



URC newsletter



SPRING 2018

From President Dorle Pauli

Welcome to the 2018 spring newsletter, and as mentioned later by Deb, spring has brought the usual variations in the weather. Our latest group of novices proved they have what it takes by braving a cold and windy nights on the river and even managing some the more complicated drills in adverse conditions. Our newbies also include two 14 year-old girls, who if all goes well may soon race in Union colours at RNZ events.

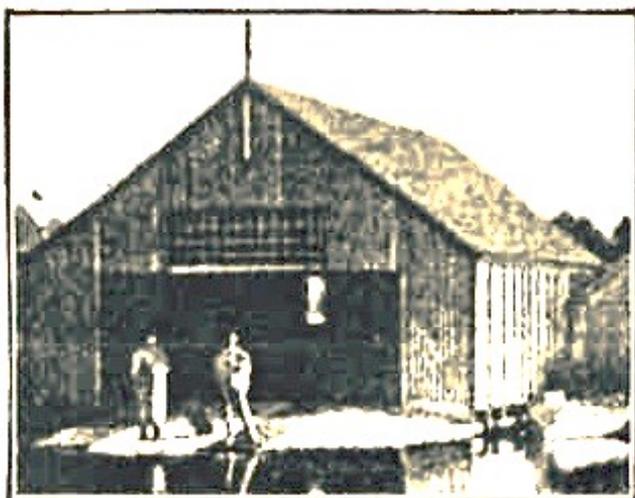


There has been some debate around the committee table whether or not we should alter our current status as a masters-only club. The word on the block is that other clubs may soon offer Learn-to-Row programmes like ours, a useful reminder that we do not 'own' the masters club status, and cannot rely on a stable or growing masters membership year-after year. There are other items on the forthcoming new strategic plan that will need your input, so watch this space. We would like to unveil the final version of the new plan before Christmas.

Speaking of Christmas, we are in the process of buying ourselves a few nice presents. Thanks largely to the amazing fundraising efforts of Wendy Duggan, we not only have our very own brand new club marquee, but we will also purchase more stroke coaches, and two new Concept 2 ergs. Next we will be applying for funding to buy two new fours and another double. All that plant needs a bigger trailer, and this has finally been finished. Our new trailer is what is commonly referred to as 'a beast' meaning we will never have to borrow other club's trailers again. Thank you Stuart for driving this particular project, and thank you too, to all our returning committee members who at the last AGM have so graciously volunteered to support the club for another year. Next up on their to-do list is figuring how to best shift our Kaiapoi shed to the proposed rowing compound at Murphy Park. Keeping a second base at the Waimakariri will be important, as we cannot be certain what kind of plans Regenerate Christchurch has for the Avon.

We also have to revise our club rules and replace those written in 1957. In today's more complicated legal environment, this is not an easy task, but we will have a complete draft for you to vote on by the next AGM. Please also check our **strategic plan draft** on the last page and let us know your thoughts.

Cheers Dorle



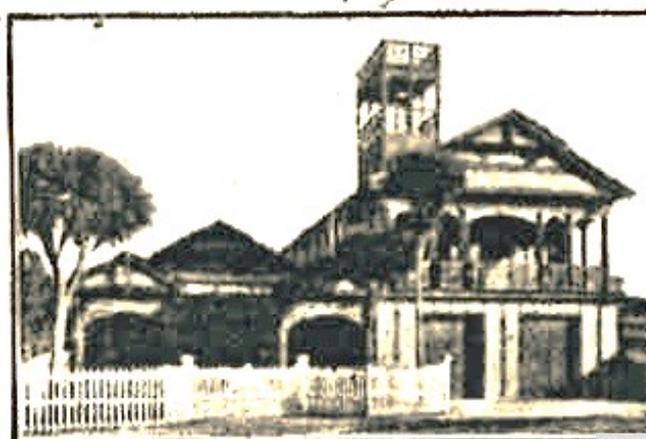
THE BOATHOUSE IN 1866

26/01/1864:The inaugural meeting of the Railway Rowing Club was held at the boathouse on the Heathcote River, Opawa with 35 members. They were all involved with the railways, particularly the Lyttelton tunnel project. The first boat was launched on 18/09/1864, a four named Eclipse.

