

INVERCARGILL ROWING CLUB



I LOVE THE COMRADERY & COMMITMENT THAT ROWING HAS
BROUGHT INTO MY LIFE.
IT'S THE PEOPLE I AM SURROUNDED BY EVERYDAY THAT HAS
MADE ME LOVE THE SPORT EVEN MORE!
SHAKIRA MIRFIN

INVERCARGILL ROWING CLUB

89 Sandy Point Road,
Otatara, Invercargill

President

- **Jack Allan 027 787 0097**
- president@invercargillrowingclub.org.nz
- **Vice President - Jacqui van Dam 027 4335056**

Club Captain - Tristan Duffell 027 808 0694

- **Deputy Captain - Trent Holden**
- **Deputy Captain - Maddison Booth**

Treasurer

- **Christine North**
- **e:** treasurer@invercargillrowingclub.org.nz

Secretary

- **Kate Watkinson**
- **e:** secretary@invercargillrowingclub.org.nz

COMMITTEE

Jack Allan, Jacqui van Dam, Tristen Duffell,
Trent Holden, Maddison Booth, Julie Dyer,
Cecelia Russell, Christine North, Caitlin Te Tai,
Nathan Te Tai, Hamish Fox, Ian Hamilton,
Rachel Greenwood, Kate Watkinson

COACHES

- **Penny Barnsdale**
- **Frank Dean**
- **Dave Galbraith**
- **Julie Dyer**
- **George Kempton**

"Being surrounded by like minded, hard working people makes the pain and sacrifice of training so much easier " - Liz Reid

WELCOME

Kia Ora

The Invercargill Rowing Club family welcome you and trust you will enjoy your venture ahead. Rowing is a sport that builds great team work, morale, discipline and respect. Our club has produced Olympic, World Junior, National, and Maadi Cup Champions over the years, along with NZ coaches.

We have quality coaches whom are all experienced rowers and know what is required to be competitive and work as a team.

As a club we strive and encourage good values on and off the water. These values help set rowers up with life skills which can take them on many pathways in life, building friendships and bonds.

We are proud of our clubrooms and fleet in which we have worked hard in club fundraising along with ILT Foundation funding, Community Trust South, The Southern Trust and other local sponsors have contributed. We have one of the best facilities in New Zealand on and off the water.



Nathan Cohen Olympic Gold Medalist 2012

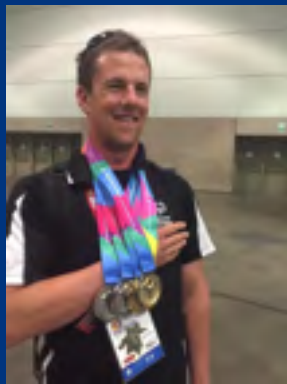
"Gaining a sense of achievement in both a team & individual environment, while being social at the same time" - Poppy Nesbit

History

The Invercargill Rowing Club was established on 26 August 1875 with its clubrooms on the New River Estuary. The club relocated to the Oreti River in 1958 and expanded its facilities in 1983 when the first women members joined the club. An additional boat storage shed was constructed in 2005 to accommodate an increase in competition and training skiffs

Invercargill Rowing Club caters for

- Novice
- Student
- Senior
- Special Olympic
- Master
- Recreational



CLUB MEMBERSHIP

- Please go to the club website to view registration and membership

invercargillrowingclub.org.nz

"The feeling, the sound of rhythm. Gliding through the water relaxed. The uniqueness of the skill. The physical, the mental, the spiritual challenge, the power the strength, the competitiveness a place where nothing else matters"

- Jack Allan coach

Club Strip

- 1st yr – singlet with black shorts
- 2nd yr - Row suits



Underlayers polyprop black or white

Training sessions

These vary from novice to senior grade, your coach will discuss with you what commitment they expect from you. Water and land sessions will be expected.

Novice - 3 - 4 sessions a week

Intermediate - 6 sessions a week

Senior - 6 sessions a week

The club competitive season runs from October - February to New Zealand Nationals.

From here the school rowers then row within our club to compete at South Island Secondaries and Maadi cup under their school colours.

Your coach will advise you what regattas they expect you to attend

"I love rowing when we get water like glass & the morning light is appearing. I love the gliding movement of the boat run & the strength & speed of the crew. I like the companionship of the crew working & playing together" - Cecelia Russell

Regattas

- Bluff (October)
- Cromwell-Clyde long distance - Lake Dunstan (October)
- Southland Sprints - local (October)
- Legions - local (November)
- Dunstan Regatta- Lake Dunstan (December)
- Otago Champs - Twizel (December)
- Canterbury Champs - Twizel (January)
- Southland Champs - local (January)
- South Island Champs - Twizel (January)
- NZ Nationals - alternate Twizel or Lake Karapiro Cambridge (February)
- Southland Masters/Juniors - local (Feb)
- South Island Secondary Schools - Twizel (March)
- Maadi Cup - alternates Twizel or Lake Karapiro Cambridge
- Regatta results & entries go to rowit.co.nz

Boat Loading

All rowers are required to attend boat loading and unloading before and after regattas



"I love that rowing lets you test how far you can push yourself. It lets you explore how far the mind and body will get out of it's comfort zone to achieve goals. Whether it be a single where all ownership is on yourself or if you're in an eight where you are all pushing your limits for each other" - Brittany Leitch

WE LOVE PARENT HELP and we want you involved

Away regattas

Parent help is required

- Accommodation is at rowers expense, your coach/team manager will discuss this with parents, we aim for crews to stay in the one house
- Meals are at rowers expense, parent help will be required at regattas to assist with meals
- Transport is at rowers expense, parents will be required to transport rowers to regattas
- Boat towing , there will be a cost per rower for transport of boats to regattas



Lake Ruataniwha Twizel



Lake Karapiro Cambridge

"Rowing is a great leveller, particularly when you are starting out. No one is naturally good at rowing because it's an extremely foreign movement which means that anyone who wants to put in the effort can go really well at it" - Hamish Fox coach

Boats

1x - Single (scull)

2x - Double (scull)

2- Coxless Pair (sweep)

4x - Quad (scull)

4+ - Four (sweep)

8+ - Eight (sweep)

8x - Octuple (scull)

Coxswain - Cox



Lake Ruataniwha - Twizel



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Thank you to our sponsors

Our club is run by volunteers please respect the coaches decisions



invercargillrowingclub.org.nz
Instagram - [invercargillrowingclub](https://www.instagram.com/invercargillrowingclub)
Facebook - [invercargillrowingclub](https://www.facebook.com/invercargillrowingclub)

"I love being able to push my body to its limits with others who share the same passion" - Eilish McLeod