

# CONTENTS

ST HILDA'S ROWING 2020.....	2
2020 ROWING CALENDAR.....	3
TRAINING OVERVIEW.....	4
ROWING STRUCTURE AT ST HILDA'S .....	5
HISTORY OF ROWING AT ST HILDA'S .....	5
THE ROWING SUPPORT GROUP.....	6
SCHOOL REQUIREMENTS.....	6
ROWING LEVY .....	6
SENIOR ROWERS INFORMATION (YEAR 11 AND 12) .....	7
YEAR 10 ROWERS INFORMATION.....	8
YEAR 9 ROWERS INFORMATION .....	9
FRESHMAN ROWERS INFORMATION.....	10
TRAINING LOCATIONS.....	11
RACING LOCATION .....	12
ATTENDANCE POLICY.....	13
ROWING UNIFORM.....	14
PASTA NIGHTS.....	14
CREW SELECTION PROCESS.....	15
REGATTA INFORMATION .....	16
HOLIDAY TRAINING .....	16
NUTRITION .....	18
GENERAL INFORMATION .....	19

## ST HILDA'S ROWING 2020

The St Hilda's rowing program has grown significantly since its inception in 1983, when 19 courageous young women embarked on a unique journey. Over the decades since we have developed a program that facilitates more than 80 rowers per season within a vibrant and supportive community.

The growth of our program was on display in 2019 with St Hilda's finishing in 3<sup>rd</sup> place for points both on Head of the River day and across the season. This result was thanks to the contributions of all rowers from all crews, with St Hilda's performing consistently across every year group and division.

2020 provides us with another exciting opportunity to continue building a supportive and positive community that allows all rowers to strive for excellence while having an enjoyable experience of the sport. We have a wonderful group of passionate coaches who are dedicated to facilitating this process and helping each rower reach their full potential.

We hope you find this handbook useful, it provides key information about the upcoming season and outlines our School's expectation of all rowers. Please feel free to get in contact for any clarification on the School rowing program. I look forward to meeting you all throughout the season.

**Mr Sam O'Connell**

Head of Rowing

0436 853 320

[sam.oconnell@sthildas.wa.edu.au](mailto:sam.oconnell@sthildas.wa.edu.au)

## 2020 ROWING CALENDAR

January Senior Holiday Training begins	Monday 6 January
Term 1 Commences	Monday 3 February
Term 1 Training begins for Seniors	Wednesday 5 February
Year 9 Rowing Parent Information Evening	Wednesday 5 February
Term 1 Training begins for Year 10s	Friday 7 February
Term 1 Training begins for Year 9s	Monday 10 February
Term 1 Mid Term break	Friday 28 February
House Regatta	Monday 6 April
Term 1 Concludes	Thursday 9 April
Rowing Camp - Year 10-12 (Residential)	Friday 24 April to Monday 27 April
Rowing Camp - Year 9 (Non-residential)	Saturday 25 April to Monday 27 April
Rowing Sundowner	Monday 27 April
Term 2 Commences	Wednesday 29 April
Regatta 1 Champion Lakes (Perth College)	Saturday 9 May
Regatta 2 Champion Lakes (PLC)	Saturday 23 May
Regatta 3 Champion Lakes (STH)	Saturday 6 June
Regatta 4 Champion Lakes (JTC)	Saturday 13 June
Rowing Breakfast	Friday 26 June
IGSSA Head of the River, Champion Lakes (MLC)	Saturday 27 June
St Hilda's Head of the River Dinner	Saturday 27 June

## TRAINING OVERVIEW

Jan Holidays	Mon	Tues	Wed	Thurs	Fri	Sat
<b>7:00am-9:30am</b>	Seniors Row 6/1  13/1 20/1		Seniors Row  8/1 15/1 22/1 29/1		Seniors Row 10/1 17/1 24/1 31/1	

Term 1 Week 1-7	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Before School</b>	Seniors Row  Year 9 Row		Seniors Row  Year 10 Row	Year 9 Row	Seniors Row  Year 10 Row	Seniors Row  Year 10 row
<b>After School</b>	Year 10 Land	Seniors Land	Year 9 Land	Seniors Land		

Term 1 Week 8-10 & Term 2	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Before School</b>	Seniors Row  Year 9 Row	Year 10 Row	Seniors Row  Year 10s Row	Year 9 Row	Seniors Row  Year 10 Row	All Row or regatta
<b>After School</b>	Year 10 Land	Seniors Land	Year 9 Land	Seniors Land		

## ROWING STRUCTURE AT ST HILDA'S

Rowing is one of the many opportunities offered at St Hilda's and is part of a broader program of co-curricular activities. Rowing is an IGSSA sport and St Hilda's participates in the annual IGSSA Head of the River competition during Term 2.

