

MAY ROWING UPDATE

WITH JAMES SCOTT: NZ ELITE DEVELOPMENT ROWER



JAMES' THANKS

I would like to express my thanks to First Credit Union for their continued support in helping me to reach my goals.

2022 OFF WITH A BANG!

So far, 2022 has been very busy. I am back training on Lake Karapiro as the team begins to gear up for another campaign to the Northern Hemisphere. We have had lot's of internal racing this year which has been a really cool opportunity.

On a domestic level it has been fantastic that the New Zealand National Rowing Championships were able to take place under the 'red light' setting down in Twizel. Unfortunately, the Elite Development Squad did not attend due to the Covid risk, recognizing the impact that this could have on our training and overseas travel later in the year.

MAY INSIGHT AND UPDATE

April and May are the months where everything starts to get a bit colder on Lake Karapiro. The fog risk increases which can make for some tricky navigation as we are facing the opposite way to the direction that we are rowing towards. But this all just adds to the excitement!

The age group teams also start to fill the building which should give a good buzz around the Rowing New Zealand Building. This includes the u23 team, Winter development squad, u21 team trialists and junior trialists. I am really looking forward to having more people in the building who are taking steps to better themselves with their rowing goals and the vibe only gets better. 'The more the merrier,' is a phrase that comes to mind!

On a more personal note, I have the privilege of travelling overseas to the World Cups with the NZ Elite team to Poland, Belgium, England and Switzerland. This will be my first time racing with the silver fern on my chest so definitely a good experience to have under the belt and something that I have been working towards for the last 10 years. However, with this success on the water, the importance of taking moments throughout the week to get away from rowing remains key to ensuring a good row-life balance. I still enjoy to get outside when I am out of the rowing boat and see all that New Zealand has to offer. Whether it be Lake Taupo or back in my hometown of Tauranga enjoying the beaches on the other side of the Kaimai's. You might be noticing a theme that I love being in, on ,or around the water! Getting stuck into my university studies for me is another important part of my life outside rowing. I am studying Law and Finance so I am really lucky to have the relationship and the support that I have with, First Credit Union.

Wishing everyone all the best and can't wait to give you another update again soon!



"Teamwork is the secret that makes common people achieve uncommon results." - Ifeanyi Enoch Onuoha