

## **Captain's responsibilities**

The Captain and Vice-Captain should to their best to ensure the following:

- ✂ That all rowers uphold the Rowers' and school's Code of Conduct.
- ✂ That those transgressors of this Code be reported to the manager of your age group or Rowing MIC.
- ✂ That all rowers understand and respect that the coach's requests and instructions overrule any crew instruction or intentions.
- ✂ That along with the boatman, they should be the first to arrive and last to leave regattas, ensuring that all rowers have completed all their necessary tasks.
- ✂ That all boys are present at regatta prize giving.
- ✂ Assist any rower in understanding any duty or commitment that the rower may be unsure about.
- ✂ Follow up on any rower who is absent from any duty, be it training, boat loading, and report the reason for absence to the manager of their age group or the MIC of Rowing.
- ✂ Ensure that the ergo room is left in good order after every training session.

## **Boatman's responsibilities**

- ✂ Inspect boats and rowing equipment on a regular basis to identify any repairs needed.
- ✂ Purchase any tools and items needed for repairs and maintenance after consultation with the head coach and/or MIC of Rowing.
- ✂ Arrange special maintenance sessions for all club members to be present to assist with maintenance work on the boats.
- ✂ Oversee the packing and unpacking of boats for regattas. (First to arrive at regattas and together with captains, the last to leave.)
- ✂ Teach boys to use the Boat Packing Checklist and to ensure that the BPC is filled in when packing (for and at regattas) and at the shed when the boats return.
- ✂ Bring to the attention of the MIC of Rowing, when any major repairs need to be done.

## **THE ROWING SEASON**

Rowing is a summer sport offered by Rondebosch Boys' High School and the season runs during the 4<sup>th</sup> term and the 1<sup>st</sup> term of the new school year. In winter voluntary training is available to those who wish to partake, this past winter training included a weekly water session on Sunday mornings and a weekly ergo session after school.

- ✂ The provisional 2016/2017 regatta, training and camp calendar is on page 17 of this handbook.

- ✘ Bosch rowers may attend the SA Senior Champs as well, normally end April, after which they may continue to SA Junior National Selection trials and if good enough may be chosen to represent SA at the Junior World Championship.

## **Training**

Training takes place either:

- ✘ On the school premises for ergo and other land-based training
- ✘ At Zeekoevlei for weekly water sessions.
- ✘ At Misverstand where boys do water training over weekends.
- ✘ U14 and U15 boys are taught to scull (2 blades per rower) and may row singles, doubles, quads and octos.
- ✘ U16 and open boys may continue to scull, but in addition they are taught to row with one blade (sweep oar rowing), stroke side (right) or bow (left).
- ✘ Training times are set by the managers, coaches and MIC at the start of each season and boys may not miss training except for medical reasons. The coach or manager must be informed as far in advance of the training session as possible, in order for him/her to be able to organize a substitute rower for the boat.

# Crew Selection

Crews will be selected to compete in regattas by the age group coaches in collaboration with the MIC of rowing.

☛ There are a number of factors taken into account in selecting a crew:

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<b>Ergo trial times:</b>	Show raw strength, endurance, determination and power to weight ratio.
Rowing technical ability:	Depends on the degree to which the rower has mastered this.
<b>Seat boat racing ability:</b>	Boys may race a series of races in different combinations.
Personality:	Team harmony is important, but all boys should be encouraged to work together towards common goals
<b>Commitment and training ethos:</b>	Attending all training sessions and following personal training programme provided by the age group coach.

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## ☛ 'First Crew' Criteria

Any oarsman representing RBHS Rowing in an u19 'A' event at National/Provincial regattas, and an u19 A Final at local regattas, will become eligible for recognition as a 'First Crew' member. The final decision regarding eligibility will be made by the MiC and Head Coach.

- 'First Crew' Oarsmen will be presented with a 'First Crew' Rowing tie in recognition of their achievements.
- This tie may be worn at any Rowing event/function, as well as on a Friday at school.

# REGATTAS

## How/when etc.

Western Cape Rowing has the following schools and clubs affiliated to it at junior level:

- ☞ Diocesan College (Bishops)
- ☞ Peninsula Girls Rowing Club
- ☞ Rondebosch Boys' High School
- ☞ SACS
- ☞ Somerset College
- ☞ Western Cape Development Rowing Club

Regattas are held either at the Eikenhof Dam in Elgin or at Zeekoevlei or Misverstand. Each club has a 'portfolio' at each regatta, which is an opportunity for clubs to raise funds.

# Understanding a Regatta Programme

1. The number of the **Event**.
2. **Time** – time of the race starts.
3. **Gender** – whether for boys or girls.
4. This is followed by the **age group**:
  - ☞ Either U14, U15, U16 or 1st (OP or U19) age groups.
  - ☞ A, B, C or D is the category division. For the Open / U19 age group the divisions would be listed as 1st, 2nd, 3<sup>rd</sup>, etc.
5. Describes the event as either **H = heat, S = semi-final or F = final**.
6. **Boat Class**:
  - ☞ 1, 2, 4 or 8 indicates the number of rowers / boat size participating in the event.
  - ☞ X -is for Sculling Events (2 oars per boy)
  - ☞ 1x is a single scull One boy with 2 oars
  - ☞ 2x is a double scull Two boys with 2 oars
  - ☞ 4x is a quad Four boys with 2 oars
  - ☞ + or -is for Sweep Oar Events (1 oar per boy)
  - ☞ Only U16 and Open age groups
  - ☞ 2-is a Pair Two boys with 1 oar each
  - ☞ 4+ is a Four. Four boys with 1 oar each
  - ☞ 8+ is an Eight. Eight boys with 1 oar each
  - ☞ The “+” or “-” describes the presence or absence of a coxswain in the boat.
  - ☞ 4+ is a Coxed Four, 4-is a Coxless four
7. The race **distances** of 500m, 1 000m or 2 000m are indicated.
8. The **school / club** with the name of the stroke underneath.

## **Zeekoevlei Regattas**

Mini-Regattas are held at Zeekoevlei, launching from our shed. Departure is usually from school at approximately 06h30 on those Saturday mornings and lifts to and from the regattas are coordinated by the parent age group coordinator.

## **Elgin Regattas**

Regattas are held regularly at the Eikenhof Dam in Elgin. Departure is usually from school at approximately 5am on Saturday mornings and lifts to and from the regattas are coordinated by the parent age group coordinator.

## **Knysna Regatta**

This has now become a two day regatta, normally either the second last or last weekend of October. It is held on the western side of the lagoon in Belvedere Estate. The crews race sprints over 1 000 metres on the Saturday and the various age group race a heads race early on the Sunday morning. The team depart by bus on either Thursday afternoon after school or Friday morning and return on the Sunday evening.

## **Buffalo / Selbourne Regatta**

East London

### **BUFFALO REGATTA since 1879**

The Buffalo Regatta began in 1879 and has been held every year since then except for an interruption during the war years. 2012 celebrated the 125th staging of the event. The Buffalo Regatta has been a major highlight on the South African rowing calendar due to the two magnificent trophies at stake – the Buffalo Grand Challenge (for Senior-A Coxless Fours) and the Silver Sculls (for Senior-A Single Sculls). These two Trophies are commonly regarded as the most valuable trophies in Southern Africa for any sport as they are priceless (although insured at over a million rand) and because they are made from pure silver.

The Buffalo Regatta is a National event and has seen participation of international crews from time to time. One of the features of the Regatta, which serves to underline its unique positioning within South Africa, is the fact that it is the only national regatta where participants from all the senior and junior clubs compete side by side. This creates a wonderful atmosphere, inspired performances, and memorable learning experiences for the up and coming juniors.

An extra bonus for junior crews is the Selborne Sprint regatta, raced over 500m. This event was pioneered by the late Trevor Shelper specifically for schools rowing. It generates enormous excitement in fiercely competitive events where spectators can enjoy schools rowing at its best. 2009 marked the 50th occasion of the Selborne Sprint Regatta.

The 1990's saw the Buffalo regatta swell to the largest it's ever been, providing services and facilities on both sides of the river. The Regattas of 1997 and 1998 saw nearly 1000 competitors taking part in over 200 events over three days. Since then the number of events has been increased, particularly in girls and women's rowing, although a limitation has been applied to the number of entries than can be accepted. In recent years various infrastructure changes have also dictated that the regatta be scaled down and now operates entirely off the West bank of the river.

In past years the characteristics of the Buffalo River have dictated that the rowing course was limited to four lanes. During the floods of 2003 the creek at the 700m mark spilt so much debris into the river that extensive restoration had to be undertaken. An enormous project was

completed by the local rowing community to clear the creek and widen the river at that point. Now that the debris, mainly in the form of rocks and stones, has been removed the regatta enjoys a six lane course.