The rowing program is directed and supported by the Head of Rowing, Sam O'Connell. The Head of Rowing appoints all School rowing coaches and Year Group Coordinators. Ms Emme Wild, Head of Sport, also assists and supports the School rowing program. A Rowing Parent Support Group (RSG) assists the School rowing program by providing operational assistance with camps, fundraisers and regattas.

St Hilda's rowing program is based at the Fremantle Rowing Club for the majority of Term 1, then moves to Cygnet Hall (Crawley) in agreement with Hale School after the Schoolboys Head of the River. The School is currently expanding its own fleet to cater for the needs of our students. Currently this fleet includes 5 Coxed Quads and 4 Racing Vllls. We also have a number of jointly purchased rowing boats which will be used in Term 2.

## HISTORY OF ROWING AT ST HILDA'S

In 1983, rowing was introduced as a Term 2 sport option for Year 11 and 12 students. A dedicated group of 19 girls mastered the skills of rowing and competed in borrowed wooden boats at the State School Girls' Rowing Regatta which was held in October of that year. Of the five St Hilda's crews entered, two finished 3<sup>rd</sup> and 4<sup>th</sup> in their finals and one other crew won the Petite final. In the next year, the rowing team increased to 33 girls. A wooden Eight given to the School by Guildford Grammar enabled a total of seven crews and three scullers to enter the Championships. In the Petite final of one event, St Hilda's crews were placed 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>.

The sport continued to grow in strength and popularity and, in 1989, thanks to the generous support of a number of rowing parents, many bags of sheep manure and funding from the P&F Association, the School took delivery of its first new Coxed Four, *Ammonite*. In the National Rowing Championships that year, *Ammonite* made it into the finals of the Schoolgirls' Coxed Fours. In 1999, with 81 girls involved, St Hilda's 1<sup>st</sup> Eight won its first Head of the River followed by an exciting 'back to back' win by the 1<sup>st</sup> Eight in 2000. In 2004 St Hilda's was the leading school at the Head of the River.

From 2005 to 2012, 35 St Hilda's crews won their races at the Head of the River and 24 St Hilda's crews won season pennants. The 2018 season had St Hilda's winning 7 races, secured 5 season pennants across all squads, finished 3<sup>rd</sup> in the 1<sup>st</sup> VIII race for the 3<sup>rd</sup> consecutive season and finished 4<sup>th</sup> for overall point on head of the river. In 2019 we displayed great consistency across all year groups and divisions to help us finish 3<sup>rd</sup> for overall points both at the Head of the River regatta and on accumulated points throughout the season. We are very excited to continue building on this success from last season.

## THE ROWING SUPPORT GROUP

The Rowing Support Group (RSG) will be providing operational assistance at School rowing functions, camps, fundraisers, and supporting the rowing team at regattas. 2019 saw the arrival of a new Wintech King VIII which was rowed by our first VIII at the head of the river regatta. The generosity of the RSG contributed to 50% of the purchase cost for this brand new racing boat.

All parents are encouraged to take an active part in supporting RSG activities as they directly benefit the girls. Typical activities include:

- Organising the Pasta Night.
- Assisting with catering at rowing camps and host regattas
- Driving dinghies for rowing officials at IGSSA regattas (Skipper's ticket required)

Please get involved! It is a great way to support your daughter and meet other parents. To find out what is happening, please check your email regularly. If you have any questions or wish to be involved please contact [sam.oconnell@sthildas.wa.edu.au](mailto:sam.oconnell@sthildas.wa.edu.au)

### Year Group Parent Coordinator

- Each Year group has a coordinator or two who liaise between families in the group
- Coordinators will contact you for assistance with a variety of activities for our rowers.

