Welcome to Rowing at Launceston Church Grammar School

This Handbook provides an overview of the opportunities offered to all students who are involved in rowing at Launceston Church Grammar School. The aim of the Handbook is to provide a useful point of reference and information for all rowers and their families involved in this unique sport.

Rowing at Launceston Grammar is aimed at providing students with the opportunity to gain a sense of responsibility towards others, self-improvement, time management, enjoyment, fitness and team-work. Our junior rowers generally train after school (some crews prefer an early morning session once a week) and when they reach the Under 16/Open Age group, some of their training is undertaken during early mornings, after school and on weekends. The early morning training schedule is advantageous, as calm water conditions are usual at this time of the day. Many past rowers and their families look upon their Lake Barrington experience as the best time of their school years, life at the Lake is indeed a positive and unique experience in a beautiful environment.

We want you to feel very welcome in the Launceston Church Grammar School Rowing Club and your support and involvement is highly valued. Please feel free to contact our Coordinator of Rowing, a Parent Support Group Committee member or a coach if you would like to be actively involved.

We look forward to an enjoyable and successful 2016 / 2017 rowing season.

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Co Captains: Amelia Dowling and Declan Underwood
Co Vice-Captains: Amelia Chilcott and Noah Clarke
Keeper of Boats: Sophie Dornauf and Alec Fosie

The role of the Management Group is to be responsible for the organisation and safe running of the club and to manage, maintain and replace equipment as required. Rowing is a unique part of the school and requires some additional organisation to maintain the equipment and safety compliance required in such a sport.

The Headmaster appoints members of the Management Group. Current members include:

Chairman: John Faulkner
Coordinator of Rowing: Katie Duncan
Director of Sport: Patrick Coleman
Boat House Manager: Michael Poole
Open Coach: Emma Batten
Director of Coaching: Tim Whyte
Communications Coordinator: Patricia Quinn
Junior Rowing Coordinator: TBA
Launceston Grammar **Rowing History**

Launceston Grammar has a long and proud tradition in the sport of rowing. School rowing began in 1887, thanks to the Tamar Rowing Club, which provided boats and coaching for the boys. The Launceston Grammar boat shed was built on the banks of the Tamar in 1927 after the school was relocated to Mowbray. It overlooked a sandy cove where the boats were launched. School rowing was initially only in four oared boats, which were heavy and primitive. It was not until the mid-1950s that eight oared boats were introduced to Tasmanian school rowing. By 1976, Launceston Grammar had its first female crew - possibly the first in Tasmania. They made their debut at the Devonport Apex Regatta and won the event.

During the 1980s, Tas Rowing introduced a sculling programme and insisted that children under the age of 16 should be introduced to sculling, rather than sweep oared rowing. This programme quickly caught on and single sculls, doubles, and quad sculls became very popular. In 1980, the Northern Outlet Road was constructed, which saw the old Launceston Grammar boat shed re-located to its present site (unfortunately, minus its elegant balcony). At the same time, school rowing, including the Head of the River programme, was extended to all size boats and sculls and with boys and girls competing.

The Launceston Grammar School Boat Club continues to enjoy rowing with the support of the school, students, parents, alumni and volunteers.

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**Boat Club Parent Support Group**

The Parent Support Group aims to sponsor interaction amongst the parents / supporters of rowing students and arranges fundraising activities for the Launceston Grammar Boat Club. The sport of rowing requires a significant commitment in terms of time for families, hence all opportunities to share the load (for example, morning and afternoon car pools, cooking meals at regattas) makes it easier for parents to take on the commitments associated with rowing.

The role of the Parent Support Group is as follows:

- Provide opportunities for parents and supporters to get together;
- Fundraising that supplements the earnings received from levies towards the purchase and upkeep of equipment;
- Arrange volunteers for the various support roles needed to keep the club operational;
- Provide advice to parents on whom they should see to resolve issues; NB: the Parent Support Group has no authority to resolve issues;
- Provide recommendations to the Headmaster regarding names for any new boats; and
- Liaise and communicate with the Management Committee.

Launceston Grammar Boat Club fundraising and events include the Blessing of the Fleet, Head of the River Cocktail Party, Head of the River Luncheon, Henley Barbecue, working bees, cake stalls, sheep manure drives and the annual Rowing Presentation Evening.

The Parent Support Group meets monthly, on a Tuesday night, at 7.30pm in the Marriott Room, adjacent to the Boarding House dining room. All parents are warmly welcomed and encouraged to join the Parent Support Group.

**Parent Support Group Committee:**

- President: Mark Elliott
- Secretary: Harriet Thyne
- Treasurer: Sally Poxie
- Coordinator of Rowing: Katie Duncan
- Shed Support: Ingrid Morrison

*General Members - all parents are welcome to attend meetings.*

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**Parents and Supporters**

There are a number of roles in which parents and supporters can participate, either as a sole or shared responsibility. The Launceston Grammar Boat Club values and encourages the involvement and assistance of all parents and supporters.

- Ensuring your child is at training and regattas on time;
- Assisting with repairs to shed, boats and equipment, as required by the Launceston Grammar Boat House Manager or the Parent Support Group shed support sub-committee;
- Assisting coaches with rounding up crews and equipment at regattas;
- Setting up tents, helping with equipment at regattas; and
- Volunteering to help as a Boat Race Official at regattas;

- Tasks needing to be done at the Lake;
- Eyes / driving boats during training sessions;
- Joining the Parent Support Group;
- Volunteering a particular skill;
- Supporting fundraising and club activities e.g., ticket selling, barbecues etc;
- Adult supervision at Rowing Camp;
- Transporting boat trailers;
- Assisting coaches with rounding up crews and equipment at regattas;
- Setting up tents, helping with equipment at regattas; and
- Volunteering to help as a Boat Race Official at regattas.
Communication

Emails are sent out to all families, with updated information on rowing news, upcoming regattas and fundraising events. The Skoolbag App will also provide up to date information please download this App.

If your child is absent or unable to attend training sessions, school rowing events or regattas, please contact your coach or the Coordinator of Rowing at your earliest convenience.

In the event of inclement weather during scheduled water training times, the session will not be cancelled, but will be, instead, conducted as a dry land training session. Parents will be notified of changes in pickup locations and times on such occasions.

