



# **Junior Rowing and Regatta Information**

## JUNIOR MEMBERSHIP AND REGATTA INFORMATION

### Overview

Capital Lakes Rowing Club (CLRC) provides learn-to-row and continuation rowing programs for junior and school-age squads. On completion of a learn-to-row course, rowers are placed into squads according to their ability, to further develop their skills with the aim of competing in local and interstate regattas. All junior and school-age rowers are expected to participate in ACT regattas.

### Rowing Season

The rowing season generally runs from late-August to April (8 months). This may change depending on coach availability and weather conditions. Pre-season squad training for Junior and School-age rowers usually starts from late-August in preparation for the regatta season that commences in November. The last competitive event of the Season is the Edward Trickett Regatta in April, held in Sydney.

### CLRC Junior Membership

All junior and school-age rowers need to register for membership of CLRC. Members under 18 years need a parent to submit the application on their behalf. Apply for or renew membership through the CLRC website: [www.capitallakesrowing.com](http://www.capitallakesrowing.com).

Registration is through the registration page. New rowers or learn-to-row applicants should register through the **new registration** link. Returning rowers should register through the **renew** link. If this does not work, try registering as a new registration.

All CLRC coaching, including the January rowing camp, are included in your membership fee. Also included is Rowing ACT (RACT) Registration and **all** ACT Regatta seat fees. This year's membership will also include the End of Season Presentation. There is no discount in fees if you are unable to attend either the end of year presentation or the Rowing Camp.

Participation in interstate regattas will attract additional travel, accommodation and seat fees. The costs for participating in these events will be advised to rowers ahead of time. There is no obligation on rowers to participate in interstate regattas.

Discounted family memberships are available for 2 or more rowers in the one family. Please speak to the Junior Membership Coordinator to discuss.

### Rowing Season 2015-16 Fees

Fees for the 2015-2016 rowing season are \$700 for Junior and School-age rowers.

Membership includes: CLRC Membership, Coaching (2-3 sessions per week), RACT Registration, all ACT Regatta Seat Fees, Annual Rowing Camp and End of Season Presentation. Interstate regattas will attract additional seat fees.

Payment of membership fees can be split over a number of payments. Should you wish to take up this option, please email [capitallakes@gmail.com](mailto:capitallakes@gmail.com) or speak to the Junior Membership Coordinator.

### Website and Membership Portal

Once your application has been approved you will be forwarded a logon and password to be able to manage your personal details, as well as confirm attendance at events and training sessions through the Club website. The nominated parent will also be receiving a logon and password so that we can contact you as necessary.

You can reset or request your logon and password details, register for events, see the calendar, order clothing, as well as check invoice and personal details. There are also a number of links to rowing tips and videos, the Club newsletters, updated policy and procedures as well as a photo gallery to keep up to date with what Club members have been up to.

You are encouraged to regularly visit the site for the latest news and information.

Website is [www.capitallakesrowing.com](http://www.capitallakesrowing.com)

### Coaches and Training

Training for Junior and School-age squads usually occurs over 2-3 sessions per week. Junior training sessions are generally on Monday, Wednesday, Friday or Saturday mornings. Some coaches may run afternoon sessions instead. Weekday morning sessions are conducted between 6.00-7.30 am. Check with your coach for weekend session times.

All training sessions are fully supervised and no junior or school-age rower is allowed to row without a coach or appropriate adult supervision. All of our coaches are volunteers and hold a working with vulnerable people certification.

Once a rower is assigned to a squad, the Coach will advise when training will take place. Training may consist of a combination of on and off-water activities. In the event of adverse weather or conditions (wind, storms, heat etc) alternative training sessions may be held or training may be cancelled. Advice to rowers and their parents of cancelled or changed sessions will be through the coaches and may include text message or email or through the website or Facebook account. Please ensure that your contact details are kept up to date.

