Our Purpose

We are creating a world where the young never stop believing anything is possible.

Our Anglican Values

- Compassion and kindness
- Justice and forgiveness
- Dignity and respect
- Service and inclusivity
- Courage and hope

Our Community Values

- Trailblazing spirit
- Empowering young people and the advancement of women
- Advocate for a world of diversity and equity

Our Organisational Values

- Every young person needs a champion
- Family and community
- Continuous learning and personal development
- Listening and collaborating

Rowing Handbook

July, 2019

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cggs.act.edu.au

Cover Image: U17 VIII 2018
Dear Rowers and families,

Welcome to our Rowing Program. If you are new to the program, congratulations on taking this significant step in your rowing journey. It is a sport that gives back so much to those who participate, and gives just as generously to the families of the rowers.

Rowing is all about application and determination. It is a meticulous sport, challenging and steeped in history. This handbook is full of practical advice and guidance relevant to the sport and should be used in conjunction with good self-discipline of the athlete and high levels of respectful communication. The benefits of experience as a parent or student in our rowing program will be both sustained and growing.

The handbook and the rowing program are designed to provide students and families with details about the program along with useful information to support successful and rewarding involvement, understanding that success is an individual experience, and differs for each student and in each year. Girls, based on history, joining or continuing your rowing participation will help prepare you and remind you about the critical success factors of rowing, but also in your personal development.

Yours sincerely,

Mrs Anna Owen
Principal
Introduction

Canberra Girls Grammar School competes in a variety of regattas across ACT, NSW and Internationally.

Established in 1972, CGGS Rowing has developed many students into strong minded, resilient and committed individuals, with many going on to compete in State, National and International competitions.

With an inclusive philosophy, the rowers of all levels are catered for with comprehensive training and instruction provided by qualified coaches.

Rowing at Canberra Girls Grammar School provides your daughter with an opportunity to develop:

- A real sense of teamwork
- An understanding of commitment and dedication
- Their character and resilience
- Fitness and strength
- A true sense of accomplishment

We trust you will enjoy your rowing journey at CGGS.
It is with pleasure that we welcome new parents and rowers to the CGGS Rowing family and welcome back those returning from previous seasons.

This handbook is designed to assist you and outlines the requirements and important information that you may require throughout the season. Any other pertinent information that arises during the season will be sent to parents and rowers via Team App from the Head of Rowing and/or the Year Co-ordinators. Please take the time to read through this handbook.

Rowing is the ultimate team sport. However, it is a mentally and physically demanding sport, requiring the girls to work hard, be committed and have a good attitude towards each other whilst continuing to enjoy the sport. Rowing develops camaraderie and often results in long lasting friendships.

For parents the sport can also be quite demanding (taxi driver, helping out at events and assisting with fundraising) however it can also be very rewarding. CGGS Rowing encourages family commitment so that parents and siblings can share in the highlights and challenges of each season.

The Rowing Program relies on parent involvement through the Friends of Rowing Committee to assist in the smooth running of the program.

Please read this handbook thoroughly and refer to it throughout the rowing season. Rowing is a unique sport and you will receive a great deal of new information. We have compiled this handbook to touch on all of the frequently asked questions from past parents and students.

We trust all rowers, coxswains, coaches and families will have an enjoyable season.

Caroline Pijpers
Head of Rowing
“On good days I row.
On bad days I row harder.”

— Anon
Rowing at Canberra Girls Grammar School

Our aim is to provide an enjoyable, quality, team oriented program. It is a sport that requires a great deal of discipline. The hours and training involved in rowing make it extremely challenging. The greater the challenge, the greater the reward.

Rowing at CGGS has a long and illustrious history, which the school continues to build upon each year. Key to the success of the program is an ethos focussed on achieving excellence whilst fostering sportsmanship, personal development, teamwork, and friendships for life.

