



Scotch College Boat Club

---

# Parents' Handbook 2012

# Table of Contents

---

| <i>Topic</i>                                 | <i>Page</i> |
|--|-------------|
| Introduction                                 | 2           |
| Organisation of the Boat Club                | 2           |
| Sport at Scotch College                      | 2-4         |
| 'Rowing' from 'Sport at Scotch College'      | 4           |
| Student Boat Club                            | 4           |
| Captain and Vice-Captain of Boats            | 5-6         |
| What does the Boat Club expect from a Rower? | 6           |
| Diet and Nutrition                           | 7           |
| Racing and Training Uniform                  | 7           |
| General Training Times                       | 8           |
| Crew Selection Criteria                      | 9           |
| Crews Classification and Entry               | 9           |
| Regattas and Regatta Locations               | 10-11       |
| Information on the Web                       | 12          |
| Rowing Camps / Fees and Charges              | 13          |
| Breakfasts                                   | 14          |
| National Championships and Interstate Travel | 14          |
| Water Quality and the Yarra River            | 14          |
| Information from Rowing Victoria             | 14          |
| The Nagambie Course                          | 16          |
| The Barwon River Rowing Course               | 17          |
| The Carrum Rowing Course                     | 18          |
| Diagram of Four                              | 19          |
| Regatta Season 2011-2012                     | 20-21       |
| Scotch College Rowing Officials              | 22          |
| Rowing Victoria                              | 22          |
| The Cardinal Club                            | 22          |
| Aims   | 23          |
| Social Program                               | 23          |
| Committee 2011-2012                          | 24          |
| Cardinals' Rowing (Sunday Rowing)            | 26          |
| Membership / Membership benefits             | 28          |

## Introduction

---

### **Welcome to the 2011-2012 Rowing Season.**

This booklet is intended as a guide for parents and supporters of the Scotch College Boat Club and contains information that we hope you will find useful to enhance your enjoyment of the sport.

## Organisation of the Boat Club

---

The Boat Club operates under the Director of Rowing, Tom Woodruff. He oversees the management of the boat club, co-ordinates the coaching panel, coaching program and oversees technical and selection matters. The Teacher-in-Charge, Tom Bowen, is the primary administrator of the Club dealing with crew entries and regatta details.

Contact information is on the Scotch College web page  
<http://www.scotch.vic.edu.au/Sport/Rowing/Rowing.htm>

Information on important dates for the season is also contained herein.

When crews have been selected, your son should obtain a contact number for his coach. This is the first point of contact if he is unable to attend a training session for any reason. If he is sick or unable to attend a regatta, the parent should contact the Teacher-in-Charge.

Josh Frichot is Head Boatman and Bob Lachal is Assistant Boatman.

## Sport at Scotch College

---

The following is an extract from the booklet *Sport at Scotch College* prepared by the Director of Sport.

### **MISSION STATEMENT**

To provide an enjoyable, quality, team-oriented sporting program whereby students and coaches interact to assist boys' physical and emotional development within the Associated Public Schools (APS) and wider sporting community.

## **SCOTCH PHILOSOPHY**

Key aspects from our Mission Statement in regard to our sporting program incorporate enjoyment, quality, team oriented, staff/student interaction and assisting boys' physical and emotional development.

Through sport we aim to provide the opportunity for:

### **Individual involvement**

Facilities, equipment, group numbers, positive coaching and suitable training drills = total involvement for each boy + skill and game knowledge improvement.

### **Personal achievement**

We believe that all individuals under our care have the potential to achieve relative success and therefore enjoy their sporting involvement. As coaches we create the right environment to assist their development.

### **Physical fitness**

Our sports provide extensive opportunity for aerobic and anaerobic fitness development. Boys are encouraged to adhere to good lifestyle habits of rest, diet and physical activity, to help them achieve their full potential.

### **School spirit**

Scotch representative sporting teams competing in the APS and other competitions assist in the development of school spirit. We encourage boys to support other Scotch teams and sports as much as possible.

### **Self discipline**

It is essential that boys understand the importance of discipline and, in particular, self discipline in sport. Sport offers many opportunities that require great self control for the benefit of individuals, team and our community.

### **Self esteem**

Coaches are expected to create a positive and supportive environment so that each boy feels good about himself and his involvement in sport.

### **Sportsmanship**

Coaches, boys and the general Scotch community must ensure that we play within the rules and respect opposition players, coaches, referees and spectators.

### **Staff – student interaction**

Our sport program provides the opportunity for boys and staff to relate to each other in a positive way outside the classroom.

## **Success**

All teams' success can be judged on whether a boy is a better player, team member and person for having been involved with the group for the season.

## **Teamwork**

We can all appreciate that enjoyment and success results from cohesive and unselfish play. We encourage our coaches to liaise with their squads in setting up 'team rules' and 'game plans'.

## ***Rowing from Sport at Scotch College***

---

The aim is to provide an enjoyable, quality, team-oriented rowing program. Students and coaches interact to assist boys' physical and emotional development. Scotch College presents crews at APS and Rowing Victoria regattas.

Rowing at Scotch is a team sport requiring training and development of rowing technique. Strength and fitness need to be well developed to deliver the best on-water performance.

The Scotch College Boat Club boat fleet is oriented to training and competition in Vllls, quad sculls and IVs. Single sculls are used extensively for training and introducing students to rowing.

## **AIMS**

- Personal involvement and achievement at all levels
- Progressive skill development programs for rowers and coxswains from Year 7 to senior crews
- To experience success at the APS Junior Regatta
- For APS Head of the River crews to make the Division A final and the 1st VIII to win the Head of the River.
- To ensure that boys adhere strictly to the APS Code of Sporting Conduct
- To ensure crews at Rowing Victoria (RV) regattas adhere to the rules of racing and perform to their optimum

# Student Boat Club

---

**Scotch College Boat Club is organised into four clubs:**

1. **BARWON CLUB** (2000m crews)

Open

2. **YARRA CLUB** (2000m crews)

Year 10

3. **MITCHELL CLUB**

In Term 4 Year 8 rowers join the Mitchell Club. They row in quad sculls in Year 9 as well as single sculls for training. Competition is in quad sculls.

Crews are selected by coaches in consultation with the Director of Coaching and Teacher in Charge of the Mitchell Club. Crews compete at regattas during the season and at the APS Head of River Regatta.

4. **CHRISTIE CLUB** (Year 8)

In Term 4 Year 7 students are able to commence rowing. Emphasis is placed on learning to row in a single scull, moving from a tub (beginner) to a training scull. The rowing tank is used for skill development and ergometers are used for teaching the rowing stroke, but not for strength testing. Towards the end of the season there is some rowing in quad sculls.

