

AUG 2013



MERCER ROWING CLUB INC. – ESTABLISHED 1909

# NEWSLETTER

## Building Update

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Reidy McKenzie Ltd has made great progress on the building work lately. The squash courts are nearly finished ready for coach boats in one side and small boats in the other, all that is needed now is floor covering and racks. The upstairs room is built and lined and it is HUGE, and the new toilet blocks are all ready for the bathroom fittings, plumbing to be completed and finishing done. The hall will soon be cleared out and the gear put back into the boat shed. The builders aim to be finished their part around the end of September and we hope to have council sign off sometime then as well. After we have that we are able to use the showers and toilets. During the construction period please be aware that **the club**

**is a building site and care must be taken at all times.**

There will be a number of working bees coming up so please pitch in do your bit to get the clubhouse sorted – you will be notified by email of working bee dates.



## Club Captain's News

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The new rowing season is fast approaching and we are anticipating it will be our best yet. Apart from the new building facilities which will be so much better to use we have other good things happening as well.

**Equipment:** This winter we have purchased an additional 4x/4+ boat and a few new oars plus we have refurbished a good number of the existing oars. The two damaged boats are away getting fixed right now. A new double boat is also on the wish list to purchase once we have the funds. Also on the new list will hopefully be some new racks to house the boats if we are successful with a funding grant. Fingers crossed.

**Learn to Row:** A decision has been made by the coaches and the committee not to run the formal learn-to-row programme this year like we did last year as the club membership is nearing capacity now. It was decided

that coaches could take novice rowers if they felt able to, having allowed for their current workload.

**Coaching:** The club is starting a buddy coach programme this season. Each coach will have a person (ideally a parent) on board as a buddy coach to attend trainings with them and help with supervision on the water especially with small boats. The buddy coach will be taught coaching skills as they go along and will assist the coach a great deal once the busy school season starts. Some of you who have heard about this have jumped in already but if you keen on this would like to be part of it please either talk to the coach of your crew or contact me (Trudy – 09 232 8497). You will be given training to obtain your safety boat certificate and the level 1 coaching certificate course is being held on Sunday 1st September. So please contact me very soon if you want to do this.

- Trudy

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## Subscriptions 2013-2014 Season

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At the AGM in May some decisions were made about changes to the fees for the coming season. There was a need to simplify things for both members and the club accounting so there is now one fee payable in which all fees are included. There is no longer a separate equipment levy to fundraise for nor will managers be running around collecting boat towing money at regattas which gets pretty annoying. We are committed to keeping the fees as low as possible for all members so luckily the financial brains amongst us have successfully balanced the steadily rising costs of operation so that this season the fees are pretty much the same as last season when you add it all up.

Novice (\$100 discount applied)	\$750
School Rowers (second year and over)	\$850
Coxswains	\$110
Club Rowers	\$650
Masters	\$250 (pay own entry fees)

Coaches are exempt from fees

Divide \$850 by 30 weeks in the season that's \$28.33 per week... pretty good really.

Fees are set according to the following costs to the club: ARA fees, NZ Rowing fees, Karapiro levies, regatta seat fees, cost of running the club (insurance is a huge portion of this), costs of maintenance and repairs to rowing boats and equipment, fuel, equipment purchases, coaches costs, training and safety, boat trailer towing, coach boats, purchase of new boats etc.

If you would like to discuss any of the details about fees please come to a committee meeting, talk to a committee member or request a copy of the financial report.

Rules and Conditions:

Fees can be paid in two ways

1. Pay all on registration day (beginning of October)
2. Pay some on registration day and make arrangements with treasurer for progressive payments

Full fee amounts must be paid by the end of January 2014 unless...

If a member is a dragstrip worker they will pay \$550 by end of Jan and an invoice sent for the remainder after the drags money is all in at the end of March.

The club accepts cash, cheques and direct deposit payments. The bank account details are: Mercer Rowing Club, ASB Bank Ltd, Pukekohe 12 3023 0465963 00 (it is very important to use rower surname as reference and email [down.cow@hotmail.com](mailto:down.cow@hotmail.com) to advise treasurer of payment).

### DRAGSTRIP GATEKEEPING

Our club have been offered the contract to run the Meremere Dragstrip gatekeeping again this summer. This is a great fundraiser and it proved to be a great way to reduce our fees last season. The beauty of it is that the money you earn is directly attributed to the fees you owe, it is not a general fundraiser.

Make sure you put your name down for some shifts when the notice comes out later this year.

### SAFETY SPOT

**Every session, no matter what the weather, bring an extra set of dry clothes and a towel in case you get wet or fall out of the boat.**

Thermals are great to layer up with and can always take layers off if you get hot. Keep warm, including your head, when weather is cold. River conditions are known to change quickly so be prepared always.

