

MERCER ROWING CLUB
Established 1909
*"Perseverance Overcomes
Difficulties"*



Trader Lane, Mercer
PO Box 690, Pukekohe 2340
www.mercerrowingclub.org.nz

Subscriptions 2016/2017 Rowing Season

Novice (\$100 discount applied)	\$1000
School Rowers (second year and over)	\$1100
Coxswains	\$200
Club Rowers	\$1100
Masters	\$400 (race entry fees and RNZ affiliation extra)
Coaches who also row are exempt from fees	

Fees are set according to costs incurred by the club including: Auckland Rowing Association (ARA) and New Zealand Rowing affiliation fees, Karapiro (KRI) levies, regatta seat fees, club operating costs (insurance for boats and buildings is particularly high), repair and maintenance of rowing and coach boats and other equipment, coach boat fuel, purchase of new boats and equipment, coach costs (coaches are unpaid, but we like to cover some of their costs when possible), training and safety, and boat trailer towing. If you would like to learn about or discuss fees in more detail, please come to a committee meeting, talk to a committee member or request a copy of the annual financial report.

Payment:

- Fees can be paid in two ways.
 1. Pay in full on registration day
 2. Pay a deposit on registration day and then make progressive payments
- Fees **MUST** be paid in full by the end of January 2017, unless there is a prior arrangement as a drag strip worker (see below). Families with more than two club members can make an arrangement with the club President to establish longer payment terms.
- The club accepts cash and cheques on registration day and direct deposit payments to the following bank account: Mercer Rowing Club, ASB Bank Ltd, Pukekohe 12 3023 0465963-00. It is **VERY** important to use the rower surname as reference and email down.cow@hotmail.com to advise treasurer of payment, to ensure it is credited correctly.

Meremere Drag-strip Gatekeeping: Mercer Rowing Club has the contract to run the Meremere Drag-strip gatekeeping again this summer, which has proved to be a great way to reduce fees in past seasons. The beauty is that the money you earn is directly attributed to the membership fees you owe (so it is not a general fundraiser). This needs a co-ordinator if anyone is keen to volunteer. If a member's parent is a drag strip worker, a fee payment of \$550 is due by the end of January 2017 and an invoice will be sent for the remainder of the fees once the drags money has been reconciled at the end of March. More details are available on request.

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Club Rules

Behaviour

- Be respectful of each other and of adults
- Make sure you are on time for your rowing session – a whole boat is depending on you
- Take care with your property and property belonging to others
- ABSOLUTELY no running or fooling around in the boatshed
- If gear is found to be broken, report it to your coach
- Take care on the river - recklessness will not be tolerated
- Boats are to be used only when instructed by your coach
- NO ROWERS TO GO ON WATER WITHOUT A COACH. EVER.
- NO ROWERS TO TAKE OUT COACH BOATS

Dress

- Always dress for the conditions of the day
- Carry spare clothes
- Make sure you bring running shoes, socks and shorts
- Leave personal belongings in changing areas rather than boatshed
- PLEASE take all of your belongings home with you (that includes socks and water bottles) – the club has no council rubbish collection!

Boats

- All boats are to be washed down after use by all crew members
- Check that screws and bolts are secure before use
- Breakages should be reported to coach, club captain or boat master and written in the maintenance book in the boat shed

Oars

- All crew members should take blades to the water
- Blades to be placed on the bank with collars clear of sand and grit
- Coxswain to hold boat when crew take blades out of the riggers

Training

- Take a bottle of water to prevent dehydration
- Take a banana or honey sandwich for energy
- Warm up your muscles before you row
- Accidents or incidents must be recorded in the incident book in the hall

