2016
Rowing Handbook
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St Hilda’s Rowing 2016

St Hilda’s rowing has grown immensely since its inception in 1983 where a squad of 19 rowers embarked on a journey. Over 30 years later it has grown into a sport that this year has attracted over 90 students. From the humble beginnings of borrowing boats we are now building our own fleet of top notch boats.

We are excited about the 2016 season as we will be utilising the facilities at UWA in Term 1, welcoming some excellent new coaches and building on the supportive and positive environment that provides the girls every opportunity to build lasting friendships and experience success. We will provide each girl with the expertise of our highly talented coaches, up-to-date training methods and a balance of fun and focus in training to ensure each rower has the best possible rowing experience.

We hope that you find this booklet informative and useful. It provides key information about the season and the School’s expectations of rowers. It also includes a general guide to rowing for those new to the sport.

Samara Quinlan
Rowing Coordinator
Rowing Organisation at St Hilda’s

Rowing is one of the sports offered by St Hilda’s and is part of a broader program of co-curricular activities provided by the School. Rowing is an IGSSA sport and St Hilda’s participates in the IGSSA Head of the River competition.

The rowing program is designed and run by the Rowing Coordinator, Mrs Samara Quinlan, who has 20 years of rowing coaching and administration experience, and the Head of Sport, Ms Emme Wild. A Rowing Parent Support Group (RSG) assists the School rowing program by providing operational assistance with social functions and regattas.

St Hilda’s rowing is based at UWA Boat Shed in Term 1, then moves to Cygnet Hall (the rowing shed at Crawley) in agreement with Hale School. We have a number of jointly purchased rowing boats which will be used in the racing season and the School has just purchased a new King Eight and oars for use this season.

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 3rd and 4th 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 1st, 3rd, 4th and 5th.

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 1st Eight won its first Head of the River followed by an exciting ‘back to back’ win by the 1st 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. In 2015, we had an amazing season and had a very large squad of 91 students. We look forward to building on this success and being rewarded with continued success.

The Rowing Support Group

Parents – Please get involved! It is a great way to support your daughters 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 samara.quinlan@sthildas.wa.edu.au

The RSG will be focusing on hosting the Head of the River regatta this year, but will also be providing operational assistance at functions, camps and regattas and of course supporting the girls and the coaches at regattas.

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

- Organising the Pasta Night and the Rowing Dinner (following Head of the River)
- Driving dinghies for rowing officials at the Head of the River (Skipper’s ticket required)
- Undertaking catering and supervisory duties at the rowing events

Year Group 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:

- Be able to swim 100m, fully clothed, without stopping
- Commit to attend all training sessions, camps, and regattas
- Ensure you have a balanced and manageable workload of study, sport and activities and that there are no schedule conflicts during the season
- Return boats and equipment to the shed after regattas
- Advise the Rowing Coordinator 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 Rowing Coordinator, Mrs Samara Quinlan, and not with a particular coach. Please contact the School with any concerns so that we can address them quickly.
### Training Overview

<table>
<thead>
<tr>
<th>Squad</th>
<th>Sessions</th>
<th>Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8</td>
<td>Term 4 Introduction to rowing program</td>
<td>No competition</td>
</tr>
<tr>
<td>Year 9</td>
<td>Term 1: 2 rows + 2 land sessions</td>
<td>Regatta competition in eights, quads or single sculls</td>
</tr>
<tr>
<td></td>
<td>Term 2: 2 rows + land session + regattas</td>
<td></td>
</tr>
<tr>
<td>Year 10</td>
<td>Term 1: 3 rows + 1 land session</td>
<td>Regatta competition in eights, quads or single sculls</td>
</tr>
<tr>
<td></td>
<td>Term 2: 3 or 4 rows + land sessions + regattas</td>
<td></td>
</tr>
<tr>
<td>Seniors (Years 11 and 12)</td>
<td>Term 1: 3 rows + 2 land sessions</td>
<td>Regatta competition in eights, quads or single sculls</td>
</tr>
<tr>
<td></td>
<td>Term 2: 4 rows + 2 land sessions + regattas</td>
<td></td>
</tr>
<tr>
<td>Freshies (Year 10, 11 and 12 novices)</td>
<td>Integrated with own age groups</td>
<td>Regatta competition in quads or single sculls</td>
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</tbody>
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### Training Times

