



Westlake Boys  
High School  
**ROWING**

# THE LAKE PATHWAY







# WHAT IS THE LAKE PATHWAY?

There will be two pathways that U17 and U18 boys will be directed towards.

Hitting senior crews is a big step. There are some boys who will struggle at U17/18 race standards and the sacrifices start to outweigh the rewards and there is a need to change the goal posts for these boys.

How do we make rowing attractive and fun for those in this predicament?

If you find the success criteria to row U17/U18 not a realistic goal to meet in order to race competitively, then have a further read of the information attached.

## A. SENIORS FULL SEASON PATHWAY (NORTH ISLAND CHAMPS COMPETITORS PLUS)

By the start of the rowing season you need to attain performance targets, technical competence and attitude/effort criteria to join the **FULL SEASON PATHWAY**.

Normal competition season will run from September to March.

## B. THE LAKE PATHWAY (LAKE ROWERS, SEPTEMBER – FEBRUARY SEASON)

Those who find the targets for the full season pathway unattainable can take up **The Lake Pathway**.

WBHS Rowing introduced **The Lake Pathway** in 2018. This was because we had seen boys stop rowing as they entered their U17/U18 season due to the tough competition at Maadi, with only the top x8 boats in the country rowing past the first few days. Covid and its after effects put a hold on it until now.

**The Lake Pathway** will keep the boys in rowing, allowing a transition into club rowing the following year.



# THE LAKE PATHWAY

In many sports, there are varying levels of competition or grades; A teams, B teams and social teams.

This season WBHS Rowing offers **The Lake Pathway** option to cater for boys whose maturation level, other commitments and base performance standards make it the most realistic option to compete, have fun and achieve realistic goals.

Some boys have the best attitude but struggle to make the leaps necessary to make an A or B level at a senior age group level.

**The Lake Pathway** means that the goal posts can be changed to allow boys to race, train, be involved socially with their peers and allows the training/sacrifices made not outweigh the reward.

Lake rowers will:

- + Attend whole club Spring Camp (October holidays)
- + Attend rowing training at Lake Pupuke x2-3 per week
- + Land train x1 per week, S&C at school
- + Race at six regattas
- + (Whangarei Long Distance Race / Bennett Shield / Eric Verdonk Regatta (1,000m)
- + Karapiro Club Regatta & Xmas Regatta (2,000m @ Karapiro)
- + Head of Harbour (1,000m)

Boys in this group will be selected by the end of August.

All rowers will go through a testing week and may be invited to row with NSRC for intermediate club crews at an extra regatta.

## COST

2025/26 - TBC

(2024/25 season was \$1,500 for the season,  
includes all training & regattas + \$300 Spring Camp)





## MEET THE COACH

My name is Judith (Jude) Quinlan. I am a born and bred North Shore girl who holds Westlake close to my heart. I am one of 6 children (2 boys and 4 girls), who grew up in Coatesville and all attended Westlake.

I started playing hockey at 4 years old and still continue to play today.

At primary school I played any and every sport I could. Once I got to Westlake, my older brother and sister had already gone through or were currently rowing, so it was only natural that I gave that a whirl too.

It was the best times of my life. I often say, if I could go back in time, I would choose being 16 years old, hanging out with my mates and being on the water working hard.

Fast forward to now, I am a proud mum of two; Cooper is 13 and Molly is 12. I am the Youth Sport Advisor at Harbour Sport where I work to develop coaches, educate parents and aim to influence any and everyone that has anything to do with Youth Sport and ensuring sporting experiences for those youth are good quality ones.

I have been involved in coaching of all ages, levels and abilities for close to 20 years. Mostly in hockey but have also done some time in rowing, equestrian, touch rugby, tennis and any other sport my children have been involved in.

For the sport of rowing and for Westlake Boys, I believe **The Lake Pathway** programme is an exciting and innovative step forward in ensuring opportunity for all to enjoy, have a sense of belonging as well as achievement within the sport. I am really looking forward to being part of this programme and developing your boys.



***"Success comes from knowing that you did your best to become the best that you are capable of becoming."***

John Wooden

**Judith Quinlan**

Sport Development  
Youth Sport Advisor

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