



John XXIII
College

2017/18
Rowing
Handbook



Principal's Welcome

It is my pleasure to endorse this Rowing publication. The 2017 appointment of Mr Robert Thomas as a Teacher and Rowing Coordinator has rejuvenated our program.

Our Loreto heritage means that we have competed in a variety of interschool girls' sporting competitions since 1969 joining IGGSA Rowing in 1993. We currently compete in 5 IGGSA Regattas (for girls) and 4 PSA Regattas (for boys). In addition, we have an involvement in all schools' regattas.

Rowing is a unique sport. Some years ago, I heard Mr John Inverarity, former Australian Test cricketer and long term Headmaster of Hale School, address a group of school leaders. He advised his captive audience that of all the sports he had played and watched over many years, Rowing was the sport that taught young people most about life.

I congratulate all involved in the John XXIII Rowing family. You have the full support and encouragement of the College community. The commitment of our Rowers, their families and coaches is testament to the great benefits this team sport provides. I wish you well for a successful and happy year ahead.

Mr Robert Henderson
Principal



Introduction

John XXIII College Rowing Club competes in a variety of regattas across PSA, IGSSA and Rowing WA All Schools competitions.

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.

With an inclusive philosophy, the rowers of all levels are catered for, with comprehensive training and instruction provided by qualified coaches.

Rowing at John XXIII College provides your son/daughter 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 starting your rowing journey at John XXIII.



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Rowers Expectations

Rowing for John XXIII College is a privilege and 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 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 Rowing Coordinator prior to the issue occurring. It is assumed that anyone still rowing after the 2-week grace period will be training and racing right through to the end of the season and 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 the college with pride in being a John XXIII College rower. 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 an integral 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/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 goodies for our cake stall, serving morning tea, working the



BBQs, dinghy driving 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.

Training

Water Training

River sessions are held at the John XXIII rowing shed, located at the Canning Bridge Rowing Centre, 2 The Esplanade, Mt Pleasant beginning at 5:30 AM during the weekdays.



The school provides a bus to and from the Rowing Shed where training occurs before a school day. The bus leaves the college at 5:05AM to arrive at the rowing shed by 5:30AM.

Holiday training, Regatta days and Saturday training parents are responsible for getting their children to and from the shed.

It is important that rowers are appropriately dressed for training, as loose fitting clothing can be hazardous. The college zootie - the racing uniform for all regattas - is ideal, or alternatively the college sport shorts or sports leggings and a close-fitting top. An old pair of footy socks or similar will help prevent blisters from the boat's foot stretchers.

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. The college tracksuit or rowing jumper may also be worn if needed. 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 dependant 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.

Regattas

John XXIII College enters the greatest number of regattas of any school in Western Australia, competing in PSA, IGSSA and Rowing WA All Schools Regattas. All Regattas are held on Saturdays at Champion Lakes Regatta Centre, Armadale. The season calendar outlines host schools and dates.

The Boys compete in the PSA system during Term 1 against Aquinas, Christchurch, Guildford, Hale, Scotch, Trinity and Wesley. John XXIII is not officially part of the PSA and therefore only is invited to the first 4 regattas of their season.

The Girls compete in the IGSSA system against PLC, St Hilda 's, Perth College, MLC and Penhros during Term 2. Due to John XXIII's history as Loreto College we are an official member of IGSSA and therefore race at all 5 IGSSA races including the Head of the River.

The Rowing WA All Schools competition occurs during the end of Term 2 and the beginning of Term 3 and 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, which is held in Bunbury.

All rowers must stay for the duration of the Regatta. Anyone who needs to leave early must get prior permission from the Rowing Coordinator.

Pasta Night

It is traditional for rowers to have a pasta night 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, carb load and psyche up for race day. Each year group usually nominates a coordinator to arrange the pasta nights, so the hosting is shared throughout the season. The Club Secretary will send out relevant information after the completion of registrations.

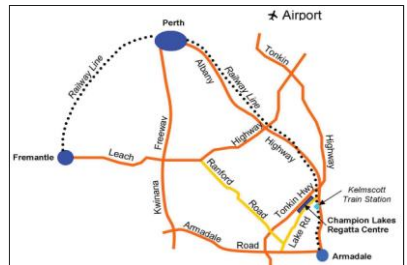
Champion Lakes

Champion Lakes Regatta Centre is a purpose-built venue, bounded by Tonkin Highway, Champion Drive and Lake Road: for details see the map below. 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.

