



BARADENE COLLEGE ROWING

"OUR TEAM, OUR DREAM"

Baradene College Rowing (BCR) is open to students from Years 9 – 12. It is a summer sport and begins in Term 3 with a 4-week Learn to Row Programme for new students who want to give Rowing a go before committing to the season. We also welcome anyone who wants to join the squad as a coxswain whose role is to steer, lead and motivate our crews.

The Learn to Row Programme begins with an introduction session, "Learn to Erg" where our Senior students will demonstrate and assist new students on the Ergs (rowing machines) at school. Over the following weeks, our experienced coaches and senior students will continue to help the girls learn the correct technique. Soon, they will progress to participating in on-water trainings as well which are held at West End Rowing Club – the club we are affiliated with.

Rowing is a great way to get fit and you will meet new people and make great friends. You will go to weekend regattas at Lake Karapiro as well as day regattas at Mercer Rowing Club and Lake Pupuke.

The highlight of the Regatta Calendar is the North Island Secondary Schools Championships at the start of March each year then the ultimate regatta being Nationals or 'Maadi Cup' which is for selected crews. Maadi is during the last week of March and held at Lake Ruataniwha (Twizel) in each even numbered year (e.g. 2020) and at Lake Karapiro in the alternate years (e.g. 2021). Maadi is an incredible week, where all the hours of hard work and commitment really pays off.



WHAT TO EXPECT . . .

LEARN TO ROW:

Learn to Row (LTR) is run over 4 weeks, beginning with the “**LEARN TO ERG**” introduction session on **Mon 3rd August** in the Erg Room in the school gym. From there, the girls will participate in 2 x land sessions and 2 x on-water trainings each week. See dates below:

LAND TRAINING / ERG SESSIONS

Mondays (3rd, 10th, 17th & 24th Aug) & **Thursdays** (6th, 13th, 20th, 27th Aug) at lunchtimes

Where: Erg Room, school gym

ON-WATER TRAINING

Wednesdays* (12th, 19th, 26th Aug) 4.00pm – 6.00pm & **Sundays** (9th, 16th, 23rd Aug) 1.30pm – 3.30pm

Where: West End Rowing Club, 26 Saunders Pl, Avondale

*Bus provided from school to WERC. Pick up by own arrangement.

EQUIPMENT

- Sports training gear, including running shoes
- Small towel
- Water
- Snacks for Sunday trainings

COST

\$365 per person

This covers the cost of transport, coaching and WERC fees.

PARENT INFORMATION MEETING

Sunday 16th August 2.45pm – 3.30pm at West End Rowing Club

Students wishing to join BCR are recommended to attend as many of the Learn to Row sessions as possible, but if you have clashes with Winter sports for school, please let us know. Winter Sport takes priority.

BCR SEASON:

The BCR season will begin on Sunday 30th August at Mercer Rowing Club.

LAND TRAININGS:

There are two or three land trainings a week at school from 3.30-5/5.30pm.

ON-WATER TRAININGS:

We also train early twice or three times a week from 5.30am to 7.30am at West End Rowing Club in.

A bus transports the girls to school after these sessions.

On Saturdays, we train at Mercer Rowing Club (about 40mins away). We meet at Baradene at 7.00am and go in the school vans for the morning to train. Parents are rostered on as drivers at least twice during the season.

PLEASE NOTE: Due to the Winter season going through until the end of Term 3, the Mercer trainings will be held on Sunday afternoons for Term 3 ONLY.

CAMPS

Early January there is a week-long camp held at Mercer Rowing Club. We train three times a day.

We eat, train, and stay together all week long.

REGATTAS

There are several one-day and weekend regattas across the course of the season.

A full schedule will be provided prior to the registering for the BCR season.

UNIFORM

There is some compulsory gear your daughter will be required to purchase for the season.

Information regarding this will come out prior to registering for the BCR season.

COST

Approx. \$3,000+ excluding Maadi for selected crews. Fees can be paid in instalments or fully at the start of the season. Fees cover all transport, accommodation, food, and coaching.

