



2025 Head of the River winners



Christ Church
Grammar School

Rowing manual



Welcome from the Director of Sport

Welcome to rowing

Rowing is a unique sport: it is about the crew, your mates and not wanting to let the team down. Success demands individual mastery of a skill, then total application of this skill in a team environment. No individual has ever crossed the line first, without the help of his crew.

In the individual sports such as athletics, tennis or swimming, you are only responsible for yourself. That is both the beauty and the terror of those sports. You are all on your own, and this isolation suits some. Rowers must constantly think about others, rely on others and be responsible for others in every race, every effort and every stroke.

Rowing entails a very demanding journey, one that offers great reward and lifelong friendships to those who make the effort.

I wish you every success for the upcoming season and always remember that in rowing you are never alone.

Matt Goes

Director of Sport



Welcome from Teacher in Charge (TIC) of Rowing

Welcome to everyone

Christ Church Grammar School has a proud history of excellence within the West Australian school boy rowing community. The Rowing Program boasts numerous Head of the River victories and a number of athletes who have gone on to represent both the state and country. Despite this history of athletic excellence, the Boatshed is ultimately a place of inclusion and belonging for our students. Our rowing staff endeavour to make the environment as welcoming as possible to both students and the wider community.

Rowing is a sport of significant commitment, and from this commitment students develop resilience, teamwork, and a work ethic founded on dedication. The Boatshed has a huge amount to offer the wider school community and we welcome friends, family and old boys to join us as our rowers embark on this memorable chapter in their school life.

Nick Sumich

Teacher in Charge of Rowing





2024 Winning Second VIII



2022 Winning First VIII

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Don Fraser 1914 to 2006

The Don Fraser Club was established in 1986 to support Christ Church rowing. The club was formed by a group of old boys who were staunch supporters of the School and of the sport. The name honours Don Fraser, who is recognised as significant champion of rowing at Christ Church. The former State oarsman was appointed the School's rowing coach towards the end of 1956, shortly after Christ Church had been admitted to the Public Schools' Association (PSA). It was not until the following year that Christ Church entered crews in the Head of the River competition.

Don Fraser was an outstanding motivator and an outstanding coach. In his first year as coach and in the School's first year of PSA competition, the First VIII came third in the Head of the River race. After dropping back in the field the crew put in a hard finishing spurt to break the existing record. During Don Fraser's period as coach, 1967 to 1974, Christ Church Grammar School's First VIII recorded six wins, six seconds and six thirds in the Head of the River race - an outstanding achievement.



Don Fraser Club (Rowing supporters)

The members of the Don Fraser Club are parents, old boys and members of the community who support the School's rowing program in various ways. They assist the TIC of Rowing, Nick Sumich, the Head Coach, Simon Cox, and their team at regattas as well as organising the annual camp, the Head of the River dinner and fundraising activities. The club is inclusive and open to anyone who wishes to be part of the Christ Church rowing community.

Challenge Cup – The Headmaster's Cup (right)

The Challenge Cup predates the PSA, having been presented six times prior to being presented by the headmasters of the four schools competing in 1899 - Christian Brothers College, Perth High School, Scotch College and St Peter's College Fremantle.

Hamer Cup (left)

The Hamer Cup was introduced in 1982 and is awarded to the school scoring the most points for placings in each event at the Head of the River regatta. The Hamer Cup commemorates the headmastership of Mr Hamer at Wesley College from 1964 to 1983.



2025 Captain of Boats; Sam Hoy (left) and Stroke of Winning 1st VIII; Sam Hurworth (Right). The second time since 2005 the School has won both trophies.

Directions to regattas

House Regatta

The Christ Church Club Regatta is held at the School's boat shed in Freshwater Bay. To find the shed make your way to the School Chapel, then follow the path that runs between Walters Boarding House and the Chapel until you reach the boat shed.

Guildford Regatta

The Guildford long distance regatta is held between Sandy Beach Reserve in Bassendean and the Guildford Grammar School boat shed. To find the regatta finish, follow the signs from the main entrance at Guildford Grammar School.

Aquinas College Regatta

This regatta is a time trial format from Canning Bridge to the Aquinas College boatshed. The Mount Henry Bridge and Deep-Water Point afford spectators excellent vantage points, however, many viewers may wish to enjoy the atmosphere at the finish line on the Aquinas College foreshore.

Champion Lakes

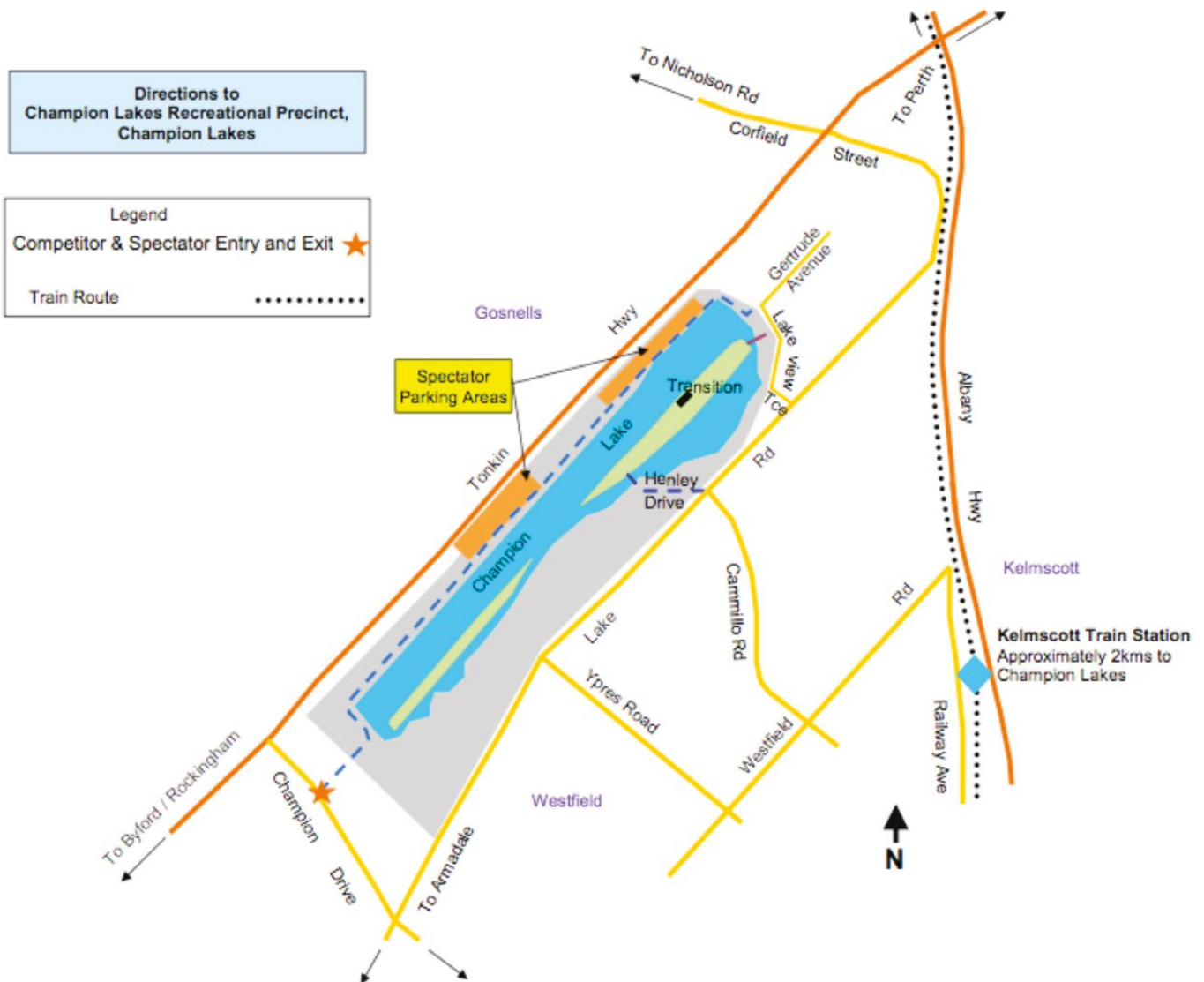
Champion Lakes Regatta Centre exists as the only international standard purpose-built rowing, dragon boating and kayaking facility in Western Australia and one of only two in Australia. Bounded by Tonkin Highway, Champion Drive and Lake Road, the main entrance to Champion Lakes is via Henley Drive off Lake Road opposite Camillo Drive, Westfield.



Champion Lakes

Directions from the city or Fremantle

- Travel south on Kwinana Freeway
- Turn left down Armadale Road
- Turn left into Tonkin Highway
- Right into Champion Drive
- First turn left into top entrance then drive down to bottom car park
- Walk around bottom of course to island where all schools are based



Boatshed rules and philosophy

The following rules are designed to help our boat shed run as smoothly as possible.

Punctuality

Whether it is training, a regatta, or a rowing function, students are expected to arrive early or on time. A cohesive unit cannot operate effectively if crews need to be changed regularly. Lateness or absence from training impacts the entire program, disrupting not only a student's designated crew but also those in lower

In cases of illness, coaches or the TIC of Rowing should be notified the night before where possible. If lateness is anticipated, communication with the relevant coach or the TIC is essential. Timely updates enable coaches to make necessary adjustments.

Once a student has committed to the rowing program, attendance at training is compulsory for the duration of the season.

