



# Emmaus College

# ROWING

## 2018 Information Booklet

*Proudly supported by the Rockhampton Fitzroy Rowing Club Inc.*

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## Introduction and Overview

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**Emmaus Rowing** has had a great start to 2018 with a number of students already competing in the Queensland Club State Championship Regatta at Wyaralong Dam in January. In the coming months Emmaus rowers will also be competing at the Australian Rowing Championship Regatta at Sydney's International Regatta Centre (home of the 2000 Olympics).

Emmaus College with the support of the Rockhampton Fitzroy Rowing Club (RFRC) offers all school age students from years 7 – 12, the opportunity to participate in its School Rowing program. To encourage participation at all levels, Emmaus Rowing offers two forms of Membership – one for general rowing (general membership); and the other for students wanting to travel and compete in Rowing Queensland's regional and state championship regattas (championship membership).

Rowing is a sport that requires commitment from participants; but also a sport that builds character, teamwork and fosters life-long relationships. It allows each participant to improve their own goals which enables for personal development and a positive learning experience.

Rowing is a year-round sport commencing in Term 1 focusing on learning skills and knowledge of the sport or for those students returning to the sport focusing on increasing skill levels and fitness.

In Term 2 the program continues developing skill levels, fitness and students begin to rowing competitively in local regattas. For those athletes who form part of the Championship Squad, this includes travelling to Bundaberg for the Central Queensland Schools Championship Regatta.

In Term 3 the program will continue training and competing in local regattas. Students in the Championship Squad will travel to Wyaralong Dam to compete in the Southern Queensland Schools Championship Regatta; and finish the term by competing in the 2018 Queensland Schools State Championship which is being hosted in Rockhampton.

In Term 4 the rowing program winds down with everyone competing in a fun regatta here in Rockhampton. Members of the Championship Squad will have the opportunity compete in either the Head of the Brisbane or the North Queensland Club Championships in Mackay.

Rowing is different to many other school sports in that the activity occurs away from the School campus. This places an extraordinary responsibility on coaches, students and parents. Please note all coaches are volunteers. High standards of behaviour and sportsmanship are expected.

If you have questions regarding the Emmaus Rowing or would like to be involved or volunteer as a coach, please do not hesitate to contact me directly.

Kind regards,

Kim Byrne  
**RFRC Schools Rowing Coordinator**  
**Rockhampton Fitzroy Rowing Club Inc.**  
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**Rockhampton Fitzroy**  
Rowing Club Inc.

# Squad and Fee Information

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## 1. General Squad Rowing Membership

'General Squad Rowing' is for new and intermediate rowers who would like to participate in rowing without the pressure of competing at a Championship level. Students will train twice a week working on technique and a limited amount of strength and fitness training. Students will compete in local school regattas only.

**Total Cost:** \$520.00

At the commencement of Term 1 Emmaus College will invoice students an initial \$300. A second invoice will be issued for the remaining amount of \$220.00 at the end of Term 1. Unless additional or replacement equipment is required then there should be no other fees required.

### General Membership includes:

- Rowing Queensland registration
- Two training sessions
- Zootie and Cap (replacement racing or training)
- Regatta Seat Fees - 3 x local regattas held on the Fitzroy River, Rockhampton
- Boat Maintenance
- Emmaus student's bus transport from school to rowing shed for 1 afternoon training session.
- 1 after school training session and 1 Saturday morning session
- *Optional Extra:* General Squad members may attend 2 x gym sessions per week at Emmaus College at the additional cost of \$100 per term.

## 2. Championship Squad Membership

The 'Championship Squad' is designed for those students who wish to compete at a higher level. To row at this level a commitment to training is required. While Rockhampton is fortunate to be hosting the Queensland School Championship Regatta in September 2018, Emmaus Rowing will be travelling to other Championship Regattas in the lead up to this event.

**Total Cost** \$2,500.

At the commencement of Term 1 Emmaus College will invoice students an initial \$300. The remaining amount is paid in 4 instalments each school term with Emmaus College issuing invoices. Unless additional or replacement equipment is required then there should be no other fees required.

**Please note:** The Rockhampton Fitzroy Rowing Club covers all costs throughout the year. The RFRC is a not-for-profit and run by volunteers. If you commit to this form of payment it must be paid in full by Term 4. There are no refunds.

