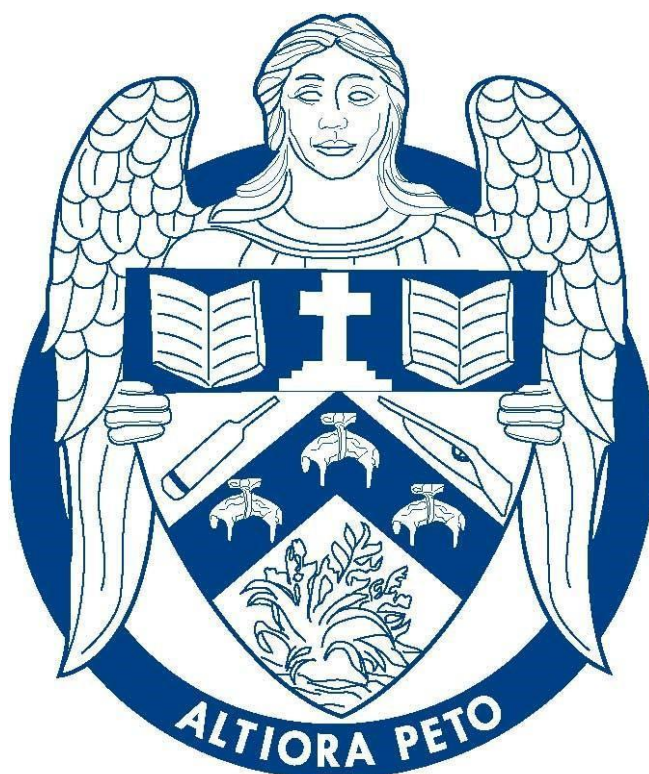

Christchurch Boys' High School



CBHS

Rowing

Handbook

2023 - 24 Season

Welcome to the 2023-24 Christchurch Boys' High Rowing Season

This rowing handbook is designed to provide an information overview for students and parents for the upcoming season. Regular communication will also be sent via email and Facebook to keep our rowing community as informed as possible.

We hope you enjoy yourselves and we look forward to seeing you at regattas, fundraising events and gatherings during the year.

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CBHS Rowing Contacts & Committee

Administration Team

Manager	Ricardo De Sousa	Mobile: 0224166270 E: jardesousa@gmail.com
Chairperson:	Richard Hegan	Mobile: 0274817699 E: richard@heganelliott.nz
Secretary:	Kiri Kamo	Mobile: 0276293502 tkrkamo@hotmail.com
Treasurer:	Tim Rowe	Mobile: 021502914 E: trowe@ricoh.co.nz

Parents committee

Andy O'Reagan, Casey Blanken, Glenn Davis, Josh Dolan, Kiri Kamo, Louise Parnham, Matt Harrington, Maysie Scott, Mike Copland, Ricardo de Sousa, Richard Hegan, Ross Moffatt, Hugh Galvan, Sarah Faulkner, Tim Osmer, Tim Rowe, Tracey Robson

The rowing committee is elected at the July AGM and meets monthly from August until April.

Coaching Team

Head Coach	Tim Osmer
Assistant Coach	Maysie Scott
Assistant Coach	Josh Dolan
Assistant Coach	Annabel Scott
Assistant Coach	Tom Fraser
Assistant Coach	Hamish Maxwell
Assistant Coach	Scott Shackleton
Assistant Coach	Matt White
Assistant Coach	Jacob Lorkin

Meet the Coaches



Tim Osmers - Head Coach

I'm now in my 18th year with the sport, which has provided me with a lot of awesome opportunities. I started rowing at school before joining the Avon Rowing Club. In addition to competing for Avon, I competed for southern RPC, raced internationally with the University of Otago, and have been fortunate to be a part of the New Zealand Trans-Tasman team on multiple occasions.

I have also coached at Avon Rowing Club and Shirley Boys High School, before joining Christchurch Boys High rowing in 2020. I am thoroughly looking forward to another season with the squad and to achieving our goals both on and off the water.



Josh Dolan - Assistant Coach

This will be my second session coaching Christchurch Boys High Rowing. During my rowing career, I have coxed and coached crews to medal-winning performances at both regional and national levels. Starting rowing in 2012 at St Bede's College where I did 4 seasons before leaving and coxing at the Avon rowing club for 2, with one of my highlights being racing at Henley royal regatta in England. One of the things that I strive for when I coach is to not only give the Boys the tools to make fast boats but to bring what they learn from rowing into everyday life. When I'm not coaching I'm a full-time electrician working in residential and light commercial projects. I look forward to another great season at Boys High.



Maysie Scott - U16 Lead Coach

I will be returning to coach the U16's this season. I am a trainee English teacher and have been involved with rowing for 11 years. After deciding to step away from rowing myself, I began coaching in early 2018 at Otago University where I coached the Senior Women and female RPC trialists for the 2018 trials. In mid 2019 when I moved to the UK to run the rowing programme at an English school (Bradford Grammar School). When the COVID pandemic hit, I quickly packed my bags to return to NZ, and following lockdown, began coaching at CBHS. I have thoroughly enjoyed my time at CBHS and am looking forward to what this season brings.



Tom Fraser - U15 Coach

I'm currently studying physiotherapy at the University of Otago. I am very excited to be joining the CBHS coaching team this year as I am an old boy of the school. After my final year rowing at CBHS I was a volunteer coach. My last year rowing at CBHS was 2019, of which I raced the U18 pair, U18 four and U18 eight up in Karapiro. I like to think we had a solid year and can't wait to continue the success at CBHS. I am about to start my sixth season of rowing. I am currently rowing at Otago University and am a member of the NZ Trans-Tasman rowing team. In my spare time I also enjoy surfing, skating and bouldering.



Scott Shackleton - Assistant Coach

I am currently a 21 year old full time athlete (rowing) training for olympic trials later in the year. Next year I will attend Otago University to study a double degree in International Business and software engineering. I rowed for Christchurch Boys' for 2 years and was a part of the 2019 Maadi Cup winning crew, along with the highly successful 2020 senior squad. Last year I had the privilege of coming back as an old boy of the school and coaching the senior group. Once again, this year I'll be working with the seniors and I look forward to seeing what we can accomplish!