Coaches and Contact Numbers 2016 / 2017

Coaching opportunities exist for all parents and supporters who may wish to become involved in our rowing programme. Many of our valued past and present coaches, who have had no previous experience in the sport, have become involved in coaching through their children’s participation. Volunteering as an assistant coach, receiving mentoring from experienced coaches, attending coaching sessions and assisting as a boat driver are all ways in which to learn more about the sport and how to coach a crew. The Launceston Grammar Boat Club encourages and welcomes any parents or supporters who would like to become involved as a coach / assistant coach, or just come along to a training session to have a look at what happens. Those interested should contact the Coordinator of Rowing or speak to a current coach. All coaches and assistants must hold a current Working with Vulnerable Persons Check.

This is another area that provides opportunities for parents to assist. When out on the water, coaches need to concentrate fully on the crews under their supervision and keep an eye on the weather / river conditions. Accordingly, it is desirable that each coach has a dedicated driver, who can also act as a second set of eyes in supervising the rowing crews. Licensed drivers are very welcome and those wishing to obtain their boat licence through MAST will be supported to do so by the school. Parents should direct their interest to the Coordinator or speak to a current coach.

Boat holding is a shared responsibility between the clubs and schools at both pennant and school regattas. Boat holders take on the role of holding boats at the start line at the 2000m. This is a wonderful opportunity to see the race from the start line and get up close to the action. No skill is required for this role and any parents (or children) interested should direct their interest to the Coordinator.

Coaching at Launceston Grammar Boat Club

Director of Coaching
Mr Tim Whyte 0408 313 942 tjwhyte@vision.net.au

Coordinator of Rowing
Kate Duncan 0402 996 834 kduncan@lcs.tas.edu.au

*Open Girls Coach
Mrs Emma Batten 0400 585 933 Ebatten@lcgs.tas.edu.au

*Open Boys Coach
Michael Poole 0418 134 562 michael.poole@iinet.net.au

*Under 16 Girls Coach
Jamie Gibbs 0400 991 534 jeg1960@hotmail.com

*Under 16 Boys Coach
Mike Morrison 0419 103 678 ibamenger@kintes.net.au
Mark Ellis 0418 128 868 rivers.ellis@outlook.com

*Under 15 Girls Coach
David Thyne 0417 175 176 david@rapidcleanantas.com.au
Fiona Woolcock 0409 566 672 zarno@kszmail.com.au

*Under 15 Boys Coach
Peter Ferrall 0407 931 605 peterferrall@gmail.com

*Under 14 Girls Coach
Tony Gray 0419 728 517 Tony.Grey@ffigfinancial.com.au
Adam White 0438 517 412 adam@georgesdrycleaners.com.au
Andrew Brown 0407 574 396 andrew@launceston.thehour.com.au
Craig Tastaugh 0418 300 750 cxtaugh@me.com

*Under 14 Boys Coach
Dan Wyly 0400 718 683 dwyly@hotmail.com
Patsy Quinn 0409 611 448 patricia_quinn@bigpond.com

*Under 13 Girls Coach TBC
Reg Green 0419 396 770 rgreen@bigpond.net.au

*Under 13 Boys Coach TBC
Reg Green 0419 396 770 rgreen@bigpond.net.au

Assistance with Boat Driving

This is another area that provides opportunities for parents to assist. When out on the water, coaches need to concentrate fully on the crews under their supervision and keep an eye on the weather / river conditions. Accordingly, it is desirable that each coach has a dedicated driver, who can also act as a second set of eyes in supervising the rowing crews. Licensed drivers are very welcome and those wishing to obtain their boat licence through MAST will be supported to do so by the school. Parents should direct their interest to the Coordinator or speak to a current coach.

Assistance with Boat Trailer Driving

Another area that provides opportunities for parents to assist is boat trailer driving. Every regatta and camp we load multiple boat trailers to transport all rowing equipment to and from the venue. There are shed specific procedure in regards to the entry and exit of boat trailers from the Boat Shed compound onto the Highway. If you have experience in towing large trailers or driving large vehicles, please contact the Coordinator to learn more about how you can assist in this area.

Assistance with Boat Holding

Boat holding is a shared responsibility between the clubs and schools at both pennant and school regattas. Boat holders take on the role of holding boats at the start line at the 2000m. This is a wonderful opportunity to see the race from the start line and get up close to the action. No skill is required for this role and any parents (or children) interested should direct their interest to the Coordinator.
Shed Rules and Organisation

Personal items belonging to rowers in all age groups (bags, clothing, books etc.) must be placed in the appropriate change room before any training activity commences. Please name all personal items. It is each rower’s responsibility to care for their personal belongings.

All rowers and coxswains wear shoes or thongs at all times.

A water bottle, hat and sunscreen are compulsory at all times.

Water games should not be undertaken while boats are being washed. There is a very real danger of injury to rowers and / or damage to boats.

Students are to follow all traffic and safety rules on the river. These rules are clearly posted in the boathed and all students and coaches should be aware of them.

Coxswains are responsible for the safe handling and use of the cox boxes.

Crews are responsible for washing down boats after each session.

Boats being returned to the shed should be taken in stern first. Each boat has a designated spot on the racks.

Sculling oars should be racked in a ‘top and tail’ fashion alternating between stroke side and bow side with the blade facing outwards. Each crew is responsible for washing and putting away their own.

Students must report any damage, breakage or missing equipment to their coach or the Coordinator of Rowing immediately.

It is the responsibility of all rowers to keep the shed and surroundings in a neat and litter free state.

Students are to follow all traffic and safety rules on the river. These rules are clearly posted in the shed.

Each rower and coxswain must complete the shed rules before they are allowed on the water.

Important Safety Notice to Parents:

- Please do not drop off or stop to pick up your children on the side of the highway outside the Boat Club fences. This is a very dangerous practice and the Parent Support Group fight very hard to get the railing in place to make it safer for all our children.
- Please use the pull in zone provided.

Safety Procedures

Induction Programme

Each rower and coxswain must complete the following induction programme before they will be allowed on the water:

- Complete the swim test of 100 metres wearing shorts and t-shirt.
- Tread water for five (5) minutes wearing shorts and t-shirt.

All rowers and coxswains must then attend the shed for an explanation regarding:

- Role of the Safety Officer;
- Information on the notice board and use of the noticeboard;
- Location of the list of emergency phone numbers;
- How to use the personal flotation device (PFD) life jackets;
- Location of the first aid equipment;
- Use of the incident / near miss report if an injury is sustained;
- Procedure for reporting any on-water incident / near miss resulting in damage to equipment;
- Swamping drill procedures;
- Diagram showing the traffic pattern for movement of boats on the water, and also showing any hazards, mud banks, safe areas and action to be taken from the wash from large pleasure craft;
- Dress code expected for rowing;
- Boat shed rules.

