



ROWING HANDBOOK

About this Document

This document provides important information to students and parents/caregivers participating in the Onslow College Rowing programme. Onslow College Rowing is guided by experienced rowing coaches and supported by a large group of committed parents and community members who have put many years of development into the rowing programme with the support of the school. The maintenance of the programme relies on the commitment of new members to fulfil a variety of roles as students come and go from the rowing programme each year.

The Onslow Rowing Club website <http://ocrowingclub.weebly.com> details all of the current rowing season information including the season schedule for training, camps and regattas, the current Rowing Committee, and Coaches and details for uniforms and indicative costs for the season as well as general information relevant to rowing. It is our intention that the Onslow College Rowing Handbook becomes a living document that continues to evolve from season to season. We welcome feedback from students and parents/caregivers.

All students and parents/caregivers considering rowing or returning to rowing need to read this Handbook.

Dated: August 2021

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ABOUT ONSLOW COLLEGE ROWING

Onslow College Rowing Club (OCRC)

The **Onslow College Rowing Club (OCRC)** is the provider of College representative rowing within the Onslow College community and is affiliated to the Wellington Rowing Club.

Onslow College rowing aims to develop excellence in both sporting results and personal conduct of each rower. While this means training hard, there is an equal emphasis on having fun, developing teamwork, friendships and learning.

Rowing gives students the opportunity to learn and benefit from a range of different skills useful for success both on and off the water. It teaches commitment, self-discipline, self-belief, work ethic, team participation, time management, physical and mental training, fitness, camaraderie, team support and social interaction.

The sport operates under a high quality and supportive coaching team including ex Olympic and New Zealand World Champ rowers, and coaches with years of experience and success.

Success is a balance of results on the water and the all-inclusive development of the team. Coaches and rowers will agree their own crew's goals and specific measures of success at the beginning of each season.

Students are expected to maintain their academic standards throughout the rowing season.

Words of a Rower

- *"Rowing is amazing. You make lots of friends since you hang out with them so much during the season. Racing is really fun especially when you make it into an A final at Maadi! I enjoyed having a fantastic coach, enjoyed the teamwork and the training was great. I loved getting super fit – when I started I couldn't even do one push up, now I can do lots and being so fit made heading into my winter sports really easy."*
- *"Onslow rowing is great for building confidence, cooperation, teamwork and drive to succeed."*
- *"Everything was great – great events, great results – we had fun, lots of learning and development. The camaraderie and friendships it creates are amazing. The organisational skills, fitness & physique development is amazing. The teaching of unity and working as a team is like no other sport."*
- *"It was great to see the principal turn up to Maadi."*
- *"Liked the dinners at the Cambridge raceway. We were well looked after on camps, regattas etc."*
- *"All camps, regattas were very well organised with great leadership from the Rowing Directors. We achieved success on the water and enjoyed the camaraderie on and off the water. Love the competitive nature of the sport that rowing is and want to achieve my best."*
- *"Fantastic training with very committed coaches and management. Much appreciated."*
- *"The kids in our crew all really appreciated the fitness they gained from rowing. (The school athletics day winners were dominated by rowers!)"*

Background

Rowing has a special place in the culture of Onslow College. It is one of the features that set Onslow apart as a special place for secondary school students. Onslow is the only co-educational school in the greater Wellington area with a significant rowing team.

Rowing began at Onslow College in the late 1950s. While the number of students participating in rowing has ebbed and flowed over the years, in recent times the numbers have swelled to levels exceeding any previous time.

An excellent summary of the development of rowing at Onslow College is contained in *The Dolly Varden Legacy: The History of Wellington Rowing Club* by Michael Grace (see Chapter 17).



Onslow College Junior Eight working hard (circa 1976).

Wellington Rowing Club Affiliation

Onslow College Rowing is affiliated to the Wellington Rowing Club. Onslow College rowers are all members of Wellington Rowing Club.

The Wellington Rowing Club (WRC) is over 125 years old. The WRC is an incorporated society, and caters for both adult and secondary school rowers. Its clubrooms are located next to the lagoon in Frank Kitts Park. The club also stores and rows boats out of the Wellington Rowing Association's shed, located near the Petone off-ramp.

The schools associated with Wellington Rowing Club are Onslow College, Samuel Marsden Collegiate, St Mary's College and St Patrick's College. Wellington Rowing Club also has club adult men and women, corporate rowing squads (winter months), and Victoria University Rowing based at its clubrooms.

