

MERCER ROWING CLUB INC.

Established 1909

“Perseverance Overcomes Difficulties”

Trader Lane, Mercer ~ PO Box 690 Pukekohe

www.mercerrowingclub.org.nz

Information Sheet 2009/10

Introduction

Mercer Rowing Club was founded in 1909 and is a nonprofit organisation that provides an opportunity for all those interested in rowing within the Counties region. The mission statement of the club is “To foster and encourage rowers to reach their potential at a national and international level and achieve personal goals in fitness and performance.” Rowing is a great all-round athletic sport improving strength and aerobic ability – and we get to spend hours on a beautiful stretch of river too!

Our rowers are made up of masters/social rowers, senior rowers, and secondary school students from Pukekohe High School, Te Kauwhata College, Tuakau College and Onewhero Area School. The club has produced a number of international rowers in the last ten years, and past members competing internationally include Eric Murray, Richard Beaumont, and Paula Twining.

Mercer Rowing Club is located on the Waikato River by Mercer Bridge. To get there, take the exit off SH1 at Mercer, follow the road over the river and take the first right down a metal track to the clubhouse.

Club Calendar

Selected major events throughout a typical year:

October	Opening Day and general working bee
November	Away regattas; subscriptions due at end of month
December	MRC regatta at Mercer; away regattas
January	Away regattas including Blue Lakes; rowing camps
February	Away regattas; North Island Club Champs
March	Away regattas; NZ Club Champs; North Island Secondary School Champs
April	NZ Secondary School Champs (Maadi Cup); prizegiving
May	AGM; working bee

Training

The minimum size of each crew is 4 rowers, though 8 is ideal. When a rower joins MRC they will be assigned a coach. Each coach will advise of the weekly training programme for the athletes, which will likely include some land training (circuits, running, indoor rowing etc) as well as on-water sessions. The number of sessions per week might start at two and will

almost certainly increase as the season progresses. It is important to come prepared with row shorts and a suitable t-shirt (or a rowsuit), thick socks to row in, running shoes, a drink bottle, sunhat and sunblock, a towel, and a change of dry clothes. For colder days, bring a long sleeved top. Remember that wet cotton is not warm – polyprop can be better. Rowing clothes should be relatively tight fitting otherwise they can get caught in the moving parts of the boat. It is very important to commit to the practice schedule as one crew member not turning up means the whole crew might not be able to row. If you are unable to attend a training session, please let your coach know. Typical practice sessions might be weekday evenings at 5pm and Sunday mornings at 8am.

Club/School Rowing

Secondary school students are able to row at club regattas, representing Mercer Rowing Club, and also at school regattas, representing their school. A crew in a club regatta can be made up of a combination of schools e.g., PHS and TK.

Regattas

Throughout the year the rowers attend a number of regattas, starting with a novice regatta at Lake Pupuke in November and culminating in the Maadi Cup in April for crews good enough to attend. Most regattas are one day events, though a majority of club members including many parents spend the weekend at the Blue Lakes regatta in Rotorua in late January. MRC arranges the transport of boats and equipment to and from regattas, and rowers and their families are responsible for personal transport as well as accommodation and related costs. A regatta calendar will be available from your coach.

Annual Subscriptions

The following subscriptions are valid for the 2009/10 season.

Novice	\$450	Coxswain	\$100
Second year plus still at school	\$510	Social	\$290
Senior/Club	\$560	Masters (27+)	\$390

The subscriptions cover equipment use, coaching, all race entry fees (except for masters rowers), compulsory affiliation fees to Auckland Rowing Association and New Zealand Rowing; the club provides a rowing singlet to novices subject to the conditions below. The only additional costs over the entire rowing year are travel to and accommodation at regattas (although the school might charge a rowing fee – enquire with the school for more details). The club raises any other money by holding an annual regatta, applying for grants, and various other fundraising methods. We expect the rowers to help with fundraising efforts if necessary; past efforts have included phone book delivery and a \$100 raffle.

Club Uniforms

MRC racing uniforms are compulsory for all regattas and consist of black rowing shorts (any brand) and a club singlet issued to novice rowers for a \$25 bond, refundable at the end of the club racing season. The club colours are blue with a gold cross. Crews may also choose to buy club polo shirts.

Safety and Club Rules

All rowers are required to read and sign the club rules. Each rower should also be able to swim 50 metres.

Club Structure

The club has five life members including our patron, Jeanette Thomas, and a number of honorary members. It is run by committee, elected at the AGM in May each year, which meets every month at the club house. The 2009/10 committee includes:

President	Paul Reidy	(021 922 795)
Secretary	Sandra Forster	(sandra@silkwood.co.nz, 09 236 0484)
Treasurer	Tricia Balle	(tricia@iconz.co.nz, 09 233 4032)
Club Captain	Sel Stol	(Assistant: Wayne Lewis)
Members	Susy Beaumont, Jim Matchett, Graeme Fausett, Ian Cottle, Neil Pollock, Don Strachan, Juliet Sunde, Jim Walker, Liz Hickey	
Coaches	Jim Matchett, Robbie Holmes, Owen Murray, Trever Simpson, Sel Stol, Wendy Fulton, Kevin Horan	

We are always in need of more coaches and committee members, so any family members interested in getting involved (or even starting to row with the masters) are always very welcome.

Club Rooms

Rowers and their families are asked to help with the cleaning of the club rooms throughout the season, on a roster basis. The roster is posted once crew members are confirmed.

Useful rowing websites

www.mercerrowingclub.org.nz

www.rowit.co.nz

www.university.org.nz

www.rowingnz.org.nz

www.schoolrowing.org.nz

www.worldrowing.com

Useful Rowing Terms

Sculler	Person rowing with two oars (e.g., Mahe Drysdale!)
Sweep oar rower	Person rowing with one oar (e.g., in an eight)
Coxswain	A very important little person, who steers and calls directions
Single (1x)	One person in a boat, sculling with 2 oars
Double (2x)	Two people in a boat, sculling with 2 oars each
Pair (2-)	Two people in a boat, one sweep oar each
Four (4+)	Four people in a boat, one sweep oar each, usually with a cox
Quad (4x)	Four people in a boat, sculling with 2 oars each
Eight (8+)	Eight people, one sweep oar each, always with a cox