## SCHOOL REQUIREMENTS

### To row, you need to:

- Maintain your academic commitments. Good rowers are good students.
- Be able to swim 100m, fully clothed, without stopping
- Commit to attending all training sessions, camps, and regattas
- Ensure you have a balanced and manageable workload of study, sport and activities and also that there are no schedule conflicts during the season
- Return boats and equipment to the Shed after regattas
- Advise the Head of Rowing at St Hilda's of any medical concerns, medications and any individual limitations prior to or during the season
- Report any safety, health or other concerns to the Rowing Coordinator
- Dress and act in accordance with the School's rules at all times

### Parental Concerns and Communication with the School

If any concerns arise throughout the season they should be discussed directly with the Head of Rowing, Sam O'Connell, and not with your daughter's coach. All matters are discussed regularly between the Head of Rowing and the coaches so we expect this procedure be followed.

## ROWING LEVY

An annual levy of \$400 will be charged to each rower's school account from Year 9 to Year 12 as a contribution towards the cost of running the program. This levy is in place to ensure your daughter is provided with the necessary equipment to compete competitively and cover auxiliary costs such as dinghy use, fuel, rowing shed overheads etc.

# SENIOR ROWERS INFORMATION (YEAR 11 AND 12)

## Season Starts

January Holidays Water sessions will be available for girls who are able to attend throughout January beginning on Monday 6 January. Sessions are Monday, Wednesday, and Friday from 7:00am to 9:30am at the Fremantle Rowing Club on dates shown in the training overview.

Term 1 Week 1 – 8: Water sessions are Monday, Wednesday, and Friday from 5:30am to 7:30am and Saturday 6:00am to 9:00am at the Fremantle Rowing Club.

Land sessions are Tuesdays and Thursdays from 3:40pm to 5:15pm at the Fitness Centre.

Term 1 Week 9 – 10

Term 2 Week 1 - 9: Water sessions are Monday, Wednesday and Friday 5:30am to 7:30am at the Hale Boatshed, Cygnet Hall and Saturday with varied times depending on training or regatta. Details for Saturday requirements will be provided by email from the Rowing Coordinator on a weekly basis.

Land sessions are Tuesdays and Thursdays from 3:40pm to 5:15pm at the Fitness Centre.

## Camp Dates and Details

All rowers will be invited to attend the annual Rowing Camp from Friday 24 April to Monday 27 April. This camp will be a residential camp based at the Bickley Recreation Camp in Orange Grove. We will be making use of the Champion Lakes Regatta Centre for rowing activities. More details will be provided throughout Term 1 to all parents.

The Rowing Camp will conclude with the annual Rowing Sundowner which will take place at the Hale Boat Shed. All parents are invited to come along to this event.

## Breakfast Costs

Breakfast is available in the school café for \$2 (with swipe card) or they can bring their own from home. In Term 2 rowers will be invited to have breakfast in the Boarding house after morning rowing sessions. The cost of this will be confirmed closer to the start of Term 2 and will be added to the school account.

## Bus Information

A bus transports both boarders and day girls between the School and the rowing shed. Day girls can make their way to the shed using private transport. If you take this option, we recommend carpooling.

## Bus Times

### Weekdays

The bus departs from Bay View Terrace at 5:10am sharp and returns before 8:00am. All girls will catch the bus back to school after training.

### Saturdays

Bus departures will vary depending on whether we are attending a regatta or training at Cygnet Hall. All parents and rowers will be made aware of details before each Saturday.

# YEAR 10 ROWERS INFORMATION

## Season Starts

Week 1 of Term 1, Friday 7 February

## Training Details

Term 1 Week 1 – 8: Water sessions are Wednesday, and Friday from 5:30am to 7:30am and Saturday 6:00am to 9:00am at the Fremantle Rowing Club.

Land training sessions are Monday afternoons from 3:40pm to 5:15pm at the Fitness Centre.

Term 1 Week 9 – 10

Term 2 Week 1 - 8: Water sessions are Tuesday, Wednesday, and Friday 5:30am to 7:30am at the Hale Boatshed, Cygnet Hall and Saturday with varied times depending on training or regatta. Details for Saturday requirements will be provided by email from the Rowing Coordinator on a weekly basis.

Land training sessions are Monday afternoons from 3:40pm to 5:15pm at the Fitness Centre.

## Camp Dates and Details

All Year 10 rowers will be invited to attend the annual Rowing Camp from Friday 24 April to Monday 27 April. This camp will be a residential camp based at the Bickley Recreation Camp in Orange Grove. We will be making use of the Champion Lakes Regatta Centre for rowing activities. More details will be provided throughout Term 1.

