE ROWING MODEL

TRAINING ZONES & ENERGY SYSTEMS:

In a 2000m race we need to be training the energy systems we use in a race.

The physiological training programme is progressive.

The whole season is mapped out, considering regattas, testing, school holidays and demands of a 15-18 year old boy.

AIM:

- + Make physiological adaptations in training to cope with the racing in best physical condition for the age and development they are at
- + Build skill and ability + fitness
- + Have fun while doing this and not develop injuries
- + Training improves racing



HOW WE TRAIN

WHAT WILL BOYS RACE?

A mix of sweep and sculling.

Though all U16-U18 row small boats over winter, the season is predominantly in 4+/4x+ and eights/octuple (for U15s).

The U17/18 squad will continue small boat training through the season and race small boats as well as bigger boats.

Priority boats for the year at each age group are finalised by start of term 4.

The coaching team look at the strength of our programme and decide what are best fit with the athletes we have at each age group from year to year.

Though predominantly a sweep school, having a broad racing schedule allows all boys a chance to aim for A & B finals.

Regattas are now placing restrictions on the number of crews per school in each event. Therefore, opting for a number of boat classes helps all boys to race more races.

WHERE DO WE TRAIN?

Epworth Camp, Lake Karapiro Spring and Summer Camps

North Shore RC, Lake Pupuke Learn to Row, Short Distance Rowing, Speed Work

Westlake Boys Compound Hobsonville Pt/Catalina Bay Regular Training Venue

HOW WE TRAIN

HOW DOES TRAINING WORK?

We have a key attitude to all water work – “No matter the boat, the crew, or the weather, I will make the boat go fast!”

U15 Squad

- + All boys will be coached both sculling and sweep oar.
- + Coaches will all rotate until the new year when crews will be selected. Boys will then be selected to either scull or sweep.

U16 Squad

- + Crews are changed and mixed every row leading up to Christmas break.
- + Coaches are rotating until Summer Camp. After Christmas, coaches will reassess weather to continue all coaching all, or be allocated to specific possible racing crews.

U17/18 Squad

Mixed training sessions, small boat sessions, big boat and sculling sessions allow us to look at:

- + Who combines well with who
- + Do some people move better in a big or small type boat
- + Is sculling best fit for some
- + Is sweep oar best fit for some
- + In certain combinations how fast is the boat?

U18 Novice 4 & U18 Novice double scull

We have taken in two older novice rowers who we aim to combine into a novice coxed four as well as a Novice 18 x2.

HOW WE TRAIN

WAYS WE TRAIN

Row, Erg Training – focus on both technical + aerobic fitness development.

Running and Cycling – aerobic fitness

Strength and Conditioning – U15 & U16s learn the fundamental movement concepts first, without load.

We need our athletes to know how to move correctly and well, then we can add load.

Athlete nation strength and conditioning is used at U15/16 level as a resource to support the boys' movement and strength conditioning.

In Academy classes all boys have 2 sessions per week and this is extended into 1x after school rowing circuit.

At U17/18 level athletic development specialist strength and conditioning instructors develop movements gained in early years, advance these and build in a load, explode and control strength element to the boys conditioning.

When a Westlake boy leaves our programme to go into a New Zealand pathway, club, US university programme or Overseas High Performance Programme, he is confident, knowledgeable and equipped to be a part of any programme at a high level.

Mobility/Flexibility/Yoga

Before every training session, crew warm up aerobically and complete a mobility circuit.

Senior boys attend x1 yoga session a week.

Prehab + Rehab

All of the above training methods work together to prevent injury

Warm-up helps the muscles engage, mobility enable a full range of movement be gained in warm up so injury risk is minimal.

If an athlete was to become injured - great care to slowly bring him back into the norm training would be taken.

Wellbeing comes first.

Speak up – if you feel an injury, acting sooner rather than later gives a better chance of recovery. Let your coaching staff know.



REGATTAS

MAJOR SEASON REGATTAS

NORTH ISLAND SECONDARY SCHOOL CHAMPIONSHIPS, LAKE KARAPIRO

For three days every North Island school-age rowing crew will attend the regatta at Lake Karapiro. It's a huge regatta and there are limits placed on the number of small boat and sculling crews a school can enter for each race.

At WBHS Rowing, with our numbers, we have trained some boys to scull and others to race in sweep. We do this for developmental progression, but also because not all the boys would get the opportunity to row in the same class of boat if they all, for example, sculled. We want all our boys to race at NISS.

