



ST PAUL'S COLLEGIATE SCHOOL

ST PAUL'S COLLEGIATE SCHOOL
ROWING CLUB

ROWING HANDBOOK

2026 – 2027 SEASON



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Welcome

Welcome to the 2026 - 2027 rowing season at St Paul's Collegiate School Rowing Club.

We are all very excited to start the new season, with the introduction of Year 9 girls / U15 girls to our rowing programme.

We hope that everyone involved in the season - rowers, coxswains, coaches, parent helpers and committee members has a wonderful season, with many memories to cherish.



Our Purpose

Our central focus is helping young people challenge themselves, understand that hard work always pays off, and build resilience, teamwork and rowing skills along the way, as well as having lots of fun.

What a rowing season looks like will be different for every individual. This is why we don't set a performance- or result-focused goal for the club. The process is what matters.

Season Overview

Last season we had many senior rowers perform to an excellent standard, finishing as a top-three sculling school in New Zealand. It is fantastic to have such great role models for the truth within 'hard work pays off'.

This season, with the introduction of Year 9 girls to the club, we welcome real growth in our U15 group. We are continuing to grow, with a lot of care and energy being invested in the programme.

We are looking forward to welcoming back our returning rowers into the U18, U17 and U16 groups. The retention of our rowers reflects the support of everyone involved, and the enjoyment of those learning to love a new sport while pushing themselves to new levels.



Regattas we're attending

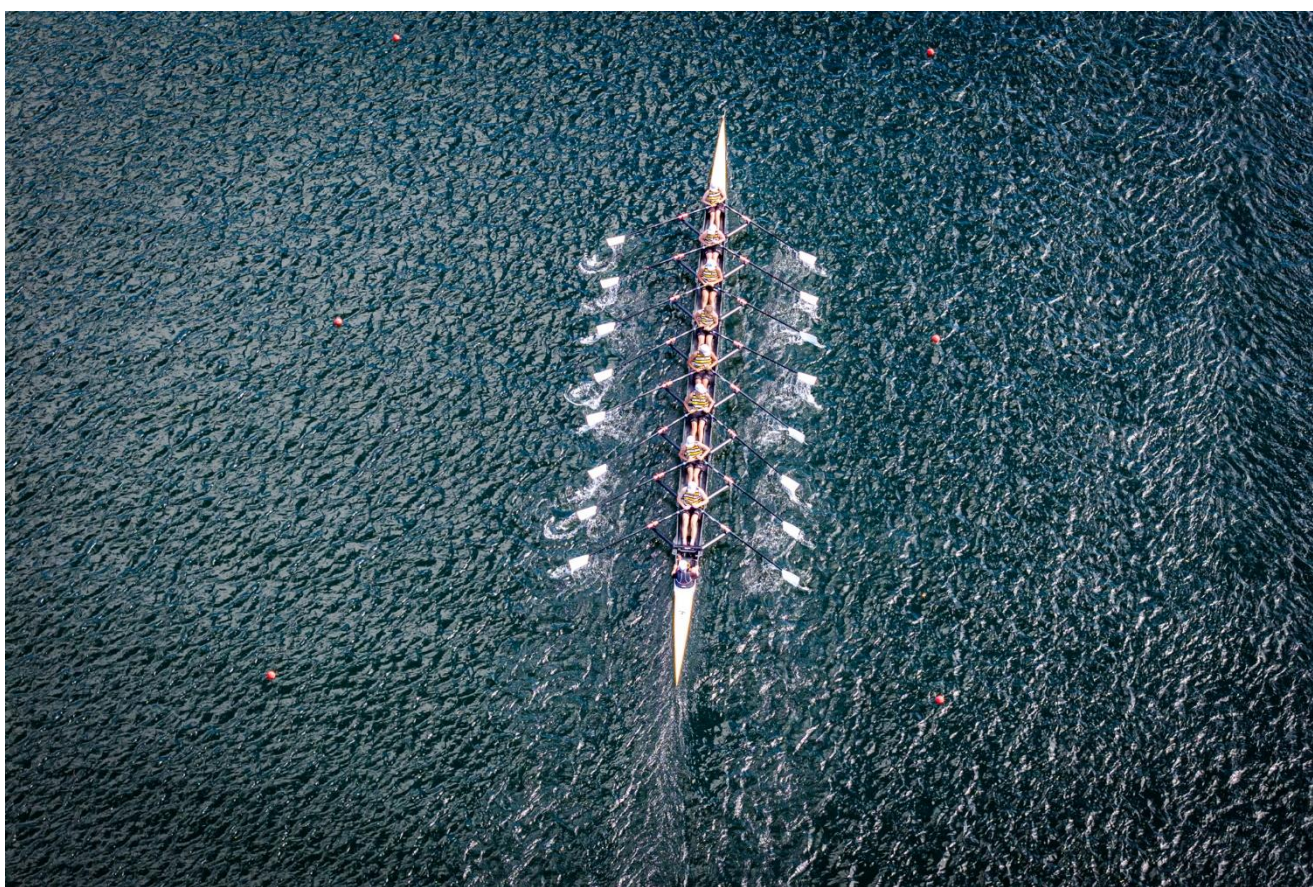
Below is this season's regatta calendar.