Each of these groups has their own organisational structure and raises funds to purchase equipment and to cover regatta and camp costs. The WRC members as a combined group also cooperate to raise funds for equipment and building maintenance, the benefit of which is shared by all. The Wellington Rowing Club has a function centre upstairs, which is hired out for functions. The income from this assists with the maintenance of the building and offsets some of the costs of running the rowing club.

School rowers row under WRC colours for club regattas and under school colours for school regattas.

Onslow College rowers pay a subscription to the Wellington Rowing Club, which covers clubroom maintenance costs, purchasing and running safety/coaching boats, purchasing vehicles to tow boat trailers to regattas, registration of membership to the Wellington Rowing Association and the NZ Rowing Association, purchasing and insurance of equipment, among other things.

Wellington Rowing Club
Taranaki Street Wharf
PO Box 3273
Wellington
www.wellingtonrowing.org.nz

Any parents contemplating learning to row are most welcome to join the club. We have squads that cater for first-time adult rowers.

OCRC website and Facebook page

The **OCRC website** <http://ocrowingclub.weebly.com> contains general information relevant to rowing and the current rowing season including:

- the season regatta schedule
- the latest regatta results
- the Day Sheet - which is the regularly emailed OCRC newsletter about upcoming events and important notices
- other significant news
- a gallery of photos and videos
- the OCRC committee and contact details
- a resource centre with links to –
 - upload your own rowing photos
 - the rowing handbook
 - the OCRC constitution rules and community expectations
 - useful sites such as: Rowit, Onslow College Sports, Wellington Rowing Club, NZ Secondary School Rowing, Rowing NZ, Windfinder

OCRC also has a private Facebook page called Onslow College Rowing. From Facebook, send a request to join the group and the administrator will grant you access to the page. OCRC's Facebook page also contains useful information such as:

- Updates on scheduled events and other notices
- Photos and videos that can be uploaded by any member of the Facebook group

Uniforms

Onslow College rowers race in either the Wellington Rowing Club singlet (maroon and white) or the Onslow College Rowing rowsuit (Onslow school colours and branding) depending on the regatta. Items are ordered and purchased via the Onslow College Rowing Club.

Refer to the OCRC website for current uniform details.

Equipment

Onslow College rowers, as members of the Wellington Rowing Club, have access to club equipment along with all other club members. Allocation of equipment is managed primarily by the Club Captain, and equipment is made available in accordance with the rowers' experience and ability to look after equipment.

Over many years, Onslow College Rowing has invested in its own equipment to support the rowers. This allows us to supplement the equipment available to us from Wellington Rowing Club's pool. Most boats purchased by Onslow College Rowing are stored at Wellington Rowing Club. We share this equipment with club members, although Onslow College has priority use of its own boats.

- Tarikaka: Eight
- Raroa: Eight
- Ohariu: Coxed Four/Quad
- Haumia: Coxed Four/Quad
- Kaiwharawhara: Coxed Four/Quad
- Ngatoto: Pair/Double
- Waipahihi: Pair/Double
- Raumati: Pair/Double
- Taupata: Pair/Double
- Waikowhai: Pair/Double
- Ruamahanga: single
- Barry Cleal: Single
- Concept II Ergometers (x8, based in Onslow College Gymnasium)
- Croker Oars (x24)
- Croker Sculls (x12)
- Coxboxes, megaphones, speed coaches
- Boat Trailer
- Coach boats and trailers (x2 - Frodo and Pippin)
- Onslow College Rowing marquee tent
- Onslow College Rowing dome tent (x2)
- Various camp equipment

Funds have been raised and invested by Onslow College Rowing supporters over the past 10 years. Most fundraising during the season goes into helping rowers fund their rowing expenses, including coach, equipment and regatta expenses.

Costs

Total costs for the season are dependent on the number of regattas attended. If all camps and regattas are attended as hoped, then the season may cost between \$2900 - \$3100 (excluding the Maadi Cup regatta).

Rowing costs are paid throughout the duration of the rowing season rather than a bulk upfront payment. The aim of Onslow College Rowing is not to make a profit from regattas or camps, but to have sufficient funds to cover the operating expenses. The total season costs includes the Wellington Rowing Club subscription, regatta fees, regatta and camp accommodation, travel, food, equipment maintenance, uniforms and coach levy. Regatta, camp and training costs will be requested prior to the scheduled event.

