

BARADENE COLLEGE ROWING



2020/2021 SEASON HANDBOOK





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INTRODUCTION



WELCOME

Welcome to Baradene College Rowing (BCR) for the 2020-2021 season. This handbook provides information about the upcoming season, trainings, costs/fees, gear, regattas, and a lot of information that will help you and your daughter(s) not only survive but thrive during the season. Created by the hundreds of families before us, Baradene College Rowing has a great reputation of being a fun environment for you to grow and prosper.

We hope your daughter enjoys her rowing experience and the many friendships (as well as fitness and skill) she gains along the way

OUR PURPOSE

"To Row in the Sea of Excellence, lest we dwindle"

This embodies the spirit of COR UNUM and delivers a message, that the pursuit of excellence both individually and collectively is something that will assist in preparing the rowers for their future endeavours

OUR VISION

Best Performance – anywhere, anytime

OUR PHILOSOPHY

"Our Team, Our Dream"

OUR VALUES

- We provide a safe, supportive, and encouraging environment
- We adhere to the COR UNUM values
- Safety is an obligation
- Everyone is treated with respect
- Everyone is made to feel welcome
- Participation, friendships, and fun are essential elements to BCR
- High performance comes from attitude, hard work & discipline

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INTRODUCTION



COLLEGE INVOLVEMENT

Participating in rowing through BCR is a College activity, therefore the College rules apply. The College co-ordinates the activities of rowers within the College sporting activities and provides financial support to make Rowing a success for your daughter.

The core philosophy of the relationship between BCR and the College is that BCR has been delegated some administrative responsibility for College Rowing. It must always be remembered that the College takes final responsibility for this activity and for that reason final authority rests with the College.

Your main point of contact for the College is **Cat Pretty (BCR Sports Manager)**



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INTRODUCTION



COMMITTEE

The BCR Committee undertakes the organisation required to ensure members have every opportunity to excel at rowing. School based rowing programmes in New Zealand are critical to the success of our NZ elite senior athletes / Rowing NZ and as such, BCR wants to play its part in providing educated and skilled athletes to achieve higher honours in whatever path they choose.

From our Learn to Row (LTR) programme to our senior athletes, our focus is on offering guidance, support and mentoring to any athlete that comes into BCR and the wider rowing community.

Above all, we strive for all our athletes to become well educated young women who will leave school full of hope and purpose ready to fulfil their dreams and aspirations.

BCR has a committee which meets monthly during the season and manages the planning of all events entered by BCR. The committee is elected each year at the AGM which occurs at the end of each season.

The 2020/2021 season committee is:

BCR Chairman	Steve Walsh
BCR Treasurer	Nadine van Niekerk-Ensil
BCR Secretary	Liz Hunter
BCR Sports Manager	Cat Pretty
BCR Head Coach	Caspar Hammond
BCR Fundraising Coordinator	<i>TBC</i>
BCR H&S Officer	<i>TBC</i>
Other Members	Emma Donovan John McDermott Noel Horan

Your main contacts from this committee are:

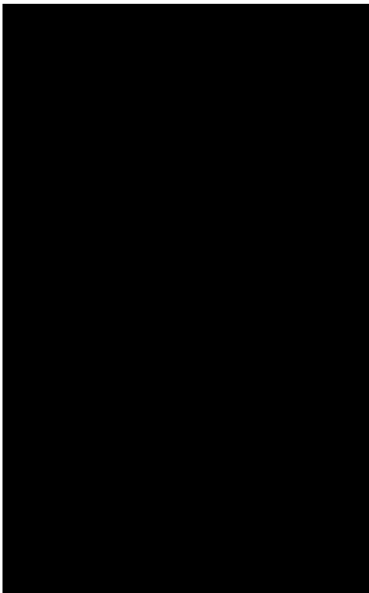
Cat Pretty at cpretty@baradene.school.nz or 027 303 9219

Steve Walsh at Stephen.Walsh@marsh.com or 021 858 855

Caspar Hammond at casparhammond@cantab.net or 020 424 5245

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COMMITMENT



BCR 's success has been founded on the commitment of the College, the rowers and their parents. BCR is incredibly well served by parent coaches, committee members and volunteers, but it is important both rowers and parents understand what is expected of them as a member of BCR.

RESPONSIBILITIES

ROWER RESPONSIBILITIES	PARENT RESPONSIBILITIES
Enjoy your experience	Enjoy your daughter's experience
Display: <ul style="list-style-type: none"> • Punctuality • Commitment to all: Morning sessions, land trainings, Saturdays at Mercer, regattas & the full time at camp in January • Respect for your peers & coaches • Devotion to your schoolwork • Courage to talk to coaches and/or Sports Manager when you have concerns, questions, or problems • Timely communication (<i>advise Caspar in advance if unable to attend a meeting or training session</i>) 	Display: <ul style="list-style-type: none"> • Support for your daughter, coaches & parent helpers • Trust in the coaches and their programme • Trust in the parent helpers and allow them to do this role sufficiently. Be mindful they are in charge of all rowers whilst at a camp or regatta • Courtesy for the time your daughter needs to prepare for each race at a regatta
Be a significant squad member by: <ul style="list-style-type: none"> • Giving 100% at all training sessions • Supporting ALL other squad members • Making a positive impact in and out of your boat, regardless of crew • Asking questions when unsure • Listening when a coach or adult is speaking • Giving a helping hand, even when not asked 	Be a considerate supporter by: <ul style="list-style-type: none"> • Staying out of the boat park • Allowing time for race debriefs before interacting with your daughter • Raising any concerns directly with the Head Parent or Sports Manager rather than the rower as they need to stay focussed when at regattas. • Making yourself available for fundraising, for organisation, and/or parent help
Wear the correct clothing including: <ul style="list-style-type: none"> • Traveling uniform = School tracksuit • Race uniform – <i>see Uniform Booklet</i> • Regatta uniform – <i>see Uniform Booklet</i> 	Encourage your daughter to: <ul style="list-style-type: none"> • Rest and recover, including getting sufficient sleep • Maintain a well-balanced diet sufficient for training levels as well as growth and development • Talk to her coaches and/or Sports Manager when she has any concerns, questions, or problems • Manage her schoolwork and maintain her standards
Be an ambassador for the College by: <ul style="list-style-type: none"> • Following the Code of Conduct • Respecting all squad members, coaches, adults, and competitors 	Attend as many events as possible to: <ul style="list-style-type: none"> • Support your daughter and her peers • Support the College • Meet the other parents

