



Rowing Handbook 2011-2012

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Sport is recognised as a critical element of the educational process at Ballarat Clarendon College. It provides opportunities for students to learn the importance of teamwork, leadership and commitment and within a school setting rowing highlights this more than any other sport.

This booklet is designed to provide both students and parents with information for the coming season. Hopefully, this information will provide the pathways for you to become a significant member of the Rowing Team and to further enhance your experiences within the Rowing Program at Ballarat & Clarendon College.

We are very fortunate to have a fantastic team of people who volunteer their services to coach our students each year. These people come from all different walks of life but they all have a love of rowing and are incredibly keen to help our young students gain some of the same experiences from rowing that they once had themselves.

The rowing program has the following aims:

- 1. To provide a structured program in order that every student is given the opportunity to develop their teamwork, leadership and commitment skills.**
- 2. For all students to consider their experiences within the Rowing Team to have been a positive one.**

At the annual Head of the Lake Regatta, premiership trophies are awarded based on a point score system for each race: first place gains 4 points, second place 3 and so on. These points are then tallied for each School and the highest score wins the premiership. As a team, our performance goal for the upcoming season is to perform well in both the girl's and boy's premierships.

For us to achieve this, every person involved in the program must be committed to the program. Therefore:

- Rowers must work hard to overcome their weaknesses whilst at the same time improving their strengths.
- Coxswains must work with their coaches and crews to develop their own people management skills.
- Coaches must be constantly planning ahead and searching for better ways to get their messages across
- Everyone –students, parents and coaches must make every effort to attend all social functions to help create a fantastic club atmosphere and spirit.

I am looking forward to an exciting season and I hope your time within the Rowing Program is enjoyable and memorable.



Ross Henderson
Head of Rowing

Contacts

All general enquiries should be directed to the Head of Rowing.

Ross Henderson Work: 5330 8200
(Head of Rowing) Email: henderson@clarendon.vic.edu.au

For absences from training please contact the squad co-ordinator.
(please refer to [Absence from Training Policy](#) - pg.5)

Senior Girls	Ms. Grace McDonald	mcdonald@clarendon.vic.edu.au
Senior Boys	Mr. Sam Shepherd	shepherdSa@clarendon.vic.edu.au
Year 10 Girls	Mr. Ross Henderson	henderson@clarendon.vic.edu.au
Year 10 Boys	Mr. Neil Holden	holden@clarendon.vic.edu.au
Year 9 Girls	Ms. Jen Tischler	tischler@clarendon.vic.edu.au
Year 9 Boys	Ms. Monica Van Dyk	vandyk@clarendon.vic.edu.au

Any written correspondence may be sent to the School address.

Parents Support Group - The 1920 Club

The parents support group for the Rowing program is named after the year in which the Ballarat College won it's first Head of the Lake Title, 1920. The 1920 Club provides an enormous amount of both financial and moral support for all the rowers within the program.

The Club raises funds to purchase items to assist with the coaching of the students such as video cameras, motor boats etc. The Club is also very active on regatta days and have recently bought a trailer, BBQ and tents to make these days more enjoyable for all involved. It is at regattas where most of the socialising involved with the sport takes place, and again, 1920 Club members are always willing to help out new parents on these occasions.

The Club members are also a wonderful source of information for new parents on all aspects of the program. Quite often they will be the first port of call for any question you may have concerning directions to and from regattas and general regatta etiquette – (if there is such a thing!).

If you would like further details or would like to join the Club please refer to the 1920 Club section on the School website.

<http://www.clarendon.vic.edu.au/1920-club.php>

Absence from training policy

Any absence from training causes a great deal of disruption to the program. One student being absent effectively means that four other students will not get to participate for that session.

To help manage any absences please observe the following;

- Students must communicate with their Squad Coordinator if they will be unable to attend any sessions.
- Two (2) days notice prior to the session must be given.
- Communication must be in writing either via email or a signed note.