## South African Boat Race

Port Alfred

Every December sees the Kowie River in Port Alfred come alive with one of the premier national boating events on the schools' calendar.

The event is modelled on the Oxford/Cambridge boat race and sees a number of passionate teams from schools around the country battle it out in the water. The race is physically demanding and requires consistent rhythm for the full length of the race. Boys compete in a 6km boys' eight (eight-oared boats) while the girls take part in girls' quads (four-oared boats) on a 4.2km course.

## SA Champs

Those participating train at altitude – in Gauteng for the week prior to SA Champs.

- ✂ The regatta usually takes place at Roodeplaats Dam, North East of Pretoria. The event starts on Friday with the heats and finals of all sculls and pairs. Saturday and Sunday usually have a mix of boat classes culminating in the 1<sup>st</sup> VIII final which is the last event of the championships
- ✂ All boys stay together in their crews at the accommodation under the supervision of their coaches and managers and they usually eat breakfast and supper there.
- ✂ Entrance tickets for SA Champs will be on sale at the Buffalo Regatta –from the chairman; otherwise they may be bought at the dam –there is usually a small discount for pre-purchased tickets. There are a lot of B&B's and self-catering accommodation units available in the area. A list of all the options, with contact details is available at [www.dinokeng.net](http://www.dinokeng.net)
- ✂ Each school is allocated a 'spot' at the regatta and rowers erect the Bosch Rowing gazebos on the allocated spot, so look out for it and join the party! It's a festive

occasion: there is food and drink on sale but you may wish to bring your own cooler box.

✘ Sleep-outs are not allowed during regattas, i.e. if the regatta is held over a few days, boys must sleep with the rest of the crew until the completion of the regatta. Boys may go out for meals with their parents only if they have permission from their coach and manager.

✘ Parents may take their boys on Sunday evening after the prize giving and after all the boats have been loaded and are ready for departure.

## Rowing Camps

✘ In order to ensure that boys are given extensive time to improve their rowing technique in the boat, camps are arranged at Misverstand Dam, situated just before Piketberg. Boys normally have four water training sessions per day with two land training sessions.

✘ Camps are held in the September and December holidays (in January) normally over a three or four day period. Various weekend camps are also arranged for senior rowers in the fourth term to prepare for the South African Schools Boat Race that is held In December of each year.

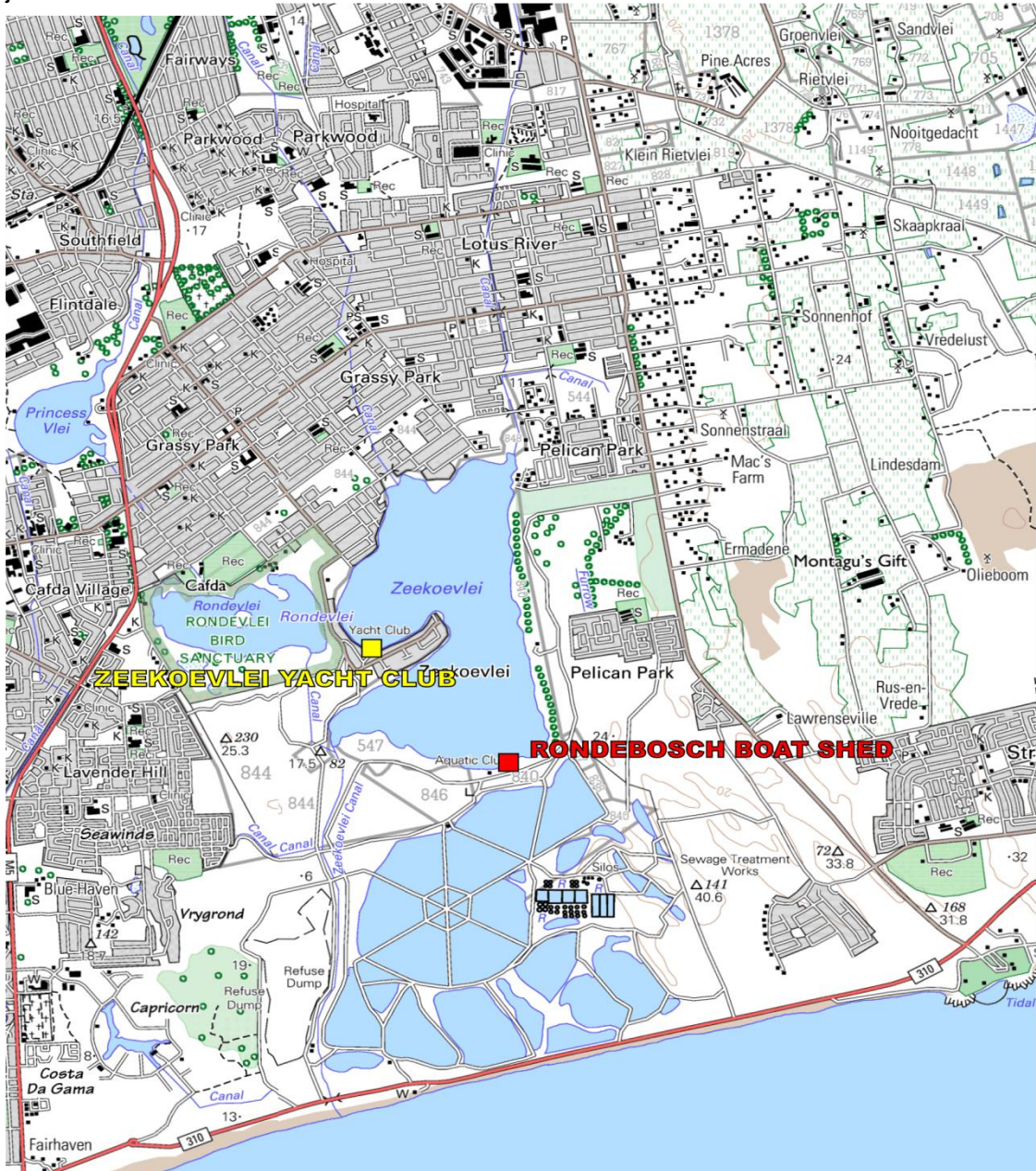


# Maps

## Zeekoevlei

**Directions:** From the Makro in Ottery

From Ottery Road turn right onto Strandfontein Road (M17), follow Strandfontein Rd past Schaapkraal Rd, Pick 'n Pay and 11<sup>th</sup> Avenue/Olieboom Road. Turn right at 15<sup>th</sup> Avenue at the Pelican Park Shopping Centre (look out for KFC). At the circle go straight (houses on your left, grass on your right). Keep going until you reach the entrance to Zeekoevlei. Carry on around the vlei to the southernmost point; parking is just before the boatshed.



## Elgin

**Directions:** From the N2 take the turn off left to Grabouw at the Orchard Farm Stall. Follow this road (Oude Brug Weg R321) into the centre of Grabouw. Turn left at

Worcester Street just before the taxi rank. Follow Worcester St out of town. Shortly after crossing a small bridge take a right fork indicated by a rail crossing. Follow this road (becomes gravel) all the way to the Elgin Grabouw Country Club.



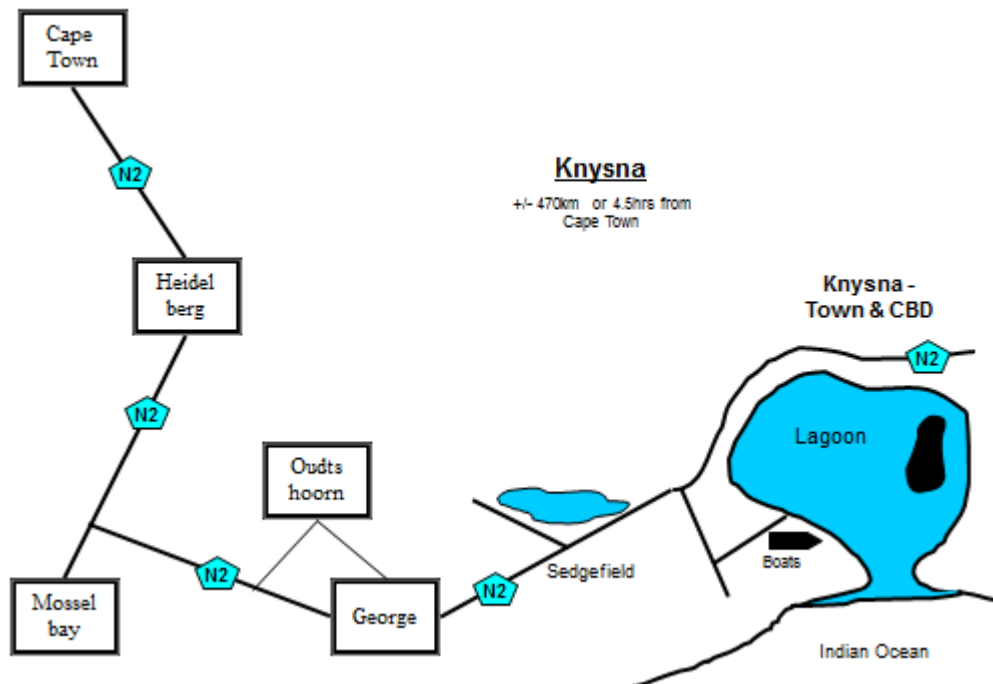
# Knysna

## Directions:

### From George (N2)

Turn left at the Belvedere sign, (last turn off before the bridge over the Knysna River).  
\*\*\*Turn right immediately under the bridge. Turn left into Belvedere and follow sign to Belvedere Manor. The venue is below the Hotel on the lawns in front of the lagoon.

