

ROWING

2019 HANDBOOK

EMMAUS COLLEGE

TEAM WORK
RESPECT
TRUST
PERSEVERANCE
MATESHIP



Rowing is a sport that builds character, team work, mutual respect, and friendships with your crews and at the rowing club.

Welcome to Rowing

Welcome to Emmaus Rowing's 2019 Season!

Emmaus College with the support of Rockhampton Fitzroy Rowing Club, offers students from years 7 to 12 the opportunity to participate and compete in the sport of rowing.

We encourage participation at all levels. There are opportunities for all students to row with friends and participate in school competitions right here on Rockhampton's mighty Fitzroy River. Emmaus' competitive rowers also train and travel away to compete in regional and state championships.

Rowing is a fantastic sport. It requires commitment from students, but is also a sport that builds character, teamwork and fosters life-long friendships. It allows each student to improve their own goals, enabling personal development and a positive learning experience.

At Emmaus Rowing, high standards of behaviour and sportsmanship are expected. Our coaches are volunteers and we work with rowers to develop excellence on and off the water.

We're looking forward to another great year at Emmaus Rowing.

Kim Byrne
Head of Rowing, Emmaus College
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The Year Ahead

Rowing is a year-round sport commencing in **Term 1**. We focus 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 row in local regattas. Competitive rowers will increase their training and may also take part in the Central Queensland Schools Championships here in Rockhampton at the end of June.

During **Term 3** Emmaus Rowing will continue training and competing in local regattas. Competitive rowers may travel to Townsville and/or Beaudesert to compete at the North Queensland and Queensland Championship Regattas.

Throughout **Term 4** Emmaus Rowing starts to wind down for the year with everyone competing in a fun regatta here in Rockhampton. Students have the option to continue rowing with Rockhampton Fitzroy Rowing Club's junior program until 31 December 2019.

2019 EMMAUS ROWING CALENDAR

February	July
2nd Emmaus Rowing commences	15th Term 3 commences
26th Welcome to Emmaus evening	20th/21st South Qld Schools Regatta, Beaudesert
March	August
2nd Come & Try morning	10th/11th North Qld Schools Regatta, Townsville
9th Learn to Row commences	TBA Capricornia Team trials
TBA Trivia Night fundraiser	31st Rockhampton Championship Regatta, Fitzroy River
April	September
5th End of Term 1	20th End of Term 3
23rd Term 2 commences	21st/22nd/23rd Qld Schools Championships, Beaudesert
May	October
TBA Novice and Sprint Regatta, Fitzroy River	8th Term 4 commences
June	November
8th Winter Regatta, Rockhampton	TBA Heads Race, Fitzroy River
28th End of Term 2	TBA End of year awards
29th/30th Central Qld Schools Regatta, Fitzroy River	December
	6th End of Term 4



Training

As part of the Team ethos that Rowing promotes, a strong and consistent attendance is required.

Communication: Emails are sent out to all families, with updated information on rowing news, upcoming regattas and fundraising events.