### **Championship Membership includes:**

- Rowing Queensland registration
- Zootie and Cap (replacement racing or training)
- Regatta Seat Fees (3 x local regattas, 2-3 x away regattas, and QLD School Championship)
- Travel for 2-3 away regattas (includes accommodation, travel, boat transport, and all meals)
- Two day Development Camp
- Boat Maintenance
- Emmaus student's bus transport from school to rowing shed for weekday afternoon training. Bus travel from the shed to the school for weekday morning training including breakfast
- 5 training sessions per week
- Additional training sessions, including 2 x gym sessions and 1 x ergo session per week

## **Training**

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As part of the Team ethos that Rowing promotes, a strong and consistent attendance is required. While Emmaus owns a small number of boats, the School program mostly train in boats owned by the Rockhampton Fitzroy Rowing Club which must be booked (through an internal system) prior to training scheduled sessions. For this reason, advanced communication is essential when absences occur so that program adjustments can be made.

### **Key Dates:**

- First training session for returning rowers is Saturday 27 January 2018
- Come and Try day for new rowers is Saturday 10 February 2018, or earlier if they wish by appointment.

**What to bring?** Hats, socks, sunscreen must be worn and water bottles taken in boats. Sunscreen is also provided at the shed.

**Rowing Uniform:** School sports shirt and shorts; or rowing zootie (included in membership fee); or rowing training shorts and tank top are available online from the Regatta Shop <http://the-regatta-shop.myshopify.com/collections/emmaus-college>.

Students will be standing in water and on the riverbank, therefore footwear such as thongs or reef shoes are optional. Rowers can leave footwear on the bank or in the shed while rowing.

**Afternoon training transport:** Emmaus provides a school bus to transport students from the school to the rowing shed to attend after school training sessions

**Morning training transport:** Emmaus provides a school bus to transport students from the rowing shed to school for the weekday morning sessions. Breakfast is provided and showers and change rooms are available at Emmaus. Please note that students will not be supervised by staff so they must be on their best behaviour

## Gym Program

All rowers require good flexibility and core strength. As students' progress into senior levels the demands of commitment increases with the need to improve strength and fitness.

Championship Squad members attend two gym sessions per week, from 3:30pm – 5.00pm on Tuesday and Thursday afternoons at the Emmaus College Gym. The Championship Squad also attends a weekly Ergo training session at the Emmaus College Gym or the Emmaus Rowing Shed.

General Squad members may choose to attend the two gym sessions each week, at the additional cost of \$100 per term.

## Development Camp

A Rockhampton Regional Rowing Development camp is held each year. The camp is available to all Championship Squad rowers and attendance forms part of the 2018 fee structure. General Squad rowers are permitted and encouraged to attend the camp, however please note this is not part of the fee structure.

**Tentative Camp Dates:** Saturday 30 June – Sunday 1 July 2018 (To be confirmed).

At this two day camp, experienced Queensland and Australian rowing coaches are invited to run training sessions with students; along with presentations from other guest speakers.

## Apparel and Merchandise

### Training and Racing Gear

An Emmaus College racing zootie and cap or one piece of training gear form part of your rowing fees and will be supplied. Additionally there is a range of rowing attire including sun safe shirts, warm training gear and accessories available to be purchased online at:

<http://the-regatta-shop.myshopify.com/collections/emmaus-college>.

It is compulsory for students to wear the Emmaus College racing zootie (and if required white sun safety shirt) during all competitions.

School sports shirt or rowing training gear must be worn at all training sessions.



# Training Timetable

Session times are colour-coded as follows:

- **Early Morning Training**
- **General Squad Training**
- **Afternoon Training**
- **Ergo or Gym Session**

Day	Championship Squad Training	General Squad Rowing
<b>Monday</b>	<p><b>6:00am - 7:00am</b> Ergo training at Emmaus College Gym</p> <p><b>3:30pm - 5:30pm</b> On the water training at the Emmaus Rowing Shed</p> <p><i>Transport option: Emmaus College Bus provided for transport after School to Shed.</i></p>	
<b>Tuesday</b>	<p><b>5:15am - 7:00am</b> On the water Technique training at the Emmaus Rowing Shed</p> <p><i>Transport option: Emmaus College Bus provided for transport from Rowing Shed to School. Breakfast and showers available at Emmaus College.</i></p> <p><b>3:30pm - 5:00pm</b> Gym training at Emmaus College</p>	
<b>Wednesday</b>	<p><b>3:30pm - 5:30pm</b> On the water training at the Emmaus Rowing Shed</p> <p><i>Transport option: Emmaus College Bus provided for transport after School to Shed.</i></p>	<p><b>3:30pm - 5:30pm</b> On the water training at the RFRC Shed.</p>
<b>Thursday</b>	<p><b>5:15am - 7:00am</b> On the water Technique training at the Emmaus Rowing Shed</p> <p><i>Transport option: Emmaus College Bus provided for transport from Rowing Shed to School. Breakfast and showers available at Emmaus College.</i></p> <p><b>3:30pm - 5:00pm</b> Gym training at Emmaus College</p>	
<b>Saturday</b>	<p><b>5:15am - 7:30am</b> On the water training at the Emmaus Rowing Shed.</p>	<p><b>7:00am - 8:45am</b> On the water training at the RFRC Shed.</p>
<p><i>Note extra ergo/bike/running sessions will need to be completed by members of the Championship Squad in rowers own time.</i></p> <p><i>All rowers should undertake stretching and flexibility exercises in own time.</i></p>		