It's a spectacle; fun and exiting for the athletes and parents. For many it will be the pinnacle of the season.

MAADI CUP - NZ SECONDARY SCHOOL CHAMPIONSHIPS, LAKE RUATANIWHA, TWIZEL OR LAKE KARAPIRO, WAIKATO

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 for the boys at the regatta are the Maadi Cup (B U18 8+) and Springbok Shield (B U18 4+).

For a number of our rowers, the North Island Secondary Schools Champs will be their final opportunity to race, experience and perform against their rivals at an age group schools regatta.

Maadi Cup is a performance regatta where only crews achieving a Tier 1 or 2 standard will continue on to race at the Maadi Cup.

The venue for the regatta changes every season, alternating between the national rowing course of Lake Karapiro in the North Island and the scenic Lake Ruataniwha rowing course in the South Island.

RACING PROCEDURES

THE DAY BEFORE PROCEDURE:

Travel by vans to Karapiro regattas the day prior to racing
Sleep - Hydration - Rest - Good Nutrition is important
Accommodation is at Leamington Rugby Club, Cambridge
(boys supply own mattress and bedding)
Lunch (own cost or packed lunch) at Cambridge on the way to Lake Karapiro
Rig up all boats and head out onto the lake for a training row
Afternoon Tea (supplied)
Set up own bedding at Rugby club
Dinner (6.30pm) at Cambridge Golf Club
Crew briefing of next day's racing
Lights out 9pm

RACE PROCEDURE:

2 hours - coxswains to weigh in
1.5 hours - crew leave for boat park
1.25 hours - check boat, oars, speaker, bow number
1 hour - warm up + team talk at performance tent
40 mins - ready by boat for call
30 mins - boat launched + race warm up to Start Line
5 mins - in starting area/blocks
Race

WARM DOWN:

Boat on rack, number returned, oars up
Debrief at performance tent
Recovery food and hydrate

SELECTION POLICY

SELECTING BOYS FOR CREWS BEGINS THE FIRST DAY THEY ARRIVE

IMPORTANT CONCEPTS FOR SELECTING CREWS

Set the right processes in place, then the athletes will show through in performance and athleticism.

Offer many opportunities to be seen as they develop at different rates throughout the season.

Every year is a new year – youth change year to year. Boys grow, mature and grasp concepts at different times.

Who makes it work day in/day out both in attitude and technically with anyone?

Make any boat, any seat, in any weather work with anyone.

A rower who is a boat mover will stand out no matter the situation.

EVERY DAY IS SELECTION DAY

Coaches keep a diary of daily training (what combos went out/what combos work)

Pace work in training combinations

Attendance

Erg results – benchmarks, 30 min ergs, four 2km tests throughout the season

Seat Racing – in 4s throughout the season (U16-18) - detailed on calendar

Boat speed tests – in combinations during trainings

Data from GPS in trainings

Crew combos – how did they race?

Looking at individuals in a variety of boats (some athletes suit smaller/bigger boats due to athletes movement in different boats).

SELECTION POLICY

DIFFERENT CRITERIA THAT COACHES LOOK FOR

ATHLETICISM

Knowing how to be an athlete will drive skill development.

EVERY DAY COACHES WATCH FOR:

Teamship, self-driven, disciplined, mindset, resilience, consistency. Showing up each day, giving your best each time

SKILL - TECHNICAL PERFORMANCE

Ability to row well in training and racing
Able to adapt to all intensities and hold technical form
Works in with others and adapts with different combinations

PHYSICAL ABILITY

Endurance, strength, speed, mobility,
power, power to weight ratio

COMBINATIONS

The magic of rowing and sport.
Certain people work together well. We try and create combinations but certain groups just work. A coach's eye becomes key and athlete feedback on rows that went well.

SUITABILITY TO BOAT CLASS

Some rowers are better in pairs compared to an eight or a four to an eight.
Sculling vs Sweep oar.

ARE YOU A RACER OR A TRAINER? OR BOTH?

Boat Speed of individual and in combinations:

Individuals can beat each other but important to see if overall boat speed is also improved.