Important Contact Information

Head of Rowing

Caroline Pijpers
Email: caroline.pijpers@cggs.act.edu.au

Year Co-ordinators

Year 8 — Avril Baker
Year 9 — Rebecca Crisp
Year 10 — Jodie Groothoff
Seniors — Caroline Pijpers

Head of Rowing Responsibilities

- Organise crews, training programs and schedules and ensure that relevant information is clearly communicated to the girls
- Organise coaching schedules and co-ordinate the supervision of junior coaches
- Develop and implement on- and off-water training schedules
- Attend meetings with the School, Friends of Rowing and Rowing ACT and communicate on rowing matters as necessary
- Oversee selection and entry of crews to regattas
- Monitor and evaluate the progress of each crew
- Co-ordinate the administration of rowing and all related matters
- Resolve issues raised by crews or individual rowers
- Maintain discipline and good behaviour within the squad in accordance with School policies
- Attend and contribute to Friends of Rowing (FOR) meetings
- Organise rowing camps, accommodation and transport to meet standards outlined by the School
- Organise equipment repairs and maintenance
- Organise specialised training of coxswains
- Meet regularly with crew coaches
- Co-ordinate First Aid, Risk Management and Emergency Procedures related to rowing

Coach’s Responsibilities

- Co-ordinate and implement training schedules as set by the Head of Rowing
- Ensure their crew are fulfilling their responsibilities as part of the CGGS Squad
- Monitor and report to the Head of Rowing regarding the development of the crew
- Be responsible for their crew at regattas and training
- Ensure that their crew is following river rules and being courteous to other lake users at all times
- Comply with appropriate codes of conduct at all times
- Maintain and seek to improve personal knowledge of techniques used in coaching and rowing
- Supervise their crew at all times
- Communicate with the Head of Rowing regarding the development of individual students, conflicts that may arise, and all other pastoral matters
“Rowing is a microcosm of life—solitude, learning, work, rest, nourishment, sharing and ultimately challenge. It’s a complementary experience to a young woman’s intellectual development... Rowing, like success, is a journey, not a destination. I tell my rowers to have fun, learn and, most of all, grow as individuals. The wins and the losses will take care of themselves.”

— Rick Clother, US Navy Head Coach.
1. Rowing at new Aquatic Centre, 1996
2. Senior School Rowing Team, 1985
3. Rowing Captains in 2010 with The Betty Deer Rosebowl for Overall Point Score at Head of the River
4. 2013 The World Junior Rowing Championship IV Crew
History of CGGS Rowing

In 1972 the CGGS Rowing program was established out of the CGS boathouse. The first CGGS schoolgirl crew comprised of Jeannie Dennis, Mandy Miller, Judy Burdack and Elaine Temby. In their debut year the girls went on to win the School Girl four at the Australian Nationals held local on Lake Burley Griffin rowing over 1000m in a time of 4.42.30.

They also represented the ACT in the Fours Championships, being the only crew that was comprised of school girls competing in that event. Unfortunately they were outclassed in this competition. The Canberra Times 15/04/1972 p.38 recorded the situation as follows:

A schoolgirl crew comprising Jeannie Dennis, Mandy Miller, Judy Burdack and Elaine Temby, all sixth formers at Canberra Grammar, will represent ACT in the Australian Fours Championship to be rowed on Yarramundi Reach, Lake Burley Griffin, today. The crew was formed only a month ago and has had only one competitive race, finishing a creditable second behind an ANU four and ahead of two Watson High crews in a special event during the Uriarra Cup program three weeks ago. The girls are being coached by Robert Heatly, a member of the successful Canberra Grammar eight which won the Head-of-the-Lake last Saturday. They will be coxed by the Grammar eight cox Will Jamieson.

Jumping forward to 1992 to when rowing was offered as a full sport and not just an extra activity for the girls, CGGS Rowing was rowing out of the CRC club and hiring boats. In 1993 the club purchased their first quad which was named the Gabriel and can be seen hanging the the Elizabeth McKay Aquatic Centre. The Elizabeth McKay Aquatic Centre was completed in March 1996 with it housing 8 boats.

In January 2018 the new CGGS lake facility situated next to the Elizabeth Mackay centre, Yhuuramulum, was completed. This new facility has allowed the CGGS program to grow from back in 1996 with one quad, the program now owns 45 boats in 2019.

The Canberra Girls Grammar School Boat Club continues to enjoy rowing with the support of the school, students, parents, alumni and volunteers.
CGGS Rowing Commitment

CGGS Rowers, please read the following requirements carefully before committing to take part in the CGGS Rowing Program. Students must be aware of the requirements prior to signing up and committing to rowing.