Matthew White - Assistant Coach

I'm thrilled to be returning to CBHS, where it all began for me seven seasons ago, to coach. I am a former student who graduated in 2018 and went on to study Environmental management at Lincoln University on a sports scholarship. During my time at school, I won 9 Maadi medals, including three golds, I also managed to row for the South Island and gain a junior trial. After school, I spent the majority of my time in the high performance system, spending a year at Southern RPC before it was removed and then moving on to two New Zealand teams. Last winter, I trained for the World University Rowing Team. This season, I received a U23 trial but ended up rowing for the Trans-Tasman University team against Australia in Brisbane. This will be my first year as a coach, and I can't wait to show you everything this sport has to offer and have some fun along the way!



Annabel Scott - Assistant Coach

Annabelle Scott

I am studying a Bachelor of Industrial Product Design at Canterbury Uni. I am so excited to start my first season of coaching at Christchurch Boys High, having been involved in the sport since 2017. I started out as a rower at Timaru Rowing Club, and after three seasons rowing at Craighead Diocesan School I made the change to coxing in my final year (best decision ever). Over the last three seasons, I have made the 2021 South Island U18 Team, 2022 NZ University Womens 8+ and 2023 NZ University Mens 8+ that competed in Australia. I am looking forward to the coaching season ahead alongside my own coxing at Cure Boating Club.



Hamish Maxwell - Assistant Coach

In 2011 I began my rowing career on the Whanganui river as an eager, skinny under 15 novice. My first trainings consisted of learning how not to let go of my oar when the waves were white capping, followed by playing slalom with the dead cattle floating down the river. After many years of putting in the miles, I stepped into the club scene by joining Aramoho Whanganui RC and then moving down to Christchurch to begin studying Engineering at the University of Canterbury. I continued to grow my collection of rowsuits by joining UCRC, Avon RC, Canterbury Interprovincials, NZ University Trans-Tasman and Southern RPC. The major highlights of my rowing journey include competing at Henley Royal Regatta, serving as UCRC President, and getting dragged down the course by the great Tim Osmers to collect the gold in the Senior Pair at Club Nationals.



Jacob Lorkin - Assistant Coach

I am currently in my final year of study at the University of Otago studying a bachelor of commerce with a major in international business and minor in economics. I started rowing in 2016 and haven't looked back since, spent 4 years rowing for Hawkes Bay rowing club and Lindisfarne College where I was captain in 2019 and 2020. A couple of interests/hobbies of mine are playing golf, scraping tennis courts and cooking. I've always admired CBHS's professionalism at Maadi Cup regattas whilst at school and I can't wait to be a part of the team.

General Information

Training

The on-water rowing training for the boys is held on the Avon River at Kerrs Reach. Erg training will predominantly be at the school Gym.

We use the Canterbury Rowing Club (CRC) facility (belonging to CRC) which is shared with CRC itself, Christchurch Girls' High School, Cashmere and Avonside Girls' High School.

All our boys are affiliated to CRC who are one of the oldest sporting clubs in New Zealand and recently had their 150th year celebrations. This is an Old Boys link for CBHS rowers.

Boats

The following boats are owned and rowed by CBHS. We have 17 boats, worth in excess of \$400,000

3 x Singles (1x), 4 x Doubles (2x)/Pairs (2-), 5 x Fours (4+)/Quads (4x+), 5 x Eights 5 x (8+).

The boats are stored in the CRC owned boat shed at Kerrs Reach.

Training

All training programmes are developed by the coaches. The boys will train both early morning and after school depending on individual timetables. The coaches and Rowing Manager will take into consideration each student's academic endeavours, particularly at exam time.

The boys are required to bike to rowing training at Kerrs Reach. It is 8 km from CBHS to Kerrs Reach. **Yellow Fluorescent safety vests and lights** are compulsory and will be enforced.

Ages

Age is taken as at the first of January e.g. if you are 14 at first of January then you will race as under 15 for the season. As our objective is to find the best crews some boys may end up racing some events above their age grade.

All races are held over a distance of 2,000 metres.

Captain of Rowing

The rowing captain will be named after our pre-season camp in the term 3 holidays.

His tasks include the following:

1. Supervision of junior rowers when at regattas
2. Coordinating boat trailer loading
3. Liaison with the Rowing Manager
4. Collation of rowing results for assemblies and also for inclusion in newsletters and the school magazine
5. Writing reports on rowing for monthly committee meetings and for the school magazine/Facebook page
6. Attendance at Rowing Committee meetings
7. A leadership role at fundraising events
8. Recruitment of potential new rowers

Uniform Requirements

Only CBHS sports clothing may be worn at regattas.

Compulsory & Specific Rowing Uniform (To be ordered through CBHS Uniform Shop)

- CBHS race suit
- CBHS Long-sleeve travel T shirt (displaying Sponsor logo) - Please do not purchase this from the uniform shop, the committee will source this for your son. There is a \$55 charge for this year once sponsors are obtained which will need to be paid for by the family.
- CBHS Short sleeve T shirt
- CBHS rowing cap

Other school Items: (Purchased separately if not already owned)

CBHS Jacket

CBHS rugby shorts

General Gear List

Bike with lights

High visibility vest

Puncture repair kit

Sunscreen

Sunglasses (If preferred)

Lip balm

Drink Bottle

****10mm spanner** (COMPULSORY - Needed to Rig and De-rig boats at regattas & training)**

In cold weather at regattas crews may decide to wear thermals for racing and/or warm up to the start. If wearing thermals during a race only black may be worn under the racing suit.

Regattas

Regattas are run regularly throughout the season between October and March starting with small local events and working up to larger events. The 'boat park' can be a frantic area of activity. Before a race, the athletes need to focus on their own performance and coach input only. After a race, the crews need space to debrief. We respectfully request that parents stay out of the boat park at all times unless asked in by the **Rowing Manager** or **Coaches**. The boys will meet with their parents from time to time at the parents' tent – in particular to eat, relax and support other crews when they have time between their own races.

Lake Hood Regattas

Lake Hood hosts several regattas each year. These can be one or two day events that we drive to each day. Rowers are expected to be transported by their parents or carpool with other rowers. The Club will provide 2 vans for these events, but they will be on a first come, first served basis and incur a user pays fee. These would leave in the morning and head back to Christchurch at the end of each day.

