

PATHWAY ROWING

EXPLORE

Come and try Rowing. The Halberg Trust have an open day each year where you can give rowing a try on the water. If you are interested in trying rowing throughout the season please contact Parafed Waikato. We have equipment available so you can give it a go.

SOCIAL PARTICIPATION

Rowing is a competitive sport.

COMPETITIVE PARTICIPATION

Compete by joining a rowing club.

The Cambridge Rowing Club and Hamilton Rowing Club have good relationships with Parafed Waikato. Compete in their regattas throughout the Waikato and in other regattas around New Zealand.

All regattas at Lake Karapiro here in the Waikato are inclusive.

LEARN

Parafed Waikato will put you in contact with Rowing NZ, our Para-Rowing Ambassador Nathan Twaddle or Coach Kevin Strickland. They will organise for you to learn to row at the Cambridge Rowing Club. They have ergs so you can learn to row safely and can help you experience rowing out on the water.

PERFORM

Train hard and commit to improving your rowing. Submit your erg times via the Rowing NZ website and get noticed by the NZ coaches. Win races and get times within a percentage of world standards to get selected into the Paralympics New Zealand High Performance programme.

EXCEL

Earn the opportunity to compete as part of the NZ team in events such as Paralympic Games, World Cup and World Rowing Championships.