Squad co-ordinator's contacts

Squad	Co-ordinator	email
Senior Girls	Ms. Grace McDonald	mcdonald@clarendon.vic.edu.au
Senior Boys	Mr. Sam Shepherd	shepherdSa@clarendon.vic.edu.au
Year 10 Girls	Mr. Ross Henderson	henderson@clarendon.vic.edu.au
Year 10 Boys	Mr. Neil Holden	holden@clarendon.vic.edu.au
Year 9 Girls	Ms. Jen Tischler	tischler@clarendon.vic.edu.au
Year 9 Boys	Ms. Monica Van Dyk	vandyk@clarendon.vic.edu.au

We appreciate that some absences are unavoidable. If a student is absent unexpectedly (eg. illness, injury etc) then please let the office staff know to contact the squad coordinator upon phoning in your child's absence.

Uniforms

All students are to be correctly attired at all times – that is training, racing, travelling to and when at regattas. Below is a list of items that students will need throughout the coming rowing season.

Training

- School rowing suit (zooty)
- School rowing cap
- School sports jumpers (rugby top, polo fleece etc.)
- School windbreaker spray jacket*
- UV long sleeve t-shirt*

Racing

- School rowing cap
- School rowing suit (zooty)
- UV long sleeve t-shirt*

Travelling to and from, and when at Regattas

Any of;

- School track pants
- School sports jumpers (rugby top, polo fleece etc.)
- School windbreaker spray jacket
- Red school polo shirt
- School rowing cap
- Black school PE shorts

* optional

Contact for rowing uniform

In the event that you require a new item of clothing from the “rowing specific” uniform, details for the suppliers are;

Rowing Suits

Simply Oarsome

Telephone: (03) 5229 9677

Email: info@oarsome.com.au

UV long sleeve t-shirt

Designer Paintworks

Telephone: (03) 9555 2785

Email: despaint@bigpond.net.au

Please note: Any items of clothing required after the closing date for school orders will require students to contact the manufacturers directly.

Training Times

Planning a training schedule to accommodate all of the students is a difficult task. Aspects such as the sharing of rowing boats and oars, motor boat availability for coaches and indeed coach staff availability all have to be taken into account before the final schedule can be produced.

Once this is done, the schedule must comply with the framework that is the BAS Inc. rowing regulations. These regulations were put in place to ensure that students were not being "over-trained" throughout the rowing season. This paved the way for students to be able to enjoy a range of activities as well as rowing including their studies, music, drama, jobs, families and of course, their busy social lives. Another of the rationale supporting the regulations was to avoid potential over-use injuries sometimes associated with this sport. Recommendations from the Rowing Australia medical staff were used to determine the number of sessions and the length of each session.

The BAS Inc. is not the first such organisation to introduce training regulations. The Associated Public Schools system in Melbourne and Geelong, have had regulations in place for many years as have other systems around the Country. Of course, policing these regulations is difficult. However, within our program, our coaches are of the firm belief that **quality outcomes come from the quality of training – not the quantity of training.**

Term 4 Training Timetable

Year 8	Monday	6:15am - 8:00am	Rowing
	Tuesday	3:45pm - 4:45pm	Gym
	Thursday	4:00pm - 5:30pm	Rowing

Year 9	Tuesday	4:00pm - 5:30pm	Rowing
	Wednesday	3:45pm - 4:45pm	Gym
	Thursday	6:15am - 8:00am	Rowing

Yr 10 & 11 Girls	Monday	5:00pm - 6:00pm	Gym
	Tuesday	5:00pm - 7:00pm	Rowing
	Wednesday	6:30am - 7:30am	Gym
	Thursday	5:00pm - 7:00pm	Rowing
	Saturday	8:00am - 10:00am	Rowing

Yr 10 & 11 Boys	Monday	3:45pm - 4:45pm	Gym
	Tuesday	6:15am - 8:00am	Rowing
	Wednesday	5:00pm - 7:00pm	Rowing
	Thursday	3:45pm - 4:45pm	Gym
	Saturday	6:30am - 8:30am	Rowing

Please refer to the website for the [Rowing Program Calendar 2012](#)

Getting to and from on-water training

All on-water sessions are conducted from the K.D. Baird Boatshed on the eastern shore of Lake Wendouree. Following all morning training sessions, students are to walk back to the Sturt Street campus. Likewise, for all afternoon training sessions, students are to make their own way to the boatshed.

