

July Holidays – Learn to Row

SPC rowing are now opening our doors to recruit for the 2020/2021 season.

The learn to row course will be running through the July school holidays. The learn to row course will give the boys an introduction to the sport, the sessions will be fun as there will be lots of teambuilding exercises and a small competition at the end of the course.

Rowing is a fantastic team sport that develops fitness and strength. There are lots of opportunities for trips away, Cambridge for races and training camps, and Lake Karapiro for major regattas including the North Island Secondary Schools Champs (NISS) and on alternative years Lake Ruataniwha in the South Island for Maadi (NZ Secondary School Champs). 2019 we took a team over to the England to compete at Henley Royal Regatta.

<https://youtu.be/ul-CKd6Zua4>



Learn to Row sessions

<u>Monday 6th July 2020</u> <u>9.00am – 12.30pm</u>	Introduction to equipment + Water Safety + Water session
<u>Wednesday 8th July 2020</u> <u>9.00am – 12.30pm</u>	Water session + Land Session
<u>Friday 10th July 2020</u> <u>9.00am – 12.30pm</u>	Water session + Land Session
<u>Monday 13th July 2020</u> <u>9.00am – 1230pm</u>	Water session + Land Session
<u>Wednesday 15th July 2020</u> <u>9.00am – 1230pm</u>	Water session + Land Session
<u>Friday 17th July 2020</u> <u>9.00am – 1230pm</u>	Mini - regatta



Transport

School van will be shuttling boys from SPC school gym to and from West End rowing club.
(West End Rowing Club - 26 Saunders Place, Avondale, Auckland 1026)

Drop off

Option 1 - School van will be leaving SPC school gym car park at 8:45am
Option 2 - You can drop your son off for 9am at West End Rowing Club.

Pick up

Option 1 - The school van will return boys back to the school gymnasium car park at 1245pm
Option 2 – You can collect your son from West End Rowing Club at 1230pm

Kit Bag – what to bring?

- Small packed lunch Example - Re-useable water bottle + sandwich + yoghurt/fruit
- Training kit (shorts + t-shirt) + change of clothes/towel
- Lightweight waterproof jacket + warm clothes
- Running shoes/trainers for land training



Parent Feedback

“As a sport it is very disciplined and intense, and I see that it has so many positive influences on their lives in general and in terms of learning how to balance it all and keep it all in perspective”.

“As parents...we liked how it got him off his iPad and how he was around other motivated boys”.

“Rowing has given him some focus and motivation and an end goal”.

“He sees himself improving in relation to the rest of the squad and this keeps him motivated to attend all the trainings”.

“Lots to gain, so many life skills to learn when you join a rowing squad”.

“Around the dinner table we talk a lot about rowing... those conversations help us stay connected with our teen”.

“He is more comfortable with his body and the changes that are happening”.

<https://youtu.be/CVMS8y9wERU> - SPC Rowing 2019/2020 Season

Cost

The cost for the Learn to Row programme is \$200. This fee is payable by the 10th July and is non-refundable.

Coaches contact numbers;

Head Novice Coach (Cameron) – 021 256 2581

Director of Rowing (Sam) – 020 409 13022