Respect

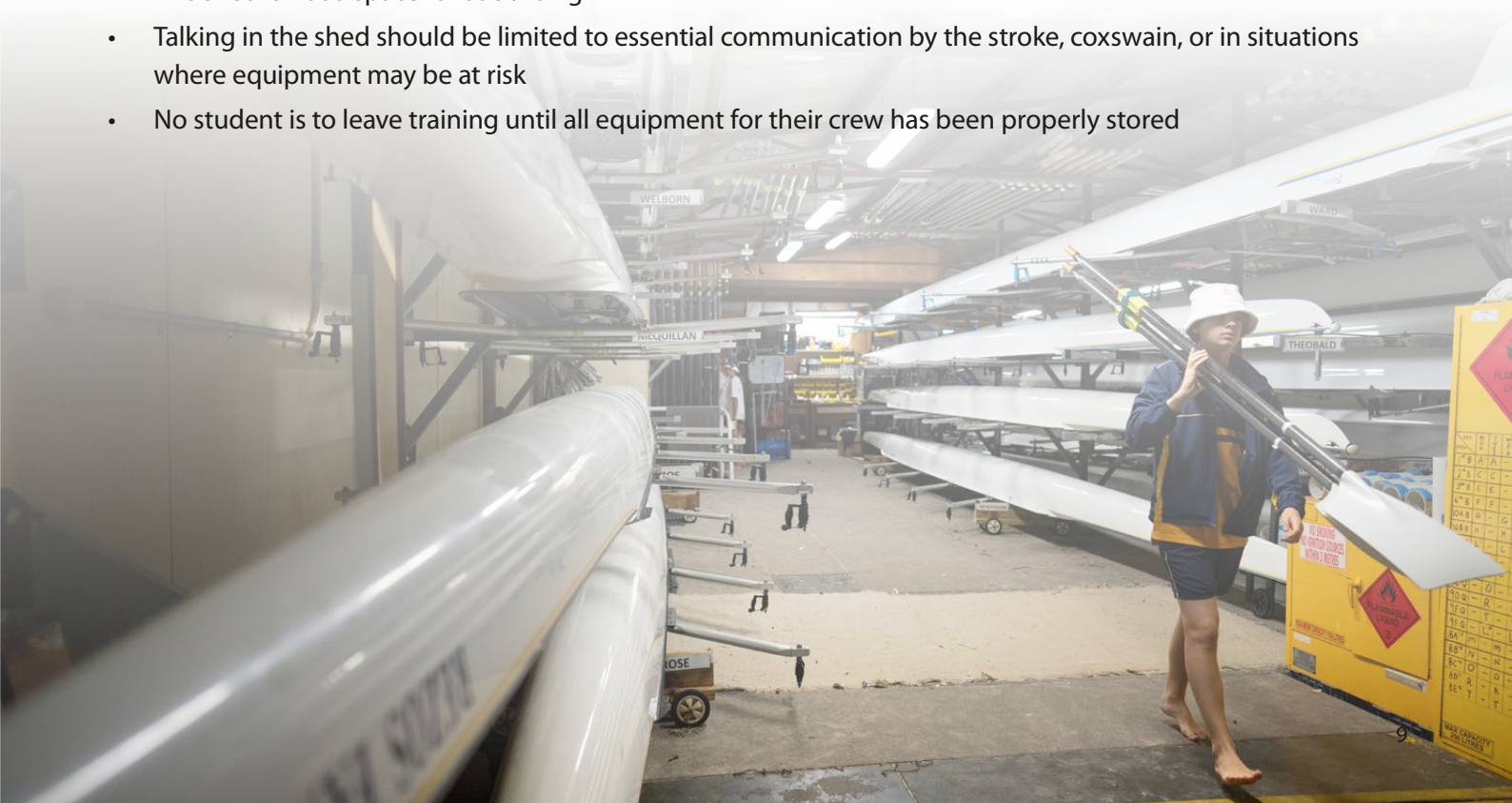
All coaching staff are to be shown the same level of respect as any other member of staff at Christ Church Grammar School. Rudeness, disrespect, and disobedience will be addressed appropriately.

Behaviour

Given the constraints of the Christ Church boat shed - its size, location relative to the water, and exposure to weather conditions - it is vital that students maintain disciplined behaviour while at the shed.

Guidelines for behaviour in and around the shed

- Student bags should be placed on the river side of the shed upon arrival
- Crew members should be located promptly and the allocated dinghy and motor organised
- Once the dinghy is on the water, oars, coxswains, and cox-boxes should be prepared
- Crews should then assemble in the wash-down area at the front of the shed and await coach instructions
- The shed is not a space for socialising
- Talking in the shed should be limited to essential communication by the stroke, coxswain, or in situations where equipment may be at risk
- No student is to leave training until all equipment for their crew has been properly stored



Boatshed rules and philosophy

Access to the Shed

Entry to the shed is only permitted under the following circumstances:

- When bringing out or putting away equipment
- When seeking medical attention
- When specifically directed by a coach or member of staff

Noise and Conduct

Due to the shed's location near boarding houses and private residences, noise must be kept to a minimum. Awareness of volume when speaking on the way to and from the boatshed, and in the surrounding area, is essential.

- Shouting is not permitted
- Running near or inside the boatshed is prohibited
- Running around boats at regattas is also not permitted
- Boats must be treated with the utmost care
- The boatshed must be kept tidy at all times

Tools and Spares

Tools are available from the toolbox and must be returned after use. Spare parts, such as nuts and washers, are easily lost and must be handled responsibly. Only a limited number are taken to regattas, and replacements incur cost.

Breakages and Damage

Any breakages or damage to equipment must be reported to a coach or the Head Coach as soon as possible.

Dinghy Use

Students are not permitted to operate a dinghy unless fully qualified and explicitly instructed to do so by the Head Coach.



2019 Winning First VIII

Rowing policy and selection criteria

Coaches

The Head Coach selects the coaches in consultation with the Teacher in Charge. They are selected on the basis of experience, qualifications and availability. Personality is another vital component when dealing with younger crews who need nurturing.

The following are the expectations of the School:

- All coaches will ensure safety is a priority in any activity associated with rowing. Injury prevention is paramount
- Coaches have a duty of care for their students
- Every coach is intent on allowing each student the opportunity to row at their best and to reach their full potential, whatever level they may be

All School crews

All oarsmen at Christ Church should fulfil the following selection criteria over and above those set out for each age group:

- Display team commitment
- Show a commitment to achieving potential in every area of school life

If a student is deemed by the Director of Sport, in consultation with coaches, parents and the Head Coach, to be having a detrimental effect on crew and shed morale, and is failing to fulfil the criteria above, he may be asked to leave. All students and families must be aware that the focus is on the best performance by each crew on the day of the Head of the River. Therefore, a student returning from sickness or injury will be subject to assessment of his fitness when returning to their crew. If it is found that the student's state of health is detrimental to his crew's performance he may be placed in another crew.

Crews eligible for the Head of the River

Year 9: Five Quad Sculls | Year 10: Two Vllls, One Quad Scull | Open: Fourth VIII, Third VIII, Second VIII, First VIII



Selection of crews

The following forms the basis from which all crews are selected.

Seat racing

A series of races usually conducted over two to three days in various boats including sculls, fours and eights. The students vying for selection are raced in various combinations and the results are recorded. From this assessment a pattern is established as to the students' abilities.

Skills assessment

This part of the criteria is a continuous assessment by the coach in consultation with the Head Coach and Teacher in Charge. Technique, as explained in very general terms in this manual, is an indicator to the coach of the ability of the oarsman to transfer his physical attributes to the boat speed. A smaller students with better skills may be chosen over a larger student.

Ergometer testing

All students in all crews will be subject to some form of testing on the rowing ergometer. Testing is usually carried out over the distance the students will race at the Head of the River. The exception being that all Year 10 students may be required to test over 2000 metres. Ergometers are a test of strength and endurance. They are not a test of skill. Ergo scores indicate strength and fitness, not the ability to make a boat go fast. This is why ergometer testing is ranked third in the criteria.

Physical makeup

This term is only referred to in the Year 9 selection criteria. Height, build, posture and athleticism are important factors in this year group. Rowing is a physically demanding sport and it is important that we choose the right students for the right boat type. Sweep rowing (one oar) is more physically demanding than sculling (two oars to each oarsman), therefore the physical makeup is more of an influence in the selection process of this year group than older ones.

Crew selection

Each crew's coach will select the various squads based on the selection criteria listed below, together with those listed for each age group. The Head Coach and Teacher in Charge will oversee all selections. In all squads, a student must show a commitment to rowing and a willingness to co-operate with the coach, the Teacher in Charge and his teammates. Trust and team spirit, which help bring about success, develop from such a basis.

Open Crews - First, Second, Third and Fourth Vllls

The four senior Vllls will be selected for the Head of the River. Students will be monitored from September to March. Selection trials will be held in January before the rowing camp and, if deemed necessary, during the mid term break in Term 1. Please note that senior training commences on Monday 6 January.

Trials

Senior Vllls

- Seat racing and time trials in Vllls, in Vllls and IVs in January and March.
- Skills assessment
- Ergometer test over 2000

Year 10 Crews

Trials will be conducted during the rowing camp in January and will be on-going until the cut off date. The trials will comprise:

- Seat races in Vlls over 1000m to 1500m
- Skills assessment
- Ergometer trial over 2000m or 1500m

Further trials may take place during the mid term break in Term 1.

Year 9 Quads

Year 9 is difficult to assess for several reasons:

- A significant variation in skill with some students developing significantly during the season
- Large differences in size and strength
- A big difference in the application of students
- Sculling trials



Senior Rowing

Senior Rowing is the pinnacle of an athlete's school rowing journey. Christ Church Grammar School is most successful in the senior years, due to the culmination of previous years' skill, and commitment to the program. The senior years requires more commitment to holiday training from the October camp and ANA training block completed in Year 10, to an earlier start in the new year, and an intensive but enjoyable camp in Augusta in December.

Senior athletes who choose rowing must see through the season.

With the training schedule in the calendar to the right, it is encouraged to book appointments and holidays around training to maximise the training of the rowing program. Consistency is a big key to a successful athlete.

Training Schedule

*Subject to change based on events and circumstances.