Morning Training Breakfasts

Following training of a morning students are welcome to purchase their breakfast from the College Café. A selection of hot and cold foods is available for a cost of \$6.

Regatta times

All of the regattas we participate in are conducted by Rowing Victoria (RV). All entries for these regattas are completed on-line and RV publish a start list and timetable for each regatta on the Tuesday prior to that regatta.

As a result of this timeframe, an information bulletin regarding each regatta will be posted on the School website on the Thursday prior to each regatta. This bulletin will contain information on race times, transport arrangements and drop off/pick up times.

National Championships Regatta

Each year crews have the opportunity to compete at the National Championships. As a general rule, only the Open division 1 crews qualify to compete. Please refer to the Appendix B for the National Championships Selection Policy

Head of Schoolgirls Regatta

Obviously this regatta is only open to schoolgirls. A decision on which crews will attend will be made in conjunction with the students closer to the regatta date.

Term 1 Training Timetable

The timetable for term 1 will be released towards the end of term 4. It is envisaged that this will not vary greatly from the term 4 training timetable.

Important Dates

			Open Boys	Open Girls	Junior Boys	Junior Girls
22 Oct	Sat	BAS Lap of the Lake Regatta (B)	YES	YES	TBC	TBC
21 Jan	Sat	Ballarat Regatta (N)	YES	YES		
28 Jan	Sat	Barwon Regatta (G)	YES	YES		
4 Feb	Sat	BAS Regatta #2 (B)	YES	YES	YES	YES
11 Feb	Sat	Wendouree Ballarat Regatta (B)	YES	YES		
11 Feb	Sat	RV Schools Regatta (G)				TBC
12 Feb	Sun	St.Patrick's Regatta (B)			YES	
18 Feb	Sat	State Champs (N)	YES	YES		
18 Feb	Sat	RV Schools Regatta (G)			TBC	TBC
25 Feb	Sat	RV Schoolgirls Regatta (G)		YES		YES
4 Mar	Sun	Head of the Lake (B)	YES	YES	YES	YES
10 Mar	Fri	Nationals (P)	1 st	1 st		
11 Mar	Sat	Nationals (P)	1 st	1 st		
12 Mar	Sun	Nationals (P)	1 st	1 st		
18 Mar	Sat	Head of Schoolgirls (G)		TBC		TBC
19 Mar	Sun	Head of Schoolgirls (G)		TBC		TBC

(Venue code: B = Ballarat, G = Geelong, N = Nagambie, P = Perth)

Social Events

Saturday 3rd March Rowing Reunion Dinner – all past rowers, coaches etc.
 Sunday 4th March Annual Rowing Dinner – all current rowers, coaches & parents

Camp Information

Juniors - Year 8 & 9 (2011)

Dates: **Monday 23rd January to Wednesday 25th January**
 Venue: *Lake Wendouree, Ballarat*
 Cost: camps are to be fully funded by the participants.

Seniors

Dates: **Friday 20th January to Wednesday 25th January**
 Venue: *Lake Wendouree, Ballarat*
 Cost: camps are to be fully funded by the participants.

Permission The information bulletins and permission forms for the 2012 rowing camps will be available from the school website early next term. To assist with the organisation and management of the camps, these forms and full payment will be required by mid-November (date to be set).

Sun exposure

Rowers and coaches are exposed to higher intensity of sun than other athletes who do not train on the water. Reflection of the sun's rays off the water results in increased exposure to harmful solar radiation. Use of sunscreen, hats and sunglasses can help.