**PERSEVERANCE OVERCOMES DIFFICULTIES**

## 2013-2014 Regatta Schedule

Takapuna Regatta	Lake Pupuke	Sat 26 October
Spring Regatta	Karapiro	Sat 16 <sup>th</sup> – Sun 17 <sup>th</sup> November
Bennett Shield	Lake Pupuke	Sat 23 <sup>th</sup> November
Karapiro Club Regatta	Karapiro	Sat 30 <sup>th</sup> November
Mercer Regatta	Mercer	Sat 7 <sup>th</sup> December
Xmas Regatta	Karapiro	Fri 13 <sup>th</sup> – Sun 15 <sup>th</sup> December
Blue Lakes Regatta	Rotorua	Sat 18 <sup>th</sup> - Sun 19 <sup>th</sup> January
Cambridge Town Cup	Karapiro	Fri 24 <sup>th</sup> – Sun 26 <sup>th</sup> January
NI Club Champs	Karapiro	Fri 7 <sup>th</sup> – Sun 9 <sup>th</sup> February
Head of Harbour	Lake Pupuke	Sat 15 <sup>th</sup> February
NZ Club Champs	Karapiro	Tues 18 <sup>th</sup> – Sun 23 <sup>rd</sup> February
Junior Regatta	Karapiro	Sat 1st – Sun 2nd March
NISS	Karapiro	Fri 7 <sup>th</sup> – Sun 9 <sup>th</sup> March
Maadi Cup	Lake Ruataniwha	Mon 24 <sup>th</sup> – Sun 30 <sup>th</sup> March

Your coach will let you know which regattas your crew will be attending but it pays to pencil these all in your diary anyway. The Blue Lakes Regatta is the one the whole club attends so put that in as a definite.



Our Medal Haul—North Island Masters Champs, Hamilton 2013

Back: Rob Holmes, Alan Cleaver, Glenn Hutley, Chris Betty, Marty Melchers, Mike Dawson, Sharon Bray, Trudy Moulden, Phil Turton, Matt Birch. Front: Toni Cavey, Zoe Turton (coxswains)

### SITUATION VACANT

#### Tech Savvy Person for our Website and Facebook

A small job but an essential one involving the maintenance of current information on MRC website and on the facebook page. This would suit a website savvy parent or even a senior student. Approximate time involved: less than 1 hour per month but you may want to spend more time and improve them if you like. Contact: Tricia Balle or Janis Birch

## PRE-SEASON WHOLE CLUB GET TOGETHER & BBQ PLUS REGISTRATION & UNIFORMS

**Saturday 31st August at 3pm**

**Catch the vision for the season, have a look around the building, socialise, get yourself registered and uniforms sized and ordered. Bring the family. Pokeno sausage in bread \$1 Pokeno bacon roll \$2 Cans of drink \$1 BYO if you like**

Uniform and Registration Notes: If you absolutely cannot be there please let us know and we can work something out. (see back page for contact info.) If any new rowers join later —uniforms can be ordered separately. Singlets are phasing out this year for school and club rowers. Existing singlets are OK but new orders are only rowsuits. Masters singlets remain the same. Second hand rowsuits can be sold back or traded up for bigger size.

I arranged to meet Cody at the club on a sunny Sunday morning in July, a stark contradiction to the wild and sodden weather leading into this weekend. A tall 6 foot 3 young man came up and greeted me with a strong hand shake and a modest open disposition. You might think that Cody Welch was just an average laid back 17 year old kiwi lad – however you would be mistaken because he is one of Mercers rising talents who was selected to train with the Auckland Light Blues these past few months. Cody is a local Tuakau College student who has been rowing for less than a year and already he has been recognised as a talented rower. His doubles partner last season was Andrew Schwass and Cody is quick to point out the Andrew only narrowly missed selection too - which is testament to their coaches Murray Twining and Chris Betty. It soon became apparent that there is a lot more to this dedicated young athlete.

**Q. Where did you grow up?** In the Franklin area – we moved around a bit.

**Q. Who were your sporting idols when you were growing up?** If it's to do with rowing Mahe' Drysdale. Outside rowing, Daniel Carter.

**Q. How did you get into rowing?** Through the learn to row program. Our school hadn't done rowing before this year and they wanted team members so I put my name down for it. I wanted to get into rowing about a year before but didn't go ahead so when it came up I thought 'Yep I want to do that'.