Rowing is considered to be one of the ultimate team sports. If one rower fails to turn up, the entire crew sits on the bank and can neither train nor race. Enjoyment and success depends on the commitment of every rower. Attendance at ALL sessions is compulsory and if a rower is unable to attend due to illness, then the Head of Rowing must be contacted as soon as possible, preferably by email.

Requirements of CGGS Rowers

- An ability to swim a minimum of 50m without stopping;
- Commitment to advise the Head of Rowing of any medical concerns, medications and any physical or other limitations;
- Ensure your Rowing commitment does not conflict with any other sports or extra curricular activities you are involved in during the season;
- Commitment to attend ALL training sessions and camps. Realise that your absence at training has a large impact on the rest of your crew. If you are unable to attend training, try and give as much advance notice as possible to the Head of Rowing;
- Dress and act in accordance with CGGS rules and Code of Conduct at all times;
- Attend all regattas, and participate in the loading/unloading of boats and equipment.

You are pledging to a very close knit team sport so your commitment needs to be for the entire season.

A CGGS Rower should

- Work hard at maintaining academic studies — good rowers are good students;
- Be punctual to meetings, trainings and arrive well before scheduled departure times of buses — good rowers are well organised;
- Leave the boat shed at the end of training as soon as all responsibilities have been met — good rowers do not waste time;
- Use training routines as a model for time organisation in other areas;
- Be correctly and appropriately attired for training and competition;
- Take care and responsibility for Rowing Club equipment and respect the facilities in and around the CGGS Shed;
- Respect all those involved including the Coaches and the decisions they make;
- Be supportive of all other rowers;
- Follow the direction of the Captain and Vice Captain of Rowing;
- Enjoy the sport of rowing whilst striving for the highest possible standard not only for yourself but for CGGS Rowing.

1st VIII 2018
Crew selection is not based on any one criteria. It is important parents and rowers have trust in the crew selection process. Any concerns or issues regarding crew selections must be raised with the Head of Rowing, not the coaches.

Selection tools which can be used to determine rowers ranking include:

- **Ergo test** — The ergo test is a timed racing piece on a Concept II Rowing Machine (Ergometer) in which girls test their power, endurance and technical ability over a set distance.
- **Single scull** — The single scull can be utilised as a selection tool with timed racing over set distances.
- **Technique assessment** — Rowers have their rowing technique assessed when in a crew boat by way of video analysis and written review. The technical score may be collated with the individual’s ergo, scull trial and seat racing results.
- **Seat racing** — Is used to ‘race off’ rower against rower in crew boats. Seat racing occurs with two or more crews racing over a set distance against each other. All participants in the seat racing will do the same number of times pieces. Strokes, boats and coxswains remain constant. The margin between crews is the defining factor, rather than overall time.
Selection Criteria

Rowers and Coxes:

- Ergo, sculling and seat racing times (these will be posted regularly as a reference point to assist with development and assisting rowers to reach required markers);
- Satisfaction of the requirements of the event eg: previous times
- Past school and nationals performances;
- The athlete's current level of skill and physical fitness;
- Factors relevant to crew combination, eg: crew compatibility, technical compatibility, age;
- Relevant rowing conditions in relation to any trialling or results (eg wind and stream effects);
- Any current injury or condition which may hinder or prevent the athlete's performance; and
- Coaches' discretion

Major selection tests happen in October and during the January camp. There will also be a minor selection in early March to confirm boats for NSW Schoolgirl Head of the River.

Coxswain Selection

Selection of coxswains will be based on, but not limited to:

- Recommendation from the coaching staff
- Past and present performance in training and competition
- Steering ability

It must be stressed that questions regarding training performance, crew placement and progress should initially come from the rower herself. This is an important part of helping the girls take charge of their own progress and understand fully how they are achieving. Miss Pijpers and the Year Co-ordinators are happy to take parental questions on these matters once they have discussed any queries with the rower themselves.

Regular feedback and updates will be provided to rowers throughout training to help them take control of their own success and time management. We note that it is important, above all else, to care for the long-term development of young people. As such, we emphasise at this early stage that sometimes we lose races, sometimes people don’t make crews, sometimes (and only sometimes) people get an unforeseen injury and sometimes things just do not go as planned. This remains the case through to national team level, in academia and right through the working world. As such it is vital that we as a team (of parents, coaches, school and peers) support young rowers to manage any disappointment and help them understand that in the long run, these bumps are minor.

