

RGS ROWING

Wednesday, 15 March 2018



RGS Rowing

Sign On Day – Saturday, 17 March

Registrations for all rowers are due on **Sign On Day – Saturday 17th March, 8:00am – 10:30am**. There will be a BBQ brekky as well as tea and coffee available throughout the morning for all rowers and their families. Registration forms will be sent to all parents and will be provided at the boatshed. Please check the rowing website for documents and regular updates about the program. www.rgs.qld.edu.au/rowing

Registration Fees include 4 terms of coaching, training & equipment, club BBQs, presentation night meals and awards, local regatta fees, administration costs and Rowing Queensland affiliation costs. The 2018 fee is **\$425.00**. A discount for families with multiple rowers in the program is available. 1 child = \$425.00, 2 children = \$775.00, 3 children = \$1050.00. The main rowing season begins in Term 2 however it is essential that forms and fees are collected by 17 March. Please contact Head of Rowing, John Smyth if you have any questions.

RGS Rowers Prepared for Nationals Regatta



SYDNEY
INTERNATIONAL
ROWING REGATTA
19 - 25 MARCH 2018

AON
Empower Results®

Later this month, 10 members of the RGS Rowing Team will compete at the Australian Rowing Championships in Sydney. The squad was selected following a competitive selection camp at the beginning of the year. These rowers have been training on the water, in the pool and in the gym up to 11 times a week over the past 7 weeks. The group aims to produce performances that the entire RGS Rowing program can be proud of.

The 2018 Nationals Championships Squad includes:

Boys: Luke Saunders, Ryan Collard, Bradley Burr, Dylan Rau, Nicholas Storey

Girls: Jahna Day, Grace Sypher, Keeley Dunne, Kasey Frame, Laura Sypher

Coaches: John Smyth, Robin Fay

RGS Rowing Club Committee

On Thursday, 1 March RGS Rowing Club held its AGM and elected our committee for the 2018 season. With support from these members and our many parent volunteers we look forward to a successful season on and off the water. Elected committee members listed below:

President:	Bob Saunders
Vice President:	Trevor Johnson
Secretary:	Vacant
Treasurer:	Jane Howland
TIC Rowing:	John Smyth

Try Rowing Success!

During two of the past three weekends we have witnessed over 30 Year 8 students participate in the Try Rowing Program. It was encouraging to see so many eager year 7's and 8's turn up for these sessions. Under the guidance of their coaches, captains and other experienced rowers our young rowers are making significant progress. As usual, many of the new recruits took a brief swim during the first few practices. To their credit, they persisted during each session and were up for the challenge. We look forward to watching these rowers continue to develop throughout the 2018 season.



Having a Blast! Boys and girls rowing during the first day of the Try Rowing Program.

Weekly Rowing Schedule - TERM 2

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Year 10-12 Boys/Girls	Row 5:00am - 7:15am Gym 3:30pm - 5:30pm	OFF	Row 5:00am - 7:15am Gym 4:15pm - 5:30pm	OFF	Row 5:00am - 7:15am	Row 5:00am	OFF
Year 9 Boys/Girls	Row 3:30pm - 5:30pm	OFF	Row 3:30pm - 5:30pm	OFF	OFF	Row 7:30am - 9:00am	OFF
Year 7 & 8 Boys/Girls	OFF	Row 3:30pm - 5:30pm	OFF	Row 3:30pm - 5:30pm	OFF	Row 9:00am - 10:30am	OFF

Important Dates

Term 1

- March 17th** SIGN ON DAY
March 19th-25th Australian Rowing Championships - Sydney

Term 2

- May 19th** Rockhampton Schools Sprint Regatta
June 9th Rockhampton Schools Regatta # 1
June 23rd-24th Central Queensland Schools Championships
 Bundaberg – Selection Required
Jun 30th-Jul 1st Rockhampton Rowing Development Camp
 Dates to be confirmed

Term 3

- July 28th** Australian Senior Team National Team Camp
 (3 weeks)
August 4th-5th North Queensland Schools Championships
 Townsville – Selection Required
August 18th Rockhampton Schools Rowing Championship
Sept 19th-21st Queensland Schools Rowing Championships
 Rockhampton – Selection Required

Term 4

- October 27th** Presentation Night
November Selection Camp for 2019 Queensland Club and
 National Championships

Rowing Apparel

The RGS Rowing Club will be offering team apparel again this year. Rowers will be provided with a cap and training singlet. Extra team apparel will be available for purchase through the Regatta Shop website. The rowing zoot suit is only mandatory for rowers attending regional, state and national regattas. All students are expected to wear red and black attire at practice with the PE uniform or RGS zoot suit being the preferred attire.



