RGS Rowing proudly supported by:
Welcome from the Headmaster

Dear Rowers, Parents, and Coaches,

It is that time of the year again when the flow in the Fitzroy slows, the maximum temperatures ease off, and we have the annual start of one of the major sports at RGS - Rowing. It is wonderful to be able to welcome you all to or back to the ‘Shed’.

I know that all involved in rowing have really appreciated the arrival of our Head of Rowing, Mr Jon Trovas, and the enthusiasm and expertise that he brings to the role. As a community we are very grateful to be building on the great work of John Smyth with such talented leadership.

RGS rowers, during the season I encourage you to make use of the Habits of Mind that define the behaviour of successful people. These Habits will be helpful in the pursuit of your goals. In particular, “Stick At It” by training hard and showing up to all your scheduled sessions; “Have Self-Discipline”, a trait that characterises all top athletes and indeed all successful people; “Cooperate Together” which is of course essential to the success and wellbeing of any sporting team; “Learn to Lead” by being a helpful rower, looking out for others and encouraging those around you; and perhaps most important of all “Laugh and Enjoy Life” as the rowing shed needs to be a positive and dynamic place for girls and boys to be.

I thank Mr Jon Trovas and his team of dedicated staff and coaches as they prepare our boys and girls to participate in what promises to be a highly competitive rowing season. A big ‘thank you’ also to our parents whose efforts in fundraising, cooking, transporting and support of the crews, and their sons and daughters, are second to none.

Best wishes for a great season,

Dr Phillip Moulds

Welcome from the Head of Rowing

A warm welcome to everyone for the 2016 season of RGS Rowing.

I am finding my feet quickly in my new role as the Head of Rowing and feel very privileged to be part of a school program with such a proud history and reputation in this wonderful sport of rowing.

I have really enjoyed my first few months at RGS getting to know the twenty-something rowers who trialled for the National Championship team and I am thoroughly looking forward to meeting every single rower and cox who joins us soon for the regular rowing season.

I realised soon upon my arrival how very lucky we are here in Rockhampton. The waters are city-cat free and there are some fantastic facilities at our rower’s finger-tips like the ergo centre, the rowing club, the surrounding landscape the list goes on. I am continuously seeing new exciting opportunities for us to train and develop as rowers and as a shed.

Rowing has been such an important and special part of my life and my aim is to be able to share my knowledge, experiences and passion for the sport with you all. Rowing teaches you so much that you simply cannot learn from reading a book or sitting in a class room. My fondest memories of rowing have been from my school days where I was part of such a nurturing and supportive environment where I was able to learn and improve not only my physical ability but my mental strength and character. There is nothing quite like being in the middle of a race, neck and neck with your rivals, surrounded by your friends, with the rest of your school, parents and shed cheering you on. It is impossible not to succeed in some way in such an environment.

I strongly encourage you to come and be part of something truly special and enjoy being part of the RGS rowing family. Whether you want to train the house down and compete at championship regattas or enjoy being out in a boat with your friends on the peaceful morning water watching the sun rise, there is a place for you in RGS rowing.

I would like to also encourage all our parents to join us in supporting our rowers. Our Rowing Support Group fundraise the money every year to continue to provide our rowers with fantastic equipment and facilities as well as provide them with food and snacks at regattas. Without their tireless support, rowing could not happen.

I would like to sincerely thank Godwin Commercial and Walk About Welding for their recent support in sponsoring the uniforms for our National Rowers.

If you would like to show your support in sponsoring the program in 2016 please contact me!

I look forward to meeting you all soon.

Welcome to the rowing family!

Jon Trovas
Congratulations to Sasha Belonogoff

2007 graduate Sasha Belonogoff was an avid rower during his time at RGS. Sasha has recently been selected in the Men's Quad Scull to compete at the 2016 Rio Olympics! Sasha has always been incredibly generous with his time and is happy to encourage our stars of tomorrow even taking the time during the Olympic trials to send a summary of his experiences at RGS rowing: ‘My first rowing experience was in year 8 at a Grammar ‘try rowing’ session. I was initially drawn to the idea of spending my Saturday mornings messing around in a boat and during my five years at the school my eyes were opened to the wider world of rowing. It is a sport for people of all shapes and sizes and one that rewards those who show commitment to their training and team mates. The experiences I shared with my fellow rowers at school forged lifelong friendships, taught me a great deal about myself and a great deal about working with others. It’s now been 13 years since my first row and though the sport has taken me a long way from the Fitzroy River, my passion for messing around in boats hasn’t changed one bit.’