Twizel Regattas

During the Twizel Regattas and at Maadi Cup the parents' tent is always beside the lake. Tea and coffee is provided but we ask those who **are not** 'house parents' to bring a plate of food to be shared during the day (e.g. Bacon and egg pie, quiches, cold chickens, sandwiches, muffins). It is also suggested you bring a chair, sunblock, warm clothing, binoculars and your camera. The tent provides a great place for parents to get together.

- Departure by bus and school vans is from school on the Friday afternoon (generally lunchtime during term time) and return on Sunday evening approximately 7pm. Parents who are house parents are given the first option of driving a minivan, otherwise they need to provide their own transport.
- Racing starts early, approximately 7am and the boys will be advised Friday evening of their race times so will be able to advise parents.
- The boys eat dinner together with house parents and management.

South Island Secondary Schools (SISS)

This is one of our main events. ALL boys will attend this regatta which is a great way to top off the season. Over the last two years we have finished as one of the top schools in the South Islands. Boys of all abilities are able to add to the overall tally for the school, so it's an exciting event with a real full squad spirit behind it.

South Island Secondary Schools is seen as the most significant event for the full squad and is the end of the normal season. Some boys however, will be selected to continue onto NZ Secondary Schools - Maadi Cup, which is approximately 2 weeks after SISS.

Maadi Cup Regatta

Maadi Cup is the NZ Secondary Schools rowing national championships. This is held during summer tournament week, which is usually the last week in March. In 2024 it will be held at Lake Ruataniwha, Twizel. Every alternate year it is held at Lake Karapiro, Cambridge.

Boys must be selected separately to attend Maadi Cup

The rowing season finishes for the full squad at the South Island Secondary School. Boys selected for Maadi will continue for another 2- 3 weeks.

Maadi Cup Medallists 2023

SILVER

U15 8+ Boys U15 Coxed Eight | R Hong, C Greenslade, H Parnham, J Kamo, P O'Regan, J Dennehy, H Moyle, R Fifield + S Moffatt

SILVER

16 8+ Boys U16 Coxed Eight | D Webb, H Hegan, O Browning, W Mackay, B Rowe, W Harrington, R Blanken, H Cooke + G Faulkner

SILVER

U15 4+ Boys U15 Coxed Four | R Hong, J Kamo, H Parnham, C Greenslade + B Robson

End of season awards 2022/23

John Hunter Trophy for Senior Oarsman

Sean Templeton & Luca O'Malley

S.H Francis Cup for Junior Oarsman

Ryan Hong

Timmy Heritage Trophy for Senior Coxswain

Grayson Faulkner

Simon Brigg Trophy for most promising Coxswain

Blake Robson

Margaret Forbes Cup for Captain of Rowing

Connor Arnold

Communication Lines

All relevant information will be communicated through the closed Facebook group specifically for boys, and by email, an open Facebook page and the school website for parents. A full contact list will be issued to all parents at the start of the season.

A clear boundary exists between the roles of the Coaching team and the parents group. All decisions regarding crews, and regatta entries are made by the Coaching team. Issues relating to student welfare and discipline will be the responsibility of the Team Manager, or in his/her absence by the Head Coach in conjunction with the Chairman. The Team Manager is also the liaison between the parents, the boys and the school.

Concerns relating to crews, regatta entries, student welfare and discipline are directed to the Rowing Manager.

Year 9 Programme (Rowers – Excluding Coxswains)

In recent years, we have run a separate year 9 program. We have found it very productive and will offer a similar program again. The aims behind this are:

- To reduce the initial cost and lower barrier to entry for families so they can see if their son likes/enjoys the sport before committing to full financial obligation of the sport later in their school career. Hopefully more boys will then give the sport a go.
- More time for other things – boys can continue to be involved in other sports during summer and develop more skills.
- Less able kids are given more time to develop and avoid pressure of performance early on.
- More able kids are still given the opportunity to join a full programme and make the most of their talent.
- They still have the opportunity to travel to events and be part of a wider team
- Being part of a programme where commitment, hard work and persistence is valued and rewarded.

Our squad size has also nearly doubled in the last 3 or 4 years and so splitting the program, but having a lower key first year allows us to better spread our resources.

Boys will train about 4 times per week throughout the season with 2–3 on-water sessions and 1 land-based session.

Term 4 of 2023 - Year 9 rowers will train on the following days:

Tuesday, Wednesday, Thursday & Sunday afternoons at Kerrs Reach. This will be at 4pm during the week and 3:30pm on Sunday.

Boys are not required to attend all 3 weekday sessions, we plan to split the group up so only 2/3 of the Junior squad attend each day. On the Sunday session all boys are to attend.

We are utilising Sunday so boys can still participate in other sports and also so hostel boys can go home on the weekend. It also means we avoid the most congested training time on the river which is Saturday morning.

We may also add in a morning session where the year 9s join the full squad for some land-based training. This will likely be on Friday mornings from 7am.

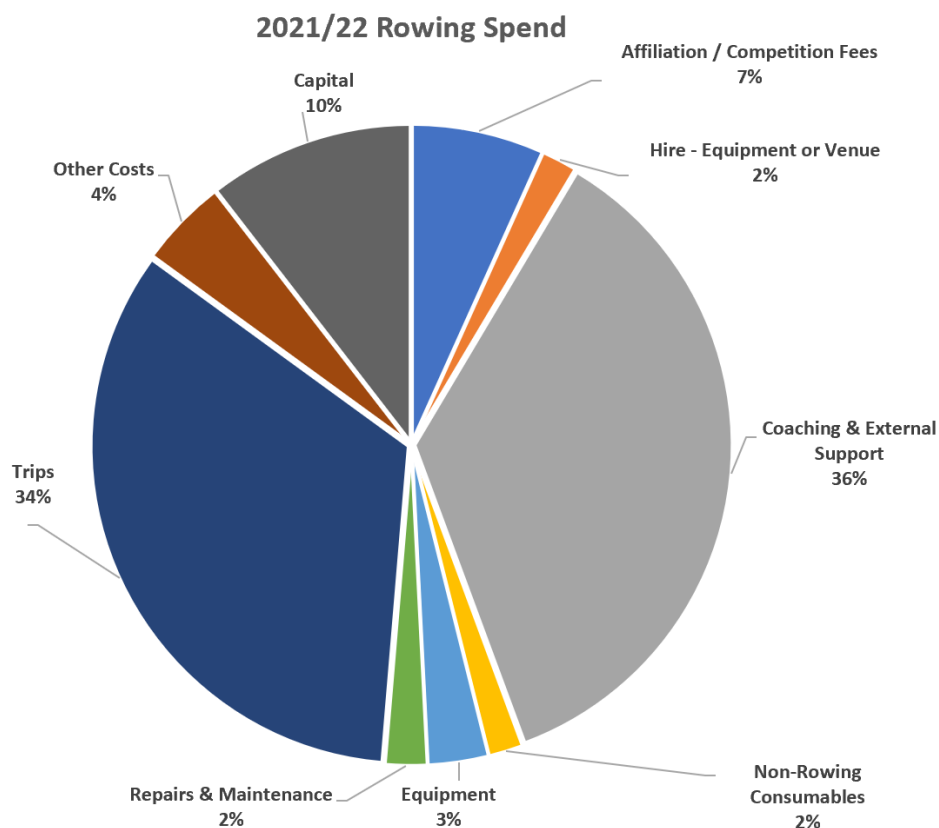
All year 9 rowers will have the opportunity to row and compete through to South Island Secondary Schools, all events up to here are included in the base fee.

