WELCOME TO KWS ROWING

Rowing is an exciting and fantastic team sport providing a very rewarding pastime for your child. It is a demanding team sport both physically and mentally. It teaches student punctuality, how to co-operate with each other and deal with pressure. Once in the boat every rower must be focussed on the same objective ultimately rewarding the students with success.

Since its inception in 2004 the performance of the KWS Rowing Club has grown rapidly and deservedly achieved success and recognition at the highest levels. Kinross Wolaroi Schools rowing club has an excellent reputation within the rowing community and is considered a School to “watch”.

Over the last few years, the club has accumulated many medals at both State and National level ... and our Year 11 student Daniel Whitehead has been selected in the Australian Junior Rowing Team to compete at the 2011 World Junior Rowing Championships in Eton, England.

The outstanding achievements at the Australian National Championships are:

• **2009**: 2 Silver & 2 Bronze,
• **2010**: GOLD, 2 Silver & 1 Bronze,
• **2011**: 1 Silver & 1 Bronze

Pictured above: 2011 KWS Rowing Team

For more information please don’t hesitate to contact:

Mr, Joe Donnelly  
**Director of Rowing**  
(via the school office  
02 6392 0300) or

Mr Ric Pasquali  
**President of Kinross Wolaroi Boat Club**  
(via the school office  
02 6392 0300)
ROWING

What’s great about this Sport!

Rowing is an exciting and fantastic team sport providing a very rewarding pastime for your child. As the student athletes progress and learn the technical, physical and mental skills and challenges of this sport, they will also learn about themselves in areas of leadership, commitment, loyalty, dedication, trust, integrity, sportsmanship and bond strong lifelong friendships. Rowing is the ultimate team sport!

Facilities

The club now has a fleet of 37 boats, comprising 3 eights, 3 fours, 8 quads, 4 pairs, 4 double sculls and 15 single sculls. The programme has taken off within the school and in 2010-2011 there were 105 rowers and coxswains in the programme.

Where we train.... Spring Creek Reservoir

The programme is located at the Spring Creek Reservoir which is arguably one of the best training venues for school rowing in Australia. The facility is only 5 minutes from the school and the KWS School crews have sole use of what is about a 2 kilometre stretch of water.

On the banks of Spring Creek Reservoir, KWS has a large well equipped rowing shed with an adjoining pontoon that will meet the requirements of the school for many more years. Access to the shed is restricted due to the sensitive environmental conditions of the area requiring the rowers to be bussed to and from training.

Year 7 to Year 12... Selection Criteria

The qualities required for a rower are strength, endurance, discipline, coordination, honesty, punctuality and the ability to work in a team. An individual with all these qualities would be an outstanding rower.

There are minimum standards required for an athlete taking up the sport of rowing. The aim of the policy is to ensure that rowers and coxswains are selected into appropriate crews of similar ability generally within each year group.

Crew Selections are based on the Sculling, Standard times and Ergo scores. Full criteria as outlined in the KWS guideline document.

A minimum level of fitness and technique is required prior to rowers being eligible to race at regattas or attend camps.

Selections take place at the end of Term 3 (ergo only) late Oct and January Camp. Also these standards must be reached in order for the student to qualify to compete at a State or National level. These qualifying criteria will be assessed at the January rowing camp.
Hello my name is Guy Williams I have been involved in rowing as a coxswain, rower and coach for the past 11 years and I have a huge amount of passion for the sport.

I got involved in rowing as a coxswain at Christs College New Zealand during this time my crews had had much success winning numerous national titles. While at Christs College I was also the New Zealand U21 Mens 8+ coxswain for two seasons. Since leaving high school I have coached in the UK and New Zealand I have mainly coach school level rowers.

The highlight of my coaching so far was running the Southern Performance Centre this winter and working with the best coaches and rowers in New Zealand.

I am looking forward to my time at KWS and I can’t wait for the racing to begin.

Guy Williams

Rowing Staff:

We are fortunate to have coaches of a high standard and support staff of great commitment.

Senior Coach: Mr Guy Williams
Ms Crina Dihel. Crina is a former rower for Romania. She rowed in the 2000 Olympics.
Mr Sinisa Kosarac
Mr Allen Grant and Mrs Sue-Ann Gavin
Mr Doug Smyth

For a more comprehensive outline of each of the key roles please refer to the KWS Rowing Programme -Guidelines.