A Brief History of Rowing at The Rockhampton Grammar School

Although most inter-school sport competitions started in 1927 at the Grammar School, rowing did not. Some students were active rowing in the Rockhampton Rowing Association and trained out of local rowing clubs on the Fitzroy River.

In 1976, rowing finally received proper recognition and became an official School Sport. Stimulated by the arrival of new industrial arts teacher Mr. R. Anderson, a former representative rower for Great Britain, rowing soon attracted over 100 students to the program. The school purchased a racing eight and three tub fours and crews commenced training and competing. Within the first few years the school won Queensland titles in both boys and girls events and an assortment of events in the Fitzroy River Championships.

In 1980 the Grammarians Rowing Club with the support of the Parents and Friends Association purchased a number of new boats and the sport began to flourish. The first Rockhampton School’s Head of the River took place in 1980 and it proved to be a historic event for the school winning all five of the boy’s events and the Girl’s First Four event.

Rowing at Grammar continued to perform well at local regattas and state level regattas through the 80s and early 90s but the size and popularity of the program waned until the arrival of new Headmaster and ex-Olympic Rower Islay Lee in 1996. At the time Grammar Rowing was operating out of one leased bay in the Leichhardt Rowing Club. Alan Bromley came in as Director of Rowing in 1997 and this was the first year that Grammar attended the National Rowing Championships with a School Girl’s Four. Rockhampton Grammar has been represented at almost every National Championships since with a number of national medals.

Mr. Robert Lang was a long serving Rowing Club President for the school and had a very positive influence of the growth of rowing within Grammar. The Canadian Olympic Rowing team chose Rockhampton for their pre-Olympic training venue and working together with the Rockhampton City Council Lang, Bromiley and Lee were able to organise funding to build an Olympic sized rowing course and a shed for the Canadian team to use. The agreed terms were that the Council would maintain ownership and operation of the course and Rockhampton Grammar would inherit the rowing shed still in use today.

In 2009, the Leichhardt Rowing Club was bankrupt and in his final year as Headmaster of Grammar Lee purchased the old Leichhardt Rowing sheds for the hospitality students and rowers. In 14 years the school had gone from operating out of one leased bay in the Leichhardt club to owning two rowing sheds with approximately 50 rowers.

John Smyth left his home in Canada to take up the role of Head of Rowing at Rockhampton Grammar School in 2011. During Smyth’s 5 years at Grammar the rowing program continued to flourish with success at local, state and national level. The fleet of boats drastically increased in size during his tenure and the ergo centre was established under the old Leichhardt Club for the rowers to further enhance their abilities.

In the past 5 years the program has doubled in size with more than 110 rowers participating in 2015.

While there have been many successes in rowing throughout the years at Rockhampton Grammar, there is one honour in rowing that rises above all else. That is to earn the right to compete for your country at an international level. Rockhampton Grammar has had a number of successful Old Boy’s and Girl’s that have gone on to receive this incredible honour at a World Championships Regatta:

Past Student Representatives

- Peta Estens (1999)
- Ian Becker (2000)
- Sasha Belonogoff (2008-2010 & 2012-2016)
- Ben Morley (2011 & 2012)
- Callum Chisolm (2015)
Welcome from the Rowing Captains

Going into our final year here at grammar, there is so much going on and there is pressure coming from all sides. But we know that when we come down to the river that we can forget the pressures of everything else that’s going on in life and just concentrate on the work in front of us. In the moments that we are rowing or at gym, nothing else matters and whatever else that has to be done can be put on pause. Rowing has given us an outlet for any frustration or stress that accumulates; it’s our release of anger. It’s one of the things that keep us sane…

I love the community that has been built under the roofs of the sheds by the river and the bonds we have made with the RGS rowers and their families will be for life. There is no better feeling than having the support of the ones you care about when you are doing the things you love. Because of our love of rowing we have been exposed to a whole different side of life at the Grammar School.