Seniors	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Row 5:15	Row 5:15		Row 5:15		Row 5:45
PM	Ergos 3:15	Weights 3:15		Ergo/Weights 3:15		(Unless Regatta)



Senior Rowing

Seniors - 2026

DAY	JAN	FEB	MARCH	APRIL
MON				
TUES				31
WED				1
THURS	1			2
FRID	2			3
SAT	3			4
SUN	4	1		5
MON	5	2	LABOUR DAY	6
TUES	6	3	ROW 5:15 AM GYM 3:15 PM	7
WED	7	4	(6)	8
THURS	8	5	ROW 5:15 AM GYM 3:15 PM	9
FRID	9	6		10
SAT	10	7	REGATTA 4	11
SUN	11	8		12
MON	12	9	ROW 5:15 AM GYM 3:15 PM	13
TUES	13	10	ROW 5:15 AM GYM 3:15 PM	14
WED	14	11	(7)	15
THURS	15	12	ROW 5:15 AM GYM 3:15 PM	16
FRID	16	13		17
SAT	17	14	REGATTA 5	18
SUN	18	15		19
MON	19	16	ROW 5:15 AM GYM 3:15 PM	20
TUES	20	17	ROW 5:15 AM GYM 3:15 PM	21
WED	21	18	(8)	22
THURS	22	19	ROW 5:15 AM GYM 3:15 PM	23
FRID	23	20		24
SAT	24	21	HEAD OF THE RIVER	25
SUN	25	22		26
MON	26	23	ROW 5:15 AM GYM 3:15 PM	27
TUES	27	24	ROW 5:15 AM GYM 3:15 PM	28
WED	28	25	(9)	29
THURS	29	26	ROW 5:15 AM GYM 3:15 PM	30
FRID	30	27	SEAT TRIALS	
SAT	31	28	SEAT TRIALS	
SUN		29		
MON		30		
DAY	JAN	FEB	MARCH	APRIL

Seniors - 2025

DAY	JULY	AUG	SEPT	OCT	NOV	DEC
MON			ROW 5:15 AM GYM 3:15 PM		1	ROW 5:15 AM GYM 3:15 PM
TUES			ROW 5:15 AM GYM 3:15 PM		2	ROW 5:15 AM GYM 3:15 PM
WED				1	3	(8)
THURS			ROW 5:15 AM GYM 3:15 PM	2	4	ROW 5:15 AM GYM 3:15 PM
FRID		1		3	5	LOAD FOR AUGUSTA
SAT		2	ROW 5:45 AM	4	6	AUGUSTA CAMP
SUN		3		5	7	AUGUSTA CAMP
MON		4	ROW 5:15 AM GYM 3:15 PM	6	8	AUGUSTA CAMP
TUES		5	ROW 5:15 AM GYM 3:15 PM	7	9	AUGUSTA CAMP
WED		6	(8)	8	10	
THURS		7	ROW 5:15 AM GYM 3:15 PM	9	11	ROW 5:15 AM GYM 3:15 PM
FRID		8		10	12	ROW 5:15 AM GYM 3:15 PM
SAT		9	ROW 5:45 AM	11	13	ROW 5:45 AM RUN/SWIM/RUN
SUN		10		12	14	CHRISTMAS BREAK
MON		11	ROW 5:15 AM GYM 3:15 PM	13	15	CHRISTMAS BREAK
TUES		12	ROW 5:15 AM GYM 3:15 PM	14	16	CHRISTMAS BREAK
WED		13	(9)	15	17	CHRISTMAS BREAK
THURS		14	ROW 5:15 AM GYM 3:15 PM	16	18	CHRISTMAS BREAK
FRID		15		17	19	CHRISTMAS BREAK
SAT		16	ROW 5:45 AM	18	20	CHRISTMAS BREAK
SUN		17		19	21	CHRISTMAS BREAK
MON		18	ROW 5:15 AM GYM 3:15 PM	20	22	CHRISTMAS BREAK
TUES	TERM 3 STARTS		ROW 5:15 AM GYM 3:15 PM	21	23	CHRISTMAS BREAK
WED	(1)		(10)	22	24	CHRISTMAS BREAK
THURS			ROW 5:15 AM GYM 3:15 PM	23	25	CHRISTMAS DAY
FRID		22	Mid-Term Break	24	26	BOXING DAY
SAT		23		25	27	CHRISTMAS BREAK
SUN		24		26	28	CHRISTMAS BREAK
MON		25	Mid-Term Break	27	29	CHRISTMAS BREAK
TUES		26	GYM 3:15 PM	28	30	CHRISTMAS BREAK
WED	(2)	27		29	31	CHRISTMAS BREAK
THURS		28	GYM 3:15 PM	30		
FRID		29		31		
SAT		30	ROW 5:45 AM	29	TRINITY REGATTA	
SUN		31		30		
MON		1				
DAY	JULY	AUG	SEPT	OCT	NOV	DEC

Year 10 Rowing

Year 10 rowing starts in Term 4 as a Year 9, and is a step up from Year 9 rowing where the boys learn a new type of stroke: sweep. This is where the athletes row with one oar, and with eight rowers, as opposed to two oars and four athletes in the Quad as is the case in Year 9. The racing distance increases to 1500m for the regattas in Term 1

Crews that race at the Head of the River are the 10A VIII, 10B VIII, and 10 Quad, and will race in the Term 4 regattas.

Year 10 rowers who choose rowing must see through the season.

During the first half of the Year 10 Rowing program (while the athletes are still in Year 9) athletes have the option of rowing as a second sport. This is not recommended if the student wishes to row in Term 1, as they will not be prioritised for crews.

Athletes that wish to 'test the waters' and try Year 10 rowing for a period of time, must disclose this to the TIC and discuss a trial period, as numbers must be in order for crews to train properly.

Training Schedule

*Subject to change based on events and circumstances.

Year 10's	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Row 5:15		Row 5:15		Row 5:15	Row 5:45
PM	Weights 3:15		Ergos 3:15		Row 1:15 (Term 4 only)	(Unless Regatta)



Year 10 Rowing

Year 10's - 2026

DAY	JAN	FEB	MARCH	APRIL
MON				
TUES				31
WED	CHRISTMAS BREAK			1
THURS	1			2
FRID	2			3
SAT	3			4
SUN	4			5
MON	5	ROW 5:15 AM GYM 3:15 PM	LABOUR DAY	6
TUES	6	2		7
WED	7	ROW 5:15 AM GYM 3:15 PM	ROW 5:15 AM GYM 3:15 PM	8
THURS	8	5		9
FRID	9	ROW 5:15 AM	ROW 5:15 AM	10
SAT	10	REGATTA 1	REGATTA 4	11
SUN	11	CHRISTMAS BREAK		12
MON	12	ROW 5:15 AM GYM 3:15 PM	ROW 5:15 AM GYM 3:15 PM	13
TUES	13	ROW 5:15 AM GYM 3:15 PM	17	14
WED	14	8	ROW 5:15 AM GYM 3:15 PM	15
THURS	15			16
FRID	16	ROW 5:15 AM	ROW 5:15 AM	17
SAT	17	REGATTA 2	REGATTA 5	18
SUN	18			19
MON	19	ROW 5:15 AM GYM 3:15 PM	ROW 5:15 AM GYM 3:15 PM	20
TUES	20	4	18	21
WED	21	ROW 5:15 AM GYM 3:15 PM	ROW 5:15 AM GYM 3:15 PM	22
THURS	22			23
FRID	23	ANA TRAINING BLOCK BOATS TO CGES		24
SAT	24	ROW 5:45 AM	ROW 5:15 AM	25
SUN	25		HEAD OF THE RIVER	26
MON	26	AUSTRALIA DAY HOLIDAY		27
TUES	27	TERM 1 STARTS		28
WED	28	ROW 5:15 AM GYM 3:15 PM	18	29
THURS	29	11		30
FRID	30	ROW 5:15 AM		
SAT	31	ROW 5:45 AM		
SUN				
MON				
DAY	JAN	FEB	MARCH	APRIL

Year 9's - 2025

DAY	JULY	AUG	SEPT	OCT	NOV	DEC
MON			1 ROW 5:15 AM GYM 3:15 PM			1 ROW 5:15 AM GYM 3:15 PM
TUES	1		2 ROW 5:15 AM GYM 3:15 PM			2 [8]
WED	2		3 [7]			3 ROW 5:15 AM GYM 3:15 PM
THURS	3		4 ROW 5:15 AM GYM 3:15 PM			4 TERM 4 ENDS
FRID	4		5			5 CHRISTMAS BREAK
SAT	5		6 ROW 5:45 AM			6 CHRISTMAS BREAK
SUN	6		7		1 AQUINAS REGATTA	7 CHRISTMAS BREAK
MON	7		8 ROW 5:15 AM GYM 3:15 PM		2 ROMSEY OOD ENDS	8 CHRISTMAS BREAK
TUES	8		9 ROW 5:15 AM GYM 3:15 PM		3 [4]	9 CHRISTMAS BREAK
WED	9		10 [8]		4 ROW 5:15 AM GYM 3:15 PM	10 CHRISTMAS BREAK
THURS	10		11 ROW 5:15 AM GYM 3:15 PM		5 ROW 5:15 AM GYM 3:15 PM	11 CHRISTMAS BREAK
FRID	11		12	OCT CAMP @ Exton	6 ROW 5:15 AM GYM 3:15 PM	12 CHRISTMAS BREAK
SAT	12		13 ROW 5:45 AM	OCT CAMP @ Exton	7 ROW 5:45 AM	13 CHRISTMAS BREAK
SUN	13		14	OCT CAMP @ Exton	8 ROW 5:45 AM	14 CHRISTMAS BREAK
MON	14		15 ROW 5:15 AM GYM 3:15 PM	OCT CAMP @ Exton	9 ROW 5:15 AM GYM 3:15 PM	15 CHRISTMAS BREAK
TUES	15		16 ROW 5:15 AM GYM 3:15 PM	TERM 3 STARTS	10 ROW 5:15 AM GYM 3:15 PM	16 CHRISTMAS BREAK
WED	16		17 [9]	ROW 5:15 AM GYM 3:15 PM	11 [9]	17 CHRISTMAS BREAK
THURS	17		18 ROW 5:15 AM GYM 3:15 PM		12 ROW 5:15 AM GYM 3:15 PM	18 CHRISTMAS BREAK
FRID	18		19	ROW 5:15 AM ROW 1:15 PM	13 [1]	19 CHRISTMAS BREAK
SAT	19		20 ROW 5:45 AM	ROW 5:45 AM	14 ROW 5:15 AM ROW 1:15 PM	20 CHRISTMAS BREAK
SUN	20		21	ROMSEY OOD	15 GUILDFORD REGATTA	21 CHRISTMAS BREAK
MON	21		22 ROW 5:15 AM GYM 3:15 PM	ROW 5:15 AM GYM 3:15 PM	16 CEAIGE OOD	22 CHRISTMAS BREAK
TUES	22	TERM 3 STARTS	23 ROW 5:15 AM GYM 3:15 PM	[2]	17 ROW 5:15 AM GYM 3:15 PM	23 CHRISTMAS BREAK
WED	23		24 [10]	ROW 5:15 AM GYM 3:15 PM	18 [6]	24 CHRISTMAS BREAK
THURS	24		25 ROW 5:15 AM GYM 3:15 PM	Validictory Dinner	19 ROW 5:15 AM GYM 3:15 PM	25 CHRISTMAS DAY
FRID	25		26 TERM 3 ENDS	NO AM TRAINING ROW 1:15 PM	20 ROW 5:15 AM ROW 1:15 PM	26 BOXING DAY
SAT	26		27	HOUSE REGATTA	21 ROW 5:45 AM	27 CHRISTMAS BREAK
SUN	27		28		22 ROW 5:45 AM	28 CHRISTMAS BREAK
MON	28		29 Mid-Term Break	ROW 5:15 AM GYM 3:15 PM	23 ROW 5:15 AM GYM 3:15 PM	29 CHRISTMAS BREAK
TUES	29		30		24 ROW 5:15 AM GYM 3:15 PM	30 CHRISTMAS BREAK
WED	30	[6]		ROW 5:15 AM GYM 3:15 PM	25 [7]	31 CHRISTMAS BREAK
THURS	31			ROW 5:15 AM ROW 1:15 PM	26 ROW 5:15 AM ROW 1:15 PM	
FRID				ROW 5:15 AM ROW 1:15 PM	27 ROW 5:15 AM ROW 1:15 PM	
SAT		ROW 5:45 AM		AQUINAS REGATTA	28 ROW 5:15 AM ROW 1:15 PM	
SUN				ROMSEY OOD ENDS	29 TRINITY REGATTA	
MON					30 CHARGE OOD ENDS	
JULY		AUG	SEPT	OCT	NOV	DEC

Year 9 Rowing

Year 9 rowing begins in Term 4, where students start as Year 8s. This is the first time the students train to race in a formal capacity. Crews train to make a Head of the River crew, from the 9A's down to the 9E's, over a distance of 1000m with their first racing opportunity as a squad in Term 1. These rowers train like a 1st team; with four to five sessions a week and competing on Saturdays (Term 1)

The 9A and 9B's may have an opportunity to race 3km at the Guildford regatta in Term 4.

