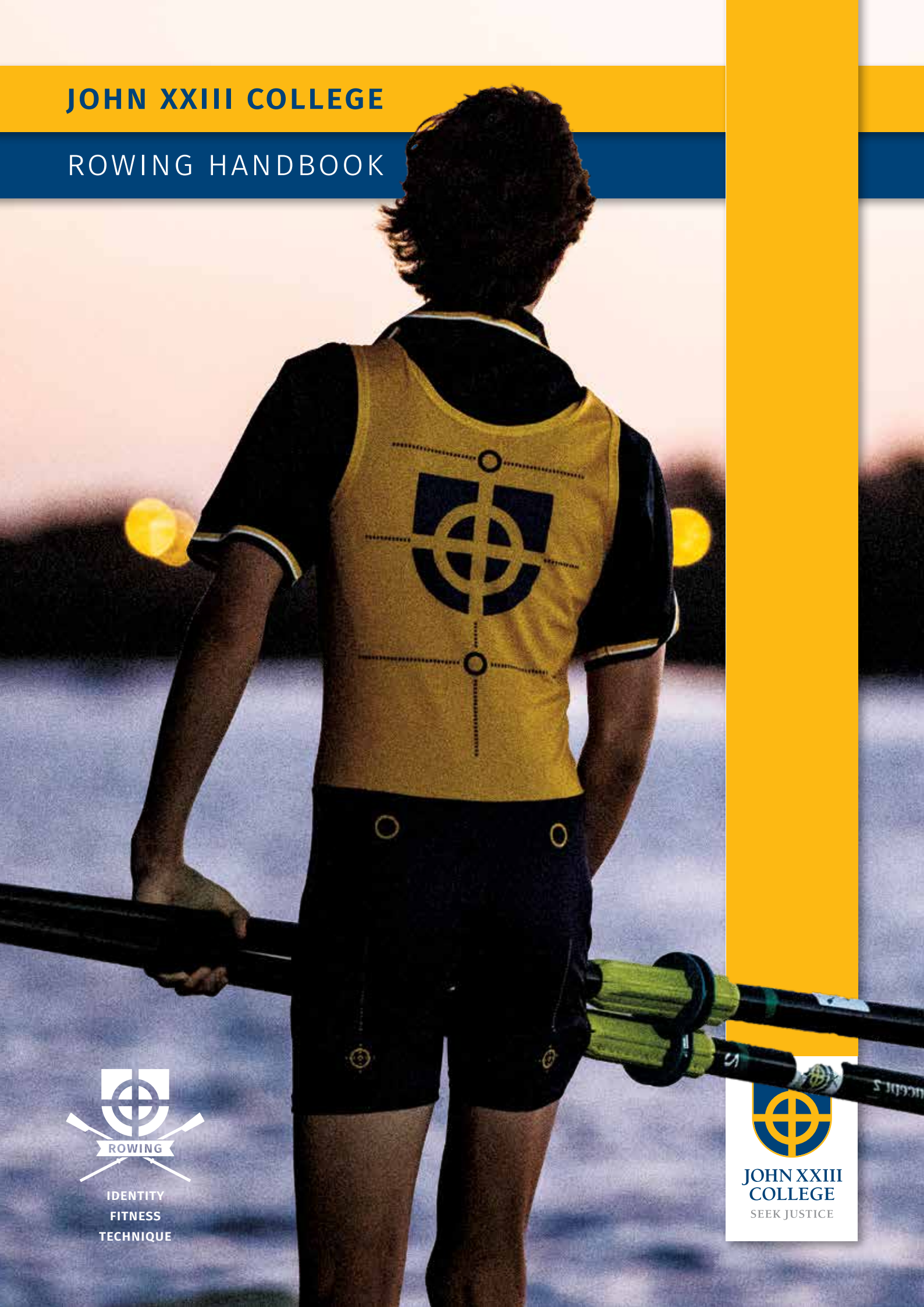


**JOHN XXIII COLLEGE**

**ROWING HANDBOOK**



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# WELCOME



Welcome to the John XXIII College Rowing Club. We cater to rowers of a wide range of ages and varying levels of intensity and competition, ranging from our Learn-to-Row program to competitive regattas.