Rowing Safety Skills

All rowers must be able to swim 100m in full rowing clothes and then tread water for five (5) minutes.

The swim test is carried out at the beginning of each season for new rowers and at the beginning of the school year for U13 (Grade 7) Rowers. Students are also tested again during rowing camp in the shallows of Lake Barrington.

Pre-season Swimming Tests: Students are required to undertake a compulsory swim test before they commence rowing. Students must demonstrate their proficiency in the water by completing a 100m clothed swim test (untimed) and 5 minute treading water in the school pool. This is a safety requirement for all rowers.

Study the map in your club that shows local traffic flow and note DANGER SPOTS, SAFE BEACHING AREAS and HOURS OF OPERATION.

Right of way - generally international rules say to keep the shore close to your left so that counter clockwise rotation in shared water:

- Rowing boats always give way to sailing boats and faster rowing boats.
- Rowing boats should be careful with large powered vessels that cannot easily manoeuvre.
- Coxed boats give way to uncouxed boats.
- Boats travelling in opposite directions pass stroke side to stroke side.
- If a collision is imminent, CALL OUT.

Lights - before dawn or after dusk rowing boats MUST carry a continuous white light on the bow and preferably stern of the boat which must be visible for 500 metres and for at least 225 degree radius.

Emergency signals - two arms for emergency, one arm for non-emergency, lights over the head and / or whistle can be used.

Wear appropriate clothing: see note for summer and winter on page 13.

Check your equipment is safe:

- Bow ball fitted
- Heel safety straps on foot stretcher
- Sealed bow and stern compartments
- Gates on saws to close and secure properly
- All moving parts tight and in good working order
- Bungs in
- Report damaged or broken equipment to your coach.

Courtesly always - be courteous to other water users; bad language or abuse does not do anything positive for safety or for the sport.
Surviving Capsizes
Avoid going out alone, especially outside peak times of early morning/late afternoon. Row with a friend or have a coach accompany you. Otherwise, tag along with another group.
If you capsize, use the BUDDY SYSTEM in crew boats where athletes pair up (Bow with two (2) seat, three (3) seat with four (4) etc) to keep track of all crew members - don’t forget the coxswain!
If you capsize in COLD WATER, get back in the boat quickly; if that is not possible, stay with the boat, preferably lying over the boat with as much of your body out of the water as possible.
Roll the boat to increase flotation; use bits of the boat/oars if boat has broken; do not try to swim to shore, even if you are a good swimmer.
Do not move around to try and keep warm; in cold water you will lose warmth and energy very quickly if you do.
Try to attract attention e.g., whistle, waving arms. If you capsize in WARM WATER, try to get back in the boat; if that is not possible, stay with the boat. Roll boat to increase flotation if needed. Do not try to swim to shore, even if you are a good swimmer.
Do not move around to try and keep warm. Try to attract attention e.g., whistle, waving arms. If you are with other scullers or rowers and capsize, decide on the better of the following two options (choice will depend on circumstances):
1. Let them help you get back in the boat; OR
2. Let them go for help, either from the nearest club or from a passing motorboat.
Rescue Boat Procedures
Safety boat needs at least two (2) people to counter-balance weight as rower being rescued is lifted into the safety boat.
Ensure that safety boat capacity is not exceeded - make several trips if necessary.
Practice the rescue drill - approach rescue into the wind; rescue those in greatest stress first.
Get dry and warm as soon as possible.
Treatment of Hypothermia
Commence ‘artificial respiration’ if necessary. Get the hypothermic victim dry and warm but not too warm too quickly.
Use thermal blankets, a warm room, or someone else’s body heat in a blanket to help the warming process.
Give warm fluids for example cocoa, tea, coffee, soup.
Cold Water Immersion
www.mast.tas.gov.au/recreational/cold-water-immersion
Life Jackets
Water Safety
www.mast.tas.gov.au/guides

Student Wellbeing
Students who have medical conditions, such as asthma or any other condition that requires medication, must inform both the Coordinator of Rowing and their coach and ensure that their medical information is up to date on the Launceston Grammar Parent Lounge. Medication must be carried with students to all training sessions and regattas. If students do not have medication with them, they will not be able to participate.
If a student is injured or unwell, their coach must be informed as soon as possible to prevent further injury or illness.

For the health and consideration of others, all students are required to maintain a high standard of personal hygiene. Each student must wash their feet after a rowing session and ensure that open cuts are covered at all times.
Hats, sunscreen and water bottles are compulsory items at all rowing sessions.

Term 4 Introductory Programme and Try Rowing Days
There is a non-compulsory introductory rowing programme for all new rowers at the Launceston Grammar boat shed in Term 4. All students entering Grade 7 in 2017 and any students currently at the Senior Campus are very welcome to attend these sessions. These are held one afternoon a week and are designed to develop skills and confidence in new rowers.
There is also the opportunity to come along and join in the “Try Rowing” programme at the school.

The SATIS Moratorium
The Sporting Association of Tasmanian Independent Schools imposes a rowing moratorium over the Christmas/New Year period. This entails a three week restriction on using rowing equipment and bans training in groups of two (2) or more. The spirit of the Moratorium is based on the acknowledgement of the value of family time and overall balance in the student’s life.
The 2016 / 2017 dates are as follows:
• Friday 16 December 2016 – Saturday 7 January 2017.
Crew Selection and Boat Allocation

Crew selection depends on the number of rowers in each age group and also the number of events and types of races at regattas. Crews are selected based on demonstrated levels of fitness, technical ability, teamwork and attitude. Coaches will determine which particular combination of rowers can move the boat the fastest. Parents can help this process by supporting the coaches’ decisions and remembering that rowing at school level is focused on participation, fitness, teamwork, improving skills and enjoyment of the sport. It should be noted that parental intervention on behalf of students at regattas can be distracting for both the crew and the coach.

Boat allocation in training and racing is the responsibility of the Coordinator of Rowing and the coaching team. The decisions around boat allocation at regattas can be difficult when taking into consideration the regatta program, the weather and the needs of all the different age groups with sometimes limited equipment. If, at any time, a query or concern regarding crew selection or boat allocation is raised at regattas, please seek out the Coordinator of Rowing.