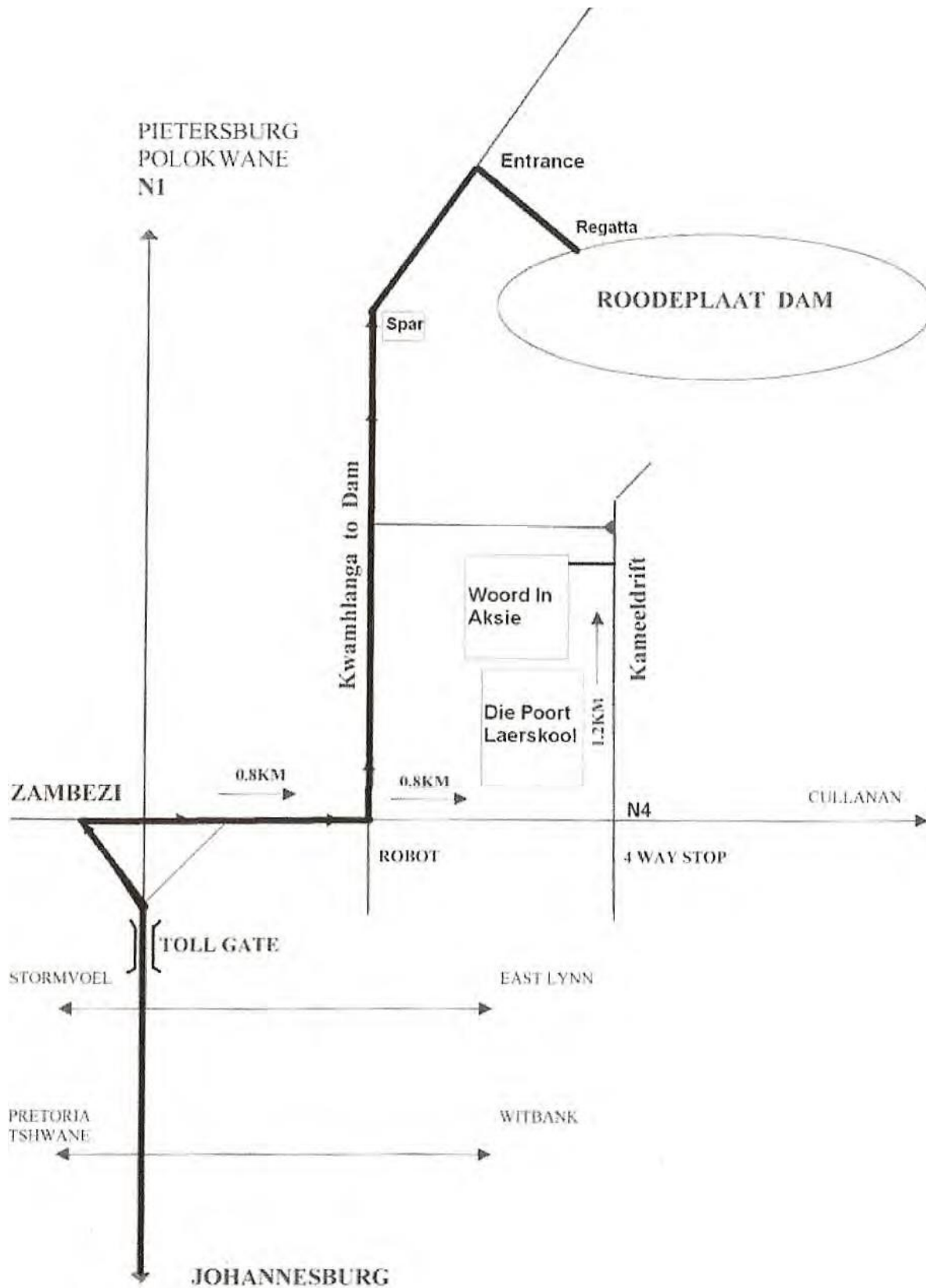
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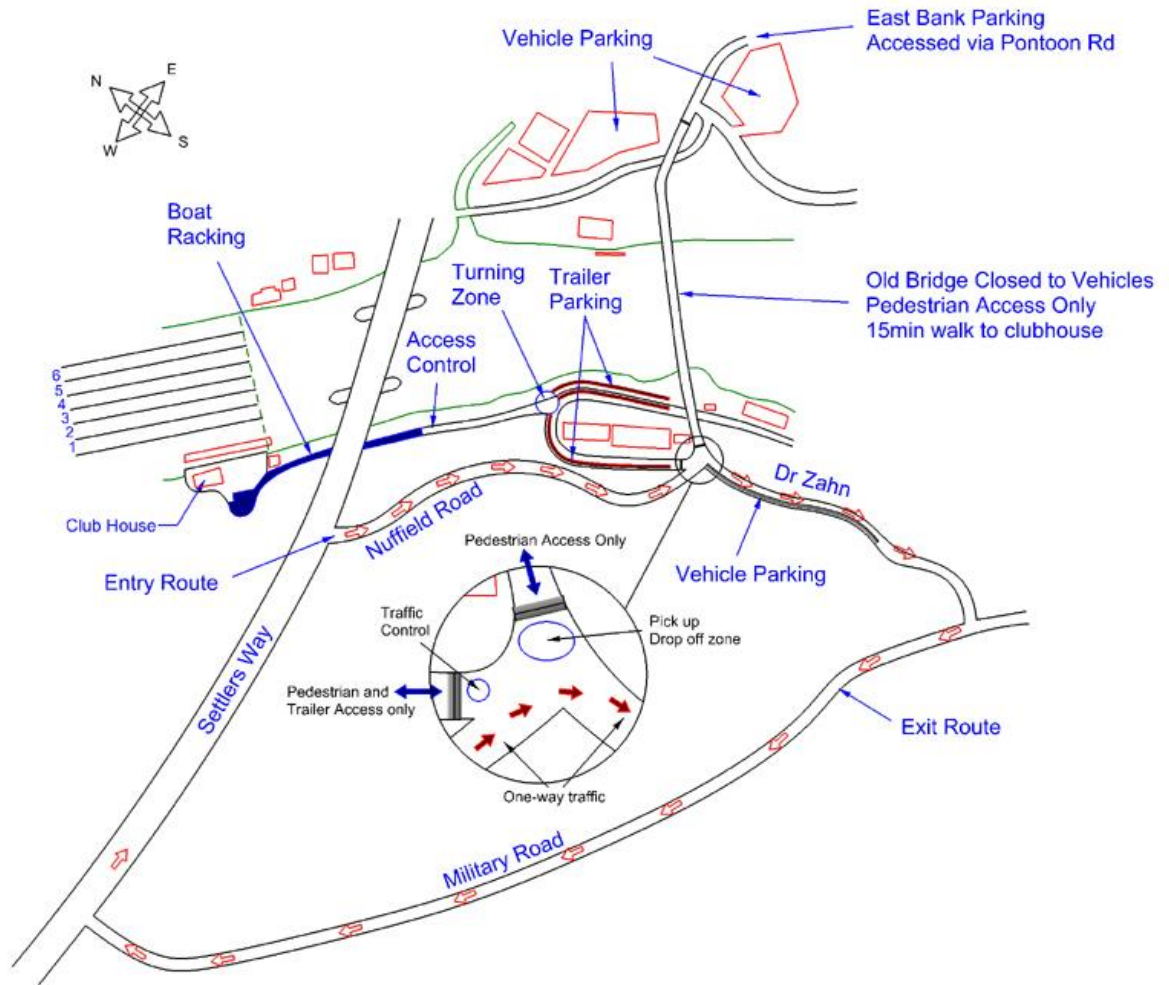
# Misverstand Dam



# Roodeplaat (SA Champs)



# Buffalo / Selbourne Regatta (East London)



## Boat Race (Port Alfred)



## Items to bring to Regattas (Parents)

- ✿ Binoculars.
- ✿ Camera.
- ✿ Sunscreen.
- ✿ Sunglasses.
- ✿ Deck chair.
- ✿ Gazebo or beach umbrella. We do have a few gazebos for the boys.
- ✿ Hat.
- ✿ Wet weather gear when rain looms.
- ✿ Supporters' shirts, hats will be available for sale from the RPSC.
- ✿ Regatta Draw and Program.
- ✿ We will endeavour to forward all parents the regatta program by email. However the draw may change on the last day or overnight before the regatta starts.
- ✿ The local regattas are hosted by rowing clubs in the area and they use it to raise funds. There are generally meals, tuck shop etc. available.