29/08/1866: As the tunnel work was nearing completion, it was decided to open up the membership to all comers, to keep membership increasing.

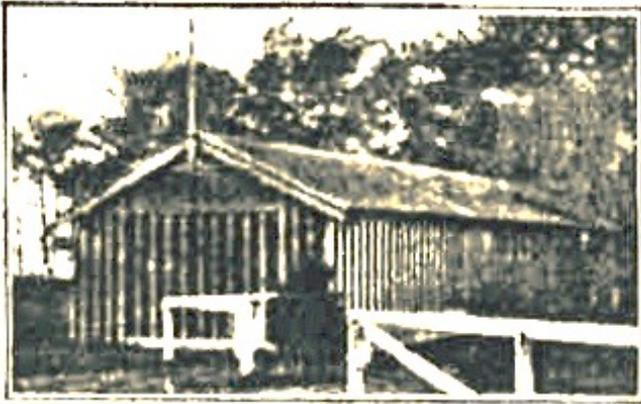
From URC Archivist Pam Strong - Van Gestel

Earlier this year I was given the task of Club Archivist. I have slowly, very slowly, started to make my way through various Minutes Books and Cash Books. Some books seem to be missing but I am hoping that they will turn up as I make my way through. One book is very badly water damaged. The following is some of what I have found so far.



THE BOATHOUSE IN 1816





THE BOATHOUSE, NEW BRIGHTON

1867: Due to the increase in membership, the club moved to Christchurch, on the south bank of the Avon on Oxford Terrace near Rees St. 04/12/1867 - The new boathouse was opened adjacent to the Canterbury Rowing Club.

01/09/1869: At the Annual General Meeting the name was changed to the Union Rowing Club.

1875: The new boathouse was erected.

1881: The Christchurch City Council re-formed the road and the rowing clubs had to move. Union went to 440 Oxford Tce and Canterbury RC moved directly across the river.

23/06/1896: 8.20pm, fire destroyed the building and all the plant. There were 23 racing and pleasure boats, trophies and a piano lost.

10/10/1896: the ground floor of the new building opened on the same site. 10/11/1896 - The whole structure (2 storeys) was completed. 19/02/1897 - The new building was officially

opened by the mayor. 1905 - A single story extension was added, the 8's shed.

1907: Mr F. D. Kesteven (Club Captain, 1888-1926) presented the Club a section of land at Bligh's Garden, Evans Ave, New Brighton. By 1909 some of the members had erected 2 buildings. In 1912 a boat shed was built on the land. This land was sold during the depression for £250 in 1931. Also in 1907 - "It was decided to admit ladies to membership of the Club - an innovation which has met great success, no fewer than 35 members being already elected". In total the membership number was 173, 15 Life members, 123 Members and 35 'Lady Members'.

The Club colours were: 1870 - magenta and white, 1882 - blue and white, 1891 - blue and white hoops, 1905 - blue and white quarters. **For more details on URC's history, visit our [website](#).**



From Club Captain Deb Hymers-Ross

As I type this, the rain and southerly have passed replaced by sun and calm, Learn to Row is a go for tonight! That is correct, Learn to Row started on September 17 and is drawing quickly to a close. We have had the octi and a quad out consistently so hopefully we will have 10 or so new members whom I know you will all make welcome to the club.

Back in July we sent out a survey from the committee in order to assist with the five year strategy. What came back loud and clear was a desire for enhanced coaching beyond the Learn to Row programme.