Rowing in Year 9 provides students with the opportunity to 'Row as a second sport', where they attend all the trainings and regattas that do not overlap with their first choice sport, providing students with the opportunity to race in Term 1.

In conjunction with the training schedule below, Year 9 students have a week of holiday training in the week before school starts at the ANA rowing club. This entails travelling by bus to and from A.P Hinds reserve from 5.30am to 12.00pm each day. Details will be provided by the TIC closer the dates.

If Year 9 athletes choose to not pursue rowing, the most common time to make this decision is at the start of the academic year - halfway through the rowing season. We encourage athletes to at least see out the season as Term 1 is when all the racing occurs including the Head of the River - what the athletes have spent Term 4 training for.

Training Schedule

*Subject to change based on events and circumstances.

Year 9's	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Row 5:30		Row 5:30	Row 5:30	Regatta
PM					Row 1:15 (1 st Sporters)	



Year 9 Rowing

Year 9 - 2026

DAY	JAN	FEB	MARCH	APRIL
MON				
TUES				31
WED				1 (10)
THURS	1 CHRISTMAS BREAK			2 TERM 1 ENDS
FRID	2 CHRISTMAS BREAK			3
SAT	3 CHRISTMAS BREAK			4
SUN	4 CHRISTMAS BREAK	1		5
MON	5 CHRISTMAS BREAK	2	LABOUR DAY	6
TUES	6 CHRISTMAS BREAK	3 ROW 5:30 AM	ROW 5:15 AM GYM 3:15 PM	7
WED	7 CHRISTMAS BREAK	4	6	8
THURS	8 CHRISTMAS BREAK	5	ROW 5:30 AM	9
FRID	9 CHRISTMAS BREAK	6 ROW 5:30 AM ROW 1:15 PM (1st sport)	ROW 5:30 AM ROW 1:15 PM (1st sport)	10
SAT	10 CHRISTMAS BREAK	7 REGATTA 1	REGATTA 4	11
SUN	11 CHRISTMAS BREAK	8		12
MON	12 CHRISTMAS BREAK	9		13
TUES	13 CHRISTMAS BREAK	10 ROW 5:30 AM	ROW 5:30 AM	14
WED	14 CHRISTMAS BREAK	11	71	15
THURS	15 CHRISTMAS BREAK	12 ROW 5:30 AM	ROW 5:30 AM	16
FRID	16 CHRISTMAS BREAK	13 ROW 5:30 AM ROW 1:15 PM (1st sport)	ROW 5:30 AM ROW 1:15 PM (1st sport)	17
SAT	17	14 REGATTA 2	REGATTA 5	18
SUN	18	15		19
MON	19 ANA TRAINING BLOCK	16		TERM 2 STARTS
TUES	20 ANA TRAINING BLOCK	17 ROW 5:30 AM	ROW 5:30 AM	21
WED	21 ANA TRAINING BLOCK	18	81	22
THURS	22 ANA TRAINING BLOCK	19 ROW 5:30 AM	ROW 5:30 AM	23
FRID	23 ANA TRAINING BLOCK BOATS TO CGS	20 ROW 5:30 AM ROW 1:15 PM (1st sport)	ROW 5:30 AM ROW 1:15 PM (1st sport)	24
SAT	24	21 REGATTA 3	HEAD OF THE RIVER	25
SUN	25	22		26
MON	26 AUSTRALIA DAY HOLIDAY	23		TERM 2 STARTS
TUES	27 TERM 1 STARTS	24 ROW 5:30 AM		28
WED	28 (1)	25	81	29
THURS	29 ROW 5:30 AM	26 ROW 5:30 AM		30
FRID	30 ROW 5:30 AM ROW 1:15 PM (1st sport)	27 Mid Term Break 15		
SAT	31	28		
SUN		29		
MON		30		
DAY	JAN	FEB	MARCH	APRIL

Year 8 - 2025

DAY	JULY	AUG	SEPT	OCT	NOV	DEC
MON		1			1	ROW 5:15 AM GYM 3:15 PM
TUES		2			2	ROW 5:15 AM GYM 3:15 PM
WED		3	71		3	81
THURS		4			4	TERM 4 ENDS
FRID		5			5	CHRISTMAS BREAK
SAT	1	6			6	CHRISTMAS BREAK
SUN	2	7			7	CHRISTMAS BREAK
MON	3	8			8	CHRISTMAS BREAK
TUES	4	9			9	CHRISTMAS BREAK
WED	5	10			10	CHRISTMAS BREAK
THURS	6	11			11	CHRISTMAS BREAK
FRID	7	12			12	CHRISTMAS BREAK
SAT	8	13			13	CHRISTMAS BREAK
SUN	9	14			14	CHRISTMAS BREAK
MON	10	15			15	CHRISTMAS BREAK
TUES	11	16	ROW 5:30 AM	TERM 4 STARTS	16	CHRISTMAS BREAK
WED	12	17	91	11	17	CHRISTMAS BREAK
THURS	13	18			18	CHRISTMAS BREAK
FRID	14	19			19	CHRISTMAS BREAK
SAT	15	20			20	CHRISTMAS BREAK
SUN	16	21			21	CHRISTMAS BREAK
MON	17	22			22	CHRISTMAS BREAK
TUES	18	23	ROW 5:30 AM		23	CHRISTMAS BREAK
WED	19	24	101	12	24	CHRISTMAS BREAK
THURS	20	25			25	CHRISTMAS DAY
FRID	21	26	Mid-Term Break	13	26	BOXING DAY
SAT	22	27			27	CHRISTMAS BREAK
SUN	23	28			28	CHRISTMAS BREAK
MON	24	29			29	CHRISTMAS BREAK
TUES	25	30			30	CHRISTMAS BREAK
WED	26	31			31	CHRISTMAS BREAK
THURS	27					
FRID	28					
SAT	29					
SUN	30					
MON	31					
DAY	JULY	AUG	SEPT	OCT	NOV	DEC

*OQD Date not yet confirmed and will be communicated towards the end of the year

Year 8 Rowing

Year 8 rowing athletes are Year 7 in term 4, and Year 8 term 1

Year 8 rowing provides students the opportunity to try out rowing in one of the most successful rowing schools in WA.

It is about learning the basic skills, working together and developing and interest and enjoyment in the sport. Students build the foundation for a competitive future in Christ Church rowing.

Coaches are nearly all old boys from various successful crews or podiums during their years in rowing, and come back to coach to continue the passion for the sport.

Year 8 rowers gain access to the rowing breakfasts, which build the culture amongst year groups and help to support the nutrition of rowers as they seek to develop themselves.

Students have the opportunity to race in Term 1 against the other schools as an exhibition event, which also provides rowers an opportunity to see how the older year groups row, operate and ultimately race.

Training Schedule

*Subject to change based on events and circumstances.

Year 8's	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Row 5:45		Row 5:45			Regatta*
PM					Row 1:15 (1 st Sporters)	*if organised to attend



Year 8 Rowing

Year 8 - 2026

DAY	JAN	FEB	MARCH	APRIL
MON				
TUES				
WED				
THURS	1			
FRID	2			
SAT	3			
SUN	4			
MON	5	1		
TUES	6	2	LABOUR DAY	
WED	7	3		
THURS	8	4	ROW 5:45 AM	
FRID	9	5		
SAT	10	6	ROW 1:00 PM (1ST SPORTERS)	
SUN	11	7	REGATTA 4	
MON	12	8		
TUES	13	9	ROW 5:45 AM	
WED	14	10		
THURS	15	11	ROW 5:45 AM	
FRID	16	12		
SAT	17	13	ROW 1:00 PM (1ST SPORTERS)	
SUN	18	14	REGATTA 5	
MON	19	15		
TUES	20	16	ROW 5:45 AM	TERM 2 STARTS
WED	21	17		
THURS	22	18	ROW 5:45 AM	
FRID	23	19		
SAT	24	20	ROW 1:00 PM (1ST SPORTERS)	
SUN	25	21	HEAD OF THE RIVER	
MON	26	22		
TUES	27	23		TERM 2 STARTS
WED	28	24		
THURS	29	25		
FRID	30	26		
SAT	31	27		
SUN		28		
MON		29		
DAY		30		APRIL

Year 7 - 2025

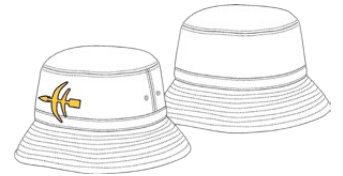
DAY	JULY	AUG	SEPT	OCT	NOV	DEC
MON			1			1
TUES			2			2
WED			3			3
THURS			4			4
FRID			5			5
SAT			6			6
SUN			7			7
MON			8			8
TUES			9			9
WED			10			10
THURS			11			11
FRID			12			12
SAT			13			13
SUN			14			14
MON			15			15
TUES			16			16
WED			17			17
THURS			18			18
FRID			19			19
SAT			20			20
SUN			21			21
MON			22			22
TUES			23			23
WED			24			24
THURS			25			25
FRID			26			26
SAT			27			27
SUN			28			28
MON			29			29
TUES			30			30
WED			31			31
THURS						
FRID						
SAT						
SUN						
MON						
DAY						

Uniform - Racing



The racing uniform is the starting point for demonstrating to the other schools our professionalism. It is imperative that each Christ Church Grammar School athlete wear the correct uniform, and compete looking like a team. The standard racing uniform is made up of:

- Christ Church rowing zootsuit
- White Terry Towelling Hat
- Socks; although not visible are necessary for hygiene and comfort
- Optional: White racing undershirt (however full crew must be identical)
- Optional: Sunglasses



This uniform is raced by **Seniors, Year 10, and Year 9 (Term 1)** rowers

Note: Up until and including 2027, there is a transition period into the new uniform, so the old uniform may be raced. However, we are strongly encouraging that athletes in the same crew race in the same uniform.

