



2025/2026 ROWING SEASON



Important Dates - 2025/2026 Season

2025

September

7	Rowing Waikato Long Distance Race 5	Horahora Bridge	IP Squad
TBC	Bay Coast Mini Holiday Camps	Returners	
TBC	OTC Mini Camp incl TRC		
20-21	Legion Regatta	Blue Lake	Masters
27-28	IP Regatta	Karapiro	IP Squad

October

11	Wairoa 500	Wairoa River	All
11-12	NZ Masters Champs	Ruataniwha	Masters

November

1	Te Awamutu Regatta	Karapiro	??
8	Rotorua Regatta 1000m	Blue Lake	All incl Masters
15	Karapiro Memorial Day 1	Karapiro	All - Exams
16	Karapiro Memorial Day 2	Karapiro	All - Exams
29-30	Karapiro Club Regatta	Karapiro	All - Exams

December

12-14	Christmas Regatta	Karapiro	All
TBC	Bay Coast Mini Holiday Camps		
TBC	OTC Mini Holiday Camp inc TRC		
21	Last training day for the year		

2026

January

2-7	Camp - Returners	Karapiro	
TBC	Camp - Novices	Karapiro	
17-18	Blue Lake Regatta	Blue Lake	All incl Masters
23-25	North Island Champs	Karapiro	All

February

14-15	Junior regatta	Karapiro	??
TBC	Bay Coast Mini Holiday Camps		
TBC	OTC Mini Holiday Camp incl TRC		
17-21	NZ Club Champs	Karapiro	Selected

March

6-8	North Island Secondary School (NISS)	Karapiro	All
23-29	Maadi Cup	Ruataniwha	Selected

May

?	Legion of Rowers Regatta	Karapiro	Masters
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Training

Winter vs Summer

- The summer rowing season runs from September to March. Winter training began in May; this training is optional, and winter commitments take priority through to the end of August.
- From September, on-water and land-based training will become compulsory, attendance will be noted, and this will contribute toward final selection decisions made by the coaching team.
- After Christmas, the number of training sessions increases in preparation for the major regattas.
- Sessions will steadily increase in frequency as we move into summer/racing season.
- You can expect approximately the following number of sessions:
 - 3-4 sessions May-Sept (optional)
 - 5-7 sessions Sept-Nov
 - 7-8+ sessions Dec onwards

NB: Novices tend to train less intensively than the seniors. Regular training times will be communicated in advance.

Heja App and Crew Arrangements

Coaches will use the **Heja app** to arrange crews for upcoming training. You must confirm your availability by updating your status in the app **at least two days before** the scheduled training. Please note that we do try and plan crews ahead of time, not using Heja fully has a huge impact on others.

- **Changes:** If your plans change, please remove your name from the training in the Heja app and send a message in the group chat to inform the coaches as soon as possible.
 - **Consequences:** Failure to confirm your attendance on time may result in you being placed in a coach boat or assigned to erging instead of rowing.
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Training Timings

Please be aware that all trainings are **3 hours long** and require your full commitment. The time is broken down as follows:

- **First 30 minutes:** Getting ready and getting on the water.
- **Next 2 hours:** On-water training.
- **Final 30 minutes:** Packing up equipment and debriefing.

We've extended the training session beyond its initial 2.5 hours because of the delays caused by crews arriving late and being unprepared.



Training Expectations

Attitudes of our rowers towards their training

- Come to training on time, ready to learn & provide good feedback
 - Arrive striving to improve and take steps towards achieving your goals
 - Demand quality from yourself & your teammates
 - Compete with & push your teammates in every session, but never forget we are one team.
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Warm-Up

To prepare for training, all rowers are now required to bring their **trainers** (running shoes). The warm-up routine will now include:

1. A run to the cowshed at the first corner from the club and back.
2. Dynamic stretching.
3. Getting on the water.

This new routine is mandatory before every training session. Coxswains will also be expected to participate in this warm-up. Please be aware that this is a public road and to ensure that you stay to the **right hand side** facing the traffic.

