



ROWING HANDBOOK

CONTENTS

WBHS Rowing vision	03	How we train	26
Our History	04	Regattas	33
Growth	05	Selection policy	35
Progression	06	Camps & regattas	41
Support Structure	07	Coxswains	42
WBHS Rowing pathway	08	The Beach Team	46
Teamwork	09	Maadi Cup	47
What defines WBHS Rowing	10	Code of Conduct	51
Our Goals	12	Pastoral care	52
Season timeline	16	Financial information	53
Communications	17	Parents	55
Transportation	18	Links & Contacts	57
Uniform	19		



THE VISION – TO BUILD CHAMPIONS AND CHAMPION YOUNG MEN

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 an emphasis on 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.

A LITTLE BIT OF HISTORY

Westlake Boys High School Rowing (WBHS Rowing) was established in 1965 and quickly gained a reputation as a top rowing school that is respected throughout the region and the country having won 58 national titles at U18, U17, U16 and Under 15 levels.

WBHS Rowing has won the Maadi Cup (the most coveted trophy in NZ secondary school rowing - the U18 Eight) four times: in 1976, 1983, 1984, 2025. We have also won the Springbok Shield (the U18 Four) on multiple occasions, recently winning gold in 2025 and silver in 2026 and U18 Pair winning in 2018, 2025, 2026.

Our rowers, past and present, have gone on to represent New Zealand on the international stage including rowers who have won at World Championship level and medalled at the Olympic Games such as Eric Verdonk, Barrie Mabbott, Mike Stanley and Andy Hay.

Most recently, representatives have been Michael Brake who won a gold medal Tokyo Olympic Games 2020,

Cameron Webster at elite level, Sam Jones, Blake Bradshaw, Tadhg Farac at the U23 level. Recent NZ Junior U19 crews' representatives in 2025, 2026.



Since its inception the organisation has been run solely by dedicated volunteer coaches and a supportive community of parents who are committed to helping boys develop as young men and as successful oarsmen/coxswains.

Our values are excellence, team first, accountability, and courage. We are committed to producing fine rowers and disciplined young men who will become hard-working and dedicated members of society. We aim to build champion young men.

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 every day and character. Performing at the top of the boy's competition on and off the water
- An athlete-centred 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