In the event that you are unable to attend a training session or regatta, you must advise your coach as soon as possible – preferably with 24 hours notice. Squad training relies on all members being available or providing sufficient notice so that other arrangements can be put in place.

### Safety and Code of Conduct

All rowers are expected to be familiar with and abide by the CLRC Safety Policy and Code of Conduct. Copies of both are available through the website and at the Boathouse. Rowers should check the safety board located in the Boatshed regularly for updated safety and weather conditions.

Any incidents or accidents are to be promptly reported to the Coach or senior member of the Club.

Please do not bring valuables such as mobile phones, mobile devices etc to the Boathouse as their security cannot be guaranteed. If they are brought, ensure they are stored in a safe location whilst out on the water.

CLRC's general standards of conduct and behaviour apply to all categories of members of the club. In addition to this it is the responsibility of every member to familiarise themselves with and to comply with the RACT's Code of Conduct and Rowing Australia's Code of Conduct available at the RACT website <http://www.rowingact.org.au>.

### Rowing Kit

All rowers should bring their own rowing kit to all rowing training sessions and regattas. Rowing is an outdoor sport totally subject to the weather, which can be unpredictable – cold mornings while loading boats and the days during summer can be very hot.

The training kit should contain:

- Rowing zootie (rowing suit), lycra leggings or shorts
- T-shirt
- Hat or visor
- Socks to be worn in the boat
- Towel
- Change of clothes
- Water bottle
- Sunscreen

For regattas, all athletes are to wear:

- CLRC rowing zootie
- CLRC tshirt
- CLRC hat or visor
- Other CLRC branded clothing is optional

If you don't yet have your club kit, please wear black pants, plain white tshirt and plain white hat or visor. No other branded clothing is to be worn.

Please also ensure you have the following items in your rowing kit for regattas:

- Socks to be worn in the boat
- Towel
- Track suit
- Sturdy shoes suitable for getting in and out of the water, eg scuffs, reef shoes
- Sand shoes
- Change of clothes
- At least 2 water bottles
- Sunscreen
- Food

A range of CLRC branded clothing is available for purchase through the website. Please note that orders can take up to 6 weeks to arrive.

### **Assistance and Volunteering**

CLRC is a community club that is dependent on the support of its Club members to continue. The CLRC constitution requires that all Club members volunteer a minimum of 20 hours to the club. This can be achieved through coaching, boat and facility maintenance, regatta support or through participation on fundraising or other committees.

See the website to see how you can help or talk to one of the Club committee members. Details on the noticeboard in the Boathouse.

# REGATTAS

## General Expectations

The Club's expectation is that all juniors will compete in local regattas. We assume that athletes will be available for all regattas unless they let their coach know at least 1 week prior to each regatta.

The club also expects athletes to be available for the full regatta day. We recognise that some juniors have other sporting and work commitments during the day, however as regattas are club events and a very logistics-intensive sport; we would like you to commit to the full day.

Please speak to your coach as well as the Regatta manager if you do have other commitments to discuss arrangements as we don't want everyone to leave at the end of the day and leave boat loading to the same group of people.

## Regatta Calendar

The club competes in Rowing ACT (RACT) regattas. Most regattas are held in Canberra at the Weston Park course in Yarralumla. Other events in Canberra are conducted on different courses within Lake Burley Griffin and at Lake Tuggeranong. CLRC also participates in interstate regattas in NSW (usually conducted at the Sydney International Regatta Centre), and on the Yarra in Melbourne. There may also be the opportunity to participate in other interstate regattas.

The full RACT Regatta Program for the year is available on-line at or through the CLRC website [www.capitallakesrowing.com](http://www.capitallakesrowing.com)

## Rowing ACT Registration

All junior members competing in ACT Rowing regattas must have a current Club Membership **and** current Rowing ACT Membership.

## Race Fees

Each race at a regatta attracts a seat fee per rower and fees differ by race location and type. In the past CLRC has invoiced individuals for their seat fees from a seat reserve. Feedback from both parents and regatta administrators has indicated that this is an unsatisfactory method of collection. For the 2015-2016 season CLRC membership fees will include **all regattas held in the ACT**, including Championship events.