Regattas in Term Two

The local clubs in Rockhampton will coordinate 5 regattas during the 2018 season. The first regatta on Saturday, 19 May will include races over short distances to introduce new rowers to the sport. The second regatta on Sunday, 9 June will be raced over age appropriate distances and will act as a preparation regatta for the Central Queensland Rowing Championships held in Bundaberg on Saturday/Sunday, 23/24 June. All rowers are encouraged to participate in the first two regattas. Selection trials for the CQ Championships will be held in early May. Details to be posted shortly.

INFO FOR NEW ROWERS AND PARENTS

What do I need to know about Rowing?

The rowing program at the Rockhampton Grammar School runs through all four Terms with the majority of competition taking place in Term 2 and 3. All students who sign on are given quality coaching throughout the season in order to improve their skills. During the year there are a number of regattas in Rockhampton and throughout regional Queensland. Rowers will be selected to attend "away" regattas through a series of trials in May/June. Selection of crews usually involves times trials in the single scull although other methods may be employed at the discretion of the coach and Head of Rowing. Our aim is to ensure each rower is given the opportunity to reach their rowing potential while boating competitive crews at "away" regattas.

How do practices operate?

Practices take place mornings and afternoons at the RGS Rowing Club and in the mornings on Saturday. Each year group is aware of their schedule as it is posted on the rowing website, and the rowing notice board near the PE office.

Weekdays

Morning Practice – Practice runs from 5:00am to 7:15am. Students should arrive 5 minutes prior to the start of practice. Boarders are transported to the river by bus. Pick up time is at 4:55am. After practice, day students are permitted to board the bus back to school where they can shower and eat at the RGS dining hall.

Afternoon Practice – Afternoon practice runs from 3:30pm to 5:30pm. Again, students should arrive early to practice. Transportation is provided by RGS for boarders and day students. Pick up time is 3:20pm. After practice a bus brings boarders back to the school.

Weekends

All practices on the weekend take place between 5:00am and 10:30am. Please see schedule above for time and year groups. Once again, a bus is provided for boarder transportation to and from the boat shed.

Students are asked to bring a water bottle, hat and towel to each practice. Sunscreen is provided at the boatshed. Year 8 students are required to wear the RGS PE shirt and shorts during practice. Students in year 9-12 are required to wear Red and Black attire.

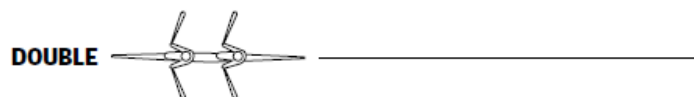
Types of Boats

The RGS boatshed is predominantly a "sculling" shed. This means the majority of the boats rowed will require one sculler to have a handle in each hand. Sculling is important when developing young rowers as it allows for the even application of power over the entire body. The other form of rowing known as "sweep" involves crews with each rower holding onto one handle with both hands. In recent years the RGS Rowing Club has been able to add a number of sweep boats and have competed successfully at regional and national events.

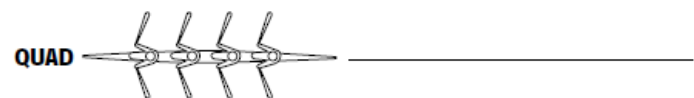
Example of boats in the RGS boatshed:



The smallest of boats used in the sport. The single shell is used by one sculler with a sculling blade (oar) in each hand. Training in a single may be the best overall method to learn to row because performance feedback is immediate and therefore the rate of learning is usually higher than in any other boat type. Schedules can be individually tailored in a single, and this is definitely one of the attractions of this type of boat.



A shell in which two scullers row using a set of sculling oars each.



A shell in which four scullers row, each using a pair of oars or sculls.



Tug of War: Annual Red vs Black competition at Presentation Night