Coxswains pay a reduced Coxswain sub to the Wellington Rowing Club provided they cox fulltime and do not race as a rower. Costs for rostered parent help and coaches at camps and regattas are met by the rowers.

All OCRC costs are allocated against the rower's Onslow College account and payment is made directly to Onslow College.

Refer to the OCRC website for the current season indicative costs.

Season Outline

Rowing is a summer sport, with the competitive season beginning in October and running through to early April. The objective of all school rowers in New Zealand is to compete at the Maadi Cup Regatta (National Secondary Schools Championships). This regatta is held annually at alternate venues: Lake Ruataniwha (Twizel) and Lake Karapiro (Cambridge). The other significant regatta for North Island students is the North Island Secondary School Championships Regatta held annually at Lake Karapiro before the Maadi Cup.

Each year, in Term 3, Onslow College runs a Learn to Row (LTR) Programme. This provides an introduction to rowing for students. Onslow College does not have a formal recruitment process for Learn To Row. While numbers allow, we take any student who wishes to participate. At the end of the programme, a short camp is usually held in Whanganui. Students who wish to continue rowing competitively are selected from Learn To Row candidates. Selection for competitive crews takes account of the whole person, not just athletic ability.

Our experienced rowers assist with the LTR programme. At this stage of the season they are also involved with their own winter sports and/or their winter rowing fitness and conditioning training.

Crews compete in local regattas and also travel to Whanganui and Lake Karapiro to compete.

In addition to the Learn To Row Camp (late September), Onslow College Rowing holds a week-long Summer Camp, during the summer holidays and frequent weekend trips to the Ruamahanga River in the Wairarapa to enable additional water time due to the unpredictability of Wellington weather.

In summary, the Onslow College Rowing season is divided into three main phases:

July to September	New rowers: Learn to Row Programme, to learn basic rowing skills Experienced rowers: Assist with LTR programme, Winter sports, rowing fitness and conditioning training. Concludes with the September camp.
October to January	Skill and fitness training. There is an emphasis on fitness training during this period, with the aim to build rowing stamina. Concludes with the Summer Camp (early January).
February to April	Build-up to major regattas. Emphasis is more on speed work and preparation for regattas with weekend trips to the Ruamahanga River. Crews selected for North Island Secondary Schools Championships or Maadi will have additional training sessions in the 4-6 weeks prior to these regattas. The Maadi Cup regatta concludes the competitive season.

Refer to the OCRC website for the current season calendar.

Regattas

Rowing regattas are held throughout the season. Crews compete in local regattas and also travel to Whanganui and Lake Karapiro to compete. Participation will be confirmed prior to each regatta, and will depend upon availability of equipment, availability of the rowers, and rowers meeting training standards.

Parents are most welcome at regattas. Regattas are where all the training effort is put into practice. (Also bring binoculars, picnic rug / camp chair.)

Refer to the OCRC website for the current season regatta details.

Camps

There are two main camps every rowing season, the Learn To Row camp (late September) and a week-long Summer camp during the January summer holidays. The camps are held at the Whanganui River Top 10 Holiday Park in Whanganui. Camp dates and locations will be confirmed at the beginning of the rowing season.

It is expected that all squads will attend the camps. Camps provide an excellent opportunity to significantly develop rowing skills in a short period of time, in an environment conducive to good training.

Additional short weekend camps may be run in Whanganui, particularly for senior squads. These camps will depend on the amount of on-the-water time we are getting in Wellington, school work and availability of coaches and equipment. Dates will be confirmed closer to the time. Other overnight mini-camps are also sometimes held at local rivers such as the Ruamahanga in the Wairarapa during the season.

Onslow College Rowing has found that camps, with repeated reinforcement of skills, provide the equivalent of several weeks' normal training, as well as everyone having a lot of fun.

Parent help at camps is essential. See the section on Parent Support Roles - 'Camp / Regatta Parent Help' for details on assistance required.

Refer to the OCRC website for the current season camp details.

Training

The Onslow College Rowing coaching team are responsible for preparing the various training programmes for Onslow College Rowing.

Training programmes include:

- Winter training programme
- Learn To Row programme / Spring Training
- Summer Camp
- Mini-camps
- General squad training

Rowers will be advised of training times and locations (Onslow College, Wellington Rowing Club) by coaches when squads are formed for the coming season. Training will vary in intensity and volume throughout the season. It is envisaged that novice squads will be training 5 or 6 times per week from October to December. After the January camp, the number of training sessions will increase for all squads, as crews build for the championship regattas. For experienced rowers, depending on year level, the training programme will be more intense from the beginning of the season.