Some rowers who stand out may be selected to attend Maadi Cup and may be invited to join the fuller program. This would come with the additional Maadi Cup cost. Parents will be contacted if their son is likely to make this selection. The coaches will endeavour to identify boys capable of making this selection as early as possible.

Senior Rowing Programme

The senior program will run like it always has, boys will attend all regattas and events up to SISS with some boys selected to represent the school at NZ Secondary Schools (Maadi Cup Regatta)

Where do my fees go?



Note:

Your annual fees do not fully cover the cost of running the annual rowing programme. In addition to the annual fixed fee the Rowing Committee and parents need to fundraise or gain sponsorship of approximately \$1,400 to \$1,500 per boy.

Fundraising Events/Opportunities include but are not limited to the following:

Fundraising is very important, as our fleet of boats require regular upgrading.

We aim to purchase one new boat each year.

Individual Rower Sponsorship: Each rower needs to secure a personal sponsor for their long-sleeved T shirt for \$275+gst. Once procured, we will send out more information and organise for the T shirts to be signwritten with the Sponsor's company name. Boys are encouraged to approach businesses/potential sponsors themselves either in person or by email. A great way to get a company on board is to offer a few hours of work in return for sponsorship.

Wine: 2022 Marlborough Sauvignon Blanc by Astrolabe Wines Ltd: (\$99 per case of 6)

Quiz Night: Sept/Oct: A great opportunity to bring some friends along for some fun trivia

Cling wrap/Baking Paper/Tin foil: Available periodically

For some fundraising events, a sub-committee will be set up. All parents are encouraged to belong to one of these sub-committees, which will be headed by a committee member who will ensure that a verbal report is presented at the committee meeting.

Parent Guidelines

Parents have a large and vital role in the smooth running of rowing.

Parents are welcome at all regattas and your son will benefit from your support.

Parent volunteers are required to help with transport, tent set up and pack-up, baking etc at regattas, with a small number of parents required as house parents.

Rowing House Parenting

During all Twizel Regattas we will be staying at the High Country Lodge.

Our rowing group relies on all families being willing to undertake house parent duties at Twizel. Being involved is an invaluable way to assist, meet other parents and become a part of the extended 'rowing family'.

We will have one accommodation block at the High Country Lodge, which sleeps up to 50 boys and has four rooms for house parents. There are motel rooms available for additional parents. House parents have food and accommodation provided.

The Lodge house parents will be responsible for all of the boys along with preparation of all meals. House parents will not be responsible for cleaning. The boys do not have to provide their own linen.

Parents asked to act as House Parents will be notified early in the season as to which weekend they will be involved. There will be a written roster produced outlining all parent duties for all regattas.

Husbands/wives/partners are welcome to join in as a house parent. If you are not a house parent and you require accommodation in Twizel, there are houses to rent, accessible via the Twizel Promotions Centre, or alternatively motels. There are also Motel units available for rent at the High Country Lodge.

House Parenting Duties include:

- Organising the Lodge food and supplies on arrival and restocking if necessary.
- Assist our Catering Manager/Cook with preparation of meals.
- Ensuring that the boys are awake and are fed breakfast in time for their individual racing or training schedules
- Transporting boys to and from the lake (if a van driver). Crews will be picked up from the Lodge and delivered to the lake by the bus or in minivans about 70 minutes before their race so that they are all together for pre-race warm up. They are able to return to the CBHS tent after their races for food, drinks etc. The big tent is also a meeting place for parents and supporters each day.
- Washing and drying of the boys racing gear if required.
- Making sure that boys are resting, doing homework, at meals or in bed at the appropriate time as requested by the Rowing Manager & Coaches.
- Ensuring that the boys are considerate of others within the lodge.
- Ensuring that each boy has everything they require for the day's racing before they leave the Lodge each day.

- The usual school rules apply - no smoking, alcohol or drugs allowed by any of the boys. Refer to the Rowing Manager if you have concerns. Anyone who breaks the rules will be referred to the Rowing Manager. They may run the risk of being prevented by the school from participating in future events.

Food

- Food for regattas and camps will be organised by a Catering Manager.
- House parents may be asked to assist our Cook/Catering Manager with preparation of meals but he/she will coordinate all the ordering and logistics relating to this.
- We normally request that families provide baking or savouries/bacon & egg pie/cheese rolls etc for regattas and camps. Parents will be emailed prior to the regatta so they know whether to send baking or savoury goodies!
- The only other food we ask for is a plate/baking etc for the CBHS parent's tent at the lake.

Nutrition Recommendations

- Hydration and the correct Nutrition are vital for the health, safety and performance of our rowers. (See the following posters for really useful [Rowing NZ guidelines](#))
- Nutrition is often not a one size fits all, however, so during the season we will be running a nutrition advice seminar with Sarah Zino, PHD Human Nutrition and former rowing parent.

Health Issues

Boys must advise the Rowing Manager and Head Coach of any underlying health issues or allergies that may affect him whilst rowing or away at camps or regattas.