Events held interstate will attract individual seat fees that will be invoiced to competitors. The cost of seat fees for events will be advertised in advance.

### Scratching and Substitutions

It is assumed that you will be competing in each regatta unless you let your coach know at least 1 week prior to each regatta, when regatta entries are due.

After entries have been made, if you aren't able row in the seat you are entered in a race then you must let your coach know so that you can either be withdrawn from the race or a substitute found.

Please remember that if you are rowing in a crew boat, and you are not able to row it may have an impact on your crew members' ability to compete. Please be considerate of your crew members before making the decision to withdraw from your event.

### Regatta Uniform

- CLRC branded Zootie (rowing suit)
- CLRC hat or visor
- CLRC T-shirt (optional for local regattas; desired for interstate regattas)
- CLRC Hoodie or Jacket (optional for local regattas; desired for interstate regattas)



As mentioned previously, a range of CLRC branded clothing is available for purchase through the website. Please note that orders can take up to 6 weeks to arrive so order in plenty of time so you have your kit ready for regatta season.

### Boat Allocation for Regattas

Boat allocation for regattas is the responsibility of Coaches. There is no guarantee that a boat used for training will be available for use during racing. There are significant challenges in juggling the use of boats to suit individual crew requirements and taking the regatta program into account. It should be noted though that rowers win races, not boats.

The decision as to boat allocation can be difficult, and it is asked that all rowers, coaches and families will respect the situation. Due to time constraints and sharing of equipment it is sometimes necessary for coaches to make last minute changes to boat allocations. Again, it is asked that you respect these decisions.

Boat allocations will be listed on the draw posted at the CLRC regatta tent. Please don't make changes to your allocated boat as this will invariably have an effect on subsequent boat allocations.

### **Boat Loading and Unloading**

Boat loading is a necessary event prior to a regatta which involves all rowers and as many parents as possible.

In the week prior to a regatta, Coaches and the Regatta Manager spend time preparing what boats, oars and other equipment will be needed for a regatta, all of which has to be loaded onto our trailers at the nominated boat loading.

A roster to share the tasks for boat loading and unloading will be in place for each regatta. Coaches will notify you when you are required.

### The Day Prior to Regatta

De-rigging boats in preparation for boat loading is conducted at the CLRC sheds on the Friday afternoon prior to a Saturday regatta. For interstate regattas this may be different. Times will be notified by coaches and only those rostered on need to attend.

### Regatta Day

Boat loading is conducted at the CLRC Boat Sheds at 5.45am on the day of the regatta. Depending on the number of crews racing at a regatta, it may be necessary to take two trailers so some boat loading may occur on Friday evening.

### *Procedure for loading boats before regatta:*

- A loading diagram will be posted showing how the trailers are to be loaded
- The upper levels of the trailers are loaded first so that those loading boats don't have to clamber over equipment in the trays
- As a rule of thumb, the riggers for a boat are to travel in the trailer on which the boat is loaded
- Oars are also to be put in the trailers
- Ancillary equipment and spare parts are loaded on the towing vehicles.

### *Procedure for loading boats after regatta:*

- At the end of the regatta boats are loaded back on to the trailer.
- A list of when the boats are no longer required for racing will be posted at the CLRC regatta tent. It is the responsibility of the last crew who rowed each boat to de-rigg and load it on to the trailer. Rowers can recover from their race and then load boat back on to trailer



(according to reloading plan located at regatta tent) within a short time period to save time at the end of the day.

### *Procedure for unloading boats:*

- Boat unloading needs to be conducted after the return of boat trailers to CLRC sheds
- Rowers will be allocated boat unloading tasks according to the roster

## **Nutrition Strategies for Regattas**

### ***Competition Nutrition***

Rowers should go into each race with fluid and fuel stores topped up, and feeling comfortable after their last meal.