## Captain and Vice-Captain of Boats

---

Rowers are represented by a Captain and Vice Captain of the Boat Club.

The skills and personal characteristics of a Captain and Vice Captain of Boats include:

- being well organised, motivated and willing to take the time to carry out the role
- willing to be involved with junior rowers
- having the respect of peers and ability to motivate and delegate
- an ability to work closely with students
- ability to set an example to fellow rowers as an athlete and also a leader. Each should embody the spirit of the club and lead by example.

## TASKS

### 1. Act as role model for rowers, in particular:

- demonstrate enthusiasm, motivation, dedication and reliability both as an athlete and as a leader
- promote an atmosphere of friendship across all levels of the Boat Club
- display correct uniform, especially wearing of caps, sunscreen, footwear, racing and training uniform
- ensure cleanliness in the Cardinal Pavilion, particularly in the change rooms, showers and gym
- assist with boat loading and unloading
- take care of Scotch College equipment.

### 2. Voice of Athletes

The Captain and Vice Captain of Boats are the voice of the student Boat Club and should have the character and confidence to represent them in feedback (positive, negative and suggestive) to the Teacher in Charge of Rowing and the Director of Rowing.

### 3. Speeches

- act as MC at Head of the River presentation dinner
- address the Boat Club at appropriate times.

## What does the Boat Club expect from a rower?

---

### A rower should:

- Work hard at maintaining academic studies - good rowers are good students
- Be punctual to meetings and training - good rowers are well organised
- Leave the shed at the end of training as soon as possible - good rowers do not waste time
- Use training routines as a model for time organisation in other arenas
- Be correctly and appropriately attired for training and competition
- Follow diet and fitness advice
- Take care and responsibility for Boat Club equipment and respect the facilities provided
- Follow Boat Club rules
- Be supportive of other rowers at all levels of the Boat Club
- Be able to recognise, appreciate and applaud fine rowing performances, particularly our immediate APS competition
- Be responsible
- Represent Scotch College at the highest possible levels to the best of their ability
- Enjoy the sport of rowing. Every Scotch College crew, on the water, on the ergo, in the change room, at a regatta should set a standard for themselves and the Scotch College Boat Club.

## Diet and Nutrition

---

Parents need to reinforce good dietary habits for rowers and monitor what rowers are eating and when, particularly during regattas.

### YOUR HIGH PERFORMANCE TRAINING DIET

*Your training diet needs two important components:*

- *it must provide enough of the essential nutrients for good health, and*
- *it must have enough energy to meet the demands of training and enable you to recover well.*

*To help you get the best performance out of your body during training we have developed seven 'Sunrice' High Performance Eating Strategies:*

- *Eat more carbohydrate*
- *Eat more protein*
- *Ensure an adequate intake of vitamins*
- *Drink more water*
- *Eat less fat*
- *Eat plenty of dietary fibre*
- *Ensure an adequate intake of minerals*

Extract: 'Sunrice' High Performance booklet titled *Eating Strategies*, Karen Inge (Sunrice Australia 2000)

*Current Concepts in Sports Nutrition* available from the Australian Institute of Sport,  
<http://www.ausport.gov.au/ais/nutrition/publications>

## Racing and Training Uniform

---

Crews are to be commonly attired according to the following:

### SENIOR CREWS (Open and Year 10)

- Single piece rowing suit (zootie)
- Optional short or long sleeved plain white top
- Football socks or bare feet

### YEAR 9

- Single piece rowing suit (optional)
- Red rowing shorts, red Scotch singlet
- Short or long sleeved plain white top
- Football socks or bare feet

## YEAR 8

- Red/Black shorts, red Scotch singlet, Scotch College House singlet or white PE top
- Optional short or long sleeved top.

## COMMON TO ALL CREWS IN ALL YEARS

- Scotch Rowing cap
- Scotch College Slicker and red track pants to be worn when travelling and between races, except when directed otherwise.

## SUN SMART - PROTECTION POLICY

Rowers are required to wear rowing caps and apply sunblock to exposed areas of the body.

## General Training Times

---

Crews will normally train three times during the week (four for the 1st and 2nd Vllls) and once on Saturdays.

Training sessions will be held before school (assemble at 6.20 am usually) or immediately after school and last for approximately two hours.

## PERSONAL BELONGINGS

There are lockers in the Cardinal Pavilion changing area. Rowers must lock their valuables away and should not leave valuables in bags.

As vigilant as we can be, there is always the possibility that valuables may be misplaced, taken accidentally or stolen. Personal combination padlocks are essential.

## CLEANLINESS OF BOATSHEDS

Students are responsible for cleanliness of the changing rooms, showers and toilets of the Cardinal Pavilion. Rubbish must go in the bins. Memorabilia can be damaged by 'horseplay' in the change rooms.

# Crew Selection Criteria

---

There is no single criteria for selection in a crew.

The Scotch College Boat Club endeavours to boat the most competitive crews possible at each level.

The following criteria will be used:

- rowing technique and general boatmanship
- fitness, and progression of that, through the season
- strength
- attitude; which includes willingness to be part of the Boat Club
- efforts to improve technique and general endeavour
- performance in racing.

## **SELECTION CAN BE BASED ON A BALANCED CONSIDERATION OF THE FOLLOWING SELECTION MEDIUMS:**

- competition boat
- small boat
- ergometer
- weight training
- cross training

## **CONSIDERATION FOR SELECTION:**

- availability - training, camps and competitions
- technical compatibility
- athleticism
- attitude - training and competition
- adaptation - ability to cope with the demands of the program
- fitness - developed and maintained during holidays
- injury and illness

## **NOTE:**

All crews are subject to seating changes within the boat at any time. All crews are subject to personnel changes in and out of the boat at any time. The crew coaches and the Director of Rowing will make crew selections. Ultimate responsibility is with the Teacher in Charge of Rowing. In the final ten days before the Head of the River, crews will normally be regarded as settled unless there are exceptional circumstances.

## **COMMUNICATION OF SELECTION CHANGES TO ROWERS**

If rowers are moved among crews it must accord with selection policy. Selection decisions should be made at coaches' meetings. Each rower must be spoken to about the move and understand why it is occurring.

## Crews, Classifications and Entry

---

The actual number of crews can vary slightly from year to year depending on the number of rowers.

In recent years the number of crews competing at public regattas is about 22.