<table>
<thead>
<tr>
<th>Seniors</th>
<th>Year 10</th>
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</thead>
<tbody>
<tr>
<td>2km ergo test</td>
<td>1500m ergo test</td>
</tr>
<tr>
<td>5km scull</td>
<td>4km scull</td>
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<tr>
<td>1800 scull</td>
<td>1500 scull</td>
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<tr>
<td>Seat race</td>
<td>Seat race</td>
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<td></td>
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<tr>
<td>Year 9</td>
<td>Year 8</td>
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<tr>
<td>1000m ergo test</td>
<td>1000m ergo test</td>
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<tr>
<td>4km run</td>
<td>3km run</td>
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<tr>
<td>Technique score</td>
<td>Technique score</td>
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<tr>
<td>Seat race</td>
<td>Seat race</td>
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</tbody>
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# Rowing Dates

<table>
<thead>
<tr>
<th>Events</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Rowing Information Night</td>
<td>Tuesday 13 August.</td>
</tr>
<tr>
<td>2019/2020 Rowing Season Starts</td>
<td>Monday 19th August 2019</td>
</tr>
<tr>
<td>Holiday Rowing (Seniors only)</td>
<td>Wednesday 9th – Saturday 12th October 2019</td>
</tr>
<tr>
<td>Loreto Regattas (Penrith)</td>
<td>1st – 3rd November 2019</td>
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<tr>
<td>ACT Regatta (Canberra)</td>
<td>9th November 2019</td>
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<tr>
<td>ACT Regatta (Canberra)</td>
<td>23rd November 2019</td>
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<tr>
<td>Head of the Yarra (Melbourne -Seniors Only)</td>
<td>28th – 1st December 2019</td>
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<tr>
<td>Holiday Rowing (Year 10 &amp; Seniors only)</td>
<td>Monday 9th – Friday 20th December 2019</td>
</tr>
<tr>
<td>Holiday Rowing (Year 10 &amp; Seniors only)</td>
<td>13th – 18th of January 2020</td>
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<tr>
<td>Rowing Camp – Seniors</td>
<td>20th – 25th of January 2020</td>
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<tr>
<td>Rowing Camp – Year 10</td>
<td>23rd – 25th January 2020</td>
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<tr>
<td>Rowing Camp – Whole Shed</td>
<td>28th January – 1st February 2020</td>
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<tr>
<td>ACT Regatta (Canberra)</td>
<td>1st February 2020</td>
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<tr>
<td>NSW State Champs (Selected rowers only) (Penrith)</td>
<td>7th – 9th February 2020</td>
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<tr>
<td>IGSSA (Penrith)</td>
<td>21st – 23rd February 2020</td>
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<tr>
<td>ACT Regatta (Canberra)</td>
<td>15th February 2020</td>
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<tr>
<td>ACT Champs &amp; Head of the Lake (Canberra)</td>
<td>14th &amp; 15th March 2020</td>
</tr>
<tr>
<td>Australian Rowing Nationals (Selected rowers only) (Penrith)</td>
<td>23rd – 29th of March 2020</td>
</tr>
<tr>
<td>NSW Schoolgirls Head of the River</td>
<td>3rd – 4th April 2020</td>
</tr>
<tr>
<td>Presentation Night</td>
<td>Friday 10th April 2020</td>
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</tbody>
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Note: If there is no regatta scheduled on a weekend, there will be training on Saturday morning.
General Information

Uniform and Clothing

ALL ROWERS are required to wear the CGGS uniform at training and regattas, both on and off the water. This encourages a sense of pride as a rowing squad and presents a professional image.

Uniform to be worn at trainings
- CGGS Training Zoot Suit (Year 10 and Seniors)
- Regatta polo or P.E polo with black bike shorts (Year 8 and Year 9)
- White Sun shirt (optional, but highly advised)
- Correct footwear (sports shoes and slides).
  Sport shoes must be brought to every session
- CGGS white sports hat or visor
- Sunglasses (optional but highly advised)
- No non-CGGS uniform is to be worn

Uniform to be worn to regattas
- CGGS Regatta polo
- CGGS track pants with either CGGS rugby top or rowing jumper
- Sports shoes (warm-up is running)

Uniform — Racing
- CGGS Racing Zoot Suit
- White sun shirt (optional)
- CGGS white sports hat or visor
- Sunglasses (optional but highly advised)

These uniforms are compulsory and students are NOT permitted to wear anything other than as listed above.