Suitable rower to a certain role/seat in the boat

CAMP & REGATTA GUIDELINES

At camps and regattas the boys represent school, club, crew and self. Standards at school are to be maintained when away:

- + We are a nut-free environment
- + Keep vans clean while travelling to and from regattas
- + Leave every place better than you found it
- + Respect people's individual space
- + Help out before being asked
- + Keep your space tidy all the time
- + Lights out is lights out
- + Be organised the day before
- + Keep to time (don't be last, be early)
- + Stay on site
- + While at Leamington Rugby Club and camps, boys are under the supervision of the school - any boy leaving with a parent needs to inform the teacher in charge
- + Travel uniform and closed shoes - worn to all evening meals
- + Phone away, hats off, fully dressed during meal times
- + Thank you and respect to all adults helping



CAMP & REGATTA GUIDELINES

Packing list:

- + Regatta day bag
- + Lunch and snacks for the day
- + Named drink bottle
- + Training gear +, sunglasses, socks, slides, warm underlayers
- + A row jacket (JL - can order)
- + Row Suit (North Shore for club regattas/Westlake for school regattas)
- + Black WBHS visor
- + Sunscreen
- + Spanner
- + Plaster and tape
- + Thermal top and bottom
- + Travel gear (worn to and from regatta)

Other Gear for camp:

- + Casual clothes for back at accommodation
- + Swim togs
- + Running shoes/slides
- + x2 towels
- + Toiletries
- + Own first aid for rowing
- + Sleeping bag or duvet fitted sheet
- + Own mattress/stretcher/air bed (Leamington RC only)
- + Pillow/top sheet
- + Warm jersey, hoodie, fleece
- + Personal medications
- + Insect repellent
- + Laundry bag
- + Money for stops to and from regatta/camp
- + Electrical devices e.g. UE Boom, headphones, phones at own risk of damage

COXSWAINS



COXSWAINS

COXSWAIN SELECTION

The coaching team needs to ensure coxswains have a clear development pathway/understand what “good” coxing looks like to benchmark themselves against.

COXSWAIN PROGRESSION

Spring camp & Summer camp

Coxswain will have one-on-one meetings with coaches where both parties will rate & reflect on progress & how they have adjusted to feedback from athletes and coaches.

We will endeavour to capture and reflect upon racing and training recordings monthly & provide coxswains with education resources and other development opportunities through the season.

WHAT DOES “GOOD” LOOK LIKE FOR OUR COXSWAINS?

Exceptional understanding of how to make a boat go faster in training and racing due to superior engagement with and understanding of the rowing stroke.

Ability to steer a boat straight and to do so in both training and racing situations.

Capable of getting athletes to respond in training & racing situations due to correct tone of voice & type of calls made!

Can organise crews in training and racing situations - taking the initiative & ensuring in command of the crew at all times.

WHAT CAN I DO IN MY OWN TIME TO GET BETTER AT COXING?

There are many resources on the internet, including YouTube.

Spend 20-30 mins, 3-4 times a week to look, listen and learn.

Share resources with fellow coxswains to support each other.

COXSWAINS

WHO DO I TALK TO IF YOU NEED A HAND WITH TRANSPORT, COXING CALLS AND TEAM CONCERNS?

Mr Hay and Miss Kennedy are our coxswain leaders. Over the season we will run coxswain initiatives to help you develop. We are very lucky to have some coaches who have been coxswains.

If in doubt talk to her, Jo or one of your coaches.

WHAT GEAR WILL YOU NEED?

You have all been given a lifejacket and cox box.

Charge your cox box.

Come ready and warm!

Though you will return these at the end of the season, they are yours to look after and have at trainings.

It's cold and unpredictable on the water - warm layers, hat, fleece, waterproof jacket, wetsuit boots/socks are needed.

If you are warm, you are more likely to perform better as a cox.

WHAT ARE MY JOBS ON LAND?

In land training - being a part of the activities.

Hearing your voice for support, giving everything a go, being a leader and pushing your limits are key actions we look for in a coxswain.

At rows - place blades in oargos and put out on the ramp

Fill water buckets

Put dumps out for boats and oar washing

Get your gear on, have cox box, spanners

Warm up with crew

Be a part of briefing with coach

Wash boats and organise boys to sponge inside/outside. Wash oars and put away while boys get coach boats

Lead crew to put boat away

Be a part of crew debrief

Lock container

Buckets and dumps away

COXSWAINS

WILL I BE HELPING NORTH SHORE ROWING CREWS?

Over the season, we will get you all to attend training sessions and cox at regattas for North Shore crews. It is a wonderful opportunity to learn from older rowers and other coaches. The experience will help each of you to develop and know what it's like to be in the club when you carry on after leaving school.

Coxswains are very important people. Without you we cannot get on the water and we rely on your enthusiasm and eyes to make us be the fastest we can be.

HELPING EACH OTHER

If another coxswain needs a hand, then help out to speed up finishing the session.

