

ROWING HANDBOOK



Hunter Valley Grammar School
Rowing

2019-2020 SEASON

HUNTER VALLEY GRAMMAR SCHOOL
Authored by: Tom Herborn



Hunter Valley
Grammar School



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Introduction

Welcome to Rowing at Hunter Valley Grammar School.

We welcome you to the HVGS Rowing Program and to our rowing community. We truly hope that your experience in the sport of rowing sport is long and enjoyable.

In this handbook you will find valuable information to assist you with understanding the wonderful world of rowing. You will find helpful, up to date information about the 2018- 2019 Rowing Season, including all aspects of rowing, camps, regattas and more!

Rowing is a rewarding but highly demanding sport and requires a great deal of discipline, determination and dedication by our rowers and their support network.

For all its rewards, rowing can be challenging in terms of physical fitness and time given to training and competing, but the benefits, experiences and memories are indescribable.

If you have any further questions, require clarification or further information, please do not hesitate to contact our coaching team.

Again, we thank you for joining our program and we hope it is a memorable journey!

Tom Herborn
Director of Rowing



Welcome: Director of Sport

Welcome all to the 2019/20 season. To the returning rowers and families, I hope you continue to enjoy the wonderful opportunities that this sport offers. I thank you in advance for your support of the new members to the program. To our new rowers and families, I wish you well as you navigate the highs and challenges associated with this co-curricular sport. It will be a lifestyle change, but one I hope you embrace.

Rowing at HVGS has a proud tradition, and in my opinion, this program more so than any other at our School, is successful because of the effort and commitment of so many. The community spirit, with students from Yr 7-12 working together with coaches, parents and other rowers, is to be commended.

Our Director of Rowing, our Head Coach and the coaches will provide a safe learning environment for the rowers, they will challenge the rowers, and they will insist on high standards from the rowers. They will give their time, their heart and their mind for the rowers.

Good luck for the upcoming season.

Tony Burgess
Director of Sport



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DIRECTOR OF ROWING

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Coaching Staff for 2019-2020 Season

- Owen Redhead
- Alexandra Frost
- Kaylah Redhead
- Brittney Randell
- Austin Bond
- Prentice Bond
- Anthony Blay
- Chloe Hutchinson
- Darcee Anderson
- Baxter Pattison



HVGS Ethos and Values

Mens Sana in Corpore Sano, the concept of a healthy mind in a healthy body has been at the heart of education since the foundation of the finest schools. Elite Universities such as Oxford and Cambridge run the most successful amateur rowing programs, and all rowers are academics first. Rowing, in particular, fosters the ideal to go hand in hand with academic excellence.

HVGS Rowing recognises that sport is a vital part of the learning environment. We seek to develop proficient rowers who aim high, but above all, engage in the process of learning and acquiring new skills and understanding. Learning “how to” is just the first step. As they mature, rowers need to be involved in the training, understand the why, and engage in the intellectual aspect of the sport. By inspiring rowers in what they do and how they can do better, we hope to foster a lifelong love of the sport.

The rowing journey will teach pupils about persistence and fortitude. It will teach them to see the real value of teamwork, and to develop the ability to take both the physical and intellectual risks required in the pursuit of their goals.

Hunter Valley Grammar School Values for Life

We live and breathe our values, and we walk our talk. Our Values for Life are anchored in our culture and they guide us in our work and behaviours, in the decisions that we make, and how we treat ourselves and each other. Our Values for Life are:

- Responsibility
- Integrity
- Respect
- Citizenship
- Courage
- Compassion
- Optimism
- Gratitude



Behavioral expectations

The underpinning approach to behavior management at HVGS rowing mirrors that of the HVGS Behavior Management Framework. This in turn is supported by the Rights & Responsibilities of all staff, students and parents. The HVGS Behavior Management Procedures can be found in the student diary and will be displayed within the Rayward Boathouse.

In all incidences of misbehavior, the Director of Rowing will handle consequences in matters deemed equivalent to that of Level 1. Further or escalated instances will be referred to the student's Mentor or Head of House.

