

**JOHN XXIII COLLEGE**

**ROWING HANDBOOK**



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John XXIII College offers a comprehensive, high quality sports program. Sport is an integral part of life on the campus and we value sporting participation for students of all ability levels, developing fitness, skills, resilience, team spirit as well as cooperation with team mates, coaches and opponents alike.

Our Rowing Club has continued to grow from strength to strength, under the leadership of Mr Jerram Gibson, Rowing Coordinator with the support from the Rowing Club committee.

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 five IGGSA Regattas (for girls) and four 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 College.

### 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 via email or text.
- 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





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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.

### Year 8 Training

The Year 8s will undertake a novice program that runs on Monday and Wednesday afternoons from 3:30PM-5:30PM.

Students will be transported to and from the shed by bus, similar to the Year 7 Learn to Row program.

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.

### 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 2). At this regatta our Houses compete against each other, with our Year 8s getting the opportunity to row with our older rowers.

### Years 9-12 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. 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.





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### 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.

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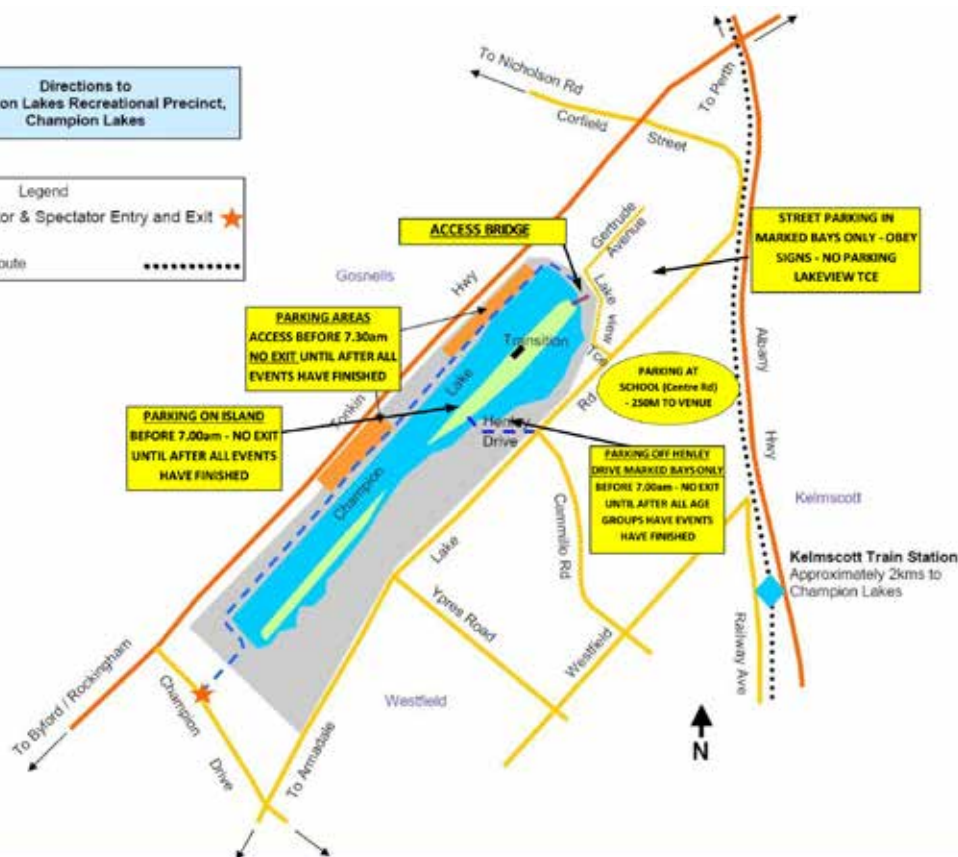
## CHAMPION LAKES



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.

**Directions to  
Champion Lakes Recreational Precinct,  
Champion Lakes**

**Legend**  
Competitor & Spectator Entry and Exit ★  
Train Route .....



**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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### 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 two 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 Dinner

Beginning of term three – 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.

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.

#### 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 where we ask the rowing community to support us.

More detailed information will be distributed when the events are confirmed.





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

### Typical afternoon 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 1hr minimum to establish a routine.
4. After you have completed majority of studies it is time for 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 in be ready to sleep between 8:30 and 9PM each night to allow for 7.5-8 hours of sleep before training mornings.



## BLISTERS: PROTECTING YOURSELF



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### 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.

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

### **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 0.5 litres) per hour of fluids, dropping slightly in cold conditions to 0.5 to 2 litres.”*

Rowing Australia, 2013



## **Contacts**

### **Rowing Coordinator**

Jerram Gibson

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

0433 652 004

### **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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