Rowing is a very family orientated sport; the parents are always there for us. They are the backbone of our club because without them no races would be rowed. There is so much that we owe to the parents for always being there for us and providing many hungry mouths with delicious food. i.e Gerri Storey’s rocky road. The parents are our number one fans and there would be nothing we could do without them.

However, rowing is not all about the light and fun times; don’t get me wrong there are plenty of those. It’s also about how well we can move the boats towards the finish line. Every stroke, squat, push up, plank, run and weight session. It all leads to the moment that the starter calls you to attention. To those few seconds when you are sitting, poised at the catch, waiting… Because you know it’s going to be tough. It teaches you that sometimes, you’ve got to just roll with the punches… yes it’s going to hurt, there’s no denying that; but honestly the pain is worth it. Rowing teaches you the power of mental strength, and gives you the will to keep going when you know you can’t.

We think we’d go crazy without rowing to be honest, it has provided to be a home away from home over the years. Being a boarder finding that escape is really important and rowing is that escape and somewhere that is different from life at school.

In joining rowing, we believe that we have learned many important life skills, as well as the benefits of being part of such an intense sport. We have all found something that we love to do, and in turn it has helped us to find ourselves.

Max Napper & Sarah Mackenzie (Captains)
Briony Mueller & Ella Thompson (Vice Captains)
2016 Coaching Structure

Please see below coaching age groups and contact details for coaches. Please note that this may change depending on crew and coach availability.

Head of Rowing
Jon Trovas
0417 723 429
jtrovas@rgs.qld.edu.au

Year 8 Coaches
Jon Trovas
Raquel Mangin
Adrienne Wall
Veronica Mills
Kristen Edwards
Senior Rowers

Year 9 Coaches
Jon Trovas
Jack Barwick
Sam Blanchard

Year 10 Coaches
Jon Trovas
Angela Richardson
Katie Daubney
Jack Barwick

Senior Coaches
Jon Trovas
Connor Austin
Sarah Handley

Mrs. Raquel Mangin 0410 100 963 rmangin@rgs.qld.edu.au
Ms. Katie Daubney 0408 294 461 kdaubney@rgs.qld.edu.au
Mrs. Angela Richardson 0417 709 617 dlrichardson2@optusnet.com.au
Mrs. Adrienne Wall 0407 023 125 awall@rgs.qld.edu.au
Ms. Sarah Handley 0438 633 886 sarah.handley@hotmail.com
Mr. Jack Barwick 0488 991 912 jack321987@hotmail.com
Mr. Connor Austin 0423 656 134 costo11.ca@gmail.com
Ms. Sam Blanchard 0408 421 336 samibee4@optusnet.com.au
Welcome from the Parent Support Group

Dear Rowing Parents,

Welcome to the 2016 rowing season. On behalf of the parent supporter group we would like to welcome the new families to rowing and welcome back the old. Rowing at RGS is not just about the children on the water and the times they do. It is also about the parents and how our children need our support. You don't need to be experienced in the field of rowing or catering to be involved in this sport at RGS. We all can learn these things together. Our children need their parents there to support them. If it be cheering on the banks of the lovely river, in the kitchen preparing delicious meals or learning to launch a boat without falling in, it is all part of rowing at RGS.

The rowing program at RGS is a wonderful co-curricular activity for both girls and boys. The program is designed to help develop the physical health and mental ability of our children. Strong friendships are developed on the water and as they feel each other’s pain when doing that ergo challenge or have blisters on their hands. The program is not just for the top rowers, it is designed to cater for all abilities.

From my own experience, when my first child became involved in rowing I had absolutely no experience in this sport, I didn’t know the difference between the stroke and the bow, I didn’t understand what they meant when they ‘caught a crab’, I couldn’t read the regatta program. I took more photos at my first regatta of other people’s children then I did of my own – they all look the same with their mousey brown ponytails sticking out of the white RGS rowing caps facing backwards at 100m away. But after becoming part of the parent supporter group I learnt all of this and a whole lot more. The PSG is a great way to meet people at RGS – both day and boarding parents, learn something new and understand what your child is talking about when they are telling you about the latest rowing incident and you will certainly have a laugh along the way.