Communication

Open communication between parents, rowers and coaches is vital to maintain a friendly, welcoming and successful rowing squad.

Our primary method of communication is TeamApp. This allows us to get messages out efficiently and easily, particularly in the event of an urgent notification (such as the cancellation of a regatta).

The primary contact for the Boat Club is Caroline Pijpers available on:
Email: caroline.pijpers@cggs.act.edu.au

For any logistical enquiries and to let us know if you will be absent from a session, please contact either your Year Coordinator directly or the Head of Rowing.
Camps

CGGS holds January rowing camp at our lake facility in Canberra.
- Seniors will be in camp for two weeks
- Year 10 one and half weeks
- Year 9 and 8 one week

Camps are an important element in the program as they provide an intensive week for skill and fitness development, and students return to school with a strong sense of being part of not only a crew, but also a larger squad. Dates for camp can be found in the rowing calendar.

Camps in both December and early January are for Year 10 and Senior rowers only with the main focus being single sculls preparing them for sculling trials.

Interstate Regattas

The students will have the opportunity to compete in interstate regattas. These will be run as a School excursion organised and supervised by CGGS staff. For interstate regattas there will be additional expenditure to cover transport, accommodation, and food. Naturally, we will endeavour to minimise costs, information for these will be distributed in Term 4.

Transport to and from Penrith is organised for all girls. Boats are usually loaded during the last weekday training session prior to the weekend racing. Buses depart CGGS and return via the Boatshed to unload the boats and then on to CGGS Boarding house. Girls are advised of when and where they need to meet.

Note: All girls are required at the boatshed for unloading of boats

If parents wish to drive girls home from Regattas they may go to the Boatshed, however, they should be aware that their daughter cannot leave until the coaches and trailers have arrived, and all equipment is unloaded, washed and packed away.

Holiday Training

A minimum of four 45-minute aerobic workouts per week is strongly recommended. The Rowing Coordinator will provide a holiday land training program.
Rowers Code of Conduct

CGGS Rowers agree to:

1. Abide by CGGS school rules and Code of Conduct, Boat Club rules and CGGS Rowers’ Code of Conduct at all times;
2. Always act in a manner appropriate to the interests and good standing of the School and of rowing at CGGS;
3. Treat all fellow rowers, teammates, other competitors, supporters and officials with respect and courtesy;
4. Treat all property and equipment with care and respect;
5. Demonstrate a positive commitment to rowing at CGGS and display good sportsmanship towards rival schools and other rowing teams at all times;
6. Work hard to maintain good academic standards;
7. Always be punctual and correctly attired for training and regattas;
8. Follow dietary and training advice;
9. Support the coaches and assist with the organisation of equipment and of the Shed;
10. Display the highest standards of sportsmanship including applauding all crews, winners as well as others participating and acknowledge good performances by other schools, particularly in races you compete in;
11. Maintain the highest athletic standards and be a rigorous competitor;
12. Show common sense behaviour at all times being mindful that you are representing the School every time you are training or racing;
13. Behave responsibly around the boats, equipment and in the Shed. It is important to respect the rowing equipment as it is expensive to repair;
14. Communicate positively with coaches and the Head of Rowing. If you need to raise an issue, please do so respectfully. Under no circumstances is there to be lobbying of coaches on any matter including crew selections.
Members, Parents and Supporters of CGGS Rowers agree to:

