



THE
HAMILTON
AND ALEXANDRA COLLEGE

CONFIDENT FUTURES



**The Hamilton and
Alexandra College
Rowing Club**

**Handbook
2021-2022
Season**

Introduction

Welcome to the 2022/22 Rowing Season. This handbook contains important information about The Hamilton and Alexandra College Rowing Programme and should be read by both students and parents before a student commits to a crew for the season.

The Hamilton and Alexandra College Rowing Club

The Head of Rowing Dr Hirst is responsible for the running of the Rowing Programme and can be contacted regarding any rowing matters via email principal@hamiltoncollege.vic.edu.au. Or his mobile 0420 962 721.

The Club's official rowing season begins in Term Four and continues into the following year.

All general training sessions will be run at The Hamilton and Alexandra College Rowing Shed at Lake Hamilton, 8 Ballarat Road Hamilton.

“Rowing” at The Hamilton and Alexandra College

The Hamilton and Alexandra College Rowing Club aims to provide a safe, fun and competitive programme that teaches boys and girls to row. By working together, students and coaches will strive to discover their personal best. The Hamilton and Alexandra College endeavours to present crews at Rowing Victoria regattas and enable its members to experience competitive rowing through their participation at these events.

Rowing is a team sport that requires commitment and hard work, but that also offers many unique experiences and benefits to its students. Finally, The Hamilton and Alexandra College Rowing Programme aims to provide its members with a positive experience in which they can further their skills and develop strong relationships and teamwork skills.



Objectives:

- To promote the active involvement and commitment of all members
- To support and enable personal and team achievement at all levels
- To provide appropriate and relevant training programmes
- To experience success at regattas
- To ensure students and crews follow all relevant rules and guidelines
- To promote the sport of rowing within the school community
- To create a safe and supportive environment for all club members
- To promote the involvement of the wider school community in the programme

Key roles and duties of those involved in the Rowing Programme

Outlined below are the key roles/positions of people involved in the Rowing Programme. An explanation of their responsibilities is provided to ensure that you are aware of who should be contacted regarding specific questions or queries that may arise.

Head of Rowing (Andrew Hirst)

- Responsible for the Rowing Club and Programme

Coaches (Head of Boys’ Coaching: Josh Frichot, Head of Girls’ Coaching: Simon Ross, Assistant Coaches: Paul Mould)

- Are responsible for coaching crews - these are allocated at the start of the season
- Attend all regattas and training sessions where possible

College Staff (Nick Palmer + Nerrida Prosser)

- Staff members affiliated with the club will be present at trainings and regattas
- Responsible for student welfare and the well-being of crews during regattas
- Assist the Head of Rowing with logistics, supervision and organisation

Safety Officer (Josh Frichot)

- Is responsible for all safety issues regarding the running of the Rowing Programme
- Ensures that all safety requirements and standards outlined by Rowing Victoria are being met
- Regularly audits, maintains and purchases safety equipment
- Monitors the maintenance of all equipment
- Ensures that the Club Safety Management Plan is up-to-date and made available for all involved in the programme
- Organises safety briefings as required

COVID-19 Marshall (Andrew Hirst)

Potential Risk Areas	Mitigation
Facility Access	<ul style="list-style-type: none"> • Safety officer/designated individual to open and lock the sheds for coached sessions. • Door to be wiped down with alcohol wipes immediately after use.
Taps and hoses	<ul style="list-style-type: none"> • Safety officer/designated individual to operate hoses and be the only ones to touch taps, hoses etc. • Taps and hose heads to be wiped down after use. • Hands to be washed after cleaning equipment.
Boats and oars	<ul style="list-style-type: none"> • Athletes to clean their own boat and oars with soapy water while the Safety officer/designated individual operates the hose, minimising cross contamination. • When entering the boathouse to collect equipment, monitor and limit entry to minimise the number of participants being inside at the same time.