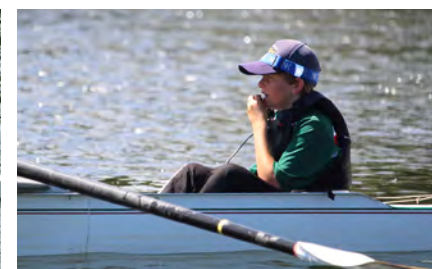
KEEP A NOTEBOOK

Keep a small note book in your bag. After each session write down three things;

A new call to use?

What you did well?

What you want to improve on?





MAADI CUP

WHO ATTENDS MAADI CUP?

The last two weeks of the season, crew speed and top end performances are the focus.

WBHS Rowing will take those crews fast enough to make or closely contend an A final or race top half of a B final only.

Crews are not selected on whether they are A, B or C. Crews are selected on their boat speed.

We have a number of ways throughout the season to tabulate crew speed, progression and compare boat speed with other schools. We gain a very good picture by mid-February if crews are going to be a possible A final and at least top half of a B final.

Final crews are selected six weeks out from Maadi Cup.

This gives parents time to organize accommodation and flights but most of all this is the time that final combinations are cemented and begin the speed component of our training programme.

In past Maadi Cups there have been injuries or accidents in these last few weeks that have meant last minute selection/changes to crews.

Last minute crew changes for Maadi:

- + Injuries out of our control often create headaches for crew combinations that have been building for Maadi Cup.
- + Please be aware they do happen and can have a domino effect to other crews and coxswains.
- + This year we will tier crews going to Maadi so both boys and parents understand if changes are made, then what crews will be most susceptible to change. We aim for this not to happen.
- + Accommodation for the Maadi Cup in Twizel is the Mountain Chalet Motels - Wairepo Rd, Twizel 7901





**LOOKING AFTER
OUR BOYS**

PASTORAL CARE

Sleep - Air - Water - Food

These 4 key components are what keep us alive.

Sleep

With early starts we ask that each athlete is getting 8 hours sleep per night minimum. This means some early nights if training starts at 5.30am in the morning.

At camp and away regattas, lights out is determined by staff and coaches.

Sleep is the key to recovery and training for the next day.

Water

Every athlete needs to drink throughout the day, if they are training or not.

Rule of thumb - fill your drink bottle at every meal break.

Nutrition

Meals away are exceptional. Boys are catered for by the parents at camps and regattas or at the Cambridge Golf Club.

We deal with special diets well. Just let us know.

Throughout the season there will be nutritional talks to the athletes.

Injury or Illness

We really like to be up to date with this. A text or phone call is needed to keep the coaches up to date.

Please ring/text by 8pm the night before to say you will not be at training the next day. Don't wait for the early morning. Make a decision the night before!

Please refrain to putting injury or illness notifications on Facebook.

Coaches can offer advice on good specialists and rehab support.

Balancing School and Rowing

Rowing is more than just rowing. It's the learning of organisational and life skills.

Coaches, parents, staff want to support the athletes.

Rowing is not to be used as an excuse for lack of work, but if you are struggling to get a balance - ask us for help and support. We will be able to make it easier for you.

Parents and boys are welcome to talk with Jo Shotter, Rowing Director and Natalie Marriott, TIC, for advice and support.

FINANCES & PAYMENTS

Within the school sports arena, rowing is the only sport that has a parent-driven society.

There is an approximate \$350,000 turnover per year and a need to build on existing equipment as older boats need replacing.

The WBHS Rowing Society also manages and maintains the infrastructure assets.

Our obligation is to maintain the condition and value of these assets for future generations of rowers.

Rowing is a capital intensive sport and regular re-fits, updates of boats is important for a club of 80+ athletes.

We aim to buy a boat a year to support the turn over and numbers rowing.

Therefore, significant investment in boats and associated accessories is needed. A rowing eight now costs around \$50,000 and other things such as oars, seats and shoes are in addition to this and are not cheap.

The boys' fees do not cover replacement boats. The funds for new plant and equipment is raised through grants, society fundraising, sponsorship and alumni donations.

Fees cover the costs associated with regattas, summer camp, administration costs for racing, expenses tied up with training such as coach boat maintenance, petrol costs, nuts and bolts/ spare parts and end of season prizegiving function.

Please see our Membership & Fees policy document on the Sporty website - www.sporty.co.nz/webhsrowing



FINANCES & PAYMENTS

Stage 1 – Pre Season

Spring Camp is a pre-season training camp. This is a 3-night camp, during the second week of the school holidays. Total cost of Spring Camp reviewed yearly. Approx. \$300.