STAY COOL

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KEEP WELL HYDRATED ON AND OFF THE WATER



Always start exercise well hydrated



Carry a water bottle with you at all times



Drink when you are thirsty



Drink 500-750ml in the 2 hours before racing



Monitor your urine colour



Use salt shaker for added electrolytes

.....

Caffeine increases your urine production which results in fluid loss. Water, milk, sports drinks and cordial are the best hydration fluids.



DURING ROWING

.....

**BE PREPARED FOR YOUR TRAINING WITH FLUIDS, SNACKS,
AND SUN PROTECTION**



HYDRATION

Sip on icy cold fluids regularly. Try to drink as much as is comfortable and practical to replace most of your sweat loss.

When sweat rates are high, use a combination of salty sports hydrate and water. Be prepared and bring your water bottle!

You should not drink more than 1 litre per hour.

Avoid sunburn. Sunburnt skin sweats less efficiently.

.....



SNACKS

3 jet planes / banana / baked bar

If training is longer than 1 ½ hours, contact a performance nutritionist for appropriate carbohydrate sources.

FUELLING UP FOR RACE DAY

SUGGESTIONS FOR FOOD BETWEEN RACES FOR MAXIMAL PERFORMANCE

✓ MORE THAN 2 HOURS BETWEEN RACING

Eat a small meal that helps you fuel for your race without leaving you feeling uncomfortable.



✓ 1 - 2 HOURS BETWEEN RACING

Before racing eat a small meal high in good quality carbohydrates, moderate in protein and low in fat.



1-2 slices wholegrain bread or long roll with salad and chicken/beef/lamb

2 cups breakfast cereal (e.g. Special K+ banana + milk)

sushi 4-6 pieces

fruit smoothie
1 cup milk +
150ml yoghurt
+ 1 banana +
berries

✓ 30-60 MINUTES BETWEEN RACING

Before racing include 'real foods' that are easily digested.



baked bars

creamed rice and a banana

3 rice balls dipped in soy sauce

✓ LESS THAN 30 MINUTES BETWEEN RACING

Before racing eat foods that are rapidly digested from the gut.



1 baked bar

1 glass of juice

3 glucose lollies (e.g. jetplanes/snakes)

1 handful fruit (e.g. banana/dates)

RECOVERY

FOR BEST RECOVERY CONSUME CARBOHYDRATE,
PROTEIN AND FLUID WITHIN 30 MIN POST EXERCISE



REFUEL WITH CARBOHYDRATES

Consuming carbohydrates during long training sessions (over 60mins) and during your recovery replenishes your food stores, lowers stress markers in your body and boosts your immune system.



bowl of rice



banana on toast



pasta



REBUILD YOUR MUSCLES WITH PROTEIN

Adding sufficient amounts of protein to your recovery meal helps repair your muscle tissue and boost your immunity.



eggs on toast



milk



tuna



REHYDRATE

Dehydration increases your stress hormone response and reduces your saliva flow. Saliva contains several antimicrobial properties that help to boost immune function. Saliva flow rate is reduced during exercise.



milk



water



juice

Regular fluid intake during exercise can prevent this reduction in saliva flow. Drink cool / palatable fluids throughout your training sessions and in recovery.

Key Dates

Christchurch Boys' High School Rowing Club 2023/24 Season

DRAFT



2023								
Day	Day	Date	Event	Host	Venue	Status	Attendees	
SEPT	Sunday	3rd September	CBHS LEARN TO ROW : Session 1 - 2pm	CBHS	Kerrs Reach	Confirmed	New Rowers & Return Rowers to Help	
	Friday	8th September	CBHS LEARN TO ROW : Session 2 - (After School: 4pm)	CBHS	Kerrs Reach	Confirmed	New Rowers & Return Rowers to Help	
	Sunday	10th September	CBHS LEARN TO ROW : Session 3 - 10:30am (1st sess) LUNCH 12:30pm (2nd Sess)	CBHS	Kerrs Reach	Confirmed	New Rowers & Return Rowers to Help	
	Friday	15th September	CBHS LEARN TO ROW : Session 4 - (After School: 4pm)	CBHS	Kerrs Reach	Confirmed	New Rowers & Return Rowers to Help	
	Sunday	17th September	CBHS LEARN TO ROW : Session 5 - 10:30am OPEN DAY at 11:30am + BBQ	CBHS	Kerrs Reach	Confirmed	New Rowers & Return Rowers to Help	
	Friday	22nd September	LAST DAY OF TERM 3	CBHS	CBHS	Confirmed	Year 11 & 12	
	Saturday	23rd September	Mainland Interprovincial Championships	SIR	Ruataniwha	Confirmed	CBHS WILL NOT BE SENDING ATHLETES	
	Sunday	24th September	R2K Singles Regatta	SIR	Ruataniwha	Confirmed	CBHS WILL NOT BE SENDING ATHLETES	
			25th September	Rowing Subs Charged: Month 1 (Pmt 1 Of 5)				
			SEPTEMBER TBA	OPTIONAL TRAINING COMMENCES (Should Boys be Available)				TBA
OCT	Sat-Sun	7th & 8th October	ROWING CAMP over 2 days - With Activity - Charge of \$40	CBHS		Confirmed		
	Monday	9th October	Term 4 Begins (9 October - 12 December)	CBHS		Confirmed		
	Tuesday	10th October	Rowing Subs Charged: Month 2 (Pmt 2 Of 5)					
	Monday	23rd October	Labour Day - Public Holiday	CBHS		Confirmed		
	Friday	27th October	SENIOR PRIZE GIVING	CBHS		Confirmed	Year 11 & 12 (Plus band members)	
	Sat-Sun	28th-29th October	Aoraki 1k Regatta	SIR	Ruataniwha	Confirmed	CBHS WILL NOT BE SENDING ATHLETES	
NOV	Friday	10th November	Rowing Subs Charged: Month 3 (Pmt 3 Of 5)					
	Mon-Fri	13th-17th November	Canterbury Cup week					
	Friday	17th November	Canterbury Show Day					
	Sat-Sun	25 & 26th November	ASHBURTON REGATTA - Lake Hood	CRA	Lake Hood	Confirmed	Entire Squad	
DEC	Sat/Sun	2 & 3rd December	Marlborough Championships	MRA	Wairau	TBC	CBHS DO NOT ATTEND	
	Friday	8th December	Rowing Subs Charged: Month 4 (Pmt 4 Of 5)					
	Friday	8th December	Full squad leaves for Otago Champs (Friday AM)	CBHS	Ruataniwha	Confirmed	Entire Squad	
	Sat/Sun	9 & 10th December	Meridian Otago Championships (ENTIRE SQUAD)	ORA	Ruataniwha	Confirmed	Entire Squad	
	Mon-Thur	11-14 December	Post - Otago Champs Training Camp (ENTIRE SQUAD)	CBHS	Ruataniwha	Confirmed	Entire Squad	
	Tuesday	12th December	LAST DAY OF TERM 4 - JUNIOR PRIZE GIVING	CBHS	CBHS	Confirmed	Year 9, 10,11 & 12	
2024								
Day	Day	Date	Event	Host	Venue	Status	Attendees	
JANUARY	Sun - Fri	7th - 12th January	Dunstan/Alexandra Training Camp	CBHS	Dunstan/Alexandra	Confirmed	Return Rowers + Yr 10,11,12 & 13 Novice	
	Sat/Sun	13 & 14 January	Meridian Canterbury Championships & CRA Sprint Series #4	CRA	Ruataniwha	Confirmed	Return Rowers + Yr 10,11,12 & 13 Novice	
		12th January	Rowing Subs Charged: Month 5 (Pmt 5 Of 5) - FINAL ROWING SUB					
	Mon-Fri	22nd - 26th	CBHS Camp - Juniors & Senior 8s Pre South Island Champs (DUNSTAN **NEW)	CBHS	Dunstan/Alexandra	Confirmed	Year 9/10's & Select Seniors Camp	
	Friday	26th January	Remainder of squad travels to Twizel for South Island Champs (7am Departure)	CBHS	Ruataniwha	Confirmed	Remainder of squad	
	Sat/Sun	27 & 28 January	Meridian South Island Championships	SIR	Ruataniwha	Confirmed	Entire Squad	
FEBRUARY	Monday	29th January	TENTATIVE START DATE FOR 2024 ACADEMIC YEAR - TO BE CONFIRMED					
	Tuesday	6th February	Waitangi Day (School Closed)					
	Tue-Sat	13-17 February	RocketFoods New Zealand National Club Championships	RI/RN	Karapiro	Confirmed	CBHS WILL NOT ATTEND	
	Sat/Sun	24 & 25th February	Canterbury Junior Regatta & CRA Sprint Series #6	CRA	Lake Hood	Confirmed	Entire Squad	
MARCH	Fri-Sun	1 - 3rd March	Meridian South Island Secondary School Championships	SIR	Ruataniwha	Confirmed	Entire Squad	
	Wed-Sun	6-10 March	Pre Maadi Camp - Maadi Squad	CBHS	Ruataniwha	Confirmed	Maadi Squad	
	Mon - Sat	Mar 18 - 23 March	Aon New Zealand Secondary School Championships (MAADI REGATTA)	SIR	Ruataniwha	Confirmed	Maadi Squad	