Rowing helps to develop fitness, resilience, team spirit, and cooperation with teammates, coaches and other competitors alike. It is an excellent way for students to form friendships across different year levels, learn to work effectively together, and become more organised and self-reliant as they balance their demanding training schedule, academic commitments and other extracurricular activities.

John XXIII College students participate in a range of regattas against other colleges and rowing clubs along with our popular House Regatta. Our Loreto heritage allowed us to

join IGSSA Rowing in 1993 with the formation of the Rowing Club.

We compete in the IGSSA regatta program as well as the Rowing WA regatta program. We have also competed in PSA regattas.

Our Club has many roles filled by members, parents of school rowers, and alumni. This community continues to play a vital role in the success of the Rowing Club. The commitment of our rowers, their families, and coaches is a testament to the great benefits this team sport provides.

I congratulate all involved in the John XXIII College rowing family and wish you a successful and happy rowing season.

**Jerram Gibson**  
Rowing Coordinator

# INTRODUCTION

**Established in 1993**, the John XXIII College Rowing Club has developed many students into strong minded, resilient and committed individuals, with many going on to compete in State, National and International competitions. Rowers of all levels are catered for, with comprehensive training and instruction by coaches with an extensive knowledge of the sport.

Rowing at John XXIII College provides your child with an opportunity to develop:

- a real sense of teamwork
- an understanding of commitment and dedication
- their true character and resilience
- fitness and strength
- a true sense of accomplishment.

We trust you will enjoy your rowing journey at John XXIII College.

## What is expected of rowers

Rowing for John XXIII College is a privilege, therefore we operate under the College rules and Code of Behaviour. It is expected that a rower must:

- Be punctual to all training sessions and regattas. If absent or running late please notify the Head Coach and Rowing Coordinator as soon as possible.
- Commit to all training sessions and regattas outlined in the calendar for the year group. If there is an issue, please notify the Head Coach and Rowing Coordinator before it occurs. It is assumed that anyone still rowing after the two-week grace period will be training and racing through to the end of the season. Coaches will plan accordingly.
- Care for all equipment and facilities.
- Treat all coaching and associated staff, including bus drivers and parents, with respect.
- Maintain a high standard of sportsmanship towards fellow John XXIII College rowers and those from other schools. Be gracious winners *and* gracious losers.



- Get adequate rest and follow nutritional and dietary guides.
- Represent John XXIII College with pride. Wearing correct uniform and cheering on your teammates in their races is integral to this.

## Parents' Role

Having a rower in the family can require some lifestyle adjustment. Parents play crucial part in ensuring their child enjoys and succeeds in rowing by:

- Getting rowers to training and regattas on time, with the correct uniform.
- Helping rowers make good choices when it comes to diet and sleep.
- Ensuring rowers are adequately prepared for regatta days with suitable clothing, sunscreen, nutritious snacks and water.
- Supporting club fundraising ventures to ensure our rowers have up to date equipment.
- Attending regattas and encouraging family members to do so too. We are a relatively small club and everybody's voice helps to establish a presence.
- Volunteering for a role at John XXIII College-hosted regattas to help make the day a success. This could involve baking for our cake stall, serving morning tea, working the BBQs, driving dinghies or helping with First Aid. Helping at regattas is a great way to show your support and get to know other parents in the club.



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# TRAINING



## Year 8 Training

The Year 8s will undertake a novice rowing program that runs late Term 3 in the afternoon from 3:30pm-5:30pm. Students will be transported to and from the shed by bus. When the weather compromises the safety of our rowers, we will hold the training session at the college gym on the rowing machines. These sessions will take place from 3:30pm-4:30pm.

Students are to wear PE uniform for these sessions. Running shoes should be brought to every session, as well as a water bottle, towel and change of clothes in case there's an unexpected dip in the river. Please ensure that all items are clearly labelled.

## Years 9-12 Training

### Water Training

Water sessions are held at the *John XXIII College Boat Shed at the Canning Bridge Rowing Centre, 4 The Esplanade, Mt Pleasant*, beginning at 5:30am on weekdays. The school provides a bus to and from the boat shed when training occurs before a school day. The bus leaves the college at 5:05am to arrive at the boat shed by 5:30am. For holiday training, parents are responsible for getting their children to and from the boat shed.