Some training sessions will see a combination of squads in attendance, but at other times the squads will train independently.

All rowers are expected to attend every training session. If conditions are unfavourable for on-the-water training, land-based training will take place. It is important that rowers turn up and are ready to train, with the right gear, at the scheduled training time. Turning up late may result in extra exercises and/or missing out on a row for that session.

As a courtesy, rowers are expected to advise their coach if they are going to be absent from a training session. It is preferred that rowers take responsibility for this communication, and don't delegate it to their parents.

Fitness Tests and Boat Crew Selection

Rowing is a competitive and athletically challenging sport. It is the goal of the coaches to provide a positive experience for all squad members while also fielding the most competitive boats possible

Crew selection is at the discretion of the coaches. Crews may change through the season and coaches may test crew combinations at some regattas. If a rower or coxswain wants to question their seat placing, then coaches are always approachable to discuss their reasoning.

Coaches will use both objective and subjective assessments in making decisions regarding crew selection. This may include ergometer scores, racing results, training performances, training attendance, inter squad racing, technical proficiency, fitness, injuries, crew compatibility and technical compatibility. **(paraphrased from RNZ [RNZ Selection Policy 2019 - FINAL \(rowingnz.kiwi\)](#))**

Selection of crews for the Maadi Cup Regatta will be limited to a smaller sub-group of the Onslow College Rowers based on their performance prospects for Maadi. This particularly applies to the Maadi Cup Regatta when it is held at Lake Ruataniwha (Twizel) due to the extra costs involved in travelling to Twizel.

Time Management

Rowing is a sport that requires significant time input to training and competition. During the February – March period especially, it is important the rower manages their time well between school, homework, family and training. Past experience tells us this can be achieved if the rower is well organised.

Experience also tells us that as fitness levels increase, there are positive benefits for school study and performance in terms of concentration, time management and dedication.

Students are expected to maintain their academic standards throughout the rowing season. When attending regattas such as the North Island Secondary School Championships and Maadi Cup (where extended periods of time away from school are involved), it is the students responsibility to approach subject teachers and ensure work is undertaken as required. There will be time allocated for supervised school work to be done in quiet facilities while away at these regattas.

If parents have any concern about rowing adversely impacting upon school or other activities, they should discuss this with their rower's coach.

Behaviour

Onslow College abides by the rules of Fair Play. These rules include:

- Play hard but fair
- Play within the rules
- Respect the referees decisions
- Respect the opposition and their supporters
- Respect coaches and managers
- Respect yourself and other members of your team
- Enjoy yourself while playing sport

Onslow College Rowers are expected to abide by all Club rules and the instructions of the coaches and demonstrate good sportsmanship at all times. Attributes expected from rowers include:

- Positive attitude
- Commitment
- Self-discipline
- Desire to work to your best ability
- Being a team player
- Respect for yourself and others (coaches, officials, team-mates, supporters, etc.)

Rowers: Help others! Don't wait to be asked. Look for opportunities to help other rowers/crews with boat launching, cleaning boats, putting equipment away, etc.

Refer to the OCRC Community Expectations for code of conduct and complaints process. Available from the OCRC website <http://ocrowingclub.weebly.com/resources.html>

Boat Handling Rules

- Please treat all gear as valuable. Boats, oars, cox boxes etc are very expensive. Careful handling is required.
- There must be a minimum of 4 people carrying a 'four' boat at all times.
- There must be a minimum of 8 people carrying an 'eight' boat at all times.
- The boats must be carried to/from the water upside down.
- Boats must be lifted as one unit usually from the call of the stroke. Rowers must be listening for their call any time a boat is required to be moved.
- The boats and oars must be washed down with fresh water and soap after each use.
- Care must be taken to ensure that riggers and boats do not hit doors, floors, walls, racks, people, lagoon bed or other boats.
- Boats must be lifted to change position on racks – they must not be slid or dragged along.

Please report any damaged gear or breakages to your coach immediately, so that repairs can be organised.

