

JAN 2014



MERCER ROWING CLUB INC. – ESTABLISHED 1909

# NEWSLETTER

## BLUE LAKES REGATTA

17–19th January

In 10 days we will all be heading down to Rotorua for the annual Blue Lakes Regatta also known as the Dewar Shield. The whole club attends and competes, plus we stay at the same place and have big club BBQ together on Sat night. Following is some information that you will need to know about it especially if you are new to rowing. The remainder of the information pertaining to your crew will come directly from your coach or crew manager.

**Boat Loading**— this will be on Thursday 16th Jan at 4.30pm. We will be loading 2 trailers. All crews to provide half their number for the loading and if you can't make it—swap with someone.

**Friday 17th Jan** —the boats will arrive there early/mid afternoon to secure our usual spot on the lakeside. Please can all crews arrange 1 carload from their crew to arrive at the Lake mid afternoon to put up marquees, rig some of the boats that are in the first races the following morning etc. Coaches will let the remainder of their crews know where to be and at what time on the Friday.

**How to get there** – from Rotorua take State Highway 30 turn right into Tarawera Road, the first lake you come to is the Blue Lake (Lake Tikitapu). Plenty of parking on domain (\$5 per day). Some food and drink to buy. No cell phone reception. Nice walking track around the lake.

**Accommodation**— every year we reserve a number of cabins at the Rotorua Thermal Holiday Park as per the emails about this a few months ago. Many of you snapped up the cabins quick smart and they are now all gone however there are plenty of tent sites available.

**Club BBQ** for all club members and families — Saturday night at the Thermal Holiday Park - BYO drinks, plates and cutlery \$5 per head, cash will be collected by your manager at the lake on Saturday morning, (extra bods welcome). Each crew organises a portion of the food prep. As follows: Robs crew—make meat patties and man the Barbies, Jim's and Mike's crews—prep all salads and coleslaw, Neil's crew — set up BBQ area, plates etc and pack down/clean up at end, Chris's and Grahams crews—prep and cook new potatoes, make devilled eggs, prep onions for Barbie, do all the shopping. Your crew manager will be given a few more details on what is involved.

Pack up at Lake on Sunday afternoon is done by everyone and boat unload and re-rig back at Mercer will be done by the other half



## SECURITY OF PERSONAL GEAR

Whilst we are having several different clubs using our facilities over the next month for training camps, please ensure all rowers, coaches etc leave their personal items, gear bags etc in the squash court area or boat shed, somewhere sensible where no-one will walk into them.

Please do not leave your bags, clothing and shoes etc in the toilet areas as we will be sharing these facilities with the campers.

Also whoever is training during January please make sure that the doors to the mens toilet area is secured from the boat shed so campers cannot not access our boat shed. Plus that the boat shed door from the hall area is also secured before leaving.

### AWESOME APP OF THE MONTH

**CrewNerd** by Performance Phone LLC \$64.99



For athletes — gives you real-time performance information during your workouts. The application works much like an NK SpeedCoach device but with many additional features. CrewNerd runs on both iPhone and Windows Phone. Our newest feature, called "Live Tracking", allows you to transmit your data over the internet, securely and in real time.

For coaches — CrewNerd and the Live Tracking viewer provide a live view of your team during practice or competition. Because CrewNerd Live Tracking is relayed through the internet, there are no issues with WiFi range. Track speed, distance, stroke rate, heart rate, and much more in real time. Use the map view to keep track of your boats no matter where they are.

### WATER

THE CLUB HAS RECENTLY INSTALLED A STATE OF THE ART UV WATER TREATMENT AND FILTER SYSTEM PLUS THE TANK HAS BEEN EMPTIED AND SCRUBBED CLEAN. FRESH WATER NOW FILLS THE TANK AND WE ARE CONFIDENT OUR WATER DRINKABILITY PROBLEM IS PUT TO BED.

CLEANING ROSTER	FORTNIGHT BEGINNING	CREW
	29 Dec 2013 – 25 Jan 2014	Rowing Camps
	26 January 2014	PHS U15 boys
	9 February 2014	Club Men
	23 February 2014	Club Women
	9 March 2014	Masters
	23 March 2014	Tuakau College

### CARE FOR YOU BLISTERS

Summer warmth & low river levels can lead to infections of cuts and blisters from the river water. Always wash your skin after rowing. Remove sticking plasters and strapping tape after rowing and wash with fresh water. Use antiseptic cream and re-dress.

