GUIDELINES

for the

KINROSS WOLAROI SCHOOL

Rowing Program

(Refer to the KWS Website)
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Background and Philosophy

Rowing is a Summer Sport which is on offer to all students from Year 7 – 12. Rowing differs from other Co-curricular sports in the school, in that there is a limitation on the resources available for students. What this means is, there are a limited number of boats and therefore we have limitations placed on us, with regard to the use of Spring Creek as a training venue. In addition, as Rowing is a highly technical sport, there are limitations on the number of experienced and qualified coaches that the school has access to. As a result of these limitations there is a cap on the number of student numbers able to participate in Rowing. While all students are welcome to trial and try out for the Rowing Program, parents and students must be aware that due to the limitations outlined above, not all students will be selected to continue. More details are provided later in this document with regard to the selection process and the qualifying criteria necessary to be selected for the Kinross Wolaroi School Rowing Program. Students and Parents involved in the Rowing Program need to be aware that we are competing against highly resourced GPS schools in Sydney, which have considerable more resources than Kinross Wolaroi School. In addition, there are many strong clubs that have vast financial resources behind them. In summary this means that our rowers are competing in a highly competitive environment.

History of Kinross Wolaroi School Rowing

The performance of the Rowing Club has grown rapidly to an extremely high level in a relatively short period of time. Since its inception in 2004, the club has gone from strength to strength. Over the last 4 years, the club has accumulated many medals at both State and National level. The outstanding achievements at the Australian National Championships are outlined below:

<table>
<thead>
<tr>
<th>Year</th>
<th>Event Type</th>
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<th>Medal</th>
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<td>Boys Single Under 17</td>
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</tr>
<tr>
<td>2009</td>
<td>Boys Coxless 4 Under 19</td>
<td>Under 19</td>
<td>Bronze</td>
</tr>
<tr>
<td>2009</td>
<td>Girls Quad Skull Under 17</td>
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<td>Bronze</td>
</tr>
<tr>
<td>2010</td>
<td>Schoolboys Coxed Four</td>
<td>Under 19</td>
<td>Gold</td>
</tr>
<tr>
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<td>Silver</td>
</tr>
<tr>
<td>2010</td>
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<td>2012</td>
<td>Champion Schoolboys Coxed Quad</td>
<td>Under 17</td>
<td>Gold</td>
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</table>
General overview of the Club

The main benefit of rowing for students is that it can be described as the ultimate team sport. It is common knowledge that a crew will only go as far as its weakest link. If a rower is rowing in a single scull, then he/she is solely responsible for the boat speed. There is no one else to blame or rely on. On the opposite side of the argument, if you are rowing in a VIII and you do not encourage the weakest link, there is no doubt that the end result of the competition will be failure.

Rowing is a demanding sport, both physically and mentally and from the point of view of character building. It teaches students to be punctual, as the boat cannot go onto the water without the full crew. It also teaches students to co-operate with each other and in particular, when under pressure, both physically and mentally. The pressures and tensions on race day are far greater than most sports and if a student can handle these tensions, it assists them in preparation for examinations such as the Higher School Certificate, as well as other hurdles that they must face through life.

The program to date has been an outstanding success for the school, going from its infancy in 2004 to being the top school rowing club in NSW and one of the best in Australia in 2010. These guidelines were established at the start of the program and are ones that if adhered to in the future, will ensure the club back is successful into the future.

The Team

a) Students

Rowing is an exciting team sport providing a challenging but rewarding opportunity. Students compete in local, State and National Regattas with the main centre of competition being Penrith. The main qualities needed to be part of the Rowing program are dedication, commitment and perseverance. Rowing is a demanding but rewarding sport. The physical demands expected of Rowers are beyond those required in many other sports. Students are expected to fully support the program and above all else offer their full support and encouragement to other students in the program by adhering to the expected standards.

Student Code of Conduct

1. Students must show respect to each other at all times, both on and off the water. Positive peer support is vital to the teamwork required in rowing.
2. Students must wear the school rowing apparel with pride. The uniform must be kept looking smart and tidy, without undergarments being visible. Zootsuits must be worn over the body at all times.
3. Students must show the utmost care when using school rowing equipment. The equipment is very valuable and needs to be carefully handled and maintained.
4. When selected for away trips, all rowers must travel with their team to regattas. This is an important ingredient to building teamwork and maintaining positive crew relationships, while off the water.

5. The highest standards of behavior are expected of students at all times.

6. Students must show respect to all adults – including coaches, supervising staff, parents and umpires, both on and off the water.