Clothing and Equipment

In addition to the uniform items, the following clothing and equipment is required for training sessions and camps:

- 10mm ring spanner – bring to every training and regatta
- 'Dri-fit' type tee-shirt and jacket
- 'Dri-fit' type bike shorts or longer leggings for colder weather
- Polypropylene thermals for cold weather
- Thick warm socks (e.g. rugby socks)
- Warm hat for cold weather
- Sun hat for the hot days
- Sunblock
- Sunglasses - optional
- Water bottle
- Jandals, slides or beach shoes - optional
- Running shoes – bring to every training
- Warm gear to change into after training
- Rain jacket
- Strapping tape and plasters
- Towel for showering after training – optional
- Plastic bags for wet gear
- Hand sanitiser

Please put your name on everything!!

Communication

Regular communication will be via email and/or other social media. Rowers will be expected to check their email / Facebook group page, etc regularly. Please notify your squad Manager or the OCRC committee Secretary if any of your contact details change. It is a good idea for parents to also be copied on communications and be part of any squad Facebook or What'sApp groups.

There is a Notice Board in the Wellington Rowing Clubrooms. There is also a rowing Notice Board at school. Rowers should check the Notice Boards regularly.

Also check the [OCRC website Day Sheet](#) for regular news and important up-dates.

Security

The Wellington Rowing Clubrooms are closed but not locked while rowers are out training. They are therefore open to anyone from the public wandering in. DO NOT leave valuables in the changing rooms. Leave valuables at home or hand them to the coach.

Photos and Videos

Onslow College Rowing Club uses Google Photos for storing photos and videos which can be accessed via the OCRC website page 'Resources > Upload Photos' <http://ocrowingclub.weebly.com/upload-photos.html> or the OCRC Facebook page.

Photos and videos may be used in the OCRC website or in other documents. If you want a photo or video to be removed, then contact the website manager..

Common Rowing Terms

Term	Meaning
Sweep Oar Rowing	Rowing where each rower uses 1 oar (blade)
Sculling	Rowing where each rower uses 2 oars (blades)
Cox or coxswain	The person who steers the boat, manages training exercises with the coach, both on and off the water, and manages the race strategy for the crew during races. They are the Dean Barker in the boat! Coxswains sit either in the stern (rear) or in the bow (front) of coxed boats, depending on how the boat is configured.
Stroke Side	The left side of the boat looking towards the front of the boat (port side).
Bow Side	The right side of the boat looking towards the front of the boat (starboard).
Stroke	The rower in the rear-most rowing seat. The stroke sets the timing for the crew.
Bow	The rower in the front-most rowing seat (No. 1)

Number x	Crew are numbered from 1 to 8 counting from the front of the boat. Coxes are not given a number.	
Boat types	8X+	A boat with 8 rowers. Each rower has two oars (sculling) The 'x' signifies this is a sculling boat The '+' means that this boat has a cox Commonly call an Octuple
	8+	A boat with 8 rowers. Each rower has one oar (sweep oar) The '+' means that this boat has a cox Commonly called an Eight
	4+	A boat with 4 rowers. Each rower has one oar (sweep oar) The '+' means that this boat has a cox Commonly called a Four
	4X+	A boat with 4 rowers. Each rower has two oars (sculling) The 'x' signifies this is a sculling boat The '+' means that this boat has a cox Commonly called a Quad
	2X-	A boat with 2 rowers. Each rower has two oars (sculling) The 'x' signifies this is a sculling boat The - means that this boat has no cox Commonly called a Double
	2-	A boat with 2 rowers. Each rower has one oar (sweeping) The - means that this boat has no cox Commonly called a Pair
	1X	A boat with 1 rower. The rower has two oars (sculling) Commonly called a Single

Some useful rowing sites:

NZ Regatta profiles: <http://www.rowit.co.nz>

NZ Rowing: <http://www.rowingnz.com/>

NZ Secondary School Rowing: <http://www.schoolrowing.org.nz/>

Wellington Rowing Association: www.rowing.wellington.net.nz

Wellington Rowing Club: www.wellingtonrowing.org.nz

Parent Support to your Rower

Parents are expected to do the basics as follows:

Care for your rower:

- Help your rower turn up to training and regattas on time.
- Encourage your rower to eat and drink well.
- Ensure your rower gets plenty of rest between training sessions and regattas. Rowing is a physically demanding sport.
- Check and ensure any small cut or injury is attended to appropriately.
- Ensure your rower is up to date in all subjects and maintains academic standards throughout the rowing season.