'Be humble, be simple, and bring joy to others' – St. Madeline Sophie Barat

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COMMITMENT



COR UNUM SPIRIT

All rowers are reminded to be thankful and show gratitude by being attentive to all with whom you share life daily. Accept with gratitude all those in your school community. Helped by adults and peers to be truthful and honest with yourself, you will grow in self-confidence by dealing realistically with your gifts and limitations. Recognising the distinction between what you do and why you do it is an essential element in your education. This way, you will grow in your appreciation of various modes of thought and ways of thinking. Your learning takes place not only in the classroom, but also in all your relationships and all your experiences

COMMUNICATION

There is regular communication throughout the season as there is significant information to be shared regarding trainings, safety, crew selection and regatta details.

Most communication will be through the **TeamReach App**.

All rowers and parents are required to join this group, the code to join is: **BaraRow2020**

Any changes to trainings / regatta information / race schedule → will be posted on there.

Prior to any camp or regattas, information will be sent via email confirming travel times, race details, and any other relevant information that will be important for you.

If your contact details change throughout the season, please ensure to let the BCR Sports Manager know – cpretty@baradene.school.nz

As mentioned in the responsibilities, it is important that squad members advise Caspar if they are not going to make any session or meeting. Where possible, please let Caspar know via direct message on **Team Reach** a week in advance. If she is ill and unable to train, please let Caspar know via direct message on **Team Reach** before **7.30pm the night prior**. If she falls ill during the night, please **text Caspar instead**.

It is expected that Caspar is advised of any injuries or inability to race with as much notice as possible to ensure crew selection can be managed.

Our athletes are an educated, engaged and a high performing group of girls and as such, we will treat them with the utmost respect. Openness in communication is the first step in achieving this. We will communicate with clarity, honesty, and dignity.

RESULTS

All Regatta results will be posted on the team Facebook page (Baradene College Rowing). All major school Regatta results are also published in the College newsletter.

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COMMITMENT



FEES

Baradene College Rowing costs fall into four main categories:

1. Learn to Row

\$365 – payable in August to Baradene College Rowing (**Acct. No: 01-0258-0061986-00**)

2. Season Fees

The Annual fees for rowing for the 2020-2021 season are yet to be confirmed, however we can confirm there will be a slight increase from the 2019 fees which were \$3,400 per rower / \$2,850 per coxswain. For this season these will be split into two separation allocations and payable as follows:

a. Coaching and West End Affiliation Costs

- Payable via the parent portal either:
 - i. In full at the start of the season **OR**
 - ii. By monthly instalments from September to February

b. Camp, Regatta & Miscellaneous Costs

- Payable to Baradene College Rowing either:
 - i. In full at the start of the season **OR**
 - ii. By monthly instalments from September to February
(Acct. No: 01-0258-0061986-00)

Please Note:

- A breakdown of season and competition costs are available by request
- BCR does not run accounts with any service providers. All costs are paid for in advance or as incurred so it is very important that all families keep current with the monthly payments.

3. Compulsory clothing & Rowing shoes

(\$380 – \$750, depending on items ordered)

- a. More details on clothing requirements are in the BCR Uniform Booklet (to be provided separately)
- b. Payment for clothing is required prior to collection of items. These payments are made via the parent portal.

4. Maadi Cup (NZSS)

(In 2021 it is at Lake Karapiro. The estimated cost is = \$750)

- a. Payable prior to Maadi attendance via the parent portal

First instalment for fees this season is due on 14th September

PLEASE NOTE:

Failure to pay or falling behind may result in rower(s) being removed from the programme.

While every effort is made to bring the costs within budget, additional costs outside of the committees' control may require additional contributions.

If you have any queries – please do not hesitate to contact the BCR Treasurer – nadinev@skills.org.nz

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COMMITMENT



FUNDRAISING

Fundraising is an important part of the club enabling the Committee to keep the costs for every rower to a minimum. Every family will be expected to participate in fundraising activities. This season's fundraising activities/events will include: the 25-year Anniversary Gala, Christmas Hams, and either a raffle or Samosas.

PARENTAL INVOLVEMENT

Parent involvement is both essential and highly encouraged in Baradene College Rowing.

The success of BCR has not only been developed through the efforts of our rowers and the expertise of our coaches, but also the involvement and support shown by our BCR parents. Whilst the BCR committee does most of the organisational heavy lifting, there are many ways BCR parents can help.

For example (*but not limited to*):

- Driving vans on a Saturday morning to and from Mercer
- Parent help at regattas and camps

All parents must complete the van driving form and return it to the BCR Sports Manager.

We will need a copy of your Driver's License.

- It is the driver's responsibility to ensure every passenger is always wearing a seatbelt
- Headrests must be left in the seats
- Each van has a BP Fuel card with its PIN number inside the logbook folder
- The vans must always be returned to school with **AT LEAST a ¼ of a tank of DIESEL**
- The **LOGBOOK** must be filled in upon every return to Baradene
- The van must be left tidy after every use

Saturday van driving rosters to and from Mercer are managed using signup.com.

Rosters for parent help at camps and regattas are managed using via Microsoft forms.

Links to rosters will be posted on the TeamReach App and/or email.

Any parent who volunteers to stay overnight with the team at camps or regattas must be police vetted.

(Form to be provided once roster is confirmed, if not already completed in the past 3 years).

A volunteer form must also be completed by camp/regatta parents.

You may not be in a position to free up a whole weekend to help at a regatta. Don't worry!

There are many other ways you can help, e.g. baking for camps and regattas, clean up after regattas and fundraising.