Map



Champion Lakes Regatta Centre Location Plan



Legend

- Vehicle Access
- General Spectator Entrance. Parents and Spectators (including Spectator Buses) Parking Entry will be off Champion Drive, Tonkin Hwy of Course
- Rowers Buses/Boat Trailers/ Craft Entry/Officials/Permit Holders entrance via Henley Drive opposite Camillo Drive
- Train Route

Notes: Lake road is not accessible from Albany Hwy. Corfield and Champion Drive are the exits off Tonkin Hwy. No street parking along Lakeview Tce and parts of Gerturde Ave. Rangers will be patrolling

Crew Selection Policy

Our crew selection policy aims 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 assist in selection:

- Ergo trial (over year level distance)
- Scull trial
- 3km run trial

Where 2 or more rowers are close after these results are given or unforeseen circumstances causes issues in results the following will be considered:

- Oarsmanship (technical ability) within a crew boat.
- Attitude
- Teamwork

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.

Leadership Roles

Rowers are represented by a Boy's and Girl's Captain of Boats, chosen from the senior rowing group each season. The Captains are voted on by their respective group they represent.

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.

Special Events

Presentation Lunch

Beginning of term three – Roncalli Hall, John XXIII College

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

Lead by the outgoing Captain's, the rowers will be presented with their Rowing pins to wear on their College blazer with pride and honour the efforts of their coaches for 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.

Awards will be given to the following;

- Best Junior Oarsman (Year 8-9)
- Best Junior Oarswoman (Year 8-9)
- Best Senior Oarsman (Year 10-12)
- Best Senior Oarswoman (Year 10-12)
- Best Clubman
- Best Clubwoman

Details will be circulated as the date approaches.

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. An annual fundraising event is organised where we ask the rowing community to support us by their attendance and donation of prizes/silent auction items.

More detailed information will be distributed when the event is confirmed.

Rowing and Studies

It is no secret that rowing demands a great deal of time to ensure success compared to other sports. This requires great time management for all students starting to ensure no stress is put on your studies.

In the afternoons, have a shower, 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 around 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, you feel overwhelmed by study please talk to the Rowing Coordinator to assist where possible.

Blisters- How to tape hands

Step 1

Always cover blisters with gauze or fold some tape onto itself, so tape does not stick to blisters.



Step 2

Wrap tape around the hand one and a half times.



Step 3

Cut strips of tape and place them between the fingers. Ensure they reach the tape on both sides of the hand. These will prevent tape rolling off that side of the hand.



Step 4

Wrap tape around the hand again ensuring the tape covers the tape ends between the fingers. Move tape down over the palm, around the back of the thumb, back up to the little finger and onto the palm. This stops the tape rolling up the other direction.



Nutrition

Healthy eating and proper hydration can help a rower perform at their best. Rowers need to follow the same dietary guidelines as the general population to stay healthy but may also need a few extra calories, more carbohydrates and protein because of their active lifestyles. Rowers who eat a well-balanced diet should not need dietary supplements.

“In general, rowers need high energy, high carbohydrate and nutrient dense diets in order to sustain training and competition demands.” (Rowing Australia, 2013)

What is the ideal everyday foods to sustain training and competition demands?

- Complex Carbohydrate food- Breads, grains, pasta, oatmeal, rice, fruits and vegetables
- Protein- Lean meats, fish, soy-based products, beans, dairy products, nuts and grains.
- Good fats and Oils- nuts, fish and avocado

The complex carbohydrates give the body energy to perform at the highest level. Protein assists in recovery of the body to decrease degradation of the muscles in the body. Eating both Carbohydrate and Protein rich foods after training assists in replenishing stores to enable successful recovery and therefore not causing focus problems in school during the day.

Along with the food, fluid intake is vital to the physical development and sustaining alertness during a school day. *“In hot conditions athletes can require from 1 to 2 litres (an average drink bottle is about .5 litres) per hour of fluids, dropping slightly in cold conditions to .5 to 2 litres.” (Rowing Australia, 2013)*