<table>
<thead>
<tr>
<th>Water Sessions (UWA Boat Shed &amp; Hale Boat Shed)</th>
<th>Land Training Times Bay View Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekdays 5:40am - 7:30am</td>
<td>Afternoon 3:45pm - 5:00pm</td>
</tr>
<tr>
<td>6:30am – 9:30am Term 1 Seniors and 10s</td>
<td></td>
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<tr>
<td>6:30am – 9:30am Term 2 for 9s and 10s</td>
<td></td>
</tr>
<tr>
<td>6:30am – 10:30am Term 2 for Seniors</td>
<td></td>
</tr>
<tr>
<td>Regattas – Approx 6:00am – 2:30pm</td>
<td></td>
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<tr>
<td>Saturday Morning : Year 9s at fitness centre 8:30am-10:00am</td>
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Year 9 Information

Season Starts

Week 2 of Term 1 Year 9 rowers will be rowing at UWA Boat Shed on Tuesday 9 February and Thursday mornings from 5:40am – 7:30am. On Saturdays, Year 9s have land training at the fitness centre at Bay View Campus from 8:30am – 10:00am.

Camp Dates and Details

Rowers will depart school at 12:30pm on April 1 to go to UWA Boat Shed where they will row their boats around to Trinity College in East Perth. This will be our training base, and students will stay for two nights in accommodation at Mont Clare Boutique Apartments in East Perth. Coaches will use this time to refine the students’ technique and build their fitness before the school holiday break. The camp will finish with a Sundowner at Hale Boat Shed from 4:00pm-5:00pm on Sunday 3 April.

Training Details

Term 1

Week 2 – 9 Tuesday and Thursday mornings 5:40am – 7:30am and Saturday 8:30am-10:00am at the fitness centre at Bay View Campus (Note: please check Term 1 schedule for possible changes due to other school events)

Term 2

Week 1 – Week 9

Tuesday and Thursday mornings 5:40am – 7:30am and Saturday mornings 6.30am-9.30am at Hale Boatshed, Cygnet Hall or Regattas on Saturdays.

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.

Rowing Levy

An annual levy of $400 will be charged to each rower’s school account as a contribution towards the cost of running the program.

Bus Information

A bus transports both boarders and day girls between the School and the rowing shed. Day girls can, of course, 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 5:20am sharp and returns before 8:00am. All girls will catch the bus back to school after training.

Saturdays

The bus departs from outside the Boarding house at 6:10am sharp for Seniors and Year 10s and will return after training at approximately 9:50am.

Term 2 buses will vary depending on whether we are attending a regatta or training at Cygnet Hall.

Training Venue for Water Sessions

In Term 1 we use UWA Boat Shed located at Hackett Drive (Cnr Stirling Highway and Mounts Bay Rd) Crawley. In Term 2 we use Cygnet Hall (Hale Boatshed)

Directions

After turning onto Hackett Drive from Stirling Highway or Mounts Bay Road turn left almost immediately into the car park. The UWA Boat Shed is the first shed on the right. The Hale Boatshed, Cygnet Hall is at the end of the car park.
Year 10 Information

Season Starts

Training starts Thursday 4 February at UWA Boat Shed from 5:40am – 7:30am.

Camp Dates and Details

Rowers will depart school at 12:30pm on April 1 to go to UWA Boat Shed where they will row their boats around to Trinity College in East Perth. This will be our training base, and students will stay for two nights in accommodation at Mont Clare Boutique Apartments in East Perth. Coaches will use this time to refine the students’ technique and build their fitness before the school holiday break. The camp will finish with a Sundowner at Hale Boat Shed from 4:00pm-5:00pm on Sunday 3 April.

Training Details

Week 1-10 Term 1: On the water Monday and Thursday mornings at UWA Boat Shed at
5:40am and Saturdays from 6:30am - 9:30am.

Land training Friday afternoons 3:45pm-5:00pm at Bay View Campus
(Note: please check Term 1 schedule for possible changes due to other school events)

Week 1-9 Term 2: Monday, Wednesday and some Friday mornings* 5:40am-7:30am at Hale Boatshed, Cygnet Hall
Saturday mornings 6:30am-9:30am at Hale Boatshed, Cygnet Hall or Regattas
*Crews will only train Friday mornings before Regattas (6 May, 20 May, 27 May and 10 June)

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.

Rowing Levy

An annual levy of $400 will be charged to each rower’s school account as a contribution towards the cost of running the program.

Bus Information

A bus transports both boarders and day girls between the School and the rowing shed. Day girls can, of course, 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 5:20am sharp and returns before 8:00am. All girls will catch the bus back to school after training.

Saturdays
The bus departs from outside the Boarding house at 6:10am sharp for Seniors and Year 10s and will return after training at approximately 9:50am.