It is important that rowers are appropriately dressed for training, as loose-fitting clothing can be hazardous and impact on the rowing stroke. The college zootie - the racing uniform for all regattas - is ideal, or alternatively close-fitting active wear or the school PE uniform. A pair of socks to wear while rowing is required, and hats are recommended. Running shoes should be brought to every session, as well as a water bottle, towel and change of clothes in case there's an unexpected dip in the river. Please ensure that all items are clearly labelled.

At the conclusion of training the rowers are transported by bus to the College in time to get changed for the school day. They may choose to purchase breakfast from the canteen - which offers a selection of fresh fruit, toast, juice and hot foods - or



preferably, bring along their own home-prepared cereal and fruit.

### Land Training

Land training sessions are held at the College at times dependent on the year group outlined on the calendars.

Land training focuses on building cardio fitness as well as leg, back and abdominal endurance: essential foundations for rowing.

Land training programs are written with specific year groups in mind focusing on different aspects of fitness and strength. Each program coincides with the rower's water training, therefore attending all sessions will allow the rower to develop specific aspects complementing their water training.



# CREW SELECTION



## Crew Selection Policy

We aim to make a balanced assessment based on each rower's performance, behaviour and attitude. The policy is used by coaches to enable the effective grading of rowing squad members and ensure the competitiveness of all crews.

All rowers will complete the following to aid selection:

- Single scull trial
- Ergo trial (over year-level race distance and 2000m)
- Seat racing

Where two or more rowers are close after these results, or unforeseen circumstances cause issues in results, the following will be considered:

- Oarsmanship (technical ability) and coach-ability within the crew
- Attitude
- Teamwork

Using these criteria, the individual crew coaches, in conjunction with the Head Coach and Rowing Coordinator, will select the fastest crew combinations.

We are committed to providing each rower a fair chance to participate in competition. It is important to remember that the primary focus is to assemble crews capable of competing at their best. Every rower selected for a crew needs to have demonstrated the commitment and potential to contribute positively to the overall success of the crew.

Crew selections are an ongoing process throughout the competitive part of the season and crew changes may occur at any time. There are a number of different divisions and rowers will be selected for these to provide each crew with the appropriate level of competition and the club with the best chance of success.

*Please note: A rower can make themselves ineligible for a crew regardless of trial results if their teamwork and attitude is not up to the College's standards.*



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# REGATTAS



**We actively participate** in one of the most extensive regatta schedules among schools in Western Australia, engaging in IGSSA and Rowing WA competitions.

Most regattas are held on Saturdays at Champion Lakes Regatta Centre, Armadale. The season calendar outlines host schools and dates.

The Rowing WA All Schools competition occurs during the end of Term 2 and the beginning of Term 3, giving our rowers a fantastic opportunity to compete together as a whole club, including mixed races. We also participate in the South West Head of the River, held in Bunbury.

Our Girls crews compete in the IGSSA system against PLC, St Hilda's, Perth College, MLC, Penhros and Iona during Term 2. Due to John XXIII's history as Loreto College, we are an official member of IGSSA and therefore

race at all five IGSSA races including the Head of the River.

All rowers are expected to stay for the duration of the regatta. Anyone who needs to leave early must get permission from the Rowing Coordinator or Head Coach.

On most regatta days, a bus will run from the College to Champion Lakes Regatta Centre in the morning and take students back to the boat shed in the afternoon, where they are to be picked up following unloading of the boat trailer.