Make life easier for your squad:

- Respond to correspondence requests from your coach and squad manager in a timely manner.
- Return parental consent and volunteer forms and payment on time for every regatta and camp.
- Advise the coach and/or squad manager promptly if your rower is unavailable for training or you are planning a trip away.
- Coordinate transport with others – offer lifts if you have space.
- Offer to do Parent Support roles and Parent Help at camps and regattas when you are able.

Health and Safety

Wellington Rowing Club Safety Rules and Water Safety rules will be discussed with the rowers. The harbour is policed by the Harbourmaster and adherence to Water Safety Regulations is essential.

The major safety rules are:

- Every person in the coaching boat must wear a lifejacket.
- Coxswains must wear a lifejacket.
- Crews must have a coaching boat and coach escorting them.
- If the rowing boat becomes swamped, rowers must stay with the rowing boat and stay together. The coaching boat will come to the rowers.
- Every rower must be able to swim unaided for a minimum of 50 metres. It is important the rower is confident in the water. All rowers will be expected to demonstrate this by passing the swim test.

Rowers are strongly encouraged to purchase a cheap pair of jandals, slides or boat shoes to use when getting onto and off the water at the lagoon. Occasionally at functions, bottles and glasses can be dropped onto the concrete below, leaving broken glass where rowers will be moving boats.

Do not turn up to training if you are unwell or have an injury. Passing illness on to other rowers will not be appreciated. Rowers should advise their coach if they have any serious aches or pains.

Wellington Rowing Club Guidelines:

As a water sport, we need to follow the guidelines set out by the Wellington Rowing Club for Safety Rules & Operation & Risk Analysis and Management, Rowing NZ Safety guidelines, Boat Launching rules, Emergency Management Plan, Guidelines for Motor Boat Use & FISA guidelines for safe rowing.

The school representative at the Wellington Rowing Club will communicate any updates to the guidelines to those on the water and using the boats.

The effect of diet on performance is significant; therefore it is important to know what to eat. Good eating habits and a diet that supplies the right nutrients to support your level of energy expenditure will ensure that performance is optimised, and you will continue to grow and remain healthy.

The following information is general advice. However, if you have special needs, such as diabetes or if you lose weight, or seem exceptionally tired, then you may need to consult a dietician or your medical practitioner.

Glycogen

The athlete's most precious fuel is muscle glycogen (stored carbohydrate). It provides the energy for exercise, and is the key to endurance. Therefore, the recommended food and fluid intake for athletes is aimed at matching fuel requirements with an adequate carbohydrate intake and glycogen storage.

- Glycogen is best provided by starchy rather than sugary foods.
- The body's ability to form glycogen from food is greatest immediately after exercise.

The sooner you can eat carbohydrates after exercise the better (preferably within 30 minutes), to replenish the glycogen stores used up in exercise. During prolonged exercise or events, carbohydrates should continue to be ingested.

Inadequate replenishment over several days leads to a decline in performance, tiredness and the symptoms of 'over-training'.

The American and Canadian Dietetic Associations recommend that during heavy training, carbohydrates should make up more than 50% of energy intake increasing to 60-70% immediately prior to competition events.

Water Consumption

Dehydration is more likely to adversely affect performance than anything else. Therefore, adequate and regular fluid intake is extremely important. Athletic performance is maximised by:

- maintaining water balance as close as possible to normal
- ensuring adequate hydration before the event
- taking water or other fluids little and often during exercise.

Guidelines for Training Diet

The effect of diet on performance is significant, therefore it is important to know what to eat and when to eat it. Have regular meals and always have a good breakfast. For an early training session, have cereals or toast and milk before leaving home, and take sandwiches for eating immediately afterwards.

Always keep fluid levels topped up. Little and often is the best way to maintain your fluid balance. If you feel thirsty, you are already dehydrated.

Take and drink 1-2 litres of water before, during and after training. It is not necessary to buy expensive 'sports drinks'. If you wish you can make up your own as follows - to one litre of water, add 25g glucose powder and a tiny pinch of salt, or alternatively well-diluted squash. Keep your water bottle in the boat and drink at regular intervals.

Make sure that carbohydrates make up 50-70% of the energy ingested, in particular starchy foods (pasta, rice, potatoes, bread, cereals). For all meals, use the starchy food as the main item, and make it the largest serving on your plate.

There is usually no need to increase the amount of protein (meat, cheese, beans) in the diet, as most people in developed countries consume more than they require.