## Regattas

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### 2018 Regattas & Other Key Dates

Date	Event	Championship Squad	General Squad	Parents and Volunteers
TBA	BRO (Boat Race Officials) Course			✓
Sat 19 May	Novice & Sprint Regatta, Rockhampton	✓	✓	✓
Sat 9 June	Winter Regatta, Rockhampton	✓	✓	✓
22-24 June	CQ Schools Championship, Bundaberg	✓		
30 June-1 July (TBC)	Rockhampton Schools Development Camp/ High Intensity Camp	✓	<i>Optional</i>	✓
20-22 July	SQ Schools Championship, Wyaralong	✓		
<i>To be confirmed</i>	Time Trials for Rockhampton Regional Crew – Boys	✓		
<i>To be confirmed</i>	Time Trials for Rockhampton Regional Crew – Girls	✓		
Sat 18 Aug	Rockhampton Schools Championship Regatta	✓	✓	✓
<b>21-24 Sept</b>	<b>QLD Schools Championship Regatta, Rockhampton</b>	✓	<i>Optional</i>	✓
All Sundays – October	Adult Learn to Row Course, run by RFRC.			✓

### Crew Selection

Confirmation at the beginning of Term 2 will be required for the availability of students to attend all regattas and the Development Camp. Crews are selected using a number of criteria including attendance to training, time trial results, ability and development.

As entries must be submitted 2 weeks prior to racing - crews will be announced approximately 3 weeks prior to regatta.

## Parents Volunteer Assistance at Local Regattas

Volunteer assistance from parents is encouraged and welcomed to support the running of local regattas.

Some examples of jobs that need to be filled at a regatta include: time keeping; cafeteria helpers; bow numbers distribution; announcing; boat driving (require boat licence); First Aid (require certificate) on land and on the water; groundsman; cleaners; 'message runners'. Some of these jobs provide the best possible view of the racing!

This year Rockhampton will be hosting the 2018 QLD Schools Championship Regatta. There will be over 800 students competing on the Fitzroy River from 21 - 24 September 2018.

Parents and friends are encouraged to attend the BRO (Boat Race Officials) course that will be held in the first half of 2018. – Date to be advised.

## Coaching

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Rowing is a highly technical sport and all coaches are required to have minimum Level 1 Rowing Coach accreditation and a Blue Card. All our coaches are volunteers, some having no affiliation with Emmaus College so it is requested that parents and students show them the respect at all times.

Students in Years 10, 11 and 12 are given the opportunity to obtain their Level 1 coaching accreditation and are encouraged to assist with junior rowers and novices

## Parents and Friends Supporters Group

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Rockhampton Fitzroy Rowing Club looks to continue the development of school rowing programs in the region. The main requirements for a successful program are coaching staff, good equipment for training and competition, support from the schools, the commitment of the athletes and support from parents and friends.

Supporters of Emmaus College Rowing are encouraged to form a Parents and Friends Support Group (with parents from other schools invited to join). A support group would aim to assist the development of the rowing program includes fundraising, assisting with regattas and camps and organizing social functions.

## Fundraising and Donations

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As Emmaus' Rowing is a relative new program there are many costs involved in both setting up the program and running it. Fundraising is vital in reducing costs to participants, so any support or ideas are welcome.

Students run BBQ's at Bunnings Warehouse and the Kern Arcade markets. Funds raised have been used to purchase "Stroke Coaches" which are used for training and during racing.

Emmaus College Rowing can make use of the "Rowing Development Project" fund which has been established by the Rockhampton Fitzroy Rowing Club with the Australian Sports Foundation Ltd (ASF). This means that tax-deductible donations of \$2.00 and above can be made to the ASF via the abovementioned fund and are used to purchase equipment for the rowing program. ASF donations can be made by cash, cheque (made payable to the Australian Sports Foundation Ltd) or credit card and an official receipt will be issued to substantiate taxation claim.

For more information please contact Sarah Byrne (Fundraising Coordinator) for RFRC at [rowing@rfr.org.au](mailto:rowing@rfr.org.au).

## Location Map

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### Emmaus College Rowing Shed Rockhampton Fitzroy Rowing Club

32 Harman Street  
Wandal Qld 4700