### OPEN AND YEAR 10 VIIIS

| <i>CREW</i>          | <i>SCHOOL VIII</i> | <i>ROWING VICTORIA/APS</i> | <i>DISTANCE EVENT (METRES)</i> |
|----------------------|--------------------|----------------------------|--------------------------------|
| <i>1st VIII</i>      | <i>Division 1</i>  | <i>Under 21</i>            | <i>2000</i>                    |
| <i>2nd VIII</i>      | <i>Division 2</i>  | <i>Under 19</i>            | <i>2000</i>                    |
| <i>3rd VIII</i>      | <i>Division 3</i>  |                            | <i>2000</i>                    |
| <i>4th VIII</i>      | <i>Division 3</i>  |                            | <i>2000</i>                    |
| <i>3rd VIII</i>      | <i>Division 3</i>  | <i>(APS)</i>               | <i>2000</i>                    |
| <i>4th VIII</i>      | <i>Division 4</i>  | <i>(APS) 2000</i>          |                                |
| <i>Year 10 A</i>     |                    | <i>Yr 10 Division 1</i>    | <i>2000</i>                    |
| <i>Year 10 B</i>     |                    | <i>Yr 10 Division 2</i>    | <i>2000</i>                    |
| <i>Year 10 C/D/E</i> |                    | <i>Yr 10 Division 3</i>    | <i>2000</i>                    |

| <i>CREW</i> | <i>QUAD SCULL</i>          | <i>BOAT TYPE</i>  | <i>DISTANCE (METRES)</i> |
|-------------|----------------------------|-------------------|--------------------------|
| <i>1</i>    | <i>Division 1</i>          | <i>Racing</i>     | <i>1000</i>              |
| <i>2</i>    | <i>Division 1</i>          | <i>Racing</i>     | <i>1000</i>              |
| <i>3</i>    | <i>Division 1</i>          | <i>Racing</i>     | <i>1000</i>              |
| <i>4</i>    | <i>Division 2</i>          | <i>Racing</i>     | <i>1000</i>              |
| <i>5</i>    | <i>Division 2</i>          | <i>Racing</i>     | <i>1000</i>              |
| <i>6</i>    | <i>Division 2</i>          | <i>Regulation</i> | <i>1000</i>              |
| <i>7</i>    | <i>Division 3</i>          | <i>Regulation</i> | <i>1000</i>              |
| <i>8</i>    | <i>Division 3</i>          | <i>Regulation</i> | <i>1000</i>              |
| <i>9</i>    | <i>Division 3</i>          | <i>Regulation</i> | <i>1000</i>              |
| <i>10</i>   | <i>Division 4</i>          | <i>Regulation</i> | <i>1000</i>              |
| <i>11</i>   | <i>Division 4</i>          | <i>Regulation</i> | <i>1000</i>              |
| <i>12</i>   | <i>Division 4</i>          | <i>Regulation</i> | <i>1000</i>              |
| <i>13</i>   | <i>Division 4</i>          | <i>Regulation</i> | <i>1000</i>              |
|             | <i>Possible Division 5</i> |                   |                          |

(APS Regatta denotes A, B & C down for race grades)

## Regattas

---

Regatta courses vary from river courses (eg Yarra) to specific-purpose six lane courses such as Carrum. Each course has its own idiosyncrasies; this can be reflected in:

- number of crews in a race (usually from three to six)
- distances for races (eg 1000 metres or 2000 metres)
- 'perceived' fairness of particular lanes depending on conditions.

Parents are of course welcome to attend any of the regattas during the season. Simply look for the Cardinal Club tent on the river bank.

## Regatta Locations

---

Key regatta courses are:

### CARRUM

|                                   |  |
|-----------------------------------|--|
| <i>Location:</i>                  | National Water Sports Centre, Patterson Lakes, Carrum  |
| <i>Directions:</i>                | South Eastern Freeway, Blackburn Road exit, Blackburn Road, Princes Highway, Westall Road, Springvale Road, Wells Road, Thames Promenade, Riverend Road. Approx one hour from Scotch College |
| <i>Melways Reference:</i>         | 97 K3  |
| <i>Maximum length and Course:</i> | 6 lane (2000 metre course)   |

### BARWON

|                                   |  |
|-----------------------------------|--|
| <i>Location:</i>                  | Barwon River, Geelong  |
| <i>Directions:</i>                | Via Westgate Bridge, Princes Highway. Barwon Terrace and Moorabool Street. Approx one and a half hours from Scotch College |
| <i>Melways Reference:</i>         | 228 B7   |
| <i>Maximum length and Course:</i> | 4 lane river course 1500 metres  |

## FOOTSCRAY

*Melways Reference:*

*Directions:*

*Maximum length and Course:*

Maribyrnong River, Footscray, adjacent to Flemington Race Course  
42 D2

Citylink Tollway towards Melbourne Airport/Bendigo, exit at Racecourse Road, Epsom Road, left into Langs Rd after showgrounds, slight left onto Fisher Parade and continue to Farnsworth Avenue

3 lane 1000metres

## NAGAMBIE

*Directions:*

*Melways Reference:*

*Maximum length and Course:*

Nagambie Lakes, Nagambie (Shepparton).

Hume Freeway (exit after Seymour) then Goulburn Valley Highway exit to Nagambie. Approximately two hours from Scotch College

521 H9

6 lane, 2000 metres

## YARRA :

*Melways Reference:*

*Maximum length and Course:*

Henley Course, Jeffries Parade, Melbourne. 2000 metre start is adjacent to upstream of Punt Road Bridge, finish is Henley Staging, upstream of Princes Bridge.

2F K7

2, 3 or 4 lane, river course, 2000 metres

## CREW IDENTIFICATION

RV races are identified by a letter, and each crew has a lane number. The bow of each boat is required to show the appropriate (race) letter and (lane) number. eg. F5 would be race F and lane 5.

## Information on the Web

---

Find out about more Scotch College Rowing and the Regatta Program and dates for 2011-2012 on:

*The Web:*

<http://www.Scotch.vic.edu.au/Sport/Rowing/Rowing.htm>

*Learning Point:*

[intranet.scotch.vic.edu.au](http://intranet.scotch.vic.edu.au) also contains up to date information.

Go to rowing via the Co-Curricular Activities Section.

*Cardinal Club:*

<http://www.cardinalclub.com.au>

*Rowing Victoria:*

<http://www.rowingvictoria.asn.au>

*Rowing Entry:*

<http://www.roms.rowingaustralia.com>

## Typical Regatta Week Term 1

---

*Sunday*

Regatta entries close

*Tuesday/Wednesday*

Draft Timetable, Event name and race time available

*Wednesday/Thursday*

Draft timetable with race and bus times posted on Scotch web site  
(Race times subject to change)

*Friday*

Boat trailer loading before school

*Saturday*

Official program, lane draws and crews competing

Boat trailer unloading and re-rigging upon return to Scotch after regatta

## Rowing camps

---

Two rowing camps are held in the summer holidays.