7. Any student who does not abide by this Code of Conduct may be asked to leave the Rowing Program.

8. The aim is for everyone to enjoy their involvement in this great program and support each other. Great Supportive teamwork is the life skill we wish to emphasise.

b) **The Rowing Director**

The Director of Rowing will have the overall responsibility for ensuring that the guidelines for the rowing program as approved by the School Council are adhered to and enforced.

The Director of Rowing will also in the initial years set the training programs both on and off the water for the senior and junior teams. He/She will also ensure that the standards in relation for entry to the program are met and will endorse those rowers that are invited to join the program on an annual basis.

The Director of Rowing will also monitor and approve those rowers who meet the qualifying times for State and National Competition at the January camp and will monitor the standards and guidelines for all other Regattas.

This will mean that the Director of Rowing will need to be familiar with all of the rowers within the club, as well as their ability to perform in each class of boat.

The Director of Rowing will from time to time be required to visit Spring Creek, to ensure that the shed and equipment are maintained in a satisfactory condition and to ensure that the dress standards and rules in relation to the EMP set by the Orange City Council are being adhered to.

It will also be the responsibility of the Director of Rowing to ensure that a positive relationship exists at all times between the coaches, the students and the parents. This may require attendance at some parent rowing committee meetings from time to time, in order to fulfil the role. The Director of Rowing will also be the contact point for any parents who may need clarification on matters within the Rowing Program that have been brought to the attention of the Rowing Master or the Senior Coach.

c) **Role of the Rowing Master**

1. Overall responsibility for rowing organisation and support for coaches as needed.
2. Development and implementation, with the Director of Rowing, of a strategic plan to ensure the ongoing success of rowing within the school. This includes the promotion of rowing within the community and selection criteria.

3. Working with appropriate staff for the overall supervision of the separate sectors of the rowing program.

4. Preparing regular reports for distribution to the Rowing community through the Family Bulletin and local media.

5. Conduct an annual review post-season with the Director of Rowing for the Principal relating to the events of the season, together with recommendations for the future.

6. Working with the Boat Club Committee to organise regatta support and to provide a plan of capital expenditure for the purchase of rowing equipment.

7. With the Director of Rowing and the Senior Coach planning, organising, and attending rowing camps.

8. Ensuring that appropriate records are kept.

9. Attend all Boat Club Committee meetings.

10. Maintaining a positive relationship with NSWRA and attending meetings as required.

11. Attending school Regatta Meetings as required.

12. Ensuring that all entries are submitted in a timely manner for each regatta.

13. Ensuring good and effective communication with all school staff, parents and students with regard to all aspects of the rowing program, including the distribution of regatta notices and camps information when necessary.

14. The proper setting and control of financial budgets associated with the rowing program. Carry out all necessary charging required after rowing activities.

15. Maintaining proper levels of student conduct, and where necessary, with the support of the Director of Co-curricular, dealing with any disciplinary matters which may arise during the conduct of rowing activities.
d) **The Senior Coach**

1. Directly responsible to the Director of Rowing in all matters related to coaching and to the MIC of Rowing for all other rowing administration and organisation.

2. Responsible for the conduct of all rowing coaching sessions following programs devised in consultation with the Director of Rowing.

3. Responsible for assisting the MIC of Rowing in the selection of crews and nomination of regatta entries.

4. Responsible for assisting with the smooth operation of the Rowing Program and its development and growth.

5. Responsible for skill development of all rowers from the novice to the experienced.

6. Responsible for working with the Director of Rowing and coaches to ensure a high level of fitness and appropriate rowing technique throughout the club.

7. Responsible for ensuring proper maintenance of the boat fleet and all rowing equipment including the Spring Creek facilities, with assistance from the School Maintenance department when needed.

8. With the MIC and Director of Rowing planning, organising, and attending rowing camps.

9. Ensuring that appropriate records are kept of sessions conducted including those required regarding the use of Spring Creek.

10. The Senior Rowing Coach should ensure:

    * The overall standard of performance of rowing across the School is very good.

    * The implementation of a successful and well coordinated School program for rowing.

    * Appropriate standards for student safety are maintained at all times.

    * The correct wearing of uniform and general good appearance of students at training sessions and at competition regattas.
e) Parent Support Group

There is a strong and active parent support group which is necessary to ensure the smooth and efficient operation of Rowing within the school. In short the KWS Boat Club would not exist without the wonderful support of parents. There are many areas in which parents can assist the students and coaching staff including the following: catering at regattas and camps, loading of boats on trailers, towing of trailers, setting up of tents at regattas, assisting staff with getting students properly organised for races, general administration and support of the club, assisting with fundraising for equipment.