If you have any special skills (medical training, fundraising/sponsorship etc) that you think may be useful, please let a committee member know.

If parents have any questions, please contact one of our committee members.

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COMMITMENT



SCHOOLWORK

Rowing takes a significant commitment with regards to training and regattas. Every rower will benefit the rewards from the dedication they put into this commitment.

The College takes pride in ensuring every rower meets their obligations to schoolwork. If a rower begins to struggle to meet their obligations to schoolwork and to Rowing, the College Representative will provide support where possible.

At the end of the day, it is up to the rower to keep an eye on their upcoming assessments and assignments and is responsible for managing any clashes with the College and Coaches.

PERMISSION SLIPS AND MEDICAL INFORMATION

Upon becoming a member of Baradene College Rowing, your daughter will attend trainings, camps and regattas across the duration of the season. Some of which will require travel out of Auckland as well as staying overnight. Each of these will be managed closely for the safety and enjoyment of every rower.

Permission for the season includes all trainings, camps, and regattas. It is important to provide any medical information which might assist the organisers of each of these.

Parental and/or caregiver consent is now taken online via the school website.



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COMMITMENT



CODE OF CONDUCT

Over the course of the season it is important all members of BCR (rowers, parents, coaches, and committee) are familiar with the Code of Conduct specific to them to ensure the smooth operation across the course of the season.

Attached to this handbook are:

- Rower's Code of Conduct
- Parents Code of Conduct
- Traveller's Contract

As per the College policy, it is important to note that withdrawing from a team once named is not acceptable at Baradene. If this occurs, your daughter will not be permitted to represent Baradene in any other code for the season, so please ensure all commitments are considered prior to committing.

MOBILE PHONES

Additionally, it is important to outline the rules surrounding the use of Mobile Phones by students. As mentioned earlier, this is a College activity, therefore College rules apply.

- They are not to be seen at trainings or to be used outside of the team tent at Regattas. Use of mobile phones inside the team tent and/or parent tent is **PERMITTED**.
- When at the accommodation, the use of mobile phones is **NOT PERMITTED** at meal tables.
- To ensure all rowers are getting enough rest, mobile phones are collected at **9.00pm** at camps and regattas. They are returned after breakfast the next morning. Please keep this in mind if you want to contact your daughter.
- The Head Parent will have the final say on this and is fully supported by the College & coaches.

SOCIAL MEDIA

School rules and policies apply when it comes to Social Media use. Any inappropriate use that causes harm to the wellbeing of any team member will not be tolerated. By signing the Code of Conduct, your daughter agrees to this.

COMMITMENT



COMPLAINTS PROCEDURE

There may be a time where a difference in opinion may occur. BCR has a formalised procedure for receiving and dealing with complaints or disputes.

If you have an issue or a complaint with regards to the running of BCR (except for racing or team selection) – please contact the Chair, Steve Walsh.

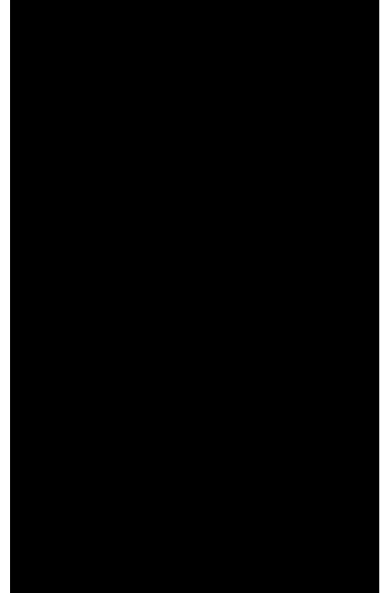
For matters concerning racing or team selections, the first point of call is for the **ROWER** to approach their coach and/or Caspar to see if they can resolve this together. We encourage the rowers to deal with these discussions as much as possible, rather than parents. From here, the coach and/or Caspar will arrange a meeting time to discuss in more detail, if required.

We understand that your daughter may not wish to discuss all matters with their coach and in that instance, they can see Cat Pretty in the Sports Department.

If a parent has a complaint about a coach or another adult please email cpretty@baradene.school.nz who will work quickly to resolve any issue. Anything unresolved will also go to our Director of Sport.

Please, under **NO CIRCUMSTANCES** are parents to approach coaches, parent helpers or committee members with complaints while at Regattas. The focus is on the rowing so please hold off until after the event has concluded and everyone has returned home safely.

In the event, that the Chair or coach are unable to resolve the matter, reference can be made to the Committee and a sub-committee will consider the matter formally, including input from the school if necessary.



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ROWING



UNIFORM & GEAR

We take pride in making sure our girls look smart while representing the College. Wearing the correct rowing uniform is no different to wearing the correct school uniform.

No exceptions will be allowed. Therefore, it is important your daughter is properly equipped with the required uniform and gear as well as understanding the expectations regarding uniform.

MANDATORY ITEMS

- Baradene Tracksuit
- Baradene Row Suit
- West End Singlet
- Rowing Socks
- Rowing Shorts
- Baradene Visa & one other hat
- Black Dri-fit
- White Dri-fit
- Named Day Bag
- Named Overnight Bag
- Rowing Shoes

Order through Sports Manager (except Tracksuit via Uniform Shop)

RECOMMENDED ITEMS

- Raincoat
- School Hoodie
- Beanie
- Blanket

Order through Uniform Shop



*A separate uniform booklet will be provided with full details around the requirements and expectations of uniform, including travelling uniform and race day attire.

**UNIFORM ORDER FORMS WILL NEED TO BE RETURNED BY
WEDNESDAY 16th SEPTEMBER**

We are conscious that Rowing is an expensive sport when starting out, so at the start of the season the Committee will try and assist new Rowers find second hand or un-used gear from other members of the club.

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ROWING



REGATTAS

Over the entire season we will compete in many regattas. It is the chance to showcase every rower's progress and our Cor Unum Spirit. This year's calendar has six confirmed regattas so far. The ultimate regatta is the NZ Secondary School Championships aka Maadi Cup. In 2021, this is to be held at Lake Karapiro in Cambridge (*Maadi alternates yearly between Lake Karapiro and Lake Ruataniwha, Twizel*). Maadi Cup is held over a week with several rounds of racing. Crews will need to meet a performance criterion to attend. Our aim is to take crews that will compete across the course of the week.