As students of Hunter Valley Grammar School, it is expected that all those associated with HVGS Rowing Program will honour the student pledge, as outlined and signed in the HVGS Student Diary.



HVGS Rowing Support Group (RSG)

The RSG is a volunteer group comprised of parents and friends of the HVGS Rowing program. The objectives of the RSG are to;

Foster friendships

Develop support networks for rowers and their families

Support the HVGS Rowing staff by carrying out various fundraising and administrative tasks associated with rowing.

The RSG seeks to achieve these objectives in various ways including;

- Organising annual events such as the “Evening at the Boatshed” social occasion in term 4 and the end of season Awards Presentation Ceremony at the end of term 1.
- Keeping parents informed of RSG-related activities and opportunities via the RSG Facebook group. Information regarding this page is circulated following rowing registration in Term 4.
- Organisation of the HVGS hosted regatta, including setup, canteen, fundraising activities and many other details. The HVGS regatta is on the 9th of November this year.
- Co-ordination of the weekday roster and catering for training breakfasts through Term 4 and Term 1.
- Assembling the HVGS marquees at regattas while students and staff unload and assemble boats.



The RSG meets several times at the Rayward Boatshed throughout the season and welcomes all parents and friends of the HVGS Rowing program to attend.

Key RSG positions are filled at the RSG AGM in Term 3 and include:

Chairperson

Secretary

Treasurer

HVGS Home Regatta Co-Ordinator

Breakfast Volunteer Roster Co-Ordinator

RSG Merchandise Co-Ordinator

The RSG also encourages parents and friends of HVGS Rowing who hold valid Boat Licenses to become Boat Race Officials or tinny drivers at regattas.

For more information regarding the RSG, please contact the Director of Rowing.

Key Events – Save the Date

Throughout the season, HVGS Rowing and the RSG host a number of events, held at the Rayward Boathouse. These events are designed to deliver information, create opportunities to mingle, and to celebrate the program and the season. Below are a few key ‘Save the Dates’ for the upcoming 2019-20 Season. (Please note these dates are subject to change).

HVGS Rowing Information Night – *Wednesday 16th October. 6:00pm*

HVGS Rowing Season Launch & Full Shed Photo – *Saturday 19th October. 10:00am*

HVGS RSG ‘Evening at the Boatshed’– *Saturday 23rd November. 6:00pm*

HVGS Rowing Awards Dinner – *Saturday 21st March. Cameron Centre. 6:00pm*



HVGS Sport – Rowing Community Code of Conduct

In addition to association codes of behavior, Hunter Valley Grammar School has its own expectations of competitors, supporters and coaches/school staff. HVGS expects our community members to treat people involved in rowing with courtesy, respect and proper regard for their rights. The HVGS Rowing program wishes to operate in an environment which is free from harassment. Harassment is defined as any action directed at any individual or group, which creates a hostile, intimidating or offensive environment.

This can be supported by:

Commitment

- Emphasise to your son/daughter the importance of fulfilling a commitment.
- Allow your son/daughter to choose a sport which satisfies their interests.
- Emphasise to your child the importance of correct dress, punctuality, respect of equipment and responsibility toward a commitment.

Sportsmanship

- Applaud effort and performances by all athletes – from both HVGS and all clubs or schools at the event.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- If you disagree with an official or coach, raise the issue through the appropriate channels at school. Remember most officials give their time and effort freely. In the instance of rowing, the appropriate contact is the Director of Rowing.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.

General

- Never ridicule your son/daughter, or any other student for making a mistake.
- Always be ready to show appreciation to your son's/daughter's coach. They do their best and deserve your support.
- Parental involvement is always welcome and appreciated. The HVGS RSG is a great avenue to become involved.
- The consumption of alcohol is not permitted at any HVGS sporting activity.



Communications

HVGS Rowing utilises the 'Teamapp' website and smartphone application. Notifications and emails are distributed utilising this platform allowing for immediate relaying of information. The HVGS Rowing Teamapp includes;

- Photos
- Weather updates / variation to normal routines
- Continually updating calendar of events
- Rowing Documents
- Sponsorship links
- Regatta Information, including maps
- News & notifications

A link will be sent to all registered families at the commencement of the season. Emails are also regularly distributed by the Director of Rowing for upcoming events and recaps.