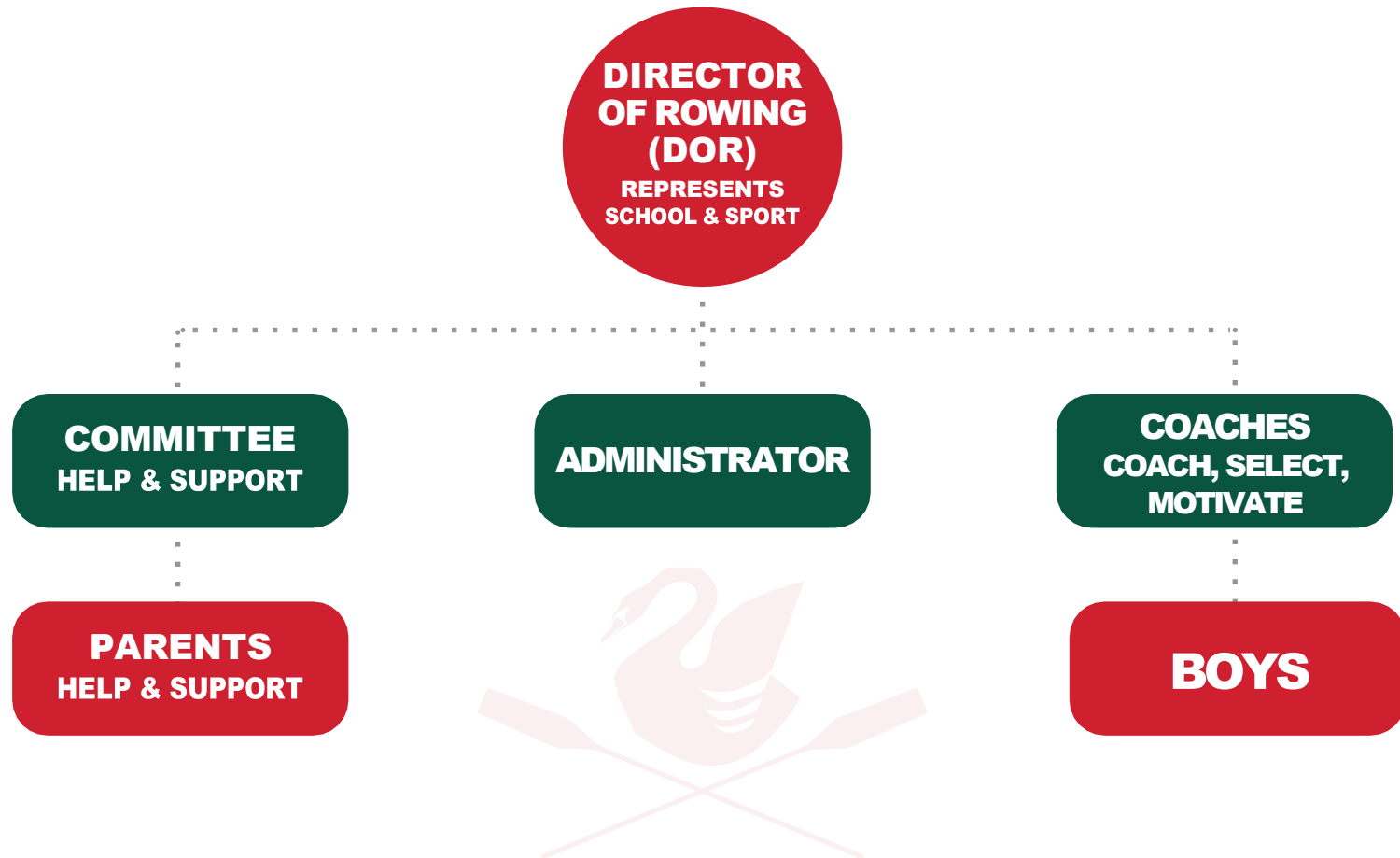
"We want to build champions and champion young men."