I would strongly recommend being involved in the RGS Parents Support Group, it is great fun with a bit of work along the way.

Catherine Mackenzie

Parent Support Group Structure

Please see below our PSG positions and vacancies for 2016 and contact details. Please note that we are always looking for support and there will always be a position for anyone willing to give their time. Please contact Jon Trovas, Kylie Becker, or Bob Saunders if you have any queries.

President
Kylie Becker
0419 708 916
dk.becker@bigpond.com

Vice President
Bob Saunders
0418 881 357
bkglsaunders@bigpond.com

Secretary
Catherine Cowan
0439 677 918
gccowan@bigpond.com

Treasurer
Simon Wright
0408 774 601
simon.wright@bidvest.com.au

Head of Rowing
Jon Trovas
0417 723 429
jtrovas@rgs.qld.edu.au

Boarding Representative
Catherine MacKenzie
0408 873 071
arizona4702@bigpond.com

Vice President
Bob Saunders
0418 881 357
bkglsaunders@bigpond.com

Secretory
Catherine Cowan
0439 677 918
gccowan@bigpond.com

Logistics Coordinator
Vacant

Catering Coordinator
Vacant

Parent Volunteers
TBA

Parent Volunteers
TBA

Fundraising
Vacant

Regatt Night
Coordinator
Vacant

Parent Volunteers
TBA
### January
- **19-24th**: Nationals Selections Camp.
- **27th**: Term 1 Commences.

### February
- **10th**: Ergo Relay Middle & Senior School Lunch.
- **13/14th**: "Try Rowing" @ RGS Pool 10am–12pm.
- **19-22nd**: Boarders long weekend. NO ROWING.
- **27/28th**: "Try Rowing" @ RGS Sheds 10am–12pm.

### March
- **6th**: ‘Try Rowing’ & Sign-on @ RGS Sheds 10am – 12pm.
- **12-20th**: Australian Rowing National Championships.
- **24th**: Term 1 Concludes.

### April
- **8-10th**: Sculling clinics @ RGS Sheds.
- **12th**: Term 2 Commences.
- **13th**: Rowing training commences.
- **17-23rd**: Testing week.
- **29-2nd**: Boarders long weekend.

### May
- **16-21st**: Testing week.
- **28th**: Rockhampton Regatta #1. Welcome to Rowing Function @ RGS Sheds (Time TBC)

### June
- **6-11th**: CQ Champs Trials.
- **12th**: Rockhampton Regatta #2.
- **24th**: Term 2 Concludes.
- **25/26th**: Central Queensland Rowing Championships, Bundaberg.

### July
- **9/10th**: Rockhampton Development Camp.
- **14-17th**: Rowing Camp RGS Sheds. NQ Champs Trials.
- **19th**: Term 3 Commences.

### August
- **6th/7th**: North Queensland Schools Championships, Townsville.
- **7th**: Rockhampton Regatta #3.
- **10/11th**: Inter-regional Quad Trials.
- **12-15th**: Boarders long weekend.
- **16-20th**: QLD State Champs Trials.
- **27th**: Rockhampton Regatta #4.

### September
- **3rd**: Regatta Night.
- **16th**: Term 3 Concludes.
- **17-19th**: QLD School State Rowing Championships, Rockhampton.

### October
- **5th**: Term 4 Commences.
- **22nd**: Presentation night.
- **29th**: Rockhampton Regatta #5. Halloween Night.

### November
- **24th**: Term 4 Concludes.
- **25-30th**: 2017 Nationals Trials Camp (TBC).
Term 2 Training Times

Morning sessions
Years 9, 10, 11 and 12 will have at least one session per week starting at 5:30am at the sheds. Please note that the sessions are scheduled to begin at 5:30am meaning that you are required to arrive at the shed 5-10 mins before the start of these sessions to be sorted into crews and prepare for the session. Boarder’s buses will leave the front gates at 5:10am. Generally we will always get the best water conditions for rowing early in the day before recreational river users get on the water and winds pick up. This is why the more senior rowers will row at these times. Rowers will be transported to school following training via bus where there is breakfast available in the dining hall.

Afternoon sessions
Years 8 and 9 will have some afternoon rowing sessions during the week. Rowers will meet at the school gates immediately following school and be driven to the rowing sheds. Training sessions are usually finished by 5:45pm for pick up. Boarders will be transported back to school via bus.