The Director of Rowing should be considered the first point of contact for all matters pertaining to the HVGS Rowing Program. Please note that emails and phone calls made after work hours and on weekends may not be immediately responded to.

Please ensure at the start of the season your contact details are current and correct; please inform the Director of Rowing of any changes in your contact details.

The Rowing Support Group also distributes communication relevant to their roles in support of the program, at times this may include the dissemination of information on behalf of or at the request of the Director of Rowing.



Rowing Fees

Rowing Fee for the 2019/2020 Season: \$500

Rowing Fees assist payment for the following:

- 2019/2020 NSW Rowing Registration Fee
- 2019/2020 CDRA Affiliation Fee
- Welcome Pack
- Purchases, Repairs and Maintenance of our Fleet and Equipment
- Coaching Wages

The Annual Training Camp and National Championship Regatta & Camp are at an additional cost.

In Term 3, Optional Pre season training is available. This requires pre registration and a fee of \$100.

Uniforms

HVGS Rowing actively promotes and enforces the HVGS School Uniform policies as prescribed in the School Diary.

At all times, HVGS students are representing the program and the School. The overriding principle in regards to the presentation of uniforms is to achieve a level of uniformity across all crews and teams.

Students and coaches are also encouraged to maintain high levels of hygiene and cleanliness on the maintenance of training and competition uniforms.

The HVGS Rowing Uniform is available at the HVGS Uniform Shop. This includes the Zoot Suit (displayed), Rowing Hat and Rowing Undershirt.



Uniform Requirements While at Competition Venues

On Water

- When competing, students must wear HVGS Rowing Kit (suit, hat, undershirt).
- No other school or club uniform to be worn.
- Students must wear a hat at all times.
- Socks are mandatory to avoid infections where boats are fitted with shoes.

Off Water

- All athletes must wear HVGS Sport Uniform, including the HVGS Rowing hat.
- No other school or club uniform to be worn.
- Clothing should be clean and respectable.

Footwear

- All athletes must wear clean and decent footwear while in the boat park and competition venue.

Uniform Requirements While at Training

On Water

- Athletes wear decent clothing, rowing suits, hats, etc.
- No other school or club uniform to be worn.
- Students must always wear a hat. Spare hats are available if required.
- Socks are mandatory to avoid infections where boats are fitted with shoes.

Off Water

- All athletes must wear clothing that is clean and respectable and appropriate for the weather conditions.
- All athletes must have a gym towel.

Footwear

- All athletes must wear appropriate footwear to and from the training location and in the boating area. Running Shoes should be brought to ALL Rowing training sessions.



HVGS Rowing Program Structure

Training Squads

Learn to Row	Term 3 Learn to Row – All novices
U15 Squad	(2020) Year 8
U16 Squad	(2020) Year 9
U17 Squad	(2020) Year 10
U19 Squad	(2020) Year 11 & 12

Students who are young for their year will have the opportunity to race in appropriate age categories in CDRA Regattas as well as the NSW State Championships. All training and School Regattas are participated within year levels.

Commitment levels

In 2016, HVGS Rowing implemented a revised structure to promote participation rates within the sport, featuring two distinct levels. “Competition” category represents athletes who aim to be competitive at local and school regattas and the “High Performance” category is aimed at athletes who are already performing at a high level and wish to optimize their outcomes at significant championship regattas.

