



# Bay of Plenty Coast Rowing Club Newsletter

**OCTOBER 2011**

Now that the weather has improved there has been a little bit of activity around the club. No doubt, this will start to increase as it gets better.

**MASTERS** Recently attended an Invitational Rowing camp in Rotorua with members of the Rotorua Rowing Club and St George's Rowing Club. Apparently, a very worth while time in spite of the wind, hail and occasional wave breaking over the gunnels! Ted, Alistair and Mark were the coaches. Please check out the results of the recent Bank Link New Zealand Masters Rowing Championships were our Masters rowers performed extremely well.

**GIRLS** Most of the girls attended the 2 camps: The Senior camp held at Bay Coast and the U15/U16 camp at Rotorua. They have been doing water training with the Club rowers on Monday evenings, water sessions on Wednesday and Saturday and an erg session on Thursday after school. Sarah attended the Rising Athletes camp at Karapiro run by the Waikato RPC. The girls competed in the Indoor Rowing competitions, one at Bethlehem College and one in Rotorua.



U15 and U16 girls at Rotorua Camp

**BOYS** Welcome back from the World Junior Regatta in London to Duncan by de Lay. Coaches report that training is going well. Currently doing 4 gym sessions, 3 water sessions and a bike ride every week. Charlie and David also attended the Rising Athletes Camp at Karapiro.

**CLUB ROWERS** A big Bay Coast welcome to Steve Finlayson who is coaching the club rowers this season.

Steve, Duncan and Karin attended the Bay of Plenty / Waikato Association Coaching Conference held in Rotorua in September. There were a number of excellent speakers.

The Club AGM was held on the 5th October. Gail stood down as President after three years at the Helm and Ted Phelps has taken over this position. A big vote of thanks was extended to Gail for her years of dedicated work, especially as she has no children currently involved in the sport. Gill Hawker remains as Treasurer and Joanne McLean has taken over as Secretary. There was a good number of people present at the AGM who all wish to take an active part on the committee.

## MASTERS AND NOVICE REGATTA

The annual Heads regatta for Novice and Masters Crews will be held

Saturday October 15th  
Starting at 9.00 am

For further information, please contact Nick Hanna.



Check out the website: [www.baycoastrowing.co.nz](http://www.baycoastrowing.co.nz)

### **INDOOR ROWING RESULTS:**

Two successful indoor competitions with good results from the Bay Coast Rowers who attended:

#### **Bethlehem College:**

GU15: Kendall Hofland, 1st  
GU17: Rosy van der Valden, 3rd  
Mens Open: Ethan Inglis, 1st  
Womens Open: Keeley Fensom, 1st; Amy Kelly, 2nd;  
Kimberley Pilbrow, 3rd;  
Womens Team: Bay Coast, 2nd

#### **Rotorua Lakes High School:**

GU15: Kendall Hofland, 1st;  
Holly McNabb, 3rd  
GU17: Rosy van der Valden, 1st;  
Womens Open: Keeley Fensom, 2nd;  
Taylor Cooney, 3rd;  
Womens Team: Bay of Plenty Coast, 2nd

### **BOPRA CORPORS ROWING**

Currently training on the river:  
Blues Crews (NZ Police)  
Oar Blacks (NZ Police)  
Seeka  
Kotahi Row (Te Whanau Kotahi)



## **Masters Results**



## **technical corner**

### **ERG WORKOUT RECOVERY**

Do you have a recovery strategy from a hard erg or training session? Check this out to see if you do any or most of these -

1. **WARM DOWN:** The harder the session the more time you need to warm down. Warm downs involve more than getting your temperature back to normal after a hard work out. It involves keeping the muscles active at low intensity to clear the lactic acid out of your system and will aid recovery.
2. **STRETCH:** Boost your recovery time by doing some static stretching or having a massage.
3. **EAT:** by refuelling with high GI carbs within 20 minutes of the workout. Once you begin your cool down, you can start eating.
4. **EAT AGAIN:** A meal rich in carbs within two hours and include protein to help with recovery.
5. **SWITCH OFF:** If your erg time hasn't gone well, this is not the time to obsess over it. Think about what went 'wrong' and what you would do differently next time, then let it go!
6. **SLEEP:** There are a lot of healing processes that happen during sleep. Make sure you are getting your required amount of sleep time.

WC4X- De Jong/Sharpe/Cloete/  
McLean 4th

WD2X Hanna / Mclean 4th

MixC4X- Mclean/Dearsley/Cloete/  
Mahon 1st

MixF2X Hanna / Wills 4th

WC2X Hawker / de Jong 5th

MC2X Dearsley / Mahon 6th

ME1X Nick Hanna 4th

MixC4X- Mclean/Dearsley/Cloete/  
Mahon 5th

MixD4X- Mclean/Dearsley/Cloete/  
Mclean 2nd

ME4X- Hanna/Wills/Mahon/  
Mclean 3rd

WB2X Mclean / Sharpe 6th

MixB4X- Hawker/Roberts/Sharpe/  
Wills 1st

WC1X Ronel Cloete 1st

WD4X- Hanna/deJong/Hawker/  
Mclean 3rd

MixC2X Cloete / Mahon 5th

MD4X- Hanna/Dearsley/Mclean/  
Mahon 5th

ME2X Mclean/Hanna 2nd