



January 2023

Schools

NEWS

www.rowingnz.kiwi

Welcome to 2023!

As the new school year starts, the domestic rowing season hits the midway point. I hope you are well rested as the season is about to heat up.

The Schools Newsletters are going to keep you in the loop of all things school rowing so please let your rowers know anything you think may be of value to them.

There will be another newsletter in February and then another one between NISS/SISS Champs and Maadi so keep an eye out in your inbox for the updates from Rowing NZ.

Best of luck for the season! 😊



Important Dates



- Aon North Island Secondary School Championships to be held on 10-12 March 2023 at Lake Karapiro



- Meridian South Island Secondary School Championships to be held on 10-12 March 2023 at Lake Ruataniwha



- Aon Maadi Regatta to be held on 27 March-1 April 2023 at Lake Karapiro

Kia ora everyone!

By now, you probably would have had several emails from me but let me introduce myself. My name is Kate Adams and I am the new Community & Schools Co-ordinator for Rowing NZ. This is a brand new role and I am very excited to get stuck in at the pointy end of the domestic season.

I am more than willing to assist you in any way that I can so please don't hesitate to reach out.

kate@rowingnz.kiwi
022 108 9866



Me with my 12yr old twins, Harper & Xavier



NZSSRA Subs

Thank you to all of you who have paid your annual NZSSRA subs for this season.

We will be sending out reminders in the coming weeks to those schools who may have missed the invoice in 2022.

Remember if you haven't paid, you can't enter crews into the NISS/SISS and Maadi Regattas.

School Colours

Attached to this newsletter, is the rowsuit we have on file for most schools who have competed at the Maadi Regatta over the past 2-3 years.

There are some schools that have had changes and their new rowsuits will be re-designed for the 2023 Maadi programme but if you notice that we have the wrong design on file for your school, please get in touch.



NZSSRA AGM

The New Zealand Secondary Schools Rowing Association AGM will be held at on Sunday 26 March 2023 at The Don Rowlands Centre, Karapiro.

Please provide the following information for your school:

- Contact details for your school's delegate who will attend the AGM
- Any remits you may wish to be considered at the AGM
- Nominations for two vacant committee positions we have
- Nomination for the President of the NZ Secondary Schools Rowing Association

"Rowers do more before 8am than most people do all day"



U18 Nominations

The U18 nominations for the North v South series are now open.

If you have any rowers this season who you know would be interested, please get them to fill in their details on the Rowing NZ website. The link can be found at High Performance/Nomination Forms.

To be eligible for the team, rowers need to be born in 2006 or later.

Nomination forms close at 9pm on 28 February 2023.

Please contact janey@rowingnz.kiwi if you have any questions.

Nutrition Advice from Dr Julia Bone, Nutrition Lead for Rowing NZ

"It is important to think sooner rather than later about what foods you'll have during the regatta day, and to trial them during training. For example, you don't want to try a new sandwich combo in between races during your regatta and realise your gut doesn't respond well to one of the ingredients. This could cause discomfort where you can't compete to your potential, or at all.

Always trial the foods you'll have on the day, prior to competition. If there's one golden rule in sports nutrition, that is it!"



Trophies

Please ensure that all trophies for the NISS/SISS/Maadi Regattas you have on hand, are engraved accordingly, repaired (if they have taken a tumble), cleaned and returned for this year's school championship regattas.

They can be dropped off at the Rowing NZ office at Karapiro/Karapiro Rowing Tower/Secretary's Office at Lake Ruataniwha before or at each regatta.

Maadi

NEWS

www.maadi.co.nz



Aon Maadi Regatta



@aonmaadiregatta

Maadi Parade

We will be kicking off the 2023 Aon Maadi Regatta with our traditional schools parade through the main street of Cambridge on Sunday 26 March.

Please assemble at 12:15pm outside Cambridge Primary School, 17 Wilson Street.

St Peters School, Cambridge will be leading the schools off at 12:30pm.

We look forward to seeing all of the schools and their banners.



BEST BANNER COMPETITION

Prizes will be awarded to the school bringing the best banner to the Aon Maadi Regatta opening parade on **SUNDAY 26 MARCH**



The school with the best banner at the Aon Maadi Regatta parade, will receive a 776BC drink bottle for everyone in their squad.

These will be presented at the Regatta by an Aon representative.



The best mascot competition will be judged during the Aon Maadi Regatta.

The school with the best mascot at Aon Maadi Regatta, will receive a 776BC drink bottle for everyone in their squad.

These will be presented at the Regatta by an Aon representative.

Want to be the next Taika Waititi?

We will be asking schools to supply a short video that may be screened on the big screen, social media channels or livestream so get thinking about some ideas to make sure your video stands out.

More information will be coming in the February update.



MASCOT Competition

BE IN TO WIN!



AON

MAADI REGATTA

27 MARCH - 1 APRIL LAKE KARĀPIRO 2023