1. Abide by CGGS school rules and Code of Conduct, Boat Club rules and CGGS Rowers’ Code of Conduct at all times;
2. Act in a manner appropriate to the interests and good standing of the School and of rowing at CGGS;
3. Treat all fellow supporters, rowers, other competitors and officials with respect and courtesy;
4. Treat all property and equipment with care and respect;
5. Support a positive commitment to rowing at CGGS and display good sportsmanship towards rival schools and other rowing teams at all times;
6. Support the rowers to be punctual and correctly attired for training and regattas, to maintain good academic standards and to follow dietary and training advice;
7. Support the need for rowers to assist with the organisation of equipment and of the Shed;
8. Display the highest standards of sportsmanship including applauding all crews, winners as well as others participating and acknowledge good performances by other schools;
9. Communicate positively with coaches and the Head of Rowing. If you need to raise an issue, this may be done respectfully. Lobbying of coaches on any matter including crew selections is inappropriate.
10. Allow coaches to conduct training, pre-race preparations and post-race debriefings with the rowers without parents in attendance. It is important to allow crews to develop their own unique identities and prepare for races appropriately;
11. Support the decisions of coaches and managers. Their decisions, particularly regarding equipment and crew selections, are based on information from a number of different factors and should be respected.
12. Forward all communication with coaches through the Head of Rowing outside training hours. We encourage open and honest communication about decisions and selections in CGGS Rowing through the appropriate channels.
13. Discuss or forward in writing, any issues or concerns regarding coaching to the Head of Rowing. Should you believe your issue has not been resolved to your satisfaction, please follow the process for CGGS.
14. Support rowers to take responsibility for carrying boats and oars, checking equipment, loading trailers and cleaning equipment. Taking this responsibility will help them appreciate what they have and develop their ability to race quickly. Ideally the girls should manage all of the tasks with as little assistance as possible.
15. At races and events, the boating/trailer areas are for rowers and coaches only.

Parents are welcomed and encouraged to join us at the parent tent. Rowers will be dismissed as a crew following a post-race debrief. Rowers will be able to return to parents after this point and we thank you in advance for providing the necessary space for words of encouragement, support and feedback from the coaches to take priority before and after races.

Your assistance if requested will be gratefully received, particularly with the setting up and pulling down of regatta tents and returning them to the boat trailers.
Health and Safety

Safety is of utmost importance in rowing. All precautions are taken to ensure the safety of all involved, however, it is important parents and rowers inform us of all relevant health and medical history. Coaches have first aid training. All safety boats (boats accompanying row boats when training) are checked with gear (including first aid kits) and audited after each training session.

There are several recommendations to keep athletes healthy:

- Do not share personal items such as hats, towels and water bottles.
- Wash your hands frequently or use hand sanitizer when hot water is not available.
- Shower immediately after every practice or race.
- Use a clean towel each time you shower.
- Clean out and dry gym bags daily.
- Ensure rowing gear and towels are washed after each use.
- Keep cuts, scrapes and blisters clean and covered with a bandage if out on the water.
- Wash water bottles in a dishwasher to sanitize them.
- Carry Epipens, inhalers or any other necessary medications.

Weather

Rowers will practice in most weather conditions (wind, low temperatures, high temperatures, humidity and rain). It is the extreme of these conditions or the combination that will be the cause for a cancellation or relocation indoors.

We will never row in dangerous conditions such as thunder or lightning. You will be notified as early as possible if a training session or a regatta is cancelled, moved or rescheduled. The cancellation or rescheduling of sessions will be put up on Team App.

Nutrition

Energy output will increase dramatically for most students when they commence rowing. The program is designed to ease students over a number of months into a maximum training load in late February / early March.

Have regular meals and always have a good breakfast. For an early training session, have cereals or toast and milk before leaving home and take sandwiches for eating immediately afterwards.

Hydration

Rowers must never share water bottles. Rowers will need to bring a water bottle (greater than 500ml) to every session. For water sessions these should have a lid (covering the mouthpiece) to prevent contamination from dirt and river water.

We would recommend a durable bottle with a lid for all sessions. Water bottles must be washed in HOT water regularly to prevent illness — and should be replaced termly.
Sun Exposure

Rowers and coaches are exposed to a higher intensity of sun compared to other athletes who do not train on the water. Reflection of the sun’s rays off the water results in increased exposure to harmful UV radiation. Use of sunscreen and hats is compulsory for all sessions. We offer a UV protective sun shirt as part of our optional rowing uniform kit. Sunglasses are also optional and highly advised.

Stretching

Stretching is a vital component of the program and should be undertaken regularly by rowers to assist with injury prevention.

