



THE
HAMILTON
AND ALEXANDRA COLLEGE

CONFIDENT FUTURES



Rowing Handbook

2024-2025

Welcome and overview

Welcome to the 2024-2025 rowing season. This handbook contains important information about The Hamilton and Alexandra College Rowing Program and should be read by both students and parents before a student commits to the season. The club's official rowing season begins in Term Four 2024 and continues into Term One 2025.

Building on the successes of last season, The Hamilton and Alexandra College Rowing Club aims to provide a safe, fun and competitive program that teaches students to row and provides appropriate opportunities for competition as their skills progress. The Hamilton and Alexandra College presents rowing crews at Rowing Victoria regattas. The College is very grateful for the considerable support of rowing offered by parents and supporters of the program.

Staffing

The rowing program will be staffed as below for the 2024-2025 season.

Position	Staff
Director of Rowing	Gill Russell
Coaches	Darcy Walker
	Ben Young
	Emma Donovan
	Ashley Quinsey
College-appointed staff	Michael Horne
	Eric Gong
	Ashley Quinsey
Rowing Captains	<i>TBC</i>
	<i>TBC</i>

Season cost

Like any sport, there is a financial cost involved in rowing. The cost of running the rowing program includes buying and maintaining equipment, shed rental, ergometers, fuel, coaching, etc. 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 focus for junior rowers in Years 7 and 8 is skills development and fitness. They attend less regattas, and are therefore charged a lower cost. Intermediate rowers in Years 9 and 10 will be entered in more regattas than the junior crews. Senior rowing crews will compete in the most regattas. The higher season cost reflects this involvement.

The season costs for 2024 – 2025 rowing are:

Year 7 and 8 students	\$600
Year 9 and 10 students	\$750
Year 11 and 12 students	\$950

These amounts cover equipment costs, trainings, regatta entry, food while at regattas, and the program, accommodation and food for the Rowing Camp in January 2025.

Extra costs

Uniforms and ancillary charges are additional to the base fee and will be outlined to students and parents as required. All rowing fees will be charged to the student's school account.

Students and families should also anticipate the costs associated with travelling to regattas and accommodation where applicable. Many regattas are single day competition only, which is designed to mitigate this cost.

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



Details about ordering zoot suits will be made available shortly. The Rowing Captains will also organise a rowing hoodie for interested rowers.

Rowers are expected to be correctly dressed at all times. Crews not uniformly dressed may not be allowed on the water for regattas. All items of clothing must be clearly named.

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 College hat (students are expected to be 'SunSmart')
- Mosquito and insect repellent

Training program and schedule

Training programs are devised by the coaching staff in response to crew experience and ability.

The first half of the season for junior rowers will focus primarily on developing rowing technique and increasing fitness. The training programs for all rowers will include:

- quad and smaller boat sessions
- technique coaching, including video review
- experience in an eight
- learning sweep as well as scull technique
- ergo training
- land-based fitness sessions



All rowers will have the opportunity to complete a coxswain course and will cox at some point during training. All rowers will be tested periodically on ergos and in sculls. Senior rowers will have individual targets and goals to work towards.

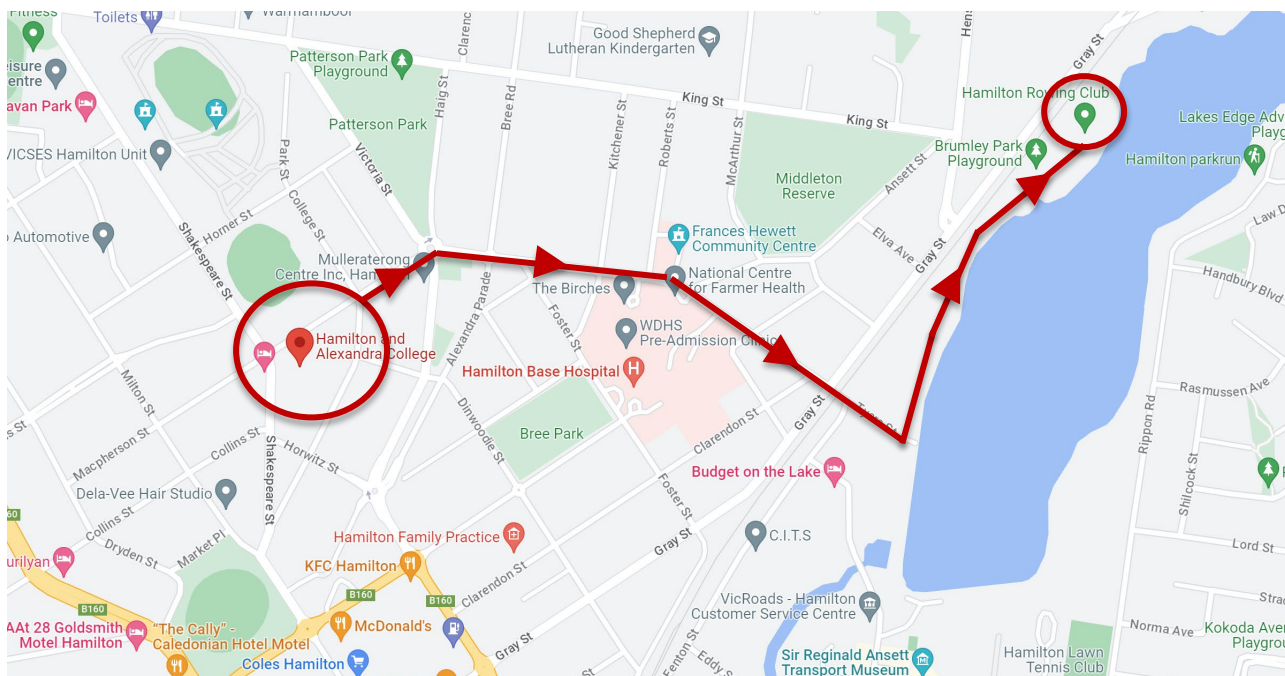
The training program for the 2024 – 2025 season is given on the following page. Saturday morning training sessions do not occur on regatta weekends.