### DECEMBER CAMP - SCOTCH COLLEGE

Two Day: Saturday and Sunday, weekend after Head of Yarra Correction Day. This camp is for Open, Year 10 and Year 9 rowers. Selection for the January camp for Open and Year 10 crews and reserves.

### JANUARY CAMP - GIPPSLAND - SENIOR CREWS AND YEAR 10

Open and Year 10 2000m crews:

Begins in the week prior to the week school begins.

The normal schedule is:

|               |                              |                            |                               |
|---------------|------------------------------|----------------------------|-------------------------------|
| <i>Day 1</i>  | <i>1st and 2nd VIII</i>      | <i>depart</i>              | <i>Saturday 21st January</i>  |
| <i>Day 4</i>  | <i>Open and Year 10 VIII</i> | <i>depart</i>              | <i>Wednesday 25th January</i> |
| <i>Day 10</i> |                              | <i>Return to Melbourne</i> | <i>Monday 30th January</i>    |

### JANUARY CAMP – SCOTCH COLLEGE – JUNIOR CREWS

First weekend after commencement of Term 1.

## Fees and Charges

---

### ROWING CAMPS

Boys are expected to participate in rowing camps at various times during the year. A fee is charged to cover the cost of accommodation, transport and food for those camps outside Melbourne.

If boys are required to use overnight accommodation prior to a regatta, a fee will be charged to cover the cost of meals and accommodation.

## APS Regulations

---

The APS has a series of rules and regulations to govern camp days, competition and training. The rules carry penalties in the event of their breach. The rules are published on the APS web site at, <http://www.apssport.org.au/index.php?id=109>

## Breakfasts

---

Breakfast is provided after morning training sessions throughout the season. The aim of providing breakfast is to ensure that each boy goes to school with a nutritious meal designed to meet the needs of an active participant in a physically demanding sport.

The meals have been designed with the advice of an expert nutritionist and it is expected that all boys will partake of the breakfast. The food is prepared by parents and volunteers.

Each rower will be charged a fee for the breakfast based on his year level at school. The fee is designed to recoup the cost of the meals. The fees will be added to the January and April school accounts.

## National Championships and Interstate Travel

---

Some boys will compete at the National Championships and other regattas interstate. A fee will be charged to recoup the costs of travel, food and accommodation in those cases.

## Water quality and the Yarra River

---

Rowers are advised of the risks of infection from coming into contact with river water. This risk is far greater in times of heavy rain as water from drains fills the river.

Contact with the water should be kept to the barest minimum at all times given the nature of the sport. Water bottles that come into contact with river water need to be cleaned thoroughly. Scullers who fall into the water are to come back to shore and shower immediately. Open skin such as cuts, grazes or blisters need to be covered and kept as dry as possible.

## Information from Rowing Victoria

---

Rowing Victoria is aware that there are health issues associated with rowing on Victorian water ways.

Rowing Victoria recommends that any members participating in rowing on the Yarra River understands that there are health risks associated with the consumption of Yarra water. Therefore, Rowing Victoria does not recommend that any members consume or swim in the Yarra and that good hygiene is practiced after every training session.

Hygiene suggestions are:

- Wear flip-flops/thongs at all times outside the boat
- Wear socks whilst rowing
- Regularly wash equipment with warm soapy water
- Clean oar handles after every training session
- Keep training clothes separate
- Wash training clothes after every session
- Shower immediately after every session
- Use antibacterial soaps
- Keep hands and feet clean
- Protect open wounds

The Environment Protection Agency of Victoria does state that the Yarra is suitable for rowing, kayaking and other similar activities.

## Sun Smart - Protection Policy

---

Hats/caps should be worn for training apart from early morning sessions.

Rowers are required to wear rowing caps and apply 'sunblock' to exposed areas of the body. Long sleeved tee-shirts are strongly recommended for crews during training.

Hats/caps are not compulsory whilst racing at regattas, this is a crew and coach decision.

At rowing camps rowers are encouraged to wear clothing that maximises sun protection for the time of day and type of training they are doing. Collared tops and long sleeve tops for example are preferred over the 'normal' racing zoot suit.

