



Welcome to Gisborne Rowing Club Inc.



Welcome to the Gisborne Rowing Club 2019/2020 season. We are looking forward to providing training involving learning to row, rowing technique, general fitness, boat handling and maintenance and diet.

Rowing is a popular sport, not only in Gisborne but many other places. It is also a popular university sport and you will be able to use the skills you learn through the season at any rowing club world-wide.

Our club has several types of Rowers – competitive, recreational masters and novices. Some are school aged and some are Masters, over 26 years of age. The rowing year commences on 1st October and we attend a number of club regattas through the season until the North Island Club Champs in late January.

This year the planned regattas will be held in Gisborne, the Hawkes Bay and at Lake Karapiro near Cambridge. A schedule of proposed regattas and the potential costs to attend is attached.

From February our focus shifts to the school rowing season with North Island Secondary Schools Champs and Maadi Cup regattas at Lake Karapiro and Twizel in March. The Maadi Cup Regatta is one of the largest school events in the Southern Hemisphere.



GRC rowers at Lake Karapiro 2019





Keeping in Touch

It is important to all Rowers that they and their parents have access to updated information. Newsletters are distributed regularly including information about Regatta arrangements and costs. We also use OneDrive as an online repository of for storing and editing files to provide instant

Fundraising activities are also organised by Rowers and the Committee and help to make attending regattas more affordable. Details of these events are also circulated.

Email is the best way for the Gisborne Rowing Club to keep in touch. We ask that an **email address is provided** so that we can ensure that you are kept up to date on all news during the season.

Sunday training during the season is also a time to update you on Club news. It is a great opportunity to mix with other rowers and perhaps learn some new tricks from our more experienced and competitive rowers. Rowers, parents and caregivers are welcome to attend our Club Sundays.

If you have a question or would like any further information please contact

Peter Simmons 027 433 9897

info@gisbornerowingclub.co.nz



Fees & Regatta Costs

We recommend rowers to have an automatic payment over the season to help spread the cost of rowing.

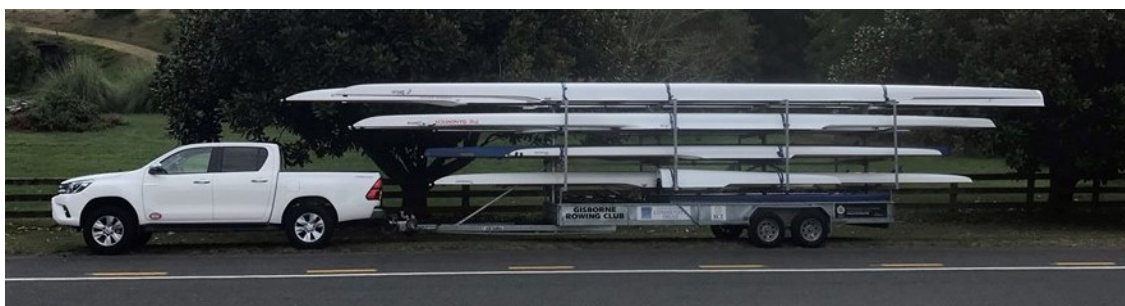
Bank: ASB, Gisborne.
Account Name: Gisborne Rowing Club
Account Number: 12-3170-0132800-00

To be confirmed at the GRC AGM in September 2019:

GRC subs:	\$370.00	to be paid in full before 31 October 2019
ECRA Sub:	\$ 20.00	to be paid in full before 31 October 2019
NZ Rowing		
License Fee:	\$110.00	to be paid in full before 31 October 2019

Regatta costs: Refer attached for estimated costs
Final costs will be confirmed and are to be paid in full
before departure for each event

Forms and payments can be given to your coach, put in the green letter box in the shed or emailed to info@gisbornerowingclub.co.nz.



