Vision
Scots College will be a Rowing Club with the intention to rival the best rowing schools in the country, replicating their model of excellence in the Wellington region. Scots College’s ethos of personal discipline, hard work and high expectations makes it an ideal home for an elite rowing programme, which has exactly the same virtues. We aim to create local heroes that have the ambition and strength of character to succeed at the top level.

From the start, there have been clearly defined principles and goals embedded in the programme:

- the achievement of excellence;
- the creation of an elite rowing programme to rival the best schools in the country;
- to be an inspiration to Scots College students;
- to establish rowing as a recognised sport

To identify and prepare rowers who— in time—will be capable of international competition.

Academic Excellence combined with Performance Excellence...
...each enhanced, neither compromised

The All Round Man

Approach
The SCRC rowing programme will be demanding and rigorous, in the same way as the college’s academic programme. I believe in creating a healthy balance so that each commitment enhances the other.

In Years 8, 9 and 10 there are fewer sessions and lower intensity, as appropriate to each age group. The emphasis is on teaching the athletes how to train, and preparing them mentally and physically for the more challenging programme to come. In Year 11 and 12, the SCRC squad trains over ten times a week; one core session and two strength and conditioning sessions take place at school, the rest on Lambton Harbour.

The true value in such a system comes from the intrinsic lessons that sport teaches all young men. Honesty and integrity, self-belief and critical self-analysis, leadership, respect for others, fitness and the importance of a balanced life style all lead to producing an individual with a well-rounded disposition.
What is on offer:

- Pre-season strength and conditioning training for each squad (year group) to enable full participation at the start of the rowing season
- Nutrition explained to both parents and rowers to help cope with the high intensity nature of rowing - both for training and competition
- Individual rowing training programs tailored to suit
- Technical expertise for on the water analysis and feedback
- Video and Biomechanical data tracking to help athletes achieve their full potential
- Instruction in proper use of equipment both rowing and general gym weights
- Strength and conditioning sessions during season to develop and maintain integral core muscles to avoid injury and enhance performance
- Clear developmental pathways from Novice to national level trialist
- Mid-week Yoga Session to stretch
- Coach With Previous National Level Rowing and coaching experience

Coaching Team

Director of Rowing /Head Coach: - David Carr-Smith

Rowed for Scots College back in the 90’s won several national titles for Scots. Raced for Wellington and Canterbury Regional teams. Competed internationally for NZ in junior trans-Tasman, three times earning a spot at the junior world champs where he came 22nd in the double scull. Under 23 selection and international competitions. Selected for NZ Olympic team but injury forced him to retire and take up coaching.

Four seasons as the Senior Coach at CGHS led to many medals and a position in Melbourne at MGC as Director of rowing for four seasons. He relocated back to NZ to have kiwi kids. After four seasons as Head Coach at Samuel Marsden, he took the opportunity to coach at his old school and is now in his fourth season here. When not at rowing – he will get back to you on that one!

Caleb Smith

Full-time law student and part-time research assistant. Has spent five seasons involved with Victoria University Rowing Club and is coming into his third with Scots College. When not at the rowing club, will probably be found in the surf or on the golf course

Jo Kearney
Full time landscape architecture student. Being no stranger to rowing, this will only be my second season of coaching. I have competed at numerous Maadi cups, represent Otago and New Zealand for four international campaigns. Outside of coaching, I enjoy Surf lifeguarding and competing in surfboats for Lyall Bay and finding swell around the South coast.
Club Organisation and Affiliations

Scots College Rowing Club is affiliated with the ‘The Star Boating Club’ and be able to benefit from the club coaches, facilities and administration. Scots is also directly affiliated to the Wellington Secondary Schools Rowing Association and the NZ Secondary School Rowing Association.

The Committee
The Committee shall conduct the affairs of the Scots College Rowing Club as a whole and shall consist of a Chairman, Director Of Rowing(DoR), Teacher in Charge(TIC), Secretary, Treasurer and other Officers as deemed necessary.

Current Committee
Chairman: - Graeme Yule
Director of Rowing: - David Carr-Smith
Teacher in Charge: - Alistair Hamilton
Secretary: -...
Treasurer: - Helen Bartlett (out going)
Fundraising Lead: - Bronwen Golder
Nonspecific– Nigel Fyfe, Tiffany Te Moananui, Matt Mallett
Responsibilities and Duties

PARENTS:
To be able to run a school rowing club smoothly and efficiently, there are many avenues for parents to become involved, from holding Committee positions, to assisting with fundraising, food, transport, accommodation and regatta volunteer. Parents also have the responsibility of providing positive encouragement to the rowers in the form of transporting to training, maintaining fitness and ensuring good nutrition and adequate rest. It is about time management and the school-rowing club recognises the priority of study commitments. Parents should not however interfere with the coaching styles and decisions. Any comments about this need to be directed to the Director of Sport. We all want the best for our children but once the season begins the decisions will be made by the Head Coach and assistants. Rowers are required to be in the boat area one hour prior to their race for preparation and should remain in the area immediately after their race for a post-race talk. Parents are asked to not interact with the boys during this time to allow full focus to be maintained.