Rowing Subs/Fees Charged
Learn To Row Program
Training Commences
CBHS Camp/Regatta
School Related Dates
Regattas
Maadi Regatta 2024
ChCh Regattas/Race

** Please note - ALL Coxswains, no matter year group/age, attend all Camps & Regattas unless otherwise told

Goals & Objectives:

- To make small self improvements every day
- Provide an environment that allows all boys to thrive in a competitive, nurturing and positive environment
- To be the premier school at U18 level
- To assist and develop rowers to reach their potential and produce crews capable of competing at the highest possible level
- To have as many boys as possible competing in 'A' finals and with crews covering all age groups at all regattas
- To have a reputation as a school with high standards of presentation, sportsmanship and behaviour
- To be consistently recognised as a strong rowing school based on results across all age groups
- To promote and actively encourage participation in the sport of rowing
- Full squad to attend South Island Secondary Schools Event and retain the top points bell

Success indicators

- Enjoyment
- Achievement of personal best times
- Improvements from one season to the next
- Increased rower numbers/retention of rowers
- Winning of medals at regattas
- Rowers chosen for higher honours

POLICIES

SELECTION POLICY

Due to limited resources and the safety of boys not every boy that signs up will necessarily be accepted into the rowing squad. Some boys may be encouraged to take a more suitable role such as coxing until they are physically strong enough to competently and safely participate in rowing.

However if boys are deemed suitable to row and are accepted into the rowing program then they will all have a **minimum of 2 races per regatta**.

Objectives

To have a fair and transparent selection process resulting in the best possible crew combinations rowing at key regattas, especially Maadi Cup.

Coach Reviews

Each coach will conduct an individual review with individual rowers thrice over the course of the season. This will cover the individual goals set by the boys, their areas of technique to work on and a review of their performance so far.

Coaches will also provide a ranking of athletes to rowers regularly throughout the season (at least twice) based on a wide range of measures. The purpose of this is to allow transparency as to where all boys stand and to ensure rowers are aware of their position in the squad and age group.

Guidelines

Different crew combinations will be trialed in the early part of the season in order to establish the best possible crew per boat and age grade. All selections are based on achieving the end goal of having potential medal winning crews racing at Maadi Cup.

Main Objective

The selection process has the ultimate goal of putting the most compatible rowers in boats together in order to select the fastest possible crews.

Selection Process:

Seat Racing:

Seat racing is our main selection tool. This can be run a few different ways but ultimately two or more boats are raced over a set distance multiple times and rowers are switched from crew to crew to measure how the boat performs after a change. This is the only way to ultimately find our most compatible combinations as it incorporates all the important attributes of a fast rower, fitness, power to weight, technique, ability to “fit” in with the crew, ability to race, mental toughness.

While not perfect it is the only way to test all the other objective land based data and see how it translates into real boat speed.

Below is a list of variables and how we attempt to eliminate them in order to make the process as fair as possible.

