

GAINING QUALIFICATIONS

Alongside High Performance Rowing



Gaining Qualifications in New Zealand

FIRST YEAR UNIVERSITY STUDY IS FEES FREE

If you are a recent secondary school leaver, you are eligible for the equivalent of one year's full-time tertiary study free* or two years of your industry training fees (including apprenticeships) - up to the value of \$12,000

* If you are studying part time, your fees free allocation will last until you have enrolled in 120points (typically eight university papers) of study.

NEW ZEALAND'S TOP UNIVERSITIES OFFER VARIOUS SPORTING AND LEADERSHIP SCHOLARSHIPS

UNIVERSITY OF OTAGO

University of Otago Performance Entrance Scholarship

\$16,000 over 3 years - typically 20 awarded to Otago University Rowing athletes.

The Sir Murray F. Brennan Scholarship in Rowing

\$16,000 over 2 years awarded to athlete studying health sciences/medicine.

UNIVERSITY OF CANTERBURY

University of Canterbury Haupatu Scholarship

\$5,000 over 1 year.

LINCOLN UNIVERSITY

Lincoln University Rowing Scholarship

\$6,000 over 1 year.

MASSEY UNIVERSITY

Massey University Academy of Sport Scholarship

\$5,000 over 1 year. Academy of Sport provides additional athletic support.

WAIKATO UNIVERSITY

Sir Edmund Hillary Scholarship Programme

Up to \$10,000 per annum for duration of undergraduate degree.

UNIVERSITY OF AUCKLAND

University of Auckland Top Achiever Scholarship

\$20,000 over 1 Year.

AUCKLAND UNIVERSITY OF TECHNOLOGY

AUT Significant Student Scholarship

\$6,500 over 1 year, eligible to reapply each year.

Rowing NZ recommend all secondary school leavers search the scholarship database at their intended University for information on further scholarships.

The list above is only intended as an example of some of the scholarships available and is by no means exhaustive.

REGIONAL ORGANISATIONS OFFERING FINANCIAL SUPPORT

INSPIRE FOUNDATION (CANTERBURY/MARLBOROUGH)

SKEGGS FOUNDATION (OTAGO)

TARANAKI ELITE ATHLETES FOUNDATION (TARANAKI)

ADASTRA FOUNDATION (WAIKATO/BAY OF PLENTY)

AIMES AWARD (NORTH HARBOUR)

FIRST FOUNDATION

Rowing NZ recommend all secondary school leavers research further financial support.

The list above is only a small variety of options that are already being utilised by rowing athletes pursuing high-performance ambitions.

PRIME MINISTER SCHOLARSHIPS

- » Awarded via applications from carded athletes
- » Up to \$10,000 per annum towards academic fees
- » Up to \$5,000 per annum study support allowance

Undergraduate qualifications are typically completed in 3-5 years of full-time study, however the majority of qualifications available in New Zealand can be completed through part-time study to accommodate rowing commitments.

A number of New Zealand universities have dedicated staff to support student-athletes manage their studies around New Zealand sporting commitments (e.g. Massey, University of Waikato, AUT). The majority of New Zealand tertiary education providers are also part of HPSNZ's Athlete Friendly Tertiary Network and have agreed to provide flexibility to athletes who require alternative assessment arrangements due to sporting commitments.

DOMESTIC NETWORK

Many New Zealand based athletes build strong social and professional networks within New Zealand throughout their sporting and academic pursuits.

There are opportunities across New Zealand to be involved in both recreational and competitive rowing and University is a great place to do this. For anyone wanting to pursue high-performance, the National Pathway offers a flexible approach to managing the dual workload of study and training and helping athletes to prioritise appropriately. Rowing NZ recognises the value of athletes having more than just rowing in their life and balancing demands of training alongside study, can increase an athlete's ability to perform when it matters.

GAINING QUALIFICATIONS OVERSEAS

US STATE COLLEGES/UNIVERSITIES

- » Scholarships are awarded on percentage basis according to athlete's ability and can vary from small partial scholarship to full scholarships
- » Average annual fee for international students is NZ\$40,000
- » Scholarships are dependent on athletic performance and can be reviewed annually
- » Return flights from New Zealand may or may not be included

IVY LEAGUE COLLEGES/ UNIVERSITIES

- » Financial Aid is entirely needs-based
- » Parental income and assets are considered
- » Financial Aid is not tied to athletic performance
- » Return flights from New Zealand are not included

UNDERGRADUATE STUDY COMPLETED IN 4 YEARS

- » State Colleges/Universities have a 'Red-Shirt' year, where an athlete can study and train, but not compete - allowing them to study over 5 years. This is commonly used if athletes are facing significant injury or are competing at the Olympic Games
- » Ivy League schools can accommodate leave for Olympic competition

PROFESSIONAL DEGREES REQUIRE POST-GRADUATE STUDY

- » Unlike New Zealand, many professional degrees (including Law, Medicine and Accounting) require further post-graduate study
- » Many professional qualifications are not recognised or require additional study upon return to New Zealand

INTERNATIONAL NETWORK

Many overseas based athletes build strong social and professional networks within the United States throughout their sporting and academic pursuits.