Gym sessions
Gym sessions will take place in the school gym. Rowers doing gym in the afternoons will usually be finished and ready for pick up at 4:45pm unless there is extra training scheduled for that week. Notice will be given if times change.

<table>
<thead>
<tr>
<th>Training Group</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Year 10, 11 &amp; 12</td>
<td>Row 5:30am Gym 3:30pm</td>
<td>Row 5:30am Gym 3:30pm</td>
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<td>Row 5:30am</td>
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<td>Row 5:30am X-train 7:30am</td>
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<tr>
<td>Year 9 Boys</td>
<td>Row 5:30am</td>
<td>Gym 6:45am</td>
<td>Row 3:30pm</td>
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<td>X-train 6am Row 7:30am</td>
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<tr>
<td>Year 9 Girls</td>
<td>Row 3:30pm</td>
<td>Gym 6am</td>
<td>Row 5:30am</td>
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<td></td>
<td>X-train 6am Row 7:30am</td>
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<tr>
<td>Year 8 Boys</td>
<td>Row 3:30pm</td>
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<td>Row 3:30pm</td>
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<td>Row 9am</td>
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<tr>
<td>Year 8 Girls</td>
<td>Row 3:30pm</td>
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<td>Row 3:30pm</td>
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<td></td>
<td>Row 10:30am</td>
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Nutritional and Health Recommendations

Food
Rowing is one of the most physically demanding sports and the correct sort of dietary intake is essential for rowers to perform at their best at training and in the classroom. Most Olympic level heavyweight male rowers consume a minimum of 7,500 calories per day! Almost four times an average person’s daily intake. The most important requirements are good protein sources and complex carbohydrates such as fruits, vegetable and grain products such as rice, pasta, wholemeal breads and quality breakfast cereals such as porridge, Weetbix, whole grain products, or raw muesli.

High fat and processed foods, apart from poor nutrition, tend to satisfy hunger but not provide the necessary energy requirements.

Studies, conducted by the Australian Institute of Sport, suggest that the minimum requirement for a student rower, post exercise, is 3g of carbohydrates and 1g of protein per 10kg of body weight.

So a 60kg rower would require at least 18g of carbohydrate and 6g of protein ideally within 20 minutes following exercise.

Rowers should consume regular snacks throughout the day to keep their energy levels topped up. The traditional ‘3 heavy meals a day’ tends to cause drowsiness. It is worth noting that more than 70% of student athletes who complain of falling asleep in class are doing so due to a nutritional deficit rather than early morning trainings.

All RGS Rowers can consume good nutritional choices of food at the school dining hall following morning trainings Monday to Friday. It is a good idea to bring snacks on a Saturday in between sessions.

Water
It should come as no surprise that keeping well hydrated greatly improves an athlete’s performance and recovery. Rowers generally train for extended periods of time at a moderate to high intensity and as a result sweat a lot. All rowers should be drinking water regularly throughout the day and during trainings. Please ensure you have your own supply of water at each session.

Gatorade and other sport drinks can be useful during regattas when rowers have short time frames in between races but generally water will be your best choice.

Sunscreen
Rowers spend most of their time training outdoors on the water under the sun. It is important that rowers wear Factor 30+ sunscreen and wear a hat to all sessions.
See calendar for dates

**Rockhampton Regattas**

The Rockhampton Rowing Committee puts on local regattas for schools and clubs to compete at throughout the year. These regattas are held on the Fitzroy River in front of the RGS Rowing sheds.

The format for these regattas is slightly different to that of a typical rowing regatta. The rowers compete in a range of boat classes including single sculls (1x), double sculls (2x), and coxed quad sculls (4x+). There is a relatively quick turnaround for races and the racing is typically over a shorter distance. The younger grades race either 500m or 1000m sprint races and the senior grades race up to 1500m.

The regattas run from around 8am through to about 1pm at the latest. It is a great opportunity to see some exciting local regattas and show up to support RGS Rowing.

**Central Queensland (CQ) & North Queensland (NQ) School Championships**

CQ an NQ School Championships are school regattas meaning only school crews are eligible to compete. Any crews must be entered from one school and composite crews are not usually allowed.

