



# INTERNATIONAL PROGRAMME PREMIER OPTIONS

John Paul College  
ROTORUA | NEW ZEALAND

## ROWING



### Programme

John Paul College rowers are members of the Rotorua Rowing Club which has a membership of over 90 rowers and 20 coaches. Opportunities can include participation in singles, doubles, quads or eights programmes.

The rowers start training in July with fitness training and then are on the water from August. This part of the training programme usually begins with two sessions on the water per week, increasing to five or six sessions at the peak of the season in February and March. During this time there are two school regattas— one for the North Island Secondary Schools and the other for the NZ Secondary Schools.

### Coaching

The Rotorua coaching programme consistently ensures representation at regional (Bay of Plenty) as well as national level.

### Costs

The 2013/2014 annual membership fee of the Rotorua Rowing Club is NZ\$745. This covers rowing camps and regatta entry fees as well as the membership fee. There are some additional costs for rowing singlets and trips away.

### Additional Information

John Paul College rowing has produced several rowers who have represented NZ in various age groups and there is a former pupil who is at present training to represent NZ at the Rio Olympics.

A useful website for further information is  
<http://www.rotoruarowing.org.nz/>