## Registration of Coxswains

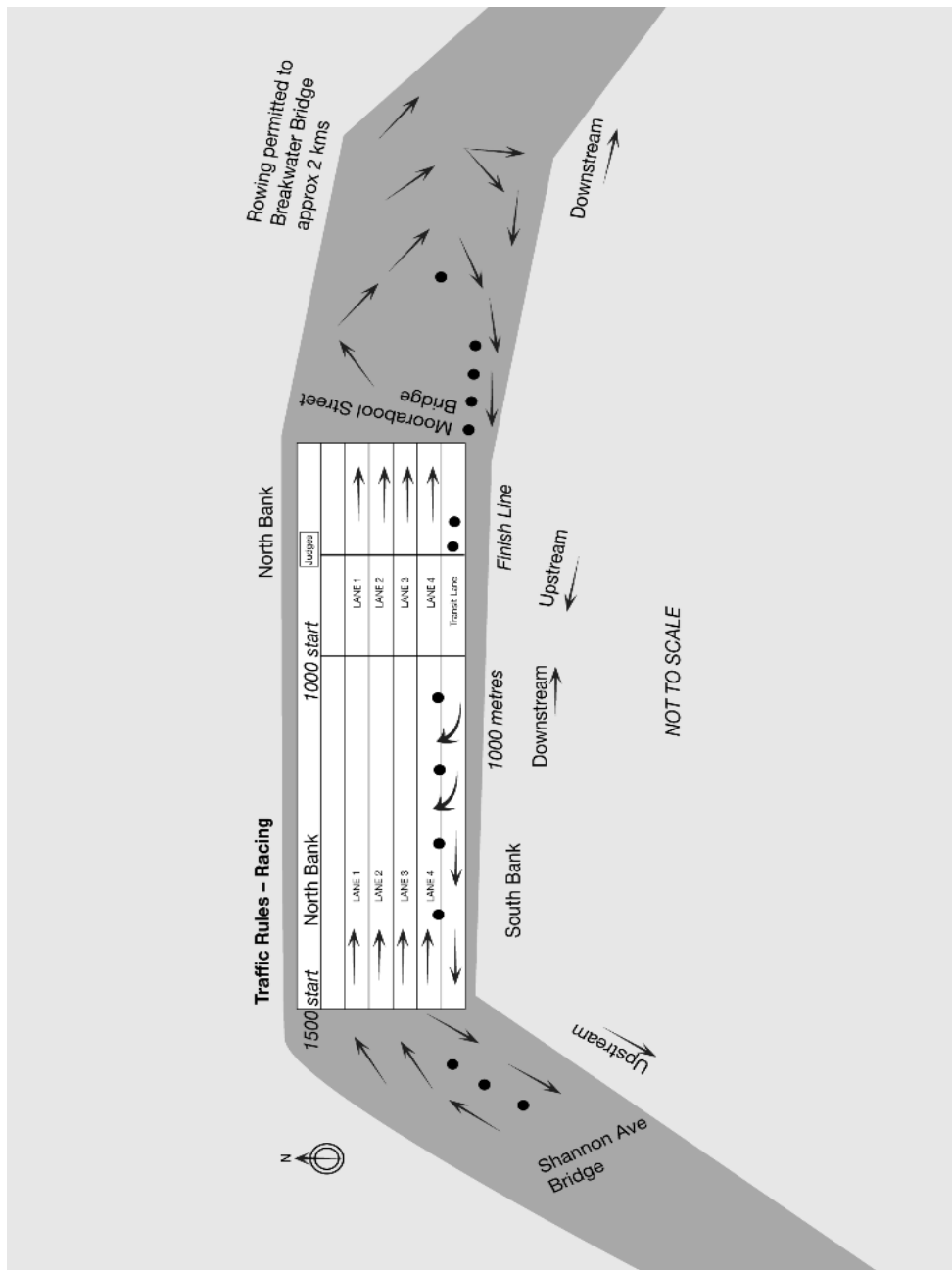
---

As of October 2009 Rowing Victoria (in accordance with Marine Safety Legislation) has made Level 1 Good Coxswain accreditation compulsory for all coxswains within Victoria.

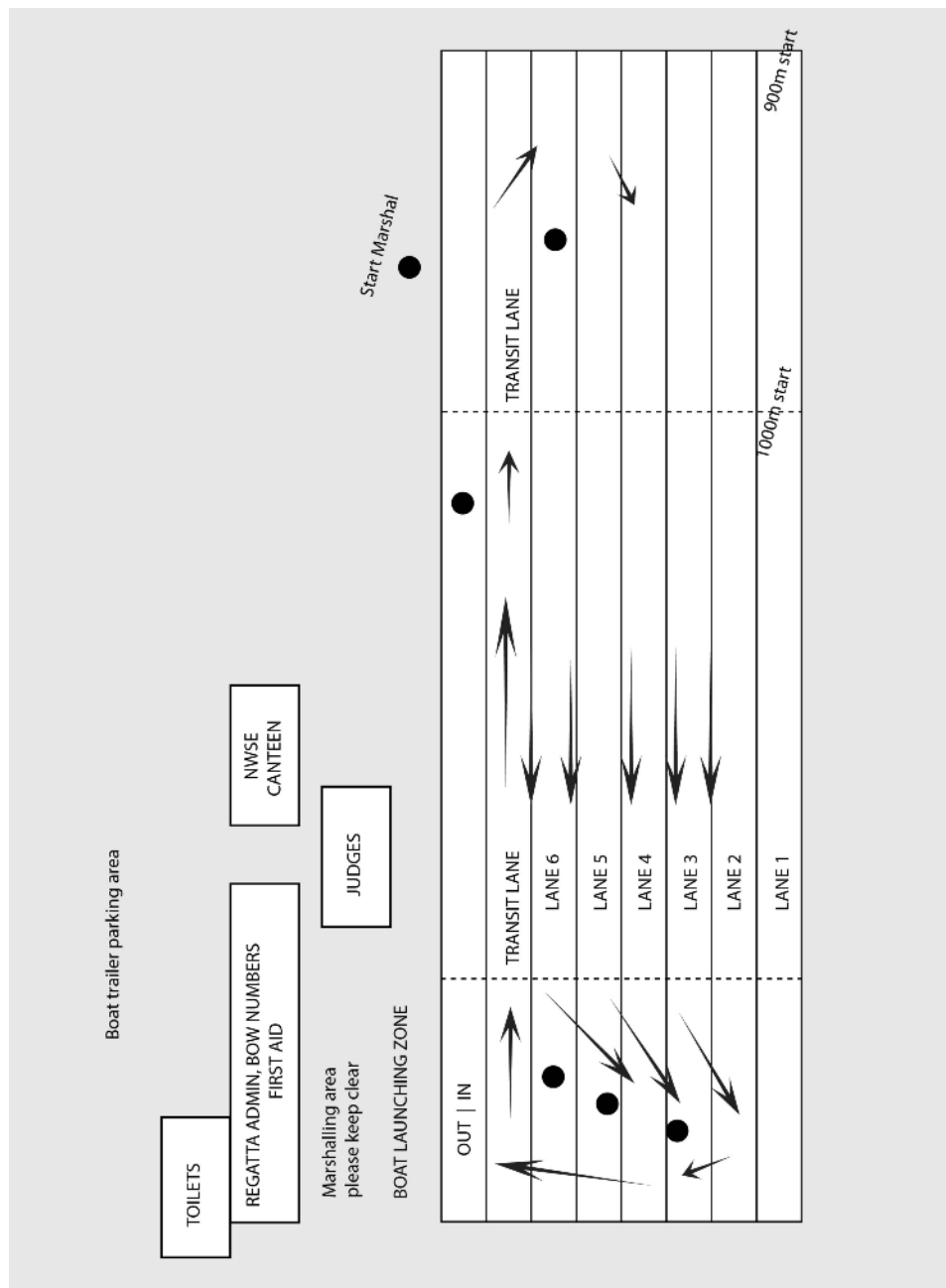
Experienced coxswains (those with two or more years of coxing) can make an application for Recognition of Prior Learning (RPL). Other coxswains must complete a 'Good Coxswain Course' and pass the Coxswain online assessment, demonstrating a sound knowledge of the key principles covered in the Level 1 course.