The Rowing Camp will conclude with the annual Rowing Sundowner which will take place at the Hale Boat Shed. All parents are invited to come along to this event.

## Breakfast Costs

Breakfast is available in the school café for \$2 (with swipe card) or they can bring their own from home. In Term 2 rowers will be invited to have breakfast in the Boarding house after morning rowing sessions. The cost of this will be confirmed closer to the start of Term 2 and will be added to the school account.

## Bus Information

A bus transports both boarders and day girls between the School and the rowing shed. Day girls can make their way to the shed using private transport. Carpooling is recommended.

## Bus Times

### Weekdays

The bus departs from Bay View Terrace at 5:10am sharp and returns before 8:00am. All girls will catch the bus back to school after training.

### Saturdays (Term 2)

Bus departures will vary depending on whether we are attending a regatta or training at Cygnet Hall. All parents and rowers will be made aware of details before each Saturday.



# YEAR 9 ROWERS INFORMATION

## Season Starts

Week 2 of Term 1, Monday 10 February

## Training Details

Term 1

Week 2 – 8 Water sessions are Monday and Thursday mornings from 5:30am to 7:30am at the Fremantle Rowing Club.

Land sessions are Wednesdays from 3:40pm to 5:00pm at the School Fitness Centre.  
(Note: please check Term 1 schedule for possible changes due to other school events)

Term 1

Week 9 – 10

Term 2

Week 1 – 8 Water sessions are Monday and Thursday from 5:30am to 7:30am at the Hale Boatshed, Cygnet Hall and Saturday with varied times depending on training or regatta. Details for Saturday requirements will be provided by email from the Rowing Coordinator on a weekly basis.

Land training are Wednesday from 3:40pm-5:00pm at the School Fitness Centre.

## Camp Dates and Details

All Year 9 rowers will be invited to attend the annual Rowing Camp from Saturday 25 April to Monday 27 April. The Year 9 camp will be a non-residential camp based at the Champion Lakes Regatta Centre. Bus services will be provided to and from the School to the regatta centre each day. All Year 9s will be invited to dine with the Year 10 and Senior rowers on Sunday evening. More details will be provided throughout Term 1.

The Rowing Camp will conclude with the annual Rowing Sundowner which will take place at the Hale Boat Shed. All parents are invited to come along to this event.

## Breakfast Costs

Breakfast is available in the school café for \$2 (with swipe card) or they can bring their own from home. In Term 2 rowers will be invited to have breakfast in the Boarding house after morning rowing sessions. The cost of this will be confirmed closer to the start of Term 2 and will be added to the school account.

## Bus Information

A bus transports both boarders and day girls between the School and the rowing shed. Day girls make their way to the shed using private transport. We recommend carpooling.

## Bus Times

### Weekdays

The bus departs from Bay View Terrace at 5:10am sharp and returns before 8:00am. All girls will take the bus back to school after training.

### Saturdays

Bus departures will vary depending on whether we are attending a regatta or training at Cygnet Hall. All parents and rowers will be made aware of details before each Saturday.

## FRESHMAN ROWERS INFORMATION

### Season Starts

Please contact Mr Sam O'Connell for more information ([sam.oconnell@sthildas.wa.edu.au](mailto:sam.oconnell@sthildas.wa.edu.au))

### Training Details

This season, girls who are new to rowing in Years 10, 11 and 12 will be incorporated into the training sessions with the current rowers. They may race in Freshman events or be incorporated into age group crews at regattas but the learning process occurs much more quickly if the new rowers can watch and learn from the more experienced girls.

### Camp Dates and Details

See times for specific age group.

### Training Details

See times for specific age group.

### Breakfast Costs

Breakfast is available in the school café for \$2 (with swipe card) or they can bring their own from home. In Term 2 rowers will be invited to have breakfast in the Boarding house after morning rowing sessions. The cost of this will be confirmed closer to the start of Term 2 and will be added to the school account.

## Year 8 Learn to Row Information

### Season starts

Week 1 of Term 4

### Details

St Hilda's offers all Year 8 students the opportunity to be introduced to rowing before they sign up as a Year 9. They will be allocated 4 lessons based at the School making use of the Swan River on our doorstep. Each session is supervised by the Rowing Coordinator and a team of qualified rowing coaches. School based sessions make use of Freshwater Bay (300m from the School) for water activities. There is no cost to for involvement in this program.