Rowing Captains

Rowing Captains are elected at the beginning of each season and their main role is to assist the Head of Rowing with general organisational duties, provide assistance and support for all rowers and to lead by example. General duties include:

- Attending all training sessions and regattas
- Supporting and assisting all other rowers
- Supporting and assisting the Head of Rowing and Staff
- Reporting rowing results at Assembly
- Maintaining the shed in a tidy condition by organising crew rosters
- Organising the Rowing Dinner at the end of the season
- Writing a report for the Collandrian and Ivy and Tower

Expectations of Rowers

A rower should:

- Have fun and enjoy being involved
- Arrive promptly to all training sessions and events
- Communicate effectively with all other crew members, coaches and the Head of Rowing
- Show commitment to their crew, coach and the Rowing Club by attending all scheduled sessions and regattas
- Have a positive attitude and be willing to participate in all training sessions and club activities
- instructions/directions given by the Head of Rowing, coaches, College staff, Rowing Captains, etc
- Wear the correct uniform at all times
- Treat all equipment with respect
- Follow Rowing Club rules and act responsibly at all times
- Be aware of their individual responsibilities
- Follow all safety guidelines and rules provided
- Support and assist all members of the club
- Aim to perform at their best during all training sessions and regattas
- Ensure all equipment is returned to expected location and damage report to staff if there are problems



Safety Guidelines – Individual Members Responsibilities

Each year, all rowers must be registered with Rowing Victoria. The College will organize. Individual Members of The Hamilton and Alexandra College Rowing Club have a responsibility to:-

Rowers:

- Act in a manner that will not compromise the safety of themselves, Club members, other water users and the general public.
- Ensure they are well hydrated and protected from the sun at all trainings and regattas
- Assess risks and base their decisions on such assessments.
- Actively respond to their Club’s Safety Management Plan.
- Inform safety officer, coaches and other crew/Club members of any medical condition that may present a risk to themselves and/or their crew.
- In the case of juniors – parents have a duty to advise those in charge of any condition or circumstance that may impact on the safety of the junior or any club members

General Information

Costs involved in the Rowing Programme

Like any sport, there is a financial cost involved in rowing, which varies with the number of regattas attended, etc. The cost of running the Rowing Programme includes buying and maintaining equipment, shed rental, ergometers, fuel, etc. and has a significant impact on Rowing Club resources. As a result, all students who are placed in a crew for the Rowing Season are charged a fee to help cover these general running costs.

The rowing fee charged to all students participating in Rowing is \$550

Camps, uniforms, entry fees and ancillary charges are charged additionally to the general fee and will be outlined to students and parents as required. The costs involved in each regatta that a student attend will be outlined in the specific information provided to parents prior to the event. The costs vary depending on how many regattas the students do but as a guide I expect the overall cost to be maximum \$1000 for the season. ***All rowing fees will be charged to the student’s school account.*** Camps and Regatta Fees are charged as incurred.

Racing and training uniform

The rowing uniform consists of the following items and is available from the College Uniform Shop:

- Single piece rowing suit (‘Zoot Suit’).
- Long sleeved top, leggings and Vest (optional)
- Rowing cap
- College jacket
- Tracksuit pants
- Thongs (hard rubber)
- Running shoes

Rowers are expected to be correctly dressed at all times and crews not uniformly dressed may not be allowed on the water. All items of clothing must be clearly named. Unmarked clothing will be held for a minimum period of one week at the Rowing Shed then will be sent to lost property at the school.

Whilst Rowers are participating in Rowing Club activities they are representing The College and should behave and dress accordingly. Parents are asked to help maintain uniform standards by providing rowers with the correct attire.

Other important items:

Rowers should also bring the following to all training sessions and regattas:

- Water bottle
- Snacks
- Sunscreen and hat (students are expected to be 'SunSmart')
- Mosquito resistant repellent (*RID* is preferred)

Rowing Shed

Important Information:

- The Rowing Club and the school are not responsible for lost property. All items must be named. Valuables should not be left unattended and must be handed in for safe keeping.
- A clean boatshed is important for all rowers and coaches. Students should always ensure that rubbish is disposed of appropriately, equipment is packed away and stored correctly, and that the area around the shed is neat and tidy. Crews will be rostered on to check and maintain the general cleanliness of the shed.
- There will be some sunscreen available at the Rowing Shed; however, it is also recommended that all students also have their own supply for use at both training sessions and regattas.

General training times

General training sessions are scheduled three times a week throughout the official Rowing Season and last year we introduced yoga in Term 1 mornings. While these are sometimes subject to change, due to regatta preparation and availability of coaches, these three sessions are generally considered to be the formal training times for all crews.