Rowing Uniform

Regattas - Off Water Uniform
Correct sports uniform:
- STRICTLY Launceston Grammar track pants
- Launceston Church Grammar School black sports shorts
- Launceston Church Grammar School black sports jacket
- Launceston Church Grammar School rugby jumper
- Launceston Church Grammar School polo or singlet
- Appropriate footwear e.g., sneakers / thongs (no Ugg boots)

Regattas - Racing Uniform
Under 13s
- Black bike shorts
- Launceston Grammar sports singlet or polo
- Launceston Church Grammar School cap
- Optional - socks
- Coxswains are permitted to wear their Launceston Grammar black sports jacket or rugby top over the top of their racing uniform.

Under 14s, Under 15s and Under 16s
- Launceston Grammar zoot suits
- Launceston Grammar caps
- Optional - socks
- Opens
- Same as Under 14 / 15 / 16s, with the addition of Open caps, Open tops and white thermal top.
- Coxswains are permitted to wear their Launceston Grammar black sports jacket or rugby top over the top of their racing uniform.

Opens
- Same as Under 14 / 15 / 16s with the addition of white thermal tops, Open caps and Open tops.

Do not wear
- Any non-school track pants or rugby tops
- Ugg boots

Training Uniform
Under 13s
- Launceston Grammar PE top or athletics singlet
- Tights or shorts-preferably black
- Launceston Grammar caps
- Socks

Under 14s, Under 15s and Under 16s
- PE tops
- Tights, shorts or Launceston Grammar School coloured zoot suits
- Caps
- Socks

Opens
- Same as Under 14 / 15 / 16s with the addition of white thermal tops, Open caps and Open tops.
Lake Barrington International Rowing Course

Lake Barrington lies nestled at the base of the Forth River valley, approximately 40km south of Devonport. An artificial lake, it was created by building the 84m high Devils Gate Dam on the Forth River for hydro-electric power production in 1969. The Lake is 20km long and provides an international standard rowing course. The Lake is also used for skiing, canoeing and fishing. The Lake is surrounded by hills forming a natural amphitheatre. The course provides excellent viewing facilities of the 2000m, 8 lane buayed course.

How to get there
If travelling from Launceston, (approximately 1½ hours drive) take the Bass Highway to Elizabeth Town. At Elizabeth Town, take the road to Sheffield and follow the directions to the Lake Barrington Course. It is well signposted from the Elizabeth Town junction.

Visitor Facilities
There are extensive areas of lawn along the lake foreshore, as well as a large visitor shelter with wood barbecues, seats and tables. There are toilet facilities and coin operated showers near the boating area and during major sporting events. There is also a public telephone near the kiosk. Mobile phone use in this area is affected by weather conditions and should not be relied upon.

Rubbish bins are provided.
Dogs must be kept on leads.

During major rowing events, other vendors (hot potatoes / coffee / rowing clothing) are often in attendance.

Accommodation / Camping
Camping is permitted for rowing families during all school regattas, with the exception of the Head of the River, which is a one (1) day event. (Last season, the cost was $10 per site / family, or a season pass can be purchased). There are numerous places to stay in the Lake Barrington area, including Sheffield, Latrobe, Mole Creek and Devonport. The Kentish Visitor Information Centre can provide you with this information. It is good to book accommodation in advance for regattas, such as the Head of the River. If you wish to be self-sufficient, you will need to bring everything! It is advisable to bring your own fresh water. Amenities blocks are quite good, but remember, you may need to line up for a shower!

The Launceston Grammar bases itself at and around the wooden rotunda at the southern end of the rowing facility.

It is school policy that every student camping has a parent with them. This is for safety reasons and it is unfair to expect coaches to accept parental responsibility on top of their coaching. As the sport entails early morning starts, there is a noise curfew at 10.00pm and crews are encouraged to be in bed by then.

Meals
Sandwiches, drinks and snacks are available from the kiosk for purchase. A coffee van is usually available and additional vendors sometimes offer other food alternatives. The TRC offer a barbecue / salad evening meal at State Pennant Regattas in the Reeconian Centre area at about 6.30pm. This venue provides an opportunity for rowers and their families to meet, eat and socialise. The Sheffield Hotel also offers good counter meals.

As a Club
Parents are asked to make themselves available whenever possible as volunteers at the course. This is usually as boat holders or boat drivers. Boat driving entails driving the judge’s boats and is an easy half for those with boat licences. Boat holding is usually for a couple of hours, morning or afternoon, at the start line. It entails holding the stem of boats stationary prior to the start and lining them up. This is an easy job that is explained on site. It also gives boat holders a unique view of the races.

Most Launceston Grammar parents, supporters and students congregate on the grass foreshore below our boats. This is a great social area and allows vocal support and encouragement for the crews competing. Don’t forget a chair and binoculars.

Weather Considerations
As we all know, Tasmanian weather conditions can be changeable and unpredictable in all seasons, no matter what the forecast. The outdoor conditions at training and regattas can cause sunburn and dehydration in hot weather, conversely, cold, wet and windy weather can result in rapid loss of body heat and physical discomfort. It is recommended that your child has a towel, wet weather gear, drink bottle, hat, sunscreen and a set of spare dry clothes to change into if they should get wet at training and regattas. Please make sure that all personal items are named.

Rowing Camp
Rowing Camps are a central focus of the training programme, as it provides our rowers with the opportunity for a period of constant coaching in rowing skills and race preparation. The students stay in lodge accommodation and it is a very enjoyable event on the rowing calendar.

The Launceston Grammar Rowing Camp is held in January at Lake Barrington and runs in two different groups for the senior and junior age groups.

Activities undertaken at the camp include “ergo” training, water rowing, running and swimming. Dates for the 2017 camp are as follows:

Senior Rowing Camp (Opens and Under 16) Sunday 8 – Wednesday 11 January 2017
Junior Rowing Camp (Under 15 and Under 14) Wednesday 11 – Friday 13 January 2017

Reecconian Centre
The Reeconian Centre is available for students to access to undertake study or homework when camping at Lake Barrington. Access is available during regattas and evenings. A limited number of power outlets are also available to charge laptops while studying.