### Training Details

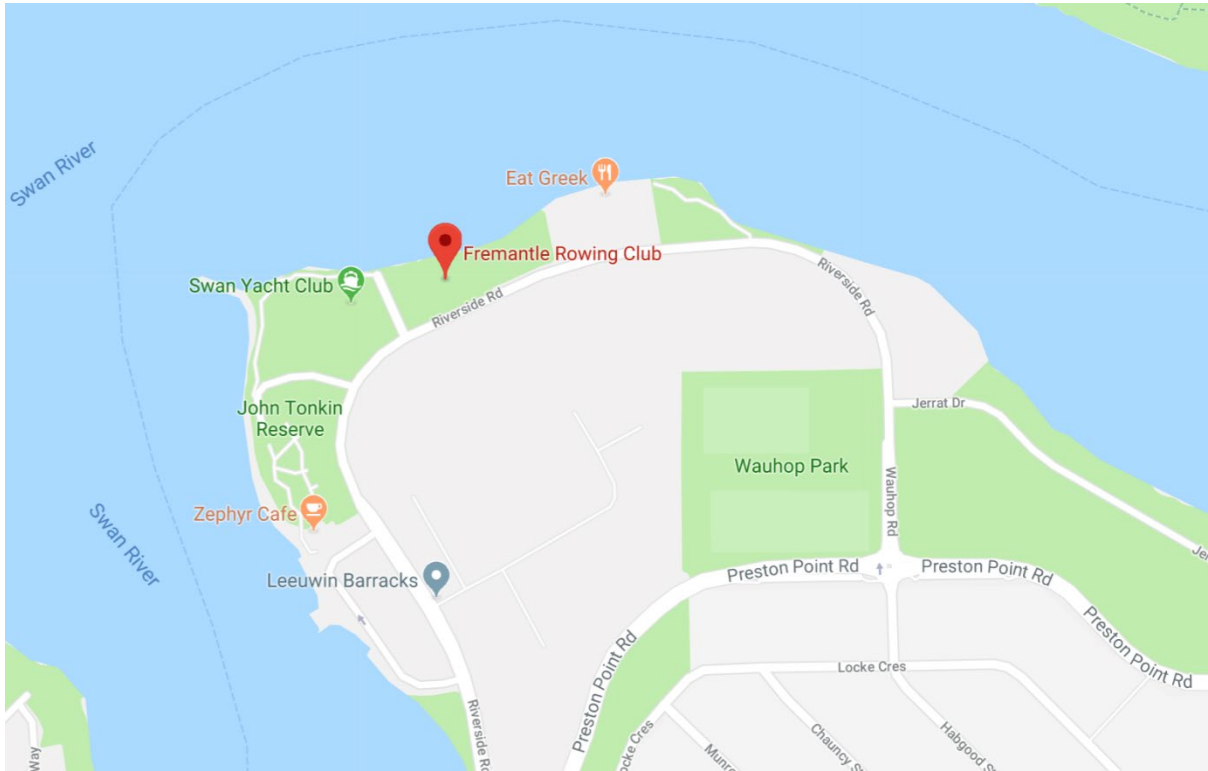
Will be released prior to Term 4.

# TRAINING LOCATIONS

## Term 1 Week 1-8

Fremantle Rowing Club

75 Riverside Road, East Fremantle



## Term 1 Week 8-11 & Term 2 Week 1-8

Hale School Rowing Shed

Cygnets Hall, Hackett Drive, Crawley



## RACING LOCATION

All IGSSA Regattas and the Head of the River, Champion Lakes



## DRAFT RACE DAY SCHEDULE

6:00am	Senior and Year 10 Rowers to meet on the Boarder's Lawn for roll call
6:05am	Senior and Year 10 bus departs for Champion Lakes
6:30am	Year 9 Rowers to meet on the Boarder's Lawn for roll call
6:35am	Year 9 Rowers bus departs for Champion Lakes
7:00am	Boat Rigging, crew briefings and whole squad warm up
8:30am	Racing commences
11:45am	Racing concludes
12:00pm	Boat loading (all rowers)
1:00pm	All rowers depart Champion Lakes for Cygnet Hall for boat unloading, washing, post regatta BBQ and crew presentations
2:30pm (approx.)	Rowers are dismissed from Cygnet Hall or returned to School Chapel on bus

If your daughter is involved in Club Netball on Saturdays, please contact Mr Sam O'Connell for details on alternative plans

# ATTENDANCE POLICY

## **Attendance**

The School expects all students to carefully consider all their commitments to ensure they have a balanced and manageable workload each term. It is very important rowers do not find themselves overloaded and withdraw mid-season as this can severely impact on the performance of their entire age group. Rowing is a team sport so attendance at training is crucial. If a rower does not attend a session, the crew may not be able to row.