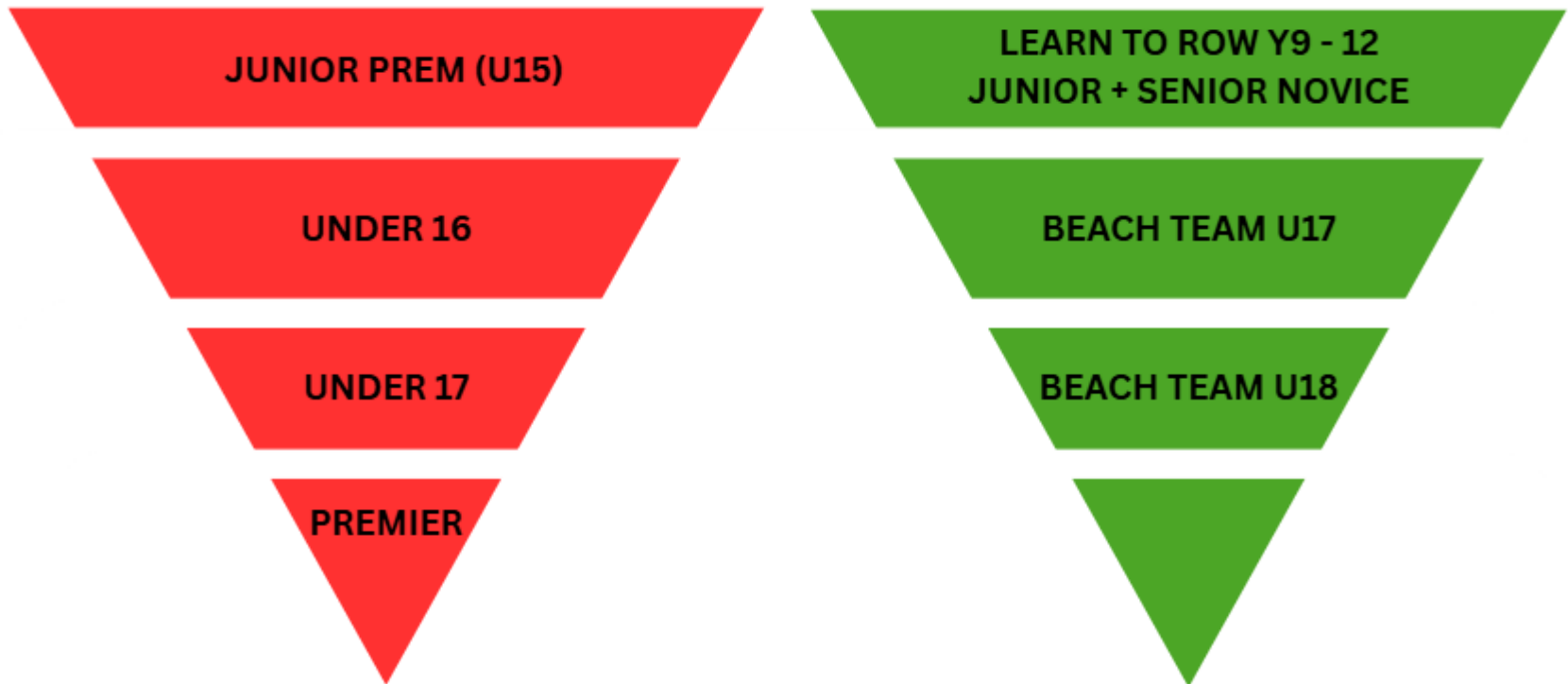
PROGRESSIONS

RECRUITMENT	x3 terms of Learn to Row Year 9, 10 and 11 rowing class academies
PERFORMANCE	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
CULTURE	Seen by other schools as strong, a brotherhood & hard working
FINANCIAL & COMMUNITY SUPPORT	New skiffs every other year \$30,000 – \$70,000 raised by grants & fundraising \$350,000 annual turnover Strong school partnership
FUTURE PATHWAYS	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

SUPPORT STRUCTURE



WBHS ROWING PATHWAY



Red is performance, Green is development. Athletes can move between both funnels.

TEAMWORK

“Individuals working together toward a common goal.”

School – to lead



Parents – to support



Coaches – to motivate & build oarsmanship



Athletes – to take ownership



WHAT DEFINES WBHS ROWING?

HEART

HARD WORK

PROFESSIONALISM

PROCESS-DRIVEN

PRIDE

SUPPORT

BROTHERHOOD

TECHNICAL EXCELLENCE

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



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.

- Competitive first-year rowing squad
- Medals in all age groups across sweep oar boats
- Sculling boats in finals at all age groups
- Strongest performing school 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 Christmas Regatta	Summer Camp Epworth, Maungatautari North Island Club Championships, Karapiro, Waikato (Auckland Anniversary Weekend) TBC annually	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					

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.westlake.school.nz/sport/rowing

Coach to Parents

Fortnightly emails - squad updates

Coach to Squad

WhatsApp, Facebook, Email

Athlete to Coach

Text and phone injuries and sickness before 7pm. 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.

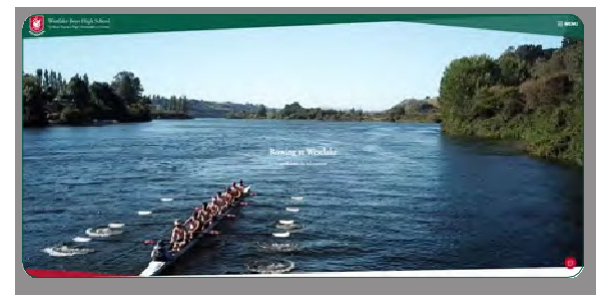
General Information

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 & Term 1:

- 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

UNIFORM

We have a compulsory rowing uniform which is to be worn at each training session, regatta or event when representing Westlake Boys High School Rowing. This is a registered uniform and rowers are not permitted on the water without it.

Please note that uniform costs are NOT included in fees and the uniform team / WBHS second hand uniform shop does not deal in second hand rowing items.