Joe Donnelly

Mr Joe Donnelly a former coxswain of the Australian VIII. As the Director of Rowing he has the overall responsibility to ensure the guidelines for the rowing programme as approved by the school council are adhered to.

The Director of Rowing will set the training programmes both on and off the water for the Senior and Junior Teams.

Robert Holmes

Robert (Bob) is responsible for the organisation and support of coaches, students and club.
**ROWING - TRAINING**

**Uniform**

Full and proper uniform is required for training and competitions. Students must have full uniform or they will not be allowed to row. This includes the SCHOOL CAP!

*Pictured below:*
Training Uniform - blue rowing suit (zootsuit) & School Cap

*Pictured below:*
Competitive - blue/white rowing suit (zootsuit) & School Cap

Approved uniform items include:
- Long sleeve white sun shirt
- School cap
- School tracksuit
- Rugby long socks
- Optional – rowing Rugby shirt for those who compete at the National Regatta.

Travel to and from regattas should be in school tracksuit but students can wear sports shorts and blue polo shirts at the Regatta. Please ensure all uniform is clearly name labelled.

The white supporters polo shirts (for parents) are available to purchase from the school shop (size men’s – S. M. L and woman’s 12,14,16 ) price $35.00.

*Pictured above: supporters polo’s & cap*

**Training**

Students who are interested in participating in rowing undertake a selection process that gauges student’s strength, flexibility, fitness and enthusiasm for rowing. Once selected it is expected that the students participate in all training sessions scheduled for their group both at school and on the water or camps. Rowing is a long term commitment because of the skill and fitness development required.

*Pictured above: Competition long sleeve white sun shirt.*

**Holiday Training /Camps**

Due to the nature of the sport it is a requirement that the students are available for attendance at the School Holiday Training Camps. These camps are held in the October School holidays and the major camp is held in the Christmas School holidays, in Mid-January.
Weekly Schedule/Training

Students are divided into Senior and Junior groupings for both training and competition. Each group has at least 3 training sessions per week.

Coxswains are very important members of the crews and may often cox more than one crew. Training is given to these students to understand race tactics and team strategy.

During term time the students will have training sessions in the gym for fitness and at Spring Creek on the water. Times vary with the age group and may be before or after school and weekends.

Weekday Training

Morning Sessions

Morning Training Sessions typically begin at 6.00am for seniors. The crews are off the water by 7.30am in order for them to leave and be back at school for “boarder” breakfast at 8.15am. A list of non boarder students is provided to Mr Yeo to ensure adequate catering and students are required to sign the attendance sheet. Parent’s accounts will be charged $5.50 per continental breakfast.

Afternoon sessions - 3.30pm – 5pm

Senior and Junior rowers train both on the water and in the Gym. For Juniors Gym training concentrates upon endurance, while for Seniors it consists of weights, ergo and general fitness exercises.

Rowing is a very demanding sport requiring fitness, strength and flexibility which is why the number of training sessions is necessary. KWS has good gym facilities and all gym sessions are supervised by an experienced trainer.

Term 3 – see schedule
Term 4

Additional non compulsory training during the summer break may be available.

Parents please note all transportation to the rowing shed is provided by the school. Under no circumstances are parents to drive their child to Spring Creek. Driving into Spring Creek unauthorized can put our whole programme at risk as there are restrictions on vehicles allowed into the rowing shed area.

Winter Rowing Programme

The sessions will be held on Sunday morning with the bus departing from the Wolaroi site at 8am and returning at approximately 10 am.

Rowers who wish to take part in the following Sunday’s session must contact Mr Holmes by email at rholmes@kws.nsw.edu.au by 7pm on the preceding Wednesday.

Any member of the rowing team may take part in these sessions, which will normally be aimed at the skill development in small boats.

From the 15th August 2011 the rowing room will open at lunch times for machine use, primarily for beginners to familiarise themselves and try out the sort, but also for continuing rowers to start developing technique and fitness in preparation for the pre-season testing which will be carried out before the camp in October for all rowers.