Year 7 students entering Year 8, and Year 9 rowers in Term 4 (Year 8 Term 4), do not race in the standard racing uniform due to the rapid growing rate of the athletes at this age. These athletes will race in their Physical Education and Sport uniform, however may find the towelling hat useful.



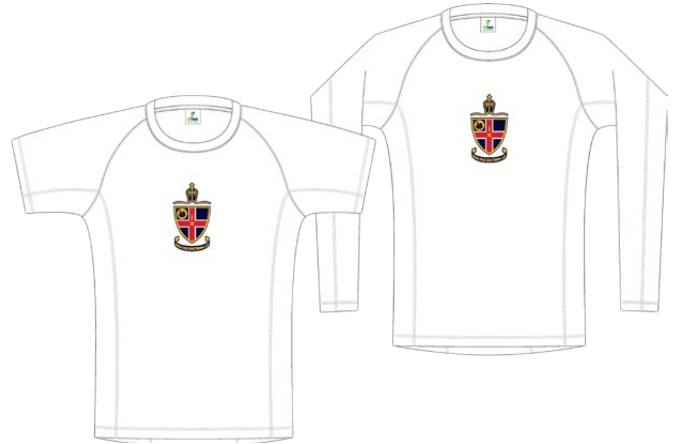
Uniform - Training

Given it can be difficult to quickly turn around racing uniforms, particularly when racing occurs, athletes are not obliged to train in the racing zootsuit all the time. Athletes may train in other blue/gold CCGS gear. It is recommended to wear tighter fitting clothing to avoid getting caught in equipment.

Students at training with gear that is not Christ Church Grammar School uniform will be asked to remove the item. Common items students are asked to remove include hats and jumpers.

Other **mandatory** items to bring to training are:

- **Socks:** for hygiene (does not have to be Christ Church)
- **Water bottle; at least 1L:** for hydration. Encase bottles in a sock to avoid wear on boats
- **Runners:** in case a land session is required
- **Hat:** white allowed. Christ Church preferred
- **A good attitude:** always



Other optional items are:

- Sunglasses
- Christ Church long white sleeve; for sun protection

1st VIII Zoot Suits

The 1st VIII race in a 1st team uniform; to match all 1st teams at Christ Church Grammar School.

- This uniform will not be raced with in the Term 4 regattas.
- This uniform will be handed out to the athletes that are in contention for the 1st VIII at the start of Term 1.
- Those that race in the 1st VIII at least once will be eligible to purchase this uniform.
- The purchase of this uniform will be charged to the student's account after the crew has been through any final selections. It is expected that the athletes who row in the 1st VIII will purchase this uniform.



Rowing Breakfast in Sandover

Breakfast

In Terms 3, 4 and 1, breakfast is offered to all students participating in rowing. This ensures students have a good start to their day and encourages team spirit. It is assumed that boys will have breakfast on their training days. Boarders will not be billed. Breakfast each term can be purchased through MSA, and the instructions on how to do this can be found on the page to the right. Prices are determined through the School at the start of each term.

Sandover Rules

In Sandover, it is important that we show respect to other users of the facility and the staff that cook the food each morning.

Athletes can only enter:

- In a calm and orderly manner
- With shoes on, and hats off (where applicable)
- In proper school uniform (where applicable)
- Once they have paid for the term

A new system we are trying this season is 'buffet - style'. However, Athletes are expected to only take a smaller share of food as their first serve so that the boys behind them in line get to eat initially as well. Athletes may then fill up as a second serve after everyone has eaten initially.

Athletes will be removed if they are behaving in a way that does not reflect the values of Christ Church Grammar School, and may have their breakfast privileges revoked if poor behaviour is continued.

Athletes are encouraged to socialise amongst themselves when eating, and are not to be on their phones

Logistics of Breakfast

Year 8 and 9 rowers, depart the shed at 7.25am, go to the change rooms under the gym to shower and get changed into their school uniform. Then line up in front of Sandover Dining Hall. They may stay until 8.25am to get to tutorial for an 8.30am start

Senior and Year 10 rowers depart the rowing shed at 7.40am, and head straight to the dining hall, ahead of the Year 8 and 9 rowers, to eat first. These athletes must be out of the dining hall at 8.15am at the latest to shower and get changed for tutorial at 8.30am. **Rowing is not an excuse to be late to tutorial.** If there is a valid reason, the Teacher in Charge will notify Tutors.

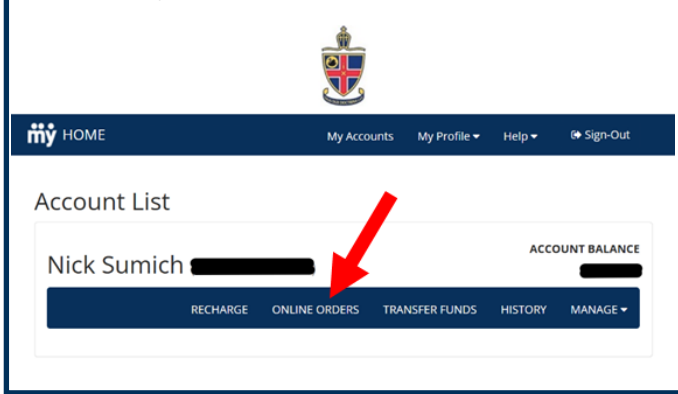
Refund Policy

There are no refunds for breakfast, unless two days notice is given. This includes if students are removed from breakfast. This is due to the nature of the ordering process.

Rowing Breakfast in Sandover

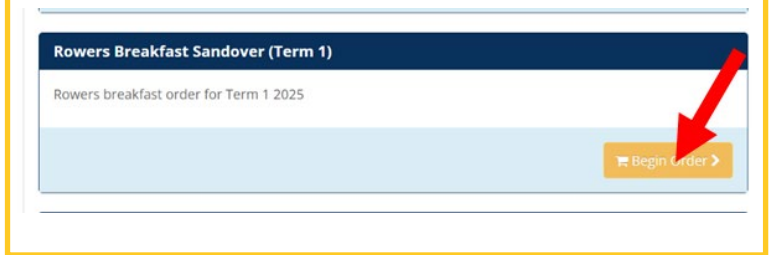
How to order rowing breakfast

Step 1:
Visit msa.ccgswa.edu.au, select 'ONLINE ORDERS'



Step 2:

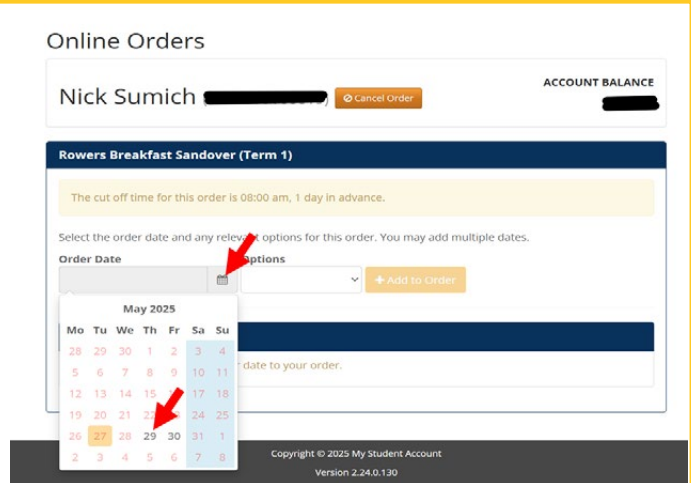
Scroll down until you find the rowers breakfast option:
"Rowers Breakfast Sandover (Term X)"



Step 3:

- Select the Calendar date icon, and select **any** date**
- Select "Online Only" in the options drop down menu
- Then "+ Add to Order"
- "Next"

**It is designed to only show two days in advance. It does not matter which date you select, as you still pay for the term either way.



Step 4:

Finally, select the respective year group your son is in, and select the appropriate option.

E.g. if you would like a large option or if you are participating in OQD this term.

Year 08	⌵
Year 09	⌵
Year 10	⌵
Year 11/12	⌵

Regatta Days

Regattas are the very purpose of our season: to compete, race and establish the current standings amongst the PSA schools. The goal is to improve each regatta, with the Head of the River being the pinnacle of the season.

For the regatta days, it is important to be professional so everything runs on time and crews are able to race to the best of their ability.

The TIC will send out the crews and times of the races the week of the regatta; so that students know when they are racing, and parents can plan to watch if they wish.

Arriving at the Race Course

The bus will leave Queenslea Drive at 6.00am*. **Students must arrive at least five minutes early** so that the TIC can tick off the roll.

*This time may vary, if so the TIC will communicate this

If students require an EpiPen; it must be shown to TIC before entering the bus, and students must have a yellow tag on their bag

If an athlete plans on getting a lift to the race course that morning:

1. Ask the TIC what time to be at the race course, as different locations require different times
2. The parent must email the TIC the day before

If an athlete does not turn up; TIC will make phone calls to parents, and they will need to make their own way to the racing location. A crew cannot race without everyone there.

Year 8 students who are racing and getting a lift with a parent, may arrive 90 minutes before their race.



Regatta Days

What to Bring

Athletes must bring:

- Racing gear: See racing uniform on page 22 - 23
- School Tracksuit if weather demands it
- Shoes
- Sunscreen will be provided, but never hurts to have extra
- A racing attitude

While you are at regattas, thank the parents that are assisting with the day.

Returning to School

All senior and Year 10 athletes must return to school to re-rig and return the boats to the shed

If students are unable to do so; they **must email TIC before the regatta day with a valid reason**. Students will not be permitted to leave if prior notice and a valid reason has not been provided to the TIC. If students leave without notice; sport detentions will follow.

Pickup time will depend on the timing of the day, location of the regatta, and the speed of packing boats away. The TIC will inform the parents and athletes of the pick up time that week. The time can range from 1.00pm to 3.00pm.

For Year 8 and 9 rowers, re-rigging is optional, but encouraged to help speed up and learn the process.

If students are getting picked up from a regatta; the parent must let the TIC know. This includes getting a lift with a friend.