ROWERS:
Rowing is a demanding sport requiring discipline, commitment, integrity and standards of behaviour of the highest level. Once you have committed to a boat or a regatta, it is expected you will honour that commitment. Rowers will strive for long-term excellence, to achieve their personal best, and to assist in the success of their fellow rowers. The intense nature of rowing requires a standard beyond other school sports and the difference between winning and losing is now found in the crew that understands that rest and recovery are vital for maximum performance.

COACHES:
The Director of Rowing and fellow coaches will be responsible for the health and wellbeing of the Scots Rowing students while participating in any activities associated with Rowing (trainings both on and off water, regattas, camps, and working bee’s,.)
Structure

**Intro2Row (I2Row)**
Designed to introduce years 8 and 9s to rowing over a short block with 3 sessions a week. Providing the basics of technique on the erg then moving to boats and developing the form and technique to build muscle upon. Fostering an environment where healthy competition both challenges and nurtures the younger athletes. I2Row block would finish with a weekend camp.

**Novice Program**
Consisting of rowers in their first seasons that have most probably been through the I2Row program. Training roughly 4 times a week with a gym session for strength and conditioning, an Erg session and two sessions at the Star Boating Club. All designed to give the basic understanding of the stroke and crew dynamics expected. They would compete at all the local regattas, regional regattas and the top crew would have the opportunity to qualify for national level regattas.

**Junior Program**
Second year rowers would initially train 5 times a week until mid-season camp when training would increase to 6 sessions. Made up of gym session with novices for strength and conditioning, an erg session and 3 sessions at Star Boating Club. Developing the more complex aspects of training. They would compete at all the local and regional regattas with one national level regatta and the top crews having the opportunity to qualify for national championships.

**Senior Program**
Third and fourth year rowers would train together in a larger squad based program to encourage competition and increase the depth of the talent pool for top-level crews. Preseason training is expected from all with a kick-start camp to enable maximum potential for the season. Training 6 times a week until mid-season camp then jumping up to 9 sessions – including a strength and conditioning session, base fitness( which would change throughout the season to include Yoga, specific fitness, speed work and sprint work). The rest of sessions would be based at the Star Boating club and be on the water weather dependant. They would compete at preseason regattas, all local and regional regattas with three national level regattas to enable selection of elite crews to compete at the national championship regatta.

“Successful rowers create winning crews.”

Success is not the same as winning – to be successful you must achieve to the highest level you are capable achieving by giving %100. Winning only requires the opposition to be slower than you.
Camps

Provided in a safe environment but both physically and mentally challenging to present the opportunity to excel.

Pre-Christmas Camp/ January Camp
A week long exercise designed to immerse athletes into an elite sporting environment

- Technical and endurance rows
- Nutrition both provided and explained
- Biometric testing
- Psychological sessions to enable self-analysis, visualisation techniques, and internal motivation
- Statistical data to confirm crew selection.

Usually based in Karapiro they will be both a welcome back and lead into the first major regatta of the year. With training on the international course at lake Karapiro and on the river for 20km beyond. The boys will be put through their paces alongside some of the best in the world.

The January camp will take place in the same fantastic body of water and allow the boys to measure how successful they followed the holiday program and how ready they are for the challenging half of the season.

Parent help
Parent help is essential for the success of a rowing camp.

The parents under the guidance of a camp manager ensure the smooth running of a camp. They arrange the food according to the menu (which is structured for us by a nutritionist). Driving boys to and from the venue and to the water if necessary, as well as making sure that there is somebody there to turn to when the boys feel like the coaches are being too tough.

There is time to come on the water every camp and see the boys in action from the coach boat as well.
Rules

BOAT USAGE AND ALLOCATION
Scots College Rowing own a small fleet of boats and oars. We also have access to the Star Boating Club’s equipment, including ergometers, weights, safety boats, etc. Once all schools training sessions have been confirmed, Star Boating Club allocates rowing plant for our use during training sessions. Every season we/they replace or renovate boats and it is essential all rowers treat the equipment carefully and respectfully.

WATER SAFETY AND RISK MANAGEMENT
Safety and risk management is an important component of administering rowing. We perform in an environment where significant hazards exist. The weather plays a big part in rowing: cold, wet, windy conditions expose rowers to physical and psychological dangers, just as sun and heat do. We need to be prepared for all conditions by having appropriate clothing and equipment and react to the dangers with sensible decision-making.