Generally a meal that provides carbohydrate should be consumed 2-3 hours before a race, eg: breakfast cereal, toast, muffins, sandwiches, yoghurt, fruit. For rowers who struggle to eat before a race, fluids such as sports drinks or flavoured milk might be better tolerated. Rowers need to organise themselves to have appropriate food and fluids available at all times at regattas. Don't rely on the local canteen or kiosk to meet your racing needs. Take along a supply of your own favourite cereal bars, fluids, fruit –fresh or dried, sandwiches, yoghurt, etc.

Remember your fluid needs. You can be dehydrated from your rowing efforts, and just from sitting in the sun.

### ***Recovery Nutrition Strategies – the 4 Rs of Recovery***

#### ***Refuelling***

To optimise the muscle refuelling process, rowers should include carbohydrate in their next meal or snack ideally, within 30 minutes after training or racing.

#### ***Rehydrating***

Most rowers finish a training or competition session with some level of fluid deficit. Water or a sports drink is an important part of recovery.

#### ***Resisting***

The immune system is suppressed by intensive racing. This puts young rowers at risk of succumbing to an infectious illness during this time. Consuming carbohydrate within 30 minutes after training/racing has been shown to reduce the stress on the immune system.

#### ***Repairing and Re-building***

Prolonged and high intensity exercise causes a substantial breakdown of muscle protein. Early intake of foods high in protein can promote muscle rebuilding. Protein consumed within 30 minutes after racing is taken up more effectively by the muscle into rebuilding processes. However the protein needs to be consumed with carbohydrate foods to maximise this effect.

### ***Nutritious Carbs + Protein Recovery Snacks/Meals***

- 2 cups breakfast cereal with milk
- 1 large cereal bar + 200g fruit flavoured yoghurt
- 1 bread roll with cheese/meat filling + banana
- Bowl of fruit salad with 200g fruit yoghurt
- 2 slices toast or crumpets with peanut butter and 1 cup milk
- 1 regular milkshake or fruit smoothie

### ***Hydration Strategies***

Ensure you drink regularly during the day to prevent the negative effects associated with dehydration.

There will be water available at the CLRC regatta tent to drink throughout the day and to refill water bottles.

Always make sure you take a water bottle in your boat to have prior to and after racing.

### Making Regatta Day Run Smoothly

#### Athlete Responsibilities

- The ultimate responsibility for each athlete is to get to the starting line on time. To do this several things need to occur:

#### Arrival time at the regatta

- All rowers need to arrive at the regatta on time. This shouldn't be a problem as rowers will be involved in loading/unloading boats for the regatta.
- If you aren't involved in this process, please ensure you are at the regatta at least 1.5 hours before the scheduled start time of your first race.

#### Race Preparation

- Rowers should ensure they have sunscreen on, have had a drink, have a water bottle to take with them in the boat, have been to the toilet and are ready to race 45 minutes before the scheduled start time of their races.
- When instructed to do so by the coaches and Regatta Manager, get the equipment and the boat ready quickly.
- Listen to and follow instructions. If you're not sure about something ASK QUESTIONS.

#### Between races

- Rest, refuel and rehydrate.
- As much as possible remain with the other CLRC rowers under the CLRC tent or cheer for fellow competitors.
- Be supportive of other CLRC crews and help out where you can.
- If you see another crew needs assistance get up and help, especially getting boats/oars in and out of the water.

#### After your last race

- Check to see if the boat you raced in is being used again (check boat re-loading plan at CLRC regatta tent).
- If it is not being used, de-rig your boat, tie the seats in and put the boat on the trailer and tie it down securely.
- Put oars on the trailer.
- Help other crews do the same thing. Help pack up the tent etc.

#### Departure from the regatta

- It is expected that all rowers remain at the regatta until all equipment for all crews is loaded on the trailer.

- If you do need to leave early please check with your coach and Regatta Manager first.
- Rowers rostered to unload boats will then return to the boatshed to put the boats and equipment away.
- Allow approximately 1 hour from the time we arrive at the boatshed.