BCR Sports Manager – Cat Pretty, will email all parents at least a week prior to a regatta with all the travel, extra food requirements, and accommodation information. Rowers will need to be packed and prepared for the weekend away. At times it means leaving school on a Thursday afternoon, so the girls will need to plan well.

Travel to regattas are by school minivans. Camp parents will drive the vans (and trailers) to and from regattas. As mentioned earlier, van driving forms must be filled out prior to driving one.

Camp parents – there is one Head parent who co-ordinates with Caspar, the committee, Cat Pretty and the others camp helpers. They organise the meals as well as the supervision of the girls at the accommodation. A large part of this role is ensuring all our rowers get the necessary rest to be able to compete at their best. The sleeping arrangements/rooms will be allocated by Cat Pretty.

RACING UNDER WERC

Please see the list below for which regattas girls will be representing **WERC**:

- Mercer Club Regatta
- Karapiro Christmas Regatta (KR1)
- NI Club Champs (KR2)

RACING UNDER BARADENE COLLEGE

Please see the list below for which regattas girls will be representing **BARADENE**:

- Head of Harbour
- NISS Championships
- MAADI CUP

NOTE:

There are will be at least two extra race weekends added to the calendar (one in Term 4, one in Term 1)

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Baradene College Rowing



Key Dates & Regatta Plan 2020-2021

Sept	Start of rowing season/training begins (DATE TBC)	
25 Sept	End of Term 3	
Oct	Holiday training days at West End (<i>dates TBC</i>)	
12 Oct	Term 4 Begins	
7 or 8 Nov	Race weekend	<i>Details TBC</i>
5 Dec	Mercer Club Regatta	Mercer
9 Dec	End of Term 4	
11-13 Dec	Karapiro Christmas Regatta	Lake Karapiro
	Personal Summer Training Programme 14 Dec – 2 Jan	
3-10 Jan	Training Camp	Mercer
Jan	Training recommences (<i>date TBC</i>)	
29 Jan – 1 Feb	NI Club Championships	Lake Karapiro
4 Feb	Term 1 Begins	
13 Feb	Head of Harbour (<i>date TBC</i>)	Lake Pupuke
20-21 Feb	Race weekend	<i>Details TBC</i>
4-7 Mar	NISS Championships	Lake Karapiro
20 - 28 Mar	MAADI – Selected squad only	Lake Karapiro
16 Apr	End of term 1	

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ROWING



CREW SELECTION PROCESS

Crews for training and early season regattas are put together for a variety of reasons, with the aim of developing individual athletes, and preparing the squad for the main end-of-season regattas (NISS and Maadi). Crews for these end-of-season regattas are selected with the aim of achieving the best results across the squad, using the following selection policy:

SELECTION OF EVENTS

Events will be chosen by the coaching team based on the strengths and abilities of the rowing squad, with the intention to give all rowers the opportunities for personal best performances and achieve results reflective of their ability. Events chosen will be given an order of priority to enable selection of the crews.

SELECTION OF CREWS

Crews will be selected with the intention to have our best possible crew combinations racing. Rowers will be selected based on the following criteria:

- Attitude:
 - Attitude towards others (crewmates, squad mates, coaches) – are they a positive team player
 - Attitude towards their own training – are they self-driven to improve, and consistent in their training
 - Coachability – are they willing to learn and making improvements to their rowing
- Boat-moving Ability – this will be assessed by looking at some or all of the following:
 - scores/times at recorded sessions such as Erg tests
 - technical ability
 - performance during seat racing
 - performance in small boats
- Ability to work with others in the crew:
 - technical compatibility as assessed by crew combination trials
 - ability to work together towards a common goal.

Coxswains will be selected based on their ability to facilitate the best performance from the rowers. Factors that affect this include motivational ability, technical knowledge, leadership qualities, clarity of calls, tonal use of voice, ability to relate well with the crews, as well as safety and steering.

As a school sport, any attendance, academic or disciplinary issues within the school may be cause for non-selection.

ROWING



REPRESENTATIVE CREWS

At Baradene Rowing we encourage our senior athletes and where appropriate, junior athletes to put their name forward for representative crews. Coaches will also indicate to the rowers when they are ready for the next step. For more information please refer to this website: www.rowingnz.kiwi

ROWING NZ

Your daughter(s) will be registered with Rowing NZ and accordingly we are bound by the rules, regulations, and guidelines of RNZ.

For additional information please visit: www.rowingnz.kiwi

ROWIT

Once the season starts and regattas commence another very useful website is: www.rowit.co.nz

This website has all the regatta information and results on it. You can search for your daughters' name, event or for our school name – for all info of when races will be.

Get familiar with this ASAP and be sure to ask for help.

ROWER SAFETY PROTOCOL

Caspar Hammond (Head Coach), with the Health & Safety officer for BCR, will oversee that the correct procedures are followed, and this is aligned with the College's policies. We are also subject to the Health & Safety programme of WERC. A full copy of the BCR & WERC Health & Safety policies are available upon request.

- All **NEW** members must complete a clothed 50m swim test prior to the first Regatta
- Coxswains must always wear a lifejacket when on the water
- We will maintain a coach boat/rower ratio of 1:12 for all boats except for Novices it is 1:8
- Coach boats are equipped with sufficient lifejackets, anchor/warp, an oar, bailer & first-aid kit
- At Mercer, all coaches carry their phones
- All rowers & coxswains must follow coach's instructions at all times
- All coaches must complete the Coastguard boat handling course
- Seatbelts must be worn by all travelling in vans and private cars
- All accidents must be reported to Caspar Hammond (Head Coach). They will let Cat Pretty know and the associated coach or parent will fill out an incident report
- Any event where a rower or cox is injured must be reported to Cat Pretty as soon as possible
- Any damage to any school property including vans must also be reported as soon as possible

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ROWING



REGATTA PACKING LIST – ONE DAY REGATTAS

Race Day Food:

- Second breakfast
- Morning tea
- Substantial lunch
- Afternoon tea
- Healthy snacks – **NO JUNK FOOD** (e.g. lollies, chips, or energy drinks etc.)
- Water bottles – **Always have your water with you** (Full on arrival)

Remember: Hydration begins the day before - sooner if hot weather.