Key Dates for 2011/2012

Aug. 15 Lunchtime training commences
Sept 10 Selection testing for all beginning rowers.
Sept 17 Machine tests for all continuing rowers to qualify to attend camps
Oct 2-4 Junior rowing camp - Penrith
Oct 5-7 Senior rowing camp - Orange
Oct 22 Rowing NSW Spring Regatta - SIRC
Nov 5 Loreto Normanhurst Regatta - SIRC
Dec 10 Rowing NSW 2000m SIC regatta
Dec 11 NSW Sprint Championships
Jan 18-20 Junior rowing camp - Orange
Jan 20 Special event – Cocktail Party 6.30 pm
Jan 21-26 Senior rowing camp - Orange
4th Feb Canberra Girls School Regatta, Lake Burley Griffin, Canberra
Feb 10-12 NSW Rowing Championships - SIRC Penrith
Feb 25 Sydney Rowing Club Regatta - SIRC Penrith
Feb 26 NSW Schoolboy Head of the River Regatta - SIRC Penrith
Mar 3-4 ISRA Regatta, Lake Burley Griffin, ACT
Mar 5-12 Aust. Championships Regatta, Champion Lakes, Western Australia.
Mar 24 CIS Schoolgirls Head of the River
Regattas

Regattas are held on weekends and can be either school or club events. Typically the students are bussed to the regatta venue the day before the competition starts. This enables a practice session the evening before and crews are ready for the first race at 8am.

KWS rowing competes in Local, Interstate and National regattas with generally a minimum of 3 trips to Penrith Regatta Centre and one trip to Canberra each season. The National regatta is in different locations each year: 2010 was in Victoria, 2011 Adelaide, 2012 will be in Perth and 2013 Sydney.

Most regattas are organized by NSW Rowing and their website is very comprehensive www.rowingnsw.asn.au and will provide details on regatta draws, race programmes and results.

The boat club provide food for the rowers at each regatta; however the students will need money for food while travelling on the bus.

Venues

Sydney International Regatta centre – Penrith

This is the Olympic Regatta Centre in Penrith, entry is off Castlereagh Road.

When travelling from Orange take the Mulgoa exit off the M4 then follow the signs.

There is plenty of parking at this venue at a cost of $10.00. The car park is across from the venue so be prepared to walk a short distance, although some regattas have a shuttle bus.

This venue has a number of food outlets (slow/expensive) and an undercover viewing/seating area but don’t forget your binoculars. You can choose to sit on the grass at the KWS tent if you prefer.

Canberra – Weston Park Road

Rowing is on Lake Burley Griffin at the Western end in Yarramundi Reach. KWS sit on the opposite side of the lake to all the other schools just follow Weston Park road to the very end. Parking is on the side of the road. (click on location link) 

http://maps.google.com.au/maps?q=-35.288034,149.095094&hl=en&ll=-35.292798,149.093077&sll=-35.292798,149.093077&sspn=0.01571,0.03298&num=1&gl=au&ie=UTF8&oe=UTF8&source=why&ci=90

Take chairs, food and binoculars if you have them. There is nothing at this location; the closest shops are 5 mins drive at Yarramundi.
**ROWING - BOAT CLUB**

**Kinross Wolaroi Boat Club**

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 and unloading 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 programme 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 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 is essential.

2011 Committee Members:

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Ric Pasquali</td>
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<tr>
<td>Vice President - Media</td>
<td>Frances Taylorwood</td>
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<tr>
<td>Vice President - Catering</td>
<td>Kathy Whitehead</td>
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<tr>
<td>Treasurer</td>
<td>Joe Donnelly</td>
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<tr>
<td>Secretary</td>
<td>Suzi Weeks</td>
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<tr>
<td>Environmental Officer</td>
<td>Martin Haege</td>
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<tr>
<td>Yr 7/8 Co-ordinators</td>
<td>Peter Watt and David Hall</td>
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<tr>
<td>Yr 8/9 Co-ordinator</td>
<td>Richard McIntosh</td>
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<tr>
<td>Yr 9/10 Co-ordinator</td>
<td>Scott Mitchell</td>
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<tr>
<td>Yr 10/11 Co-ordinator</td>
<td>June Coleman</td>
</tr>
<tr>
<td>Yr 11/12 Co-ordinator</td>
<td>Sue Morrison</td>
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(as per the October 2011 AGM)

The committee meets monthly during school term on the 2nd Wednesday of each month in the meeting room at Wolaroi House (next door to the main office). If you would like to attend or to raise a topic, please contact the President to be included in the agenda.

**Membership:**

Membership is charged annually to your school account to the amount of $75.00 per family effective November 2011.

The AGM is held in October, the committee then meet monthly during school term.