**In summary:**

- Help rig/de-rig/load/unload boats both at the boatshed and at the regatta (according to the roster)
- Know your race times and lane numbers. It's a good idea to write these on your arm/leg with permanent marker to refer to throughout the day
- Ensure you allow enough time to prepare your boat prior to each race
- Ensure you have your boat and a matching set of oars on the water in time for your race
- Ensure you have a bow number
- Support other crews in a positive fashion; cheer them in their races
- Help fellow club members in and out of water

### Overview of Race Procedures

This is a suggested routine. Your coach may adjust this on the day

- 1 hour before race start adjust boat settings
- 45 mins before race start meet coach for race plan brief
- 20-30 mins before start bring boat down to water check everything, bow number, and know your lane
- 20 mins before race start row up to start with boat warm up routine (novices may need to allow more time)
- 10 mins before start be waiting ready to go when official calls your race
- RACE
- 5 mins after race row back to beach/pontoon, carry boat up and place on hards
- 10 mins after race meet coach for after race de-brief and finals times (if appropriate). Rehydrate and eat small snack of 60% carbs 40% protein; avoid heavy meals that will sit in your stomach.
- 20 mins after last race check your boat is de-rigged and on trailer and oars are on trailer (check Boat Re-Loading Plan to make sure your boat isn't being used again)
- 30 mins after last race help out packing up the CLRC equipment, tents, tables, chairs and load trailer/return to shed. Clean up site and area check.

### Information for Parents and Supporters

- All family members and supporters are encouraged to attend regattas. Parent and supporter participation is encouraged and valued in supporting the team.
- It is asked that each parent and supporter respect the needs of the coaches and rowers at regattas and not interfere with the team when coaches are trying to hold team meetings prior to and after races.
- Help is always appreciated for loading/unloading boats and equipment. Please let the Regatta Manager know if you are able to assist. Some of the jobs we would like parents to help with include:
  - Tying boats on to trailers
  - Towing trailers to regatta site
  - Transporting equipment to regatta site
  - Setting up regatta tent and site
  - First Aid
  - Photographer
- At the regatta it is useful if you can help crews in and out of the water, especially passing oars. The launch site can get quite congested and the quicker we can get crews on/off the water the better.
  - When helping rowers in and out of the water it is suggested that you wear footwear that is ok to get wet – eg, scuffs, reef shoes
- There is a kiosk at Weston Park where you can purchase coffee and a limited choice of food. Most families bring their own food and snacks. It's a great day for a family picnic.
- There will be a limited number of chairs at the CLRC regatta tent so it is suggested that you bring your own chairs or picnic rug to sit on.
- CLRC has a Regatta Tent, so there will be shade
- Binoculars are a good idea to view races
- Enjoy the day!

## **CAPITAL LAKES ROWING CLUB**

### **IMPORTANT INFORMATION AND CONTACT DETAILS**

**Location:** CNR Honeysett View and The Causeway

Kingston Foreshore, Kingston ACT

**Email:** [capitalakes@gmail.com](mailto:capitalakes@gmail.com)

**Website:** [www.capitalakesrowing.com](http://www.capitalakesrowing.com)

**Facebook:** Capital Lakes Rowing

Position	Name	Telephone	Email
Regatta Manager / Vice President	Catherine Bowyer	0430 432 445	catherinebowyer@gamil.com
Regatta Site Manager / Junior Membership	Anita Carscadden	0405 469 383	anita.carscadden@gmail.com
Coach / Regatta Boat Captain	John Carpenter	0409 044 027	jcpriv@ozemail.com.au
Coach / Safety Officer	Mark Georgelin	0402 107 212	danie_georgelin@hotmail.com
Coach	Avril Baker	0438726856	avril.Baker@stcc.act.edu.au
Coach	Rodney Palmer	0416 258 170	rodneypalmer@aapt.net.au
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