Rowers must attend all training sessions, camps and regattas, barring injury or illness. Any student experiencing difficulty during the season should seek assistance from the Rowing Coordinator.

For extended leave or for absence, a written application to the Head of Sport is required as early as possible in the season. It is very important that girls adhere to this procedure to be eligible for awards and crew selection.

## **Attendance with Sickness**

Girls who are sick are expected to stay at home if they are contagious in order to prevent the spread of illness. Vigorous exercise when sick may also worsen and extend your illness. Please keep in mind, if you are too sick to attend school, you are definitely too sick to row.

## **Attendance in Bad Weather**

Rowing is always on. For safety reasons, there may be some sessions where coaches will not put a boat on the water. Appropriate, supervised alternative training will be conducted at the rowing shed, or at school.

## **Attendance with Injuries**

Injured rowers may be required to attend training. If they can assist their crew from either the coxswain's seat or the coach's dinghy they must consult with the Rowing Coordinator to decide on appropriate action. In the event of injury, rowers must seek medical advice from a sports doctor or sports physiotherapist promptly and notify the Rowing Coordinator so the injury can be correctly managed.

## ROWING UNIFORM

**Students will be required to wear:**

### **Water sessions (training)**

- Running shoes (compulsory for all sessions)
- School zoot suit (training suit)
- St Hilda's blue PE polo shirt
- St Hilda's sports cap
- Thongs (to wear on the beach and in the water)
- Plastic water bottle as metal bottles damage the boat (labelled and compulsory for all sessions)
- Sun screen (for Saturday sessions)
- St Hilda's PE shorts or fitted sport shorts can be worn with the PE polo in place of a zoot suit

### **Land Sessions**

Girls may wear their PE uniform or rowing uniform, depending on which is appropriate for the type of training.

### **On shore at regattas**

St Hilda's PE uniform (zip-up tracksuit or navy rowing jacket), blue PE polo shirt, sports shoes, blue socks, rowing caps.

### **While competing**

**Racing** zoot suit, St Hilda's sports cap and white long sleeved thermal for cooler regattas.

The code of racing requires each crew to race in exactly the same uniform. On regatta days if it is cold, girls may wear their white long sleeved thermal underneath their zoot suit. Girls must bring both items to regattas, and decide what to wear prior to boating. All uniform items can be purchased from the St Hilda's Shop.

## PASTA NIGHTS

Pasta nights are a much loved activity for the St Hilda's rowers and will be held throughout the season. The aim is to provide a relaxed opportunity to build team spirit and develop crew comradery. As the girls may have an early start the next day it is important the evening concludes early, 6:30pm to 8:15pm.

Pasta nights are usually held at the home of a day girl rower in the squad, and the host family and assistants may cater for between 20 and 40 people, depending on the size of the squad. The hosts and assistants provide a simple healthy meal such as pasta dishes, risotto, breads, salads, fruit and drinks (please ensure that soft drink is not served). Pasta night relies on the support of parents and, without such support, we cannot guarantee the scheduled pasta night will take place. Year group coordinators will be in touch closer to the date. Your assistance is greatly appreciated.

## CREW SELECTION PROCESS

Rowers and coxswains will be selected for crews based on criteria which will be applied by the coaches and year group coordinators. This process is overseen by the Rowing Coordinator. Crews will be subject to ongoing seating and personnel changes until final selections. Minor changes may occur in the event of injury, illness, disciplinary matters, or exceptional circumstances.

