



**When you pass through the waters, I
will be with you.**

ISAIAH 43:2





Principals Welcome

Welcome to the Damascus College Rowing Program for the 22/23 season.

Why does Damascus College row?

Rowing is a sport with a long and proud tradition in Ballarat. The natural feature of our Lake Wendouree provides a recreational and sporting focus for community enjoyment. Rowing as a sport is considered by many as the ultimate team activity, and in preparing young people for the future, the decision was undertaken in 2012 to offer rowing to the Damascus student population. A rowing review was undertaken by the College in 2019, which confirmed the place of rowing and strengthened the structures to support the student experience.

What do we want from rowing for our students? We want them to build relationships and skills through working in a physical team environment. We want young people to experience the challenges and rewards that being a part of a strong team offers, and we want to provide another opportunity for young people to build connection to their school and the broader community.

Rowing requires commitment; a crew cannot train or compete without each member being present and steadfast. Success in the sport is achieved when each participant plays their own specific role and does that in collaboration with the rest of their crew. The synergy of an effective rowing crew is an absolute expression of the whole being greater than the sum of the parts. It is in this spirit that Damascus supports rowing. Experiencing success is important in life and rowing, but so too are the important lessons for young people in defeat and in losing graciously. As a Catholic school, we believe in the innate human dignity of each member of our community, and we strive to support each student to grow holistically. At Damascus, we believe rowing is a wonderful sport that can be enjoyed right throughout life and Damascus College is a great environment to learn the technical skills.

We encourage our parents to immerse themselves in the rowing program too. Many opportunities exist for parents to support their children through rowing, and through that support, our school. Programs such as this can only exist with a substantial voluntary contribution from our parents and the broader community. Damascus College and rowing families acknowledge and appreciate this generosity.

I hope you enjoy your season of rowing with Damascus College, and I look forward to seeing you at the Lake or regattas.

Steven Mifsud
Principal





Contents

Principals Welcome	2
Key Staff Contacts	5
Rowing Key Dates	6
Australian Rowing Championships	7
Rowing Training Camps	8
Communication	9
Fees for Rowing	10
Training Schedule	11
Training Logistics	12
Weather Risk Assessment	12
Crew Selection Policy	13
Parent Involvement	16
Boat Shed Rules	18
Damascus Rowing Uniform	19
Transport	21

Key Staff Contacts

Andrew Robertson	Assistant Principal – Student Wellbeing a.robertson@damascus.vic.edu.au
Nicole Hexter	Sports Coordinator n.hexter@damascus.vic.edu.au
Paul Blanchfield	Rowing Coordinator p.blanchfield@damascus.vic.edu.au
Hamish Walsh	Assistant Rowing Coordinator h.walsh@damascus.vic.edu.au
Georgia O’Leary	Assistant Rowing Coordinator g.oleary@damascus.vic.edu.au



Rowing Key Dates

The official rowing calendar has not yet been provided by Rowing Victoria. Once available, a full calendar will be made available to all rowing families. Please see below for key dates.

All rowers and coxes are required for all regattas and camps, if you are unavailable for any dates below please communicate to p.blanchfield@damascus.vic.edu.au as soon as possible.

7 th – 15 th December 2022	Extended Training Week – Lake Wendouree (All crews)
16 th – 22 nd January 2023	Summer Training Camp – Nagambie Lakes (All senior crews + intermediate division 1 boys & girls)
23 rd February 2023	Head of the Lake Pasta Night – Venue TBC (All crews)
26 th February 2023	Head of the Lake – Lake Wendouree (All crews)
17 th – 19 th March 2023	Head of the Schoolgirls – Barwon River (All female crews)
27 th March – 2 nd April 2023	AUS Rowing Championships – Champion Lakes WA (Selected crews/ athletes only)

AUS Rowing Championships

The Australian Rowing Championships is a week-long event held annually where the top rowers from Under 17s through to Olympic level come together to compete for Australian Rowing Championship titles in all boat classes and age categories.

Damascus College Rowing intends to send the most competitive crews available to us, these crews may require reselection post Head of the Lake and can contain students from Intermediate and Senior squads.

This trip is at an additional cost of approximately \$1700 per student, this covers all aspects of the trip. This will be discussed with all crew members and families prior to any offers being made.