*"In rowing as in life, there are competitors and there are racers. The competitor works hard and rows to his limit. The racer does not think of limits, only the race."*

**-Jim Dietz, Rowing Coach, USCGA**

# ROWERS INFORMATION

## Rowers' Dress

### Normal Afternoon Training

- ✘ Boys may wear any tri-suit with the blue water polo shorts and white rowing golf shirt, whilst training.
- ✘ Boys must also commute to training in their school tracksuits, unless it is hot and they have permission from the age-group manager or coach, in which case they may wear their white golf shirts and water polo shorts.
- ✘ Running shoes should always be worn to training as land training will require this.

### Regatta Dress

- ✘ When boys travel to regattas, they must wear the school tracksuit, rowing golf shirt, water polo shorts and yellow cap.
- ✘ Only Rondebosch Boys' High School tri-suits may be worn.
- ✘ At regattas boys must wear appropriate sports uniform. Civvies may be worn only when away from the regatta and when not travelling as a team / school.
- ✘ For prize-giving boys have to wear their full winter school uniform (grey pants) unless advised differently by the MIC.

### Regatta Rule 5.2 Rowers' Clothing

- Rule 5.2.1** Members of the same club shall compete wearing the registered racing uniform of their club.
- Rule 5.2.2** For composite crews, each crew member shall wear the registered racing uniform of their club.
- Rule 5.2.3** If headwear is worn by any members of the crew then the headwear worn by those crew members shall be uniform.
- Rule 5.2.4** If undershirts and / or leggings are worn by any members of a crew then the undershirt and leggings worn by those crew members shall be uniform.
- Rule 5.2.5** Undershirts shall be neutral in colour or matching the registered racing uniform and devoid of logos, advertising or other markings.

**NB:** Non-compliance will result in a yellow card! If there are two offences in the same boat (two boys in a boat are breaking the rules – i.e. one's tri-suit is wrong and another's cap is wrong) = two yellow cards = 1 red card = disqualification from that race.

# Camps

- ✘ January Camp is the only time that boys may wear civvies, primarily because many new boys do not have school rowing kit yet, and some may not continue rowing either.
- ✘ Training must, however be done in clothing that is both appropriate for sporting activity and acceptable considering that the boys are in the public eye.
- ✘ Boys should ensure they have a haircut **BEFORE** they arrive on camp, as the club will not tolerate hairstyles that are not neat or suitable.

## **1<sup>st</sup> Crew privileges:**

- ✘ At Bosch Rowing we believe that recognition needs to be given to all rowers who excel in their category rather than only to the 1<sup>st</sup> VII and therefore we promote the success of a 1<sup>st</sup> Crew.
- ✘ The 1<sup>st</sup> Crew requires more clothing than any other team, both for training (they train more than any other crew) and wearing before and during regattas.
- ✘ This kit will be coordinated with the MiC through the PSC coordinator for kit and will be communicated directly through the age group coordinator.

## Official Rondebosch Rowing Clothing Requirements:

Please contact Antoinette Bell on [antoinetteblakebell@yahoo.com](mailto:antoinetteblakebell@yahoo.com) or 072 537 6772 of the parent support committee and she will assist in the coordinating of the purchase and embroidery of kit.


### Compulsory

Item	From	Detail
Official Tri-suit	School Shop	Navy with white side panels. Vertical RBHS between shoulder blades and tree and blades on front left
Waterpolo shorts	School Shop	Navy with yellow piping on sides
Navy golf shirt – Seniors (U19)	School Shop	With tree and blades on front left. ROWING between shoulder blades
White golf shirt – Juniors (U14, U15, U16)	School Shop	With tree and blades on front left. "ROWING" embroidered between shoulder blades
School Track suit	School Shop	
Yellow Rowing Cap	School Shop	New style with mesh vents. Tree and blades on front

### Optional

Item	From	Detail
Navy warm-up top (short or long sleeve available)	School Shop	Moisture management material. With tree and blades on front left. ROWING between shoulder blades
Waterproof jacket	School Shop	Navy waterproof with cloth/fleecy lining and hood that rolls up into a pocket. Will have "ROWING" on back at the bottom. Has tree and blades on front left
Rondebosch sports back pack	School Shop	Navy back pack with tree, blades and "RONDEBOSCH ROWING" The rowers name is also embroidered on the back pack

### Tour and Race

 All race and tour items will be arranged through the PSC Kit coordinator before the start of the tour.

# AWARDS

## Colours Criteria

**Rowing** (end of 1<sup>st</sup> term only)

**Half Colours** Should be awarded to a rower who has been capped (competed in an u19A/'First' event) for at least 40% of the season. A "cap" is only awarded if the player actually rowed in a regatta. His manner both while competing and while representing his school at the sport must be supportive of his teammates and the coach, and his behaviour must be of a very high standard. An award of half-colours in a team sport is in recognition of the fact that the boy competed in an u19A/'First' event in his chosen sport.

**Full Colours** Should be awarded to a rower who has been capped (competed in an u19A/'First' event) for at least 70% of the season. He should be an outstanding rower both in ability and nature, and should consistently produce performances of the highest level. Participating in an 'A' final at the National Championships, placing at the Western Cape Championships and/or selection for a Provincial crew is not a prerequisite, but could be used as a guideline when awarding Full Colours.

**Distinction** Should be awarded to a rower who qualifies for Full Colours in terms of the number of caps obtained, and who also is an exceptional rower both in ability and nature. His performances while competing should consistently be outstanding, and he should be an example in his sport that all schoolboys, not only at RBHS, should strive to emulate. Selection for a National team is not a prerequisite, but could be used as a guideline when awarding Distinctions. Placing at the National Championships, placing at the Western Cape Championships and/or selection for a provincial crew is, however, a prerequisite.

## Awards

### **MOST IMPROVED ROWER:**

This Shield is awarded to the rower that has shown the most improvement over the past season and has demonstrated his commitment to the training regimen defined by his coaches.

### **BEST JUNIOR ROWER:**

This Shield is awarded to the junior rower that consistently performed the best over the past season.

### **BEST SENIOR ROWER:**

This Shield is awarded to the senior rower that consistently performed the best over the past season.

# **DHOW AWARDS**

## **THE SPIRIT OF ROWING VOLUNTEER TROPHY (SMALLER DHOW)**

Presented annually to the individual or crew that has promoted the sport of rowing inside the club and the rowing community at large through their selfless service. This trophy serves as a testament to those people whose volunteer efforts go "*above and beyond*" in the service of rowing at Rondebosch Boys' High School. Each April, the PSC chairperson, the MiC of Rowing and The Head Coach reviews the actions and contributions of nominees to determine the newest recipient of the Spirit of Rowing Volunteer Trophy. That winner is then contacted by the Chairperson of the PSC and invited to attend the award presentation at the Annual Crabs Dinner held in May. The recipient will be presented with the trophy at the Annual Crabs Dinner in May and a photograph will be taken. A certificate will be presented to the recipient and the trophy will be displayed in the Trophy Cabinet in the school foyer.

## **THE ROWING AMBASSADOR TROPHY (LARGER DHOW)**

Presented annually to a rower who through his dedication and commitment to his training has raised the level of the general performance of his fellow rowers and through his exemplary behaviour has served as a good ambassador for Rondebosch Rowing. Each April, the PSC chairperson, the MiC of Rowing and the Head Coach reviews the actions and contributions of nominees to determine the newest recipient of The Rowing Ambassador Trophy. The recipient will be presented with the trophy at the Annual Crabs Dinner in May and a photograph will be taken. A certificate will be presented to the recipient and the trophy will be displayed in the Trophy Cabinet in the school foyer.

## **Crabs Dinner**

The club hosts an annual awards and closing of season ceremony where rowers' achievements are celebrated, awards handed out and coaching staff, teachers involved in rowing and parents are thanked for all their hard work and efforts throughout the season.

The school office bearers for the next season are also announced at this event.

Cost for the dinner is carried in part by the club and part by parents.