Hypothermia

Hypothermia occurs when the whole of the body has been chilled to a much lower than normal temperature, and can no longer maintain its heat. i.e. below 35° C. Avoidance must be the first consideration at all times. It is important to dress to beat the cold – layers of clothing are more effective than one warm garment. The outer layer should be wind and waterproof. Remember the head is a major source of heat loss so it is important to wear a hat in cold weather.

Blisters

Blisters can occur when you damage your skin while rowing. Repeated friction across the palms from the oars commonly causes blisters to form along the areas of contact.

If the blister doesn't affect your rowing, leave it alone. Leaving the blister intact prevents infections from entering the skin, and the clear liquid inside the blister pads the area.

When you row, the oar may exert too much pressure on your blister. Drain any painful blisters or blisters that restrict your rowing. Wash your hands with antibacterial soap before puncturing your blister. Disinfect a small needle by heating it until it turns red and allowing it to cool or by soaking it in rubbing alcohol for three minutes. Carefully push the needle into the blister as close to your skin as possible, but don't rip your skin. You may need to soak rough areas first to allow the needle to penetrate the blister without difficulty. Most blisters release a clear liquid, but blood blisters release blood. Gently apply pressure to the top of the blister until the bubble is empty. Never drain burn blisters.

Once you drain a blister, protect the exposed skin from germs. If you ripped the skin, trim the excess skin from the blister with a pair of sterilized scissors or nail clippers. Apply an antiseptic cream to the area, and then cover the blister. Unless the bandage comes loose or gets wet, you can change the bandage daily.

You may find blisters heal more quickly if you expose them to air when you aren't rowing or putting pressure on the area. Keep an eye on the blister and notify your doctor if you notice any red streaks or pus.

Aim of the policy

This policy aims to create several opportunities throughout the rowing season for students to monitor and track their specific rowing fitness levels against others within the rowing program. Also, the policy has been devised to allow evaluation of the amount of rowing specific training students have undertaken throughout the season. This policy also includes a subjective on-water assessment of all athletes' technical abilities.

Athletes will be selected into crews based on the following criteria;

1. The Director of Rowing and coaches will assess each athlete's level of commitment, dedication and ability to work within a team throughout the entire season.
2. Coaches assessment of on-water ability
3. Performance in on-water "seat-race" trials
4. Performance in selected ergometer testing (either 1km or 2km)

Missed Tests

If a student is unable to perform any of the trials, they must discuss the reason for the inability to complete the trial with the Director of Rowing **prior** to the set date for the trial.

Coxswains will be selected into crews based on the following criteria;

1. Performances during training; this includes the elements of crew organisation off the water, boat handling on the water, steering and the calls given and the manner in which they are given during training
2. Performances during racing; this includes the elements of crew organisation off the water, boat handling on the water, the ability to safely and calmly position the boat into a starting bay, the calls given (and the manner in which they are given) during racing and the ability to steer a straight course.
3. Interaction with athletes and coaches during training, both on and off water
4. Coaches assessment of level of commitment, dedication and ability to work within a team

Crew change policy

Coaches have the option to nominate a crew change to the Director of Rowing. The Director of Rowing shall assess each case individually and will make the final decision as to possible crew changes. If the decision is made to re-select crews, the athletes in question will then perform the relevant ergometer test. Following this testing further on water trials may be undertaken to re-select crews. Following this the Director of Rowing will make the final decision as to crew changes.

The Director of Rowing may at any stage suggest crew changes, either coxswain or athlete. Such a change would then proceed through the above system.

Policy rationale

This policy endeavours to ensure crews ratified by the School to participate in the National Championships are of a standard deemed good enough to win a medal.

Assessment of crews

In order for the School to ratify an entry, crews must meet the following criteria;

1. The crew must place first or second against "major" opposition at the regatta closest in date to the closing date for entries for the National Championships. (This is often well before Head of the Lake).
2. The crew must attain a "prognostic score" of 95% of their respective event gold medal times at the January rowing camp.