In 2016 CQ Champs will be held at the Bucca Weir rowing course about a 30 minute drive from the Bundaberg CBD. The course boasts 8 lanes and has been a training venue for past Olympic teams.

NQ Champs will be held on the Ross River in Thuringowa, Townsville. The course is only able to race 5 crews at a time as the course is limited to 5 lanes but is regarded as being a picturesque rowing venue.

Crews selected to attend these regattas will have to spend the weekends in Bundaberg and or Townsville and will have an additional cost involved to compete.

Regatta format is 1000m racing for year 8 and 9 crews, 1500m for year 10 crews and 2000m racing for year 11 and 12 crews. CQ & NQ Champs offers both sculling and sweep events. Sculling events include single sculls (1x), double sculls (2x), and coxed quad sculls (4x+). Sweeping events include pairs (2-), coxed fours (4+), and eights (8+).

The regattas typically begin with heats from 8am finishing with finals by 5pm.

**Queensland State School Rowing Championships (QS)**

This is the pinnacle school rowing regatta in Queensland. Typically the regatta has more than 600 entries per year and schools travel from everywhere in Queensland to compete. It is one of the biggest regattas in the country every year.

This year Rockhampton is hosting the regatta again on the Fitzroy River. This is a great opportunity for parents to assist and raise money for the club as well as seeing some high calibre racing.

Regatta format is similar to CQ and NQ champs except the regatta runs over three days and includes inter-regional quad races as well as mixed eights.

**Australian National Rowing Championships**

The Australian Rowing Championships is Australia’s highest level of competition available to clubs and schools.

Any crews from any school or club are eligible to enter. The event is regularly used as a qualification regatta for individuals aiming for Nationals Team Selection Trials.

Nationals takes place in March and usually is hosted at the Sydney International Regatta Centre (SIRC) in Penrith. SIRC was specifically developed for and hosted the 2000 Sydney Olympic Rowing Regatta.

It is by far Australia’s best course featuring designated warm up and warm down zones as well as bike paths and grandstands.

Rowers wishing to represent RGS and compete at the National Championships will complete fairly rigorous training and trialling through the Christmas break.

Rivers competing at the regatta will typically miss a week of school late in the term and will have an additional cost involved to compete.

**How to be a great parent supporter?**

RGS Rowing dearly values the outstanding support given by parents. However, for those who are new or unfamiliar with the sport, here are some suggested ‘do’s’ and ‘don’ts’ on how to be a good supporter.

**Do’s**

- Encourage your child to be punctual to all meetings, trainings and regattas. Remember being late means the crew and coach suffer.
- Offer to assist the PSG in any way you can as this directly benefits your child and the program. Simply put, rowing could not exist without their fantastic support.
- Encourage good sportsmanship in all situations but especially in winning and defeat.
- Show support to the hardworking coaches who give up their personal time voluntarily to work with our rowers.
- Show your support by cheering loudly for all RGS crews at regattas.
- Talk positively to our rowers and fellow supporters to create an exciting atmosphere at regattas and events.

**Don’ts**

- Please do not enter the rower’s tent on race day. Crews need time with their coaches before and after a race to mentally and physically prepare to give their best. Please allow 90 minutes before race time and 30 minutes after to debrief. Rowers will have an opportunity to see you outside these times.
- Please do not interfere with the coach’s instruction. Let the coaches coach. If you do not agree with the instruction or tactics used by the coach, speak to them at an appropriate time but please remember that they have the rower’s and shed’s best interest at heart.
- Try to avoid giving your child a massive hug right before or after a race as this can be embarrassing for them in front of their peers. Remember there will be time for that after the crews and coaches are finished their race debrief.
Aims & Objectives
The Selection Policy endeavours to select the best possible crew to ensure we field the fastest boats and most competitive crews for our major competitions. The aim is to boat crews that are of a similar level of ability and experience whilst giving students equal opportunity. The selection policy endeavours to put the best interest of the crew first and individuals second.

All selections will be finalised by the Head of Rowing in consultation with any relevant coaches. Ultimately, the final selection of any individual or crew will be at the discretion of the Head of Rowing.