We will have a small amount of recovery food/chocolate milk for immediately after races.
Home baking to share is ok and really appreciated!

In your named Day Bag:

- **Baradene Zoot Suit or West End Singlet & Black Lycra Shorts** (*depending on the Regatta*)
 - **Rowing Shoes**
 - **Racing Socks**
 - **Baradene Visor** (*for racing*)
 - Baradene Cap and/or Bucket hat (*for wearing between races*)
 - Black Baradene School Tracksuit (*including sport shoes*)
 - Baradene Dri-fit Top (*colour to be advised prior to each regatta*)
 - Baradene Rowing Shorts
 - Slides
 - Baradene School Hoodie (optional)
 - Black thermal top (optional)
 - Black raincoat (optional)
 - Blister Kit
 - Gel ice pack (named)
 - Sunblock/Insect repellent
 - Deodorant
 - Hair ties
 - Change of underwear
 - A towel (or 2 if wet weather)
 - Spanner (if you own one)
 - A plastic bag for dirty/used gear
 - Any medicines/asthma inhalers
- (*in a **NAMED PLASTIC BAG** and should be handed to Head Regatta parent for the day*)

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ROWING



REGATTA PACKING LIST – OVERNIGHT REGATTAS

Day Bag as per previous list for Lake side. Food will be provided except for home baking and any travel food.

In your named Overnight Bag:

- PJ's
- Bedding (*fitted sheet & Sleeping bag or single duvet*)
- Pillow
- Toiletries (*incl soap, shampoo, toothbrush etc*)
- 2 x Towels (*for showers*)
- T-shirts (*for wearing at Narrows**)
- Trackpants (*for wearing at Narrows**)
- Warm top / casual clothes (*for wearing at Narrows**)
- Underwear
- Beanie (optional)
- Wheat pack (named)
- Plastic bag for dirty clothing
- Any personal hygiene/sanitary products needed
- Games / cards / book etc

***MUFTI ONLY ALLOWED AT NARROWS, NOT AT REGATTAS**

BLISTER CARE

Blister Kit

- Tape (*K Tape is best*)
- Scissors
- Needles
- Alcohol wipes (or similar)
- Gauze pads
- Friars Balsam*
- Methylated spirits*
- Aquacare urea cream (*Mahe Drysdale recommends it!*)*

**Personal Preference*

Senior rowers will discuss the procedure around Blister Care and any tips they have with new members.

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ROWING



LAKE SIDE ETIQUETTE

LAKE SIDE

The BCR Rower's tent is set up for the girls to rest, relax and recover in. For overnight regattas, we feed the girls so please do not bring any treats to your daughter. Unfortunately, there is not the space for parents to hang out in the Rowers' tent as such, so we ask that if you wish to sit with your daughter, she is to join you in the BCR Supporters tent instead of out the front of the Rower's tent. As mentioned in the Rower's Responsibilities, girls are still expected to support all other squad members, this includes watching Baradene crews as they race. She will be well aware of the time of her next race. There is a whiteboard with all race times written on it. The TeamReach App will also be updated regularly for parents to check.

BOAT PARK

This is for rowers and coaches **ONLY**, no friends or family allowed. The girls meet here prior to racing. When they get off the water, they have a quick debrief while having a small recovery snack and a drink.

LAKE PUPUKE

Is often wet and windy. It's a short course race so there is always lots of action and it can get really busy. The parking there is very difficult. It is a good idea to carpool and to give yourselves ample time to walk from your car to the lake. Dogs **ARE** allowed at Lake Pupuke.

LAKE KARAPIRO

The Podium Café is fantastic but can get really busy - so bringing your own food & drinks is a good idea. You are welcome to use the school BBQ too, so meats and buns are perfect. Also, togs and towels on the hot days will help entertain any younger siblings and is great for cooling off too. This is a smokefree venue and no alcohol is allowed. Dogs **ARE NOT** permitted at Lake Karapiro.

Parking is \$5 for the whole day and you can come and go as you please.

The drive to the nearest supermarket/shops is about 15mins away in Leamington.

ACCOMMODATION *(for Lake Karapiro)*

Booking as soon as possible is highly recommended. Some families camp at the Top Ten in Leamington. Lots of fun and great for younger siblings too. There are plenty of Air BnB/Book-a-bach houses near the lake, in Leamington and Cambridge. Leamington is about 15mins from the Lake and has all the necessities like a supermarket, fish n chips, bakeries etc.

"OUR TEAM, OUR DREAM"



TRAINING



TRAINING

The squad is split into 3 main groups for training, to aid with scheduling and to allow those with similar abilities and experience to train together. However, there is plenty of mixing between groups, with full squad sessions and combined group sessions, so that all rowers and coxswains feel part of the squad as a whole.

NOVICES

Are all first-year rowers, who can race in the 'novice' category as well as in their age groups. The focus for this group is to teach them the basics well, to give them the platform to succeed in future years of rowing. They generally train on water 3 times a week (2 weekdays and a weekend session), plus one erg session and one other land session. At the end of the season, as we prepare for the big regattas, they will have one extra water session to give more time in crew combinations.

INTERMEDIATES

Are the Year 10 second year rowers, who will predominantly compete in the U16 age group. With a year of rowing under their belt, this group often show the biggest improvements, with the focus on making the step up to age-group rowing, improving technically and in consistency. They train 4 times a week on water, with 2 ergs and 1 other land session.

SENIORS

Are rowers in the last 2 years of school rowing (Year 11 and 12), generally racing in U17 and U18 age categories. This group have the same number of training sessions as the intermediate group, but we look for a step up in intensity and quality of training. The aim is for the seniors to take the foundations built over the previous seasons, to become accomplished and competitive rowers.