The Rowing Society will provide each rower and coxswain with one red and one green training top throughout the course of the season, but the rest of the rowing uniform needs to be purchased from the various suppliers detailed below.

Communications about uniform will be sent via the WhatsApp group at various points in the season, so please make sure you join the relevant year group as soon as possible.

ITEMS PURCHASED FROM THE ROWING SOCIETY

These items are usually ordered once per season and limited stocks are held. Your son will be sized for these items.

Compulsory items:

WBHS Rowing Zootsuit - \$150

Compulsory for all rowers, but not coxswains.

North Shore Rowing Club Zootsuit - \$130-\$150

For U16-U18s rowers only.

Optional item:

WBHS Rowing Splash Jacket \$104

Recommended for all squad members.



The order form for uniform will be emailed to parents at the beginning of the season.

UNIFORM

ITEMS PURCHASED FROM WBHS 'MY MONITOR' ACCOUNT

Compulsory items:

Candy Striped Rowing Travel Polo \$65

This must also have your son's SURNAME only printed on the back. Please take it only to Digitech Services Ltd at 6/25 Airborne Road, Rosedale for printing, as they are familiar with the school/rowing society's requirements. Cost \$17.25 per name. Please ensure that you allow up to 7 working days to have surnames printed.



Black Travel Shorts \$45 – listed under 'Travel Gear'

Red hoodie \$65 – listed under 'Hoodie-Red.' It is recommended that you also have your son's surname only printed on the back. As above, purchase from the school uniform website, then take to Digitech Services Ltd in Rosedale.



Green WBHS Rain Jacket \$120 – listed under 'Rain jacket' All squad members must have a rain jacket, either this green standard school one, or the rowing splash jacket listed above.



<https://monitor.westlake.school.nz/MonitorOnline/app/#!/shops>

UNIFORM

ITEMS PURCHASED FROM DIGITECH

Digitech Services Ltd are based in Rosedale and supply several of our rowing uniform items, as well as supporters' merchandise. Items should be purchased via their website:

<https://brandedworkwear.co.nz/> Password: WBHSROW

Compulsory items:

White Rowing Training Tee \$35.65
price includes name printed on back – specify name at online checkout

Black cap \$18.40 – for all squad members

North Shore Rowing Club Singlet \$32.78
for all U15s, novice rowers & coxswains to wear with black compression shorts for North Shore Rowing Club regattas in the first half of the season

Optional items recommended for all squad members:

Black Rowing Fleece \$55.20

Black Fleece Beanie \$18.69

Black Sideline Jacket \$166.75

A wide range of supporters clothing is also available for purchase from Digitech, using the same password as above (WBHSROW)



UNIFORM

INDEPENDENTLY SOURCED ITEMS

Compulsory items:

Black long-sleeve thermal x1 (Kathmandu or similar, for rowing with North Shore club in the first half of the season)

White long-sleeve thermal x1 (Kathmandu or similar, for rowing for WBHS Rowing in the second half of the season)

Black compression shorts x 1 pair or more (Active Intent from The Warehouse, or similar) – compulsory for all U15s, novice rowers & coxswains to wear with a North Shore singlet for North Shore Rowing Club regattas in the first half of the season

10mm Ratchet Spanner – find in Bunnings, Mitre 10, Repco, Super Cheap Auto etc.

Sunscreen

Personal First aid kit

to include:

Strapping tape – D3 K-Tape
recommended

Plasters

Medical scissors

Alcohol wipes

Antiseptic (Betadine / Crystaderm)

Panadol / Ibuprofen

Insect repellent

Hand sanitiser

Salin

Optional items:

Slides

Sunglasses

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 row suits.

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

ROWERS AND COXSWAINS MUST HAVE THE FULL ROWING UNIFORM FOR ALL ROWING EVENTS

Please ensure that all items are carefully named.

Please note:

WBHS Row Suits (compulsory) and WBHS Splash Jackets (optional) must be ordered via the Rowing Society by the end of September, using the form provided.

