

Information for Novice Rowers



If you're aged 14 or over, rowing is a great sport to get fit, make new friends, have fun and potentially compete around New Zealand.

Cure Boating Club is one of the oldest rowing clubs in NZ with a proud history of rowing achievements. In recent years the club has had a number of NZ representatives at various age group levels including the NZ elite squad.

The Rowing Season

Rowing is a competitive Summer sport, requiring a full commitment to your team and personal fitness. We have a lot of fun, but we are serious about training and competing. Our goal is to have fast and fit racing crews at both the club and school national championships.

Throughout Winter and up to September is the perfect time to visit the Club and learn what rowing is all about. We typically hold one main Open Day in September to align with the start of the Club Season but are happy to arrange a visit at another time if you contact us directly. We then usually allow a few weeks for you to have a go rowing before asking you to become a member.

The rowing season begins officially on 1 September with confirmed crews and training in place by October.

The competitive season runs from November to February/March each year.

Water-based sports always require a competent swimming ability, so please bear that in mind.

Training Times

Training is initially 1 day per weekend (Sunday mornings 8.30am-11am), increasing to 3-4 times per week in the lead up to regattas (if the crew has potential to do well at the Club and School National championships). Additional training days are generally Tues and Thurs evenings (5.30pm) and Saturday mornings (8.30am).

Training includes time on the water in boats (weather permitting), running and off-the-water circuit exercises including erg'ing (rowing machines).

At novice level, every rower is given the opportunity to become as good as they can be. Selection may then occur for attendance and competition at NZ and school championship regattas.

Attendance at training sessions is a prerequisite for being selected for crews.

Training continues over School and Christmas holidays.

Racing and Regattas

There are several competitive regattas for club rowers held throughout NZ, with racing opportunities across all levels of ability and age-groups.

Every rower is classified into one of five classes (listed in order of increasing ability from lowest to highest); Novice, Intermediate, Club, Senior and Premier. In your first season of rowing you will be termed a 'novice' and can be of any age (year 9 or above).

At novice level, numbers permitting, you will have the opportunity to race in an 8 seater and/or 4 seater boat. Progressing to doubles and singles in following seasons as your ability improves.

We attend regattas every 3-4 weeks during the race season with the majority of regattas being held on Lake Ruataniwha at the Meridian Rowing Centre in Twizel. Regattas are typically three days away (Fri/Sat/Sun), with National events taking place over a full week.

Accommodation is arranged by the club, along with car pooling there and back. Parent volunteers will be required for transport and to be house parents while at regattas. If this isn't their thing, they'll be rostered on for either a meal or some baking.



Cure Boating Club Novice Girls 2022/23.
Gold Medal Winners at the National Rowing Championships - Twizel



Key Competitive Regatta Dates 2023-24

- 25-26 November 2023: Ashburton Regatta
– Lake Hood, Ashburton
- 9-10 December 2023: Otago Champs
– Lake Ruataniwha, Twizel
- 13-14 January 2024: Canterbury Champs
– Lake Ruataniwha, Twizel
- 27-28 January 2024: South Island Champs
– Lake Ruataniwha, Twizel
- 13-17 February 2024: National Champs
– Lake Karapiro, Cambridge

School Rowing

School age rowers (subject to numbers) can go on to represent their schools at the South Island and NZ Secondary Schools rowing championships (commonly known as the Maadi Cup regatta).

The club runs rowing programmes in conjunction with Rangiora and Kaiapoi High Schools'.

School Regattas:

- 1-3 March 2024: Meridian South Island Secondary School Championships
– Lake Ruataniwha, Twizel
- 18-23 March 2024: Aon NZ Secondary Schools Championships
– Lake Ruataniwha, Twizel

Annual Fees

The annual fee for a competitive rower is approximately \$915 incl GST.

This fee includes coaching, access to the boats*, gym and ergs, along with affiliation fees to Canterbury and New Zealand rowing associations, entry fees and boat haulage for regattas up to and including, the South Island Championships.

Uniform, travel and accommodation costs for regattas are additional to the above fees.

There will be opportunities for squads to fundraise toward costs for regattas.

** Supervision is required for rowers with less than 3 years of experience.*

For further information on fees and to join the club, please visit:

www.curerowing.co.nz/season-registration

Your Coach and Main Point of Contact



Armin Svoboda

Club Captain

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Or message us through our Facebook Page (Cure Boating Club)