All rowers will train in sweep (1 oar) and sculling (2 oar crews), and in a range of boat sizes to give them a range of experience with the goal of producing well-rounded rowers. Crews in trainings are put together for a variety of reasons, which could include:

- matched or similar speed crews for competitive training
- Rowers who have similar abilities or similar technical focuses
- mixed crews to give less experienced Rowers a chance to row with more experienced rowers
- trying out particular combinations
- simply to balance numbers or row in the boats we have available

As the season progresses and we get closer to the major regattas, crews will often become more consistent to give them time rowing together in preparation for racing.

It is expected that every Rower and Coxswain make it to every training on her schedule. By joining BCR, your daughter has committed to attending all morning sessions, land trainings, Saturdays at Mercer, regattas, and the full duration of the summer camp in January.

There are NO EXCEPTIONS (except illness) for missing any Saturday trainings at Mercer or summer camp (3rd – 10th January), so ensure any plans and appointments are made around these.

Training plans are made in advance and so are crews.

Crew lists are usually posted on Team Reach the night before trainings.

"OUR TEAM, OUR DREAM"



TRAINING



SEPTEMBER TRAINING SCHEDULE *(subject to Level 2 restrictions)*

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Seniors		AM Water Session WERC PM S&C Session Baradene		AM Water Session WERC	PM Land Session Baradene		11:30-15:30 Water Session Mercer
Intermediate		AM Water Session WERC PM S&C Session Baradene		AM Water Session WERC	PM Land Session Baradene		11:30-15:30 Water Session Mercer
Novice			PM Water Session WERC		PM Land Session Baradene		11:30-15:30 Water Session Mercer

WATER TRAINING SESSIONS – *(Weekdays at WERC)*

Weekday **AM** water trainings sessions begin at 5.30am at WERC (26 Saunders Reserve, Avondale, Auckland).

NB: Seniors are to pick only one of the two mornings if playing Winter Sport.

Weekday **PM** Water trainings sessions finish at 6.00pm at WERC.

LAND TRAINING SESSIONS – *(Weekdays at BARADENE)*

Weekday **PM** land trainings sessions finish at 5.00pm at Baradene.

MERCER SESSIONS – SATURDAY MORNINGS – *(Sundays during Term 3 – this year ONLY)*

On Saturdays we train at Mercer, which is located on the banks of the Waikato River, 71 Mercer Ferry Road. (Exit SH1 at Mercer, follow the road over the Mercer Bridge across the river, then take the first right onto Metal road down to the club house).

We depart from Baradene at 7.00am, and travel in the school vans. We arrive back at Baradene at around 1.00pm. The girls will text when the vans are 15 min away from school.

However, for Term 3 only, these sessions will be held on **SUNDAYS** due to Winter Sport. Therefore, we will depart from Baradene at 11.30am, and will arrive back by 3.30pm.

Mercer is where we store our boats here and is also where our summer camp in January is held.

"OUR TEAM, OUR DREAM"



TRAINING



TRAINING CAMPS

SEPTEMBER SENIOR CAMP

The seniors have a camp at the start of the September school holidays, which is a chance for the new senior group to bond and enjoy some time away together. After helping with the Learn to Row programme and the new novices in Term 3, this camp allows the seniors to focus on their own rowing. With a big technical focus, it sets the standard for the season ahead.

Unfortunately, due to the changes to the Winter season and camp availability – we **WILL NOT** be holding this camp this season.

JANUARY SUMMER CAMP

For summer camp, the whole squad spends a week together at Mercer, staying in Mercer Rowing Club and training on the Waikato River. This is an important week of the season, as the squad regroup after a few weeks off over Christmas & New Year and starts to prepare for the upcoming regattas in Term 1. It is an intense week, with 3 rows most days, but there is still time to socialise and fun activities to enjoy. Rows vary from technical sessions, to long rows, to race pieces as well as seat racing and trying out combinations in preparation for selecting racing crews. Most rowers make big improvements over the week, which puts them in good stead for the rest of the season. Highlights of the week include a trip to Pokeno for ice creams and dressing up for the annual Twilight Row!

Just a reminder that it is expected every rower attends this camp for the entire duration of the camp. The 2021 Summer Camp dates are **Sunday 3rd January to Sunday 10th January**.

INJURIES & MEDICAL REQUIREMENTS

If there is ever an emergency the Head Coach/Assistant Coach/Manager or Parent in charge will get in contact with you immediately.

Any injuries are required to be treated as soon as possible by an appropriate sports physician and a report given to Caspar of the diagnosis and treatment plan. It is important Caspar is made aware of any illnesses or injuries whether they have occurred as a result of rowing. Baradene have an on-site physio present twice a week on Tuesdays (8.00am – 10.00am) & Thursdays (12.30pm – 5.00pm).

Appointments are to be made by calling **09 520 2819**

If your daughter's medical circumstances change over the course of the season, please contact Sports Manager, Cat Pretty.

"OUR TEAM, OUR DREAM"



TRAINING



SLEEP & RECOVERY

With many early rises due to on-water seasons throughout the week, getting to bed early the night before, with an appropriate meal for dinner (see Nutrition below), will help your daughter feel well rested and be able to perform at a high standard. These girls are not just involved in an intensive training programme but also at the age where they have the demands of growth and development as well. Therefore at least eight hours sleep at night is essential for recovery and growth.

A thorough warm up before a training or race will ensure for optimal performance, and a good cool down and stretching after will assist with recovery. This is a great time to debrief with your coaches and peers.

At Regattas, staying off your legs between races allows the muscles to rest and recover in preparation for the next race. However, light active recovery can also be beneficial following an intense training or Regatta.

Nutrition and hydration are big factors in helping with quality sleep and recovery as well, which is explained in more depth below.

NUTRITION

It is a good idea to keep in mind that Baradene Rowers are 'non-elite athletes'.