## House Regatta

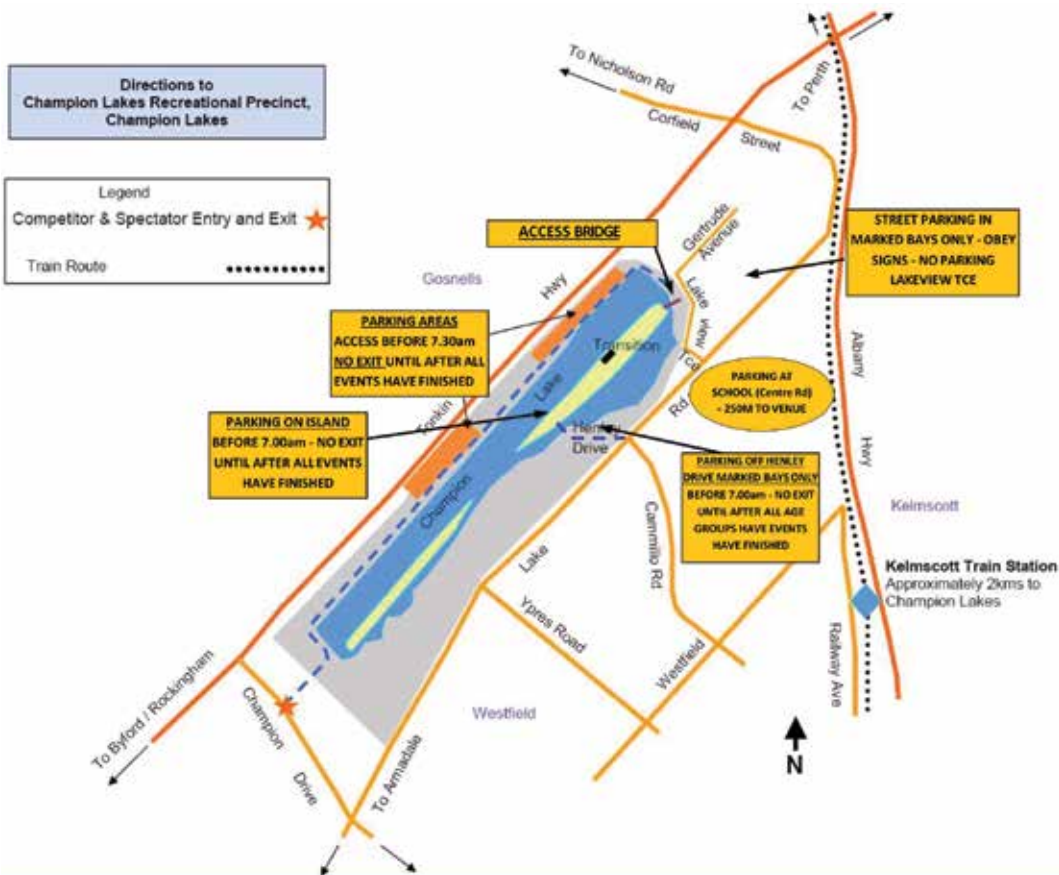
Students are invited to attend the House Regatta at the end of their Year 8 rowing program (usually in week 8 of Term 3). At this regatta our Houses compete against each other, with our Year 8s getting the opportunity to row with our older rowers.



# CHAMPION LAKES



Champion Lakes Regatta Centre is a purpose-built venue, bounded by Tonkin Highway, Champion Drive and Lake Road: for details see the maps here. For regattas, each school/club has marquees set up along the foreshore of the race. Parking is on the opposite side, and is accessed via a well-marked road.



**PLEASE NOTE: ACCESS BRIDGE IS PEDESTRIANS ONLY, VEHICLES PARKING INSIDE THE EVENT PRECINCT WILL NOT BE PERMITTED TO LEAVE THE VENUE ONCE EVENTS HAVE STARTED. EXIT FROM PARKING WILL BE AVAILABLE AFTER ALL EVENTS HAVE BEEN COMPLETED. IF YOU WISH TO LEAVE DIRECTLY AFTER YOUR EVENT (i.e. TADPOLES OR SHORT COURSE) PLEASE PARK AT THE SCHOOL ON CENTRE ROAD. THERE IS NO STREET PARKING ALONG LAKEVIEW TCE OR LAKE ROAD AS THIS PART OF THE COURSE. PLEASE OBEY**



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# LEADERSHIP AND SPECIAL EVENTS



## Leadership Roles

Rowers are represented by a Boy's and Girl's Captain of Boats, chosen from the senior rowing group each season. As a Captain, they must embody the spirit of the club, lead by example and effectively communicate with their fellow rowers, enabling all those around them to aspire to their level and to build on the culture and success of John XXIII College Rowing.

## Special Events

### Presentation Dinner, Term 3

Thomas Moore Exhibition Centre,  
John XXIII College

This is a chance for the whole club to celebrate the efforts of all rowers, coaches and committee for the season.

Led by the outgoing Captains, the rowers will be presented with their Rowing pins to wear on their College blazer with pride and acknowledge the efforts of their coaches throughout the season.