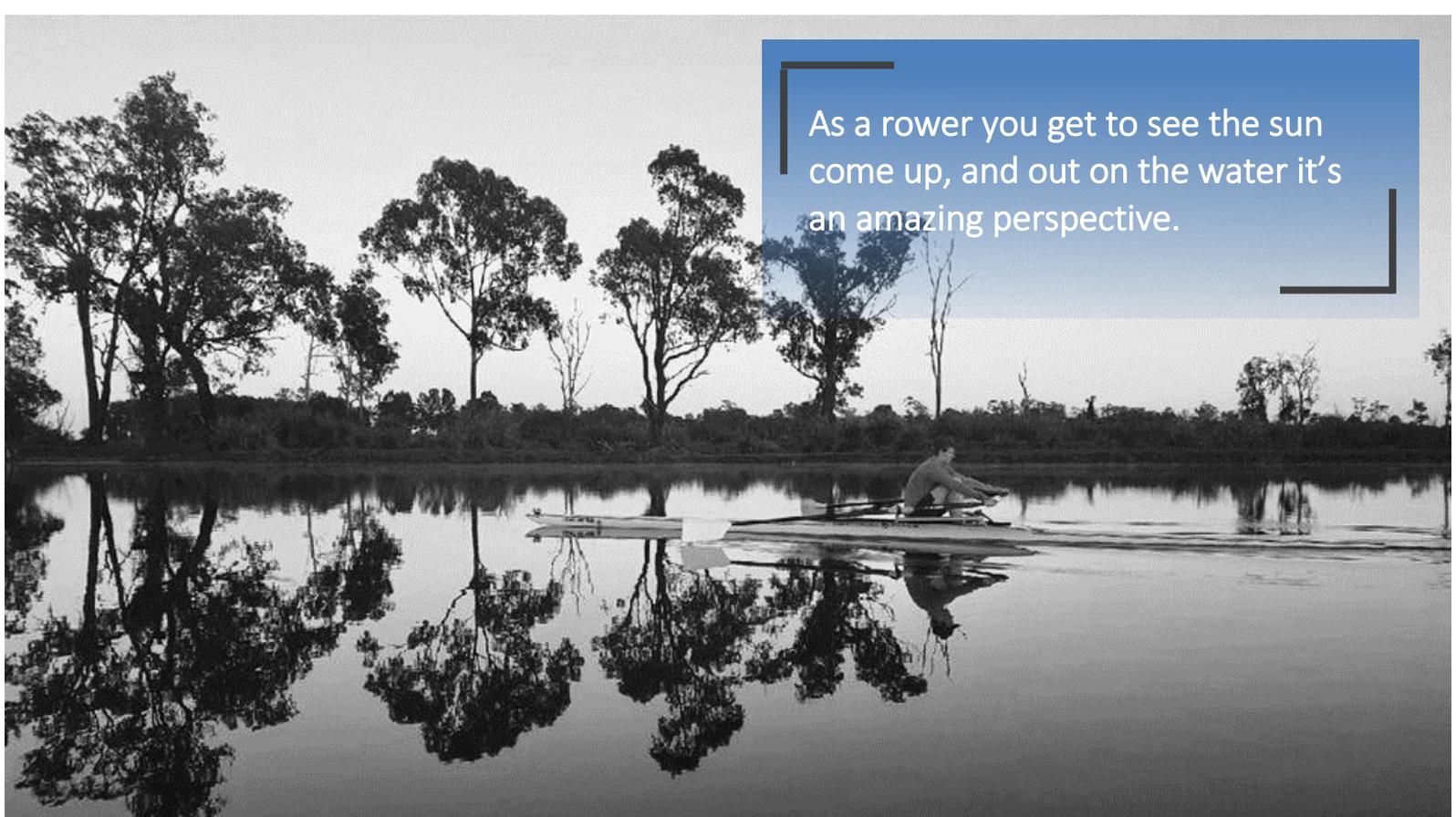
If your child is absent or unable to attend training sessions, school rowing events or regattas, please contact your coach or the Head of Rowing at your earliest convenience.

In the event of inclement weather during scheduled water training times, the session will not be cancelled, but will be, instead, conducted as a dry land training session. Parents will be notified of changes in pickup locations and times on such occasions.

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.



As a rower you get to see the sun come up, and out on the water it's an amazing perspective.

2019 TRAINING SCHEDULE

Term 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	SENIOR ROW	-	-	SENIOR ROW/ Time trial	-	Double session at shed	-
Afternoon	Gym at school	-	Gym at school	JUNIOR ROW/ Seniors erg at sheds	Stretching at home	-	-

Term 2 and 3

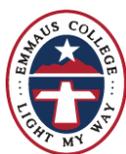
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	SENIOR ROW	SENIOR ROW	-	SENIOR ROW/ Time trial	-	Double session at shed	-
Afternoon	Gym at school	JUNIOR ROW/ Seniors erg at sheds	Spin/Gym at school	JUNIOR ROW/ Seniors erg at sheds	Gym at school/ home stretching	-	-

Term 4 to be advised

GYM & ERGO SESSIONS

All rowers require good flexibility and core strength. As rowers progress into the senior year levels, the demands and commitment increase with the need to improve strength and fitness.

