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ST HILDA’S ROWING 2017

St Hilda’s has a strong history of pride and enrichment for all girls who choose to represent their School in the sport of rowing. This history began in 1983 with a team of 19 courageous young women. The legacy those students established has continued and grown into a community that embraces the ambitions and efforts of all the girls who are involved in the sport today.

The 2017 Season will continue the development of building a cohesive team with the support from a group of passionate and highly regarded coaching staff. We are excited about the upcoming season and are ready to show the spirit of St Hilda’s both on and off the water. We invite all parents and friends of rowing to become part of this vibrant community to support our girls in achieving excellence.

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 Joshua Wilkes
Rowing Coordinator
## 2017 ROWING CALENDAR

<table>
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<tr>
<th>Event</th>
<th>Date/Time</th>
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<tr>
<td>Term 1 Commences</td>
<td>Monday 30 January</td>
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<tr>
<td>Term 1 Training begins for Seniors</td>
<td>Monday 30 January</td>
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<tr>
<td>Parent Information Evening, 6:00-7:00pm, PAC</td>
<td>Thursday 2 February</td>
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<tr>
<td>Term 1 Training begins for Year 9s</td>
<td>Monday 6 February</td>
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<tr>
<td>Return Volunteer forms</td>
<td>Thursday 2 March</td>
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<tr>
<td>Term 1 Mid Term break</td>
<td>Friday 3 March to Monday 6 March</td>
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<tr>
<td>PSA Head of the River (Schoolboys), No training</td>
<td>Saturday 18 March</td>
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<tr>
<td>2017 Australian National Rowing Championship</td>
<td>Wednesday 29 March to Sunday 2 April</td>
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<tr>
<td>Term 1 Concludes</td>
<td>Friday 7 April</td>
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<tr>
<td>Optional holiday training, details TBC</td>
<td>Monday 10 April to Friday 21 April</td>
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<tr>
<td>Term 2 Commences</td>
<td>Wednesday 26 April</td>
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<tr>
<td>Rowing Camp</td>
<td>Friday 28 April to Sunday 30 April</td>
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<tr>
<td>Regatta 1, Canning River</td>
<td>Saturday 6 May</td>
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<td>Regatta 2, Canning River</td>
<td>Saturday 20 May</td>
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<td>Regatta 3, Champion Lakes</td>
<td>Saturday 27 May</td>
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<tr>
<td>Term 2 Mid Term break (some crews may train)</td>
<td>Friday 2 June – Monday 5 June</td>
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<tr>
<td>Regatta 4, Champion Lakes</td>
<td>Saturday 10 June</td>
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<tr>
<td>Rowing Breakfast</td>
<td>Friday 23 June</td>
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<tr>
<td>IGSSA Head of the River, Champion Lakes</td>
<td>Saturday 24 June</td>
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<tr>
<td>St Hilda’s Head of the River Dinner</td>
<td>Saturday 24 June</td>
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KEY ROWING STAFF

Head of Sport         Ms Emme Wild         (08) 9285 4100
                     Emme.Wild@sthildas.wa.edu.au
Rowing Coordinator  Mr Joshua Wilkes       0439 512 933
                     Josh.Wilkes@sthildas.wa.edu.au
Year 10 Rowing Coordinator  Mr Samuel O’Connell
Year 9 Rowing Coordinator  Mrs Catriona Walker

TRAINING OVERVIEW

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Mon</th>
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<td>Seniors Gym</td>
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<th>Term 2*</th>
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<td>Senior Row</td>
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<td>Seniors Row Year 9 Row</td>
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<td>All Row or regatta</td>
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<td>Year 9 Row</td>
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*Seniors will have additional gym sessions in Term 2. The details will be released prior to the start of Term 2.
ROWING ORGANISATION 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 Rowing Coordinator, Mr Joshua Wilkes, who has 10 years of school coaching and administration experience in Western Australia, 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, fundraisers and regattas.

St Hilda’s rowing is based at the UWA Boat Shed in Term 1, then moves to Cygnet Hall in agreement with Hale School. The School is currently expanding its own fleet to cater for the needs of our students. Currently this fleet includes 2 Coxed Quads purchased in 2014 and 2 Racing Vllls purchased in 2015 and 2016. 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 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. The 2016 had solid results across the board with a squad of over 90 students. We look forward to building on the success from last year for the upcoming 2017 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. In 2016, St Hilda’s hosted the Head of the River and with the outstanding efforts by parents and supporters raised over $17,000 on the day. This money will be used to facilitate the upgrade of equipment so all rowers benefit from the efforts on the day.
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 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

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 josh.wilkes@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:

- 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 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, Mr Joshua Wilkes, and not with your daughter’s coach. All matters are discussed regularly between Mr Wilkes and the coaches so please respect this procedure.

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
Week 1 of Term 1, Monday 30 January

Training Details
Week 1-9 Term 1: Water sessions are Monday, Wednesday and Friday from 5:40am – 7:30am and Saturday from 6:30am - 9:30am at the UWA Boat Shed.

Land sessions are Tuesdays from 3:40pm – 5:00pm at the Fitness Centre, Bay View Campus.

Week 1-10 Term 2: Water sessions are Monday, Thursday and Friday 5:40am-7:30am at 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 for Senior Rowers will be confirmed prior to the start of Term 2. All land sessions will be based at the Fitness Centre, Bay View Campus.