Fuel your Body

To be your best on the water and on the erg, it is crucial to focus on three key areas: **nutrition, training, and rest**.

Fueling Your Body:

- Before practice, eat a meal with lots of carbohydrates to give you energy for powerful strokes.
 - During long sessions, have easy-to-digest carbs and fluids to stay hydrated and keep your energy up.
 - After a workout, eat a mix of protein and carbs (between 30 - 45g) to help your muscles recover and get ready for the next day.
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Training Schedule:

- Make sure you attend your school's cardio programmes.
- If your school does not offer cardio, it is highly advised to attend the club cardio sessions on Wednesday afternoons to train with Chelsey.
- These are in addition to our regular weekly on-water practices.
- The optimal number of training sessions to attend each week is the total of your scheduled on-water sessions and off-water sessions. It is all age-dependent; please ask your coach for advice.

- Failure to attend sessions without explanation will have implications in terms of crew selection.

Avoiding Over-training:

- Pushing too hard without enough recovery can lead to serious problems like chronic fatigue, injuries, and burnout.
- Make sure you take rest days to let your body heal and get stronger.
- Ignoring the need for rest can hurt your performance and even force you to take a long break from rowing.
- Please remember that your coaches have created season programmes, which include rest days. If you train on these days without advice from your coaches, you will be overtraining.

Bay Coast School Holiday Mini Camps

Bay Coast is planning to hold holiday rowing camps for both school and club crews. The purpose of these camps is to allow rowers to train together, try out different combinations and get an opportunity to socialise. Rowing and Cardio trainings will still continue over the holidays.

About the Camps:

- **Location:** The camps will be held at Bay Coast
- **Time:** They will take place during the week and during the day over the holidays.
- **Attendance:** These camps are not mandatory, but highly encouraged

Stay tuned - More information will be given out once plans are finalised.

Bay Coast Club Summer Training Camp

Dates and Location

The annual training camp is scheduled for January 2nd - 7th.

- We will be staying at the Rob Waddell Lodge, which is located on-site at Lake Karapiro
- It is for the members of the Bay of Plenty Coast Rowing Club.

Attendees and Goals

This year's camp will include both novice and returning rowers. The primary goals for the camp are:

- Finalising crew selections for the season's major regattas - North Island Club Championships and the National Club Championships.
- We will also use it to make initial crew selections for school crews.

More detailed information regarding the camp will be provided at a later date.

Regattas

BOP Coast Regatta Expectations

Boat Loading and Unloading

- All returning rowers are expected to help with both boat loading before and unloading after regattas. This is a crucial part of the process and ensures everything is handled efficiently.
 - As a returning member, you will be setting an example for our new rowers (Novices). Please take the time to teach them the correct procedures and welcome them to the team.
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On-site at Regattas

- Remember that you are representing Bay Coast at all times. While we are there to have fun, we also expect you to give your best effort in every race.
 - Think back to your first regatta and the nerves you felt. Please welcome and encourage our Novice rowers, helping them feel comfortable and included.
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Crew Selection and Uniform

- The coaching team works together to select crews based on a specific set of criteria. We expect every athlete to work hard and support the team, regardless of their personal thoughts on crew selections.
 - You must wear your uniform correctly. This means your rowsuit should not be rolled down. If you prefer, you can wear a t-shirt over the top, however not while racing.
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Exams

Your coaches and I want to support you, but please prioritize your exam preparation. If the break and regatta are important to you, be sure to communicate with your coaches so they can help you balance everything.



BOP Coast - Guide to selection

At BOP Coast, we try to focus on fostering the experiences that help our athletes learn the best lessons the sport has to offer:

- Leadership
- Sportsmanship
- Perseverance
- Competitiveness
- Compassion

- These are all essential qualities in rowing, and we look for our rowers to demonstrate these qualities throughout the season.
- We are looking for rowers/coxswains who not only rise to the challenge but also embrace it with enthusiasm.
- Athletes will be reviewed at set intervals during the season through testing, video review, and coach feedback.