Expectations of rowers nominating for selection
To qualify for selection, students must:
- Wear appropriate rowing uniform
- Obey all reasonable instruction given by RGS rowing staff
- Conduct themselves in accordance with the RGS Co-curricular Code of Conduct
- Follow the training program set by the Head of Rowing or coaches
- Advise your coach or Head of Rowing of any illness or injury affecting your performance in a timely manner
- Treat all team members, staff, volunteers, parents and regatta officials with respect at all times

Coxswain Selection
There will be a number of different mediums used to select the best possible coxswain for each crew. The mediums considered to select coxswains are:
- Attendance at camps, competitions, land and water trainings
- Attitude and commitment towards training, coaches and crew
- Feedback from coaches and athletes
- Steering
- Technical understanding and competence
- Communication skills with coaches and athletes
- Leadership skills to motivate and take charge of athletes on the water

Communication of Selections
Raw data from testing results will be pinned on the rowing notice board following selections. Individual feedback will be attempted to be made to students to help them understand the process and where they can improve. Selection information will be communicated with students and any queries must be made to the Head of Rowing.

Methods of Selection
There will be a number of different mediums used to select the best possible crews for each age group and event. Methods that could be considered to select crews in each age category are:
- Ergo
- Scull trials
- Anthropometric and mobility measurements
- Seat racing
- Technical assessment
- Attendance at camps, competitions, land and water trainings
- Attitude and commitment towards training, coaches and crew

Other Considerations and Expectations
Injury/illness Management Plan
In cases where an athlete is injured or ill for selection trials a medical certificate and or report must be provided by a certified health professional to the Head of Rowing.

If a coach believes that an athlete is carrying an injury there is a duty of care and, if requested, clearance must be provided by a certified health care professional.

In cases where an injury or illness prevents an athlete from being able to attend training and or racing for an extended period of time to a point where the crew’s performance is hindered, a re-selection may occur or the athlete may be required to prove their fitness. An appropriate re-selection or testing method will be made clear to those involved before taking place.

Effective communication and responsible management of an injury and or illness is the responsibility of the athlete. Failure to communicate effectively and failure to follow medical advice may result in the athlete’s position being reviewed.

Closeness of trials
In the case where a number of rowers are ranked very closely together after the completion of trials, the Head of Rowing will consider the individuals in question and decide whether further trialling is needed.

Any final adjustments will be made on seat racing results, technical competency, and history of performance or attitude.

Personality clashes
RGS Rowing will not consider ‘personality’ issues in the context of crew selection unless there are extreme circumstances. RGS Rowing supports that the best performing rowers will be selected for the appropriate crews irrespective of friendship groups or personality types. The resultant crews will provide an excellent opportunity for rowers to develop new friendships, working relationships and coping skills.
ALIGNER
The official who aligns the boats at the start to ensure a fair race.

BACK ARM
Supports and stabilises the pin. The support arm is mounted to the side of the boat and the top of the pin.

BACK CHOCKS
The plastic stopper on the slides nearest the bow. Coaches can ask for rowers to “sit at back chocks” referring to the ‘finish’ position.

BLADE
The end of the oar that enters the water. Designed to allow rowers to connect to the water and move the boat.

BOW
The end of the boat closest to the direction of travel or behind the rower. Can also refer to the rower nearest the bow. Bow-four being the four rowers nearest the bow.

BOW(MAN)
The rower seated nearest to the bow.

BOW BALL
The safety ball fitted to the bow of the boat.

BOW SIDE
Same side as starboard; green in colour; the side which the rower has the oar out to their left side.

BUTTON
The plastic collar that prevents the oar from sliding out through the gate.

CANVAS
The deck or closed, top surface of the boat between the rowers and the ends of the boat. Referred to as a canvas because when boat hulls were constructed of wood a lightweight canvas was used to cover the tops of the boat.

CATCH
The part of the stroke linking the recovery and drive phase where the rower places their blade in the water. ‘Catch’ position can also refer to the position where a rower sits at ‘front chocks’.

CHECK IT
A call used by a coxswain or coach to get rowers to stop the boat run by dragging their blades through the water.

COX BOX
A small electronic device that a coxswain uses to amplify their voice and receive information such as rate and splits from the crew and boat.

