Invercargill
ROWING CLUB

89 Sandy Point Road,
Invercargill, 9879

mail@invercargillrowingclub.org.nz
www.invercargillrowingclub.org.nz

Information for Parents, Novice Rowers and other New Members

INVERCARGILL ROWING CLUB (INC.)

Club beginnings:

- The Invercargill Rowing Club was established on 26 August 1875 and was based near the New River Estuary along with the Railway Club. (Now the Waihopai Rowing Club)
- Large regattas were traditionally held over the Christmas New Year period in Riverton and Bluff. During the early 1900's it was not uncommon for between 8,000 to 10,000 passengers travelling by train to Bluff to watch the rowing regattas.
- By 1910 the club had 78 active and 62 honorary members, but the war years had a major effect on club numbers until 1919.
- In 1920 the estuary harbour had silted up and a decision was made to relocate the boatshed closer to the main Waihopai River channel. This move took place in 1923.
- In 1957 a decision was made to relocate the clubrooms to the Oreti River after getting approval from the Invercargill City Council to occupy reserve land. Later that year a fierce storm destroyed a large part of the estuary boat shed and many of the training boats.
- The new club boat shed was opened in 1958 on the Oreti River and was extended to include extra changing rooms and indoor training rooms in 1983, when the first women members joined the club.
- An additional boat storage shed was constructed in 2005 to accommodate additional competition and training boats.
- The clubrooms were redeveloped in 2010 to create the modern facilities that remain to date. These include a large gym area, meeting room, kitchen area, changing rooms and toilets, adjoining the main boat shed.

- Member work ethic
  - The club has always had a strong base and culture for undertaking fundraising and voluntary working bees to help the club finances and support special projects.
  - Examples of these include, selling garden fertiliser, firewood, delivering pamphlets, along with other labouring work.
  - Voluntary labour was used to extend the shed in 1983, re-roof the original shed in 2007 and build the additional boat storage shed in 2005. These efforts resulted in the additional green shed being built for half the quoted new cost. The major $700,000 redevelopment in 2010 also benefited from substantial donated goods and services from club supporters.
- Club Priorities
  - There has been a strong focus on upgrading the quality of the boats and ensuring adequate storage is provided to encourage better utilisation and access to all of the available boats.
  - The club committee and coaches have a strong focus on accommodating the increased needs of the diverse membership.
- Training season and off-peak activities
  - The main regatta rowing season begins in October with regular local regattas between the months of November to March. These local regattas then feed into the South Island and New Zealand regattas.
  - The facilities are utilised all year around with on water training continuing through the winter and regular long-distance races each month during the off-peak period.

Club Management Structure:

- Like most other sports clubs the Invercargill Rowing Club has a volunteer management committee, coaches and other supporters. These include, but are not limited to:
  - President
  - Meeting Chairperson
  - Secretary
  - Treasurer
  - Assistant Treasurer
  - Club Captain
  - Several Coaches
  - Records Manager
  - Buildings Maintenance and Security Manager
  - Boat Maintenance Manager
  - Club Safety Manager
  - Life Members
- You can find the names and photos of those in the key roles above on the club's entrance noticeboard.

Getting Started:

- Individuals who visit the clubrooms and show an interest in trying out rowing as a sport will be introduced to one of the coaches, who will explain some of the basic differences between rowing (one oar) and sculling (two sculls) then have a go on some of the off-water equipment. This is to learn some of the basic techniques for when you are rowing, or sculling on the water.
- Before anybody ventures onto the water under the coach's guidance it is essential that the basic water safety information is explained to you and the membership application form is signed. If under 18 this is to be signed by a parent, or guardian. The reason for this is to confirm you can swim 50m and meet the club's liability insurance obligations. It does not commit you to a full year's membership, however you will be invoiced $70 for seven introductory sessions.
- On conclusion of the seven introductory sessions, you need to confirm to the coach whether, or not, you wish to continue. If you do the coach will team you up with other new rowers to make up a training squad, who may have a different coach, or coaches. At this point you will be invoiced for the "Active Member Base Fee" of $473 less the $70 previously paid, if it is within the same rowing season.

Active Training

- Coaches will discuss with the squad you are part of training times that suit everybody, this may vary from time-to-time weather dependant.
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Expectations of you as a club member:

- All club members have a responsibility to respect other members and help keep the facilities in a healthy and clean condition
- The club has a code of conduct policy document that is targeted at behaviour while attending away regattas. A breach of this policy may result in club access and use privileges being removed for a period of time.

Club Strip – Clothing

First year rowers – shorts and singlet then next year if going to continue on row suits if wish – The club's rowing apparel is available via the clubs nominated supplier. The cost depends on the number of items ordered. The Club Captain will assemble a bulk order of club rowing apparel at the start of the season in September to get the best price available for our members. Individual orders can be made after that, but will be more expensive. 2nd hand row suits may be available to purchase as well.

