

MERCER ROWING CLUB INC.

Established 1909

“Perseverance Overcomes Difficulties”

Trader Lane, Mercer ~ PO Box 690 Pukekohe

www.mercerrowingclub.org.nz

Information Sheet

Introduction

Mercer Rowing Club was founded in 1909 and is a nonprofit organisation that provides an opportunity for all those interested in rowing within the Counties region. The mission statement of the club is “To foster and encourage rowers to reach their potential at a national and international level and achieve personal goals in fitness and performance.” Rowing is a great all-round athletic sport improving strength and aerobic ability – and we get to spend hours on a beautiful stretch of river too!

Our rowers are made up of masters/social rowers, senior rowers, and secondary school students from Pukekohe High School, Te Kauwhata College, Tuakau College and Onewhero Area School. The club has produced a number of international rowers in the last ten years, and past members competing internationally include Eric Murray, Richard Beaumont, and Paula Twining.

Mercer Rowing Club is located on the Waikato River by Mercer Bridge. To get there, take the exit off SH1 at Mercer, follow the road over the river and take the first right down a metal track to the clubhouse.

Club Calendar

Selected major events throughout a typical year:

October	Opening Day and general working bee
November	Away regattas; subscriptions due at end of month
December	MRC regatta at Mercer; away regattas
January	Away regattas including Blue Lakes; rowing camps
February	Away regattas; North Island Club Champs
March	Away regattas; NZ Club Champs; North Island Secondary School Champs
April	NZ Secondary School Champs (Maadi Cup); prizegiving
May	AGM; working bee

Training

The minimum size of each crew is 4 rowers, though 8 is ideal. When a rower joins MRC they will be assigned a coach. Each coach will advise of the weekly training programme for the athletes, which will likely include some land training (circuits, running, indoor rowing etc) as well as on-water sessions. The number of sessions per week might start at two and increase

as the season progresses. It is important to come prepared with row shorts and a suitable t-shirt (or a rowsuit), thick socks to row in, running shoes, a drink bottle, sunhat and sunblock, a towel, and a change of dry clothes. For colder days, bring a long sleeved top. Remember that wet cotton is not warm – polyprop can be better. Rowing clothes should be relatively tight fitting otherwise they can get caught in the moving parts of the boat. It is very important to commit to the practice schedule as one crew member not turning up means the whole crew might not be able to row. If you are unable to attend a training session, please let your coach know. Typical practice sessions are weekday evenings at 5pm and Sunday mornings at 8am.

All our coaches are volunteers and dedicate a huge amount of time to their crews over the season.

Club/School Rowing

Secondary school students are able to row at club regattas, representing Mercer Rowing Club, and also at school regattas, representing their school. A crew in a club regatta can be made up of a combination of schools e.g., PHS and TK.

Regattas

Throughout the year the rowers attend a number of regattas, starting with a novice regatta at Lake Pupuke in November and culminating in the Maadi Cup in April for crews good enough to attend. Most regattas are one day events, though a majority of club members including many parents spend the weekend at the Blue Lakes regatta in Rotorua in late January. MRC arranges the transport of boats and equipment to and from regattas, and rowers and their families are responsible for personal transport as well as accommodation and related costs. A regatta calendar will be available from your coach.

Subscriptions

Annual subscriptions cover equipment use, coaching, all club race entry fees, compulsory affiliation fees to Auckland Rowing Association and New Zealand Rowing, and insurance. The only additional club costs over the rowing year are travel to and accommodation at regattas. The club raises any other money by holding an annual regatta, applying for grants, and various other fundraising methods.

School Rowers

In addition to the annual subscription we ask for a “Plant Renewal Fund” levy from school rowers, which is expected to come from crew fundraising or sponsorship during the season. The money is used to assist with the high cost of providing sufficient good quality and well-maintained rowing equipment available for use for all of the schools. We regularly apply for grants to replace and repair boats and equipment, but this is never sufficient. You may choose to pay this outright; however, fundraising as a crew is good for team unity and is a great way school rowers themselves can contribute directly to their sport instead of relying on parents to pay for it all.

School rowers may incur an additional levy imposed by their school, which is usually the cost of the entry fees for the three school regattas – please check with the school for more details.

Club Uniforms

MRC singlets are compulsory for all club regattas. The club provides a racing singlet for novice rowers for a bond of \$25; older members are expected to buy their own singlet. Some crews also choose to buy a club polo shirt for \$25. The club colours are blue and gold.

Safety and Club Rules

All rowers are required to read and sign the club rules.

Club Structure

The club has seven life members including our patron, Jeanette Thomas, and a number of honorary members. It is run by committee, elected at the AGM in May each year, which meets every month at the club house.

We are always in need of more coaches and committee members, so any family members interested in getting involved would be very welcome. There are also many smaller volunteer roles available.

Club Rooms

Rowers and their families are asked to help with the cleaning of the club rooms throughout the season, on a roster basis. The roster is posted once crew members are confirmed.

Useful rowing websites

www.mercerrowingclub.org.nz

www.rowit.co.nz

www.university.org.nz

www.rowingnz.org.nz

www.schoolrowing.org.nz

www.worldrowing.com

Useful Rowing Terms

Sculler	Person rowing with two oars (e.g., Mahe Drysdale!)
Sweep oar rower	Person rowing with one oar (e.g., in an eight)
Coxswain	A very important little person, who steers and calls directions
Single (1x)	One person in a boat, sculling with 2 oars
Double (2x)	Two people in a boat, sculling with 2 oars each
Pair (2-)	Two people in a boat, one sweep oar each
Four (4+)	Four people in a boat, one sweep oar each, usually with a cox
Quad (4x)	Four people in a boat, sculling with 2 oars each
Eight (8+)	Eight people, one sweep oar each, always with a cox