



The Southern Regional Performance Centre is part of Rowing NZ's High Performance Programme. It encompasses the Canterbury, Otago and Southland Regions.

Athletes who join a Regional Performance Centre do so with the goal of representing New Zealand at World Championship and Olympic Regattas.

If this is your goal and you want to train with like-minded motivated athletes, then this is how you join Southern RPC:

- Register with the head coach, contact details are at the end of this flyer
- Prepare for the RPC trial regatta in September, either with us in Christchurch or by following our training programme at your home club. There is also an ergometer standard that needs to be met
- Be prepared to train in Christchurch over the summer once School is finished

What does SRPC offer?

- Targeted on water training under the guidance of Rowing NZ coaching staff
- Strength and Conditioning Training at the High Performance Sport NZ Apollo Projects Centre by HPSNZ Strength and Conditioning Providers
- A targeted ergometer programme to improve performance
- Free Medical and Physio support for rowing related issues
- Free membership of the RPC
- Travel and Accommodation provided for all scheduled regattas including National Champs
- Travel cost provided for RNZ trails for all RPC athletes
- Eligibility for Fee Scholarships to assist with Tertiary Study Fees
- Opportunity to be the best you can

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