Competitive rowers will have regular gym and ergo sessions incorporated into their training programs. Gym sessions will take place at the Emmaus Gym on Yaamba Road Campus. Ergo and cycling sessions may take place at the Emmaus gym or the Emmaus rowing shed.



BUS TIMETABLE

Term 1

	MONDAY	THURSDAY
Morning Bus	7am to school	7am to school
Afternoon Bus	-	3.15pm to rowing shed

Terms 2 and 3

MONDAY	TUESDAY	THURSDAY
7am to school	7am to school	7am to school
-	3.15pm to rowing shed	3.15pm to rowing shed

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 a high standard of behaviour is expected.

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

ROWING APPAREL

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 during all competitions.

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





Regattas

Rockhampton Regattas: Emmaus College participates in Rockhampton's locally run rowing regattas, held right here on the mighty Fitzroy River. These regattas are managed by the Joint Rockhampton Rowing Committee and supported by Rockhampton Fitzroy Rowing Club.

Participating in these regattas is a great way to have some fun and getting to race with friends. These regattas are usually held over half a day and provide excellent viewing for parents and families to come and enjoy watching some fantastic local racing.

Regional Championships: There are three regional championships held in Queensland each year. These regions include the Central, North and Southern Queensland championship regattas. Where possible, Emmaus' competitive rowers will travel to race at these regattas.

State and National Championships: Each year Emmaus Rowers have the option to increase their training with the goal of representing the school at the Queensland Schools and National Championship Regattas. Training for these regattas requires dedication, perseverance and respect.

Crew Selection: Confirmation of availability of students to attend regattas is required at the beginning of Term 2. Crews are selected using several criteria including attendance to training, time trial results, ability and development.



Financial Information

In recent years Emmaus College has been growing its fleet and resources in order to provide a quality rowing program for Emmaus students.

New and intermediate rowers can train twice a week working on technique, as well as a limited amount of strength and fitness training. All rowers also get to row in Rockhampton's local school regattas.

With any sporting group, there are annual operating and maintenance fees encountered throughout the year. Contributions to some of these expenses are via the Emmaus Rowing membership fees.

Emmaus Rowing Membership: \$520.00

At the end of Term 1 Emmaus College will invoice students an initial \$300.
A second invoice will be issued for the remaining amount of \$220.00 during Term 2.

ALLOCATION OF FEES

Item	Allocation
Individual sports insurance via Rowing Qld. Rowing Qld administration fee. Rowing Qld affiliation fee contribution.	\$280
Membership with Rockhampton Fitzroy Rowing Club Inc. Fuel for tinnies.	
Zootie and Cap (replacement or training). Seat fees to participate in three locally run regattas, here on the Fitzroy River.	\$187
Equipment repairs and maintenance.	\$53

Regional and State Championship Regattas

In 2019 if Emmaus rowers would like to compete in a regional and/or state regatta and have completed the training, additional invoices will be issued separately for seat fees and travel expenses related to these regattas.





In rowing, we develop excellence on and off the water.

Fitzroy River, Rowing Course

Rockhampton's Fitzroy River is home to one of the best natural rowing courses in Australia.

With access to an Olympic standard, 8-lane buoyed rowing course and held start; our proximity to the CBD, accommodation, airport, other high-quality training facilities (such as pool and gyms); and the local clubs' capacity and willingness to support large scale events – Rockhampton is a location of choice for training and competition for Rowing Queensland and Rowing Australia.

Owned and maintained by the Rockhampton Regional Council, the rowing course is installed annually from May through to September. The course is used to support local rowing competitions and training, as well as state and national events.



Code of Conduct

Emmaus College students and parents must agree to Emmaus' *Sporting Code of Conduct*, if they wish to take part in Emmaus Rowing. This is available at the Sports Office.

The Rockhampton Fitzroy Rowing Club also has a Code of Conduct.