The first training session will be Tuesday 8 October. This training will be followed by an information session for parents and students, held at the rowing shed and starting at 5:30pm.

2024 – 2025 Training Schedule

Year	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 8		<p>On-water, Technique and Ergo Training College Rowing Shed <i>3:45 to 5:30pm</i></p>	<p>Periodic lunchtime fitness session. <i>Dates and times tba</i></p>	<p>On-water, Technique and Ergo Training College Rowing Shed <i>3:45 to 5:30pm</i></p>		
9 - 10		<p>On-water, Technique and Ergo Training College Rowing Shed <i>3:45 to 5:30pm</i></p>	<p>Periodic lunchtime fitness session. <i>Dates and times tba</i></p>	<p>On-water, Technique and Ergo Training College Rowing Shed <i>3:45 to 5:30pm</i></p>		<p>On-water, Technique and Ergo Training College Rowing Shed <i>7:00 to 10:00am</i></p>
Senior		<p>On-water, Technique and Ergo Training College Rowing Shed <i>3:45 to 5:30pm</i></p>	<p>Periodic lunchtime fitness session. <i>Dates and times tba</i></p>	<p>On-water, Technique and Ergo Training College Rowing Shed <i>3:45 to 5:30pm</i></p>	<p>Occasional morning rowing session <i>6:00 – 7:30am</i></p>	<p>On-water, Technique and Ergo Training College Rowing Shed <i>7:00 to 10:00am</i></p>

Rowers must get changed at school on Tuesdays and Thursdays and place their bags on the College ute, which will be parked behind MPAC in the driveway. School bags are transported to the rowing shed. Rowers run to the rowing shed as a group and using the route below. All boats are to be on the water by 4:00pm. Rowers should be collected by parents at 5:30pm from the rowing shed.



Rowing is a team sport and the team must be considered at all times. If a student does not turn up to training, their whole crew may not be able to 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 the Director of Rowing as soon as possible via Teams, so that alternative arrangements can be made by their coach and crew.

The Director 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 Director of Rowing or College staff will endeavour to make a decision at lunchtime and give as much notice to students/rowers and parents as possible.

Regattas

In the 2024-2025 season College crews will compete in the following regattas. Crews not competing are warmly invited to attend to support their fellow rowers.

Regatta	Crews	Date	Location
Bendigo Sprint Regatta	Returning 9-10 and Senior crews only	Saturday 19 October 2024	Lake Weeroona, Bendigo
Dimboola Regatta	All crews	Saturday 9 November 2024	Wimmera River, Dimboola
Ballarat Schools Regatta	9-10 and Senior crews	Saturday 16 November 2024	Lake Wendouree, Ballarat
Sacred Heart Regatta	9-10 girls' crew	Saturday 30 November 2024	Barwon River, Geelong
Hamilton Regatta	All crews	TBC	Lake Hamilton, Hamilton
Rowing Camp	All crews	Friday 24 and Saturday 25 January 2025	Hamilton
Barwon Regatta (Rowing Camp)	All crews	Sunday 26 January 2025	Barwon River, Geelong
Head of the Schoolboys	9-10 and Senior boys' crews	Saturday 8 February 2025	Lake Wendouree, Ballarat
BAS Head of the Lake	9-10 and Senior crews	Sunday 23 February 2025	Lake Wendouree, Ballarat
State Championship Regatta	All crews	Saturday 1 and Sunday 2 March 2025	Lake Wendouree, Ballarat
Head of the Schoolgirls	All girls' crews	Friday 14 – Sunday 16 March 2025	Barwon River, Geelong