Our club members rallied and Brent Mirfin, Danny Blair, Stuart Wade, Dorle Pauli and I have put our hands up to assist crews in their preparations for Otago Champs, Canterbury Champs and

South Island regattas. These regattas provide masters rowers with an opportunity to compete in three events: single, double or pair, quad or four. From what I can see, most crews have started their campaigns and been out on the water training which is terrific. The coaching is very much driven by the amount of training an individual or crew is putting in.: for example, a crew that plans to row together three times a week may receive coaching once a week, whereas those crews rowing together once a week will receive coaching every other week. It is up to the coach and crew to work that out together.

In August, there were 14 to 17 names (depending on the regatta) on the board. I think these organised rowers for their early commitment to the regattas. You have been rewarded by the fact you are already out on the water training in your self-organised crews. As of last week, there are 23 to 27 names (depending on the regatta) on the board so clearly there are a number of members who are not yet catered for. Please contact me if you are looking for a crew or you and your crew are looking for coaching towards these events and we will make it happen, as entries for these events are approaching.

Technical coaching is only one aspect in the desire to be competitive. Strength, fitness, body weight to strength ratio and a determined mind are a few of the other factors. With this in mind, I cannot stress enough how important training on the erg is for the mind, strength, fitness and because you work harder more consistently on an erg than you tend to in a boat, it is also useful for weight loss. We will get weekly erg workouts posted at the club, please watch for them and most importantly complete them- challenging yourself to better your distance each and every session. If anyone wants some assistance in how to approach erging, please let me know and we will arrange. Lenette's classes are also very useful for strength training -these occur on Tuesday evenings at 6.30 pm.

We also have four club singles now. Thank you to Dorle and Stuart for returning Orca and the as yet un-named Elder to their former glory. For anyone wanting to start their singles rowing career, they are the boats for you. The single is also a good way to increase your confidence and boat skill, but pick a quiet day for your first outing.

With the days warming up, rowing becomes naturally more enjoyable. We need to stay safe as the river traffic increases, so always err on the side of caution.

Get out there and have fun! Deb





From Adaptive Rowing Coach Karen Rickerby

The Adaptive Rowers enjoyed an outing on Kerrs Reach in the 'Argo' on Sunday 11th November. It was a bit windy and it has been a while since they have been out on the water. However, they all enjoyed the challenge and it certainly took a lot more concentration than rowing on the ergs! The two coaches, Simon and Karen took two adaptive rowers out at a time. Graham and Matthew have both been out a number of times so got into the basics of the stroke again quite quickly. Our newer rowers, Caitlyn, Josie and Keiran all found it quite tricky to master the oar but all managed to get some square-blade strokes in. Getting the timing right proved challenging. It was a great experience for the rowers and even though they prefer the ergs they look forward to going out again before too long. As they say, practice makes perfect. We have been fortunate to have Micaela Bressell assisting with our Adaptive Rowing Programme as a volunteer for the last few months so it was awesome for our rowers to have Micaela helping out as our coxswain. She was able to offer some great assistance to the guys and put them through their paces, one stroke at a time.

Another event the Adaptive Rowers got involved in recently was the Proskiff Indoor Racing event in September. Four of the Adaptive Rowers competed in the 500m and/or the 100m. They all did well and were awarded ribbons for their achievements in their age groups. This is the second year our Adaptive Team has competed at this event.



Caitin, Josie and Alastair help Micaela, Graham, Kieran, Simon and Karen get on the water



Caitlin, Kieran and Brian are presented with their prizes by Michael Peterick and Dave Hatton

Long distance events now a feature on the Reach

It's been great to see the increasing popularity of the Head races over the last few months. The 'Ultra' event on 1 December, starting from Mount Pleasant as a mass start and racing across the Estuary then up to the Reach, promises to be a memorable event!



