



BEACH SPRINTS NZ

APRIL 2026

SCHOOL HOLIDAY BEACH SPRINT TRAINING CAMPS

OREWA BEACH, AUCKLAND

Come and learn all aspects of Coastal Rowing Beach Sprints.

Train, race, and refine your skills at one of New Zealand's premier beach sprint venues with an outstanding coaching team.

Ideal for those rowers looking to enter the NZ Beach Sprint Champs 2026 25th-27th April at Orewa Beach and wanting the opportunity to try out the coastal rowing boats and get yourself ready to race.

CAMP DATES (2 DAYS EACH)

- 9th-10th April 2026
- 15th-16th April 2026

(Each camp runs over two full days)

Where: Orewa Beach, Auckland

WHAT YOU'LL LEARN

- Beach sprint race formats & rules
- Beach starts and finishes
- Slalom course skills and tactics
- Boat handling in surf conditions
- Transitions: run-into boat-row-beach dismount-run
- Beach running and sprinting
- Race strategy & decision-making
- Safety, equipment handling, and best practice.

Suitable for rowers with 2 seasons or more of sculling experience and are wanting to **learn, develop, or sharpen** their beach skills.

COACHING TEAM

Train with a world-class and highly experienced group, including:



EMMA TWIGG —

Olympic Gold Medallist
and World Champion
Solo Beach Sprints 2025



GARY REID —

Rowing NZ Coastal
Team Coach 2025



MATT DUNHAM —

World Beach Sprint Champion
in the Mixed Double

This world class coaching team will be assisted by a team of experienced Beach Sprint rowers to provide lots of hands on coaching.

WHAT'S INCLUDED

- Two full days of coached training
- All on-water and beach-based sessions
- Lunches and refreshments provided
- Race practise in singles, doubles and quads
- Supportive, fun, high-energy learning environment.

COST

\$400

per rower, per camp

Limited places available – early registration recommended.



HOW TO REGISTER

Scan this QR code to complete the form and submit as directed by the event organiser. Further details, daily schedules, and equipment information will be provided after registration.



**BUILD SKILLS.
BUILD CONFIDENCE.
RACE FASTER ON THE WATER AND BEACH.**

www.beachsprintsnz.co.nz