Regatta	Date
TA Regatta	31 st October 2026
KRI Memorial Regatta	14 th -15 th November 2026
KRI Club Regatta	28 th -29 th November 2026
KRI Christmas Regatta	11 th -13 th December 2026
<i>North Island Club Championships (TBC)</i>	29 th -31 st January 2027
Junior Aon Regatta	13-14 February 2027
North Island Secondary Schools Regatta	26-28 February 2027
NZ Secondary Schools Regatta — Maadi Cup, Karapiro	15 th – 20 th March 2027

Camp Dates

Camps are a core part of the programme and attendance is expected unless otherwise communicated and arranged with the Director of Rowing.

Camp	Dates
Spring Camp, Epworth	21 st -24 th September 2026
Christmas Camp, Mangakino	5 th -9 th December 2026
January Camp 1, Tihoi/Whakamaru	10 th -14 th January 2027
January Camp 2, Mangakino	21 st -24 th January 2027



Behavioural & Attitude Expectations

Our approach is a High Expectations = High Trust model.

Non-Negotiables

Accountability

Take responsibility for your actions and behaviours. We all make mistakes in life, we're human! Learning to be accountable within the rowing space will also help you in everyday life too. Coaches will help you, but only if you help yourselves and each other.

Don't be afraid to admit to mistakes made, we are all human!

Representation

Be proud to be a rower. Be proud to be a member of St Paul's Collegiate School. Your behaviour, uniform and attitude should always reflect this. Remember, the bumblebee stripes are extremely well known. Bad language and behaviour etc will always be seen, heard and reported on.

We love to hear the feedback from members of the public who share their positive interactions with St Paul's rowers. Please let this always be the case.

What This Looks Like

- Camp bed times - you are responsible for maximising your recovery. Go to sleep!
- Training - be on time and be ready to train. This includes hydration and recovery food.
- Club member - play your part and more. Help without being asked, e.g. coach boats, boat rigging, carrying, loading etc.

It is important that students recognise that when we ask them to do something, ask them to stop, or give them a warning, this is our way of helping them make good choices and avoid getting into trouble. Our biggest expectation is that our rowers and coxswains work hard and show they care. We do not expect every crew to be capable of winning, but we do expect everyone to contribute positively to the Club.

Bedtimes, Camp Policy

After the stated bedtime, if a student disrupts the ability of others to sleep, they will receive a warning. Coaches will not be listening at doors for whispers. Disruption means noise levels waking others, drawing attention from other spaces, or students not being in their allocated sleeping areas. If the disruption continues, the student will be moved to another sleeping space.

In the morning, their caregiver will be called and the student will not be allowed to stay at camp overnight for the remainder of the trip. They can continue to attend daytime training, but after dinner, caregivers will be required to assume responsibility for their child until the following morning.