Tight muscles can lead to a decrease in your range of motion. When this happens, you increase the likelihood of straining the muscles in your back. A regular stretching routine can also help prevent future back pain by strengthening your back muscles and reducing your risk for muscle strain.

Increased Flexibility and Range of Motion.

Obviously one of the main benefits of stretching is gaining flexibility. Flexibility is necessary to reduce muscle tension and to elongate contracted and constricted muscles.

Rowers who are experiencing pain or injury must advise the Head of Rowing as soon as possible and undertake a suitable rehabilitation program. This program should be discussed with the Head of Rowing in consultation with any specialist medical or physiotherapy advice obtained by the rower. A modified return to rowing program will be planned in consultation with the parents and the rower concerned.
CAUTION
KURRAJONG POINT
All traffic crossing to Black Mountain Peninsula must give way.
Boats proceeding from Kurrajong Point to give way to traffic traveling North along Tarcoola Reach.

CAUTION
BLACK MOUNTAIN PENINSULA
Area of merging traffic, keep to your starboard side.
Boats passing behind the finish area need to give way to boats coming down course.
Stationary boats of the rowing course must give way.
Boats should travel from the course away from Government House to lane 2 only. At no time should boats travel in lane 2 unless doing work and accompanied by a coaching boat.

EMERGENCY CONTACT: ACT WATER POLICE 6256 7777 OR 000
National Capital Authority (02) 6271 2888
www.nca.gov.au
@nca_media nca.gov

ROWING COURSE RULES
1. Boats proceeding to Start: All boats must proceed to lane 1.
2. Following course traffic guidelines, crews must keep to the left.
3. Slower boats proceeding to Scrivener Dam must give way to faster boats.
4. Lane 2 Traffic moving from Start to Finish: Power boats must keep to keep pace with crews doing work.
5. Boats passing behind the finish area need to give way to Scrivener Dam boats coming down course.
6. Stationary boats of the rowing course must give way.
7. Boats should travel from the course away from Government House to lane 2 only. At no time should boats travel in lane 2 unless doing work and accompanied by a coaching boat.

GENERAL PRINCIPLES
IN GENERAL
Boats must stay close to the shore line with the bank on their starboard side.
Always go counter clockwise.
Boats can use other lanes with caution.

GIVE WAY
Overtaking vessel has a legal obligation to keep clear.
Give way to boats on your starboard side.
Powered vessels give way to all vessels.
Human powered vessel give way to all sailing vessels.

APPROVED EVENTS
May implement competition rules which may vary slightly to this guide.

MINIMUM LIGHTING RECOMMENDATIONS
MOTOR BOATS
Should have port and starboard lighting and white light visible from 360°.

PADDLERS/ROWERS
Should have solid white light at bow and stern or a flashing white light visible from 360°.

LIGHTS
Should be visible from 1500m in clear conditions.
Health and Safety

Lake Burley Griffin Rules

- Right of way — generally international rules say to keep the shore close to your left so that means a counter-clockwise rotation in shared water
- Rowing boats always give way to sailing boats and faster rowing boats
- Rowing boats should be careful with large powered vessels that cannot easily manoeuvre
- Coxed boats give way to coxless boats
- Boats travelling in opposite directions pass stroke side to stroke side
- If a collision is imminent, CALL OUT.
- Lights — before dawn or after dusk rowing boats MUST carry a continuous white light on the bow and preferably on the stern of the boat, which must be visible for 500 metres
- Emergency signals — two arms for emergency, one arm for non-emergency, lights over the head and / or whistle can be used.

Our Equipment

Rowing equipment is expensive to purchase and expensive to maintain. Our school is committed to building our fleet of boats and rowing accessories as we continue to grow our rowing program, however we must ensure our current equipment is looked after well, regularly cleaned and properly maintained.

This is the responsibility of every student of the rowing program and in doing so we are fostering a culture of pride and gratitude within our rowing program. As an example, a brand new rowing boat (coxless four) costs approximately $25,000 to purchase, and a hull repair can cost anywhere from a few hundred dollars for a small patch up to a few thousand for major works or a hull refurbishment. A new ergo costs $2,000 each, a new oar costs between $500–800 per oar and coxing units cost approximately $800,00 each.

Any breakage, lost, stolen or damaged equipment, or incident either on or off the water, must be immediately reported to Coaches and / or the Head of Rowing.