The water obviously poses a threat: dangerous sea, current, wave conditions, tipping out of boats, avoiding other water users are constant concerns. Safety boats and personnel will always be at hand. All rowers are encouraged to maintain first aid competency and to take special care looking after themselves and their crews.

School rowers are not allowed on the water without a safety boat (or Personal Flotation devices for senior crews).
All school rowers are required to be able to swim at least 100 metres in clothes and tread water for 5 minutes. Every novice rower is required to complete a swim test in the Harbour. Coxswains must always wear a life jacket on the water.
All rowers will be required to sign an acknowledgement form saying they have read and will comply with the Star Boating Club Safety Policy when they register online.

Transport:
All rowers are encouraged to bike to training and on to school. It is a very easy (eventually) way to build in extra exercise and independence.

No school rower is permitted to drive other school rowers to rowing training or regattas unless they hold a full driver’s licence. Transport can always be arranged.
The school van is used to take a selection of rowers to all away regattas and camps but other transport is always required from parents to accommodate some of the rowers.
Performance criteria/team selection

Scots college rowing squad/crew selection is based on the following:
· 2k/5k erg times
· Rowing technique/boat moving ability
· Previous racing history
· Attitude to training and racing
· Team compatibility

Important Dates:
The Director of Rowing will administer the Season Qualifying Standard Tests for all rowers on 30 September. These qualifying tests are a baseline gauge of fitness and capability of all rowers. Athletes must pass the base level of these tests in order to be eligible to row for Scots in the upcoming season. If an athlete is unable to attend the testing (due to illness, injury or other reason given prior notice) OR if an athlete does not meet the standard on that day, then there will be a second chance on 11th of October with the new novices. The criteria for passing the test will be communicated to rowers by the Director of Rowing prior to the testing date.
Crew selections are not a subject for debate. If you take issue with the selection of crews, or movement of athletes within those crews at any time, please contact David Carr-Smith directly, and he can arrange a meeting time with you.

The Table Below are the times that crews in contention for national titles will be achieving. It is never too late to change intensity of training but the further off the target time and the closer to the end of the season – the harder it will become to change.

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U18 Novice times are now consistently within 5 seconds of U18 times.
Nutrition for rowers

TRAINING DAYS

BEFORE TRAINING:
A meal or snack that is predominantly carbohydrate e.g. honey/jam sandwich or cereal, fruit and yoghurt or 250ml tetra pack of UHT milk e.g. calci-yum milk (suggest dairy rather than Up and Go) or tin of creamed rice.

In addition, you will need 300 – 400 mls water (= 1/2 pump bottle).

DURING TRAINING:
Keep well hydrated. Water is excellent for this (the recommendation is 200mls every 20 mins). If you are training for more than an hour you can consider a sports drink e.g. Mizone, Powerade, or Replace.
A higher sodium level increases the absorption of Glucose and this improves recovery.

AFTER TRAINING:
Recovery nutrition has an immediate and significant impact on performance especially when training or competing again the following day. A high carbohydrate snack should be taken immediately after training. E.g. cereal low fibre or high GI, jam or honey on toast/bread, a banana, or a cereal bar. Within 1 - 2 hours of training, taking protein and carbohydrate improves recovery beyond simple rest.

As the training season moves along, the kilojoule intake will need to increase to provide sufficient energy.

RUBBISH FOOD: e.g. chips, lollies, high sugar biscuits, cakes or drinks – WILL NOT HELP

COMPETITION DAYS

DAY BEFORE THE REGATTA:
Meals and snacks need to be low in fats and oils.

Keep well hydrated. Would need approx. 2.5 – 3.0L water = 3 – 4 water bottles – taken over the day.

DAY OF THE REGATTA:
On the regatta day – Have a water bottle with you at all times. You need 300 – 600 mls water 2 or 3 hours before an event plus 400 mls in the hour before racing.

Breakfast (if within 2 hours of competing): Low fibre cereal e.g. rice bubbles, cornflakes (no muesli) with fruit (tinned not fresh) plus yoghurt and milk and/or toast – not grainy e.g. white or smooth brown bread – with jam/honey – very little butter/peanut butter.

Breakfast (if more than 2 hours before competing): Porridge, poached or Scrambled eggs, and toast (not grainy – could be white or wheat or wholemeal) plus maybe cereal/fruit, milk, yoghurt.

Mid-morning: Usually a low fibre carbohydrate snack – buns or bread and honey/jam are perfect for this.

Middle of the day (Needs to be available from 10.00am – 1.00pm): 2 hours out from a race - Bread roll with lean meat, ham, chicken, fish – no salad, no cheese. You could choose pasta.

One hour before racing: small snack e.g. creamed rice. You need 400mls water (1/2 pump bottle) in the hour before racing.