### SELECTION CRITERIA

- Ergometer Races – all girls will race on rowing ergometers over the appropriate race distance
- General fitness – fitness is tested in the gym or over a timed run
- Small Boat Races – girls may compete in a series of races in small boats (i.e. singles, doubles, fours or quads)
- Attendance at training, regattas and camps
- Technical ability and crew compatibility
- The ability to make changes when required and the ability to maintain form under pressure
- The ability to row a stroke length compatible with the crew
- Attitude to land-based training
- Adaptation and ability to cope with the requirements of the program, injury and illness

### SELECTION CRITERIA FOR COXSWAINS

- Ability to ensure the safety of the boat and athletes on the water
- Steering skills, especially in a race situation
- Leadership and control over a crew
- Ability to assist as a 'coach'
- Attendance at training, regattas and camps

### Grievance Procedure

All parents must follow the below procedure if you wish to raise a concern in regards to your daughter's involvement in the rowing program. Never approach your daughter's coach directly with a concern.

#### Step 1.

Raise concern with the Head of Rowing

The Head of Rowing will liaise with your daughter's coach and year group coordinator to discuss the concern. The Rowing Coordinator will then reply to the concern in writing or with a phone call.

#### Step 2.

Raise concern with the Head of Sport

The matter will be discussed between the Head of Sport and the Head of Rowing. The Head of Sport will then reply to the concern in writing or with a phone call.

#### Step 3.

Raise concern with the Dean of Students

Please include copies of previous correspondence. If deemed appropriate, a meeting will take place with all parties to discuss the matter and work towards an appropriate resolution.

## REGATTA INFORMATION

Regattas are held on Saturday mornings. A school bus departs from the school at approximately 6:00am for any rower. The regatta program usually begins at 8:30am and concludes by 11:30am. Girls are expected to stay for the duration of the regatta to de-rig boats, and load the trailer at the end of racing, and return to the Hale shed to unload the trailer and put the boats back into the shed. No student is permitted to leave before her boat is returned to the shed without a note from a parent/guardian. Rowers are usually finished by 2:30-3:00pm on regatta days at the Hale Shed.

### Regatta Refreshments

Tea, coffee and cool drinks can be purchased at regattas until noon. There are also sausage sizzles, cake stalls, and a raffle. Each regatta is hosted by a different school. The host school's RSG provides refreshments and on-course helpers (boat drivers, announcers) for the day. In this way, each of the schools' Rowing Support Groups raises money throughout the season.

### Race Distances for each Year Group

	Eights (8+)	Quad Sculls (4x)	Single Sculls (1x)
Senior	2000m	1500m	1500m
Year 10	1500m	1000m	1500m
Year 9	1000m	1000m	1000m
Freshies	1000m	1000m	1000m

## HOLIDAY TRAINING

A minimum of three 45-minute aerobic workouts per week are strongly recommended. The Head of Rowing will provide a holiday land training program and there will be optional rowing sessions available at the Hale Boat shed for those who are interested. The schedule for this would be provided closer to the holiday period. Please note that these sessions will be supervised by Sam O'Connell and the rowing coaches.

During Term 1, girls work hard to build their levels of aerobic fitness and skills so it makes good sense to maintain these gains during the holidays, particularly as the regattas occur shortly after school returns. Therefore, it is necessary to train at least three times a week as holiday training significantly impacts on Head of the River performances.



## ROWING AWARDS

YEAR	BLUE	GOLD	1 BAND	2 BANDS	COLOURS	HONOURS
9	Member of any crew	Member of the A crew  or Outstanding result in any crew				
10		Member of any crew	Member of the A crew or Outstanding result in any crew			
11			Member of any crew	Member of the A team, 2 <sup>nd</sup> eight crew or Outstanding result in any crew	State or National Representative  or Outstanding ability and contribution to School rowing or Member of 1 <sup>st</sup> eight crew	
12				Member of any crew	Member of the A crew  Or Outstanding result in any crew  Or Overall Pennant Winners  Or 4 years rowing	State or National Representative  or Outstanding ability and contribution in their chosen school sport <b>and</b> 6 Years of service in the A team or 4 Years of service in the A team for rowing

# NUTRITION

A rower's most precious fuel is glycogen (stored carbohydrate) as this is the key to endurance. When you are exercising, you use a mix of nutrients for fuel, but to sustain endurance or high intensity exercise, the body needs to break down glycogen stores for energy. When your glycogen stores are depleted, you will become exhausted and the boat slows.

Training teaches your muscles to develop an increased capacity to store glycogen but you need the right training diet as well. By eating sufficient amounts of nutritious carbohydrate foods, you will optimise your glycogen stores, allowing you to train longer and harder, which will ultimately lead to improved performance in races. The right diet will also provide the essential nutrients for oxygen transport, recovery, bone health and immune protection, all of which are vital for good performance.