**Parent Help**

To enable the regattas to run smoothly parent help is sought in the following ways:

1. **Boat loading**: The loading should take between 1 hour and 1.5 hours. Parents meet at the gate to Spring Creek gate and car pool in.
2. **Towing**: to and from Regattas - big trailer x 2, small red trailer, oar trailer and catering trailer.
3. **Boat Tasks**: Assistance is required throughout the Regatta to help with Boat maintenance and setup.
4. **Post Regatta**: We will require assistance again post regatta at Spring Creek to unload the trailers.
5. **Catering**: The Boat Committee has put together a recipe guide (see following pages) to help with catering and will request assistance prior to every regatta by email.

**Annual Rowing Club Presentation Dinner**

A highlight of the Rowing Calendar is our Annual Presentation Dinner, held at the end of the season in the DPA.

The dinner is to acknowledge the success of the students through several awards, farewell the Year 12, fundraiser and to thank parents for their support. All in all it is a fun night.

The Awards are:

- Most Valuable Coxswain
- Achievement Awards, Senior Girls & Senior Boys
- Achievement Awards, Junior Girls & Junior Boys
- Boat Club President’s Award for Best Crew
- Iain McDonald Trophy Awards [Boy and Girl] for Academic and Rowing Excellence.

Food for Regattas

These recipes have been prepared to help all rowing parents in the KWS Boat Club with the recipes and quantities for the food required at each regatta.

All quantities are for 20. When we have large numbers of rowers just increase the quantities accordingly. As the club is now growing in size some of the regattas will need catering for approximately 120 rowers and coaches.

The Club has a catering trailer equipped with everything necessary to serve food to the students. Please label your container to ensure it’s return.

Pasta with tomato & sweet corn
• 1 kilo of pasta twists.
• 2 x 580g jars of Dolmio tomato sauce (Garden Vegetables)
• 2 x 340g tins of sweet corn

Method - Boil pasta until soft then drain. Stir through Dolmio sauce and sweet corn.

Pesto Pasta with Chicken
• 1 kilo of penne pasta
• 2 jars of pesto - Leggo’s (non oily)
• 1 large cooked chicken from Coles

Method - Boil pasta until soft and drain. Stir through Pesto Shred chicken (do not use stuffing) and mix into pasta. You can alternate the chicken and sweet corn with the different pasta sauces.

Anzac Slice (will make 20 slices)
• 250g butter
• 2 1/2 tablespoons honey
• 8 Weetbix (crushed)
• 2 cups of rolled oats
• 1 cup of desiccated coconut
• 3/4 cup of brown sugar

Method - Melt butter and honey over low heat. Then combine all ingredients with melted butter. Press into a 28cm X 36cm slice tin and cook in a moderate oven for 15 minutes. Slice whilst warm and leave in tin until cold.

Special Fried Rice
• 1 kilo Basmati Rice
• 125mls of SOY Sauce
• 300grams green beans
• 3 red onions
• 1 large red capsicum
• 2 tbls of olive oil for cooking vegetables
• 6 eggs

Method - Whisk all 6 eggs together add to fry pan and stir until a scrambled egg consistency, remove from pan into a dish to be added to the rice mixture at the end. (Do not mix uncooked eggs into rice mixture or rice will congeal).

Chop/dice beans, capsicum and red onions into approximately 1cm pieces. Place into large fry pan and stir until soft. In 2 batches place 1/2 kilo of rice at a time into a plastic container, cover with water and microwave on high for 10 minutes, then stir. Taste for texture, if still hard cook for a further 3-5 minutes (depends on the watts of your microwave). When all of the rice and vegetables are cooked, gradually add rice and Soy sauce to vegetables. (Then taste test – you may not need all of the Soy sauce or possibly more.)

Stir until all ingredients are mixed well then add scrambled eggs, and mix again.

OUT OF POCKET EXPENSES

Please keep your receipts for any food purchases. These can be taken to the Fees Office and reimbursed by the Accounts Department. Please write on the top of each receipt your name and Regatta date.

If you are unable to attend but can still make a dish, please advise a committee member and somebody else may be able to bring it down. Assistance at the trailer during the day is always Welcome!

Before each regatta a member of the Boat Committee will contact parents to advise where we need help.

Thank You.
Notes....

How YOU can help!...
- assist load/unload or tow boats
- prepare away competition recipes (see inside this handbook)
- help at camp lunches @ home
- provide your email address for communication

CHEER!

Acknowledgements & Special Thanks to:
- Fran Taylor-Wood
- Ric & Trish Pasquali (Photos)
- Rosamunde Hanney (Recipes)
- Janelle Brunner
- KWS Dev. Office (web & publicity)

This document has been produced by parents, for parents.
last updated: 21 November 2011