# Code of Conduct

**As a member of the Bosch Rowing I shall, at all times, endeavour to:**

- ✿ Uphold the name of Rondebosch Boys' High School.
- ✿ Commit to my crew for a full season i.e. October to March so as to not let my team down half way through a season.
- ✿ Set the benchmark for sportsmanship, both on and off the water.
- ✿ Follow instructions given by coaches, captains and rowers my senior, to the best of my ability.
- ✿ Show consideration and respect to opponents, team mates, umpires and spectators.
- ✿ Show consideration and respect to fellow club members especially those my senior.
- ✿ Remember that I am rowing as part of a team and put the interests of my fellow rowers and my school before self-glorification.
- ✿ Be loyal to the team and not let my team mates down by being absent from practices and regattas without a legitimate excuse.
- ✿ Be punctual for practices and regattas.
- ✿ Not leave a regatta venue without having permission from my age-group manager or MIC to do so, whether during or after a regatta. If they are not available I will ask my coach or Captain for permission to leave.
- ✿ Excuse myself in person, from my coach or the age-group manager, as soon / early as possible, when I am ill or injured.
- ✿ Dress correctly for regattas or for travel thereto. (see **ROWERS' DRESS**)
- ✿ Thank all officials, coaches, teachers and parents after regattas, coaching sessions and tours.
- ✿ Treat all rowing equipment in my use with the utmost care and respect.
- ✿ Clean and pack away (in the correct place) any equipment my crew or I may have used.
- ✿ Report any damage that my crew or I may do to any equipment or object whilst on the water, or in taking the equipment to or from the water, whether it belongs to Bosch Rowing or not.
- ✿ Consider the safety of my crew, other crews or other people when on the water or anywhere within a regatta venue.

**SIGNED:**

\_\_\_\_\_

**Rower**

\_\_\_\_\_

**Parent**

**DATE:**

\_\_\_\_\_

# Packing a bag for a One Day Regatta

- ☼ Sunblock
- ☼ Cap
- ☼ Tri-suit
- ☼ Bosch T-shirts or Rowing Club Golf Shirts
- ☼ White socks / rowing socks
- ☼ Slops
- ☼ Tracksuits
- ☼ Plastic bag for wet kit
- ☼ a water bottle (with water or energy drink)
- ☼ a pillow
- ☼ Rowing tools ( a #10 and #13 spanner, headlight)
- ☼ Full winter school uniform

## On Hot Sunny Days

- ☼ Stay out of the sun for as long as possible
- ☼ Drink cold fluids as often as possible, staying hydrated.
- ☼ Wear a cap at all times
- ☼ Wear sunglasses

## On Cold, Rainy Days

- ☼ Stay warm, paying particular attention to warming up properly before your first race.
- ☼ Stay as dry as possible, change after your race if you are wet or cold.

## Avoid Disappointment

- ☼ Get together as a crew one hour before your race.
- ☼ Check your boat thoroughly.
- ☼ Ensure your coxswain (if you have one) has weighed in and your bow number is on your boat.
- ☼ Ensure the entire crew is wearing the same kit.
- ☼ Get on the water timeously (at least 25 minutes before race time), having been prepared for any delays.
- ☼ Have water with you.
- ☼ Have the time on you so you arrive at the start before your Race Start time!

## For Emergencies

All boys in the same age group must store the following cell phone numbers in their phones:

- ☼ Everyone in their age group and / or team;
- ☼ Their coach;
- ☼ Their age-group manager;
- ☼ The MIC of Rowing.

# What to eat at regattas

## No



No sweets, fizzy drinks, dairy products or acidic foods.



Eating junk food prior to a regatta can be a problem as these foods are usually high in sugar and low in carbohydrates.



Eating out can be a problem. Boys pick up gastrointestinal bugs from public places and this can be disastrous for any crew. If you do, follow strict hygiene, wash hands regularly with a suitable hand sanitizer.



For the same reasons as above, do not drink tap water. Take enough water with you to regattas.



Do not share the same water bottles, where you can pick up other people's germs.



Do not eat a big meal within 3 hours of a race!

## Yes



Bottled still water, Energade and Powerade.



Bread rolls with chicken / tuna.



Bananas.



Energy bars.

*"Those who row, row. Those who can't, follow."*

**And, for the more cynical rowers amongst us....**

*"Those who row, row. Those who can't, blame the riggers.. "*

# ANTI-DOPING POLICY

## Supplements

### The Golden Rule:

- ✿ **Never take a supplement without notifying your coach.**
- ✿ The reason for this is simple; they can contain banned or restricted substances, prohibited under Anti-Doping rules.
- ✿ Even beyond the possibility of this, it is often a bad idea to try new supplements before competition, without having tried them before. They may not sit well in your stomach under the stresses of competition and exertion, which may result in vomiting or nausea before or after competition.
- ✿ This will cost a rower more than any benefit that could possibly have been derived from taking the supplement in the first place, due to dehydration which would result from loss of fluids.
- ✿ It seems only logical that if you eat well, and get adequate rest, you do not need any supplements. Most supplements are a waste of money, and invariably end up as money literally going down the toilet!
- ✿ If you are training excessively, and life is very busy, a multivitamin supplement would generally suffice, along with a protein supplement, such as whey powder, to ensure your muscles are getting enough protein.
- ✿ Consult a dietician or your coach if you think you need to go beyond this.

## Anti-Doping Policy

- ✿ Rondebosch Boys' High School is committed to creating a school ethos of zero tolerance to any use of substances banned under Anti-Doping Rules. The school now reserves the right to test or search any boy or items in his possession for doping.
- ✿ Anti-Doping testing is very rare at a junior rowing level, in particular at a school club level. Most testing would probably occur at a National Championship and it is likely to be low key and candidates are likely to be selected on a totally random basis.
- ✿ Please be aware that if your son is on ANY CHRONIC MEDICATION, you/he should notify the crew coach and / or the Rowing MIC, so that the school can take appropriate steps where necessary, to notify Rowing South Africa, so that a Therapeutic Use Exemption (TUE) form may be completed, and lodged, which indemnifies your son from punishment for that particular drug, should it be on any banned substance listing.
- ✿ Even boys with Asthma and boys who are on ADD medication must submit **TUE**<sup>1</sup> forms.

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<sup>1</sup> Attached as **Addendum I**.

- ✿ Your coach or the MIC can assist in the sourcing and filling in of the TUE forms
- ✿ Anti-Doping Agencies are there to PROTECT your rights as a rower.
- ✿ At the end of the day they should be welcomed with open arms, as they ensure that competitions are fair, so never feel that they are an inconvenience.
- ✿ The procedure for a basic urine test under anti-doping protocol is simple, but must be followed and applied under strict conditions and protocol, if the results of such testing are to be valid.
- ✿ All rowers should be aware of their rights under such testing, but these should be made very clear to you by the officer testing you.
- ✿ These are a few pointers of what to expect:
  - 1) Once you present yourself to the testing officer and start the test, you may not leave until the test is completed.
  - 2) You are entitled to have someone, be it your coach, friend, parent or other accompany you for the duration of the test.
- ✿ If you fail to present yourself to a testing officer, after having been notified to do so, you could possibly be deemed to have failed such a drug test.

**More documentation, rules and guidelines on: [www.drugfeesport.org.za](http://www.drugfeesport.org.za)**

*"Rowing isn't the most important thing in life.... ..it comes in second to BREATHING!"*

## Rowing and Academics

In my experience, I have found that those boys, who complain that rowing has affected their academics negatively, usually had a poor academic record before rowing ever appeared on the scene. Does rowing require intense commitment and many hours of training? Of course it does, but there is always enough time available for studying if time is managed appropriately.

Boys who succeed at rowing do so because they know discipline and perseverance – two critical ingredients for success in any sphere of life, especially academics. At Rondebosch Boys' Rowing we do not view boys in a one-dimensional manner (i.e. only as rowers); rather we see them holistically; young men who need to balance all aspects of their lives in order to be successful.

A rower who simply lives day-by-day will experience difficulty in their academics and other aspects of their lives as well. In order to succeed, they have to learn to plan – daily, weekly and even monthly schedules. If a rower fails to plan, that rower plans to fail. Rondebosch Boys' Rowing has four teachers involved - one of the few schools with this number of teachers involved. This makes advice and guidance about study programmes easily accessible – use it!

**Set yourself clearly formulated goals, both long term goals as well as short term goals.**

# INFORMATION FOR PARENTS

## Meals

Parents are often involved, at some stage, in preparing meals, be it lunch or supper, for rowers. The important thing to remember is that rowers need a balance of carbohydrates, protein and even fat, which is one of the best energy sources.