Editors Notes:

Humble apologies for not putting out a December newsletter— Christmas snuck up on me and my work got very busy so the newsletter found itself on the bottom of the list.

Advertisements or notices for the newsletter should be emailed to me (Janis) at brsl@xtra.co.nz before the 15th of the month.

### DRAGSTRIP GATEKEEPING FUNDRAISER

Drags continue until early March so if you want to earn money off your fees contact Co-ordinator Mel Skelton. There are a few vacancies left for the dates in 2014 so contact her now if you want to be in. Please email Mel at mel\_nz09@hotmail.com.



Q. How old are you? I'm 15  
Q. What school do you go to? Pukekohe High School  
Q. How long have you been rowing? This will be my second season now  
Q. Who is your coach? Graham Smith  
Q. Who is your favourite NZ rower? Eric Murray  
Q. What is your top rowing tip? Keep fast off the back. Eyes in the boat..  
Q. what do you like about rowing? Girls!  
Q. What do you like about Mercer club? Everyone really nice and extremely friendly.  
Q. What is your best result so far? 3rd place in B finals for Novice four last year.  
Q. Are you going to Maadi in March? I hope so. That would be fun.  
Q. What categories do you row in? Mostly doubles and quads at the moment.  
Q. Who do you double with? Sam Farmer  
Q. What was the last movie you saw? Hunger Games II. The ending killed it—it was so bad.  
Q. Are you reading any books at the moment? I'm going to check out the hunger games on the internet.

JACK BAXTER



GERRY MELCHERS

Q. How old are you? I'm 16  
Q. What school do you go to? Pukekohe High  
Q. How long have you been rowing? Three years  
Q. Who is your coach? Graham Smith  
Q. What is your top rowing tip? Control the slide.  
Q. What do you like about rowing? The girls!  
Q. Who is your favourite NZ rower? Eric Murray  
Q. What do you like about Mercer club? It's very friendly and close I guess.

## MRC Uniform

As you know Mercer Colours are Royal Blue, Golden Yellow and Black.

Please ensure you:

- Wear **black** tight fitting row shorts if you are wearing the Mercer Singlet for competition
- Wear either **black** (or white) tightly fitting tops under your rowsuit or singlet when needed for warmth.
- Tops vs Bras... In down time girls may only roll down their row suit tops if their undergarment is a plain black sports top similar to the one pictured. Skimpy styles of undergarments and sports bras are not acceptable even if they are black.
- We are able to source Canterbury stubbies in true MRC colours for \$27.50 each (standard sizes). Please email Dawn (email address back page) if you would like a pair.
- Caps—black with MRC Logo \$15 each - will have them at Blue Lakes if anyone wants one.



## Mercer Museum

Recently the Mercer Museum was opened. The Museum is the brain child and latest project undertaken by our Patron Mrs Jeanette Thomas. You may recognise this name as one of our boats. Mrs Thomas is also daughter of Caesar Roose – one of the founding members of the Mercer rowing club. I went along to the opening not really knowing what to expect. Over 100 people attended the opening. There were many amusing stories told of Caesar Roose by his family and friends.

The Museum is a great historic record of Mercer. There is a room almost exclusively dedicated to the Mercer rowing club and its past members who represented New Zealand at the Commonwealth Games and Olympic games. I was very fortunate to meet one of these elderly gentlemen – Mr Reg Douglas. Mr Douglas won two Gold medals at the 1954 and 1958 Empire Games (later to become the Commonwealth Games) along with fellow local rower Mr Bob Parker. Our club has two boats named after these two rowers.

Toni-lee Stevens was a successful young rower over the last few seasons. She was trained by Rob Holmes. Toni rowed a few seasons back in a very competitive Quad from Te Kauwhata College. When the Quad broke up Toni continued to row stroke in the double with her school mate Britney Wallace. Toni retired from racing this year after an old knee injury became too problematic to continue so she has volunteered to become a Buddy Coach for Rob Holmes and Neil Pollock. Rob was instrumental in introducing Toni to rowing. Rob is Toni's mum's landlord and the story goes that Rob often saw Toni dancing at the bus stop waiting for the school bus. Ever the 'Scout' for new rowers – Rob saw that this kid had rhythm- an all important talent for a stroke .... and that is how the story began.