Training times are generally as follows:

- **Tuesday 3.45pm – 5.30pm**
- **Thursday 3.45pm – 5.30pm**
- **Saturday 8.00am – 10.00am (except when crews are competing in regattas)**

NB. In 2021 **Optional fitness sessions** will commence at 6.30am – 7.30am at Myrniong each Friday morning.

Rowers must be changed at school on weeknights and place their bags on the ute (these will be transported to the shed). Rowers must **run** to the Rowing Shed. All boats are to be **on the water** by 4.00pm.

Once a student chooses to row, there are certain training requirements that need to be fulfilled. Rowing is a team sport and at all times the team must be considered. **If a student does not turn up to training, their crew cannot row on the water.** Therefore it is important that a student commits fully to their crew and attends scheduled training sessions.

In the event of a student not being able to attend a training session, they must *personally* inform their coach *and* the Head of Rowing as soon as possible so that alternative arrangements can be made for their coach and crew.

The Head of Rowing reserves the right to cancel training sessions if necessary. However, the rule of thumb is that we train no matter what. The sports centre is the likely venue when poor weather intervenes. In the unlikely event that training session is cancelled, the Head of Rowing will endeavour to make a decision at lunchtime and give as much notice to students/rowers & parents as possible.

Parent involvement

- We value and, more importantly, the Club needs parent participation in order to keep the Rowing Programme viable and competitive. Assisting at regattas and around the Rowing Shed is a great way for parents to become more familiar with what their children are doing and to get to know other parents, coaches and other rowers. We especially need Boat Race Officials (see information in 'Regatta' section) and support with Fundraising.

Parents are asked to assist in any following areas if they are able to:

- Assist in catering on camps or regattas
- Transport
- Boat/Equipment/Shed maintenance
- Other tasks as may be allocated

Communication

There will be a lot of information distributed during the season about regattas, training and other events. All rowing information will be emailed to you. You must supply your personal email address and it is expected that your email is read once a day throughout the season. Students must also adhere to this policy. A Rowing page has been established on TEAMS for instant communication.

Regatta timetables are often published by the regatta committee on the Wednesday prior to a regatta. **However please note they are like to change and the Rowing Victoria website should be consulted on the day.**

Permission forms will be distributed **via the Operoo App**. If it is not possible for a parent to use this then they should contact the Head of Rowing to make alternative arrangements.

Crew Selection

Crews will be organised at the beginning of the season. Final decisions regarding crew selection will be made by the Head of Rowing in consultation with the coaches.



Crew Selection Criteria

Many different criteria will be considered when organising and selecting crews for the season. These include, but are not limited to:

- fitness & strength
- performance
- rowing technique and general boatmanship
- attitude
- commitment

Other factors that may be taken into consideration include:

- availability
- technical compatibility
- other relevant factors

Crews, Classifications and Entry

Crews	School	Rowing events	Victoria	Distance
Senior Girls	Division 1 or 2	Grade C		1500 or 2000m
Senior Boys	Division 1 or 2	Grade C		1500 or 2000m
Junior Girls	Division 4 or 5	Grade C or D		1000m
Junior Boys	Division 4 or 5	Grade C or D		1000m

(Rowing Victoria grading will depend on the Rowers individual Rowing score)

Regattas

An important part of the Rowing Programme is the attendance of our crews at various regattas. Outlined below is general information regarding regatta locations, preparation, etc. Please note: Students are expected to remain at the Regatta until the trailer is packed at the end of the day. No phones are permitted during racing.

Parents are encouraged to attend the regattas during the season. Information regarding specific regattas will be distributed throughout the season and additional support is always welcomed by rowers and coaches alike.

Crew Identification at Regattas

Rowing Victoria races are identified by a letter and each crew has a lane number. The bow of each boat is required to show the appropriate (race) letter and (lane) number. eg. Bow number F5 would be race F and lane 5. The coxswain is responsible to ensure that bow numbers are obtained well prior to the race.

Transport

Parents are encouraged to transport their child/rower to and from local regattas but College will arrange transport if we are in Ballarat, Geelong and/or Nagambie. Depending on the specific event and number of crews attending, the Rowing Club will endeavour to arrange group transportation.

