

# ROWING

## Winter Term

There will be some training over the last 3 weeks of Term for boys who will be in Year 10, 11 & 12 in Spring Term. Training days will follow the weekly training cycle as per below. Boys should check the rowing notice board for the latest information.

There is also a training camp in Albany for all senior boys during the October holiday break – 6-10 Oct – information will be sent to parents separately about this camp.

## Spring Term

This is a preparation period for the Boat Club, with crews being formed and coaches concentrating on the development of good rowing technique and improving fitness. There will be opportunities to compete at the House Regatta, the Aquinas Time Trial on the Canning, and the Guildford Time Trial.

## COMPETITION

### House Regatta

The Annual House Regatta will be held on Saturday, 15 October from 9am. Each House can enter one VIII and/or a quad scull. The 'Gordon Barratt-Hill' Cup is awarded to the winning quad and the 'Tuckey Shield' to the winning VIII. It is always a pleasant event with morning tea served from 10am.

The keenly contested "Old Boys" versus the 1<sup>st</sup> VIII race will be the last event.

There will also be a presentation of Golland Club ties to Year 12 boys who are leaving the Boat Club this year.

### Aquinas Time Trial

At the Canning River on Saturday, 29 October from 8.30am to approx 10.30am. Year 10, 11 & 12 boys compete.

### Guildford Time Trial

At Guildford Grammar on 5 November from 8.30am to 12 noon. Year 10, 11 & 12 boys compete.

## TRAINING DURING SPRING TERM

### Year 7

Year 7 boys will train in the afternoons from 3.35pm to 5.10pm on Wednesday afternoons. These boys also have Friday afternoon rowing from 1.10pm to 3.30pm.

The first training day will be Friday, 14 October. New boys should also attend on that day.

Bus transport will be arranged to and from the boatshed on each training day. On Wednesdays, the bus departs from Claremont Cres next to the Design & Technology Centre at 3.35pm. The bus returns to the same place at approximately 5.20pm. On Fridays, the bus also departs from the Design & Technology car park at 1.10pm and returns at approx 3.45pm

## **Year 8**

Year 8 boys will train in the afternoons from 3.35pm to 5.10pm from the Scotch Boatshed on Tuesday and Thursday afternoons. These boys also have Friday afternoon rowing from 1.10pm to 3.30pm.

The first training day will be Thursday, 13 October. New boys should also attend on that day.

Bus transport will be arranged to and from the boatshed on each training day. The bus departs from the Design & Technology car park at 3.35pm.

## **Year 10**

Year 10 boys will train in the mornings from the Scotch Boatshed. Training days will be Monday and Wednesday from 5.30am to 7.30am. Friday afternoon rowing will take place from 1.10pm to 3.30pm.

The first training session will be Wednesday morning, 12 October at 5.30am.

A bus will take boarders or day boys to training - departing at 5.20am - and will be available to return all boys to school at approx 7.30am. The bus departs from Shenton Road in front of the junior boarding houses.

## **Year 11 & 12**

The first training session for this year group will be Thursday, 13 October at 5.30am from the Scotch Boatshed.

Normal training days will be Monday, Tuesday, Thursday and Saturday (when there is no regatta).

A bus will take boarders or day boys to training - departing at 5.20am - and will be available to return all boys to school at approx 7.25am. The bus departs from Shenton Road in front of the junior boarding houses.

## **Rowing Uniform**

Parents should note that rowing suits are available for purchase from the Uniform Shop.

It is important that boys are correctly attired at all times:-

Training:        Years 9 to 12 - rowing suit.  
                      Year 7 & 8 - navy Canterbury rugby shorts with Scotch rowing singlet. The rowing suit is optional.  
                      On cold mornings boys may wear a white T-Shirt under their rowing suit.

Competition: rowing suit (except Year 8s who wear their training strip) and a Scotch maroon peaked cap.

There is to be no spurious clothing e.g. board shorts, worn at any time. Boys must also be correctly attired at weekday gym sessions. Sports shoes must be worn in the weights room, and boys should bring a towel.

## TRAINING PROGRAMME FOR SPRING TERM 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOAT</b>						
5.30-7.30am	Year 11 & 12	Year 11 & 12		Year 11 & 12		Year 11 & 12 if no regatta
<b>LAND</b>						
3.35-5.30pm	Year 11 & 12 cross training	Year 11 & 12 Flexibility/Weights		Year 11 & 12 Flexibility/Weights		
<b>BOAT</b>						
5.30-7.30am	Year 10		Year 10			
1.15-3.30pm					Year 10	
<b>LAND</b>						
3.35-5.30pm	Year 10		Year 10			
<b>BOAT</b>						
3.35-5.30pm		Year 8		Year 8		
3.35-5.10pm			Year 7			
1.15-3.30pm					Year 7, 8 & 10	
<b>LAND</b>						
3.35-5.30pm						

### Important Dates for Spring Term 2016

Thursday, 6 to Monday, 10 October – seniors rowing camp  
 Saturday 15 October House Regatta  
 Saturday 29 October Aquinas Time Trial  
 Saturday 5 November Guildford Grammar Time Trial

Albany  
 Scotch Boatshed (from 9am)  
 Canning Bridge  
 Guildford Grammar

### Important Dates for Summer Term 2017

#### **Rowing Camp – Champion Lakes**

Thursday, 19 to Wed 25 January Yr 11 & 12 boys  
 Thursday, 19 to Wed 25 January Yr 9 & 10

Residential  
 Non residential

#### **Regattas**

Saturday 4 February	Christ Church	Champion Lakes
Saturday 11 February	Hale	“
Saturday 18 February	Scotch	“
Saturday 25 February	Trinity	“
Saturday 11 March	Wesley	“
Thursday 16 March	Boat Club Dinner	Dining Room
Saturday 18 March	Head of the River	Champion Lakes

Mr Grant Ford  
 Head of Rowing

[GWFord@scotch.wa.edu.au](mailto:GWFord@scotch.wa.edu.au)

ph 9383 6800 m 0402 983 074