Parent & Supporters Group

The CGGS Rowing Parents & Supporter Group is an informal group of parents, 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 socialise with other involved parents.

In the past few seasons, our involvement has included:

- Season opening BBQs
- Fortnightly / Monthly CGGS Rowing newsletter
- Catering for mid-rowing camps, meal time supervision and clean up
- Catering for regatta days
- Volunteering for local regattas
- Being a Boat Race Official
- General regatta support — cheer squad
- Hosting BBQs / food stalls at local regattas and volunteering for WBRC
- Boat shed working bees
- Fundraising
- Communicating to the rowing community via Facebook / Team App New supporters always welcome.

We will certainly find something for you to help with! If you would like to get involved with our Parents and Supporters Group.
The following common sense rules are notified to girls at the start of each season:

1. The Boatshed is your special responsibility to keep clean and tidy. Being a small group occupying an area of the School that no one else uses, take pride in the appearance of the Boatshed by using the rubbish bins provided, putting equipment you use away and not leaving your clothing lying around.

2. Buses are provided to and from the Lake Facility. Additionally, girls may not transport other CGGS girls without written permission from the parents of the girl being transported. Such notes should be given to the Head of Rowing before any lifts are given.

3. For the purpose of hygiene, girls are encouraged to use the shower facilities after each training session.

4. Dress regulations must be observed as for all sport at CGGS. This includes the wearing of correct rowing uniform whilst on the water and when arriving by private transport or bus on Saturdays and weekdays. Girls are reminded that non-regulation items of dress e.g. non CGGS shirts and caps are not allowed to be worn to or at the Boatshed.

5. Obscene language is unacceptable at the Boatshed in the same way as at School.

6. After each training session, every crew must make sure equipment they have used is cleaned and put away safely.

7. Students are not to drive any motorized School vehicle or vessel. This includes the Schools’ coaching boats. It does not matter whether or not a student has a boating licence. The only exception to this would be if a coach is present in the outboard dinghy and has specifically instructed a senior student on the handling of the outboard. This would be for the purposes of helping the coaching of a crew, not for pleasure touring.

CGGS Shed Chant

Our shed is very proud and we stand out in a crowd. CGGS is the best, we’re mile above the rest. In the red and white and green, we are the best you’ve ever seen. GO. CGGS. ROW.
## Weekly Training Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Shed 5:40</th>
<th>Shed 6:00am</th>
<th>Shed 3:35pm</th>
<th>Ergs Shed 6:30am</th>
<th>Ergs Shed PM</th>
<th>Weights Gym Shed 3:45pm</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Seniors On Water</td>
<td>Year 10 On Water</td>
<td>Year 9 On Water</td>
<td>Year 9 Option A 6:15am–7:30am</td>
<td>Year 8 (Optional Ergs) 3:45pm–5:15pm</td>
<td>Seniors Group 1 3:34pm–5:15pm</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Year 8 On Water</td>
<td>Year 10 On Water</td>
<td>Year 10 On Water</td>
<td>Year 10 3:45pm–5:15pm</td>
<td>Seniors Group 2 3:34pm–5:15pm</td>
<td></td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Seniors On Water</td>
<td>Year 10 On Water</td>
<td>Year 9 On Water</td>
<td>Year 9 Option B 6:15am–7:30am</td>
<td>Seniors 3:45pm–5:15pm</td>
<td>Year 10 3:34pm–5:15pm</td>
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<tr>
<td><strong>Thursday</strong></td>
<td>Year 8 On Water</td>
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<tr>
<td><strong>Thursday TBC</strong></td>
<td></td>
<td>Seniors on Water TBC 5:30pm–7:30pm</td>
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<tr>
<td><strong>Friday</strong></td>
<td>Seniors On Water</td>
<td>Year 10 On Water</td>
<td>On Water</td>
<td>Sweep or Singles</td>
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<tr>
<td><strong>Saturday</strong></td>
<td>ALL Training or Regatta (Times posted each week)</td>
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</tbody>
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The primary contact for the Boat Club is Caroline Pijpers:
Email: caroline.pijpers@cggs.act.edu.au

For any logistical enquiries and to let us know if you will be absent from a session please contact either your Year Coordinator directly or the Head of Rowing.