COXSWAIN SELECTION CRITERIA

- Coxswains will be assessed on their leadership, communication, steering skills, race execution, and ability to influence the crew positively.
- Like rowers, they must attend all practices, respond to coaching, and demonstrate continuous improvement.

ROWER SELECTION CRITERIA

Many things make a great rower. We want our athletes to strive for excellence in all aspects of the sport. Selections are based on a combination of performance data, attitude, and coachability, which include the following:

- **Erg score:** Measures fitness, power, and mental toughness
- **Technique:** Ability to row efficiently and respond to coaching
- **Coachability & Attitude:** Willingness to learn and be a team player
- **Attendance:** Consistent practice is essential for progress and team chemistry
- **Boat Flow:** How the boat runs/moves with individual rowers in specific seats.
- **Coach's Judgment:** This is a combination of many things, including boat run, the crew dynamics, etc.

Erg testing:

- Erg testing allows athletes to demonstrate fitness capacity, power, and mental toughness.
IT IS NOT A COMPETITION.
- All rowers will be assessed against their previous times and in conjunction with current Rowing NZ guidelines.
- What is most important to the Coaches is that rowers are demonstrating continuous improvement.

Rowing Technique:

- Coaches are looking for improvement, “coachability,” and for rowers to take individual ownership of their progress.
- All athletes will receive feedback on and off the water; however, when it is felt an athlete is not responding to that feedback, this will be noted and then encouraged to discuss any issues.
- Even when the coach is not speaking directly to a rower, the coach is still evaluating and analysing their stroke (coaching the boat as a whole).

Seat Racing:

- Seat Racing results are part of a larger selection picture determined by the coach(es).
- Not everyone is entitled to a seat in every boat. Coaches will do their best to determine eligible rowers and conduct fair seat races when necessary with transparent outcomes.

Personal Characteristics

BOP Coast looks for athletes who:

- Are team players
- Have a positive, can-do approach
- Develop mental toughness and consistent effort
- Demonstrate grace under pressure and maturity in handling selection outcomes
- Are consistently at practices.

Coaches' Judgment:

We are fortunate to have a highly experienced coaching staff at Bay Coast that works together and shares ideas. They are involved in all aspects of assembling the fastest most suitable crews possible at the appropriate times. In certain circumstances, when two athletes are incredibly close, the coaches may be forced to make a judgment about who is a better fit for a particular crew.

- Athletes are encouraged to seek feedback from coaches throughout the season.
- While selection decisions are the final responsibility of the coach team we welcome respectful conversations to support athlete growth and understanding.

How to support your rower

Rowing is a demanding sport, both physically and mentally. The athletes in our program may need your support to help navigate the season. Each rower will face different challenges and have other aspirations, and they all need a kind and caring parent to support their efforts. In the event they don't quite realise their goals, they'll need your support to come to terms with it. If you are concerned with how your child is managing, please don't hesitate to get in touch with the Coach.

As well as supporting your child, we also request your support to help our program and the crews be the best they can be. To help the crews give their best, form their own identity, and mature as a team, the coaching staff respectfully asks that you, as a parent:

- Trust the coaching staff to deliver a fair and transparent program. The coaches have a strong desire to see every athlete in our program succeed. They intend to do what they believe is best for your child and every other child in the club.
- Please respect the decisions the coaching staff makes. You may not always agree with them; however, the coaching staff has the skills, expertise, and experience to make these decisions. Please provide feedback in a constructive way that allows the coaching staff and the athletes to maintain an open dialogue.
- Feel free to chat with the coaches, but for any further questions relating to the programme or your child, please directly get in touch with Ted, Stacey or Kylie to help out in the first instance.
- Our athletes need to learn to take responsibility for themselves in both training and racing situations. This will allow them to grow their independence as both athletes and people. Please help to facilitate this by encouraging them to manage themselves independently.