In addition to this, the following also applies;

3. ALL members of the crew must be willing and able to attend the regatta.

Regatta Details

- Heats for the School events take place on the Friday of the National Championships and therefore students will be absent for some class time in order to travel and prepare for the Friday's racing.
- All expenses incurred are to be paid for by the individual students involved, including coaches expenses.

Prognostic Times

	Gold Medal Time	95% Gold Medal Time
Schoolgirl Coxed Four	7:25.55	7:47.8
Schoolboy Coxed Four	6:43.42	7:03.6

Regattas are fun, relaxing, sociable events—if you have a plan! Here are a few tips for parents to get you started.

Suggested items to bring

- camera
- fold out chair
- sunscreen
- hat
- sunglasses

What to Wear

- Often, it's chilly when we arrive and blazing hot by noon. LAYER! Make one of your layers a windbreaker or something that can take a light rain. Don't wear shoes that can't get dirty!
- Bring a hat or visor—it's a long day in the sun. You can still get a sunburn when it's overcast.
- Check the weather: Races will take place even when there is some rain predicted—bring something waterproof and lightweight, like a windbreaker with a hood. Coaches will let you know if a race is cancelled due to weather.

Arrival and staking your claim

- Rowers need to head to wherever the boat trailer is parked to help with setup.
- Parents should head to the School tent area as soon as you get to the site and set up your chair(s) somewhere comfortable.

Entertainment

- The race schedule is often delayed by changes in the wind and water conditions. Spectators are wise to arrive on time, but be prepared to wait.
- Regattas are long days and there is generally lots of down time between races. Bring your favourite reading material or a laptop—or hang around the food tent and chat with your fellow parents.

1. Definitions

1.1 Session Times

A training session time is the time of actual physical participation in the activity. (However, regatta participation will count as one 'on-water session' irrespective of the duration of the regatta and the number of events entered.)

1.2 Land Training

Training conducted or organised by coaches that does not involve the rowing of boats. Land training is deemed to be any program organised as a conditioning program for rowers and includes, for example, organised weight training, ergo use, gymnasium work, swimming and running.

1.3 Water Training

Actual training time conducted on water with a crew.

1.4 Week

Sunrise Monday to the following sunset Sunday (inclusive).

1.5 Term

A normal school term, except that, for the purpose of these guidelines, Term 1 is deemed to commence on December 1st

2. Purpose

The purposes of these guidelines are to:

- 2.1 Provide a framework where the sport of rowing can be conducted
 - a. upon agreed best training practices
 - b. in an environment that ensures that the physical, emotional and academic welfare of the athlete is not jeopardised through training regimes
- 2.2 Ensure that no school or crew gets an unfair advantage over another school or crew through excessive training sessions.

3. Coaching Conduct and Qualifications

3.1 Coaches, in conducting training will:

- a) Act in a professional and ethical manner and exercise appropriate Duty of Care
- b) Be positive, supportive and encouraging of crews.
- c) Train crews in accordance with the best practice for rowing being mindful of the needs of the individual and level of the crew.
- d) Not exceed training times set out in these Guidelines
- e) Model sportsmanship and appropriate behaviours at regattas, training and camps.
- f) Ensure that members of any crews adhere to the School's Codes of Conduct.
- g) Ensure school policies concerning uniform, sun protection and harassment are adhered to and
- h) Maintain effective communication with the Rowing Co-ordinator and crews at all times.

3.2 Coaches will be supported by the school, and/or the school's rowing club, in gaining minimum coaching accreditation qualifications.

4. Training Regulations

4.1 The following training times are permitted.

- These times represent the MAXIMUM crews/squads may train. It would be considered most unusual for the maximum to be used throughout a term.
- Coaches will exercise professional judgement, having regard for the wellbeing of the athlete in determining training programs.
- On-water training will not exceed 1 hour 30 minutes duration per session.
- A coach may substitute land training for on-water training (taking account of weather, illness, water levels, etc.)