Stage 2 – Regular Season

The regular rowing season is from the beginning of Term 4 until NISSC, around mid-March.

Fees are usually confirmed at the AGM.

Rowers – \$4,700 approx. Coxswains – \$2,700 approx.

Maadi Cup is usually held towards the end of Term 1 at either Lake Karapiro, Cambridge or Lake Ruataniwha, Twizel. It alternates between locations each year.

Our top tier 1 and 2 boats compete in Maadi Cup.

The cost for Maadi ranges between \$1,200 – \$2,200 per boy and depends on the number of boys attending, fundraising and location.

Payment Option 1

Pay for the entire rowing season by the start of Term 4.

Rower - \$4,700 approx.

Coxswain - \$2,700 approx.

Payment Option 2 (x5 installments):

If you are paying by installments, payments are required in five stages throughout the season. Fees are due regardless of your son's participation.

To pay for the season in five installments:

Rowers - \$1,500 per installment

Coxswains - \$850 per installment

Direct Debit: ASB Bank Account: 12-3119-0136275-00

Ref: Son's Name Particulars: Fees Payment

PARENTS – BEING A PART OF YOUR SON’S JOURNEY

WHAT IS THE WESTLAKE BOYS HIGH SCHOOL ROWING SOCIETY?

All Westlake Boys High School Rowers, their parents/guardians/caregivers, coaches, Westlake Boys Headmaster, and Teacher in Charge of Rowing, are members of the Westlake Boys Rowing Society.

The role of the Society is to deliver and manage the infrastructure to enable the rowing programme. This infrastructure is substantial and includes the rowing boats and oars; coach boats and equipment; equipment to support camps and regattas such as tents, tables, barbeques etc.

A committee is formed at each Annual General Meeting, generally held August/September, to coordinate the delivery of these objectives. The committee organises the transport, food and accommodation for camps and regattas; the boat and equipment maintenance; boat transport; safety and first aid; design and ordering of uniforms; fundraising and financial management including asset ownership and management; stakeholder relations and general affairs for WBHS Rowing.

All members of the society are able to seek election to the Committee at the September AGM for each season. You do not have to be on the committee to contribute and participate. All parents/guardians are welcome to attend the monthly committee meetings and participate in any discussion.

Meetings are held at WBHS staffroom.



PARENTS – BEING A PART OF YOUR SON’S JOURNEY

HOW CAN PARENTS SUPPORT THE SOCIETY?

Rowing has five key areas of commitment from parents to make the programme produce the results we are all invested in for our rowers.

Committee

The committee works relentlessly during the season to deliver the infrastructure and logistics for the programme. In the off season work continues with fundraising, grant applications and planning for the next season. All members of the society can contribute to the work of the committee through submission

Fundraising & Sponsorship

We are always looking for creative ways to raise money. We especially like projects that are not too resource hungry and provide a good return! We expect all families to participate in our fundraising activities at some level.

WBHS Rowing has produced a sponsorship booklet that will enable any parent who has contacts, a desire to help build better sponsorship connections and create an on-going financial future for our club possible.

Specialists

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

Boat maintenance (rowing skiffs and coach boats)
Ability to tow large trailers (we have a vehicle)

Any professional, specialist skills that you think may be useful e.g. marketing, web design, grant application - expertise in anything you think could be helpful Networks to assist with fundraising and sponsorships

Regattas and Camp

We need parents, caregivers, grandparents who can help in the kitchen, with the boats, tents, and barbecues, driving the vans, first aid skills etc. All help appreciated, we'll teach you on the job. These events are a lot of fun.

How can you help as a parent?

When a young man takes up the commitment to row, he will need the support of his family. Guide and support, but let him drive the activity and take ownership. Routines, sleep, good meals and a positive approach to those early morning as good support.

USEFUL LINKS & CONTACTS

Westlake Boys Rowing Website

www.sporty.co.nz/webhsrowing

Everything you need to know about our programme.

Westlake Boys Rowing Communication Facebook page

www.facebook.com/groups/799444996768024/

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

Rowit

www.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.

NZ Secondary Schools Rowing Association

www.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.

Maadi Cup

maadi.co.nz/

Everything you need to know about the Maadi Cup.

Rowing New Zealand

www.rowingnz.kiwi/

Provides latest updates on all things related to the New Zealand rowing team and regattas.



SEE YOU ON THE WATER!





**Westlake Boys
High School
ROWING**