As the season progresses, their training demands will become very high, therefore energy uptake needs to be high. Frequent snacking of the right types of food will not only help the girls perform well, but also aid in their recovery and reducing their fatigue during the school day for their learning.

So, what types of food does your daughter need?

CARBOHYDRATES

Carbohydrates are the most important as it will be the main energy source for Rowers. This means they need to be consumed regularly throughout the day. This may include oats, grainy breads, grainy crackers, and pasta. To aid recovery following an intense training, immediate options may include sports drinks, sports bars, jellybeans, or white bread with jam or honey.

PROTEIN

Protein rich foods are essential for good health and play an important part in muscle repair and recovery. Main meals and most snacks should always include a source of protein. This may include lean meat, poultry, seafood, eggs, tofu, legumes, nuts and low-fat dairy products. To aid recovery following a race during a Regatta, options immediately may include chocolate milk or yoghurt.

FATS

It is important to include some healthy fats each day including avocado, nuts, seeds, or vegetable oils. However, avoiding unhealthy fats as much as possible is vital. This includes white fat on meat, butter and fat often used in cakes, biscuits, and many takeaways. At the end of the day, these are teenagers we are talking about so do have a takeaway night (or 2) just **NOT** the night before morning trainings or a regatta.

TRAINING



FRUIT & VEGETABLES

Fruit and vegetables are great sources of vitamins, minerals, and antioxidants (as well as a carbohydrate) which help keep your body's immune system healthy and strong. When feeling fatigued or under the weather, increasing these types of food before and during training until symptoms subside, can help with energy levels.

So, when should your daughter be eating roughly? *(See below for ideas/suggestions)*

MORNING TRAININGS

BEFORE *(at least 30 minutes before)*

- Toast with peanut butter and banana
- Light cereal with low fat milk

AFTER *(ideally aim to consume within 1 hour of finishing training)*

- Natural muesli with fresh fruit and yoghurt/ low fat milk
- Wholegrain toast with poached eggs and a glass of fruit juice
- Hot oats with milk and a piece of fruit or a glass of fruit juice

If travelling, pack a combination of fresh fruit, milk drinks, cereal bars or sandwiches.

AFTERNOON TRAININGS

BREAKFAST

As above

MORNING TEA

- Plain fruit bun and plain cream cheese
- Wholegrain crackers with cottage cheese
- Yoghurt and fresh fruit

LUNCH

- Wholegrain rolls/wrap filled with protein filling e.g. fish, chicken, egg, cheese, and salad
- Pasta/rice with tuna and vegetables + a piece of fruit and/or yoghurt

AFTERNOON TEA

- Muesli bar and/or a piece of fruit
- Plain or Greek style yoghurt

AFTER *(within 20-30minutes = important for recovery)*

- Sports drink, sports bar, white bread roll with plenty of jam/honey, ripe banana (for carbs)
- Low-fat yoghurt, glass of milk, or homemade recovery shake (for protein)

DINNER

- Lean meat and vegetable stir-fry with rice or low-fat noodles (e.g. udon/egg noodles)
- Spaghetti Bolognese with a side salad
- Lean beef burger with potato wedges and salad + low fat yoghurt or ice-cream with fruit

"OUR TEAM, OUR DREAM"



TRAINING



REGATTA NUTRITION

The duration of the regatta will determine the type and timing of meals and snacks required. Some competitions will be held over 2-3 days with 3-4 races per day, while others may be held over a week with only 1-2 races each day. Many of the same principles apply on competition day as on training days.

DINNER (*within 20-30minutes = important for recovery*)

It is important to top the body up with enough fuel in preparation for a big day of energy expenditure. Ensuring carbohydrates and proteins are included for energy sources as well as a variety of vegetables to ensure your daughter feels fresh for the day of racing ahead.

PRE-RACE

Aim for a low fat, carbohydrate rich meal or snack 1-4 hours before competing to provide fuel for the race. The exact time of this meal will vary depending on individual preference and the type/intensity of the race. If the competition starts very early, a lighter meal may be more appropriate.

POST RACE

An aggressive approach to recovery is needed to tackle the high-energy expenditure of Rowers. It is ideal to include carbohydrate immediately after finishing the race (as mentioned above) as well as some protein to improve recovery. e.g. jellybeans, sports drink, creamed rice, and chocolate milk.

BETWEEN RACES

Replacing fluid after racing is very important, as not doing so can have significant detrimental effects on your performance. Sports drinks can be helpful for recovery and to assist with rehydration as they help replace carbohydrate lost during racing as well as electrolytes and fluids lost through sweat

Throughout the season, if your daughter is struggling with fatigue and frequent illness, re-assess the following:

- Is she eating enough, particularly before and immediately after trainings?
- Intake of carbohydrates. Maybe not enough?
- Intake of iron. Best sources are red meat
- Fluid consumption
- Timing of meals and snacks? Frequent enough? Too close before training?
- Vitamins and minerals (good to eat more when feeling below 100%)



FAIRPLAY CHARTER OF BARADENE COLLEGE OF THE SACRED HEART

Baradene College is a fair play school.

We play hard and we play fair.

All Baradene College sporting participants aim:

To ensure sport is an enjoyable and rewarding experience
for all involved

To compete to the best of our ability, with
enthusiasm and fairness

To respect the rules of the sport and abide by those
rules on all occasions

To accept and respect the role of officials always and
to abide by decisions

To respect the mana of our opponents
and their supporters

To value the spirit of sportsmanship, and to accept victory
or loss with equal dignity

To play hard and play fair

"OUR TEAM, OUR DREAM"



WARDROBE RULES AND REGULATIONS

Our school has the expectation that all our students maintain a high standard of appearance, both within the school and in public.

1. Full and correct uniform must be worn and items of clothing are to be in good repair and clearly labelled. Students will be notified of the changes between summer and winter uniform.
2. Students shall not alter the uniform skirt lengths.
3. Regulation school scarves can be worn to and from school only with the winter uniform (but not in lessons).

HAIR

Hair should be tidy, worn in a natural colour and a style that is appropriate for school. Hair must be off the face and off the collar. Any hair that touches the collar must be tied back with a black hair tie and/or red ribbon. Any hair clips must be in natural hair colours. No other hair adornments are permitted. Heads may not be shaven.