In 2023 the event is being held at the Champion Lakes in Western Australia and runs Monday 27th March to Sunday 2nd June. Trip logistics will be confirmed closer to the date.



Rowing Training Camps

Extended Training Week

Wednesday 7th to Sunday 11th December 2022

Local to Ballarat

Program will be provided closer to the date

All crews expected to participate

Senior Squad

Monday 16th to Saturday 21st January 2023

&

Nagambie Lake, Nagambie

Intermediate 1st Crews

Accommodation: Nagambie Caravan Park & Motel

The Barwon RC Regatta is included as part of the Senior Rowing Camp and all students are expected to attend.

Further details to be provided closer to the date

Senior rowers will have a short recovery period from 22nd to 26th January, rowing training will resume on 27th January 2023.



Communication

TEAMAPP

The main form of communicating important information with the **parent / guardian group** is via Teamapp. Please download the TeamApp app from your app store and request access to the Damascus College TeamApp. You can also access TeamApp via a laptop or PC.

Find us at - <https://damascuscollegerowing.teamapp.com>

MICROSOFT TEAMS

The main form of communicating important information with the **student group** is via Microsoft Teams. Please be sure to check regularly, you can also download the MS Teams app to your phone and add your DC MS Teams account for easy notification.

Students & parents / guardians should not contact volunteer coaches directly for any reason, all communication is to go through either Paul Blanchfield, Hamish Walsh or Georgia O'Leary.

ABSENTEEISM

For those new to rowing, it is important to recognize that unlike other sports, where players can be easily substituted, a rower cannot be easily replaced if they miss an on-water session. Finding someone to fill in for on-water sessions is nearly impossible and a change of one rower in a boat greatly affects the crews' balance, their rhythm and the run of the boat, which in turns affects the other crew members' on-water experience and learning opportunity for that session, and can quickly result in the session being ineffective and wasted. As a program, we do not typically have reserve rowers so it is essential that all crew members are fully committed to their crew and their training times, in particular their on-water sessions.

Absenteeism is a carefully considered factor when selecting crews.

If a student needs to miss a session for whatever reason, it is a requirement for parents, guardians or students to communicate the absence. All rowing absences & communications are to be emailed or texted to Paul Blanchfield or Hamish Walsh in the first instance, alternatively communicated via TeamApp.

Fees for Rowing

The rowing levy is \$820 for the 2022-2023 rowing season. This is payable per student per rowing season, either paid in one lump sum or over 4 x \$205 payments.

Either the full amount (\$820) or a \$205 deposit must be paid by Friday August 12 2022.

- Refunds cannot be given for change of mind.
- Once a deposit is made you are liable for all future payments.
- The rowing levy cannot be added to your school fees.

Payments can be made online here: <https://www.trybooking.com/CAKYP>

This levy helps to cover the cost of:

- Boat storage & facility access fees to Wendouree Ballarat Rowing Club
- Regatta entry fees
- Bus transport costs (for training sessions and some regatta days)
- School supplied breakfasts
- Coaching & support costs

Other costs to consider (on top of the levy):

- Damascus Rowing uniform (allow minimum \$110 for a DC Unisuit)
- Rowing camp, Senior & Inter only (\$150)
- Head of the Schoolgirls Regatta (approximately \$300) (Girls only)
- Australian Rowing Championships (approximately \$1700) (if qualified)

Training Schedules

Damascus Rowing - Term 3 Pre-Season Training Program 2022					
Session Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:50am - 8:00am	Senior Ergo		Intermediate Ergo		Senior Ergo
Room / Location	Ergo Room / Undercroft		Ergo Room / Undercroft		Ergo Room / Undercroft
3:45pm – 5:00pm		Y8 LTR & Core / Stretching	Y8 LTR & Core / Stretching		
Room / Location		Ergo Room / Undercroft	Ergo Room / Undercroft		
4:00pm – 5:00pm		Senior / Inter Strength		Senior / Inter Strength	
Room / Location		Elements Gym		Elements Gym	