It is traditional for rowers to contribute towards a gift for their coach, which will be presented on this night. The collection of money and purchase of the gift will be organised by a member of the squad/crew.

## Fundraising

John XXIII College Rowing is very well supported by the College, however the club is responsible for raising funds for the addition, replacement and maintenance of boats as well as other rowing equipment.

Multiple annual fundraising events are organised to ask the rowing community to support us. More detailed information will be distributed when events are confirmed.



# ROWING AND STUDIES

**It is no secret** that rowing demands a great deal of time to ensure success compared to other sports. This both requires and teaches great time management for all students if they are to avoid putting stress on their studies.

To be successful at rowing and at school you must be willing to step away from the couch, playing computer games or watching Netflix. Instead you must use these as rewards for your efforts.

In the afternoons, have a shower and a snack, then tackle your hardest subjects first. If you can, eat your main meal after most of your homework is done – around 7:00/7:30pm – and aim to get to bed by about 9pm.

At school, it is important that you sit in a seat where you can stay alert and on task. Make sure you're prepared, get involved in discussions and take notes to help jog your memory later. Take the opportunity to grab a few minutes extra to revise or finish off work when you can, during lunchtime or while waiting for your lift home. Be smart and use school study periods effectively rather than as a social event.

Training schedules have been developed with the rower's studies in mind. Each

training schedule attempts to get the most out of the rowers on certain days, with full days off for recovery of the mind and the body. At any time, if you feel overwhelmed by study, please talk to the Rowing Coordinator to assist where possible.

## Typical plan when arriving home

1. Have a shower and a snack
2. Open your school work, complete your hardest work first. (NOTE: turn all devices on Do Not Disturb or lock social media accounts to stop unnecessary distractions)
3. If you have no work, revise for your next test scheduled. Ensure you sit with your books doing some form of work for at least an hour to establish a routine.
4. After you have completed the majority of your studies have your main meal.
5. If time permits after your main meal and study, this is the time for the social aspects of being a teenager (computer games, social media or TV).
6. Attempt to be ready to sleep between 8:30pm and 9:00pm each night to allow for 7.5-8 hours of sleep before training mornings.



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# NUTRITION



**Eating well can help a rower perform** at their best. Rowers don't need to follow any specific diet to stay healthy but do need to consume enough fuel when doing extra training or racing.

## Bodies use food to make energy

Fuelling your body with good quality wholesome foods is important for young, growing rowers. A diet containing adequate energy and important nutrients is crucial for maintaining optimal health, supporting your immune function, and preventing injuries. As a rower, you have a higher energy requirement. Focusing on good nutrition every day (and not just before a race) can enhance your athletic performance. You will have the energy needed for strength, endurance and mental focus, and you will recover faster from training.

## Foods to include every day

There are three major macronutrients we consume in our food: protein, fat, and carbohydrate. Including all three macronutrients in your diet is important to maximise energy production and training recovery. A variety of these foods will also provide the many vitamins and minerals our bodies need to function at their best.

## Protein

Every meal and snack should be built around protein, particularly for young, growing athletes. Our body uses protein (which is broken down to amino acids) to build, maintain, repair and replace tissues. Protein requirements are individual and may change depending on your stage of growth and activity level. A good starting point is to aim for protein foods to be about ¼ of your daily dietary intake.

Examples of protein sources:

- Meat, fish, chicken, pork, beef, lamb
- Eggs
- Tofu and tempeh
- Legumes and pulses
- Nuts and seeds
- Dairy – cottage cheese, cheese, yoghurt.

## Fat

In the past we've been encouraged to focus on reducing our fat intake. However, we now know that fat is essential for giving us energy and helping us to absorb certain vitamins, make our hormones and support our brain and nerves to function.

Examples of fat:

- Olive oil and olives
- Coconut (flesh, cream, milk or oil)
- Oily fish – salmon, trout, sardines, mackerel
- Avocado
- Seeds and nuts
- Full cream dairy – cheese, butter, cream, ghee, yoghurt
- Fats occurring in animal protein (ie, chicken skin, pork rind, etc)
- Eggs – don't throw away the yolk!

## Carbohydrate

Carbohydrates are broken down to glucose to enter cells and give us energy.

We often refer to the quality of carbohydrates as their GI (glycaemic index). The GI indicates how quickly each food affects your blood sugar (glucose) level when that food is eaten on its own.