U15 and novice rowers will have been measured for size and any other squad members who wish to try on a larger size can contact Amanda to arrange a suitable time.

All items that need to be purchased from the school are available online via your My Monitor account (<https://monitor.westlake.school.nz/mymonitor/>)

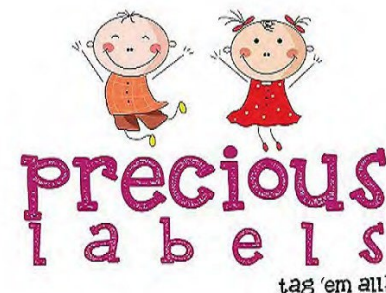
All items that need to be purchased from www.brandedworkwear.co.nz (Password: WBHSROW) should be ordered before the end of September.

Digitech Services Limited - Please ensure that you allow up to 7 working days to have surnames printed on your Candy-Striped Travel Polo and Red Hoodie. You will need to drop these off and collect them yourself.

SUPPORT WBHS ROWING SOCIETY

Keep track of your son's belongings and support our rowing team at the same time!
Order durable name labels from Precious Labels.

- Stick them on uniform, shoes, lunchboxes, bags, sports kit, stationery, electronic items and more
- Avoid the hassle and expense of lost property
- Name labels withstand regular machine washing
- Choose from plain labels, custom fonts, or fun designs
- Browse for additional products such as iron-on labels



HOW TO SUPPORT US

1. Visit <https://www.preciouslabels.co.nz/current-fundraisers/>
2. Select 'Westlake Boys High School Rowing Society' from the fundraisers list
3. Shop as normal
4. OR enter code **affi-37b9d8** at checkout



A percentage of your purchase will go directly to supporting our rowing team!
Please share with friends and family. Order today and help support our rowers' success!



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 classes of boats to be raced at Maadi are confirmed at Summer Camp.

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 several boat classes helps all boys to race more races.

WHERE DO WE TRAIN?

Lake Karapiro

Epworth Camp,
Spring & Summer Camps

North Shore Rowing Club

Lake Pupuke
Learn to Row,
Short Distance Rowing
Speed Work

Westlake Boys Compound **Hobsonville Point** /
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 change regularly, both in racing and training leading up to Christmas break.
- 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?

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.

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 the above training methods work together to prevent injury

Warm-up helps the muscles engage, mobility enables 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 exciting 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 several 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 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 INFORMATION

We have a very experienced coaching team. It is important that all rowers and parents respect and trust the selection process, the selection policy and the final selections made.

WHAT ARE THE TIME FRAMES FOR SELECTION?

Selection begins August 26th and final naming of crews is made after NISS regatta, two weeks prior to Maadi Cup.

U17/18's - Selection begins with a testing week August 26th, to ascertain the boys able to meet minimum criteria to join the full competition training squad or to join option 2 - The Beach Team.

U16's - Selection begins with a testing week on August 26th.

There are number of criteria coaches take into consideration throughout the season from August until February before making final crew selections.

Every day is a selection opportunity as coaches observe to watch athletes bring their best to every session

Every day athletes are observed for:

Ability to work in time with a team, technically, rhythmically and in total commitment to the work required. It is up to the boys to show 100% effort and attitude to the crew in which they are rowing or racing.

Selection considers:

Weekly training, from video analysis, racing form, regatta ready attitude, erg data, camps.

October to February we monitor boat speed contribution. If there are rowers in close competition, on-going monitoring of teamwork, role, form and potential and boat suitability will continue until final selection. In some cases, the obvious crew may be selected sooner.

SELECTION INFORMATION

The selectors have up to 1 hour prior to the first race at Maadi Cup to make changes to the crews as they see fit.

HOW WILL SELECTION PROTOCOLS BE ESTABLISHED? WHEN? BY WHOM?

Selection protocols are established by the Head Coach and will be used across all age group selections. They include:

2km erg scores

30min ergs

1min power ergs

Power to rate ratio

Seat swaps & matrix – During training boys will be swapped from one training boat to another to observe contribution in movement and speed. A great deal of selection can be done at submaxim intensity over duration in weekly training sessions.