If this happens at a second camp or overnight event, the student will lose the privilege of staying with the team for any remaining overnight camps (including the Maadi Cup) of the season. Caregivers will be required to assume responsibility for transporting them to and from training daily.

We have had incidents of this in previous seasons. Not only was it disrespectful, but it impacted the daily lives of the coaching team - everyone on camp is tired, and reduced sleep does not help that at all.

We cannot emphasise enough the importance of sleep and recovery, and more importantly, the importance of showing respect to those who make camps possible: coaches, teammates, parents, parent helpers, the accommodation site, and our school.

Remember

What you do when no one is watching is as important, if not more important than what you do when someone is.

The Little Things Make a Big Difference

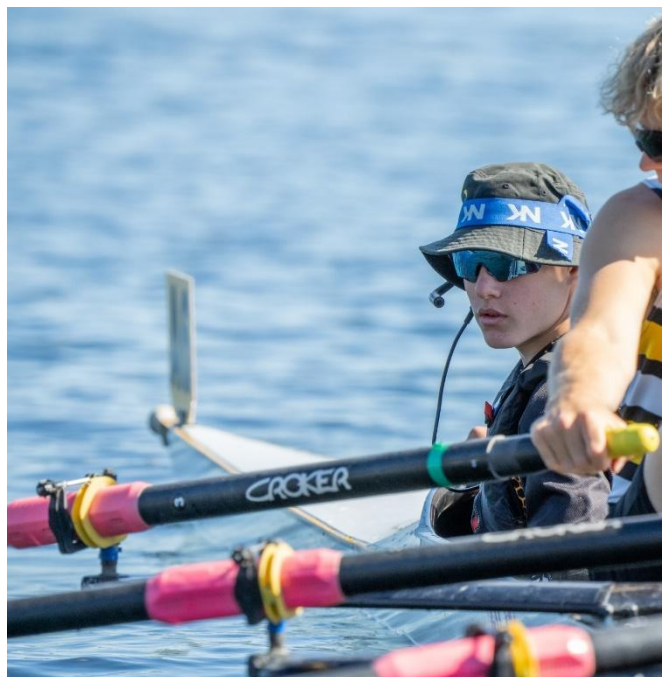
- Pick up the rubbish
- Turn off the lights
- Tie down the boats
- Help the novices with their coach boat
- Give out a kind word
- Praise your teammates
- Thank race day officials and umpires



Leadership & Coaching

Captains and Rowing Leaders

Every year we select our Captains for the rowing club during and after Spring Camp. Those who put their names forward for the role deliver their pitch to the team, followed by an anonymous vote. Our captains and vice-captains support the whole rowing club on and off the water, inspiring and motivating the next generation of rowers coming through and adding their own magic to the club.



Our Coaches

This season we have a fantastic group of rowing coaches — returning faces, and some new faces too!

Bee Dutton - Director of Rowing and Senior Coach

Ethan Cameron - Senior Coach

Roy Pickard - Senior Coach

Charlie Rogerson - Senior Coach

Tori Goodwin - U16 Boys Coach

Bruce Jones - Novice Coach

James Burn - Novice Coach

Phoebe Young - Novice Coach

Graham Smith - Novice Coach

All our coaches have their own rowing stories, knowledge and creative approaches to guide every athlete through their development in the sport. Our coaches give up a great deal of their personal time and should be treated with respect, both on and off the water, by everyone involved in the club.

Coaching doesn't stop as soon as the boatshed is locked. There are tireless hours behind the scenes ensuring the smooth operation of all squads. Please also respect the down time of our coaches. Balancing jobs, families, and rowing deserves quiet moments in the chaos!

A Simple Thank You Goes a Long Way

Please make sure that after every training session, regatta and camp you thank your coaches before you leave. Please ask them if they need any help or assistance.

NZ Secondary Schools Regatta — Maadi Cup, Karapiro 2027

Maadi Cup is the largest regatta in the southern hemisphere. It showcases the fastest crews in New Zealand junior rowing, with many schools including ourselves following a selection criterion to meet to compete. This is to recognise and respect the speed displayed at the National event. St Pauls enters crews, with the aim of rowers finishing within the Top 10 of their categories. We enter to compete, not just to participate.

