



# 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 & Cox 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.

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. 2024) and at Lake Karapiro in the alternate years (e.g. 2023). Maadi is an incredible week, where all the hours of hard work and commitment really pays off.

BCR is run by a committee made up of the Head Coach, parents, and the Sports Manager and run under the auspices of the College. It is a 'family' sport. Parent help is essential and there are many ways to do so, including driving a van to Mercer on a Saturday morning for training; staying as a parent helper during regattas which involves driving, cooking, and supervising the girls for the entire weekend; or assisting in some way at our summer training camp. Each family is required to help at least twice over the course over the season for any of the options listed above and/or more. There are also working bees at West End Rowing Club (WERC) and Mercer that will need helpers too.



# WHAT TO EXPECT . . .

## LEARN TO ROW & COX:

Learn to Row & Cox (LTR) is run over 4 weeks, beginning with the “**LEARN TO ERG**” introduction session 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. Eventually, the girls will participate in 2 x land sessions and 2 x on-water trainings each week. Dates for these will be provided in Term 2 when registrations are open for LTR.

### LEARN TO ROW COST

**2022 fee was \$300 per person – 2023 fee TBC**

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

### PARENT INFORMATION MEETING

Prior to committing to the season, an information meeting will be held for all parents and students to get a more detailed insight into the commitments and requirements for being a member of the squad and Baradene College Rowing community.

Students wishing to join BCR are recommended to attend as many of the Learn to Row & Cox 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 usually begins near the end of August and continues through to the end of March 2024.

### 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.

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.

### CAMPS

Early January there is a week-long camp held at Mercer Rowing Club.

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 will be 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. \$3,700 (excluding Maadi). fees can be paid in instalments or fully at the start of the season. Fees cover all transport, accommodation, food, and coaching.

For more information about Rowing at Baradene, visit our school website:

<https://www.baradene.school.nz/sport/sports/rowing>