Selection Opportunities from within New Zealand

NEW ZEALAND UNIVERSITY

- » Aon New Zealand University Rowing Championships
- » New Zealand University Trans-Tasman (Rusty Robertson)
- » World University Championships or the Universiade

NZU21

- » Race against Australia and Canada
- » International racing in both small and large boats
- » Training camp at Rowing NZ High Performance Centre

NATIONAL PATHWAY

- » Clear development pathway for aspiring high-performance rowers
- » 12 month, year on year, targeted education and guidance based on athlete need
- » Flexibility in accommodating study and work commitments at early stages on the pathway
- » Increased support levels as progress is made through the pathway, including access to targeted support services
- » Exposure to Rowing NZ coaches and opportunity to attend camps

Gaining selection for New Zealand Teams whilst overseas

US COLLEGIATE

- » Amount of on water rowing time varies according to geographic location and conference regulations
- » Racing season takes place predominantly in big boats (4+ and 8+)
- » You will be mainly sweep rowing, even if you consider yourself a sculler

PROACTIVE COMMUNICATION WITH HIGH-PERFORMANCE ABROAD ATHLETE LIAISON

- » Consistent and thorough communication required with High-Performance Abroad Athlete Liaison to monitor individual progress.
- » This has to be driven by you, so you need to be organised and on top of the communication

NEW ZEALAND SELECTION

- » Limited opportunities are available
- » Exceptional performance required to gain selection from overseas
- » Selection is subject to your availability for trials, training camps and competition
- » You will need to cover cost of travel, camps and trials based in New Zealand

What to Evaluate When Considering Overseas Based Qualifications

WHAT TYPE OF INSTITUTE IS RIGHT FOR YOU?

- » Determine what you value in a tertiary institute and their rowing programme. Alongside developing as an athlete, are you seeking:
 - » A strong academic experience?
 - » A social experience?
 - » International travel opportunities?
 - » A wide range of extracurricular opportunities?
- » Look beyond the buildings, uniforms and prestige – instead measure the lifestyle, rowing development and career progression on offer
- » Accept that your priorities and goals may change while you are overseas – and ensure that the path you choose will accommodate changes if you determine you need them
- » Consider where you will benefit from establishing a network most – where do you hope to work once you retire from sport, and where do you want to establish yourself socially?
- » Ensure your decision of where to study meets your goals beyond graduation
- » Every school offers a unique combination of sporting and academic programmes, and if you narrow down what you are looking for, it will help you choose a school where you will thrive both athletically, academically and socially.
- » Where you are happy is where you will most likely succeed! Just because a certain path worked or didn't work for another athlete, it doesn't mean that same path will work in the same way for you.
- » Scholarship or Financial Aid?
 - » What level of financial support do you need for an overseas education to be financially viable for you and your family?
 - » In general, the higher quality institutes (academic and sporting) have the highest standards for offering full scholarships

- » Ivy League institutes don't offer scholarships, but do offer financial aid.
- » Institutes offering full scholarships may offer inferior programmes
- » There are more opportunities for women than men for full financial support

WHAT LOCATION IS RIGHT FOR YOU?

Is the institute located somewhere you want to live?

- » Climate - do you like hot or cold weather, and are you looking for somewhere with a climate similar to New Zealand, or different? How does the climate of the region an institute in affect training schedules and the ability to train on the water?
- » Landscape - do you want to be near a beach, mountains, forests, lakes, or in a city?
- » Lifestyle - are you looking for somewhere with a laid-back Kiwi culture, or are you looking for a more intense environment – and you prefer urban or rural environments?

WHAT EDUCATION IS RIGHT FOR YOU?

Does the institute offer subjects you wish to study?

- » Review academic prospectuses online
- » Talk to other athletes about their study, and ask what opportunities are available to them for study and research
- » Do your own research - find out if an institute teaches the subjects that you are passionate about
- » Investigate whether your hopeful qualification will be recognised in the location you wish to work in - if you want to work in New Zealand, will you be required to undertake more study before your qualification is recognised here?

Rowing Programme

It's important to understand how a rowing programme operates, and whether a team's objectives are aligned with your own.

If a school wants you, they will offer you the opportunity to look at their programme on an official visit. It is really important to do this, as you are making a decision that affects a significant proportion of time and you need to know that where you are going is the best place for you. Attending an official visit does not commit you to anything, but allows you to make a well informed choice.

CULTURE

Observe how a team operates and treat each other, both in a recruiting environment and regular training.

How are athletes treated when injured, how are younger or less talented athletes treated, and how do coaches interact with athletes and each other?

Talk to current athletes to find out how programmes are actually run – great questions include whether athletes feel supported, invested in, and challenged. It's also important to find out whether programmes train and compete in small boats or not.