There are a few golden rules:

- ✂ Rowers should avoid dairy products within 3 hours of racing.
- ✂ Rowers should avoid too much beef / meat as it is difficult to digest.
- ✂ Carbohydrates like potato and rice are even better than pasta (a refined carbohydrate.)

The following is a list of possible meals that could be prepared, that would give the boys

*"Rowing is a sport for dreamers. As long as you put in the work, you can own the dream. When the work stops, the dream disappears."*

**-Jim Dietz, Rowing Coach, USCGA**

what they need to perform!

### Supper

Chicken A La King –Chicken and rice, with any veggies (e.g. broccoli / butternut).

Cottage /Shepherd's Pie –Mince, mashed potato, with any veggies.

Roast Chicken with rice / potato, with any veggies.

Beef Stroganoff –Beef, mushroom, cream and rice, with any veggies.

Lasagne –Beef or chicken, with veggies

## First Aid

Boys often need plaster (the plaster that is purchased in rolls) to protect their hands from blisters. The trick to avoid blisters is for the boys to tape their hands and fingers from day 1 of camp. If you leave hands unprotected for even one day, the blisters will arrive! Methylate is a good treatment for blisters.

## Regatta Official Assistance

WESPRO is desperate for parents to become involved in assisting with the running of our local regattas. WESPRO has requested that each school provides at least one person per 10 rowers who is prepared to do duty at a regatta. It is very simple to qualify as a local official and is both an enjoyable and social experience.

Please contact the Chairperson of the Rowing Parents' Support Committee if you are interested.

# **ROWING PARENTS' SUPPORT COMMITTEE**

## **Introduction**

The primary role of the RPSC is fund raising for equipment and other needs of the club. They may also help, at the request of the Rowing MIC or the coaches, at regattas, camps etc. Whilst all parents are required to participate in these support activities, a committee is formed to lead and co-ordinate these activities and to align and communicate with the master-in-charge of rowing, the Head of Sport and the Headmaster.

## **Role and Focus of Parents' Support Group:**

- ✿ Fundraising for equipment.
- ✿ In support of this to conduct events and activities, with the necessary communication and within school policy and guidelines.
- ✿ To help the Rowing MIC, when requested.
- ✿ At the request of the MIC co-ordinate and assist with camps and national regattas.
- ✿ Arrange for the manufacture and sale of rowing supporters clothing.

## **The Committee**

- ✿ The committee will consist of a chairperson and several other member representatives of the U14, U15, U16 and Open age groups.
- ✿ The tenure of the chairman and the committee members is one year but they may serve for more than 1 year if appropriate e.g. if no other parents make themselves available.
- ✿ The committee will be 'reformed' each year, after SA Champs and before the beginning of the new season in October. A Chairperson will be elected at that meeting.
- ✿ The committee will meet as often as they deem necessary to accomplish their tasks.

## **Accounts and Funds Management**

All funds raised by and on behalf of the Rowing Parents Support Committee will be managed by the Finance Department of Rondebosch Boys' High School. All monies will be deposited into the Rondebosch Boys' High School bank account and records of all transactions will be kept within the range of accounts held by the Finance Section. These accounts are audited on an annual basis. All payments from this account will need to be authorised by the MIC or treasurer of the RPSC and would be subject to the normal authorisation required by the Finance Department. Payment requests should, wherever possible, be accompanied by supporting documentation. Income and expenditure statements for this account will be available on request.

# Committee's roles and responsibilities

## The Chairman

- ✂ Formal communication with the Rowing MIC, Director of Sport or the Headmaster.
- ✂ Calling and chairing of meetings, setting of agendas and report back to parents.
- ✂ Developing a fundraising strategy and operational plans (with help of the committee and other interested parents).
- ✂ Consultation with the master-in-charge of rowing on the short and long term equipment needs of the club.

## Committee members

- ✂ Lead and co-ordinate fundraising activities working with interested parents.
- ✂ One member will assist the chairman with communication.
- ✂ One member, working with the master-in-charge of rowing and the coaches, will provide marketing and public relations support to profile the club.

## Treasurer

- ✂ Management of the funds raised by parents.
- ✂ Assist with the drawing up of budgets for camps and national regattas.
- ✂ Assist with identifying and planning for long-term financial needs of rowing.
- ✂ Oversee the manufacture and sale of supporter's clothing.



## Message from Parents Support Committee Chairperson

Rowing is often referred to as the ultimate team sport where a group of individuals need operate as one to succeed. The extension of the crew in the boat is the support structure that

enables the crew to compete and this team extends from the master in charge to coaches and boatmen who all put in many hours of work just to get the boat and crew on the water.

In addition to those people, here at Rondebosch we are fortunate enough to have a group of parents who operate under the banner of the Parent Support Committee (PSC). We operate in parallel with the school to not only make sure that the communication between the school and the parents and boys is seamless but also to support the school in the aim of making Rondebosch the strongest rowing school in the Western Cape. This team assists in everything from arranging the catering at rowing camps to fundraising for new equipment.

The rowing year is a busy one with a number of marquee regattas and training camps. For new boys joining rowing, one of the first camps is with all of the various age groups and this is a great way for them to meet boys from different grades within the school as they galvanise into a single unit. These events are Blue Carded for the season and the keen involvement and support from the parents of rowers helps to keep the family of Bosch rowers a tight group

This year I have the honour of being elected the chairman of this passionate group of people and plan during my tenure to work towards harnessing the fundraising efforts to create a more sustainable financial support structure for the club. In addition to this I would like carry on with the wonderful work of Tommy our previous PSC Chairman to further grow the parent support committee to be able to afford our crews every chance of success on the water.

I would like to encourage both new and existing parents to assist or join the PSC as it is a wonderful way of being involved in the logistics of the club and gaining knowledge of the sport. . Please feel free to contact me if you require any further information or would like to know what is required of you as a parent should your son decide to choose rowing as his passion.

As parents nothing beats the beautiful setting of Elgin dam and watching the sun come up in this pristine setting and I look forward to meeting you all on banks at the next regatta.

Richard Bell

## BOATS / EQUIPMENT

Boat Name	Boat Type	Make	Comments
TBC	8+	Filippi	TBC
Ausome	8+	Liangjin Boats	First Crew
Tsitsikamma	8x+ / 8+	John Waugh	U14/U15 8x+ and U16 8+
Trauma	4+	John Waugh	Opens
Waughter Baby	4+	John Waugh	U16 and Opens
auNix	Elite Quad 4x+/ 4+	Swift Racing	First Crew
Beowulf	4x+ / 4+	Slade	U14/U15/U16
Aupair	2x	Swift Racing	Opens
Aurora Wombat	2x / 2-	Swift Racing	U14/U15/U16/Opens
Austruck	2x	Swift Racing	U14/U15/U16/Opens
Unnamed Swift Double	2x	Swift Racing	Opens
Carcharodon carcharias	2-	John Waugh	U16/Opens
Juggernaut	1x Elite Single	Swift Racing	U16/Opens
Marauder	1x Elite Single	Swift Racing	U16/Opens
Assault	1x Club A Single	Swift Racing	U15/U16/Opens
Dauntless	1x Club A Single	Swift Racing	U15/U16/Opens
Sauron	1x Club A Single	Swift Racing	U15/U16/Opens
Aurum	1x Club A Single	Swift Racing	U15/U16/Opens
Martin	1x	Johnson Racing	U14/U15/U16/Opens
Unnamed Blue Scull	1x	Johnson Racing	U14/U15/U16/Opens

## EQUIPMENT USE

### Boat use

- ☛ Crews are assigned boats as per the equipment listing on this page.
- ☛ Deviation from this listing must be approved by the Head Coach and MIC of rowing prior to use and approval is made at the Head Coach and MIC's sole discretion, bearing the following in mind:
  1. The approved use does not negatively influence the performance of any other crew that qualifies to row in that particular boat as per the listing.
  2. The new crew rowing the boat has the necessary technical ability to perform in it.
  3. The new crew rowing the boat has the necessary skills so as to not damage the boat whilst getting on and off, as well as whilst on the water itself.

- ✂ Boys are responsible for the equipment they use. Damage must be reported to the MIC/coach immediately, so that repairs can be arranged.
- ✂ Boys have to keep their boats clean; it is the crew's responsibility to make sure that boats are washed and packed, securely tied on trailers or racks when stored outdoors. The coach will check that this has been done adequately.
- ✂ At regattas it is the school rowing office bearers' responsibility (captains/boatman), supported by the 1<sup>st</sup> VIII, to make sure that the crews have packed, loaded their equipment and that all are secured on trailers etc.
- ✂ Each age group is assigned particular boat-packing and unpacking dates. Each crew reports for boat loading and unloading before and after all regattas and camps in accordance with the boat packing schedules.
- ✂ The most important loading event of all is the unloading and cleaning of boats after the SA Championships. **All** rowers and coxes must be prepared to spend a full afternoon in the week after SA Championships to fulfil this task. It would usually be the Wednesday afternoon or Sunday afternoon following the regatta. Boys must notify the MIC, in person, by Tuesday 2pm latest, in that week, if they cannot attend the unloading.