ALL INVOLVED

- Observe club rules and work within them.
- Take action, as a duty of care, to ensure all involved are safe and free from harm.
- Be a good sport.
- Participate for enjoyment.
- Strive for personal excellence
- Work hard for your crew as well as yourself.
- Treat all crew members and opponents as you enjoy being treated yourself.
- Cooperate with team and regatta officials.
- Control your behaviour on and off the water.
- Learn to value honest effort, skilled performance and improvement.

STUDENTS

- Maintain academic studies.
- Be punctual at meetings and training.
- Be correctly and appropriately attired for training and competition.
- Follow diet and fitness advice.
- Communicate with your coach.
- Take care and responsibility for equipment and respect the facilities provided.
- Follow boat shed rules.
- Never argue with an official. If you disagree, have your coach approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials, sledging other rowers or deliberately distracting or provoking an opponent is not acceptable.
- Work equally hard for yourself and/or your team. Your crew's performance will benefit and so will you.
- Be a good sport.
- Applaud all good performances whether they are made by your crew or the opposition.
- Cooperate with your coach and fellow rowers. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please your parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.



Shed Safety

Safety is everyone's responsibility. Maintain a 'Safety First' approach for all activities conducted in the shed. A clearway is to be maintained around the boat racks and gurneys so that boats and equipment can be safely accessed. Always ensure that the appropriate numbers of people are used to lift boats and other equipment.

Always allocate one person to direct any heavy lifts and pay close attention to what is happening when moving equipment in the shed. Use portable stairs when accessing boats on high racks. Do not leave boats or equipment in locations where they are likely to cause injury or become a safety hazard.



You will be rewarded for the work you put in. You will be rewarded for the contributions you make, not just in the boat but out of the boat.



Rules of the River

Launch boats with bow towards the barrage. Always row with the bow side of the boat (i.e. the rower's left shoulder) closest to the bank. Rowers are therefore to proceed to the north bank when travelling upstream and continue along that side of the river.

When returning downstream to the boat shed, rowers are to travel along the south bank.

When crossing the river, rowers should proceed directly across the river rather than diagonally and take note of other crews to avoid collision.

Rowing in the middle of the river is not advised unless accompanied by a coach in a speed boat. An exception to this is when the water ski slalom course is in use by water skiers, when all upstream rowers are to move at least 20 metres towards the middle of the river away from the course from at least 300m before and after the slalom course.

Rowers must take note of conditions such as thunderstorms, heavy rain or strong wind. Rowers are not to row if strong winds are likely to cause capsizes. Rowers are not to row if there is a chance of lightning strike.

Rowers are to take note of conditions of low light, visibility and fog and take appropriate precautions.

Rowers should wear a 360-degree visible white flashing light when rowing in conditions of low light.

Crews being overtaken by faster crews should alert the overtaking boat and move aside to avoid a collision.

School aged rowers and beginners are not allowed on the water unless supervised by an accredited coach.