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NEW ZEALAND ROWING ASSOCIATION SWAMPING & CAPSIZE DRILL

1. **DO NOT PANIC, STAY WITH YOUR BOAT** – due to its construction **your boat will not sink**.
2. If your boat has been swamped by a wave, upon command by your coach, coxswain or stroke:
 - a. Steer toward shore if possible before the boat is submerged
 - b. Ease yourselves over the side gently alongside your rigger and hold onto it.
 - c. Kick your feet and propel your craft toward the nearest bank.
 - d. Remove yourself and the boat and equipment from the water when it is safe to do so.
 - e. Get warm as soon as possible.
3. If your boat has capsized:
 - a. Quickly remove your feet from the shoes and come to the surface.
 - b. Ascertain that all crew members are present, including the coxswain.
 - c. If shore can be reached easily and upon command by your coach, coxswain or stroke, hold on to the riggers and make your way to shore by kicking.
 - d. If shore cannot be reached easily you may wish to have the coxswain slide up onto the upturned hull of the boat to preserve warmth
4. **STAY WITH YOUR BOAT** – until you reach the shore or a rescue boat comes to get you. Remember, **your boat will not sink**. Also, oars float and can support you in the water.
5. Be aware of the location of the oars. Damage to the boat and loss of the oars is to be avoided if possible.

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New Member Registration: 2016/17 Season

Rower Details

Name:

Date of Birth: Age on Jan 1 2017:

Postal Address:

Phone Number (home): Phone Number (mobile):

Email Address (one that is checked regularly):

School: (or) Occupation/Place of Work:

Can you swim 50m? YES/NO

Rower or Cox? ROWER/COX

Level? NOVICE/PREVIOUS EXPERIENCE

Coach (if known):

Do you have any health problems that require medication (e.g., asthma) or may be affected by this sport? Please give details:

.....

Parent/Caregiver Details

Name:

Occupation / Place of Work:

Phone number/Email Address (if different to above):

I hereby apply to be registered as a member of this Mercer Rowing Club for the 2016/2017 season. I have read the rules of Mercer Rowing Club and agree to abide by them.

Rower signature:

Date:

Parent/caregiver signature:

Date:

Privacy Clause: I agree to the collection and storage of this information by Rowing New Zealand for the purpose of maintaining an accurate and up to date record of active rowers. I consent to the release of this information to the National Selectors, New Zealand Rowing Foundation, New Zealand Rowing Magazine, Local Associations and the Rowing Club to which I belong. I acknowledge my right to access and correct this information. This consent is given in accordance with the Privacy Act 1993.

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Subscription Payment: 2016/17 Season

Rower Details

Name: Crew (if known):

Subscription Type (please circle):

NOVICE	SCHOOL ROWER SECOND YEAR AND OVER	CLUB	COX	MASTERS
\$1000	\$1100	\$1100	\$200	\$400

Either: Amount Paid Today: \$..... CASH/CHEQUE? Date:

Or: Amount of \$..... will be paid by direct deposit on(date)

Plan for Payment (if not paying in full today):

Bank account details: Mercer Rowing Club, ASB Bank Ltd, Pukekohe 12 3023 0465963-00
 Use the rower surname as reference and email down.cow@hotmail.com to advise payment

Uniform Payment: 2016/17 Season

Measurements (needed for row suit only)

BOYS Chest:Waist:
 GIRLS Chest:Waist: Hips:

	Size	Quantity	Cost Per Item	Total
One-piece rowsuit			\$122.00	
Polo shirt (inc. logo embroidery)			\$29.00	
Mercer singlet (masters only)			\$34.50	
Club hat			\$15.00	
TOTAL TO PAY				

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Fundraising Commitment – “All In”!

Mercer Rowing Club has an all-in policy: parents are encouraged and expected to contribute in some way to the fundraising activities and the day-to-day running of the club. The club is expensive to run and would be unviable without the input of our members and parents, so anything you can contribute is very welcome.

Following registration there will be a parents evening on Friday September 16th at 7pm. We strongly recommend you attend as this will be the best opportunity to meet with the committee, coaches and other parents. The evening will be centered around providing information about our plans for the season and the various fundraising opportunities we have identified. Refreshments will be served. Please bring this completed form to the parents evening or return to the committee.

Please indicate below your interests or what you might be able to contribute to over the year.

Interest/Area of Expertise:

Trades (please circle):

Plumber	Electrician	Builder	Mechanic	Other (please specify)
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Fundraising (please circle any areas of interest):

Raffle	\$400/table fundraising dinner	Quiz Night	General sponsorship search	Other (please specify)
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All crews will be involved in Mercer Regatta and each group is assigned an area to support on the day (such as kitchen, judge support, safety boat duty and so on). Details will be provided by your crew manager closer to the date (December 10, 2016).