

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



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

Subscriptions 2014/15 season

Novice (\$100 discount applied)	\$800
School Rowers (second year and over)	\$900
Coxswains	\$125
Club Rowers	\$900
Masters	\$350 (pay own entry fees)

Coaches who also row are exempt from fees

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.

Payment:

- Fees can be paid in two ways.
 1. Pay all on registration day
 2. Pay a deposit on registration day and progressive payments
 3. Pay a portion of fees by working at the drag strip (if a members parent is a drag strip worker, pay \$550 by end of Jan and an invoice will be sent for the remainder once the drags money has been reconciled at the end of March).
- Full fee amounts must be paid by the end of January 2014, unless there is prior arrangement as a drag strip worker, or families with more than two members who may make arrangement with the president for longer payment terms.
- The club accepts cash & 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 rower surname as reference and email down.cow@hotmail.com to advise treasurer of payment).

Meremere Drag Strip Gatekeeping: Mercer Rowing Club has the contract to run the Meremere Dragstrip gatekeeping again this summer, which proved to be a great way to reduce our fees last season. The beauty 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 at registration or email the co-ordinator Mel Skelton on mel_nz09@hotmail.com.

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New Member Registration: 2014/15 season

Rowers Details

Name:

Postal Address:

Phone number (home):

Phone number (mobile):

Email address (one that is checked regularly):

Date of birth: School:

Occupation / Place of Work:

Height: Weight:

Rower or cox? ROWER / COX 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 numbers (if different to above):

Email address (additional to above):

I hereby apply to be registered as a member of this Club for the 2013/2014 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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WATER SAFETY RECORD

ROWER/COXSWAIN NAME: _____

SWIMMING COMPETENCE

Swim test date: _____

Location: _____

50 meters

100 meters

SIGNED _____

Needs work?

Retest

Swim test date: _____

Location: _____

50 meters

100 meters

SIGNED _____

SWAMPING/CAPSIZE DRILL

Date completed: _____

SIGNED _____

MRC
Safety
Officers
notes

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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 crew 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)

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 maintenance book in 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 it's 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 towards 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 towards the nearest bank.
 - d. Remove yourselves 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**.
5. Be aware of the location of the oars. Damage to the boat and loss of the oars is to be avoided if possible.