Term 2 buses will vary depending on whether we are attending a regatta or training at Cygnet Hall.
Freshman Information

Season Starts

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

Rowers will depart school at 12:30pm on April 1 to go to UWA Boat Shed where they will row their boats around to Trinity College in East Perth. This will be our training base, and students will stay for two nights in accommodation at Mont Clare Boutique Apartments in East Perth. Coaches will use this time to refine the students’ technique and build their fitness before the school holiday break. The camp will finish with a Sundowner at Hale Boat Shed from 4:00pm-5:00pm on Sunday 3 April.

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.

Rowing Levy

An annual levy of $400 will be charged to each rower’s school account as a contribution towards the cost of running the program.

Bus Information

A bus transports both boarders and day girls between the School and the rowing shed. Day girls can, of course, 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 5:20am sharp and returns before 8:00am. All girls will catch the bus back to school after training.

Saturdays

The bus departs from outside the Boarding house at 6:10am sharp for Seniors and Year 10s and will return after training at approximately 9:50am.

Term 2 buses will vary depending on whether we are attending a regatta or training at Cygnet Hall.
Senior Information

(Year 11 and 12)

Season Starts

The season begins in Week 1, Term 1 training from UWA Boat Shed. They will then row out of Hale Boatshed from the end of camp onwards.

Camp Dates and Details

Rowers will depart school at 12:30pm on April 1 to go to UWA Boat Shed where they will row their boats around to Trinity College in East Perth. This will be our training base, and students will stay for two nights in accommodation at Mont Clare Boutique Apartments in East Perth. Coaches will use this time to refine the students’ technique and build their fitness before the school holiday break. The camp will finish with a Sundowner at Hale Boat Shed from 4:00pm-5:00pm on Sunday 3 April.

Training Details

Week 1-9 Term 1:  On the water Monday and Friday mornings at UWA Boat Shed at 5:40am and Saturdays from 6:30am -9:30am.
Land training Monday and Wednesday afternoons 3:45pm-5:00pm at Bay View Campus

Week 1-10 Term 2:  Monday, Wednesday and Friday mornings 5:40am-7:30am at Hale Boatshed, Cygnet Hall
Saturday mornings 6:30am-10:30am at Hale Boatshed, Cygnet Hall or Regattas

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.

Rowing Levy

An annual levy of $400 will be charged to each rower’s school account as a contribution towards the cost of running the program.

Bus Information

A bus transports both boarders and day girls between the School and the rowing shed. Day girls can, of course, 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 5:20am sharp and returns before 8:00am. All girls will catch the bus back to school after training.

Saturdays
The bus departs from the Chapel at 6:10am sharp for Seniors and Year 10s and will return after training at approximately 9:50am.

Term 2 buses will vary depending on whether we are attending a regatta or training at Cygnet Hall.
## Rowing Key Dates 2016

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Training begins (Seniors)</td>
<td>Monday 1 February</td>
</tr>
<tr>
<td>Training begins (Year 9s)</td>
<td>Tuesday 9 February</td>
</tr>
<tr>
<td>Parent Information Evening</td>
<td>Tuesday 16 February 6:30-7:30pm</td>
</tr>
<tr>
<td>Return Volunteer forms</td>
<td>Monday 29 February</td>
</tr>
<tr>
<td>Mid Term break – optional rowing</td>
<td>Friday 4 March – Monday 7 March</td>
</tr>
<tr>
<td>Easter Break – no rowing</td>
<td>Friday 25 March – Monday 28 March</td>
</tr>
<tr>
<td>Camp</td>
<td>Friday 1 April – Sunday 3 April</td>
</tr>
<tr>
<td>Last day training for term 1</td>
<td>Monday 4 April (Year 10s)</td>
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<td></td>
<td>Wednesday 6 April (Year 9s and Seniors)</td>
</tr>
<tr>
<td>First day training term 2</td>
<td>Wednesday 27 April</td>
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<tr>
<td>Regatta 1</td>
<td>Saturday 7 May</td>
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<tr>
<td>Regatta 2</td>
<td>Saturday 21 May</td>
</tr>
<tr>
<td>Regatta 3</td>
<td>Saturday 28 May</td>
</tr>
<tr>
<td>Mid Term break (some crews may train)</td>
<td>Friday 3 June – Monday 6 June</td>
</tr>
<tr>
<td>Regatta 4</td>
<td>Saturday 11 June</td>
</tr>
<tr>
<td>Head of the River (Hosted by St Hilda’s)</td>
<td>Saturday 25 June</td>
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<tr>
<td>Head of the River Dinner</td>
<td>Saturday 25 June</td>
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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 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. Whilst 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 to notify the Rowing Coordinator so the injury can be correctly managed.