Seat racing – Where there are several close decisions, seat racing may be used. Not all boys will necessarily be seat raced. e.g. if a coach sees obvious choices. Non data factors used when selecting a crew are:

Form – Current & past performance, upward trend and match winning performances

Foundation – Coachability, strong performance base, has a future, shows initiative, resilience, does extras.

Culture – Aligns to school and team values, team first, committed, great attitude, leader, culture carrier

Fitness – Aspires to be an athlete, fit for the role, finds way to develop their potential

Role – has skills to do their role. Plus offers value and added options

Coaches' call – Based on intuition

Everyday effort & attitude

SELECTION INFORMATION

HOW WILL SELECTION PROTOCOLS BE COMMUNICATED?

At the start of the season every athlete will be handed and emailed a copy of the selection policy and processes being used to ascertain selection for crews.

The Director of Rowing will send this information out to every athlete, family and will post this information on the school rowing website. The boys will have an online copy to refer to on their squad Google document.

HOW WILL SELECTION DECISIONS BE COMMUNICATED?

Final selections for boys attending Maadi will be communicated the week after HOH in February.

Final crews for Maadi will be announced the week after NISS.

Final selection decisions will be communicated by the DOR or a member of the selection panel and followed up 24hrs later with a whole club Maadi Squad and crew allocation list sent to both athletes and families.

On receiving this information, each athlete will have 48 hours to respond if they so wish for a feedback meeting to discuss their crew selections.

Feedback meetings will involve the DOR and selection panel who made the final selections.

The coaching team are highly experienced and will make the best crew selection choices they see fit.

Coaches can change a crew up to 1 hour prior to a Maadi Cup race if necessary. Injury, sickness and breach of code of conduct can alter crew members.

SELECTION INFORMATION

WHAT ARE THE CONSEQUENCES OF NON-SELECTION FOR ATHLETES?

Start of Season

Non selection to the competition squad - Boys can opt for The Beach Team option.

End of Season

Non selection to Maadi Cup Regatta. NISS will be your final regatta.

WILL POSITIVE SELECTION NEWS BE PUBLICISED AND CELEBRATED? IF SO, HOW?

First Monday after North Island Secondary Schools Champs there will be a club BBQ for the entire club to celebrate the end of the season for boys finishing and to wish the Maadi crew the best of luck. This will be after boat loading at the Hobsonville Compound.

WBHS AWARDING OF CEREMONIAL CAPS

The ceremonial Westlake Caps serve as a testament to a student's excellence both on and off the playing field. The student must have shown and continue to show he is a young man of character.

Outlined below are the key criteria setting the minimum threshold for the conferral of the Westlake Cap:

Academy Affiliation:

Caps are exclusively awarded to sports affiliated with the Academy.

Premier College Sport Participation:

A prerequisite for eligibility is the completion of one full season in the Premier College Sport competition in the Westlake Premier team (Six man – Distance Running or Senior 8 - Rowing). Appearances, including traditional exchanges, semi/finals, and instances of coming off the bench, are all considered valid and contribute towards the accumulation of caps.

Specific Appearances:

The minimum appearance requirements are as follows:
Rugby (15), Football (14), Cricket (14), Hockey (14), Basketball (14) Distance Running (4 National Events) and Rowing (5 Regattas)

Special Acknowledgement:

Double and triple appearances will not be marked by a new cap or new tassels. Individual sports should celebrate milestones in their own manner.

Character:

The awarding of caps extends beyond mere appearances; character and team culture are pivotal factors in the selection process. A student's embodiment of positive traits and contributions to team culture are integral considerations.

Ceremonial tradition:

Each sport is honoured with its own unique 'capping' ceremony. These ceremonies, marked by a formal and consistent theme, are designed to be extraordinary events, emphasising the continuation of positive character and team culture. Families (whanau) are encouraged to be part of these celebrations, adding to the sense of collective achievement and pride.



The Westlake Caps, therefore, symbolise not only athletic prowess, but also the enduring values of character, teamwork and dedication that define the essence of a true Westlake student-athlete. For sports starting this process, please only count the current year's appearances.