Accommodation

Accommodation will be arranged for the rowers and coaches prior to regattas. We will usually sleep in swags for training camps and the Dimboola regatta but to maximise our performance in 2021/22 before Head of School Boys', Girls' and State Championships we will stay in cabin style accommodation at caravan parks. Parents are to organise their own accommodation unless otherwise indicated by the Head of Rowing.

Food

Rowers will be provided a healthy diet with breakfast, snacks and lunch at each regatta. They will be advised if they require money for extra meals.

Cost of regattas

Each rower will be charged for the expenses they incurred at each specific regatta (seat fees, food, transport and accommodation). This will be charged to the student's school account at the end of each term. Costs can vary depending on the number of rowers, length of stay at accommodation, transportation costs, etc. An approximate cost will be provided in the specific regatta letter that will be distributed prior to the event. In the event the regatta is cancelled for any reason, boat entry fees are still payable by the rower in accordance with Rowing Victoria regulations and agreements.

The Rowing Club recognises the ongoing costs involved in attending regattas and will endeavour to keep costs to a minimum without compromising the requirements and needs of students, crews and coaches.

Prior to a regatta:

Preparing for a regatta starts well before the actual event. Rowers must be committed to their crews so that entry into, and attendance at, regattas can be organised well in advance and prepared for appropriately. Below is an outline of the process regarding a crew's preparation for, and involvement in, regattas.

Prior to start of the season:

- Potential Regatta dates and events are identified

Start of the season:

- Calendar issued
- Accommodation is booked
- Transport is booked

Two weeks before:

- Heads of Rowing and coaches finalise which events the crews will be entered in.
- Entries are organised by the Boys and Girls Coaches
- Accommodation numbers are confirmed
- Transport numbers are confirmed
- Forward Consent form via Operoo
- Food organised
- Parents are contacted to help (food, transportation)

Week before:

- All equipment (including First Aid Kit) is checked and prepared
- Any necessary event changes are made
- Boats and equipment are loaded
- Boat race official is organised for the regatta/day

Race Day:

- RV website provides racing schedules and all updates and results

There is clearly a lot of preparation involved in attending each regatta; therefore it is important that crews are committed and communicate with their coaches and the Head of Rowing regularly (especially in regard to dates unable to compete, etc)

Boat Race Officials

Clubs and schools entering Rowing Victoria Regattas are required to supply a certified Boat Race Official (BRO) to assist in the conduct and running of every Regatta.

It is important that we have volunteer BROs to meet this requirement and anyone who takes on the role makes a valuable contribution to the programme.

2021/2022 Proposed Schedule

2021		
	Saturday 9 October	Training & Rowing Launch
	Saturday 16 October	Training
	Saturday 23 October	Training
	Depart after school Fri 22, Return Sun 24 Oct	Senior Girls' training Yarra River
	Saturday 30 October	Training
	Saturday 6 November	Training
	Saturday 13 & Sunday 14 November	Dimboola Regattas
	Saturday 20 November	Training
	Saturday 27 November	Training
	Saturday 4 December	Training
	Saturday 11 & Sunday 12 December	Hamilton & Nestles Regattas
2022		
	Thursday 27 – Friday 28 January	Rowing Camp, Barwon River
	Saturday 29 and Sunday 30 January	2022 Barwon Regatta
	Sunday 6 February	Wendouree Ballarat JG King Homes Regatta
	Saturday 12 February	Head of School Boys (Boys) - Ballarat Girls' Training – Hamilton
	Saturday 19 February	Training
	Saturday 26 February	RV Junior Girls State Championships, Barwon River Other Rowers Training - Hamilton
	Saturday 5 & Sunday 6 March	Rowing Victoria State Championships – Lake Wendouree
	Saturday 12 March	Training
	Thursday 17 March	SSV Regatta (Girls) Barwon River
	Friday 18 – Sunday 20 March	Head of Schoolgirls Barwon River
	Tuesday 22 March	Mixed Teams Breakup Regatta
	Thursday 24 March	Last training and clean up
	Saturday 2 April	Rowing Dinner

Andrew Hirst
Head of Rowing
2021/22

