

# MERCER ROWING CLUB INC.

Established 1909

*“Perseverance Overcomes Difficulties”*

Trader Lane, Mercer ~ PO Box 690, Pukekohe 2120

[www.mercerrowingclub.org.nz](http://www.mercerrowingclub.org.nz)

## *Subscriptions 2009/10 season*

Novice	\$450	
Second year and over (schools)	\$510	
Senior/Club	\$560	
Cox	\$100	
Masters (27+)	\$390	(Masters also pay their own race entries)
Social rowers	\$290	(Occasional rowers who don't race)

All subs are due before **1 December 2009**, though they can be paid in two or three installments if necessary – email [tricia@iconz.co.nz](mailto:tricia@iconz.co.nz) or call 09 233 4032 as soon as possible if you want to arrange this. If paying by installments, the first one is due at the start of October 2009 with the final payment due by Christmas. Payment can be made by cheque sent to the above address, or by direct credit to Mercer Rowing Club, ASB Bank Ltd, Pukekohe 12/3023/0465963/00 (please use rower surname as reference and email [tricia@iconz.co.nz](mailto:tricia@iconz.co.nz) to advise of payment if you use this method).

The subscriptions above cover most of the rower's expenses for the whole rowing year. The only other main expenses incurred might be travel to and accommodation at regattas. Some crews also choose to buy polo shirts sold by the club for \$25. The subscriptions include race entry fees, levies, coaching, and equipment use, and novice fees include a rowing singlet. School rowers might incur an additional levy imposed by the school.

### *Estimate of minimum fixed costs per school rower per season:*

ARA (Auckland Rowing Association) fee	\$45
NZ Rowing fee	\$50
KRI levies	\$50
NZ KRI fees	\$15 (\$1/seat, 3 races/day, 5 regattas)
Other seat fees	\$120 (8 regattas)
	===
	\$280

After fixed costs the subscription fees are used for equipment purchase and maintenance, clubhouse maintenance, power, insurance, etc. In general, coaches are all volunteer though we do attempt to reimburse at least some of their expenses.

The club raises money through (i) subscriptions, (ii) one or two Mercer regattas held during the year (relying on volunteer help), and (iii) other fund raising. We are dependent on those subscriptions – we can and do apply for gaming trust grants to pay for large expenses such as new boats and equipment, but that money is not guaranteed and could well become harder to obtain in the future. We appreciate any help from the membership and their parents in keeping the club running.

### **Subscription payment slip**

Rower Name:.....

Subscription type (please circle)	Novice	Second Year	Senior/Club	Cox	Masters	Social
	\$450	\$510	\$560	\$100	\$390	\$290

Amount enclosed: \$.....

Direct Credit: Mercer Rowing Club, ASB Bank Ltd, Pukekohe 12/3023/0465963/00

# MERCER ROWING CLUB INC.

Established 1909

*“Perseverance Overcomes Difficulties”*

Trader Lane, Mercer ~ PO Box 690, Pukekohe 2120

www.mercerrowingclub.org.nz

## *Membership Details: 2009/10 season*

### Rower Details

Name:.....

Address:.....

.....

Phone number (home):.....

Phone number (mobile):.....

Email address (one that is checked regularly):.....

Date of birth:.....

School:.....

Height:.....

Weight:.....

Rower or cox? ROWER/COX

Coach (if known):.....

Can you swim? YES/NO

If yes, are you competent and able to swim 20 metres or more? YES/NO

Do you have any health problems that require medication (e.g. asthma?) or may be affected by this sport? Please give any details:.....

.....

### Parents/caregivers (if under 18 years)

Name: .....

Phone numbers (if different to above):.....

Email address (if different to above):.....

I hereby apply to be registered as a member of this Club and acknowledge that I have not previously applied to be registered as a member of any other rowing club in New Zealand. I have read the rules of Mercer Rowing Club and agree to abide by them.

Rower signature:

Date:

Parent/caregiver signature:

Date:

Privacy Clause: I agree to the collection and storage of this information by Rowing New Zealand for the purpose of maintaining an accurate and up to date record of active rowers. I consent to the release of this information to the National Selectors, New Zealand Rowing Foundation, New Zealand Rowing Magazine, Local Associations and the Rowing Club to which I belong. I acknowledge my right to access and correct this information. This consent is given in accordance with the Privacy Act 1993.

# MERCER ROWING CLUB INC.

---

Established 1909

*“Perseverance Overcomes Difficulties”*

Trader Lane, Mercer ~ PO Box 690, Pukekohe 2120

[www.mercerrowingclub.org.nz](http://www.mercerrowingclub.org.nz)

---

## *Racing Uniforms*

For the 2009/10 rowing season the club is replacing the old racing uniform with a new version. The club racing outfit will from this season be black rowing shorts (any brand) together with a rowing singlet. All first year rowers will be issued with a rowing singlet and will be required to lodge a \$25 bond with the club, returnable with the singlet at the end of the club racing season. At that point, the rower can choose to buy their singlet instead of handing it back.

All other rowers will have to buy a rowing singlet at a cost of \$56.25.

Please complete the form below indicating your singlet size. We have samples of sizes available to try before filling in the form; please remember that all rowing clothing should be tight fitting – check with your coach if unsure about what is appropriate.

---

### Rowing Singlet Sizing Form

Name:.....

Novice?      YES/NO

Estimated Singlet Size:.....



# MERCER ROWING CLUB INC

---

Established 1909

*“Perseverance Overcomes Difficulties”*

Trader Lane, Mercer ~ PO Box 690, Pukekohe 2120

[www.mercerrowingclub.org.nz](http://www.mercerrowingclub.org.nz)

---

## Club Rules

### Behaviour

Be respectful of each other and of adults

Make sure you are on time for your rowing session – a whole boat is depending on you

Take care with your property and property belonging to others

No running or fooling around in the boatshed

If gear is found to be broken, report it to your coach

Take care on the river - recklessness will not be tolerated

Boats are to be used only when instructed by your coach

NO ROWERS TO GO ON WATER WITHOUT A COACH. EVER.

NO ROWERS TO TAKE OUT COACH BOATS

### Dress

Always dress for the conditions of the day

Carry spare clothes

Make sure you bring running shoes, socks and shorts

Leave personal belongings in changing areas rather than boatshed

PLEASE take all your belongings home with you (that includes socks and water bottles)

### Boats

All boats are to be washed down after use by all crew members

Check that screws and bolts are secure before use

Breakages should be reported to coach or boat master

### Oars

All crew members should take blades to the water

Blades to be placed on the bank with collars clear of sand and grit

Coxswain to hold boat when crew take blades out of the riggers

### Training

Take a bottle of water to prevent dehydration

Take a banana or honey sandwich for energy

### Warm Ups

A set of exercises and drills will be provided for you to do before each row