- **Other rowers “push” for their** mates only – the changes are not known prior to racing commencing, all boys must expect they could be changed next and hence they would be seat raced against the previous result, if they slacked off in the previous race to help a friend out then they may end up getting a poor ranking themselves. Another method we use is the “Matrix” system where rather than comparing individual races against each other the whole set of races are aggregated for each rower, the rower with the overall lowest time would have the highest ranking. This means every race for every rower has the same weighting on their own result regardless of the crew changes at any moment
- **Pushing harder on the last race:** Rowers are not told how many races will be conducted and are only told when it's over once they have completed the last race, not before
- **Fatigue:** Equal rest for all boys is given between races. Though ultimately we are testing their fitness and stamina so boys who fatigue less will do better than those that fatigue more
- **Outside motivation** Coxswains are not allowed to speak during seat racing as they could influence crews unfairly, no support is given from coaches on the bank either. Races can be run in time trial format rather than side by side so boys can't be strategic with results and ease off if they think they've already won
- **Boat Wash or Error by Rower** Coach observes the whole races, if a major error is made by one of the rowers or a boat is unfairly influenced by boat wash, a gust of wind or another factor, then the race may be re-run

Below are other components of the selection process, which guide the decisions on who to test and swap for seat racing, but by themselves do not indicate boat speed.

ERG Testing:

Selection begins with erg testing. Boys will be subject to regular testing throughout the season on a standardized Concept 2 Ergometer, the most common and meaningful test is the 2000m test but rowers may be subject to other erg testing as well. Results from erg testing create a “starting point” to select crews. The old saying “ergs don't float” is very true as they are simply a measure of fitness and strength. Testing results will help identify boys who are fit and strong and the boys who are not. However, erg testing results do not necessarily translate into boat speed. Seat racing ultimately allows us to test how a boy's erg score translates into boat speed.

Power to Weight Ratio:

As heavy boys have an advantage on the erg in terms of producing Watts and hence getting better scores, a power to weight ratio is taken after erg testing results. This is a simple ratio of average Watts produced/the rowers weight. It is a simple linear index number which by itself is meaningless. But much like the raw erg test results it provides a starting point to assess boys and to give some indication of how a heavier rower may stack up against a lighter rower once on the water. This can only ultimately be tested through seat racing, where a rower's weight and power is put into a boat and trialed against another rower's power and weight.

Previous on Water Results

As well as erg testing previous on water results can help a coach estimate where a rower is ranked. However this will also ultimately be tested through seat racing.

Technique

Technique plays a vital part in rowing. There are many different “styles” of rowing but for the best crews it is important all rowers row a similar style of stroke. It is possible for a rower to be technically good in their own right but struggle to “fit” or be compatible with certain crews. However, at CBHS we aim to teach the same style among all rowers so that this factor is minimized as much as possible. However, as everyone is different there will ultimately be little quirks to each individual’s stroke. How these come together to blend as a crew is also tested through seat racing.

Attitude/Behaviour/School:

While our ultimate goal is to make fast boats we still reserve the right to omit someone from selection due to behavioral/attitude issues or failure to meet their obligations in the classroom. Boys must show willingness to learn, cooperate with the team and uphold the school’s values.

The Coach will keep records of Erg testing and seat racing along with attendance at training.

Both the Erg results and ranking of rowers from seat racing are communicated to the rowers after each test or session.

If there are two rowers whose rankings are very close then it becomes the ***coach’s decision as to who in their opinion is the most compatible person for the crew***. Form and fitness are not necessarily constant from year to year or even week to week and any significant changes here will have an influence on crew selections.

The selection standard for Maadi Cup is for each rower to be in multiple crews capable of making A finals.

Dated August 2023 Next review August 2024

Host Responsibility Policy

Purpose:

- To define the responsibilities of CBHS Rowing parents/members, supporters and coaches with regard to events or gatherings outside the school premises
- To ensure the safety of all persons while on school trips through promoting safe and responsible behaviour

Guidelines: One person must be appointed as 'Host' at each event.

Host Responsibilities:

The appointed Host has the following responsibilities:

- Ensure where more than one glass of alcohol per person is likely to be consumed, food is provided continuously throughout the event
- Ensure where alcohol is served, low alcohol and alcohol free beverages are available throughout the event
- Ensure any person leaving the premises does not drive in an intoxicated state. In such an event the Host has the responsibility to call a taxi or arrange alternative means for the person to reach their destination. The Host has the authority to remove the person's keys if necessary.
- Ensure any intoxicated person is not served further alcohol.
- Any person engaging in reckless behaviour must be asked to leave.

Parent/Member/Supporter/Coach Responsibility

All members have the following responsibilities:

- Where alcohol is served to employ moderation. Practises which encourage intoxication are not acceptable and anyone who becomes intoxicated will not be served further alcohol
- Behave in a safe manner and promote the safety of others
- Do not use any club equipment while under the influence of alcohol
- Do not drive while intoxicated
- Notify the Host of any person who is acting irresponsibly or is intoxicated
- Assist the Host where possible

Dated August 2023

Next review August 2024

Health and Safety Policy

Purpose

The school's rowing organisation is required to make a risk assessment with respect to all matters arising from their activities associated with rowing. The areas that affect us most are the safety of the boys biking to and from Kerrs Reach and in particular the training at Kerrs Reach. Regattas are the responsibility of the organisers of the events.

As long as we take all the necessary precautions there should be no problem with liability. This does not remove the responsibility of each individual involved in rowing to ensure that they have read the regulations with regard to the three above areas.

All boys and parents are asked to read the following and to sign that they have done this on the registration form which will be returned to the Rowing Manager. Failure to sign will mean that the student will not be able to participate in rowing.

Guidelines: Cycling to and from Kerrs Reach:

- Helmets and reflective high visibility vests must be worn at all times
- When biking, front and rear lights must be fitted and turned on, and boys must wear suitable reflective and highly visible clothing
- All boys will abide by the road rules and in particular keep left, ride only two abreast and not 'run the red lights'
- It is the responsibility of the parents and student to ensure the bike is roadworthy. All bikes should be checked and maintained on a regular basis

Training at Kerrs Reach and Regattas.