There will be a full breakdown of our selection criteria released in Term 4.

Our Maadi Squad selection will continue to allow as many opportunities as possible for crews to prove their speed and qualify. This year we will be following the system of:

Event	Date
Top 3 AON Junior	13-14 February 2027
Top 5 at NISS	26-28 February 2027



Weekly Training

An example novice training week is shown below. Squad-specific timetables are confirmed at the start of each term and communicated via the weekly email.

Weekly training will look slightly different for different year groups, and also the Term we are training in.

Term 4:

Novices (focusing on fundamentals, getting the basics right, and learning how to train and race!)

- 2-3 water sessions a week. 1 land session a week.

Seniors (building momentum, speed and strength, maturing racing skills and performance)

- 3-4 water sessions a week, 1-2 land sessions a week

Term 1:

Novices (building speed ready for racing, developing technical skill, and securing the basics)

- 3-4 water sessions a week

Seniors (preparing to race, finalising crews and building confidence in performances)

- 4-5 water sessions a week, 1-2 land sessions a week

Women's Health & The Menstrual Cycle

If there's one thing every female rower shares, it's a menstrual cycle that's completely uniquely her own. It affects how you feel on the erg, how heavy the boat feels on a Tuesday afternoon, and how motivated you are to get up for a 6am S&C session. None of that is in your head, and none of it is something to be embarrassed about.

Periods and the menstrual cycle have historically been a bit of a taboo topic in sport, but knowing how your own cycle affects your energy, strength and recovery is genuinely useful information - the kind top athletes use to their advantage. This page is here to help you get to know your body a little better, and to make talking about it feel completely normal within our club.



Every rower's training, and every rower's cycle, is individual.

The Basics

A menstrual cycle is usually counted from the first day of one period to the first day of the next. An average cycle is often quoted as 28 days, but a 'normal' cycle can run anywhere from around 21 to 35 days - there is no single right answer, and no one to compare yourself to. Across the cycle, the hormones oestrogen and progesterone rise and fall through four broad phases:

- Menstrual phase - the period itself, when the uterine lining is shed.
- Follicular phase - oestrogen begins rising; energy and mood often start to lift.
- Ovulation - a short window around the cycle's midpoint.
- Luteal phase - progesterone rises then falls; some athletes notice heavier legs, lower motivation or disrupted sleep in the days before their period.

Finding YOUR Normal

The most important thing to understand is that the impact of the cycle on training is different for every single rower. Some notice almost nothing. Others notice real swings in energy, strength or recovery at particular points

in their cycle. Neither is more 'normal' than the other. The goal isn't to find the normal — it's to find your normal, by paying kind, curious attention over a few months.

Fuelling Through Your Cycle

Your nutritional needs shift a little across your cycle, alongside your energy and mood. None of this is about eating less or 'watching' anything. You are an athlete in training, and your body needs consistent, generous fuel all month round. These are simply things that can help you feel your best at each stage:

Menstrual Phase

You may lose a little iron during your period, so this is a great time to lean into iron-rich foods: red meat, chicken, eggs, lentils and leafy greens, paired with a source of vitamin C (like citrus fruit or capsicum) to help your body absorb it. Warming, comforting meals and plenty of water go a long way, and foods with magnesium: nuts, seeds and dark chocolate can help ease any cramping.

Follicular Phase

As oestrogen rises, a lot of rowers feel their energy lift and find training starts to click. Keep fuelling well around your sessions. This is often a great phase to hit a strong block of training, so don't hold back on fuelling before training.

Ovulation

Energy and strength are often at their peak around this point in your cycle. Make the most of it with solid pre-training meals and enough carbohydrate to back up bigger sessions - it's a great window to target a big PB piece or race, if the timing lines up.