**Q. What would you say has been your greatest moment in rowing to date?** The North Island Secondary Schools. In our double we came first in the B finals. We were pretty happy about that. We would have got in the A final - we only ended up in the B because we had problems with the boat in the semi's. It had an old gate on it and the pitch block was fully out of it and we only noticed when we put the boat in the water. We had to run around looking for one. They held the race up for us. We had to improvise and got one that wasn't the right size for it. So we caught a few crabs on the way down the track. Yeah we came 5<sup>th</sup> in the semi's which made us not get through to the A's. We were happy about winning the B's. Our B time was pretty high up there and we would have come in the middle of the pack in the A Finals. We won by probably about 7 lengths of everyone in the B final and we were pretty happy with that.

**Q. How did you find out you had been selected by the Light Blues?** I got an email saying that I was identified as promising.

**Q. How did that feel?** Yep it was pretty exciting. It was a bit of a shock really.

**Q. Did it come out of the blue?** I had to be nominated for it and I had to submit my erg time etc.

**Q. What was the erg time you had to do?** You had to get under 7 minutes - okay so my erg time was 6 minutes 58 (he laughs) so I just got in by just 2 seconds.

**Q. Did you have to work to get it down to that with special training?** Yeah I did lots of running and leg presses. My coach gave me a leg press to use.

**Q. Take us through your average training week leading up to selection?** We were training 5 days a week. Early Tuesday mornings before school, Wednesday after school, Thursday's before school and Friday's after school and then Sunday's mornings.

**Q. Were the morning secessions on the water?** Yep 5 o'clock starts. It was summer so it wasn't too dark.

**Q. How different is the training you are doing with the Light Blues to the training you do with Mercer?** It's more technical training. It's about exact timing - and you have to be precise with everything. We focus on different parts of the stroke precisely and look at everything. It's changed my rowing a lot.

**Q. How important was your diet in your training?** Very important. You just have to eat as much as you can (he laughs). **Any particular diet tips?** Just eat as much meat as you can – lots of protein. Lots of carbs before racing. In the morning on race days I'd eat heaps of Weet-bix like maybe 9. Make sure it's two hours before the race starts though. On race days my main food was "Creamed Rice", that was a suggestion from my coach. I love it.

**Q. Have you ever had any embarrassing moments while you have been rowing?** No but I know Andrew has though. When we won the B final all the Puke girls were standing on the pontoon and they were singing out to Andrew "Andrew the camel had three humps – Andrew the camel had two humps...." It was quite funny and it was loud and everyone could hear. He was embarrassed.

**Q. Who is your favourite New Zealand rower at the moment?** Eric Murray

**Q. What is your goal in rowing, say in 5 years?** To make it into the RPC (Regional Performance Centre).

After the interview on my way home I couldn't help reflecting that it's quite possible that I have just had the privilege of being the first person to interview one of our next generation of super star rowers.



# Who's Who @ MRC

**President** – Trevor Simpson

**Vice President** – Phil Turton

**Secretary** – Maria Ellmers

**Treasurer** – Sheryl Cleaver

**Club Captain** – Trudy Moulden

**Life Members** – Jeanette Thomas, Murray Twining, Suzy Beaumont, Trevor Simpson, Charles Haggie, Ian Cottle, John Provo, Reg Douglas.

**Patron** – Jeanette Thomas

**Funding** – Tricia Balle

**Safety Officer** – Marty Melchers

**Hall Hire** – Suzy Beaumont

**Coaching** – Jim Matchett, Graeme Smith, Rob Holmes, Neil Pollock, Chris Betty, Murray Twining, Owen Murray, Richard Beaumont, Trevor Simpson & Trudy Moulden

**Boat Maintenance** – John Provo, Ian Cottle & John Newfield

**Petrol supplies** – Marty Melchers

**Membership** - Janis Birch

**Website and Facebook** – SITUATION VACANT

**Dragstrip Gatekeeping Co-ordinator** - TBC

**Newsletter** - Mike Morrow

**Uniforms** - Dawn Murphy

**Building Committee** – Graeme Fausett, Paul Reidy, Tricia Balle, Jim Matchett, Trevor Simpson, Ian Cottle, Don Strachan, Susy Beaumont, Neil Pollock

**Mercer Regatta Co-ordination** – Don Strachan, Maria Ellmers, Joanne Goulstone, Tricia Balle

**Regatta entries & RNZ administration** – Don Strachan & Tricia Balle



Beside the mighty Waikato River with 'the best stretch of rowing water in the region', sits Mercer Rowing Club Inc., established in 1909 and still going strong.

TRADER LANE, MERCER, NEW ZEALAND

P.O. BOX 690, PUKEKOHE 2340

## CLUB CONTACT DETAILS

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We're on the web...

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



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