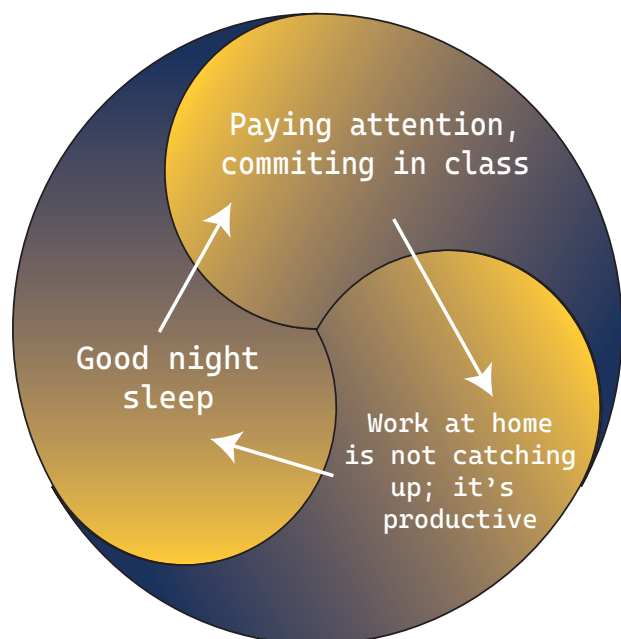
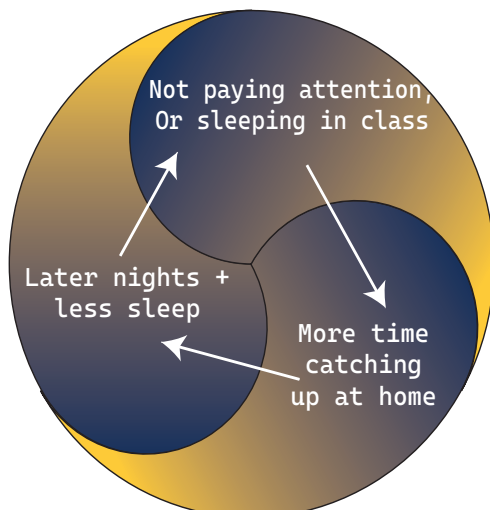


Managing the rowing/study balance

This booklet has been designed to make the rowing season as stress-free as possible. With careful time management it should be possible for all rowers to maintain or improve their academic results whilst participating in a full rowing program.

Efficient use of your time is the key to success. These points may help:

- Shower immediately on arriving home after training
- Hydrate. When you are studying, have a water bottle with you
- Have a snack such as a sandwich, muesli bar or protein drink, but not too much
- Hit the books. Always attempt your more difficult subjects first
- Do not eat your main meal until you have completed most of your study or assignments. Nibble on nuts or dried and fresh fruit to keep the hunger pangs at bay. Schedule your main meal for 7.00pm to 7.30pm
- Read after dinner and try to be in bed by 9.00pm
- Be smart. Use school study periods wisely. They are not social events
- Wednesday, Friday and Sunday are training-free, so study hard those days
- Optimise study time. At lunchtime, snatch 30 minutes in the library. Waiting for a lift home? Ten minutes reading is time well spent while you wait
- Support each other. It is in the whole crew's interest that everyone is coping academically. Offer to help if you can
- Finally, listen to your parents. I know this might go against the adolescent grain, but you will not cope as well without their support. Your parents care for you and are very aware of the challenges you may be facing. Listen to them and if any issues need the personal attention of the TIC, please alert him as soon as possible



Getting the most out of class

Be on time

Arriving late means you risk missing key instructions or the valuable insights often shared by your teacher at the start of a lesson. These first few minutes can set the tone and foundation for everything that follows. If you're late, you'll not only start behind but may also disrupt others - and that's not fair to your classmates.

Attend every class

Feeling a bit tired or flat might tempt you to skip a lesson, but if you're not genuinely unwell, you're only hurting yourself. You never know when a class will cover a crucial topic. Missing out adds to your workload later and increases your stress. Consistency matters.

Choose your seat wisely

Where you sit can make a big difference. Avoid sitting near students who are disengaged or distracting. Sitting towards the front gives you a clearer view, helps you hear better, and makes it easier to focus and participate. It also minimises distractions and makes zoning out much harder.

Sit like you mean it

Your posture affects your mindset. Sit upright and stay alert - slouching can make you drowsy or lead to disengagement. Show up physically and mentally.

Come prepared

Bring all necessary materials, including textbooks, equipment, and any homework or assigned reading. Previewing material before class can help you better understand new concepts and will likely impress your teacher too.

Stay mentally engaged

Active learning is powerful. Ask questions, contribute to discussions, and adopt a curious mindset. Listening with intent and participating helps cement your understanding. Remember, a teacher might explain something in 20 minutes that could take you an hour to figure out on your own.

Follow up

Learning doesn't end when the bell rings. Review what was covered, clarify anything you're unsure about, and make connections to previous content. Ask yourself:

- What were the key ideas?
- How does this fit into what we've been learning?
- What don't I fully understand yet?

Leave with something tangible

Never rely solely on memory. Always take your own notes - they're more effective than relying on handouts or someone else's version. Recording your learning helps you retain it.

In short: show up, be present, and take responsibility for your learning. Every class is an opportunity - make the most of it.

Medical notes

Basic hygiene

Common skin infections: boils, tinea, thrush, blisters, grazes and cuts. Cleanliness is essential. Use a germicidal soap and clean clothing. When rowing, change clothes every day. Rowers need to wear clean clothes and adopt clean body habits.

Colds, flu and glandular fever

A competitor must not row if he is running a temperature. This is most important. Any athlete with an infectious disease should be isolated from others in the group.

Heat stress and dehydration

The effect of heat on a rower during competition can be lethal. The rower must be prevented from over-heating and becoming dehydrated. This depends firstly on fitness, and secondly on adequate fluid intake. The first indicator of even mild dehydration is thirst, followed by a rise in body temperature, nausea and even coma.

Adequate hydration with water or dilute electrolyte solutions are suitable.

Stress and over-training

This is unlikely to occur in lower levels of rowing unless the workloads are not gradually increased or the initial fitness is particularly low, however this can be confused with lack of rest time.

Prevention of injury

This depends on a graduated work loading.

Signs and symptoms of over-training

This is shown by a progressive deterioration in performance, lowered morale, fatigue and increased apathy towards training. However, it is much more complex than this. An increased resting pulse rate is an excellent sign of over-training or other illness. Report all injuries as continued training may make injury worse.

The dangers of continued training

A sports medicine practitioner should assess any persistent pain. Training with stress fractures, ruptures of tendons, strained ligaments or chronic muscle strains can lead to permanent injury.

Running

All rowers should run in appropriate running shoes. Often a sports podiatrist's opinion is required to prevent foot, heel and shin injury. Any forms of cross training may have associated risks. Always be aware of the risks that can occur.

Sleep

Sleep is the body's way of recovering and rowers should aim for a minimum of eight hours.

COVID-19

The 2020 season saw the unfortunate cancellation of the Nationals Rowing Tour and the Head of the River Rowing Regatta. However, COVID-19 is still present in the community. It is imperative that we maintain our healthy practices to reduce the impact of it affecting us.

Prevention of boils

Boils are caused by bacteria, most often staphylococcus aureus (golden staph) and occasionally streptococcus species (strep). Both these bacteria are commonly found on normal skin and are kept in control by normal skin defence mechanisms and other microbes (good bacteria).

Because of the nature and habits of humans, these and other bacteria accumulate under the fingernails and thrive in the nose where they are not normal residents.

When the skin is dry and intact, it acts best as a defensive barrier. Penetration of the skin by abrasion, puncture or a scratch allows these and other bacteria (e.g. wart virus and tinea /ringworm) access to moist, nutritious tissue and body fluids.

Normal behaviour of scratching at an insect bite or minor abrasion may worsen the healing of this injury by both introducing more bacteria and further disrupting the mechanical defence system. Normal healing of any sore should only take a week. If you don't notice any healing over this time, possible causes include repeated damage to the area or infection.

Protection of an injury can be achieved by a bandage, Band-Aid or clothing, e.g. socks. Spread of infection from person to person can be minimised by treating boils and sores promptly and covering with a Band-Aid or dressing.

Rowing and Staphylococcal infections

Staph is a problem for rowers. It occurs mainly on the back of the calf, back of the knees and top of the thighs. The reason it develops is that the boys are rubbing their skin across equipment (slides, foot stretches and oar handles) on a daily basis, each time leaving skin behind and this can lead to a build up of bacteria. The staph will usually take the form of oversized pimples and will quite often appear in small clusters. These clusters will normally not manifest into anything worse if treated correctly, however, with lack of attention and poor hygiene they can develop into something quite dangerous such as boils and hospitalisation.

Please take note of the following:

- Students should wash with anti-bacterial soap all the time
- Students should wear long football socks every time they row
- If they do not like to wear socks then cut the top off a sock and cover the affected area
- If the area of infection starts to spread or the pimples start to take a more boil like appearance, you should see a doctor as quickly as possible
- Good hygiene is the key to good health

Tinea

Thorough drying after bathing/showering as well as using a clean, dry towel and wearing dry clothes can best prevent tinea (any part of the body, or 'athlete's foot' or 'jock itch'). Skin treatment creams (Canesten) or lotions (Tinaderm) can be bought without prescription. You should see the clinical nurse manager if you have any questions about your health.

The boat shed is advised of these hygiene matters and is taking steps to reduce any reservoir of these germs within the shed or on equipment.



How to tape hands



Step 1.

Always cover blisters with gauze or fold some tape onto itself, so tape does not stick to blisters.



Step 2.

Wrap tape around the hand one and a half times.



Step 3.

Cut strips of tape and place them between the fingers. Ensure they reach the tape on both sides of the hand. These will prevent tape rolling off that side of the hand.



Step 4.

Wrap tape around the hand again ensuring the tape covers the tape ends between the fingers. Move tape down over the palm, around the back of the thumb, back up to the little finger and onto the palm. This stops the tape rolling up the other direction

On Queenslea Drive (OQD)

Rowing and OQD have had a long relationship working together, respecting the demands each other. The understanding between Rowing and OQD, is that the sessions attended are required but entirely up to the individual; as long as their commitment is communicated to TIC of rowing and Head of OQD.

This program affects the Year 10 squad (Year 9 in term 4), and Year 9 squad (Year 9 in Term 1)

Morning training sessions:

These sessions are required, except for the days chosen by the Head of OQD and TIC of rowing with events on that morning/the day before. Sessions to be attended need to be communicated to both TIC of rowing and Head of OQD.