Camp Dates and Details
Rowers will depart the School at 3:45pm on Friday April 28 bound for the Point Walter Recreation Camp, Bicton. This will be our base for the camp, and students will stay for two nights in dormitory style accommodation. Coaches will use this time to refine the students’ technique and build their fitness prior to the 1st IGSSA regatta. There will also be strong emphasis placed on cohesive team building, goal setting, and girls will be introduced to a number of motivational speakers throughout the camp. The camp will finish with a Sundowner at the Hale Boat Shed from 4:00pm-5:00pm on Sunday 30 April. Specific details will be provided prior to the end of Term 1.

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, 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
Term 1
The bus departs from outside the Chapel at 6:10am sharp for Seniors and will return after training at approximately 9:50am.
Term 2
Bus departures will vary depending on whether we are attending a regatta or training at Cygnet Hall.
YEAR 10 ROWERS INFORMATION

Season Starts
Week 1 of Term 1, Thursday 2 February

Training Details
Week 1-10 Term 1: Water sessions are Tuesday and Friday from 5:40am – 7:30am and Saturday from 6:30am - 9:30am at the UWA Boat Shed.
Land training are Monday from 6:45am-7:45am at the Fitness Centre, Bay View Campus. (Note: please check Term 1 schedule for possible changes due to other school events)

Week 1-9 Term 2: Water sessions are Monday, Tuesday, and Friday 5:40am-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 Monday afternoons from 3:40pm-5:00pm at the Fitness Centre, Bay View Campus.

Camp Dates and Details
Rowers will depart the School at 3:45pm on Friday April 28 bound for the Point Walter Recreation Camp, Bicton. This will be our base for the camp, and students will stay for two nights in dormitory style accommodation. Coaches will use this time to refine the students’ technique and build their fitness prior to the 1st IGSSA regatta. There will also be strong emphasis placed on cohesive team building, goal setting, and girls will be introduced to a number of motivational speakers throughout the camp. The camp will finish with a Sundowner at the Hale Boat Shed from 4:00pm-5:00pm on Sunday 30 April. Specific details will be provided prior to the end of Term 1.

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, of course, make their way to the shed using private transport. Carpooling is recommended.

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
Term 1
The bus departs from outside the Chapel at 6:10am sharp for Year 10s and will return after training at approximately 9:50am.

Term 2
Bus departures will vary depending on whether we are attending a regatta or training at Cygnet Hall.
YEAR 9 ROWERS INFORMATION

Season Starts
Week 2 of Term 1, Monday 6 February

Training Details
Term 1
Week 2 – 9
Water sessions are Monday and Thursday from 5:40am – 7:30am at the UWA Boat Shed.

Land sessions are Wednesday from 3:40pm-5:00pm at the Fitness Centre, Bay View Campus (Note: please check Term 1 schedule for possible changes due to other school events).

Term 2
Week 1 – Week 9
Water sessions are Tuesday and Thursday from 5:40am – 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 Fitness Centre, Bay View Campus.

Camp Dates and Details
Rowers will depart the School at 3:45pm on Friday April 28 bound for the Point Walter Recreation Camp, Bicton. This will be our base for the camp, and students will stay for two nights in dormitory style accommodation. Coaches will use this time to refine the students’ technique and build their fitness prior to the 1st IGSSA regatta. There will also be strong emphasis placed on cohesive team building, goal setting, and girls will be introduced to a number of motivational speakers throughout the camp. The camp will finish with a Sundowner at the Hale Boat Shed from 4:00pm-5:00pm on Sunday 30 April. Specific details will be provided prior to the end of Term 1.

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, of course, make their way to the shed using private transport. 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 take 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.
FRESHMAN ROWERS INFORMATION

Season Starts
Week 1 of Term 1, Monday 30 January

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
Rowers will depart the School at 3:45pm on Friday April 28 bound for the Point Walter Recreation Camp, Bicton. This will be our base for the camp, and students will stay for two nights in dormitory style accommodation. Coaches will use this time to refine the students’ technique and build their fitness prior to the 1st IGSSA regatta. There will also be strong emphasis placed on cohesive team building, goal setting, and girls will be introduced to a number of motivational speakers throughout the camp. The camp will finish with a Sundowner at the Hale Boat Shed from 4:00pm-5:00pm on Sunday 30 April. Specific details will be provided prior to the end of Term 1.

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 5 lessons and will be coached by a team of passionate and patient coaches. In 2016, the Learn to Row Program was based at the School’s Bayview campus and made use of Freshwater Bay (300m from the School) for water activities.

Training Details
Will be released prior to Term 4.
TRAINING LOCATIONS

Term 1
UWA Boat Club
Hackett Drive (off UWA Car park 23), Crawley

Term 2
Hale School Rowing Shed
Cygnet Hall, Hackett Drive, Crawley
RACING LOCATIONS

Regattas 1 & 2, Canning River

Regatta 3, 4 and the Head of the River, Champion Lakes
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 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 rowers 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 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

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

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.

Race Distances for each Year Group

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

Dietary Advice for rowing provided by Bethanie Allanson – Sports Dietician

**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) & 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+)
Volunteer Form
St Hilda’s RSG (Rowing Support Group)

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       YES / NO
Carpooling in my local area for morning training    YES / NO
Hosting or assisting with the Pasta Night     YES / NO
Assisting with the Rowing Sundowner (Sunday 30 April)   YES / NO
Delivering afternoon snacks to Rowers after Regattas   YES / NO
Assisting with Head of the River dinner     YES / NO

General contribution: ________________________________

Parent’s Name: ________________________________

Contact Phone Number(s): ________________________________

Please complete, scan and return to josh.wilkes@sthildas.wa.edu.au outlining your offer of assistance. Alternatively please drop a completed form into the Senior School PE Office. Please submit by Thursday 2 March 2017.