Accommodation / Camping
Camping is permitted for rowing families during all school regattas, with the exception of the Head of the River, which is a one (1) day event. (Last season, the cost was $10 per site / family, or a season pass can be purchased). There are numerous places to stay in the Lake Barrington area, including Sheffield, Latrobe, Mole Creek and Devonport. The Kentish Visitor Information Centre can provide you with this information. It is good to book accommodation in advance for regattas, such as the Head of the River. If you wish to be self-sufficient, you will need to bring everything! It is advisable to bring your own fresh water. Amenities blocks are quite good, but remember, you may need to line up for a shower!

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Rowing Expectations

Launceston Grammar has a fine reputation for sportsmanship within the Tasmanian sporting community. Our school rowers are expected to conduct themselves in an engaged and supportive manner at all regattas by watching and cheering teammates, assisting with equipment, keeping our lakeside area tidy and litter free and by acknowledging strong performances from other school crew.

Arrival times to venues will be advertised during the week prior to the regatta, as it is dependent on the location and the order of events on the day.

School rowers are expected to attend all regattas unless cancelled by Rowing Tasmania or Launceston Grammar. Rowers will arrive at the venue at the time advised by the Coordinator of Rowing. Crews will be given direction from coaches as to boat preparation and gear maintenance. All students must stay at the venue until everyone has finished competing, the trailers have been loaded and the coaches have given permission to leave. All rowers are expected to help with boat unloading back at the Launceston Grammar boat shed at a time advised by the Coordinator of Rowing.

Rowers’ Code of Conduct

Conduct

1. All rowers are representatives of Launceston Grammar and are expected to conduct themselves in a respectable manner at all times, both in school and out of school at regattas, social events and training.
2. All rules outlined in the Launceston Church Grammar School Boat Club Handbook will be in effect.

Training/Attendance

1. The sport of rowing depends on the commitment of each crew member. Thus, all training sessions are compulsory, unless prior arrangements have been made. If a student is unable to attend a training session, please inform the Coordinator of Rowing or your child’s coach in plenty of time, so that arrangements can be made to avoid other crew members missing out on their training sessions.
2. Each rower is expected to be ready to train at the scheduled time. They are responsible for dressing appropriately and providing their own water bottle, hat and sunscreen for every practice.
3. School rowers are expected to schedule other obligations around practice times, and coaches must be notified of any unavoidable absence as soon as possible.
4. A rower who has unexcused and / or frequent absences from practice risks not being allowed to row at subsequent regattas at the coach’s discretion.

Advice for Rowers

Suggestions for Senior Rowers

It is well known that the sport of rowing, especially at senior level, can take up more time than many other sports. Training sessions, weekend regattas and early mornings can make it difficult to do a lot of study at night. However, students can expect to achieve strong academic results while participating in a full rowing programme by using careful time management and organisation. During school lessons it is important that you sit in a seat where you can stay engaged and on task. Good preparation, involvement in discussions, open communication with your teachers and careful note-taking can help with your studies. Senior students should use school study periods effectively by making the most of the opportunity to revise, organise notes and finish assignments. After you get home from school, have a shower, eat some nutritious food and work on your hardest tasks while your mind is fresh. After a healthy dinner, getting organised for the next day and finishing off homework, an optimum bed time would be around 9.00 – 9.30 pm.

Nutrition

Healthy eating, adequate rest and proper hydration can help a rower perform at a high level. School rowers need to follow the same general guidelines as the rest of the population to stay healthy but they may also need a few extra calories, more carbohydrates and protein because of their levels of exercise and growing bodies.

Please find below an extract/Information from the World Rowing website.

Using Nutrition to Power Your Rowing

Many studies show that proper nutrition can greatly impact recovery and performance. From high performance elite athletes to recreational rowers, the right nutrition can help you in your athletic endeavours.

It can be difficult to work through the nutritional information that fills bookshelves, magazines and the internet. Body composition, training routines and goals vary enormously amongst rowers. In general, rowers need high energy, high carbohydrate and nutrient dense foods in order to sustain training and competition demands.

So, what are the optimal pre-training, post training and everyday foods? It is recommended that athletes consume carbohydrates with a small amount of protein both before and after training. Carbohydrate-rich foods include: breads, grains, pasta, oatmeal, rice, fruits and vegetables.

Good sources of protein are: lean meats, fish, soy-based products (such as tofu), beans, dairy products, nuts and some grains.

While fats should be limited, they should not be eliminated, as they help with absorption of nutrients and play an important role in good health. Some fats, however, are better than others. Olive oils, nuts, fish and avocados are full of “good” fat, which can help lower cholesterol, prevent heart disease and aid nutrient absorption. Saturated and trans fats, which are found in animal products and many snack foods, do just the opposite. When consumed in large quantities they can raise cholesterol and increase risk of heart disease. Rowers should take care to eat small quantities of good fats in each of their meals.

Carbohydrates provide the body with a quick source of fuel called glycogen. During physical exertion, the body converts glycogen to energy first. After burning through this source, it will begin to use fat, which is a much less efficient energy source. Replenishing glycogen stores after training sessions will aid in recovery. The addition of a small amount of protein helps with muscle synthesis, this is also important for recovery.

More information on the ideal ratios of carbohydrate, protein and fat can be found at:

Fluid intake is also crucial to the success of an athlete in both hot and cold conditions. In hot conditions, athletes can require from one (1) to two (2) litres (an average drink bottle is about .5 litres) per hour of fluids, dropping slightly in cold conditions to .5 to two (2) litres. In any weather, proper fluid intake is vital to both performance and recovery. Launceston Grammar rowers should ensure that they have their drink bottle with them during training and at regattas and remain well hydrated at all times.