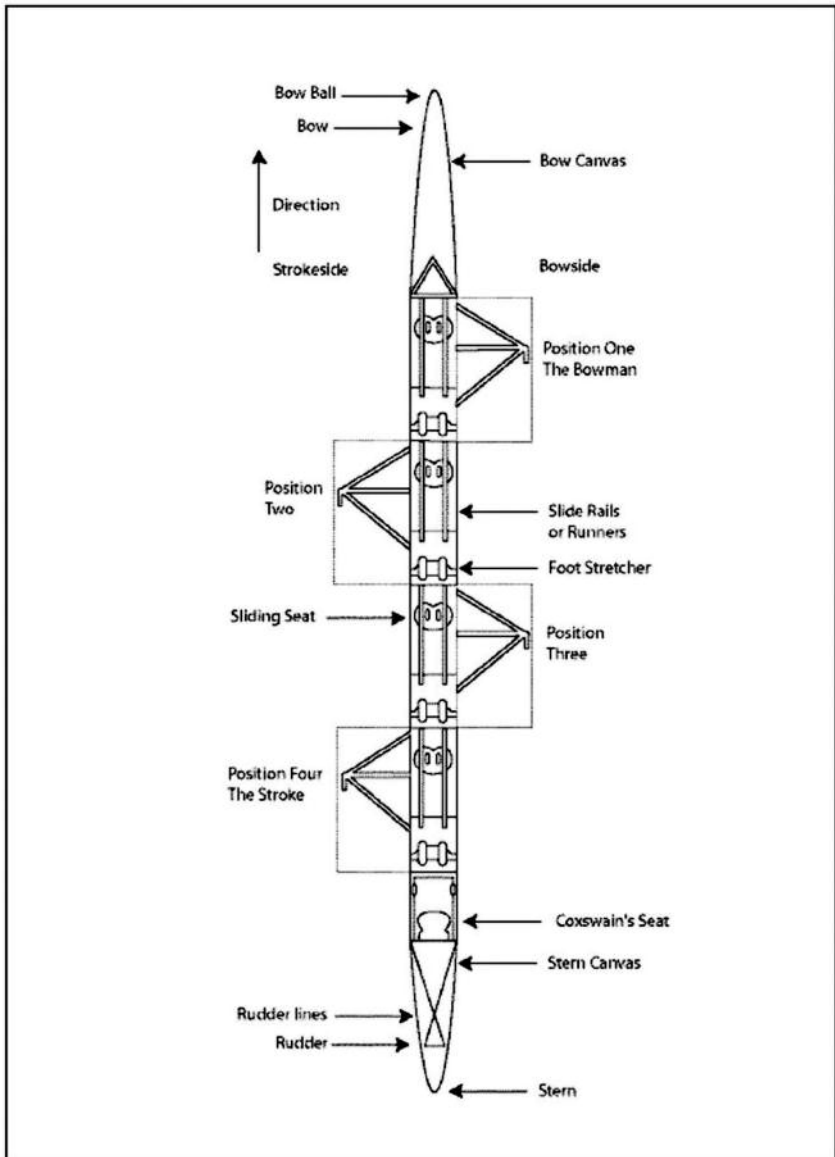
# The Barwon River Rowing Course



# The Carrum Rowing Course



## Diagram of a Four



# Regatta Season

---

## 2011

|                     |  |
|---------------------|--|
| <b>Tue 19th Jul</b> | <b>Term 3 Start</b>  |
| Sat 30th Jul        | Cardinal Club Celebration Fundraiser Dinner                                      |
| Thu 4th Aug         | AGM – Cardinal Club  |
| Sat 27th Aug        | Scullers Head of the Yarra . . . . .Senior Rowers                                |
| Thu 8th Sep         | Parent information night – Boykett Room – 7.30pm . .Parents                      |
| Sat 10th Sep        | Family Day – No Rowing   |
| Thu 15th Sep        | Term 3 Finishes  |
| <b>Tue 11th Oct</b> | <b>Term 4 Begins – Senior rowing begins . . . . .Senior</b>                      |
| Wed 12th Oct        | Year 10 (current year 9) begin rowing . . . . .Year 10                           |
| Mon 23rd Oct        | Year 9 (current year 8s) begin rowing . . . . .Year 9 Quads                      |
| Sat 22nd Oct        | APS Athletics  |
| Sat 15th Oct        | Indoor Rowing Championships . . . . .Possible Only                               |
| Sat 29th Oct        | Derby Day – Long Weekend/Boarders Exeat . . . . .Limited Crews                   |
| Mon-Tue 1st Nov     | Melbourne Cup Weekend (Boarders Exeat) . . . . .No Rowing except 1st & 2nd       |
| Sat 5th Nov         | Year 8 Rowing (current year 7s) begin rowing . . . . .Year 7/8 Coaches           |
| Sat 5th Nov         | Stakes Family Day - BOYS STILL EXPECTED TO ROW                                   |
| Sat 19th Nov        | Melbourne Head Race - Yarra River . . . . .Year 10 and Senior Eights             |
| Sat 26th Nov        | Head of the Yarra – Yarra River . . . . .Year 10 and Senior Eights               |
| Sat 26th Nov        | Year 9 Quads(current Yr8) train as usual. . . . .Year 9 Quads                    |
| Sat 3rd Dec         | Normal Training (part of “Rowing Camp”) Yarra River . .Senior, Yr 10, Yr 9 Quads |
| Sun 4th Dec         | Rowing Camp – Yarra River – All crews . . . . .Senior, Yr 10, Yr 9 Quads         |
| <b>Fri 9th Dec</b>  | <b>Term 4 Ends</b>   |
| Sat 10th Dec        | Carrum Regatta – Carrum . . . . .Possible 1st & 2nd Crews                        |

## 2012

|                     |  |                             |
|---------------------|--|-----------------------------|
| Tue 17th Jan 2012   | January Rowing Camp – Tambo River (1st & 2nd) . . . . .  | 1st and 2nd Crews           |
| Sat 21st Jan        | 3rd, 4th,5th, Year 10 crews depart Tambo River . . . . . | 3rd, 4th,5th, Year 10 Crews |
| Thu 26th Jan        | Rowing Camp Concludes – Return to Melbourne . . . . .    | Year 10 and Senior Eights   |
| Sat 28th Jan        | Barwon Regatta . . . . .                                 | Year 10 and Senior Eights   |
| <b>Wed 1st Feb</b>  | <b>NEW BOYS/ADMIN DAY Term 1</b>                         |                             |
| Thu 2nd Feb         | Term 1 Classes Begin                                     |                             |
| Sat 4th-Sun 5th Feb | Year 9 Rowing Camp AM - both days – at Scotch . . . . .  | Year 9 Quads                |
| Sat 4th Feb         | APS Regatta – Carrum . . . . .                           | Senior & Year 10 Crews      |
| Sat 11th Feb        | Proposed Footscray Regatta . . . . .                     | Year 9 Quads                |
| Sat 11th Feb        | Wendouree Regatta - Nagambie . . . . .                   | Senior & Year 10 Crews      |
| Sat 11th Feb        | NSW State Championships . . . . .                        | 1st and 2nd Crews           |
| Sat 18th Feb        | VIC State Championships - Nagambie . . . . .             | Senior & Year 10 Crews      |
| Sat 25th Feb        | Henley – Yarra . . . . .                                 | 1st, 2nd & 10A Crews        |
| Sat 25th Feb        | APS – Regatta Carrum . . . . .                           | Senior & Year 10 Crews      |
| Sat 3rd Mar         | Scotch Mercantile Option A- Nagambie                     |                             |
| 5-11th Mar          | National Championships – Champion Lakes, WA . . . . .    | 1st, 2nd,10As POSSIBLE ONLY |
| Sat-Mon 12th Mar    | Labor Day Weekend . . . . .                              | No Rowing – Boarders Exeat  |
| Sat 17th Mar        | HOSG / Scotch Mercantile Option B- Nagambie              |                             |
| Sat 24th Mar        | Head of the River - Nagambie . . . . .                   | All                         |
| <b>Fri 30th Mar</b> | <b>Term 1 Ends</b>                                       |                             |