30 September

Brighton Head Race:

- Union Men's 8: 18.40 [4rd home]
- Union Mixed 8: 19.16 [5]
- Union Men's quad: 21.14 [8]
- Union Women's oct: 21.50 [9]

14 October

Mainland South Brighton Head Race:

- Union Men's 8: 25.22 [3rd home]
- Union Mixed 8: 26.41 [6]
- Union Men's quad: 30.09 [11]
- Union Women's oct: 30.12 [12]



URC OFFICERS 2019



Elected at our recent club AGM:

Patron: Jim Little
 President: Dorle Pauli
 Vice Presidents: Deb Hymers-Ross, Mike Fowler, Rod McLennan
 Secretary: Jan Maister
 Treasurer: Ian Dyson
 Club Captain: Deb Hymers-Ross
 Health and Safety Officer: Tanja McDonald
 Committee Members: Wendy Lawson, Wendy Duggan, Pam Strong-Van Gestel, Stuart Wade

CRA Delegates: Deb Hymers-Ross, Brendan O’Dea, Stuart Wade
 Leander Representatives: Rod McLennan, Brendan O’Dea, Brent Mirfin
 Reviewer: John Drayton

Life Members:
 Jim Little, Bruce Knight, Bruce Fraser, Dale Maher, Mark Borgfeldt, Des Borgfeldt, James Sheehan, Brent Mirfin, Brendan O’Dea, Stu Mitchell

Union Rowing Club Strategic Plan 2019 – 2023

Dear club members,
 Please see the plan draft below for your comments - you can email them to me at pauli.dorle3@gmail.com. Our [2013 to 2018 strategic plan](#) can be found on our website.

Purpose	To ensure that Union RC has a secure and sustainable future as part of the rowing community in Canterbury.				
Vision	A welcoming and well organised club for rowers of all abilities at all levels.				
Key Areas	Membership	Plant and Facilities	Coaching	Regional Relationships	Club Culture, Marketing and Communications
Goals	To increase club membership at all age levels, from school-aged rowers to masters.	To acquire and maintain high quality plant and facilities to support the activities and aspirations of the entire membership.	To develop and maintain competent coaching capabilities as required by the club membership.	To maintain an effective and mutually supportive relationship with the Canterbury Rowing Association (CRA) and all other clubs in the region.	To establish a club culture which fosters the sport or rowing, where members enjoy their choice of recreational or competitive rowing activities, accompanied by a range of social activities.
Actions for 2019	Develop strategies to build a younger membership base, including school-aged rowers and younger masters rowers.	Shift the Kaiapoi shed to Murphy Park and fit out as appropriate to its future use. Increase and diversify fundraising efforts.	Embed regular coaching sessions in the weekly rowing calendar and match teams with individual coaches.	Maintain a consistent presence at CRA meetings.	Develop an annual social calendar. Develop an effective marketing and communication strategy, covering social media, press and other media outlets. Revise the 1957 club rules Appoint a communications officer. Establish a social committee
Strategies to 2023	Maintain and possibly expand the Learn-to Row programme, to include a broader age range. Develop an appropriate social programme to ensure that the ‘off water’ experience complements the ‘on water’ experience. Continue the promotion of adaptive rowing and remaining the specialist club for adaptive rowing in the Canterbury region. Approach Ara and other tertiary training institutes to recruit further members.	Stay involved with the CRA, CCC and all other relevant local bodies to ensure that the Red Zone becomes the best possible sports venue for all flatwater athletes in Christchurch. Continue the fit-out of the club facilities at the Reach to provide a better space for socialising and club meetings.	Provide appropriate training for all aspiring coaches, in association with the CRA, Rowing NZ and other expert agencies. Consider whether payment for coaches is feasible and appropriate. Ensure coaches are recognised by the club, have a sustainable workload and that they have an opportunity to mentor emerging coaches. Focus coaching on novice rowers to ensure they grow in confidence and integrate fully into the club.	Nominate club members for the CRA executive and play an active part in the CRA decision making process. Work through the CRA to ensure that the clubs at Kerr’s Reach work in complementary areas and don’t waste energy and resources competing where this is unhelpful to the sport. Ensure regular communications, both formal and informal, with the CRA.	Ensure the club’s online presence promotes all aspects of rowing at URC. Ensure a regular stream of communications goes to all members with information on rowing events and social activities.