The Kinross Wolaroi program grew from nothing and is successful due to the relationship that has developed between coaches, parents and students. In order for the club to continue to be successful at State and National levels and to provide the benefits of rowing to its athletes, the same communication and team work is essential. There will always be insufficient staff to cater for the work associated with the size of the rowing team and therefore the help and co-operation from the willing parents to assist with towing of boats, catering for students and assisting at camps and Regattas is essential. This relationship between parents, students and staff is a requirement that is essential for the ongoing success of the club. It is vitally important that parents show respect to the staff, students and other parents within the program. Positive support for all matters within the club is vital.

Standards

Standards Policy approved by the School Council

(a) The Kinross Wolaroi School Rowing Program was established to provide a range of unique educational experiences for students and to promote the school in the wider community through appropriate media exposure.

(b) Participation in Regattas will be carefully monitored to achieve reasonable development targets and suitable school media exposure.

(c) If in the judgment of a coaching staff a crew is not able to perform at the desired level, the crew may not be entered in any events at a particular Regatta or series of Regattas.

Testing and entry to the program

In order to ensure that the standards and guidelines can be achieved in the long term, the program will not be available to everyone who may have the desire to row.

Unfortunately, rowing is different to most sports and in order to enjoy the sport and to achieve at a reasonable level, there is a certain athletic ability required by athletes to participate in the sport.
The qualities that are required for an elite rower, whether heavyweight or lightweight are strength, endurance, discipline, co-ordination, honesty, punctuality and the ability to work in a team.

An individual with all of these qualities would be an outstanding rower. As most people have these qualities in various levels and degrees, it is not to say that there are still not a broad range of opportunities for athletes who may wish to take up the sport of rowing. There are however, a level of minimum standards required for any athlete taking up the sport of rowing.

These standards are required because it is a team sport and the athletes work in a closer than normal relationship than other sports. A rowing team is only as strong as its weakest link and it is not possible just to fill gaps with sub standard rowers in order to boat good crews on behalf of the school. The result of boating sub standard crews is to the detriment of the individuals in the team, to the embarrassment of the parents watching from the sideline and to the detriment of the school due to the negative public image it creates from the rowing community and the public at large.

Minimum testing standards were established at the outset of the Club and these same standards need to be mandatory policy for future entry to the program.

Guidelines for racing at Regattas (in general)

The Director of Rowing, the Rowing Master and the Senior Coach will be required to establish qualifying times for each class of boat in which students from Kinross Wolaroi may be entered. Those qualifying times will not be as stringent as the requirements for State and National Regattas, but they will still be of a standard that will not embarrass students, parents or the school by the distance that any crew or sculler finishes behind a winner.

Guidelines for racing at State and National Level

The Director of Rowing, the Rowing Master and the Senior Coach will establish qualifying times that Kinross Wolaroi crews must reach at the January Rowing Camp in order for students to compete at State and National level. Only those students who can meet the qualifying times will be eligible to compete at this level, so as to adhere to the Standards Policy set by Council.

Training Programs

Training policies and guidelines

The Director of Rowing will be responsible, in conjunction with the Rowing Master and the Senior Coach for establishing the training programs and guidelines. The approach of the club is that coaches are not designated to specific crews, nor to crews of specific gender. The objective is to share the expertise of the coaches with all students.
The Director of Rowing will provide the training schedules for the elite rowers, both boys and girls and depending on the number of rowers, these students will all train together. The coaches will work in a team format, to provide the best results for the club over the entire season. Any success will belong to all of the rowers and all of the coaches associated with the senior group.

In relation to the junior rowers, a similar format will be adopted. The program will be established by the Director of Rowing, in conjunction with the Rowing Master and the Senior Coach. The coaches who supervise the students in the junior program will ensure that the guidelines established by the Director of Rowing are adhered to for both training on the water and in the gym.

By adopting this approach, we will ensure that all of the athletes receive the best coaching available from the coaches in the program and that the entire club will complete a work load which will enable it to be competitive when racing.

**Rowing Camps**

In the past, the 2 day camp has been held for the elite students of the program in the July holidays. Junior and senior camps have also been held in the October holidays, with the major Christmas camps being held for junior and seniors during January.

It is the responsibility of the Rowing Master and Senior Coach to advise parents and students of details associated with the camps well in advance of the due dates. Once students arrive at the camps, they also will to be provided with details associated with each day and each session to be carried out, to ensure that the organisation issues associated with a large number of rowers and equipment do not impede the performance or enjoyment of the camp. Only those rowers who are invited by the Rowing Master to attend a Rowing Camp will be welcome to participate in such an event. Rowers who do not accept invitations by the designated RSVP date will be excluded from the relevant camp, once the RSVP date has expired. It is important that this guideline is adhered to, as the organisational procedures in relation to accommodation, meals, transport and the provision of boats changes every time an additional person is added or if a person pulls out for one reason or another. The Rowing Club Administration will be strict in relation to these guidelines and it is therefore important for all students and parents to take note of closing dates and other issues in relation to camps.