Sources:
LCGS Rowing Calendar 2016 / 2017

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>WHO</th>
<th>ORGANISER</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 2016</td>
<td>All Sundays Winter Skills</td>
<td>LCGS Boat Shed</td>
<td>U16 &amp; Open Rowers</td>
<td>LCGS</td>
</tr>
<tr>
<td>Saturday 27</td>
<td>Try Rowing Day</td>
<td>LCGS Boat Shed</td>
<td>Grade 6 students &amp; Opens</td>
<td>LCGS</td>
</tr>
<tr>
<td>September 2016</td>
<td>Monday 1 Training starts</td>
<td>LCGS Boat Shed</td>
<td>Open &amp; U16</td>
<td>LCGS</td>
</tr>
<tr>
<td>Saturday 10</td>
<td>Try Rowing Day</td>
<td>LCGS Boat Shed</td>
<td>Grade 6 students &amp; Opens</td>
<td>LCGS</td>
</tr>
<tr>
<td>October 2016</td>
<td>Monday 10 Training Starts</td>
<td>LCGS Boat Shed</td>
<td>U13, U14 &amp; U15</td>
<td>LCGS</td>
</tr>
<tr>
<td>Friday 14</td>
<td>Blessing of the Fleet</td>
<td>School Quad</td>
<td>All Rowers</td>
<td>PSG</td>
</tr>
<tr>
<td>Saturday 15</td>
<td>Courtney Shield</td>
<td>Tamar</td>
<td>Open</td>
<td>North Esk</td>
</tr>
<tr>
<td>Sunday 16</td>
<td>James Boag 11</td>
<td>Tamar</td>
<td>Open</td>
<td>North Esk</td>
</tr>
<tr>
<td>Sat 22 &amp; Sun 23</td>
<td>SP1</td>
<td>Franklin</td>
<td>RT</td>
<td></td>
</tr>
<tr>
<td>November 2016</td>
<td>Sat 5 &amp; Sun 6 SP2</td>
<td>Franklin</td>
<td>RT</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sat 19 &amp; Sun 20 SP3</td>
<td>LBI</td>
<td>TBC - U13, U14 &amp; U15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sat 26 &amp; Sun 27 SP3</td>
<td>LBI</td>
<td>Open</td>
<td>RT</td>
</tr>
<tr>
<td>December 2016</td>
<td>Saturday 3 Southern Junior Sculling Regatta</td>
<td>Franklin</td>
<td>TBC - U14 &amp; U15</td>
<td>TSRA</td>
</tr>
<tr>
<td></td>
<td>Sat 10 &amp; Sun 11 SP4</td>
<td>LBI</td>
<td>Open &amp; U16</td>
<td>RT</td>
</tr>
<tr>
<td></td>
<td>Friday 16 Moratorium begins</td>
<td>LBI</td>
<td>All Rowers</td>
<td>SATIS</td>
</tr>
<tr>
<td>January 2017</td>
<td>Saturday 7 Moratorium ends</td>
<td>LBI</td>
<td>All Rowers</td>
<td>SATIS</td>
</tr>
<tr>
<td>Sun 8 - Wed 11</td>
<td>Senior Rowing Camp</td>
<td>LBI</td>
<td>Open &amp; U16</td>
<td>LCGS</td>
</tr>
<tr>
<td>Wed 11 - Fri 13</td>
<td>Junior Rowing Camp</td>
<td>LBI</td>
<td>U15 &amp; U14</td>
<td>LCGS</td>
</tr>
<tr>
<td>Sat 14 &amp; Sun 15</td>
<td>SP5</td>
<td>LBI</td>
<td>Open &amp; U16</td>
<td>RT</td>
</tr>
<tr>
<td>Sat 28 &amp; Sun 29</td>
<td>SP6</td>
<td>LBI</td>
<td>Open &amp; U16</td>
<td>RT</td>
</tr>
<tr>
<td>February 2017</td>
<td>Set 4 &amp; Sun 5 Southern Schools</td>
<td>Franklin</td>
<td>TBC - U14 and U15 rowers</td>
<td>TSRA</td>
</tr>
<tr>
<td></td>
<td>Monday 6 School Recommences</td>
<td>LBI</td>
<td>Open &amp; U16</td>
<td>RT</td>
</tr>
<tr>
<td></td>
<td>Sat 18 &amp; Sun 19 State Champs</td>
<td>LBI</td>
<td>Open &amp; U16</td>
<td>RT</td>
</tr>
<tr>
<td></td>
<td>Sat 25 &amp; Sun 26 North West Schools</td>
<td>LBI</td>
<td>All Rowers</td>
<td>TSRA</td>
</tr>
<tr>
<td>March 2017</td>
<td>Set 4 &amp; Sun 5 Tasmanian All Schools Regatta</td>
<td>LBI</td>
<td>All Rowers</td>
<td>TSRA</td>
</tr>
<tr>
<td></td>
<td>Sat 11 &amp; Sun 12 Henley on Tamar</td>
<td>Tamar</td>
<td>All Rowers</td>
<td>Tamar</td>
</tr>
<tr>
<td></td>
<td>Thursday 16 Holt Cocktail Function</td>
<td>TBC</td>
<td>Open Rowers &amp; all parents</td>
<td>PSG</td>
</tr>
<tr>
<td></td>
<td>Friday 17 Head of the River Training Day</td>
<td>LBI</td>
<td>Open Rowers</td>
<td>LCGS</td>
</tr>
<tr>
<td></td>
<td>Saturday 18 Head of the River</td>
<td>LBI</td>
<td>All Rowers</td>
<td>SATIS</td>
</tr>
<tr>
<td></td>
<td>Saturday 18 Head of the River Luncheon</td>
<td>LBI</td>
<td>All Rowers and parents</td>
<td>PSG</td>
</tr>
<tr>
<td></td>
<td>Mon 27 - Sun 2 April Australian National Championships</td>
<td>Penrith</td>
<td>TBC</td>
<td>RA</td>
</tr>
<tr>
<td>April 2017</td>
<td>Friday 7 Rowing Presentation Night</td>
<td>School Auditorium</td>
<td>All Rowers and parents</td>
<td>PSG</td>
</tr>
</tbody>
</table>

Please note: The 2016 – 2017 Launceston Church Grammar School Boat Club Rowing Calendar is subject to change. Information about upcoming regattas will be sent to families via the Coordinator of Rowing.

Training times should be strictly adhered to, afternoon and twilight are to finish at 5.30pm and 7.00pm respectively so parents have a pick up time and boats are available for the next session. Saturday morning sessions are 2 hours long unless otherwise organised around exceptionally low tides.