Club Rules

As with all clubs we have rules. We are unusual in that we have a great deal of very expensive and delicate gear to manage and our rules reflect this. The Gisborne Rowing Club has been in existence since 1874, and we have a Constitution governing how we organise ourselves. This can be viewed on our website or on the Club Notice board. Our club rules follow-

BY-LAWS OF THE GISBORNE ROWING CLUB

(All Previous By-Laws Rescinded)

Amended and approved at the Annual General Meeting, August 1995

Section One

General

1. All of the following General By-Laws are subject to the Committee's oversight.
2. All Members must wear the uniform of the Club when rowing in races at all regattas.
3. All boats and oars shall immediately after use, be thoroughly washed before returning to their proper places. All boats shall be placed bottom upwards on the trestles or racks, unless otherwise directed by their coach, Club Captain or Club President.

Every member of a crew that has landed a boat shall assist in the cleaning and housing of that boat and any other equipment that has been used. In doing so they shall follow the directions of the stroke of the boat unless otherwise directed by their coach, Club Captain or Club President. Boats shall be racked immediately after they have been washed after use.





4. The Coach or in his absence the most senior member of the crew shall have the full charge of the boat and the crew shall obey any instructions given by him. If the crew has no distinct senior member then the stroke shall assume this rule.

5. Any damage done to any Club equipment shall be forthwith reported to a member of the Committee by the Coach of the crew that caused the damage, giving the name of the person that caused the damage, and whether in his/her opinion the cause of the damage was purely accidental or the result of carelessness.

6. No member shall take a resident of Gisborne other than a member (coxes and coaches excepted) in any of the Club's boats without the approval of the Captain.

7. The Committee may post in the Club House a list of the equipment not to be used without the permission of the Club Captain or President. Any member using such equipment without permission shall be fined not exceeding \$50.00.

8. Members or Member Schools of the Club may, with the permission of the Committee previously obtained, keep private boats on the Club premises so long as, in the opinion of the Committee, they do not interfere with the club property and are kept out of the way. Charges may apply at the discretion of the Committee.

9. The Committee may post a roster for the use of the equipment when there is a demand on that equipment by a number of members or crews.

10. No member without permission from the Club Captain shall use a boat which is not appropriate to the class in which they row.
11. No Oars shall be taken out in any boat except such as belong to the boat or except with the permission of the Club Captain.
12. Any complaint on the part of the crew must be made by their coach as early as possible to the Club Captain or if unavailable the Vice Captain or Club Secretary, verbally and in writing.
13. Members must not land from boats at any other place other than the landing at the Boat House in Anzac Park or otherwise as directed by a coach.
14. The last member on the Club premise shall see that the doors are properly secured and the lights are all turned off.
15. All trophies won by crews, as a result of winning a race(s) at a regatta shall be the responsibility of the Club
16. No member shall take or wear another member's apparel or property without permission of the owner.
17. No member shall deface any notice posted on the Notice Board. Permission of the Secretary must be obtained before posting any private notices. Such notices must be posted where he/she directs.
18. No member or coach shall make use of obscene language or misconduct themselves in or about the club house or on the water.
19. No boat shall be taken beyond the entrance of the river without a coach and he/she shall first ascertain that the conditions beyond the entrance are such that the boat or crew will not be endangered. The coach shall be held responsible.
20. No alcoholic liquor is to be brought into or kept in the Club House without full Committee approval. Any member doing so may at the discretion of the Committee, be expelled.

