

Rowing at Christ's College



Christ's College offers a high performance rowing programme for secondary school boys passionate about the sport. We would like to offer boys from around the world the opportunity to join this programme, while being fully immersed in a world-class academic course of study.

Henry Smith is the head coach of our rowing programme. With former Olympic rower Tony O'Connor also

coaching, we have access to systems, training methods and expertise that have made Christ's College rowing one of the most successful school programmes in the country.

Our dream is to share this unique rowing and education experience with other boys and help them be the best that they can. Our philosophy is *Each boy at his best* and this applies to every aspect of academic and sporting

life. As part of this commitment to excellence, the high performance programme is offered to all our students.

Christ's College has a strong heritage and over 160 years of tradition. Our on-site boarding facilities provide the opportunity for boys to live and associate with young New Zealanders who also share a passion for excellence.



Henry Smith – Head coach of rowing at Christ's College. Henry is a former NZ rower from 2003-2008 where he achieved a world University rowing medal. He has coached two winning Maadi crews and an historic Springbok U18 four and a record breaking U17 eight crew in 2015 at the NZ schools regatta.



Tony O'Connor – Tony is a member of the Christ's College rowing team. Tony is a double Olympian who represented Ireland and won five medals at the World Championships as part of a lightweight pair. In 2016, Tony also coached at the Southern Rowing Performance Centre.



John Quinn – School Counsellor and Director of Wellbeing & Positive Education. John was formerly the school counsellor at St Andrew's College, as well as being a director of the 100% Project, which supports and enables individuals, teams and organisations to flourish, build resilience and achieve peak potential. John works with several high performance sports teams and oversees national athletics through High Performance Sport, New Zealand. He is an approved Family Court counsellor.



Will Sams – Will is a former NZ triathlete. He is in charge of the school's strength and conditioning programme and overall health and well-being at Christ's College.



Recent College Rowing Successes

- Winners of the U18 eight (Maadi Cup) and U18 four (Springbok Trophy) at the New Zealand Secondary Schools Championship in 2016
- Cameron Smith named in the 2016 NZ Junior team for World Championships
- 10 College rowers attending US Colleges for rowing in the last five years



Monthly Calendar

DEC/JAN	FEB/MARCH	APRIL	MAY/JUNE/JULY	AUG/SEPT	OCT/NOV
Training Camps & Regattas	Training Camps & Regattas (Maadi Cup)	Regional/National trials		Training Camp (September)	
Strength & conditioning	Strength & conditioning		Strength & conditioning	Strength & conditioning	Strength & conditioning

Enrolment Process

How to apply for study at Christ's College:

- 1) Submit completed International Student Enrolment Form (click the International tab at www.christscollege.com)
- 2) Submit copies of English Language qualification (IELTS 5.5 or equivalent) and school records, upon request from Christ's College
- 3) Submit written piece, upon request from Christ's College
- 4) Skype interview with Executive Principal
- 5) A conditional offer of place will be issued when enrolment requirements are met
- 6) Pay fees
- 7) Unconditional offer of place issued

Programme Fees

Additional to the annual international student fee, travel and accommodation costs will be charged for students playing in the top A level sports teams.

In the off-season of your main sport, all boys must play an additional College sport.