It is important to focus on a nutritious diet every day, as this is the foundation that means you will train and compete well.

## **Golden Rules for the day-to-day diet**

- Eat plenty of nutritious carbohydrates. Include rice, pasta, bread, cereal, vegetables and fruit in your meals and snacks
- Limit saturated fat intake
- Eat high quality protein sources such as low fat dairy, meat, chicken, fish, eggs, nuts and legumes.
- Eat plenty of fibre
- Drink plenty of fluid – avoid carbonated drinks (e.g. Coke, lemonade). Water is best to assist with hydration throughout the day. Sports drinks should be used only when training and racing

## **Pre-event meals**

Pre-event meals are essentially light and easy to digest, but satisfying. Eat at least two to three hours before competing. This is so your stomach is empty and food is absorbed before rowing. Your pre-event meal should be relatively low in fat and fibre, familiar and enjoyable. It should be accompanied by at least two drinks (two to four cups). Suitable options include: cereal and low fat milk, fruit juice, bread, toast, muffins, crumpets with honey or Vegemite, bananas, fruit, sandwiches, low fat cereal/muesli bars, fruit smoothies.

It is important to eat before morning training sessions to top up your energy stores after sleeping. The examples above are also appropriate for breakfast before training.

## **Post-race snacks (to replace energy)**

This is a time when your fluid and glycogen levels will be low. It is important that you top up your carbohydrate stores as soon as possible after training or racing. Some good snacks to include after exercise are breakfast cereal, finger buns, muffins, muesli bars and sports drinks. It is also important to drink plenty of fluid immediately after a race. Your coaches will recommend how much water to take with you in the boat.

## **Recovery meal (after regattas)**

Replenish glycogen stores with a high carbohydrate meal.

Replace your fluid losses (drink regularly after exercising and with your meal).

Eat protein to help repair damaged muscles.

Examples for dinner on regatta days: meat/fish/chicken with rice, noodles, potatoes or bread.

## **Dehydration**

Particularly in the hot weather (>30C), it is important to be aware of the risk of dehydration. Remember that your body is 60% water; if this drops significantly you will suffer some degree of dehydration. Exercise creates body heat and the body cools itself by sweating; this means the body loses fluid. Fluid losses increase with high intensity exercise, a larger body surface area, or a higher air temperature and humidity.

### **How to prevent dehydration**

- Drink before you are thirsty
- Start drinking early in the day and continue to drink regularly
- Be well hydrated before the day of the regatta. Increase fluids by an extra cup per meal and two drinks between meals
- Pre-event meal (two to three hours before race), including two drinks

## **BLISTERS**

Unfortunately, hand blisters are part of rowing. All rowers will be guided through a workshop early in the season to address the dos and don'ts of blister management. The most important thing to do is to keep them clean.

## **GENERAL INFORMATION**

### **The Rowing Motion**

Rowing is a sport that involves using the whole body to move the boat. The rowing stroke is made up of four parts – catch, drive, finish and recovery. At the catch, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. The blade is then dropped vertically into the water. At the beginning of the drive the body position doesn't change as all the work is done by the legs. As the upper body begins to swing back, the arms begin their work, drawing the oars through the water, until the hands reach the body. During the finish the oar handle is lowered to raise the blade out of the water. At the same time the rower 'feathers' the oar, turning the oar handle so the blade changes from vertical to horizontal. The oars remain feathered and out of the water during the recovery. The recovery begins by the rower moving the hands away from the body until the arms are straight. The body then follows and the seat slides forward until the knees are bent and the rower is in the catch position.

The crew that looks like it is rowing effortlessly is the one doing the best job, and working the hardest. While you are watching, things to look for include:

- Continuous, fluid motion of the rowers. There should be no obvious beginning or end of the stroke
- Synchronisation. Rowers strive for perfect timing with other crew members, through the whole stroke
- Clean catches. Rowers should use only a small lift of the hands to insert the blade in the water. Done properly, a small rooster tail splash will be seen coming either side of the blade.
- Even feathering of the oars. During the recovery all oars should move horizontally at the same height above the water.
- How many strokes per minute the crew is taking or the rating of the crew. An Eight can maintain a higher rating than a single. At the start the rating may be as high as 36-40. The rating will then drop to 32-36 for the middle of the race. Finishing stroke rates vary between 34-38.