21. Any person using their own vehicle to transport rowers to and from regattas shall be paid on a per head basis set out by the Hon. Treasurer according to the regatta budget.
22. Club policy, agreed to by all members of the Committee is that top racing craft in the shed are not for general training but will be available prior to regattas for race preparation and boat tuning. Application can be made to the Committee for the review of this policy in special circumstances.
23. Issues relating to shed or plant should be brought before the committee. Where conflict or misunderstanding occurs, this must never be debated in the shed. We require members to have the maturity to step back, calm down and use the committee as their platform for debate rather than have conflict escalate.
24. As a rowing club member you are required to respect all of your fellow club members no matter what level they may be at, junior rower to Club President, or Parent supporter. If we are to be successful as a club we need to work together and must be able to work in a harmonious relationship and environment with each other. This is to be fostered at all costs.
25. Using any plant is a privilege extended to financial members, not a right. All rowers need to be aware that mistreatment of equipment including failure to CLEAN properly at the end of each session can result in the privilege being removed
26. Any Code of Conduct which is put in place by the Committee shall also apply in whichever area of the Club the Code represents. Such a Code shall only apply until the next Annual General Meeting, and then it shall be at the discretion of the Club's Committee whether or not to make that code a permanent fixture of the Club's Constitution.



Section Two

Rowing, Sculling shells

1. All of the following Rowing and Sculling shell By-Laws are subject to the Committee's over-sight.
2. Rowing boats and sculls shall be carried out by the full crew, who shall walk into the water and place the boat in at least 30 centimetres of water, upstream and downstream.
3. On no account are boats to be shoved end first into the water
4. No boat shall be taken further up the Waimata River than the island, and no further down the Turanganui River further than the entrance, except under Section 1 Rule 19 of the Club By-Laws, no boat shall be taken further up the Taruheru River than the Stanley Road bridge unless prior permission has been approved, but certainly no further than Campion College.

Section Three

Coaches

1. All of the following Coaching By-Laws are subject to the Committee's over-sight.
2. A coach shall be deemed to be any person who assists in the training of members.
3. The Committee has the power to veto all coaches and may appoint coaches to crews.
4. No coaches shall use any Club facilities or equipment without prior approval of the Committee and may not use Club Plant without the prior approval of the Club Captain. (Constitution - Club Captain, and Bylaws, Section One No's 7, 10, 11).
5. A coach does not have to be a member, and may be elected as an Hon. member at the Annual General Meeting.

6. Those person's deemed to be coaches by the Committee shall be eligible to negotiate a refund of committee approved regatta expenses. If such a coach is travelling in their own vehicle a petrol reimbursement shall be paid. In the event that passengers are carried their monies will be calculated as part of the cost reimbursement.

7. Coaches are required to attend regular meetings called by the Club Captain.

Section Four

Administration

1. All of the following Administrative By-Laws are subject to the Committee's over-sight.

2. The Committee as a whole or their appointee shall be the sole executors of the Club's By-Laws and breaches of such may, at their discretion, result in a fine, admonishment or expulsion, depending on the seriousness of the offence.

3. Such fines that may be imposed shall be payable immediately on the imposition of the fine. The membership of the person or persons, concerned shall be suspended until such fine or fines be paid.

4. Each new intending member shall ensure that they are aware of the Club Rules and By-Laws to read, before they are accepted as a member.

Section Five

Regattas

1. While participating at any regatta for the Gisborne Rowing Club the Club's Travelling Code of Conduct shall be followed without fail. Breach of this Code shall result in a stand down or expulsion from any Club activities and property depending on the severity of the offence.

2. When the Club travels to regattas it is essential that a male and female chaperone be appointed, particularly where High School students are involved. These person's regatta costs will be met as outlined in section Three. (re Club coaches).

These person's will be charged with the responsibility of shopping for regatta food (set out by an approved regatta shopping list) and preparing meals for the team and assisting the coaches where necessary with the help of any extra adults/rowers available. These persons will have the responsibility of the Club's catering equipment. It will be the decision of the Committee as to how many chaperones will travel with the subsidy of the Club.

3. The Club's executives are responsible for making any arrangements in regards to regattas attended by the club, with the exception of agreements made with the ECRA in terms of Interprovincial and Regional regattas.

4. When the Club attends School Regattas both the Club's Constitution, Bylaws, Code of Conduct and the individual's school rules shall apply and be enforced be the approved chaperones.

Please keep this booklet in a safe place so you can refer to it during your rowing seasons.