LCGS Rowing Calendar 2016 / 2017 Training Times For Age Groups 2016 / 2017

<table>
<thead>
<tr>
<th>2015 AGE CLASS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY/FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Boys</td>
<td>Michael Poole</td>
<td>Tue 5.45 am R</td>
<td>Thrus 5.45 am R</td>
<td>Fri 4.00pm E</td>
<td>Sat 6.00 am R</td>
</tr>
<tr>
<td>Open Girls</td>
<td>Emma Batten &amp; Tim Whyte</td>
<td>Tue 3.45pm G</td>
<td>Wed 3.45pm E</td>
<td>Thrus 5.45 am R</td>
<td>Sat 6.00 am R</td>
</tr>
<tr>
<td>U16 Girls</td>
<td>Jamie Gibbons</td>
<td>4.00pm R</td>
<td>Thrus 4.00pm R</td>
<td>Sun 7.00am R</td>
<td>LCGS</td>
</tr>
<tr>
<td>U16 Boys</td>
<td>Mark Ellis &amp; Mike Morrison</td>
<td>3.45pm G</td>
<td>Wed 6.00am R</td>
<td>Thrus pm - Pilates Friday 6.00 am R</td>
<td></td>
</tr>
<tr>
<td>U15 Boys</td>
<td>Peter Ferral</td>
<td>Mon 4.00 pm R</td>
<td>Wed 4.00 pm R</td>
<td>Sat 8.00 am R</td>
<td></td>
</tr>
<tr>
<td>U15 Girls</td>
<td>David Thyme &amp; Fiona Westcock</td>
<td>Mon 6.00 am R</td>
<td>Wed 5.30 pm R</td>
<td>Sat 6.00 am R</td>
<td></td>
</tr>
<tr>
<td>U14 Boys</td>
<td>Dan Wyly &amp; Patsy Quinn</td>
<td>Mon 4.00 pm R</td>
<td>Wed 4.00 pm R</td>
<td>Sat 8.00 am R</td>
<td></td>
</tr>
<tr>
<td>U14 Girls</td>
<td>Tony Gray &amp; Adam White</td>
<td>5.30 pm R</td>
<td>Thrus 5.30 pm R</td>
<td>Sat 8.00 am R</td>
<td></td>
</tr>
<tr>
<td>U13 Boys</td>
<td>Tuens &amp; Thurs with Reg Green</td>
<td>4.00 pm R</td>
<td>Thrus 4.00 pm R</td>
<td>Sat 10.00 am R</td>
<td></td>
</tr>
<tr>
<td>U13 Girls</td>
<td>Tuens &amp; Thurs with Reg Green</td>
<td>4.00 pm R</td>
<td>Thrus 4.00 pm R</td>
<td>Sat 10.00 am R</td>
<td></td>
</tr>
</tbody>
</table>

R = Rowing  E = Ergo or land training  G = General Fitness

The Rowing Tasmania calendar/results from regattas can be found at:
www.rowingtasmania.com.au
www.facebook.com/RowingTasmania
### Boat Types and Configurations

1x  
Single Scull

2+  
Crewed Pair

2x  
Double Scull

4x  
Quadruple Scull

4+  
Crewed Quadruple Scull

4-  
Four

4+  
Crewed Four

8+  
Crewed Eight

U17M1x  
Under 17 Men’s Single Scull

U19W2x  
Under 19 Women’s Double Scull

U23M8+  
Under 23 Men’s Coxed Eight

U23ML2x  
Under 23 Men’s Lightweight Double Scull

SB8+  
School Boy Coxed Eight

SB8+  
School Girl Coxed Eight

SB1778+  
School Boy Under 17 Coxed Eight

AL1x  
Arms Only Single Scull

TL1x  
Leg, Trunk and Arms Single Scull

OM2x  
Open Men’s Double Scull

OM2L+  
Open Men’s Lightweight Coxed Pair

ISW8+  
Interschool Women’s Coxed Eight

### Rowing Australia Glossary

**Boat Run**  
The distance the boat moves through the water during recovery is often called run. A controlled slide is necessary to maintain momentum and achieve optimal boat run.

**Backstop**  
Supports the swivel pin to the boat and is adjustable.

**Backstop**  
The end of the slide(s) nearest the bow.

**Bilateral**  
On both sides of the body.

**Blade/Spine**  
Flatened or spoon-shaped end of an oar or scull; often used as a term for an ear.

**Catch**  
The part of the stroke when the blade is put in the water.

**Canvas**  
The canvas on bow and stern decks of a boat; in race verdicts, the distance between the bow ball and the bow man’s seat.

**Classification**  
Classification is simply a structure for competition. Athletes with disabilities are grouped in classes defined by the degree of function presented by the disability as assessed by the classification panel.

**Collar/Sleeve**  
Sleeve round the ear to fix the button; makes it easier to move the ear in the swivel.

**Confirmed (C) Status**  
Confirmed status is given when the status of the athlete is not likely to change, and is given when an athlete is classified by an International Classification Panel.

**Coxswain (Cox)**  
Steers the boat from a seat in the stern or laying position in the bow.

**Crab**  
Occurs when the rower fails to get the oar out of the water at the finish of the stroke.

**Drive**  
The part of the stroke between the catch and the finish, the propulsive part of a stroke.

**Ergometer**  
A rowing machine used for fitness and skill training, on land rowing device.

**Feather**  
To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance.

**Finish (release)**  
The part of the stroke just before the blade is drawn out of the water.

**FISA**  
Fédération Internationale des Sociétés d’Aviron (International governing body for rowing).

**Foot Stretcher**  
The unit that holds the shoes or clogs into which the rower puts their feet.

**Gate**  
Bar across a rowlock/swivel to retain the oar.

**Gate**  
The part of the oar that the rower holds.

**Hull**  
The underwater portion of the boat.

**Impeller**  
Small fan-like part attached to the hull of the boat that has an impeller spins as water flows over it recording speed of boat.

**Inboard**  
The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the outboard.

**Leg, Trunk and Arms**  
Athletes are able to use the full slide, trunk and arms to propel a rowing boat (LTA1x).

**Lightweight**  
Lesion  
Any abnormality or injury to tissue or loss of function of a part of the spinal cord.

**New (N) Status**  
National classifications are only allowed to give an N class status to an athlete from their own federation or region. Typically people who are given new status are not allowed to compete at an international level.

**Outboard**  
The distance between the end of the blade on the oar to the face of the button; the remainder is called the inboard.

**Oarlock/rowlock**  
A bracket which swivels on the end of the outrigger to support the oar.

**Parese**  
A seat that is unable to slide along the rails on the deck of the boat. Can have a back support for some rowers.

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A seat that is unable to slide along the rails on the deck of the boat. Can have a back support for some rowers.

**Review (R) Status**  
Review status is given when the classification panel feels the athlete’s classification may change due to a change in disability or prosthesis use, or for reasons determined by FISA, for example a change in the classification process.