No coach will permit any individual rower to exceed the maximum training times permitted under these guidelines. (also see 4.8)

The school's Rowing Co-ordinator will monitor the training of all rowers, crews and squads and accept responsibility for adherence to these regulations.

Appendix D: BAS Inc. Rowing Regulations and Code of Conduct

Permitted sessions:

Term 3	On-water	Land training per week
Senior Crews (years 10 and 11)	Nil	Up to 3 sessions per week
Intermediate Crews (year 9)	Nil	Up to 1 sessions per week
Junior Crews (year 8)	Nil	Up to 1 sessions per week

Term 4	On-water training per week	TOTAL Number of training sessions per week
Senior Squad	Up to 3 sessions	Up to 6 sessions
Year 9	Up to 2 sessions	Up to 4 session
Year 8	Up to 2 sessions	Up to 3 session

Term 1 (From Dec. 1 st)	On-water training per week	TOTAL Number of training sessions per week
Senior Squad	Up to 4 sessions	Up to 6 sessions
Year 10	Up to 3 sessions	Up to 4 session
Year 9	Up to 2 sessions	Up to 3 session

Length of time for session as per the original regulations

Senior on-water 1.5 hours / off water 1.5 hours
 Year 9/10 on-water 1.5 hours / off water 1.0 hour
 Year 8/9 on-water 1.5 hours / off water 1.0 hour

Each school will be permitted to conduct a rowing camp(s) of up to 7 days duration between 15th December and 26th January.

Except for official rowing camps, there will be no training conducted by the School, and no use by rowers of school rowing boats between 15th December and 26th January. .

As directed by the Head of Rowing, crews shall be able to train outside of the BAS weekly training regulations on the proviso the total amount of training completed within any four week period does not exceed four times the maximum number of weekly sessions for that period. This will apply to on-water training only. (inc. as of 9/07)

Official rowing camps will not be subject to session limitations in 4.4.

Coaches will conduct training with an understanding that rowing is a school sport and that the school has overriding authority in the conduct of all aspects of its rowing program.

Prior to the commencement of term 4 rowing, the Rowing Co-ordinators will meet with their coaches to explain the Code of Conduct and the rowing guidelines.

All schools will clearly display the Guidelines and Codes of Conduct in their respective boat sheds. All coaches will be given a copy of the guidelines and Code of Conduct.

Coaches, in consultation with the school's Rowing Co-ordinator, will develop a documented weekly training plan for the season covering each crew/training squad. The training plan will be submitted to the school's Rowing Co-ordinator.

5. Procedures for dealing with alleged breaches of training regulations

- 5.1 A protest is made by a Principal forwarding allegations and substantiating evidence in writing to the Principal of the School concerned and the Chair of Rowing Schools. (This Chair would invite another Principal to deputise if the allegation concerns his/her school.)
- 5.2 The Principal of the School concerned will, through the Rowing Co-ordinator, investigate the allegations and report on this investigation to the Chair of Rowing Schools and the Principal who lodged the protest.
- 5.3 If a breach of regulations is proven, the Principal of the School concerned will agree with the Chair of Rowing Schools on an appropriate course of action. This would then be reported to Principals of all rowing schools. (If agreement cannot be reached, a Principals' meeting would decide on a course of action.)
- 5.4 A decision about a course of action would take into account both the seriousness of the breach and the culpability of either the coach or the crew members or both.
- 5.5 In case of a first proven breach, a warning would normally be issued by the Chair of Rowing Schools. Subsequent or persistent breaches may be dealt with by dismissal of the coach, or loss of premiership points in the Head of the Lake.
- 5.6 Review - At the completion of a rowing season, the Rowing Co-ordinators will meet to review guidelines and other aspects of the season. A written report of the outcomes of this review, and any recommendations arising, will be forwarded to the Chair of Rowing School