Rowing Uniform
Students will be required to wear:

Water sessions (training)
- Zoot suit (training suit)
- St Hilda's Blue PE polo shirt
- St Hilda's sports cap
- Running shoes (compulsory for all sessions)
- 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 cap.

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 rower and will be held at some stage during the season. The aim is to provide rowers with a healthy, carbohydrate-loaded meal, to build team spirit and discuss race tactics with coaches. As the girls may have an early start the next day it is important the evening concludes early, 6:30pm to 8:15pm.

Pasta night is 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 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 (ie 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

Any questions regarding crew selections should be raised directly with the Rowing Coordinator, and the query will be discussed with the Head of Sport, Emme Wild.

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 1:00pm. 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.

Canning Bridge Regatta Course

- The finish line is the Club House, corner of Canning Highway and The Esplanade, Mt Pleasant
- The 2000m start is just downstream from the Mt Henry Bridge
- The 1000m start is close to Deep Water Point
- Please pay careful attention to parking signs to avoid fines

Champion Lakes Regatta Centre

- Exit the Tonkin Highway at Champion Drive, Armadale

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.

In 2016 St Hilda’s will host the Head of the River on Saturday 25 June.

Race Distances for each Year Group

<table>
<thead>
<tr>
<th></th>
<th>Eights (8+)</th>
<th>Quad Sculls (4x)</th>
<th>Single Sculls (1x)</th>
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</thead>
<tbody>
<tr>
<td>Senior</td>
<td>2000m</td>
<td>1500m</td>
<td>1500m</td>
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<tr>
<td>Year 10</td>
<td>1500m</td>
<td>1000m</td>
<td>1000m</td>
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<tr>
<td>Year 9</td>
<td>1000m</td>
<td>1000m</td>
<td>500m</td>
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<tr>
<td>Freshies</td>
<td>1000m</td>
<td>1000m</td>
<td>500m</td>
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Holiday Training

A minimum of three 45-minute aerobic workouts per week are strongly recommended. The Rowing Coordinator 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 Samara Quinlan and the rowing coaches, not by PE Staff.

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.

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 breakdown 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 fat intake
- Eat a high quality protein source at each meal such as low fat dairy, meat, chicken, fish or eggs. Nuts and legumes are good plant sources of protein
- Eat plenty of fibre
- Drink plenty of fluid – avoid carbonated drinks (eg Coke, lemonade). Water is best to assist with hydration throughout the day. Sports drinks should be used only when training and racing

Dehydration

Particularly in the hot weather (>30°C), 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

Dietary Advice for rowing provided by Bethanie Allanson – Sports Dietician

The Nutrition Specialists Ph: 92042588
www.thenutritionspecialists.com.au
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.

A pair of binoculars will help you to identify your daughter.
Rowing (1 Oar) and Sculling (2 Oars)

Sweep Rowing

Involves each crew member using one oar with both hands.

Pair
(2- or 2+)

Two people rowing together (written as 2-) or pair with coxswain (2+).

Four
(4- or 4+)

Four people rowing together (4-) or four with coxswain (4+).

Eight
(8+)

Eight people rowing together (8+, always includes cox).

Sculling

Involves each crew member using two oars (one per hand).

Single
(1x)

One person (written as 1x).

Double
(2x)

Two people rowing together (2x).

Quad
(4x)

Four people rowing together (4x) - sometimes with coxswain (4x+).
We have a successful rowing program because of the assistance given by many parents through our Rowing Support Group (RSG). This year, we encourage all parents of rowers to actively participate throughout the season.

With a commitment to at least one activity during the season, the St Hilda’s rowing program will continue to be a rewarding and successful experience for all St Hilda’s students.

I would like to volunteer for:

- Year Group Coordinator
- Carpooling in my local area for morning training
- Hosting or assisting with the Pasta Night
- Assisting with the Rowing Sundowner (Sunday 3 April)
- Delivering afternoon snacks to Rowers after Regattas
- Assisting with Head of the River dinner
- Assisting with hosting Head of the River (25 June)

General contribution: ________________________________

Parent’s Name: ________________________________

Contact Phone Number(s): ________________________________

Please complete, scan and return to samara.quinlan@sthildas.wa.edu.au or School Fax: 9285 4124
Alternatively you can send an email to samara.quinlan@sthildas.wa.edu.au outlining your offer of assistance. Please complete the form or email by Monday 29 Feb 2016.