JEWELLERY AND MAKEUP

1. A wristwatch, a necklace of spiritual or cultural significance (on a chain long enough so as not to be visible), and, if necessary, one plain SMALL gold or silver stud in the lobe of each ear, can be worn. Any non-regulation jewellery that is worn will be confiscated by a staff member and returned at the end of the term.
2. The wearing of make up and nail polish is NOT permitted.

BADGES

Only school and house badges shall be worn on blazers.

SHOES

Y7 - 11 students are to wear polished, plain, black leather lace up shoes. Y12/13 students are to wear polished, plain, black leather loafers with a low wedge heel. In winter black tights must be worn. In summer Y7 - 11 students are to wear short white plain socks and Y12/13 students can wear socks that are not visible.

ON THE STREET AND PUBLIC TRANSPORT

1. All students are required to wear the school blazer with both summer and winter uniform unless otherwise advised by the school Principal.
2. Students leaving either sports practices or sports fixtures must be in either the full sports all weather Tracksuit (top and bottom) or full day uniform.

FOR FORMAL SCHOOL FUNCTIONS, INCLUDING ALL SCHOOL ASSEMBLIES

The correct uniform including the school blazer shall be worn. Scarves are not to be worn at these functions.



BARADENE COLLEGE ROWING

PARENT DECLARATION



I acknowledge the requirement to contribute financially to the Baradene College Rowing Club and I understand the need to make payments is to cover expenses incurred as my daughter participates in the sport of Rowing in the 2020/2021 season.

I accept the cost for one girl to participate as a member of the Baradene College Rowing Club for the 2020/2021 season will be approximately \$3400 **(tbc)** for Rowers or \$2,850 **(tbc)** for Coxswains (excluding Maadi costs).

I understand that:

- This payment is to be made in full at the start of the season (by September 14th) or in regular monthly instalments as agreed.
- If my daughter is selected to participate at the Maadi Cup, that this will incur additional costs.
- Failure to make these payments will result in my daughter not being able to participate in a regatta or continuing with the Rowing season.

I also agree to the following:

- When on duty at a camp or regatta, that under no circumstance consume alcohol.
- When on duty at a camp or regatta, I will adhere to the guidelines provided prior.
- I will keep my language, tone, and topics in line with the Special Character of the College.
- As a supporter, and whilst in Baradene clothing, I will adhere to the Special Character of the College, including when away from lake side.
- At Regattas, parents are not permitted in the boat park or into the Rowers' tent.
After your daughter(s) have raced, there is plenty of opportunity for them to come and visit the tented parent/supporter area.
- I understand the Sports Manager has overall authority.

Baradene supporters are always the most loyal and we really appreciate this support.



BARADENE COLLEGE ROWING

ROWER'S CODE OF CONDUCT



The following are based on the Rules of Baradene College and are always to be followed.

You are required to:

- Obey all instructions given by coaches and parents in charge
- Inform coaches of any health problems, injuries, or inability to race with as much notice as possible
- Inform coaches in advance if unable to attend a meeting or training
- Respect and care for all Rowing equipment
- Respect others and their property. Verbal, physical abuse or stealing will not be tolerated and may lead to dismissal from the squad
- Keep your environment clean and tidy (*e.g. room, lounge, tent sites*)
- Wear the BCR uniform correctly as per the Uniform Booklet and with pride
- Be properly equipped always (*suitable warm clothing, personal medication*)
- If your attendance is less than 90% of all rowing activities, your BCR squad membership may be jeopardised.
- Adhere to the guidelines as outlined in the Season Handbook with regards to Mobile Phone usage. They are NOT to be present at trainings, and when at camps or regattas, I understand the final say lies with the Head Parent
- Not make any comments via Social Media that are inappropriate whatsoever that causes harm to the wellbeing of any team member
- Respect yourself and your training programme and your team!
- Drugs/alcohol & cigarettes/vaping are NOT PERMITTED

Our BCR Code of Conduct is based on the following:

1. Full commitment to meetings, trainings, and other squad activities as required
2. You must put in 100% at all times (trainings, races etc) so that you are the best you can be for the sake of the squad
3. Be proud of the squad and be the best team player you can be on and off the water
4. Be confident in yourself, crew, and team. Inspire your team with your competitive spirit and positive attitude
5. Adhere to the COR UNUM spirit always and Fair Play Charter

Any serious breach of this Code of Conduct could result in you being sent home at your own expense.

BARADENE COLLEGE OF THE SACRED HEART

TRAVELLERS CONTRACT

2020 Karapiro Christmas Regatta
2021 Summer Training Camp – Mercer
2021 NI Club Championships
2021 NISS Championships
2021 MAADI CUP
+ any other overnights that may be added to the schedule

The following are conditions to be agreed upon by those travelling and representing the Baradene College Sport Department.

1. I am an ambassador for my family, my school and New Zealand (if overseas trip). As such I must at all times behave in an appropriate manner and to the highest standard.
2. My appearance will be tidy and appropriate for the occasion.
3. I will obey the laws and regulations of the location of the trip.
4. I will participate in the activities and programme that has been planned for me willingly, co-operatively and cheerfully to the best of my ability. I will always consider the feelings of others and will do nothing to make things unpleasant for any other member of the group. In this way I will get maximum benefit from the whole experience.
5. I will accept the direction and guidance of the supervising adults without argument.
6. I will refrain entirely from the use of alcohol, non-prescription drugs or cigarettes.
7. I will know the meeting places and be on time, so that I do not inconvenience the group.
8. I will support the 'fair play' philosophy at all times and respect the other competitors, officials, marshals, referees and judges at the event.
9. I will ensure I catch up on any missed school work as a result of this trip.
10. I accept that any infringement of this contract will be dealt with very severely upon return to school or may even result in being returned to school early at my parents' expense.
Under these circumstances, no refund of any fees will be made.
11. I, and my parents, accept all financial obligations of the schedule.