Afternoon training sessions

The afternoon rowing sessions are not compulsory, with students usually attending OQD events where required

Saturday regattas

Athletes are encouraged to attend regattas as they will always be an integral part of their crew, and should take every opportunity to race. Athletes are required at all regattas unless other arrangements are made between Head of OQD and TIC of Rowing. **Regattas align with the Significant Male/Female weekends**, which presents a great opportunity for that parent or guardian to spectate, support and transport their son to and from the event before rejoining the OQD team. This can be coordinated in the lead-up to the weekend by the Head and Assistant Head of the program; excluding them from the loading and pack away process in order return to the OQD program.



What is a good supporter/parent role?

How you can support your son

Christ Church rowing values the tremendous support given by parents. For those parents who are unfamiliar with the sport, refer to the tips below on how you can support your son at regattas.

Do

- Make sure your son is always on time to regattas
- Trust the coach
- Make sure your son is always in correct uniform
- Cheer as loudly as you can for all Christ Church crews
- Offer to assist the Don Fraser Club in any way you can with events and fundraising
- Talk positively to your son about achieving his potential. A positive approach is essential in rowing and makes a difference
- Talk positively to other parents at regattas and functions to create a positive Christ Church spirit
- Provide support to hard-working coaches who give up a tremendous amount of their time to help the students. If things are not going as well as hoped, a little support goes a long way
- Encourage your son to show good sportsmanship in every situation, but especially after winning
- Get to know your son's coach. Parents are welcome to attend training and go out in the dinghy for a training session
- Watch out for the post-regatta emails updating you on all the happenings at each regatta.



Diet

In order for athletes to be successful rowers they must give serious consideration to diet and supplementation. Students will need to develop good dietary habits, as ultimately they are responsible for what they eat.

Carbohydrates

Carbohydrates are one of several nutrients we need in our diet. Their role is essentially as a source of energy. Carbohydrates include sugar and starches. These are divided into complex carbohydrates (which include the starches) and simple carbohydrates (the sugars).

Main food sources of carbohydrates

Eat most (unrefined - complex)

- Breads, rice, sugar-free cereals, pasta, crackers
- Vegetables (potatoes, corn, carrots, peas, beans)
- Milk and yoghurt

Eat least (refined - simple)

- Sugar, jam, confectionery (chocolate bars, cakes, sweet biscuits, soft drinks, cordials), other foods with a lot of added sugar. Ingredients are labelled on packets from most to least, so if sugar is near the first ingredient you know the content is high.

Question: How do the carbohydrates I eat provide energy for rowing?

Answer: Carbohydrates pass through the digestive system and are broken down. Production of glucose is the most important result of the digestive process and in this form is absorbed into the bloodstream. The glucose in your blood can be used immediately for energy or if it is not required it is stored as glycogen or fat.

Example: You eat a meal made up of largely unrefined carbohydrates, i.e. pasta, fruit and vegetables. In your digestive system the carbohydrates are converted to glucose, which is absorbed into your bloodstream. Two hours after this meal you go for a light warm up prior to rowing.

The glucose in your blood provides the fuel for this. Afterwards you begin a hard training session on the water. The remaining glucose from your meal is used up and your body now draws on its next preferred energy source - the glycogen stored in your liver and muscles. At the end of the session your coach gives you some heavy sprint work at 90% effort. After this your glycogen stores are now reduced and your body becomes more dependent on fat for energy.



Diet

Note: The liver glycogen is used mainly to maintain the blood glucose levels needed to supply the vital organs, including the nervous system. Each of us has a capacity to store glycogen. Once the storage sites have been filled any extra carbohydrate that is eaten will be converted by the body to fat and stored in fat cells.

There is a proven relationship between the beginning of fatigue and the level of muscle glycogen. The higher your level of muscle glycogen when you begin to exercise the longer it will be before fatigue sets in. Glycogen comes almost exclusively from carbohydrates. Carbohydrate is therefore important in every rower's diet.

The message is simple:

Regulate your blood sugar levels prior to racing (the night before and that morning) with unrefined carbohydrates, rice, pasta and bananas. Eat your refined carbohydrates, chocolate bars and soft drinks only immediately prior to racing or during training.

Diet training

Energy and endurance are prime factors in peak performance. Ideally a rower should consume a diet high in complex carbohydrates and low in fat, with adequate protein and fibre as well as enough fluids.

Unrefined carbohydrates

Bread, rice, pasta, crackers, bananas, fruit and dried fruit (sun dried, not sulphur-dried).

Protein

Protein is essential in the training diet to provide all the amino acids. Consume lean red meat, fish (tuna, mackerel, salmon), chicken, turkey, low fat dairy products, beans, nuts, lentils and legumes. No pork as pork takes 52 hours to digest.

Fat

Fat requires more oxygen than carbohydrates and therefore as a fuel is far less efficient than carbohydrates. Avoid food high in fat such as fried foods, cream cakes, chocolates and pastries.

Stay well hydrated

Dehydration affects performance and what you get out of each training session. For each litre of sweat you lose without replacing, your performance drops roughly 5 per cent. Fluid requirements vary between rowers according to sweat rates. Sweat rates during exercise on average are 0.5 to 1 litre per hour in moderate conditions. This can increase to up to two litres per hour in hot and/or humid conditions.

You should know the symptoms of even mild dehydration, monitor yourself for these and aim to prevent them from occurring. Signs of dehydration include concentrated urine, thirst, blurred vision, dizzy or light-headedness, fainting, headache, feeling hot and clammy, bloating, cramps, nausea, vomiting and/or fatigue.



Christ Church old boy and World Champion Todd Skipworth (Stroke)

Diet

Drinking strategy

- Drink from a water bottle during the day so you can monitor fluid intake
- Have a large glass of water as soon as you get up
- Get into the habit of drinking water with meals
- Replenish fluids during training by aiming to drink 150ml every 15 to 20 minutes. This can be water or a sports drink.
- Weigh yourself before and after training sessions. This will tell you how much sweat you have lost. A one kilogram deficit = a one litre fluid loss. Aim to keep fluid loss to less than one kilogram

Exercise

Less than one hour — **water**.

Greater than one hour — **sports drink**. Be aware of ingredients as some sports drinks are not good for you.

Post-exercise

Drink at least 100 to 150 per cent of fluid lost within 6 hours following exercise (i.e. 1 kilogram = 1000ml fluid). Fluids should be cooler than ambient (15 to 22°C), preferably flavoured to enhance palatability and promote fluid intake.

Carbohydrate requirements Competition

Consume at least 600 grams of carbohydrates the day prior to competition. A high carbohydrate, low fat meal is recommended within three to six hours before the competition (75 to 100g).

Continuous exercise (greater than 90 minutes)

Consume 240ml of carbohydrate electrolyte solution five per cent concentration every 30 minutes to help maintain sporting performance.

Successive days of competition

Consume 100g carbohydrates every two to four hours thereafter.



Risks

Rowing in cold weather:

In the PSA Season, there is very minimal rowing in the cold weather with most of the colder weather at the start of the season during Term 3. During this time, the focus of this period is on technique, with little to no rowing as a whole crew. With little rowing during this period, there is a risk of the cold, so athletes are allowed to wear thermals, and jackets to stay warm; as it is possible to remove these items through the session. (long pants are not recommended as they can get caught in equipment)

It is always a good habit to bring a spare jacket in your bag for something warm and dry to come back to after the session

These recommendations carry through for the Rowing Camps where it can be cold south of Perth even in summer

Rowing in hot weather

There is plenty of rowing in the hot part of the year throughout the season, so safety is a priority to stay healthy, and therefore get the most out of the season.

For water sessions, when it is hot, and sunny, athletes are to:

Mandatory:

- Wear a hat
- Apply Sunscreen (Sunscreen provided)
- Bring water (extra on the hot days)

Recommended:

- Light long-sleeve shirt (There is a school one in the uniform shop for purchase)
- Sun glasses

For land sessions; athletes are to bring water, and to ensure hydration well before the session begins (this should be good practise anyway). The Head Coach will adapt session according to the heat.

The Head Coach, TIC and Director of sport will monitor the weather, and make arrangements for any days that are to be hot. The Head Coach will adjust the session accordingly to not overwork athletes in the heat.

Capsizing

This risk nearly solely applies to the younger year groups as they have a smaller boat and less experience. The main risk here is athletes are unable to swim, or if the water is very cold. However, early in the season when it is cold: the athletes are doing slow technique work with crew mates balancing the boat ensuring a stable boat with nearly zero risk of capsizing.

Should the boat capsize, the primary priority here is that the boys get out of the boat, and are OK. The coaches are aware of this. To get out of the boat should it capsize; the shoes are designed to be able to be loosened and remove feet as easy as possible to get boys out of the boat. After getting out of the boat; athletes should stay calm, and listen to the coach and if possible, stay with the boat.

Risks

Sinking

This risk usually applies to the older athletes in the 'eight' sized boat. This is due to rowing to getting over Blackwall Reach where the cross breeze can cause waves that pour into the boat. The smaller boats do not cross over to Blackwall Reach. The risk here is that the breeze can push the boat into dangerous scenarios if not dealt with properly.

Coxswains should know the course to take, to best avoid where the boat can get pushed (if not, ask), athletes should also stay calm and listen to the coaches should the boat start to sink. Coaches will mitigate this situation before crossing by removing an athlete from the boat to 'raise the boat' and reduce the amount of water that fills the boat in order to keep moving.

Once the crew has arrived at their destination, the boat can be emptied on land to continue the session.

Swimming ability

Athletes that are unable to swim need to flag it with the Head Coach and TIC. This does not mean they are unable to row, but ensures the coaches are aware should this athlete fall in the water.

The athlete does not need to swim far, or fast. The coaches dinghy will always be nearby and the shore is always nearby.

The TIC will check Consent2Go early in the season to flag any athletes that are unable to swim.

Health

Any student that has anaphylaxis should flag with the TIC, as they will need to bring their EpiPen to each session to give to their coach should something happen. TIC will know which students this applies to.