COXSWAIN
The person who steers the boat using the rudder and delivers instructions to the crew. A good coxswain can be the difference for a crew’s performance and is an important member of a crew. Also referred to as a ‘cox’.

CRAB
When the blade gets caught in the water and checks the boat run. Rowers can potentially lose the oar handle and in bad cases break the oar.

DRIVE
The part of the stroke sequence where the blade is in the water and the rower is accelerating the boat from the catch position to the finish.

ERGO/(ERGOMETER/ERG)
A machine that most closely replicates the rowing stroke and movement.

FEATHER
To turn the blade to a horizontal of flat position.

FIN
A small flat object inserted in the hull near the stern to help stabilise and direct the boat.

FINISH
The part of the stroke where the drive finished and the blade is extracted from the water. ‘Finish’ position can also refer to the position where a rower sits at ‘back chocks’.

FOOTSTRETCHER
The unit that holds the shoes or clogs where rowers put their feet.

FRONT CHOCKS
The plastic stopper on the slides nearest the stern. Coaches can ask for rowers to “sit at front chocks” referring to the ‘catch’ position.

GATE
The square plastic bracket on the pin that holds the oar and connects it to the rigger.

GUNNEL
The top horizontal lengths of the boat that run along the sides.

HANDLE
The part of the oar that the rower holds. Most commonly made from wood or rubber.

HULL
The smooth, curved underside of the boat the sits in the water.

INBOARD
The distance from the end of the handle to the blade side of the button.

KEEL
The centre line of the hull running the length of the boat.

LAYBACK
The angle or amount of body lean the rower has at the finish of the stroke.

LENGTH
The distance the blade travels through the water or the arc the blade makes.
LEG DRIVE
The term used for a rower to push their legs driving their feet into the foot stretcher. This is also the first part of the ‘drive phase’.

MISSING WATER
The term used when a rower misses the catch movement and does not connect the blade to the water before the drive phase begins.

OAR
The lever which moves the boat through the water. Rowers hold the oar at the handle and on the other end is the blade which sits in the water. The part of the oar that connects the two ends being the shaft.

OFFICIAL
An official regatta administrator that helps to control regattas by keeping crews in lanes, aligning the starts and recording results as crews cross the finish line.

PIN
The vertical pin sticking out of the rigger that the gate rotates around.

PITC
The angle of the vertical side of the gate closer to the pin. This determines the angle the blade enters the water.

RATE (RATING)
The number of strokes per minute that a rower is taking.

RECOVERY
The part of the stroke sequence where the blade is out of the water and the rower moves from the ‘finish’ position to the ‘catch’ position.

REGATTA
An organised event where crews compete in racing.

RHYTHM
The term used to describe the ratio of time spent in the drive phase compared to the recovery phase. Generally a larger ratio indicates a better rhythm.

RIG
The mechanical set-up of the boat for a particular individual or crew. This includes the span, inboard, oar length etc.

RIGGER
The structures attached to the sides or on top of the boat that have the pins and gates attached.

ROWING
Another term used to describe sweep rowing.

RUDDER
The small device attached to the hull near the stern used to steer the boat.

RUN
The distance the boat travels between strokes.

SCULLING
This is when each rower holds two oars, one in each hand. The oar shafts are shorter and thinner compared to sweep oars and also have a smaller blade.

SEAT
The object that rowers sit on to move along the slides.

SKYING
A term used to describe a technical flaw when a rower’s hands are too low and the blades travel away from the water.

SLIDE/S
The metal, parallel tracks in the boat that the seat slides on.

SLEEVE
The plastic part of an oar that wraps around the shaft where the button is fitted.

STERN
The back of the boat. Rowers face the stern whilst rowing.

STROKE
The complete cycle of the rowing stroke including the catch, drive, finish and recovery. Can also refer to the rower sitting at the stern end of the boat.

STROKE SIDE
Same side as port; red in colour; the side which the rower has the oar out to their right side.

SHELL
Another term used to describe a boat more specifically a racing boat.

Sweep
This is when each rower holds one oar with both hands. The oar shafts are longer and thicker compared to sculling oars and also have larger blades.

WASHING OUT
The term used to describe a technical flaw where the rowers takes their blade out too early in the drive phase and loses the connection with the water.
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