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 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 mealtimes
- 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 (can order)
- Row Suit (North Shore for club regattas/Westlake for school regattas)
- Black WBHS cap
- Sunscreen
- Spanner (named)
- Plaster and tape
- Thermal top and bottom
- Travel gear (worn to and from regatta)

Other Gear for camp:

- Casual clothes for back at accommodation
- Swimming 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 throughout 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 - always initiative & ensuring in command of the crew.

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 your coaches.

WHAT GEAR WILL YOU NEED?

You have all been given a lifejacket and cox box.

Training t-shirt + black shorts/leggings.

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 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 to speed up finishing the session.

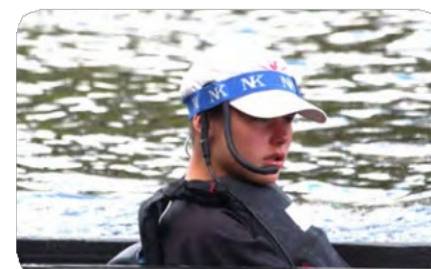
KEEP A NOTEBOOK

Keep a small notebook 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?





THE BEACH TEAM

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 to race competitively, then have a further read of the information attached.

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)

COST

**\$2000 for the season, includes
all training & regattas**

An aerial photograph of a large lake at sunset. The sky is filled with vibrant orange, pink, and blue clouds. The sun is low on the horizon, casting a warm glow over the water and the surrounding landscape. On the left side of the lake, there is a campsite with numerous tents and vehicles parked along a road. The water is calm, reflecting the colors of the sky. In the distance, there are mountains and a small town. In the foreground, several rowers are visible on the water, leaving trails behind them.

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 several 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.

Boys attending Maadi 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:

- + Crews can be altered up until the day of racing due to sickness, injury or behaviour.
- + Please be aware they do happen and can have a domino effect to other crews and coxswains.
- + Crews are tiered 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**

WBHS PREMIER & ACADEMY CODE OF CONDUCT

WINNING IN THE CLASSROOM & WINNING IN THE SPORTS ARENA

Students involved in the high-performance pathway (Academy to Premier teams) are reminded academic achievement is our highest priority.

WINNING IN THE CLASSROOM IS:

Attainment

- Completing work set by the due dates.
- Complete and hand in all Achievement/Unit Standards
- Complete all exams

Behaviour

- Students keep to school high expectations both in class and in the grounds
- Students are respectful of the teacher and fellow students
- Students are fully engaged

Attendance

- No unexplained absentees
- Must be at school the day of the game or the day before if a weekend fixture

Lates

- No lates from periods 1-6 in the 3 days prior to fixture
- No more than 2 lates to school in a week

Uniform

- Students keep to school high expectations in every class, around the school grounds and to and from school

WINNING IN THE SPORTS ARENA IS:

Behaviour

- School/classroom expectations do not change.
- Students must respect all officials, coaches, teammates, opposition, and spectators

Attendance

- Must be at all practices unless prior communication by the student to coach is given

Lates

- On time to trainings unless prior communication by the student has been given

Uniform

- Students keep to school sport high expectations in every session including in the sports arena and fitness centre. Sports uniform is school uniform, therefore, hairbands, ponytail of any form etc are not permitted

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 \$500,000 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 are important for a club of 80+ athletes.

We aim to buy a boat a year to support the turnover 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:
www.westlake.school.nz/sport/rowing



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 for season:

Rowers – \$4,750

Coxswains – \$3,400

The Beach Team - \$2000

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 \$1,800 – \$2,700 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 - \$4750

Coxswain - \$3,400

The Lake Pathway - \$2000

Payment Option 2 (x5 instalments):

If you are paying by instalments, 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 instalments:

Rowers - \$1550 first instalment + x4 instalments of \$800

Coxswains - \$1,400 first instalment + x4 instalments of \$500

The Beach Team - \$1000 first instalment + x4 instalments of \$250

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 can 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 that early morning as good support.

USEFUL LINKS & CONTACTS

Westlake Boys Rowing Website

www.westlake.school.nz/sport/rowing

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