Regattas will be attended using a squad model, rather than as a school camp. Each family will be responsible for organising their accommodation if they choose to stay locally the night before a regatta, or for organising their own transportation early on the morning of the regatta. Students should report to their coach and the teacher in charge on the morning of each regatta and will then be directed to assist with boats and general preparation. Students are expected to remain after the conclusion of each regatta until the trailer is packed at the end of the day.

The exception to this model is the Barwon Regatta which is the culmination of the Rowing Camp. Students will be transported from the boarding house to Geelong for the regatta.

The Director of Rowing and College staff will coordinate communications and approvals for participation.

Boarders who are unable to organise transport and accommodation with another rowing family should discuss this with the Director of Rowing, who will make alternate arrangements.

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

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. e.g., Bow number F5 would be race F and lane 5. The cox is responsible for ensuring that bow numbers are obtained well prior to the race.

The cost of entry into each regatta as well as food for each regatta day is included in the overall season cost outlined above.

Communication

There will be a lot of information distributed during the season about regattas, training and other events. Rowing information to students will be emailed or sent using Teams. Students must check their email and Teams messages during the season. The College is exploring adding parents to the Rowing 'Team' so that they receive the same messages through the one channel. In the interim there will again be a Rowing WhatsApp group.

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

Permission forms for each term's regattas will be distributed via a single Operoo at the start of Term Four 2024 and Term One 2025 respectively. Rowing Camp will have a separate Operoo permission form.

Crew selection

Crews will be organised at the beginning of the season. When required, final decisions regarding crew selection will be made by the coaches. Many different criteria will be considered when organising and selecting crews for the season. These include, but are not limited to:

- ergo and scull time averages
- rowing technique and general boatmanship
- attitude
- commitment
- technical compatibility with the rest of the crew

Where two rowers are equal on the above measures, seat racing will determine the final crew selection.

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:

- Regatta dates and events are identified and communicated
- Training and regatta calendar issued
- Sign-up and consent form sent via Operoo and completed by parents

Two weeks before:

- Director of Rowing and coaches finalise which events the crews will be entered in
- Crew and entry details are forwarded to College administration staff
- Entries are completed by College administration staff
- Boat transport confirmed
- Food organised by Director of Rowing and parent helpers

Week before:

- All equipment (including first aid kits) is checked and prepared by Director of Rowing, College staff and coaches
- 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

Boat Race Officials (BROs)

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 program. The Operoo request for Term Four contains an expression of interest to act as a BRO. Please consider doing this important job for our club.

Rowing Camp

Rowing Camp will be held in Hamilton, with students staying in the boarding house and training in College facilities, on Lake Hamilton and at Nelson. The Barwon Regatta is the culmination of Rowing Camp. The camp will be held from 24 - 26 January 2025. Further details will be provided prior to the end of the year.

Responsibilities

Director of Rowing

The Director/Head of Rowing will be responsible for:

- directing the program at a high-level, including deciding which regattas the College will compete in;
- overseeing a fair, transparent and consistent crew selection process.
- ensuring international, national and state sporting requirements are understood and integrated into the rowing program.
- meeting safety requirements and standards outlined by Rowing Victoria
- regular safety audits, maintenance and purchase of safety equipment
- communication with College rowing families.

College Staff

College appointed staff will be responsible for:

- completing rower and crew registrations with Rowing Victoria
- providing supervision at training sessions
- completing risk reviews and recording risk management measures
- coordinating and collecting excursion approvals for camp and regattas
- providing general daytime supervision at regattas
- assisting with organisation of the Rowing Dinner at the end of the season.

Parent assistants

The parent helpers will be responsible for:

- planning and preparing catering required for regattas and rowing camp. This will be arranged in consultation with the Director of Rowing and College staff
- communicating via a central communication point, via WhatsApp or similar, for parents who would like to coordinate and share transport to weekend regattas, or accommodation at regattas
- contributing to occasional working bees and maintenance of equipment and boats at the rowing shed
- contributing to the Rowing Dinner held at the conclusion of each season
- coordinating or acting as Boat Race Officials (BROs) for regattas.

Rowing Captains:

Rowing Captains are elected at the beginning of each season and their main role is to assist the Director 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