## Scotch College Rowing Officials

---

|                             |  |
|-----------------------------|--|
| Director of Rowing          | TOM WOODRUFF                               |
| Teacher in Charge of Rowing | TOM BOWEN                                  |
| Head Boatman                | JOSHUA FRICHT                              |
| Assistant Boatman           | BOB LACHAL                                 |
| Christie Club (Year 8)      | LIBBY MOORE, KATRINA STALKER<br>GEOFF DANS |
| Year 10 Co-ordinator        | LUKE CAREY                                 |
| Year 9 Co-ordinator         | JOHN CROXFORD                              |

## Rowing Victoria

---

### BOAT RACE OFFICIALS

Clubs and schools entering Rowing Victoria regattas are required to supply a certified Boat Race Official (BRO) to assist in the conduct and running of the Regatta. It is a way of further understanding the sport as well as make a contribution to Scotch Rowing. Training can be conducted on-line at the Rowing Victoria website: <http://www.Rowingvictoria.asn.au> at sessions arranged jointly between RV and The Cardinal Club Inc.

## The Cardinal Club

The Cardinal Club Inc (Cardinal Club) is affiliated with the Old Scotch Collegians' Association (OSCA) to foster rowing within the Scotch Family. Its objectives are to:

- support rowing at Scotch College through the Scotch College Boat Club. This is done by fundraising activities, which contribute to facilities, equipment and expenses, coaching on request, riverbank support
- provide the opportunity for Old Scotch Collegians and members of the Scotch Family to row, both socially and competitively
- promote Cardinal Club activities and rowing-related events or items of interest via a Newsletter and other Scotch College publications
- promote within the Cardinal Club a social/reunion program for Old Boys, parents and members of the Scotch Family
- maintain a close relationship with the School through regular contact with the personnel in charge of rowing at the School

## Social program 2012

---

### BOAT CLUB COCKTAIL PARTY

### CARDINAL CLUB AGM

Cardinal Pavilion

### ROWING INFORMATION EVENING

Thursday, 8th September Cardinal Pavilion

Enquiries regarding social events can be made to Stephen Webster; 9822 3539, 0403 060 200 or [stephen@webster5.com.au](mailto:stephen@webster5.com.au)

## Membership

---

Email: [cardinalclub@scotch.vic.edu.au](mailto:cardinalclub@scotch.vic.edu.au)

- |             |  |
|-------------|--|
| FAMILY LIFE | Entitles all nominated members of the family to all membership benefits if taken out whilst a son at Scotch, and one mailing address, \$250.   |
| ADULT LIFE  | Open to any member of the Scotch Family; \$150 one-off payment entitles to all membership benefits.  |
| ACTIVE LEVY | This is an additional fee, for insurance purposes, \$125 for Old Boy or Scotch Family Cardinal Club members who wish to take part in social or competitive rowing with 'Cardinals Rowing'. Note additional Rowing Victoria competition fees apply. |

### **Membership enquiries can be directed to any of the committee or forward details and payment to:**

Membership Officer, The Cardinal Club Inc

1 Morrison Street, Hawthorn 3122 Email: [sara.cuming@scotch.vic.edu.au](mailto:sara.cuming@scotch.vic.edu.au)

The Cardinal Club promotes fellowship between parents of Scotch rowers on the riverbank at regattas – all parents and supporters are welcome at the Scotch tent. Please speak to any Cardinal Club Committee member if you need information about regattas or getting to a venue. The Cardinal Club is active at Scotch rowing events such as the Head of the Yarra, Year 8 regatta, Scotch Mercantile regatta and the Head of the River.

The Cardinal Club actively assists the boys rowing at Scotch by organising breakfast on weekdays for all rowers who have trained that day. Volunteers are always welcome to assist with this please contact the Breakfast Coordinator.

The Cardinal Club has a great range of merchandise for competitors and supporters. There will be many ways to purchase merchandise, including at Family Day, Head of the Yarra and at most regattas as well as at the breakfasts and online. Profits from the sale of merchandise go to support the Boat Club.

The Cardinal Club also organises several social events through the rowing season for parents and boys.

Each year level has a co-coordinator who will help engage the parents at the riverbank and there are a number of other members of the Committee, all of whom would be very happy to speak to parents about rowing at Scotch.

Membership of the Cardinal Club is available to all and provides a further way of supporting rowing at Scotch by enabling the Club to carry out these activities and to provide equipment and improved facilities to the Scotch College Boat Club.