Avoid eating foods high in fat, especially saturated fats (most takeaways, butter, ice cream, chocolate, fried foods).

Limit eating sugary foods as a means of supplying energy.

Throughout the day, top up your main meals with high-carbohydrate snacks. The sandwich is the ideal model for a snack meal, so is cereal and milk.

Eat plenty of fresh fruit and vegetables, for the antioxidant vitamins (A, C and E) they contain, to help maintain health when the body is stressed by heavy and prolonged exercise.

Also refer to the Nutrition page on the OCRC website: <https://ocrowingclub.weebly.com/nutrition.html>

These guidelines were drawn from the following sources:

'Food for Rowing' section of the Kings College Handbook

'Food & Nutrition –Australasia' by Mark Wahlqvist

Other references:

For recipes: 'Eat to Compete' by Jenny Pearce

Onslow College (Principal)

Onslow College, with the endorsement of the Principal Sheena Millar, is fully committed to the Onslow College Rowing programme. Sheena Millar is the Patron of the Onslow College Rowing Club.

Onslow College Director of Sport

Kylie Summers is the Onslow College Director of Sport who coordinates sporting activities for the school. Onslow College Rowing Club generally operates autonomously under the direction of the OCRC Constitution Rules and Community Expectations which were established and approved by the school and rowing community in 2015 but retains a close connection with the school and its management.

Onslow College Rowing Committee

The partnership between Onslow College and Onslow College Rowing Club is critical to the success of our rowers and students, both on the water and in the classroom. While Onslow College Rowing Club generally operates autonomously, we work closely with the school to ensure that respective needs and interests are met. The role of the committee and its members are detailed in the OCRC Constitution Rules.

The Onslow College Rowing Committee is made up of representatives of the school, coaches, parents and advisory members:

- Patron – College Principal
- President
- Secretary
- Treasurer
- Coaches Rep
- College RepRower Rep
- 2 - 5 additional Parent Reps undertaking roles including: Logistics, H&S, EOTC, Fundraising & Grants, Coach Recruitment, Boat Maintenance, WRC Liaison
- 2x Life Members (Terry McCarthy and Deidre Burke)

The core function of the committee is to:

- Provide the direction and rowing programme for Onslow College Rowing
- Maintain and/or recruit coaches
- Support the coaches in facilitating the running of the school rowing programme
- Provide the administrative functions of the club
- Ensure the parent support roles are allocated
- Ensure adherence to the OCRC Constitution Rules and Community Expectations
- Provide a forum for issues resolution
- Provide communications to the Onslow College Rowing group
- Represent views of the Onslow College rowing group

Refer to the OCRC website for current Committee members.

Parent Support Roles - Summary

The Onslow College Rowing squads are supported by an enthusiastic group of parents. It is understood by everyone that parent help is essential if we want to get all our rowers to the events that our coaches want to attend and we want the season to be successful.

The following list provides a summary of most of the roles that need to be undertaken each rowing season. A detailed How-To guide is available for each role which is intended as a guide for volunteers to be able pick up a role and carry it out for the season. The Parent Support roles can be assumed by any willing parent, some roles require multiple volunteers, all 'training' is provided and being part of the support group is very rewarding knowing you are contributing to this fantastic rowing programme.

If there is a vacancy or you would like to volunteer for a role for next season, then please contact the OCRC President, Secretary or Logistics Coordinator . Offers of assistance are always welcome!