Wind

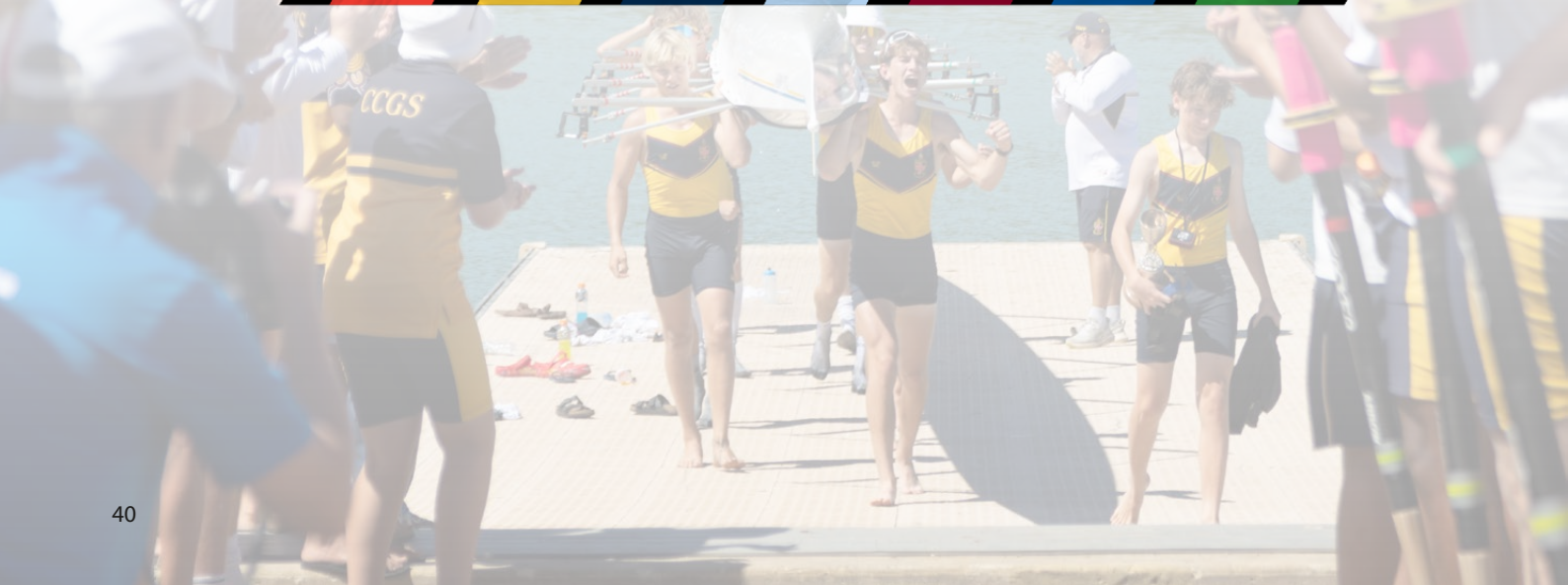
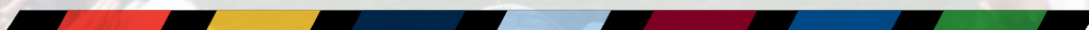
The wind can be strong where our shed is based in Freshwater Bay, however the direction provides the athletes plenty of options if the wind is strong.

The coaches should know how to navigate the breeze, with guidance from Head Coach and TIC to make the most of the session. Coxswains will learn as they get better on how to best navigate and work with the strong winds.

Should the wind be too strong, there is always the option to train on land on the ergos or run, so athletes must always bring shoes to every session

Previous Head of River Winners

Year	School	Year	School	Year	School
1905	Guildford	1947	Hale	1988	Guildford
1906	Scotch	1948	Guildford	1989	Aquinas
1907	Scotch	1949	Aquinas	1990	Scotch
1908	Scotch	1950	Aquinas	1991	Hale
1909	CBC	1951	Hale	1992	Christ Church
1910	CBC	1952	Hale	1993	Guildford
1911	CBC	1953	Hale	1994	Aquinas
1912	CBC	1954	Hale	1995	Aquinas
1913	Scotch	1955	Hale	1996	Trinity
1914	THS	1956	Hale	1997	Aquinas
1915	CBC	1957	Scotch	1998	Aquinas
1916	CBC	1958	Christ Church	1999	Trinity
1917	CBC	1959	Christ Church	2000	Hale
1918	THS	1960	Scotch	2001	Wesley
1919	THS	1961	Christ Church	2002	Christ Church
1920	Scotch	1962	Guildford	2003	Christ Church
1921	CBC	1963	Christ Church	2004	Trinity
1922	THS	1964	Christ Church	2005	Christ Church
1923	CBC	1965	Aquinas	2006	Christ Church
1924	Guildford	1966	Aquinas	2007	Trinity
1925	THS	1967	Scotch & Christ Church	2008	Christ Church
1926	CBC	1968	Scotch	2009	Trinity
1927	CBC	1969	Aquinas	2010	Trinity
1928	CBC	1970	Aquinas	2011	Christ Church
1929	CBC	1971	Hale	2012	Christ Church
1930	CBC	1972	Aquinas	2013	Trinity
1931	CBC	1973	Aquinas	2014	Christ Church
1932	Scotch	1974	Aquinas	2015	Scotch
1933	Hale	1975	Aquinas	2016	Trinity
1934	Scotch	1976	Aquinas	2017	Guildford
1935	Scotch	1977	Aquinas	2018	Hale
1936	Scotch	1978	Scotch	2019	Christ Church
1937	Scotch	1979	Christ Church	2020	-
1938	Scotch	1980	Aquinas	2021	Scotch
1939	Hale	1981	Christ Church	2022	Christ Church
1940	Scotch	1982	Aquinas	2023	Trinity
1941	Scotch	1983	Hale	2024	Hale
1942	Aquinas (unofficial)	1984	Scotch	2025	Christ Church
1943	Aquinas	1985	Scotch		
1944	Hale	1986	Christ Church		
1945	Hale	1987	Aquinas		
1946	Aquinas				

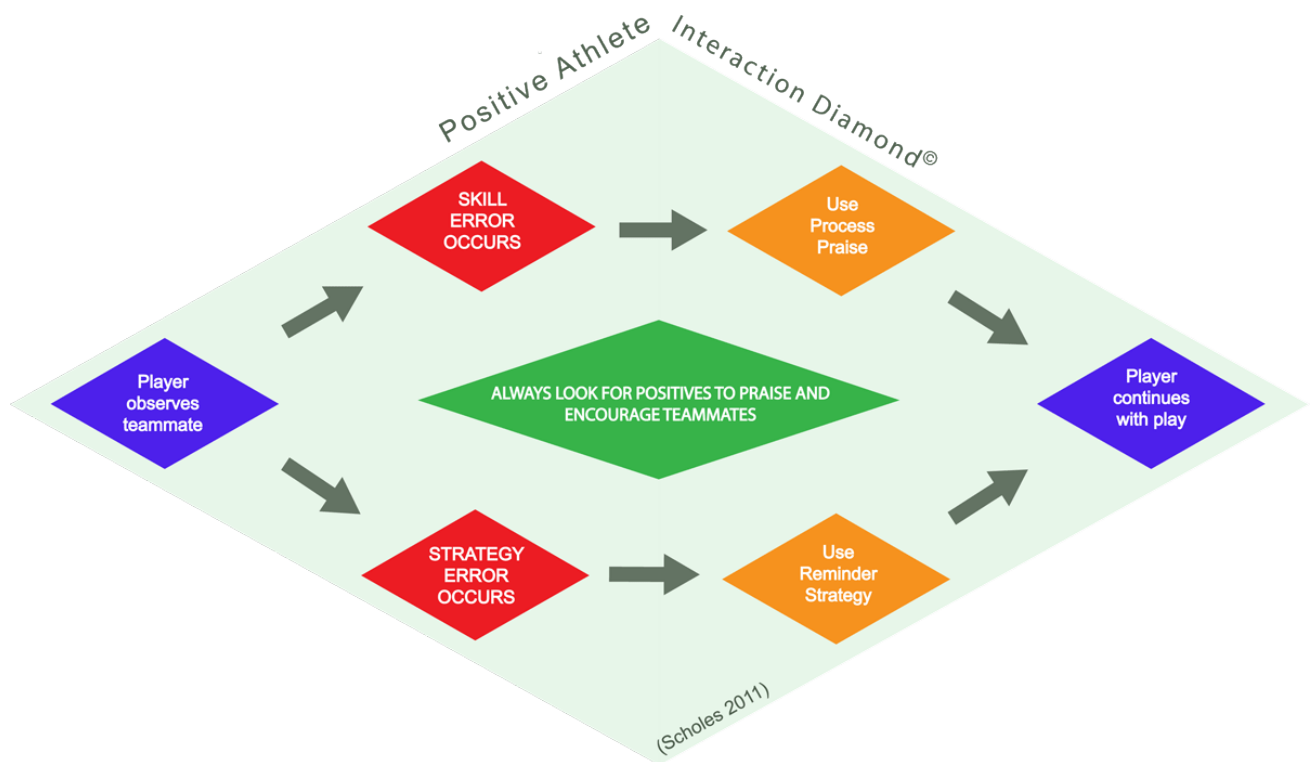


Positive athlete interaction

In team sports, the way the players interact with each other is important. Positive coaching needs to be backed up by positive athlete interaction.

Team mates need to:

- Look for positives to praise and encourage team mates
- Approach skill errors in a constructive manner
- Use reminders for strategy errors
- At no time should a player criticise a team mate



Ergo Trial Progression

Date						
Split	500m	1000m	1500m	2000m	Rate	Weight
Target						
Actual						

Date						
Split	500m	1000m	1500m	2000m	Rate	Weight
Target						
Actual						

Date						
Split	500m	1000m	1500m	2000m	Rate	Weight
Target						
Actual						

Date						
Split	500m	1000m	1500m	2000m	Rate	Weight
Target						
Actual						

Date						
Split	500m	1000m	1500m	2000m	Rate	Weight
Target						
Actual						

Date						
Split	500m	1000m	1500m	2000m	Rate	Weight
Target						
Actual						

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Ergo Trial Progression

Session 15, 10, 8, 6, 4, 2 minutes at rates 18, 20, 22, 24, 26, 28. Half amount of break					Date Example	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
	3750 m	2521 m	2034 m	1538 m	1034 m	522 m
Split	2:00	1:59	1:58	1:57	1:56	1:55
Improvement	+ 10 m	+ 30 m	- 5 m	+0	+15 m	- 5 m

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Ergo Trial Progression

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Ergo Trial Progression

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Ergo Trial Progression

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						

Session					Date	
	Time or Distance 1	Time or Distance 2	Time or Distance 3	Time or Distance 4	Time or Distance 5	Time or Distance 6
Split						
Improvement						



Christ Church
Grammar School
PERTH, WESTERN AUSTRALIA

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