Racing strip – **Competitive Club Members**

Club singlet, row suit
Black shorts/leggings
Hat – Sunhat/ warm hat
Sunglasses
Jacket
Polys - white or black

School age members

Training – Layers, Layers must have Thermals / Top wear / Jacket /hats – Do not use racing strip – keep in good condition for regattas.

Club Kit

A range of club accessories are available to order online via our club website from NZUniforms. They also have a retail store in Otepuni Avenue where you can try on clothing and look at the products.

Rowing Regattas

Local:

You are expected to be in attendance for the whole regatta to help set up and clean up on completion and you are required to keep your coach informed of your whereabouts throughout the day.

Away Regattas:

- Loading Boats and unloading boats – all competing rowers required to help - Stay until the boat trailer and gear is fully packed up.
- Twizel regattas, the boat trailer is loaded the day before departure.
- The boat towing vehicle must have two adults, a driver and a look out plus another vehicle following. NB The boat trailer must not be taken into a petrol station forecourt to avoid damaging the boats - take off trailer before fueling up and reconnect afterwards.
- Parents are not permitted in the boat park at Lake Ruataniwha, Twizel.
- Southland Rowing Association has a tent site along the course close to the finish line. All parents and supporters are welcome there.
- Rowit is the website for rowing regatta schedule and results: rowit.co.nz
- Be prepared for four seasons in one day in Twizel.
- Many parents/supporters bring a picnic rug, fold out chairs and a packed lunch.
- Binoculars, sunscreen, a hat and a warm jacket are recommended.
- There are also food and merchandise kiosks.

Accommodation

- Is not the responsibility of the club committee to organise accommodation.
- Please communicate with the coaches as to which regattas the athletes will likely be attending and work with crew parents to arrange accommodation.
- Novice and junior rowers require a parent help. When shared among the group it may only be one away regatta per parent. The parent help pays for their own accommodation.
- Many clubs and schools hold bookings year after year, so it is beneficial to arrange early.
- Booktwizel.com for Holiday homes and air B&Bs
- Holidaytwizel.co.nz Campground at Lake Ruataniwha.

When working out accommodation costs, please ensure the coach accommodation is covered and divided equally among the crew. Their time is completely voluntary, and this is one way of saying thank you. This is often the case for transport to regattas as well**.**

A nominal $10 season membership fee applies for the coxswain, but it is still expected that they pay for accommodation, transport and other costs incurred to compete.

A roster for shared evening meals in the house works well, some teams like to do this for lunches also as saves with food wastage but dependant on the group.

Transport of Boats

There may be a need for two trailers to some of the away regattas –
Club is sometimes lucky enough to have a local company provide a vehicle to tow the club trailer which reduces the costs.
The Maadi regatta is in the North Island every second year. (this is a school regatta so should be arranged between the schools)

Transport of Rowers

This has been by carpool in the recent years, but if the numbers are high the option of a bus may to be looked into. Maybe there is a parent who has the required bus license which would make it more affordable, not having to pay for the bus driver and his/her accommodation and meals.
If rowers are being taken to regattas by other people, they **must** pay their way to assist the costs fuel etc.

Safety

Club rooms – ensure all doors are secure and alarm armed if last to leave.
Check if ovens and heat pump left on etc.
Training. Coaches will do induction training for 1st time rowers.

Cleaning
Looked after by the Club Captain via a crew roster.

- Kitchen – Do not leave the cleanup to others – CLEAN UP after your self
- Showers
- Toilets
- Club rooms.
- Outside
- Boat sheds
- Equipment

Always leave the place clean and tidy.

Canteen
The club caters for the regattas on the Oreti River
Sprints Regatta- is run by our Club, Legion Regatta, Southland Champs and Junior and Masters. The club caters for the officials – boat drivers, starters, finishers umpire etc. (Legion and Southland Rowing Association pay for this service.)
This is not a large money earner but is looked upon as a service to support the rowers.

Julie Dyer currently co-ordinates volunteers for the canteen
Jobs are:
Purchases of food,
Roster for food
Roster of helpers in the canteen on the day.

Purchases by individuals who are reimbursed need to provide receipts – as all costs go through the club for GST purposes.

What is required of Parents?
Parent manager/s - crew/ school at training and away regattas. Talk to your athletes coach and arrange a parent meeting, a good time to check availability for away regattas and discuss accommodation and team logistics. Parent help in the shared accommodation is required to undergo Police vetting by the club/school.

Parent Roster – Depending on crew and training times parent supervision may be required at the club. The coaches may need to leave for work - are you happy for your children be here unsupervised?

Helping in the Canteen on local regatta days is appreciated. You will always be able to go and support your rower.

If you are unsure about something, please approach the Club Captain, President, coach or one of the other parents, they will be happy to answer your questions.

Further Information
The club's website www.invercargillrowingclub.org.nz has a wealth of information in it, including a Q&A page, membership options, annual rowing events, merchandise etc.

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