Competition Category:

- Decreased scheduled from historical training schedule (2 mornings/1 afternoon)
- All CDRA Regattas, Independent Schools Championships & Heads of the River
- Annual Rowing Camp

High Performance Category:

- HVGS HP Benchmarks Entry
- Includes all elements of Competition Category
- Additional sessions (1 morning/2 afternoon)
- Training Load consistent with Rowing Australia Standards
- Eligible for selection to NSW Sprint Championships, NSW State Championships and Australian National Championships



Performance Level Benchmarks

HP ERGOMETER ENTRY TIME		
TERM	Male	Female
3	OPEN	OPEN
4	7:10	8:10
1	7:00	8:00

Performance Benchmarks - Further Information

- Performance level is open to U16 and above age groups.
- Ergo times will be eligible within all selection events.
- There is a requirement for athletes to demonstrate suitable ability in a single scull to be able to train with the squad.
- Invitation to participate in any HP activities and sessions remains at the discretion of the Director of Rowing.

Nationals Attendance:

- Aim for National attendance is to 'progress'. This means competing beyond heats/repechages at the regatta.
- Rowers should qualify for an 'A Final' at NSW State Championships to be considered for Nationals Championships.
- Times in qualifying events should be consistent with historical evidence of Semi Final standard at National Championships.
- Selection for National Championships may be limited to age/category specific events.
- Final progression to Nationals selection is at the discretion of the Director of Rowing.



Crew Training Schedules

2019/20 Season

	U15	U16	U17/19	HP
Monday AM			ROW	
Monday PM				GYM
Tuesday AM		ROW		
Tuesday PM	ROW		GYM	
Wednesday AM	ROW			ROW
Wednesday PM		GYM		
Thursday AM			ROW	
Thursday PM	ROW			GYM
Friday AM		ROW		
Friday PM				
Sat 1 6:00-8:00am			ROW	
Sat 2 8:00-10:00am	ROW			
Sat 3 10:00-12:00pm		ROW		

Applies to Term 4 2019 and Term 1 2020. Rowers in their first season with HVGS Rowing will commence training in WEEK 2 of Term 4.



Training Expectations

Attendance

Due to the crew nature of rowing, attendance at all chosen training sessions is expected and will be noted, as an unexpectedly absent athlete may impact upon the training of their crewmates. Parents must contact the Director of Rowing before 5:30 am (morning sessions) or 2:45 pm (afternoon sessions) via email if their child is unable to attend the training session. Use of text messages is only acceptable in urgent circumstances.

Morning sessions

On-water training sessions will take place at from 5:30 am to 8:10 am at the HVGS Boatshed. Students are expected to travel to the boatshed via their transport. At the end of each morning session, all students will be transported to the school by the school bus. Breakfast and showers are had by students after training. The bus to School from the Boathouse departs at 8:10am.

Afternoon sessions

Land training and U15 afternoon water training will take place from 3:05 pm to 5:30 pm, students will travel from the school to the Rayward Boat House on the school bus. The bus will leave the school promptly at 3:05 pm. Students are to be collected at 5:30 pm from the Rayward Boat House. Prompt collection of students is appreciated: in the incidence of a delay, please advise the Director of Rowing.

Saturday session

In the event there is no Regatta on a weekend, Saturday training is held at the Rayward Boat House. All students should arrive prior to their allocated training window and may be collected immediately thereafter.



Rowing Selection Policy

Trials

As per the competitive nature of racing, regular trials are held throughout the season to ensure the fastest combinations race together, enabling HVGS the best chance of success. The trials ensure the hard work completed during training is rewarded and should never be considered anything other than a reflection of the work completed during training.

“We do not rise to expectations, we fall to the standard of our training”

This phrase is a great one to remember in a sport like rowing, our results will always be reflections of the training we do, not of what anyone expects us to do.

Trials in the 2019/20 season will be held on the following dates, any conflicts should be raised with the Director of Rowing as soon as possible. It is expected that these trials will be held under regular training fatigue levels that will be consistent across the relevant squad.

	Term 4				Term 1			
u15	Physical Testing	Erg	Scull	Erg	Scull	Erg	Scull	
	17-Oct	14-Nov	13-Nov	CAMP		13-Feb	12-Feb	
u16	Erg	Scull	Erg	Scull	Erg	Scull	Erg	Scull
	16-Oct	N/A	13-Nov	15-Nov	CAMP		12-Feb	14-Feb
u17/19	Erg	Scull	Erg	Scull	CAMP	Scull	Erg	Scull
	15-Oct	N/A	12-Nov	14-Nov	CAMP		11-Feb	13-Feb

Selection Considerations

HVGS Rowing selects crews and combinations that show the greatest potential for results in any given category.