Afternoon tea/after racing: Buns, cereal bars, creamed rice, fruit, muffins, maybe home baking. Water

Evening Meal: Usual evening meal, low in fats and oils if you are rowing the next day.
Costs Involved

Subscriptions
Subscriptions are set each year and reflect the projected costs of the coming season.

Costs included in the subscriptions are:
Star Boating Club season membership fees
The use of, and maintenance of, boats, coaching boats, ergometers and other equipment.
Fees for regattas
Star Uniform + Scots Rowing Long-sleeved
Training camp accommodation and food
Regatta accommodation and Travel
NZRA affiliation fees (which includes copies of NZ Rowing Magazine)
Costs of accommodation, food and transport for the annual NZ Secondary School Championships (Maadi Cup) and National Club Champs are additional and only charged to those who are selected to participate.

Failure to pay can result in the rower no longer remaining eligible to participate in training sessions, camps and regattas.

Estimate of Club fees are broken down as follows:-
Star Season Membership $ 750 per rower
Coaching fees $20,000 17/18 season
Camps and regattas $2750 (this includes approx. 28 days out of town, all food and transport and entry fees)

Total charged to rower 4000 Inc. GST ***
If parents are willing to transport boys to and from regattas and participate in Fundraising events than the cost will be reduced accordingly.

Fundraising targets for the season have yet to be set but have the potential to reduce the overall costs greatly as well as investing in capital assets (new boats etc).

***If an Athlete withdraws from the program for any reason before the 1st December than half the season fees are expected and if withdrawn after 1st December than full fees are expected as all transport and accommodation are pre paid.
Boat Vocabulary

- Stern Coxed Quadruple Scull (QUAD)
  - Bow Ball
  - Direction of Travel
  - Bow Canvas
  - Sliding Seat
  - Position Two "Two Seat"
  - Position Four "The Stroke" or "Four Seat"
  - Riggers
  - Coxswain Seat
  - Rudder Lines
  - Rudder
  - Bowside
  - Strokeside
  - Stern

- Stern Coxed Sweep Four (FOUR)
  - Bow
  - Footstretcher "Shoes or Feet"
  - Position One "Bowman"
  - Position Two "Two Seat"
  - Position Three "Three Seat"
  - Position Four "The Stroke" or "Four Seat"
  - Bowside
  - Strokeside
  - Stern Canvas/Deck
  - Stern
Glossary

Rowing: The sport itself
- Going out in any boat either sweeps or scull (or on an erg).
- (see also rowing/rowers)

Rowing/Rowers: Specifically sweep oar rowing when each person has only one oar.
Sculling/Scullers: Rowing when each person has two small oars, one in each hand. Sculling boats are all designated with an ‘X’ e.g. A Double scull is a 2X
Cox (coxswain, Coxie) the person who is responsible for steering and motivating a crew. They sit at either end of the boat (depending on the boat) and steer with a rudder. All boats with Coxes are designated with a ‘+’ e.g. 4+ is a coxed four.
Novice: - People in their first year of the sport of rowing.

Boats
Eight: - Rowing boat with 8 rowers and a Cox (Designated as an 8+)
Four: - Rowing boat with 4 rowers and a Cox (Designated as a 4+)
Quad: - Sculling boat for 4 people – (usually with a coxswain designated as a 4X+)
Double: - Sculling boat for 2 people (Designated as a 2X)
Single: - Sculling boat for 1 person (Designated as a 1x)
Pair: - Rowing boat with 2 rowers
Erg: - Indoor rowing machine used for testing and instruction.

Oars
Oar/Blade: - Generic term for both rowing and sculling Oars. Made from carbon fibre (rowing Oars are 3.86meters long. Sculls only 2.9meters).
Sweep: - Rowing with one long Oar (often the oar itself is referred to as a sweep)
Scull: - A shorter and lighter oar used two at a time when sculling

Technical terms
Rigger: - Metal arm attached to the outside of the boat to give rowers extra leverage.
Slides: - Metal runners that the seat slides upon.
Gate: - Plastic swivel which holds the oar at the end of the riggers.
Foot stretcher: - (Feet) Moveable fixture across the hull of the boat which has shoes attached
Seat: - Wooden seat which runs on bearings up and down the slides in the boat.
   Position in the Boat. All Boats are numbered from the Bow –with bow as 1.
Bow: - The front of the Boat
   - The Bow is the person in 1 seat
   - Bow Side is the right hand side (starboard) of the boat when facing the bow
Stern: - The Back of a boat (last to cross the line) where the Cox sits in most boats.
Stroke: - The Action part of the stroke
   - The Person in the stern of the boat
   - Stroke side is the left hand (Port) side of the boat
Rating: - Number of strokes taken per minute. A training rate would be 18-24spm while a top racing crew will average 44+spm.
Split: - Time takes to travel 500m (500m splits for schoolboys range between 1:50 and 2:40 over a 1000m erg.)