**Coaching and methods of training**

The number of coaches will be determined annually by the Director of Rowing, the Rowing Master and the Senior Coach, based on the availability of coaches and the number of students in the program.
The number of coaches has cost implications for the school, but at the same time, it is paramount that the students are adequately provided for from both a supervision point of view when at Spring Creek or at Regatta's or Rowing Camps and from the point of view of rowing expertise, in order to allow them to reach the qualifying stands which then in turn will enable them to race and achieve at State and National level.

**Dress Code and Standards**

**Dress at Regattas and for training on Spring Creek**

A mandatory condition in relation to rowing at Kinross Wolaroi, whether at a Regatta or at training, whether it be day time or night time, is that the students must wear the school’s cap whenever they are on water. This is partly to do with keeping the sun off the student’s face, but primarily it is a disciplinary measure designed to help the rowers conform to one of the simple requirements and measurements of a successful rower. A point that has been made in the past that if the coach forgets the rigger, the boat will not be able to go on the water. In the case of the students, if they forget their hat, they also will not be able to go on the water, which in turn will let the rest of the team down.

The dress requirements for training on Spring Creek are the hat, the blue rowing suit and white undershirts, if deemed necessary, provided the whole crew is uniformly dressed.

In relation to Regattas, the hat is mandatory, as is the racing suit, with no variation to this uniform.

It is the duty of the Rowing Master and the Senior Coach to ensure that these standards are maintained at all time. For those students who cannot comply with these regulations, they will need to look for another sport that will cater for their needs.

**Equipment**

**Rules relating to use of equipment**

As the majority of the boats currently in the program have been donated by parents and benefactors and in particular, the blue Olympic class boats, it is essential that this equipment is looked after and kept in pristine condition to enable the KWS Senior crews to compete on a level playing field with their competitors. The Olympic class boats are extremely fragile and in order for rowers to achieve at the top level, each of the blue boats should only be used by one sculler in the case of the singles or one crew in the case of the crew boats. This means that at the start of each season, the best crews and scullers in the senior ranks should be allocated an Olympic class boat for training and competition. This will allow each boat to be rigged and adjusted, in accordance with the individual rowers needs.
This will ensure that the top crews in the club will have the boat set up to accommodate their strengths, body size and weaknesses. The gearing, stretcher position, rigger height and slide length can be tailored for each elite oars person within the club. This policy will also allow all of the blue boats to be allocated between boys and girls, to ensure that both genders are fairly catered for.

As a general rule, the blue Olympic class boats should only be used by senior students in Years 11 and 12 for training purposes and competition. This means that students in Years 10 and below will train in white club class boats, where the school has 4 Quad Sculls, 4 Pairs and 8 Single Sculls.

In the event that some of the junior crews are rowing well enough and are deemed by the Director of Rowing, the Rowing Master and the Senior Coach to be of a standard that could win a medal in an A Division or a championship event, then they may be granted approval to race in an Olympic class boat on race day and train for one week prior to the event, if the boat is available.

**Rules in relation to shed cleanliness and maintenance of equipment**

It will be the responsibility of the Senior Coach to ensure that the shed is kept clean at all times. It is also his responsibility to ensure that all equipment is fully maintained and in working order. This includes, the boats, oars and speed boats, as well as racking, trailers, cox boxes etc.

From time to time, the shed will become a bit messy and a little unorganised on the return from Regattas, or after an intense training period. This is understandable and acceptable for a short time, however, a working bee should be organised by the Senior Coach to rectify the situation as soon as practical and at a time that is deemed appropriate, to bring the shed standard back to a reasonable state of cleanliness, which will enable the crews to operate in a professional and successful manner.

**Keys and access to sheds and equipment**

Due to the rules and regulations associated with the EMP and the use of Spring Creek Reservoir and due to the value of the equipment that is owned by the school, key access to the Rowing Shed must be restricted. Insurance issues are also a major concern and affect key access. Key access to sheds and equipment can only be approved by the Director of Rowing. Key access will be minimal, so as to reduce liability on individuals and to ensure that the conditions of the EMP are maintained at all times, so as not to put the rowing program at risk.
Spring Creek – Rules

Access to Spring Creek Reservoir

Access to Spring Creek Reservoir is controlled by the rules and regulations established in the Operational Environmental Management Plan prepared by Matt Bell and authorised by the Orange City Council. The rules and regulations in relation to who can access Spring Creek Reservoir and how they are to enter are clearly set out in the EMP guidelines. The rules in relation to the number of rowers and the number of speedboats are also clearly set out in the guidelines, as well as the other rules and regulations associated with usage.