I'll let Toni take over from here...



### **TONI-LEE STEVENS**

#### ***Q. How long have you been around rowing?***

Well it's kind of a long story. When we moved into our house Robs actually our landlord, so I kind of got into rowing from him. He saw me growing up because I've been there since I was seven so he saw me growing up and basically said you are going to be a good rower - and made me row so that's how I got into it. I've been rowing for three years but I've stopped now because of injuries – so ah yeah.

#### ***Q. So what do you do now around the club?***

I've been adopted coach for some of Robs novices so I coach and train them. (editors note: since the interview these novices pulled out so Toni now helps Neil and Owen coach the PHS girls).

#### ***Q. What would be your best coaching tip for them at this stage?***

Ahh the one that I have acquired from Rob and is my favourite tip is "Boob's out" Which basically means put your chest out and sit up straight. It helped me get through when I was rowing. It reminded me to sit up straight and ,,,,, yeah.

#### ***Q. Who is your favourite new Zealand Rower?***

Eric Murray, because I've met him personally because his dad is my science teacher at school. So I've had a couple of one-on-one conversations with him and have had a few good rowing tips from him. I can't really remember them because it was ages ago but it was a good experience being able to talk to him.

#### ***Q. What do you like most about Mercer Club?***

It's just a friendly bunch. Everyone is quite close knit and you can say 'Hi' to anybody and you know they will say 'Hi' back and you can have good conversations with them.

# PRESIDENTS MID-SEASON REPORT

First of all 'Welcome' to this year's intake of novice rowers. These last two seasons have seen the club expand to an all time record number of members. There are exciting times ahead as our membership now exceeds over 100 active rowers. As you are all aware our new club room expansion and development has almost drawn to an end and we have a stunning new venue to show case.

This year we are also introducing crews that have been made up from various schools who now represent the club at regattas and will continue to race over the season in their respective events. This opens up the opportunity for any club member to row in a top club crew, based on their own personal performance. Already this year we have had some good results from these blended crews. In the recent Spring regatta two mercer boats were in the A final. Our men's club coxless quad finishing in 5<sup>th</sup> place ahead of the U17's eight.

The large number of rowers that we now have competing brings with it certain challenges for our committee, coaches and members to rise to. One of the challenges this large membership brings is the added stress on regatta day to ensure that each crew gets on to the water in time to race. Already some family members have stepped into various assistant rolls as 'buddy' coaches while another core group of parents are as ever always on hand, ready to help out with boat loading, rigging at regatta's and unloading at the end of the day. We still however welcome any further assistance from family members so to all parents whether a seasoned regatta goer or the parent of a new novice, please do not be afraid to approach a coach and offer to help out on regatta day. There is always something needed to be done. To all rowers, you are expected to help at all times with rigging and setting up boats on regatta days. Although there is a carnival like atmosphere at the events, do not get complacent and just wander about without helping out. At-the-end-of-the-day, the boats need to be set-up correctly for you to achieve results, and this cannot be done if you are not there. Take some responsibility for your big day - even so far as get a copy of the day sheet yourself so that you can see when you are required at the pontoons.

On a less positive note, a moment of bravado and tomfoolery resulted in damage to one of the new wall panels in the men's changing room. This was very disappointing considering the changing rooms had only just opened for use. Behaviour like this not only lowers the morale of current members, it lets down a very long and proud history of past members of our club. Those responsible, take a moment to reflect on your behaviour and please respect your new club rooms and your fellow rowers, after all you are now young adults.

Without lingering too much on the negative, there is a need to mention that there have been a number of reported incidents of rowers disrespecting their coaches and cox's. Where as you may think that as a rower you are the most important member of the club, without the dedication of the coaches who give their time freely you would not have a club to represent. So please respect your coach. And when the coach say's that you must listen to your cox – then that is what you must do. The cox is the coach's representative in the boat and will be giving out commands that have been discussed between themselves and your coach. Disrespecting your coach and cox is not acceptable behaviour in this club and will be met with serious consequences. That's the grumbling out of the way. The future of our club is laced with exciting times ahead and I look forward to enjoying our social gathering at the Blue Lakes BBQ with you all.

Trevor

## Perseverance Overcomes Difficulties

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

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We're on the web...

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



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