**Rowing Australia Glossary (cont)**

**Cox Box**  
Portable voice amplifier; may also optionally incorporate digital readouts displaying stroke rate, boat speed and times.

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Steers the boat from a seat in the stern or laying position in the bow.

**Crab**  
Occurs when the rower fails to get the oar out of the water at the finish of the stroke.

**Drive**  
The part of the stroke between the catch and the finish, the propulsive part of a stroke.

**Ergometer**  
A rowing machine used for fitness and skill training, on land rowing device.

**Feather**  
To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance.

**Fin**  
Small flat plate perpendicular to the bottom of the boat to aid steering of a boat.

**Finish (release)**  
The part of the stroke just before the blade is drawn out of the water.

**FISA**  
Fédération Internationale des Sociétés d’Aviron (International governing body for rowing).

**Fixed Seat**  
A seat that is unable to slide along the rails on the deck of the boat. Can have a back support for some rowers.

**Foot Stretcher**  
The unit that holds the shoes or clogs into which the rower puts their feet.

**Functional Classification Test**  
The test of a rower’s functional ability; testing range of movements.

**Gate**  
Bar across a rowlock/swivel to retain the oar.

**Handle**  
The part of the oar that the rower holds.

**Hull**  
The underwater portion of the boat.

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Small fan-like part attached to the hull of the boat that has an impeller spins as water flows over it recording speed of boat.

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**Rowing Australia Glossary (cont)**

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rigger</td>
<td>A framework to support the rowlock which is placed approximately 78-88cm from the centre of the boat.</td>
</tr>
<tr>
<td>Rudder</td>
<td>Steering device attached to the stern or under the hull of a shell.</td>
</tr>
<tr>
<td>Sculls</td>
<td>A pair of oars for sculling boats (singles, doubles, quads).</td>
</tr>
<tr>
<td>Seat</td>
<td>What the rowers use to sit on to slide up and down the rails during the action of the stroke.</td>
</tr>
<tr>
<td>Shaft</td>
<td>The shaft or part of the oar between the handle and the blade.</td>
</tr>
<tr>
<td>Slide tracks/runners</td>
<td>The parallel tracks on which the seat moves.</td>
</tr>
<tr>
<td>Square Blade</td>
<td>Where the blade is square in the swivel.</td>
</tr>
<tr>
<td>Strapping</td>
<td>Support device applied to fixed seats for back support; restrictive device applied to the legs to eliminate slide movement.</td>
</tr>
<tr>
<td>Stroke side</td>
<td>All the rowers whose oars are in the water in the left hand side of the boat when viewed from the stern.</td>
</tr>
<tr>
<td>Stroke</td>
<td>The complete cycle of moving the boat through the water using the oars.</td>
</tr>
<tr>
<td>Sweep</td>
<td>Long oars with narrow blades (pairs, fours, eights). One oar per rower in a boat of 2, 4 or eight rowers.</td>
</tr>
<tr>
<td>Trunk and Arms</td>
<td>Athletes who can fix the pelvis on the seat and have trunk and arm movement to propel the boat, but are unable to use the sliding seat because of weak functions of the lower limbs (TA2x).</td>
</tr>
</tbody>
</table>

**Useful Rowing Websites**

- [www.decentrowing.com](http://www.decentrowing.com)

**Single Scull**
Is the smallest of all boats used in rowing. It is used by one athlete, with a pair of sculling blades (sams) (one in each hand)

**Double Scull**
Two rowers, each using a pair of sculling blades.

**Coxless Pair**
Rowed by a pair of rowers each with a single sweep oar.

**Coxed Four**
Four athletes rowing, each with a single sweep.

**Coxed Quad Scull**
Four athletes on board, each with a pair of sculling blades. A coxswain is on board to steer the boat.

**Coxless Four**
Four athletes on board, each with a single sweep oar. No coxswain is on board to steer the boat. The athlete at the stern of the boat steers via a cable connecting the rudder to his foot stretcher.

**Coxed Eight**
Is the largest of all boats used in racing. There are eight rowers on board, each with a single sweep oar. A coxswain is also hand to steer.

**Rowing Commands**

<table>
<thead>
<tr>
<th>Command</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting at the finish</td>
<td>Sitting at the finish position with blade squared and buried.</td>
</tr>
<tr>
<td>Easy</td>
<td>Stop rowing and let the boat glide using its momentum.</td>
</tr>
<tr>
<td>Check</td>
<td>Stop the momentum of the boat by putting the blades in the water.</td>
</tr>
<tr>
<td>Check Hard</td>
<td>Used in an emergency to stop the boat as quickly as possible. Stop rowing, and use the blades to brake the boat’s momentum.</td>
</tr>
<tr>
<td>Touch</td>
<td>Row arms only, used to change to direction to make a small movement.</td>
</tr>
<tr>
<td>Buy the blade</td>
<td>Make sure the entire blade is submerged in the water.</td>
</tr>
<tr>
<td>Sit up</td>
<td>Have a straight back and get body rock from the pelvis.</td>
</tr>
<tr>
<td>Set</td>
<td>Get ready to begin rowing.</td>
</tr>
<tr>
<td>Raw</td>
<td>Start rowing.</td>
</tr>
<tr>
<td>Set it up</td>
<td>Hold the boat level.</td>
</tr>
<tr>
<td>Missing water</td>
<td>Legs are driving before the blade is in the water.</td>
</tr>
<tr>
<td>Opening early</td>
<td>Opening body from catch before the legs are used.</td>
</tr>
</tbody>
</table>

**Seating Positions in the Boat**

<table>
<thead>
<tr>
<th>Seat</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bow</td>
<td>The person closest to the bow of the boat, first across the finish line.</td>
</tr>
<tr>
<td>Two</td>
<td>The second person from the bow</td>
</tr>
<tr>
<td>Three</td>
<td>The third person from the bow</td>
</tr>
<tr>
<td>Four</td>
<td>The fourth person from the bow</td>
</tr>
<tr>
<td>Five</td>
<td>The fifth person from the bow</td>
</tr>
<tr>
<td>Six</td>
<td>The sixth person from the bow</td>
</tr>
<tr>
<td>Seven</td>
<td>The seventh person from the bow</td>
</tr>
<tr>
<td>Stroke</td>
<td>The last person to cross the finish line.</td>
</tr>
<tr>
<td>Coxswain</td>
<td>The person who controls the crew, including steering.</td>
</tr>
</tbody>
</table>