Luteal Phase

Your metabolism rises slightly here, so it's completely normal to feel hungrier or to get stronger cravings - that's your body asking for more fuel, not a lack of willpower. Warming, complex carbs (like porridge, kumara or brown rice) and magnesium-rich foods can help with mood and energy dips. This is not the phase to under-fuel ... if anything, your body is asking for a little more care.

A Note on Fuelling

Rowing is a demanding endurance sport, and under-fuelling -at any phase of your cycle makes you slower, not leaner. If you ever find yourself wanting to eat less around training, please talk to a parent, coach or GP. We are all here to help you.

Why Track Your Cycle

- It helps you understand your own patterns in energy, strength and recovery.
- It allows you (and your coach, if you choose to share) to plan around energy peaks and dips, useful for timing hard pieces, ergo tests or racing where possible.
- It helps you notice changes early. Irregular or missed periods can be a sign that your body isn't getting enough fuel for the training load it's under (sometimes called RED-S, Relative Energy Deficiency in Sport), which is always worth mentioning to a parent, coach or GP rather than pushing through quietly.

Apps That Can Help

- FitrWoman : built specifically for female athletes; links your cycle phase to training and nutrition guidance.
- Clue : a clean, science-backed general cycle tracker.
- Flo : widely used, with good symptom and mood tracking.

- Apple Health / Samsung Health: built into most phones, for simple period and symptom logging.

Please Note

Tracking apps are a tool for building awareness of your own patterns. They are not a diagnostic or medical device. Please talk to your GP if you experience pain that stops you training, very heavy bleeding, or a missed period.

Talking to Your Coaches

Our coaching team, female and male, is genuinely happy to talk about this. Cycle-related fatigue is legitimate information to share when planning a session, not an excuse, and the more normal this conversation feels, the healthier and better-informed our whole team becomes.

Men's Health, Growth & Puberty

The teenage years spent in the rowing programme coincide with some of the biggest physical changes of a young man's life. Understanding what's happening and why helps make sense of changes in strength, coordination and mood, both on and off the water.



Strength and technique both develop through the teenage years — patience pays off.

Growth Spurts & Strength

Rising testosterone through the teenage years drives increases in height, muscle mass, lung capacity and power. This is a big part of the jump in ergo scores and boat speed that many boys experience through high school. Timing varies hugely between individuals, some grow early, some grow late, and both are completely normal. Try not to compare your development timeline to others; it tells you very little about where you will end up.

Growth & Injury Risk

During a growth spurt, bones often lengthen faster than the muscles and tendons attached to them. This can leave you feeling tight or temporarily less coordinated, and can increase the risk of overuse injuries, particularly around the hips and knees, and the lower back, given how heavily it is loaded through the rowing stroke.

- Keep warming up properly, even when you feel like you don't need to.
- Focus on technique over raw effort, especially during a growth spurt.
- Speak to a coach early about niggles - small issues caught early stay small!

Sleep, Appetite & Equipment

A breaking voice, needing far more sleep, and being constantly hungry are all normal signs that the body is doing a lot of rebuilding work. Fuel and sleep are not optional extras during this time, they are part of training.

As you grow, your span/spread, foot stretcher position, and even oar length may need adjusting. If the boat suddenly feels wrong, it might simply be that you've grown. Talk to your coach about re-rigging. This is completely normal!

Fuelling Your Growth & Training

Rowing is already one of the most physically demanding sports out there, and during a growth spurt your body is trying to build new height, muscle and bone on top of that training load at the same time. This is exactly when good, consistent fuelling matters most, under-eating here doesn't make you leaner or fitter, it just leaves less for your body to grow and recover with.

- Protein, at each meal; eggs, chicken, beef, fish, dairy, or beans and lentils gives your body the building blocks to repair and grow muscle after training.
- Carbohydrates; rice, pasta, bread, potatoes and fruit are your main fuel for hard erg pieces and water sessions, and for topping recovery back up afterwards. Don't be afraid of a big plate of carbs before or after training.
- Calcium and vitamin D; dairy, fortified milks, eggs and some time in the sun support the bone growth happening rapidly during your teenage years, especially with the loading rowing places through your back and hips.
- Iron; red meat, chicken, eggs and leafy greens helps carry oxygen around the body, which matters even more as your training volume and muscle mass increase.
- Water, all day, not just at training. Mild dehydration makes hard sessions feel much harder.