- All boys are able to swim 50m in light clothing and shoes. There will be an annual swim test for this
- All boys must inform the Rowing Manager, Coach or person responsible for the boat if they have any health problems that may mean that they may be at risk if a boat capsizes or they are thrown in the water
- It is the responsibility of the Coach to ensure that the rowers have the correct clothing in relation to the weather conditions. It is the responsibility of the rowers to ensure that they bring clothing that is appropriate for the conditions
- All crews must abide by the instructions of the person in charge of the boat at all times. That person will be the **cox** in the case of coxed crews and the **stroke** in non-coxed crews unless the coach appoints another person to be in charge of the boat
- If a boat capsizes it will not sink. The crew must stay with the boat then push the boat to shore whilst keeping everyone talking
- The coxswain must wear a life jacket and buoyancy aids are carried in the boat by all crewmembers
- A single sculler must not row alone. Another boat or coach must be in close proximity in case of a problem

- Due care must be taken at all times to ensure the safety of people when transferring boats from shed to water and return
- The coxswain is responsible for ensuring that there are no collisions on the water
- All boys are responsible for their own protection from the sun, ensuring they are hydrated and have a small first aid kit including band-aids
- Dated August 2023 Next review August 2024

Injuries

Muscular Injuries

There are risks associated with unaccustomed physical activity. Inadequate strength and flexibility can lead to overuse injuries once the rowing training commences. It is therefore necessary to build up and maintain fitness levels during off-season.

The coach will monitor the rate of progression of training, once rowing begins, to minimise injury to both new and more experienced rowers. The more experienced rowers should be aware of possible limitations of new rowers and encourage awareness of possible overuse of muscles.

Each rower adapts to training differently. The original state of fitness and the goal fitness are integral elements to the rower's participation and enjoyment.

Rowing is a physical sport, and like others, the possibility of dehydration can occur. Each rower must carry a drink bottle on board while rowing.

Possible minor injuries to thumbs or hands may occur during rowing due to hitting hands while learning to row correctly. The coaches have access to a First Aid kit at the Kerrs Reach boat shed and during the regattas.

Complaints Policy and Procedure

Rationale

Our objective is to provide support and fellowship to boys and parents. We pride ourselves in recognising and respecting the needs and rights of all individuals, and if these requirements are not being met, then amending the situation as soon as possible.

Objectives

Deal with the matter as soon as practically possible and advise the person(s) involved what action is likely to be taken when it cannot be dealt with immediately.

Guidelines

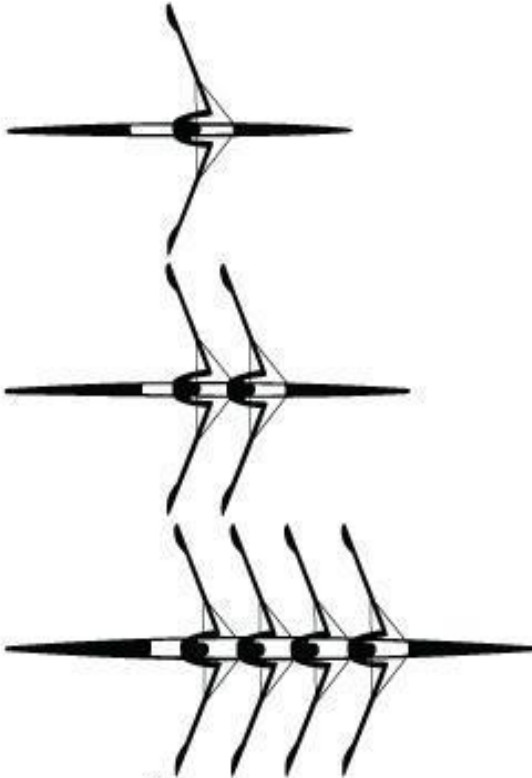
It is recommended that the complainant attempt to resolve the issue/problem directly with the person(s) involved.

Any matters unable to be resolved by the persons should be raised to the Rowing Manager.

The Rowing Manager will advise the Rowing Club Chairperson of any outcomes or may ask for assistance from the Director Of Sport

The Rowing Manager will bring any matters relating to employment or with financial ramifications to the attention of the Director of Sport.

Date of Policy: September 2019 Next review August 2024

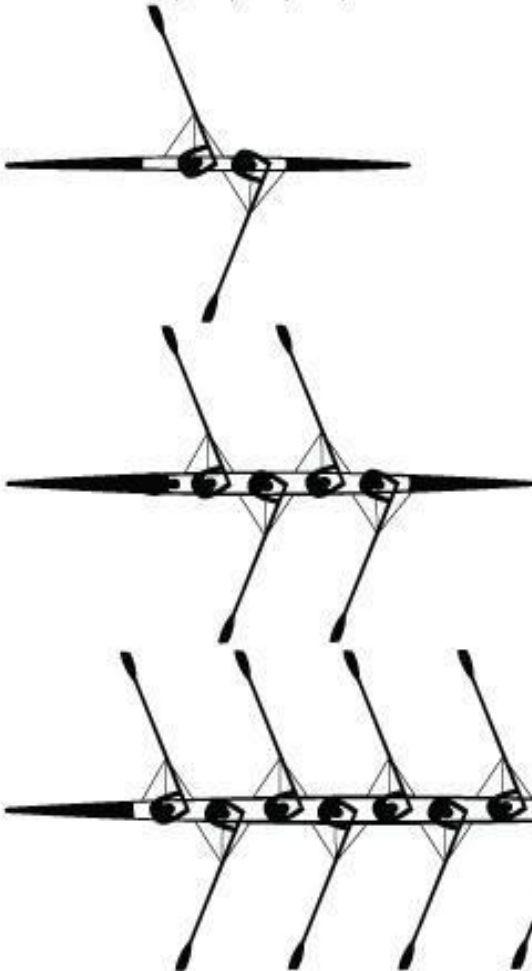


Sculling Boats

Single (1x): Approximately 26 feet long, 11 inches wide, and about 30 lbs. Rowed by one person using two oars.

Double (2x): Approximately 32 feet long, 13 inches wide, and about 60 lbs. Rowed by two people using two oars each.

Quad(4x): Approximately 42 feet long and about 115 lbs. Rowed by four people using two oars each.



Sweep Boats

Pair (2-): Approximately 32 feet long, 13 inches wide and about 60 lbs. Rowed by two people using one oar each.

Four (4+): Approximately 42 feet long, 21 inches wide and about 112 lbs. Rowed by four people using one oar each. Coxswain can be in the bow or the stern.

A **Straight Four (4-)** is a similar boat but without a coxswain.

Eight (8): Approximately 60 feet long, 26 inches wide and about 210 lbs. Rowed by eight people using one oar each. Coxswain sits in the stern.