Athletes are considered for selection based on individual performances utilizing the Rowing Ergometer (ergo) over a standardized distance of 2000 meters, in conjunction with an individual time trial over either 1000 meters (u15/16), or 1500 meters (u17/19).

Emphasis for selection is on objective data collected through selection events.

Subjective elements such as attendance and attitude may be considered and utilised at the discretion of the Director of Rowing.



2019-2020 Regatta Schedule

Month	Date	Saturday Regatta	Venue	Date	Sunday Regatta	Venue
September	7			8		
	14			15		
	21	CDRA-NUBC Pre-IV	Berry Park	22	RNSW-Henley on Hunter	Berry Park
	28			29		
October	5			6		
	12			13		
	19			20		
	26	CDRA-NGS	Bery Park	27	CDRA-NUBC	Berry Park
November	2	Loretto NH-Girls Only	SIRC	3		
	9	CDRA-HVGS	Bery Park	10		
	16			17	CDRA-Sprint Champs	Newcastle
	23			24		
December	30	RNSW-ISC	SIRC	1		
	7	RNSW-Reindeer	SIRC	8	RNSW-NSW Sprint Champs	SIRC
	14			15		
	21			22		
	28			29		
January	4			5		
&Friday the 10th	11	RNSW-Taree Summer	Taree	12	RNSW-Taree Summer	Taree
Tuesday 14th-Sat	18	Camp	ACT	19		
	25	RNSW Small Boats - HP	SIRC	26		
February	1	CDRA-Lake Mac	CDRA	2	CDRA-Endeavour	CDRA
	8	RNSW-State Champs	SIRC	9	RNSW-State Champs	SIRC
	15			16		
	22	RNSW-Sydney RC	SIRC	23		
March	29			1	Come & Try Rowing	Berry Park
	7	CDRA-CDRA Champs	Taree	8	CDRA-CDRA Champs	Taree
	14	ACT-Head of the Lake	ACT	15	ACT-ACT Champs	ACT
HoR This week	21			22		
Monday 23rd ->	28	Nationals	SIRC	29	Nationals	SIRC
Compulsory		High Performance		Optional		

Note- Schoolboy and Schoolgirl Head of the River regattas have not got dates at this stage. This may influence attendance decisions to Head of the River and Head of the Lake. TBA



Regatta Information

Throughout the course of a season, Hunter Valley Grammar School will attend a wide variety of Regattas, with varying requirements. Hunter Valley Grammar School is primarily a member of the Central Districts Rowing Association, and as such participation at these regattas through the season is considered compulsory, along with selected championship regattas. Central Districts Rowing Association are typically in the local area, with the majority being home regattas as we have the good fortune to be based upon the choice regatta venue in the Hunter. Our away travels for Central Districts Rowing Association regattas also include one trip to Taree and one small trip to Newcastle.

Certain championship regattas are considered 'invitation only', reflecting the caliber of the event and the costs associated. Athletes or crews may be invited to attend these regattas, reflecting their performance in the current season. Other opportunities to compete also exist through the season that are open to all but not compulsory, these are considered to be optional regattas.

At all Regattas, and at all times, HVGS Rowers are representing their school. As such, adherence to the before stated uniform requirements alongside the HVGS behavioral expectations and School Values are to be upheld.

A Rowing race requires considerable preparation, as such, HVGS Rowing practices a 'Race Space' system. This practice refers to a system of ensuring students are at the designated meeting place ninety minutes before their race, from which point parents are asked to leave their children to complete all the essential pre-race procedures under direction of their coaching team. 'Race Space' continues after races have completed, as athletes have post-race procedures to complete.

Information on individual events will be distributed through channels such as Teamapp as the season progresses.



HVGS Annual Rowing Camp

The HVGS Annual Rowing Camp is a fantastic experience for all members of the HVGS Rowing Program. Held during January in various locations year to year, this camp offers a wonderful opportunity to not only bond further as a close-knit team, but to undergo a serious and vital element of training prior to the major Regattas of the season.