# Cardinal Club Committee 2012

---



## WEB LIST FOR SCOTCH/CARDINAL CLUB WEBITES

|   |  |  |
|---|--|--|
| PRESIDENT and<br>OSCA REPRESENTATIVE:     | <b>Stephen Webster</b><br>03 9822 3539, 0403 060 200 | <a href="mailto:stephen@webster5.com.au">stephen@webster5.com.au</a>   |
| VICE-PRESIDENT and                        | <b>Neil Strathmore</b>                               | <a href="mailto:nfstrathmore@netspace.net.au">nfstrathmore@netspace.net.au</a>   |
| SPA REPRESENTATIVE:<br>VICE-PRESIDENT and | <b>Adam Richards</b><br>0412 050 060                 | <a href="mailto:adam@mrtrampoline.com.au">adam@mrtrampoline.com.au</a>   |
| TREASURER:<br>SECRETARY:                  | <b>John Malon</b><br>03 9818 0120, 0438 231 055      | <a href="mailto:john.malon@mallesons.com">john.malon@mallesons.com</a>   |
| IMMEDIATE<br>PAST PRESIDENT:              | <b>Cathy Emmett</b><br>03 9699 8069, 0439 209 904    | <a href="mailto:emmetts@bigpond.net.au">emmetts@bigpond.net.au</a>   |
| CLUB CAPTAIN:                             | <b>Phil Wright</b><br>03 9830 4839, 0412 257 290     | <a href="mailto:wrightpn@anz.com">wrightpn@anz.com</a> ,<br><a href="mailto:wrightpn@bigpond.net.au">wrightpn@bigpond.net.au</a> |
| MERCHANDISE:                              | <b>Alvie Webster</b><br>03 9822 3539, 0403 060 205   | <a href="mailto:cardinalmerchandise@scotch.vic.edu.au">cardinalmerchandise@scotch.vic.edu.au</a>                                 |
|   | <b>Andrea Malon</b><br>03 9818 0120, 0418 102 252    |  |
| BREAKFASTS:                               | <b>Helen Bartley</b><br>03 9819 9724, 0408 594 961   | <a href="mailto:rowingbreakfasts@scotch.vic.edu.au">rowingbreakfasts@scotch.vic.edu.au</a>                                       |

SENIOR BOAT CLUB REPRESENTATIVE (Yrs 11 & 12): **Ann Adams**  
0419 381 407

**Jim Dennis**  
0418 800 765  
[jim.dennis@hayproperty.com.au](mailto:jim.dennis@hayproperty.com.au)  
[jim@dennis1.com.au](mailto:jim@dennis1.com.au)

YEAR 10 REPRESENTATIVE: **John Croxford**  
0409 265 424  
[john.croxford@scotch.vic.edu.au](mailto:john.croxford@scotch.vic.edu.au)

YEAR 9 REPRESENTATIVE: **John Tivey**  
0439 950 973  
[johntivey@freehills.com](mailto:johntivey@freehills.com)

YEAR 8 REPRESENTATIVE: TBC

BOARDERS' REPRESENTATIVE: TBC

1ST VIII COACH,  
DIRECTOR OF ROWING AND  
DIRECTOR OF COACHING: **Tom Woodruff**  
03 9810 4321  
[tom.woodruff@scotch.vic.edu.au](mailto:tom.woodruff@scotch.vic.edu.au)

TEACHER IN CHARGE: **Tom Bowen**  
03 9810 4321  
[tom.bowen@scotch.vic.edu.au](mailto:tom.bowen@scotch.vic.edu.au)

## Cardinals Rowing – ‘Sunday Rowing’

---

One of the benefits of membership of The Cardinal Club is the opportunity to take part in leisure rowing activities organised by Cardinals Rowing.

Cardinals Rowing operates under the umbrella of The Cardinal Club Inc. and is affiliated with Rowing Victoria. All members of the Cardinal Club are eligible to take part in Sunday Rowing activities. A separate annual fee is levied (\$125 per annum 2011/12) and membership of the Cardinal Club is mandatory before joining the Cardinals Rowing. The annual subscription goes towards insurance costs, contributing to purchase of equipment and an end of year function.

Cardinals Rowing is open to all old boys and parents who are members of the Cardinal Club, no matter what standard of rowing they have achieved. Rowing sessions are held on Sunday mornings between 8.15 am and 10.00 am. Some limited sculling is available to experienced members on Thursday evenings. Coaching for beginners is organised on the first Sunday in each month and on other Sundays as arranged. Children (over the age of 12 years) of Cardinals Rowing members are welcome on Sundays with their parents but coaching is not provided and they must remain the responsibility of their parents.

Cardinals Rowing competes in a number of events during the year including the annual Wellington Cup at Sale, the Saltwater Challenge at Essendon, the Royal Flying Doctor Service Rowathon on the Murray, the Melbourne Head, the Head of the Yarra and Australian Masters Championships. Accordingly, some Sunday Rowers choose to develop their skills and fitness to a point where they can compete in these events, whilst others are content with a Sunday morning 'social row'. Entry into all of the above events requires payment of separate race entry fees and membership fees to Rowing Victoria. Cardinals Rowing is most fortunate to be able to use the SCBC facilities and equipment and whilst Sunday Rowing takes place all year round, its competition season is generally restricted to the schoolboys' off-season ie. April - October each year.

For any enquiries concerning Sunday Rowing please contact Philip Wright 9830 4839 or 0412 257 290.



# Cardinal Club

---

## APPLICATION FOR MEMBERSHIP

|   |  |                             |     |
|---|--|-----------------------------|-----|
| Given Name                                  |  | Surname                     |     |
| Address                                     |  |                             |     |
| Suburb                                      |  | Postcode                    |     |
| Partner's Name                              |  |                             |     |
| Telephone Home                              |  | Bus                         | Mob |
| Occupation                                  |  | Email                       |     |
| Last Year at Scotch: <i>(if applicable)</i> |  | Crew <i>(if applicable)</i> |     |

### I CAN ASSIST WITH (please circle)

- Fundraising Yes / No
- Donating goods Yes / No

### I AM INTERESTED IN (please circle)

- Cardinal Cocktails Yes / No
- Cardinals' Rowing (8:30 am) Yes / No
- Coaching Novice Crews Yes / No
- Committee Yes / No

### TYPE OF MEMBERSHIP (please underline)

- Family Life\* \$250
- Single Adult Life \$150

\* Family Membership includes Partner and full-time student children

Please list all names and dates-of-birth and expected Year 12 on reverse side of application form

PLEASE MAKE CHEQUE PAYABLE TO THE CARDINAL CLUB INC.

**Signed**

**Date**

---

Please forward to: The Secretary Cardinal Club Inc  
C/- Scotch College Melbourne 1 Morrison Street Hawthorn 3122

*Confirmation of membership will be sent. You will also receive copies of the newsletter.*

## Scotch College Boat Club

---

# Parents' Handbook 2012

SCOTCH COLLEGE MELBOURNE  
1 Morrison Street, Hawthorn 3122

SCOTCH COLLEGE ROWING:  
<http://www.Scotch.vic.edu.au/Sport/Rowing/Rowing.htm>

CARDINAL CLUB:  
<http://www.cardinalclub.com.au>

ROWING VICTORIA:  
<http://www.rowingvictoria.asn.au>

ROWING AUSTRALIA:  
<http://www.rowingaustralia.com.au>



SCOTCH  
COLLEGE  
MELBOURNE

cover photo: 'PhotoPlay' Geelong