## **THE BOATS**

The boats (or shells) are basically of two types and reflect the two forms of rowing - sweep rowing and sculling. In sweep rowing each rower handles a single oar (about 3.9 m long) in sculling a rower uses two oars, or sculls, (each about 3 m long). The word shell is often used in reference to the boats used because the hull is only about 1/8" to 1/4" thick to make it as light as possible. These shells are also rather long and racing shells are as narrow as possible while recreational ones can be rather wide. Most shells today are made of composite materials such as carbon fiberglass, or Kevlar. A few manufacturers still build wooden boats.

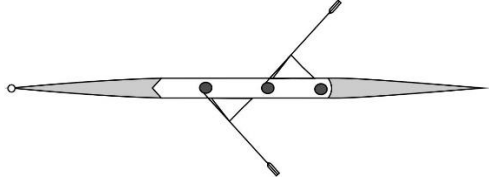
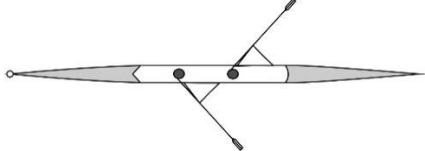
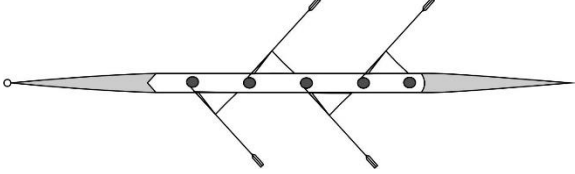
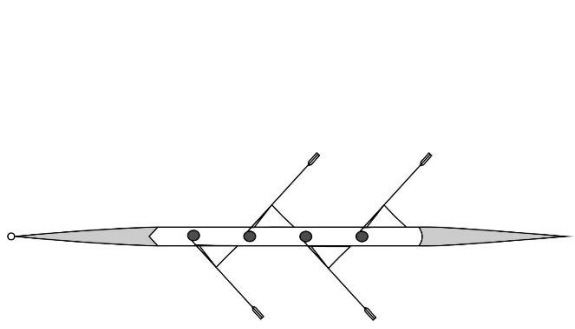
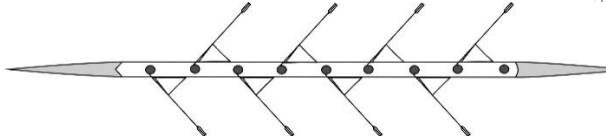
Each rower has his back to the direction the shell is moving and power is generated using a blended sequence of the rower's legs, back and arms. The rower sits on a sliding seat with wheels on a track called the slide.

Each oar is held in a U-shaped swivel (oarlock) mounted on a metal pin at the end of a rigger. The rigger is an assembly of tubes that is tightly bolted to the body of the shell. The exception to this are some European recreational boats called "inriggers" which have the oarlock attach directly on the gunwale.

The subtypes of rowing shells are classified according to the number of rowers in the shell.

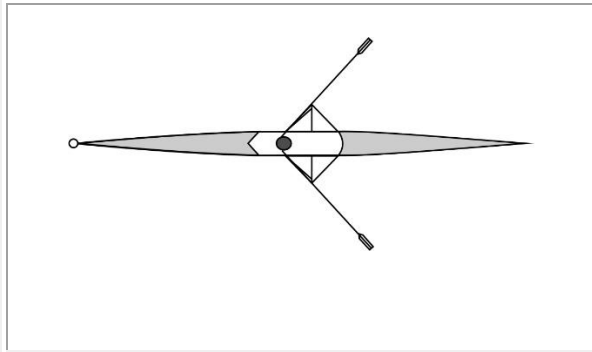
## Sweep Boats (each rower has one oar)

These shells can have a coxswain---a person who steers the shell (using a rudder) and urges the rowers on. We have included in parenthesis the symbol used for each subtype along with some dimensions and weights.

 A top-down diagram of a narrow racing shell with a pointed prow and stern. It shows two rowers seated in the middle, each with a single oar extending outwards. A coxswain is positioned at the stern, indicated by a small circle and a rudder.	<p><b>Pair / 2+ / coxed pair</b></p> <p>Two sweep rowers with a coxswain usually for coaching purposes.</p>
 A top-down diagram of a narrow racing shell with a pointed prow and stern. It shows two rowers seated in the middle, each with a single oar extending outwards. There is no coxswain at the stern.	<p><b>Pair / 2- / coxless pair</b></p> <p>Two sweep rowers without a coxswain. Arguably the pinnacle of racing, requiring the most balance.</p>
 A top-down diagram of a narrow racing shell with a pointed prow and stern. It shows four rowers seated in a row, each with a single oar extending outwards. A coxswain is positioned at the stern, indicated by a small circle and a rudder.	<p><b>IV / 4+ / coxed four</b></p> <p>Four sweep rowers with a coxswain. Used a lot with school rowers and less experienced rowers, or on tighter courses.</p>
 A top-down diagram of a narrow racing shell with a pointed prow and stern. It shows four rowers seated in a row, each with a single oar extending outwards. There is no coxswain at the stern.	<p><b>IV / 4- / coxless four</b></p> <p>This is a highly competitive class, fast and aggressive (but not requiring as many as an eight).</p> <p>Steering is usually accomplished via a rudder that is attached to a cable that is connected to one of the rower's foot stretchers (this an adjustable bracket to which the rower's feet are secured). The coxless pair has a similar type of rudder setup.</p>
 A top-down diagram of a narrow racing shell with a pointed prow and stern. It shows eight rowers seated in a row, each with a single oar extending outwards. A coxswain is positioned at the stern, indicated by a small circle and a rudder.	<p><b>VIII / 8+ / eight (coxed)</b></p> <p>The "full sized" boat that everyone knows from the Oxford-Cambridge boat race... Eights are 18.5 m long and weigh about 114 kg.</p>

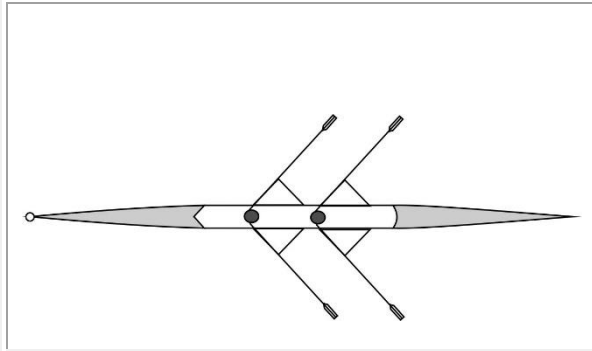
## Sculling Boats (each rower has two oars)

Only in rare cases do these boats have a coxswain. Steering is generally accomplished by applying more power or pressure to the oar(s) on one side of the shell. The hands overlap (usually left over right in the US) during part of the rowing cycle, or are always left in front of right.



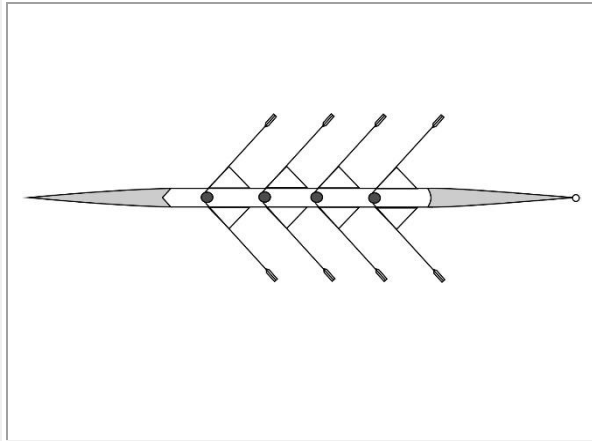
### Scull / 1x / single scull

One rower or sculler. Singles are about 8 m long and less than 0.3 m wide. Racing singles can weigh as little as 13.5 kg. There are heavier, shorter and wider versions often referred to as recreational singles.



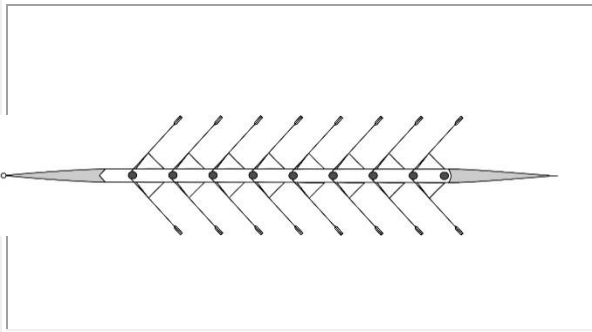
### Double scull / 2x

Two scullers. Most racing doubles can be also used as a pair with a different set of riggers designed for sweep oars. When used as a pair a rudder is usually added. There are also recreational versions of sculling doubles.