A carbohydrate food containing high amounts of dietary fibre will be a low-GI food, meaning that the energy from it will last longer in your body. A lower fibre food or highly processed carbohydrate will be high-GI and act much faster.

So, choose high-fibre carbohydrates for lasting energy.

Examples of quality carbohydrates:

- Vegetables and fruit
- Starchy vegetables (potato, sweet potato, corn)
- Legumes (i.e. – lentils, chickpeas, kidney beans, black beans)
- Low GI breads, cereals and pasta, i.e. wholemeal pasta, grainy breads, sourdough, basmati rice and cereal such as oats or granola
- Dairy – such as milk and yoghurt.

## Eat the Rainbow

We now know a lot about how important our gut microbes are for brain function and good gut health. A healthy gut microbiome is linked to better mood and less cell inflammation. We can feed our healthy gut microbes by including a range of high-fibre, colourful foods; as well as ensuring we get enough protein and fats.

So, aim to fill half of your plate with colourful fruit and vegetables. And... enjoy processed, sugary, takeaway foods occasionally.

Examples of balancing carbohydrate, fat and protein in your everyday diet:

### Breakfast:

- Porridge or cereal with added nuts/seeds, yoghurt and berries or banana.
- Wholegrain or sourdough toast with avocado, eggs and olive oil
- Smoothie made with milk, oats, frozen berries, yoghurt and peanut butter
- Omelette with eggs, cheese, mushrooms, spinach.

### Lunch/Dinner:

- Spaghetti bolognaise with parmesan cheese and a big green salad with avocado
- Oven/air-fried chips with steamed/baked fish and frozen veggies
- Grilled meat with potatoes and veggies
- Coconut-based curry with meat/legumes, rice and veggies
- Bacon, eggs, beans, tomato, mushrooms on wholegrain toast or sourdough
- Roll/sandwich/wrap with: boiled eggs/ tuna/salmon/ham/chicken and salad with avocado or mayo.

## How much should you have?

There's no one-size-fits-all answer for this, as we all need different amounts of food - depending on our individual needs.

A good approach to eating as a teen is to eat regularly - at least three meals a day and snacks between if needed. Eat when you're starting to feel hungry and stop when you're satisfied. You may be naturally hungrier on heavy training or race days, due to the extra energy you've used.

Build your meal by choosing a protein (at least a quarter of your plate), add some quality carbohydrate (about a quarter of your plate), some fat for extra flavour and energy and lots of colourful vegetables.

## Pre-race day nutrition

Fuelling your body with a nutritious, balanced meal the night before a big event is important for optimal performance. Start with a protein source, add some quality carbohydrate, at least one source of fat and some vegetables.

You may notice that this is not much different to how you eat on non-race days. However, you might just need a bigger serve before a race. Ensure that you have had enough to eat, so that you are not going to bed feeling hungry. This might be a good night to have a dessert or smoothie after dinner.

## Fuel-up night

It is traditional for rowers to have a shared meal the evening before a regatta. This may be organised in year groups, or junior and senior groups depending on numbers of rowers each season. This offers a great opportunity for the rowers (and parents) to socialise, fuel-up and psyche-up for race day. Each year group usually nominates a coordinator to arrange these nights, so the hosting is shared throughout the season. The Club Secretary will send out relevant information after the completion of registrations.

## What about supplements?

Rowers who eat a well-balanced diet should not need dietary supplements.

## Hydration

Ensuring that your body is adequately hydrated is also important. Fluid requirements vary depending on heat, sweat rate, training volume and demand and should be individualised. Most junior rowers will be fine with just water, but some other rowers may require an electrolyte replacement.



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## **Contacts**

### **Rowing Coordinator**

Jerram Gibson

[jerram.gibson@johnxxiii.edu.au](mailto:jerram.gibson@johnxxiii.edu.au)

### **President**

[president.rowing@johnxxiii.edu.au](mailto:president.rowing@johnxxiii.edu.au)

### **Secretary**

[secretary.rowing@johnxxiii.edu.au](mailto:secretary.rowing@johnxxiii.edu.au)

### **Registrar**

[registrar.rowing@johnxxiii.edu.au](mailto:registrar.rowing@johnxxiii.edu.au)



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