Term 4 2022 & Term 1 2023 Rowing & Fitness Training Schedule (DRAFT)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:50am – 8:00am (WBRC)	Senior Boys & Girls Rowing	Inter Girls Rowing	Senior Boys & Girls Rowing	Inter Girls Rowing		
7:00am – 8:00am (DMAC)	Junior Ergo (Group A)		Junior Ergo (Group B)		Senior Boys & Girls Ergo	
7:30am – 10:30am (WBRC)						Senior Boys & Girls Rowing
3:40pm – 5:00pm (DMAC)		Senior Boys & Girls Ergo + Fitness	Inter Girls Ergo + Fitness			
4:00pm – 6:00pm (WBRC)		Junior Boys & Girls Rowing		Junior Boys & Girls Rowing		

Training Logistics

- All ROWING sessions will be held at Wendouree-Ballarat Rowing Club and are 2 hours in duration
- Students will be bussed to school at the completion of a morning rowing session
- Bus transportation is provided for all afternoon rowing sessions to Wendouree-Ballarat Rowing Club, families must arrange collection promptly after session.
- All land fitness sessions will be held at Damascus College unless otherwise stated.

Weather Assessment

All sessions will go ahead UNLESS otherwise communicated (TeamApp, Teams or email).

HIGH RISK CONDITIONS

If there is a SEVERE WEATHER WARNING issued by the Bureau of Meteorology, we will cancel all on-water sessions and seek to reschedule.

Typically, where there are winds in excess of 35kmph or if there is a predicted wind gusts, storms or lightning, our crews will not row on the water. The Rowing Program Leaders will communicate to all squads regarding any cancelled sessions via email and Teamapp.

Winds between 30-35kmph will be judged on a case-by-case basis, as sometimes the conditions at the Lake can be deceiving and much calmer than what the predicted winds will lead us to believe. Conversely, sometimes calmer predicted winds could mean the lake is rough and not suitable for rowing.

In these scenarios, our students will do a land training session at the Lake so please ensure your child still attends the scheduled on-water session. **PLEASE BRING RUNNERS TO EVERY ON-WATER SESSION.**

We also follow the Rowing Victoria extreme heat policy. If temperatures reach 34 degrees, we will cancel the session.

Crew Selection Policy

Crew selection depends on the numbers of enrolled students in each training squad, our primary regatta is the BAS Head of the Lake where all crews entered consist of 5 members (4 rowers & 1 cox). Our crew selection policy aims to make a balanced assessment based on each student's performance, rowing ability, rowing potential and attitude.

We provide several crew selection opportunities throughout the rowing season where students can track and monitor their improvements against their own previous performance as well as against their peers within the rowing program.

Preliminary crew selections will be announced on Friday 2nd December 2022 and then finalized in late January 2023. Any crew changes beyond this will be in the case of severe injury or illness of a rower / cox. The policy has been devised to allow evaluation of the amount of rowing specific training students have undertaken throughout the season and includes an on-water assessment of all rowers & coxes technical abilities.

All crew selections are made and finalized by the Rowing Selection Committee:

- Paul Blanchfield
- Nicole Hexter
- Andrew Robertson
- Hamish Walsh
- Georgia O'Leary

If a parent or guardian has questions surrounding the crew selection of their child, please send an email to Paul Blanchfield, Rowing Coordinator.

p.blanchfield@damascus.vic.edu.au

ROWER SELECTION

Ergo Score

Performance in 1000m, 2000m & 30min selection tests. If a student is unable to perform any of these ergo tests, they must discuss the reason for their inability to complete the trial with the Rowing Logistics & Technical Director. A medical certificate must be provided in the case of injury or illness.

	Excellent		Very Good		Good		Needs Improvement	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
Juniors	Under	Under	Under	Under	Under	Under	Over	Over
1000m	3:40	3:50	3:50	4:00	4:00	4:10	4:00	4:10
Intermediates	Under	Under	Under	Under	Under	Under	Over	Over
1000m	3:30	3:40	3:40	3:50	3:50	4:00	3:50	4:00
Seniors	Under	Under	Under	Under	Under	Under	Over	Over
2000m	6:30	7:40	6:50	7:50	7:15	8:00	7:15	8:10

Technical Ability (Boat Moving Ability)

Ability to create boat speed effectively with good technique. This may require “seat races” between crews to identify the best boat movers within the squad.

Aptitude

A student’s ability to follow coaching instruction and apply this instruction to their rowing stroke.