Dates: 14/01/19 – 18/01/19

Attendance: Compulsory

Location: ACT

Training Venue: Radford College Boatshed

Accommodation Venue: Wright Hall, Australian National University

Further details for the HVGS Annual Rowing Camp will be communicated nearer the event.



The Roles and Responsibilities of a HVGS Boat Captain

Skills, Attributes and Characteristics of a Captain

- Well organized and motivated
- Ability to motivate, communicate, coordinate and delegate
- Ability to establish and maintain respect, rapport and relationships
- Ability to set an example as an athlete and a leader
- Ability to recognise the abilities, skills and potential of all in the team
- Ability to create a positive environment of empathy, integrity and generosity
- Embody the Ethos and Values of HVGS
- Promote a culture of success and inclusivity

Dedication and Involvement

- Ability to apply oneself to the best of your ability in all circumstances
- Demonstrate a positive and hands on approach
- Reinforce and display student expectations including uniform, behaviour and care of equipment and others
- Assist overseeing loading and unloading of trailers
- Promotion of Rowing as a Summer Sport across HVGS, encouraging participation
- Speeches as necessary, eg, Assemblies and Presentation Dinner



Responsibilities of a Coxswain

The coxswains' role is part formula one racing car driver, part orchestra conductor, part sports coach and part athlete. It is one of the most mentally challenging positions in the sport and a key component of any successful rowing crew and program.

Coxswains attend all training sessions, just as rowers do. Our staff will work with our coxswains both on and off the water to assist in their skill development.

Through training and experience coxswains' abilities and confidence will develop and they will be ready to race, undertaking particular responsibilities at a regatta. Some of these responsibilities are:

- Be aware of all crews you are coxing
- Ensure you weigh-in 30 minutes prior to racing
- Be aware of your crew's boating time and ensure the stroke of the crew knows the race time, organising the crew to have their boat on the water
- Carry the correct weights required for each event you are coxing
- Ensure the cox box is charged and working
- Know the correct lane number for your crew and place it on the boat prior to boating
- Be familiar with the course by identifying marked buoys, navigation hazards and weather conditions
- Know the marshalling and traffic flow rules of the course
- Ensure your crew is at the start line 5 minutes before race time
- Listen to marshalling officials at all times when moving onto the course and lining up for the race and follow all racing laws
- On the start line, keep the boat centred in the lane and aiming straight down the course
- Please see NSW Rowing By-Laws for further rules and regulations regarding coxing



The Student-Athlete & Academics

When joining the HVGS Rowing Squad, students commit to fulfilling all academic and co-curricular responsibilities. Attending training and regattas cannot be used as an excuse for not meeting responsibilities. HVGS will always provide support to students so that all such commitments are met.

It is important to note that participation in any sport is never an excuse for a lack of engagement in the academics of the School. Rather, sport, particularly the sport of rowing, should be seen as an opportunity to engage in the skills of organisation and dedication across not only the sporting arena, but also the academic and wellbeing of the whole person.

A number of support systems are in place for students who manage sporting commitments alongside their academics. Students who require assistance to manage academically, physically or with wellbeing are encouraged to discuss and engage with support systems listed below:

- Director of Rowing
- Director of Sport
- relevant Head of Year
- relevant Head of House
- Mentor
- Director of Academic Services



Co-curricular Sport Commendations - Rowing

To be considered for a Co-Curricular Sport commendation, a student needs to meet the following criteria:

1. The activity needs to be one, which has been approved for inclusion in the Commendation Program.
2. Students need to be an active member of the sport activity for the entire period.
3. Students need to maintain attendance at all training sessions (except in the case of illness or exceptional circumstances, which are excused by a note or email from a parent or guardian).
4. Students need to be present to fulfil their role at all matches (except in the case of illness or exceptional circumstances, which are excused by a note or email from a parent or guardian).

Criteria for a Silver and a Gold Commendation

Three (3) Commendations awarded at ceremonies across the year = Silver.

