

2015/16 Fees:

Novice Rower:	\$280
2nd Year Rowers and up:	\$390
Coxswains:	\$ 65
NZ Rowing Registration : (Compulsory if competing)	\$ 85

Family Concession for 2 rowers: \$525
+ NZ Rowing registrations

Various options for fee payment (auto payments etc) are available through the school and the Club. Feel free to ask!

New Rowers are always welcome no matter what school you are from. We offer a **free trial of 5 to 6 rows** out in a boat for you to judge whether rowing is for you. If you choose to join the club and continue—only then do the fees apply.

Rowing for new rowers is on:
Tuesdays at 430pm or
Sunday at 830am
Come and give it a go!



Club Fees Cover:

- Care, maintenance and minor development of plant and facilities
- Utilities cost of running Boatshed
- Free Gym usage and Equipment
- Boatshed Insurances
- Coach boat fuel & Maintenance
- Accounting fees
- Plant maintenance
- Boat & Oars Insurance

Enquires or Questions?

Please contact Mike via email address below.

Union Boat Club
1 Taupo Quay
Wanganui

Club Contact: Mike O'Sullivan @

alyandmike@orcon.net.nz



ESTABLISHED 1877

Union Boat Club

&

Cullinane College Rowing



CULLINANE COLLEGE

Mo te aroha ki te Atua, kia Oranga, kia Akonal
For love of God, Life and Learning





Welcome

Wanganui is one of NZ's oldest settlements. In Maori and early European settlement days it was part of the national north and south "highway". The River and its history are one of the Country's leading tourism attractions as it winds through 140 kilometers of predominately lowland rain forest.

The tidal lower Wanganui River is regarded as a superb rowing and sculling athlete's training ground. From the former West German Men's Squad to NZ's Olympic Champions and the Billy Webb Challenge - they have produced some of their best performances after intensive training on the River.

Like wise Union Boat Club throughout its history has been at the forefront of National competition. The emphasis has shifted over this time from Heavyweight men's eights to sculling in recent times but the Union reputation for producing top crews and coaches remains.

As well as having a proud heritage the Club is keen to be at the forefront of changes in contemporary rowing and sculling.

Feel free to come down and give Rowing a go!

School Rowing

Rowing in New Zealand is riding a wave of international success, and without doubt we are one of the best rowing countries in the world. There are currently 4 rowers from Wanganui rowing as part of the NZ 2015 squad and there's no reason why some of you couldn't be in the next generation of NZ rowers.

The theory behind making a rowing boat go fast is simple, but in practise it takes a lot of dedication and training both on and off the water. A new rower might start off with 2 to 3 training sessions a week, but as you improve and become more competitive this will increase to 5 or 6. These sessions will involve time on the water, gym work and quite a bit of running. Last year we also had a session down at the fire station going through the fireman's fitness test. This was a lot of fun and we intend to do more of these sorts of activities.

To row you must have strong personal discipline but also have the ability to operate as part of a team. If one person in the boat decides they don't want to put the effort in, then the whole boat very obviously suffers. You will learn life long skills and attributes that can be applied to all aspects of your life.

It might be hard work but it's also fun. Most of your rowing will be here in Wanganui but there's also trips away. Last year we went to Waitara, Clive (by Napier) and up to Lake Karapiro twice. The regattas at Karapiro involve a lot of crews and you're rowing on a course that is one of the best in the world. Its like playing rugby at Eden Park.

At last years Maadi Cup regatta at Lake Karapiro there were 125 schools represented and more than 2000 athletes attended.

School Rowing—continued

Cullinane is a small school at a regatta like this, but we row proud and last year we had a couple of crews make it through to the last days of finals. We're hoping to improve on that this coming season.

We row down at the Union Boat Club next to the Waimarie building. For most of the season we row for the club along with Wanganui Girls College. We then split into our schools for the school regattas which happen during November, February and March at the end of the season.

Regatta/Camp fees

The fees are specific to each regatta/club camp and is calculated on a number of participants attending. These are in addition to individual rower fees which are found overleaf. Generally the regatta fees cover:

- Travel to/from the event
- Boat transport
- All meals at the venue (excluding on-road meals when travelling to and from Regattas)
- Accommodation
- Regatta entry and amenity fees

Family & Club fundraising is done to lower the cost of attendance for all at these regatta's.

Coaching staff—Bob Evans (Club Captain), Butch Brider, Grant Ryder, Mike O'Sullivan

Coaching Program

Our coaches will give all that attend skills on learning proper boat handling, increasing fitness through land conditioning work, and learning the basics of competitive rowing. Participants who commit to a program and complete it become well versed in all facets of sweep rowing including safety, technique, training and competition.