A Note for Growing Rowers

It's completely normal to feel hungry all the time during a growth spurt... that's your body asking for fuel to grow and to recover from training, not a sign you're overeating.

Big appetite swings, constant tiredness, or a noticeable drop in strength or motivation are worth mentioning to a coach or parent, rather than pushing through quietly.

It's Not Just Physical

Hormonal changes can affect mood and confidence too, and that is entirely normal. If things feel heavy physically or otherwise, talk to a coach, parent, or GP. Looking after the mental side of growing up is just as much a part of the programme as looking after the physical side.

Safety Resources

To ensure that everyone involved in the rowing club has a safe, enjoyable and rewarding experience, we need to carefully manage the following resources going into the 2026–2027 season:

- Coach to athlete ratios
- Off water supervision
- Safety boat coverage
- Large group management
- Number of boat seats
- Number of training slots
- Number of coaches
- Number of coach boats
- Transport logistics
- Camp availability

Club Finances

Rowing is a resource-intensive sport. Here is an honest breakdown of where the money goes, so everyone understands the true cost of running the programme.

Item	Estimated Cost
Food budget	\$46,000
Coaches' salaries	\$86,000
Maintenance (shed, vehicles, trailers, rowing & coach boats)	\$44,000
Camp accommodation	\$30,000
Regatta costs (excl. food)	\$23,000
Affiliation fees	\$11,000

Coaches' salaries sound like a lot, but broken down across the season it reflects a large number of volunteer and contracted hours our coaches put in. Plus many other expenses give an annual estimated club spend of around \$300,000.

Of individual fees, around \$1,700 goes instantly toward fixed costs. Food, accommodation and race entry fees. Broken down further, this works out at approximately \$50 per regatta day, \$70 per camp day, and around \$10 per day for the remaining non-regatta, non-camp days of the season.

There are strict withdrawal dates that affect eligibility for a refund. The majority of rowing costs are paid in advance

Finance Questions

Please direct any finance questions to our Treasurer, Wendy Morrison - treasurer@stpaulsrowing.nz

Communication & Parent Involvement

How We Communicate

- Emails
- Consent2Go
- Club website
- Google Classroom
- Parent WhatsApp groups
- Whatsapp Groups for Rowers

Parent Involvement

So we ask you for lots of money, and then we ask you for what for many is even more valuable ... time and energy!

Rowing fees are expensive, but they would be a great deal more without a huge investment of parent help.

Parents have an integral role in many aspects of the club. From towing coach boats, to helping prepare meals on camp, assisting with fundraising, and baking for the supporters' tent. There is a role for everyone to contribute in some way.



A Final Word



Life Beyond the Finish Line

One day, every rower in this club will cross their last finish line in a St Paul's boat. What stays with them long after that is rarely the split times or the medals. It's the 5am van rides, the inside jokes with the person in the seat behind, and the quiet pride of a crew that finally got the timing right after weeks of trying.

Rowing has a way of teaching lessons that don't show up in any results sheet. Crews learn what it takes to trust the people around you, to keep showing up when it's cold and dark and no one would know if you didn't, and to be genuinely happy for a teammate's success. Those are lessons that last a lifetime, well beyond the sport itself.

Not every session, camp or race goes to plan, and that's exactly where a lot of the growth happens. Crews that work through a bad piece, a selection disappointment, or a tough conversation together usually come out the other side closer, not further apart. Our coaches and older rowers have all been there and understand the peaks and troughs of sport, particularly rowing.

The friendships built in a rowing club are a particular kind of friendship. Many of our old boys and old girls remain each other's closest friends' years, even decades after their last race, and the wider rowing community continues to open doors long after school finishes.

Our Hope for You

That you leave this club not just a better rower, but a part of a group who've always got your back, a genuine appreciation for hard work, discipline, self-belief, and confidence in yourself that you can do anything you put your mind too!