It will be the responsibility of the Senior Coach to ensure that all of the regulations and guidelines, as per the EMP, are adhered to at all times. There is no authority for anyone within the rowing community to vary the rules and regulations of the EMP without submission to the Director of Rowing and he also is not approved to vary the EMP without approval from the Orange City Council.

Documentation in relation to the EMP

In order to use Spring Creek Reservoir, there are specific administrative tasks required by the City Council and highlighted in the EMP documentation. The completion of this paperwork will be the responsibility of the Senior Coach, under the guidance of the Director of Rowing.

The Director of Rowing will have the responsibility of liaising with the Orange City Council and Matt Bell, the school’s qualified ornithologist who was paramount in winning the court case to enable the rowing program to commence in 2004.

CLUB MANAGEMENT AND MEETINGS

The Annual General Meeting of the Club is to be held in the month of October each calendar year. Attendance at that meeting is open to everyone interested in the Rowing Club, but voting at the meeting will be determined by the Constitution of the Boat Club.

All other meetings associated with the management of the Club can only be attended by those members elected at the Annual General Meeting, being the Office Bearers, Members of the Club Committee and invitees of the President or Secretary.
**QUALIFYING TIMES**

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MINIMUM SCULLING STANDARD TIMES

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MINIMUM ERGOMETER SCORES

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<th>BOYS ERG SCORE</th>
<th>GIRLS DISTANCE</th>
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BEGINNER ENTRY TESTING STANDARDS

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<th>500M BOYS - ERG</th>
<th>500M GIRLS - ERG</th>
<th>BEEP TEST BOYS</th>
<th>BEEP TEST GIRLS</th>
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<td>3.50</td>
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<td>Level 9</td>
<td>Level 8</td>
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Coaching roles for the coming season 2012-2013:

1. Coaches are to work as a coaching team under the guidelines of the Director of Rowing, the Rowing Master and the Senior Coach.

2. They are to work as a team coaching all rowers as required by the Senior Coach, but with primary responsibility for the groups indicated below.
3. **Senior Coach**  
   Overall training program  
   Girl Beginners, Intermediate and Senior Boys  
   Planning all out of boat Conditioning and Training  

4. **Crina Dihel**  
   Boy Beginners, Intermediate and Senior Girls  

5. **Sue-Ann Gavin**  
   Beginner Girls  

6. **Allan Grant**  
   Intermediate boys.  

7. **Bryan Thomas**  
   Conduct out of boat Conditioning and Training as planned by Senior Coach.  

8. **Richard Roach**  
   Beginner Boys/Beginner Girls  

   All coaches would be expected to be available for the Camps in October and January as required.  

**Masters Rowing**  

- **Eligibility** - At this stage masters rowers must be either a parent of a rower, a member of staff or an ex—student rower.  
  Ex Students who meet the standards criteria may be granted use of a KWS scull for a small number of training rows whilst they are back in Orange provided they are training for serious competition. In all other circumstances ex-students will need to comply with all of the other conditions associated with the Masters Rowing program.  
- **Boats** - Each rower must row in their own single scull (complete with oars).  
- **Standards** - To qualify for rowing on Spring Creek, each rower must reach an acceptable standard of rowing (assessed by the MIC/Director of Rowing), so as not to be left behind (and therefore hold up) the Senior Rowers i.e. men need to keep up with the Senior Boys and women need to keep up with the Senior Girls.  
- **Training** - To be with the Senior Groups (or as otherwise directed by the KWS Rowing Staff provided there is sufficient space available within the group of students with which the adult is wishing to train).  
- **Uniform** - School rowing uniform must be worn i.e. cap and training zootie.  
- **Travel to and from Spring Creek** – Each rower must catch the KWS bus with the student rowers. Punctuality is critical i.e. the bus waits for no-one.  
- **NSW Rowing Membership** – each rower must become a member of NSW Rowing (ratified by the MIC of Rowing i.e. Mr Bob Holmes).  
- **Access to Ergs** – The Rowing Room is available for training by arrangement with the Rowing Staff.  
  **Social /Learner Rowing** – This can be conducted out of the KWS Carcoar Shed by any member of the School Community by arrangement with the Rowing Staff. However, each rower will need to first become a member of NSW Rowing and have their own equipment.