

4. APPLICATION TO THE BOARD'S DISCRETIONARY RESPONSE FUND 2009/10 – BURNSIDE ROWING CLUB

General Manager responsible:	General Manager Community Services, DDI 941-8607
Officer responsible:	Unit Manager, Recreation and Sports
Author:	Ken Howat, Community Recreation Adviser

PURPOSE OF REPORT

1. The purpose of this report is to submit a request for funding from the Burnside Rowing Club to the Board's 2009/10 Discretionary Response Fund.
2. There is currently \$24,764 remaining in the Discretionary Response Fund.

EXECUTIVE SUMMARY

3. Funding of \$6,330 is being sought towards the cost of delivering an introduction to rowing programme targeting year 9 and year 10 students at Burnside High School.
4. The aim of the programme is to introduce potential rowers to the sport and to give them a realistic understanding of the commitment required to be a rower. The programme would run for 20 weeks from June through to October and cater for up to 30 participants. The first 15 weeks would focus on building fitness and involve one rowing specific gym session, focussing on core strength, and one circuit training session, focussing on overall strength and endurance. For the last five weeks participants would continue with one circuit training session per week and would then begin the rowing component of the programme with one water session per week.
5. Rowing is a sport that requires total commitment and dedication to training. Novice rowers will typically train on average four times per week, increasing to six sessions per week leading up to competition. Rowing is unusual in the demands it places on competitors. The standard race distance of 2,000 metres is long enough to have a large endurance element, but short enough to feel like a sprint. This means that rowers have by far the highest power outputs of athletes in any sport. Consequently it is important that novice rowers are physically prepared before they commence actual rowing in order to reduce the possibility of injury.
6. The rationale for offering such an intensive introductory programme is to ensure participants fully understand the commitment required should they decide to take up the sport and to appreciate the culture of rowing. The club believes that if the programme participants decide to take up rowing after completing the 20 week programme there will be a high likelihood of ongoing involvement in the sport. This is in preference to offering a less challenging introductory programme and risk having novice rowers pull out once the hard training commences.
7. The fitness training sessions would be held at the Bishopdale YMCA and delivered by a qualified trainer. Programme participants would undergo a fitness assessment prior to commencing training and again at the conclusion of the programme in order to document gains in fitness. The club has chosen to use the YMCA gym facilities as the Burnside High School gym does not have the capacity to meet their requirements in terms of equipment, space and availability.
8. This funding request is being submitted to the Discretionary Response Fund owing to the fact that the project will take place outside the dates of other Council funding schemes.

BACKGROUND

9. Burnside High School has had a rowing club for the past 10 years. In May 2009 the club decided to establish itself as a separate entity and became an incorporated society. This meant the club would be eligible to apply to various funding agencies to purchase equipment, develop programmes and to lessen the financial cost to families. The club committee is made up of parents who actively fundraise to purchase equipment and to offset the costs of participation to the rowers. Burnside Rowing Club members pay approximately \$2,500 a year depending on the number of regattas attended.

10. The club currently has 32 registered rowers and advise that this year there has been a strong interest in rowing due to the club's successes at this year's Maadi Cup, which is the national secondary schools regatta held in March each year. The club owns two boats and intends to purchase more as funds allow. Additional boats for training and regattas are hired from the Avon Rowing Club as required.

FINANCIAL IMPLICATIONS

11. The total cost to deliver the programme is \$8,730 which includes fitness training, venue hire, trainers costs, boat hire and coaches fees. The club advises that they have received registrations of interest from 30 students to attend the programme. All costings are based on 30 participants.

The following table gives a breakdown of programme costs.

EXPENSES		
Item	Description	Cost \$
Trainer	35 sessions @ \$116 per hour <ul style="list-style-type: none"> • 15 rowing specific sessions • 20 circuit training sessions 	4,060
Venue Hire	Bishopdale YMCA <ul style="list-style-type: none"> • 15 sessions in studio @ \$38 per hour • 20 Sessions in circuit room @ \$70 per hour 	570 1,400
Boat Hire	5 water sessions using 6 boats @ \$65 per boat	1,950
Rowing Coaches	3 coaches per each water session @ \$50 per hour	750
Total Cost		\$8,730
INCOME		
User Fees	30 participant @ \$80	2,400
Requested Funding		\$6,330

12. In the 2009/10 Small Grants Fund round the club was granted \$4,203 towards the cost of purchasing a second hand boat.

Do the Recommendations of this Report Align with 2009-19 LTCCP budgets?

13. Community Board's Strengthening Communities Fund and Discretionary Response Fund.

LEGAL CONSIDERATIONS

Have you considered the legal implications of the issue under consideration?

14. There are no legal implications in regards to this project.

ALIGNMENT WITH LTCCP AND ACTIVITY MANAGEMENT PLANS

15. Aligns with page 170 of the LTCCP.

Do the recommendations of this report support a level of service or project in the 2006-16 LTCCP?

16. As above.

ALIGNMENT WITH STRATEGIES

17. Project aligns with the Strengthening Communities Strategy, Physical Recreation and Sports Strategy and Community Board objectives.

Do the recommendations align with the Council's strategies?

18. As above.

CONSULTATION FULFILMENT

19. Not applicable. Internal only.

STAFF RECOMMENDATION

It is recommended that the Community Services Committee recommend that the Board allocate \$4,000 from its 2009/10 Discretionary Response Fund to the Burnside Rowing Club towards the costs of delivering the introduction to rowing programme.