Observe what happens inside and outside of a boatshed – watch how athletes interact with each other and with their coaches.

This can often tell you more about a programme than people may be willing to say.

COMMUNICATION

Is there clear communication with athletes around the team's expectations?

COACHING

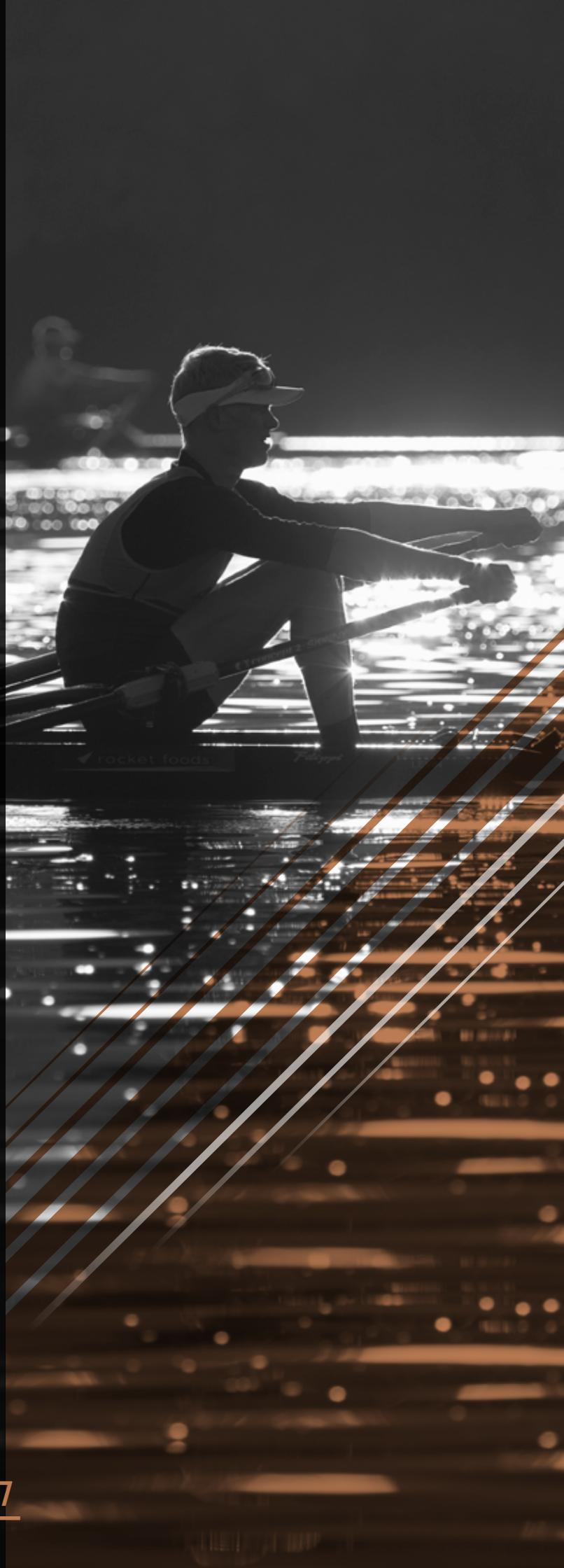
What is the coaching style? A great coach will not put pressure upon athletes to join their programmes. A great coach will encourage athletes to learn as much as they can about a programme.

RANKING

Do you want to be a part of an 'underdog' team, or part of a team at the top of the NCAAs?

STRENGTHS

What is the strength of the conference? (Big Ten, Pac 12, Ivy League, ACC, Big 12 etc.)



IMPORTANT QUESTIONS TO ASK

SCHOLARSHIP TERMS

What are the performance standards required to maintain the scholarship?

If the scholarship offered is partial, is there any opportunity to earn more support based on performance?

Will support be reduced if you become injured?

TEAM

What is the goal of the team, and how does the programme envision achieving it? I.e. small boats, big boats.

Is an individual athlete's success important to a programme – will you be supported if you are selected to represent your home country at the World Rowing U23 Championships?

How many past athletes have pursued High-Performance rowing when they have graduated, and how many were successful in doing so?

What support is offered to athletes suffering from injury or illness?

ACADEMIC

How are athletes supported to successfully balance their sporting and academic aspirations?

MAKING A DECISION

Do you fully understand what you need to achieve in the next four years to meet your rowing and personal goals?

Evaluate whether an overseas based rowing programme and qualification will contribute towards your future goals in both sport and your working career.

Would you spend four years in New Zealand undertaking a project just because it was free?

Don't base your decision to undertake an overseas based scholarship purely on the best 'dollar offer'. The dollar value an institution places on their own qualifications may not necessarily align to how much they will contribute to you as an individual.

FURTHER INFORMATION

For further information or assistance in making decisions about your next steps, please contact;

National Pathway Coaches nationalpathway@rowingnz.kiwi
or High-Performance Abroad Liaison hpabroad@rowingnz.kiwi