Attitude

Respect for equipment, crew members, peers, coaches, other club members, teachers, parents and supporters as well as competitors.

Attendance

Student attendance to training, regattas and meetings will be monitored during the season and will form part of crew selection decisions.

COXSWAIN SELECTION

1. Performances during training; this includes the elements of crew organisation off the water, boat handling on the water, steering and the calls given and the manner in which they are given during training
2. Performances during racing; this includes the elements of crew organisation off the water, boat handling on the water and adherence to lake rules, the ability to safely and calmly position the boat into a starting bay, the calls given (and the manner in which they are given) during racing and the ability to effectively steer a straight course.
3. Interaction with athletes and coaches, both on and off water
4. Coaches assessment of level of commitment, dedication and ability to work within a team
5. Courtesy of, and conduct towards, other lake users, boat race officials and regatta umpires.
6. All coxswains must complete their accreditation with Rowing Victoria before they can cox a race. This accreditation process consists of completing a short online course as well as face-to-face coxing seminar.



Parents & Guardians

Parents / Guardians should recognize the rights of their children.

- Ensure that their children have fun when participating, training and competing in rowing
- Promote the health, safety and wellbeing of children first and foremost
- Listen to, respect and take into account children's views about participation, and recognise their right to determine their participation
- Encourage their children to participate for their own intrinsic enjoyment, not for the enjoyment or ambition of parents, coaches or peers
- Encourage their children to take responsibility for their own actions, performance and behaviour
- Not allow their children to compete when injured or ill

Parents / Guardians should encourage long-term participation in rowing.

- Ensure that the level and type of participation is appropriate to their child's stage of development
- Encourage children to play and experience a broad variety of sports, particularly younger children
- Promote individual progress, skill and development before winning in age group competition, to help promote long term participation of children in sport
- Avoid placing undue pressure on their children

Parents / Guardians should support their child's involvement in training, events and competitions.

- Not force their child to participate in the sport
- Encourage their child's effort
- Be willing to become a member or volunteer for Damascus College Rowing program
- Be aware of school codes of conduct
- Provide consent for their child to participate in training, regattas and events;
- Inform the coach and Rowing Program Leaders of individual needs of the child that may affect their participation, including medical conditions or illness;
- Provide their children with equipment to suit the conditions, i.e. clothing suitable for cold/warm weather, a drink bottle, sunscreen, rowing uniform;

Parents / Guardians should be good role models at regattas and other rowing events.

Parents/carers should:

- Encourage their child to accept all individuals and not to discriminate on the basis of their ability, gender, race, religion, etc.
- Act in a sportsmanlike way when supporting and spectating

The Damascus College Rowing Supporter Committee is a group of parents, guardians, grandparents, siblings and past rowers who work together to support the rowing program. We hold a number of informal meetings throughout the season, to coordinate events, discuss fundraising efforts, and generally socialize with other involved parents.

In the past few seasons, our involvement has included:

- Support rowing as part of the holistic education offered by the College in line with the vision, values, policies and strategic directions of the College
- Promote communication between Rowing parents, friends, students and staff
- Establish, promote and assist in the raising of funds for the Rowing program
- Coordinate catering for rowing camps and regattas
- Provide support to the Rowing Co-ordinator and Rowing Coaches

If you would like to get involved with our Parents and Supporters Group, please contact Nicole Hexter (n.hexter@damascus.vic.edu.au) for further information.





Boat Shed Rules

1. All Rowers and Coxswains must have shoes or thongs on at all times. Shoes or thongs must be taken in the boat with the Rower. No personal items are to be left on the boat landing area.
2. A water bottle, cap/visor, sunglasses and sunscreen are compulsory at each session.
3. As soon as Students arrive, they are to immediately store their school bags and uniform in the provided change room lockers.
4. Rowers are expected to immediately prepare for their session by taking out their allocated oars and launching the Coaches' speedboats. Coxswains are required to collect their coxing equipment from the charge point.
5. Oars are to be carried **BLADE FIRST** into and out of the boat shed, blades are not to be hanged over the edge of the boat landing area. All oars are to be neatly placed in their sets on the boat landing area, with the blade facing up.
6. Rowers and Coxswains are responsible for the safe removal and return of boats to the racks, as this equipment is very expensive. Boats are clearly marked with rack positions when returning boats to the rack.
7. Coxswains are required to **follow out or follow in** their boat, with one hand always on the end of the boat.
8. Rowers are required to listen for, and respond quickly to, their Coxswain instructions when handling boats.
9. Rowers are required to wear socks in the boat for hygiene reasons.
10. All equipment is to be treated with care and respect.
11. Strictly **NO RUNNING** within the boat shed or on the boat landing area as this can be slippery when wet.
12. Coxswains are responsible for the return and charging of cox equipment.
13. Each crew must wash their boat and oar handles at the end of every session. All equipment, including speedboats, must be put away at the end of each session.
14. Students must report any breakage, damage or missing equipment to their Coach or Rowing Program Leaders immediately.