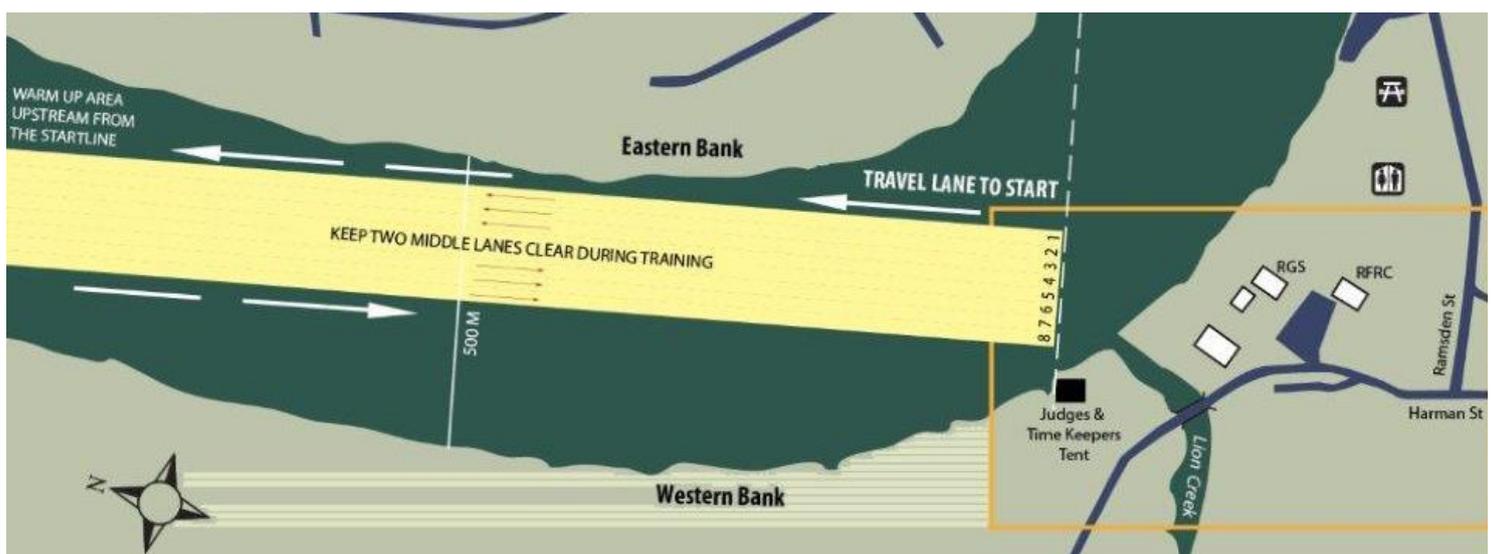
Members coaching rowers less than 18 years of age must hold a current Blue Card.

All members are asked to assist in boat maintenance, shed cleaning or other club duties that match their abilities.

Members who drive speed boats must have a current boat licence and adhere to Department of Transport Regulations.

Members with a medical condition or taking medication that may affect their wellbeing or ability to row must advise their coach. If necessary for safety reasons, other crew members must also be advised of the condition and actions that may be required in relation to the condition.

All rowers must be able to swim 100m dressed in full rowing clothing (including winter attire).



Coaching

Coaching opportunities exist for all parents and supporters who may wish to become involved in the Emmaus Rowing program. Many of our valued past and present coaches, who have had no previous experience in the sport, have become involved in coaching through their children's participation. Volunteering as an assistant coach, receiving mentoring from experienced coaches, attending coaching sessions and assisting as a boat driver are all ways in which to learn more about the sport and how to coach a crew.

Emmaus Rowing encourages and welcomes any parents or supporters who would like to become involved as a coach/assistant coach, or just come along to a training session to have a look at what happens. Those interested should contact the Head of Rowing or speak to a current coach. All coaches and assistants must hold a current Blue Card and be working towards or hold a Level 1 coach accreditation.

Assistance at 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; BBQ helpers; bow numbers distribution; boat driving (require boat licence); and First Aid (require certificate) on land and on the water.

Some of these jobs provide the best possible view of the racing!



Some of the greatest people in our rowing community are the volunteers – they are the parents, umpires and coaches.

Parents & Friends

Emmaus College looks to continue the development and growth of its school rowing program. The main requirements for a successful program are coaching staff, good equipment for training and competition, support from the school, 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. A support group would aim to assist the development of the rowing program includes fundraising, assisting with regattas and camps, and organising social functions.

Fundraising & Sponsors

Fundraising and sponsorships are essential to support the rowing program and reduce costs to participants. Funds raised will support Emmaus Rowing to purchase and maintain equipment to keep up with demand and increase the fleet. Sponsorships can also be towards a specific purpose or cause, such as supporting rowers to participate in state and national competitions.

There is the option to make a tax-deductible donation of \$2.00 and above via the Australian Sports Foundation (ASF) in support of Emmaus College Rowing.

<https://asf.org.au/projects/rockhampton-fitzroy-rowing-club/emmaus-college-rowing/>

For further information or ideas about fundraising, the benefits of sponsoring Emmaus Rowing, or donating via the ASF, please contact the Head of Rowing.

Contacts

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Emmaus College Rowing Shed
30 Harman Street,
WANDAL Qld 4700

Emmaus College Gym
Middle School Campus
362 Yaamba Rd,
NORMAN GARDENS Qld 47