Four (4) Commendations awarded at ceremonies across the year from at least two different sporting activities = Gold.

School Colour

Awarded to rowers/crews who medal at one or more of the following

- NSW State Championships.
- NSW Sprints Championships
- Schoolboy Head of the River (Division 1, A Final)
- Schoolgirl Head of the River (Division 1, A Final)

Or make an A Final at Nationals



School Blue

Purpose:

A student awarded a Sport Blue at HVGS is a student that not only has represented at CIS or above, but is seen by the School community as an ambassador for sport and all that it represents. The student upholds the values of HVGS in all facets of the School. School Blue criteria (Rowing specific)

1. Recipients must finish as a top 3 NSW resident rower at the NSW State Championships.
2. If the student achieves criteria 1 as a novice or intermediate rower, the student must continue to compete at the highest levels up to and including Yr 12.
3. Recipients must have been in the HVGS Rowing program for at least 3 seasons including Yr 12
4. Recipients must have demonstrated a co-operative attitude and good sportsmanship at all School activities
5. Recipients must have attended and participated to an appropriate level at the major School events, most noticeably Sport carnivals, presentation days etc.

Additional ATAR Adjustment Factors

ATAR Adjustment Factors are available upon application to university for Rowing. This is an optional pathway for Year 12 students under the 'Elite Athletes and Performers Program' Initiative.

- Students are required to apply directly for this initiative within their university application
- Letters of evidence or statement are available upon request from the Director of Rowing
- Up to 5 ATAR points are available dependent on the university and/or course selected



Rowing NSW Racing Categories

Rowers compete in a range of regattas which will contain one, two or all of the competition categories. These categories are outlined below.

GRADE

Competitors may be graded into four grade categories, which shall apply separately to rowing (eights, fours and pairs - sweep) and to sculling (quadruples, doubles and singles - sculling).

Novice rowers will begin on 4.00 for both sculling and sweep and this score will increase or decrease based on wins and losses and will be adjusted by RNSW to ensure rowers are racing at a level equivalent to their ability.

A GRADE	2000m	0.00 > 1.2499 points
B GRADE	2000m	1.25 > 2.2499 points
C GRADE	1000m	2.25 > 3.2499 points
D GRADE	1000m	3.25 > 4.00 points

AGE DIVISION

Under 16 - a competitor ceases to be Under 16 on 31st December of the year in which he/she reaches the age of 15 years.

Under 17 – a competitor ceases to be Under 17 on 31st December of the year in which he/she reaches the age of 16 years.

Under 19- a competitor ceases to be Under 19 on 31st December of the year in which he/she reaches the age of 18 years.



SCHOOL COMPETITORS

Definition: Is one who is a bona fide school student of a registered school and who is under 19 years of age throughout the current season. This definition also applies to the coxswain of a school crew.

Year 8 -A Year 8 competitor is one who is currently enrolled in Year 7 at the start of the season (Term 4) and will progress into Year 8 of the respective rowing season for the Head of The River (Term 1).

Year 9 - A Year 9 competitor is one who is currently enrolled in Year 8 (or below) at the start of the season (Term 4) and will progress into Year 9 of the respective rowing season for the Head of The River (Term 1).

Year 10 - A Year 10 competitor is one who is currently enrolled in Year 9 (or below) at the start of the season (Term 4) and will progress into Year 10 of the respective rowing season for the Head of The River (Term 1).

Open - An open competitor in School competitions is one who is currently enrolled in Year 9 or Year 10 or Year 11 at the start of the rowing season (Term 4) and will progress into Year 10, Year 11 or Year 12 of the respective rowing season for the Head of The River (Term 1).



Sun Safety and Heat Management

HVGS Rowing Staff are sun smart and provide our rowers with numerous measures to avoid over exposure to the sun:

- HVGS Tents/Shades
- HVGS Rowing Caps/visors. If your child has forgotten to bring their hat, please advise staff so that a hat may be sourced.
- HVGS Rowing white long-sleeved shirt
- HVGS Sport Polo Shirts
- Sunscreen is provided at all regattas and training sessions

Ensure that your child has adequate water at training sessions and on race day.