Rowing Uniform

Our rowing uniform is supplied by The Regatta Shop and uniform can be purchased at any time by visiting: www.theregattashop.com.au/collections/damascus-college

If you order between 3rd August and 13th August you will receive free shipping – use this link for free shipping: <https://www.theregattashop.com.au/pages/damascus-college-rowing>

Please ensure all uniform and equipment is clearly labelled. Below is a list of items students will need throughout the rowing season;

Pyjamas are not to be worn to any training sessions.

For all morning sessions all students must arrive ready to train (eg: without needing to change shoes or clothing).

COMPULSORY

- School rowing zootie
- School PE rugby jumper
- School PE polo shirt
- School PE sports shorts (suitable for land training sessions)
- School rain jacket

OPTIONAL

- School rowing hoodie (this is not to be worn on a school day)
- School rowing visor or cap
- School rowing UV long sleeved top

Compression or thermal clothing - we encourage students to wear black, white or navy compression or thermal clothing in cooler weather conditions. These must be worn under their rowing uniform.



Uniform travelling to and from, and when at regattas:

- School PE track pants / shorts
- School PE jumper (rugby top or rowing hoodie)
- School PE Polo / UV long sleeved top
- School rain jacket

All students are to be correctly attired at all times – this includes training, racing, travelling to and from regattas, and when at regattas.

We respectfully request students to refrain from exposing their bare torsos when in rowing uniform. This includes exposing sports tops, crop tops, bras or bandeaus for the girls, and bare chests for the boys.

Please also note that Rowing Victoria have strict uniform rules regarding uniformity of the crew. In regard to hats, a crew member may opt to NOT WEAR a hat or visor, however if other crew members wish to wear a hat or visor, those members MUST wear the identical hat or visor. Similarly, if someone wants to wear a white long sleeve top under their zootie, any other crew member wishing to wear a top under their zootie, it must be white and it must be long sleeved.

LOST PROPERTY – Please ensure all items are clearly labelled and report any lost property to the Rowing Program Leaders. Any found items will be returned to the school's student reception for collection.



Transportation

TRANSPORT TO/FROM TRAINING SESSIONS

All students are provided with a term training schedule which outlines their squad/crew training times and locations. This program can be accessed at any time via our Microsoft Teams, Team App or by request to the Rowing Program Leaders. Students are also emailed a copy for their safe keeping.

On Water Sessions (subject to individual crew changes)

- Mornings 5:45am - 8:00am
Students require own transport to WBRC.
Students will return to school (Little's Bus) and breakfast is provided at school.
- Evenings Depart DC 3:30pm (training 4:00pm - 6:00pm)
Students will be transported to WBRC via a Little's Bus.
Students require own transport home from WBRC.

Land Training Sessions at Damascus

- Mornings Students require own transport to school.
Students must arrive ready in training uniform.
Breakfast provided at school, in the food room or undercroft from 8:20am.
Students are required to change into school uniform before eating breakfast.
- Afternoon: Students to arrive at training dressed in their training uniform
Students require own transport home.

TRANSPORT TO / FROM REGATTAS

Busses will be provided for some out of town regattas, details will be provided in advance of each regatta.

I hope that all rower's and cox's within the Damascus College Rowing Program have a fantastic season, rowing is a fantastic opportunity for social & emotional growth and a great avenue build one's fitness, strength and character.

If you have any questions or concerns throughout the season please don't hesitate to contact one of the Rowing Leadership Team.

Regards,



Paul Blanchfield
Rowing Coordinator