Parent Support Role
Rower Membership & Contact Details Record & maintain contact details for all rowers and their care givers, including emergency contact details and health profile.
Volunteer Coordinator Gather expressions of interest and allocate parent support roles. Provide support for these roles. Allocate parent help to regattas and camps including allocation of Regatta Coordinators. Organise Squad Managers for each squad.
Wellington Rowing Club Liaison Liaison with WRC for regatta information, general information, boat allocation, transport coordination etc.
Accommodation Book and confirm accommodation for all regattas and camps. Communicate any special requirements, use and layout of premises to the camp or regatta coordinators.
Boat and Equipment Maintenance Responsible for boat maintenance in collaboration with coaches and the Rowing Committee.
Camp Coordinator – LTR, Summer Camp There are two camp coordinator roles, one for the Learn To Row (LTR) camp and one for the Summer Camp. Both camps are held at the Whanganui River Top 10 Holiday Park. The LTR camp usually starts on the last day of the third term for four days. Summer camp usually starts in the second week of January for one week. The camp coordinator provides all of the support aspects of the time away to ensure the rowers and coaches have a successful off the water training camp. (Coaches and rowers are responsible for the success of the on the water training)
Camp / Regatta Parent Help Parent help is required at the beginning of the season with the Learn To Row camp and then for subsequent camps and regattas after squad allocations have been determined. Perform duties and provide assistance to the camp or regatta coordinator(s) as required.
Health and Safety Coordinator Responsible for ensuring health and safety is a priority for all OCRC activities. They need to ensure that the health and safety guidelines from all sources that the rowing group needs to adhere to, are up to date and understood by all participants. This role is often a co-role with the EOTC Forms
EOTC Forms (Education Outside The Classroom) Education outside the classroom is curriculum-based teaching and learning activities that go beyond the walls of the classroom. Schools are responsible for ensuring EOTC activities are carried out safely. Rowing camps and regattas are regarded as EOTC activities. This role ensures that EOTC forms are completed, updated and returned to the school as required. This role is often a co-role with the Health and Safety Coordinator
First Aid Kits Responsible for maintaining the first aid kits after every regatta. and health files.
Fundraising All fundraising activities being undertaken using the school name must be approved by Deputy Principal Warren Henderson email: warren.henderson@onslow.school.nz

<p>OCRC endeavours to support at least two major fundraising events during the season. Each fundraising event requires an event coordinator to organise the event. Fundraising events may contribute towards individual rowers rowing costs, to Onslow College Rowing Club or to the Wellington Rowing Club.</p>
<p>Grant Applications and Sponsorship</p> <p>All fundraising or sponsorship activities being undertaken using the school name must be approved by Deputy Principal Warren Henderson email: warren.henderson@onslow.school.nz</p> <p>Apply to various bodies for grants for the purchase of new plant as instructed by the Rowing Committee.</p>
<p>Kitchen Gear and Tents</p> <p>Ensure all kitchen gear is clean and ready for use for camps and regattas and that the tents are stored dry and ready for use.</p>
<p>Learn To Row Coordinator</p> <p>Organise and coordinate tasks for the Learn To Row programme in collaboration with coaches and the Onslow College Rowing Committee.</p>
<p>Regatta Coordinator</p> <p>The regatta coordinator is responsible for all the support aspects of the time away to ensure the rowers and coaches have a successful off the water regatta. (Coaches and rowers are responsible for their success on the water)</p>
<p>Rowing Handbook</p> <p>Responsible for documenting and maintaining the Onslow College Rowing Handbook and the associated Appendix of Parent Support Roles</p>
<p>Rowing Website and Facebook page</p> <p>Responsible for the content creation and maintenance of the Onslow College Rowing Club website. http://ocrowingclub.weebly.com and administrator of the Onslow College Rowing Club Facebook page (Onslow College Rowing)</p>
<p>Squad Manager</p> <p>Provide support to your squad coach(es) and to the Onslow College rowing programme to enable a successful and enjoyable season for your squad and Onslow Rowing. Liaise, communicate, coordinate, collaborate with your squad coach, the Onslow College Rowing Committee and your squad rowers and parents on all rowing matters.</p>
<p>Trailer Drivers / Towing</p> <p>This is not an allocated role as such, but rather the requirement to have some people who can offer to drive the truck with the boat trailer or tow the coach boats.</p>
<p>Transport</p> <p>Book and confirm the transport required to move the rowers, coaches, parent help, kitchen gear and food to, during and from regattas and camps. Liaise with camp and regatta coordinators for numbers attending and gear required for transport. Ensure the bus and/or van get to and from their base as expected for regatta and camp use. Collect driver licence details from any parents intending to drive the van and obtain the bus drivers phone number for each regatta/camp.</p>
<p>Travel Lunch Orders</p> <p>Lunch on the travel day to Lake Karapiro is included in the regatta fee and is currently provided by Subway in Waiouru. The lunch is offered to all rowers, coaches and parent help who are travelling with the rowing group. This role is responsible for assembling the lunch orders prior to travel and providing details to Subway Waiouru.</p>
<p>Uniforms</p> <p>Organise rowing uniform orders with novice squads, new rowers and any replacement uniform requests. Provide uniform information and uniform order templates to squad managers. Liaise with supplier(s) for order confirmation, payment and delivery. Distribute uniforms to squads.</p>

