



The Beach Team



What is the Beach Team?

Rowing at under 17/18 level is a step up from any junior programme. Racing at this level requires total commitment to the training programme and need to meet specific success criteria. There will be some boys and girls who will struggle to meet the standard necessary to have a competitive and fun season. 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 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 BEACH TEAM (SEPTEMBER – APRIL)

The Beach Team will keep the boys and girls in rowing, using their skill in this exciting new sport, provides opportunity for camps, travel, development pathways with future transition into club rowing the following year.



Beach Team Information



Within rowing, as in many sports, there are varying levels of competition to ensure every athlete has an appropriate pathway. These typically include A teams, B teams, and more social or development-focused groups.

For the 2027 season, the Beach Team option is designed to cater for Westlake Boys and Westlake Girls athletes whose stage of physical development, external commitments, or current performance level make this pathway a rewarding and exciting choice. This option recognises that some boys and girls demonstrate excellent attitude and commitment but may find it difficult to make the significant performance jumps required at senior A or B level.

The Beach Team provides an opportunity for athletes to remain actively involved in rowing by adjusting performance expectations and goal-setting. This approach ensures that the effort and commitment required to train and compete are balanced with meaningful and positive outcomes. Westlake Boys & Girls will be able to race mixed as well as gender races.

The Beach Team is a rapidly growing and nationally recognised performance pathway.



Programme Overview

Beach Team rowers will:

- Attend **three training sessions per week** from **September through to April**
- Compete in **four Beach Sprint carnivals** between **October and April**
- Compete in two Lake Pupuke regattas - Eric Verdonk Memorial regatta & Bennett Sheild regatta
- Have the opportunity to attend **three beach sprint holiday training camps** (additional cost)

Costs

The total cost for the Beach Team programme is **\$2,000**, which includes:

- Weekly training coaching fees for sessions.
- Entry and participation in race events
- Club affiliation and associated fees
- Boat hire

Please note:

- **Holiday camps are not included** in the base fee and will be charged separately. Two day beach sprint camps are \$450 per camp. These are run by beach sprint world champion, Emma Twigg and New Zealand elite rower, Matt Dunham.



Beach Sprint Events 2026-27

Beach Sprint NZ Summer Series

Round	Date	Details
Round 1	Saturday 3 October 2026	Manly Beach, Whangaparaoa
Round 2	Saturday 31 October 2026	Mission Bay
Round 5	Saturday 16 January 2027	International Invitational event Anzac Beach, Takapuna
NZ Beach Sprint Champs 2027	Saturday/ Sunday/Monday 24 - 26 April	Orewa Beach

Beach Sprints Summer Camps

Camp	Date	Details
Camp 1	Tuesday/Wednesday 6 - 7 October 2026	Orewa Beach
Camp 3	Monday/Tuesday 11 - 12 January 2027	Orewa Beach
Camp 4	Tuesday/Wednesday 13 - 14 April 2027	Orewa Beach





Beach Sprint NZ Summer Series 2026-27 Draft Race Event List.

Event	Event Type	Sex	Class	Boat	Round 1 Big Manly	Round 2 Mission Bay	Round 3 New Brighton	Round 4 Caroline Bay	Round 5 Anzac Beach	Round 6 Ohope	Round 7 Petone	NZBSC Orewa
1	Men's Open 1x	M	Open	1x	x						x	x
2	Women's Open 1x	F	Open	1x	x						x	x
3	Men's Senior 1x	M	Senior	1x								
4	Women's Senior 1x	F	Senior	1x								
5	Mixed Open 2x	M/F	Open	2x	x	x	x	x	x	x	x	x
6	Mixed Open 4x+	M/F	Open	4x+	x	x	x	x	x	x	x	x
7	Club Men's 2x	M	Club	2x	x	x	x	x	x	x	x	x
8	Club Women's 2x	F	Club	2x	x	x	x	x	x	x	x	x
9	Mixed Club 2x	M/F	Club	2x	x	x	x	x	x	x	x	x
10	Mixed Club 4x+	M/F	Club	4x+	x	x	x	x	x	x	x	x
11	Boy's U18 1x	M	U18	1x	x	x	x	x	x	x	x	x
12	Girl's U18 1x	F	U18	1x	x	x	x	x	x	x	x	x
13	Boy's U18 2x	M	U18	2x	x	x	x	x	x	x	x	x
14	Girl's U18 2x	F	U18	2x	x	x	x	x	x	x	x	x
15	Mixed U18 2x	M/F	U18	2x	x	x	x	x	x	x	x	x
16	Boys U18 4x+	M	U18	4x+	x	x	x	x	x	x	x	x
17	Girls U18 4x+	F	U18	4x+	x	x	x	x	x	x	x	x
18	Mixed Senior 2x	M/F	Senior	2x								
19	Mixed U18 4x+	M/F	U18	4x+								
20	Boy's U17 2x	M	U17	2x								
21	Girl's U17 2x	F	U17	2x								
22	Boys U17 4x+	M	U17	4x+								
23	Girls U17 4x+	F	U17	4x+								
24	Masters Men's C 2x	M	Masters	2x	x	x	x	x	x	x	x	x
25	Masters Women's C 2x	F	Masters	2x	x	x	x	x	x	x	x	x
26	Masters Mixed C 4x+	M/F	Masters	4x+	x	x	x	x	x	x	x	x
27	Masters Men's E 2x	M	Masters	2x	x	x	x	x	x	x	x	x
28	Masters Women's E 2x	F	Masters	2x	x	x	x	x	x	x	x	x
29	Masters Mixed E 4x+	M/F	Masters	4x+	x	x	x	x	x	x	x	x
30	Mixed Inclusion C2x (P)	M/F	Open	2x								
31	Mixed University Championship 2x	M/F	University	2x			x					
32	Mixed University Varsity 2x	M/F	University	2x			x					
33	Mixed University Championship 4x+	M/F	University	4x+			x					
34	Mixed University Varsity 4x+	M/F	University	4x+			x					

Total Race Events

21 16 20 16 20 16 20 30