Throughout the rowing season, exposure to the sun and elements is frequent. Our Rowing Staff regularly remind our rowers to be sun safe, endeavouring to always model positive sun safe behaviour.

Along with School control measures, parents and students alike are reminded that sun safety remains an individual responsibility and our rowing community is encouraged to be proactive and follow guidelines to avoid over exposure.

For more information, please read the NSW and HVGS Heat Management Policy.



Safety Procedures

Swimming

Students must have proven proficiency in the water to stay afloat in case of capsize

Boating: Right of Way

International rules say to keep the shore (bow to the bank) close to your left when rowing in shared waters.

- Rowing boats give way to *ALL* other water vehicles and vessels at all times
- Coxed boats give way to uncoxed boats
- Boats travelling in opposite directions, pass stroke side to stroke side
- Rowing boats should be careful with large powered vessels that cannot easily maneuver
- If a collision is imminent, *CALL OUT*

Emergency Signals

In the case of an emergency:

- Two arms are raised for an emergency that requires immediate assistance
- One arm for non-emergency but requires assistance
- Lying down in the boat is deemed to be a medical emergency



Boat Systems Check

Check your equipment is safe for training and racing. Racing By-laws state that the following are compulsory for racing:

- Bow ball fitted
- Heel safety straps on foot stretcher
- Sealed bow and stern compartments
- Gates on swivels to close and secure properly
- All moving parts tight and in good working order
- Bungs in
- Correct boat racing weight

Boat Race Officials (BRO) regularly check boats prior to boating to ensure safety measures are being adhered to. If your boat fails to meet the compulsory requirements, you will not be allowed to proceed to the pontoon or launch.

Managing Capsizes

- Avoid going out alone, especially outside peak times of early morning/ late afternoon. Always use a buddy system.
- If you capsize in cold water:
 - Get back in the boat quickly; if that is not possible,
 - *Stay with the boat*; preferably lying over the boat with as much of your body out of the water as possible
 - Roll the boat to increase flotation, do not try to swim to shore
 - Do not move around to try and keep warm; in cold water you will lose warmth and energy very quickly if you do
 - Try to attract attention e.g. calling out, waving arm.



Values For Life

Hunter Valley Grammar School is committed to the following core values:



Hunter Valley
Grammar School

• Responsibility •

We are able to be trusted to do what is right. We can be relied upon to do the things that are expected of us. We strive for personal excellence in any endeavour. We take care of our self, fellow students and our School. We are accountable for our own behaviours.

• Integrity •

We are consistently fair and honest. We are reliable and trustworthy. We are loyal to our personal values and our family values. We abide by the School's values and code of behaviour. We are morally strong.

• Respect •

We act in a way which shows that we are aware of other people's feelings, wishes and rights. We treat other people properly. We are thoughtful and considerate of other people, our School environment and general property. We have self-respect behaving with honour and dignity.

• Citizenship •

We are a responsible member of our own local community and the community of HVGS. We behave in a courteous and polite way to all other people who work and learn at HVGS and to visitors. We care for our environment.

• Courage •

We are prepared to do the right thing even when you know it is difficult or trying. We persevere when facing a challenge, fear, or problem. We embrace opportunities and try our best to make a valuable contribution. We have the confidence to act in accordance with our own beliefs.

• Compassion •

We help someone who is not well, is hurting or who is in trouble. We have awareness of the needs of others and we want to help other people in their time of need. We are aware that we depend upon each other. We act with kindness, forgiveness and empathy.

• Optimism •

We are hopeful, cheerful and buoyant. We see the positive side of things, and encourage others to do the same. We believe that good things will happen in the future. We have faith that if we plan well and prepare thoughtfully, positive things will occur.

• Gratitude •

We are thankful for our family and friends, our school and country, knowing that not everybody is as fortunate as we are. We express our gratitude in the manner we relate to others and care for our environment. We look for opportunities to serve others and make a difference in the global community.