### Quad / 4x- / quadruple scull

Four scullers. Often referred to as a 'quad' and usually has a rudder attached to one of the sculler's foot stretchers as in the straight four. Most quads can also be rigged as a straight four using a different set of riggers. The coxless quad is the fastest competitive boat - usually even faster than an eight.



### Octuple / 8x / Scull (coxed)

Eight scullers. This is rarely seen, though is used in the UK, at least, in junior competition where sweep rowing is not allowed. Normally reserved for young trainee crews

## **Position in the boat**

Rowers are identified by their position in the boat. The rower in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person directly in front of the bow is No. 2, then No. 3, and so on. The rower closest to the stern, which crosses the finish line last, is known as the stroke. The stroke must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.

## **Weight Classifications**

There are basically two weight classes for rowers-heavyweight (HWT) and lightweight (LWT).

### **Men (M)**

For team LWT boats, there is a 72.5 kg individual maximum, and the boat must average no more than 70 kg.

### **Women (W)**

The individual maximum for team LWT boats is 59 kg, and the boat must average no more than 57 kg.

A rowing shell is usually built with a particular weight class of rower in mind. Until just recently the Olympics effectively had only HWT classifications.

# View of an 8 from the top:

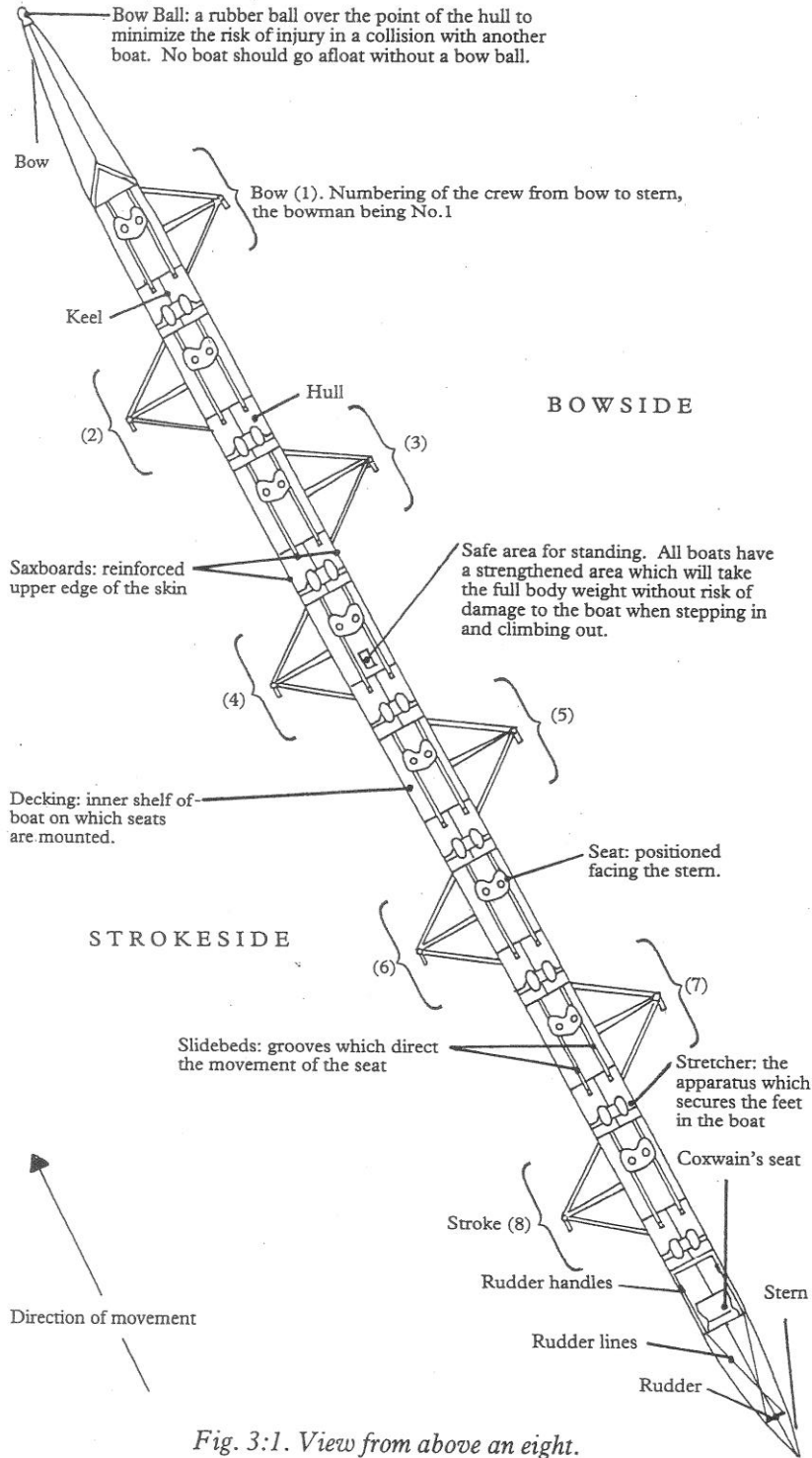
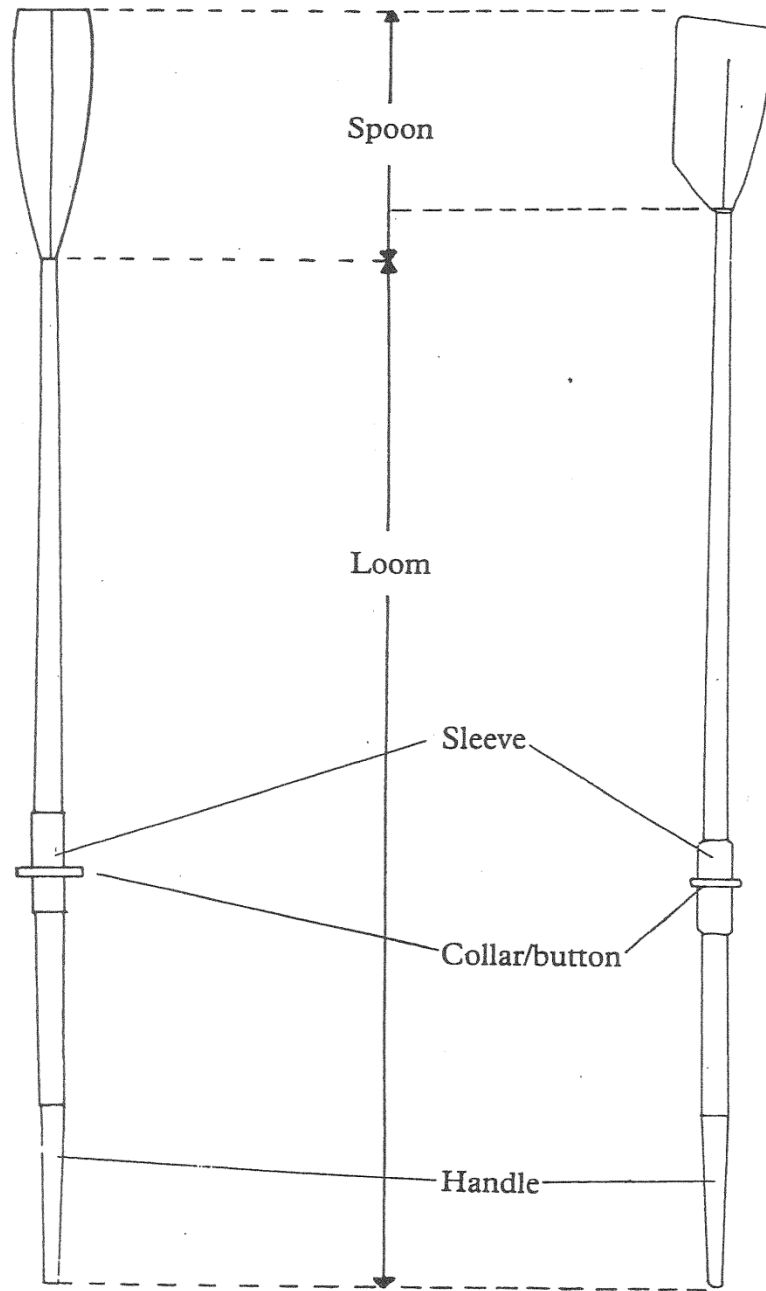
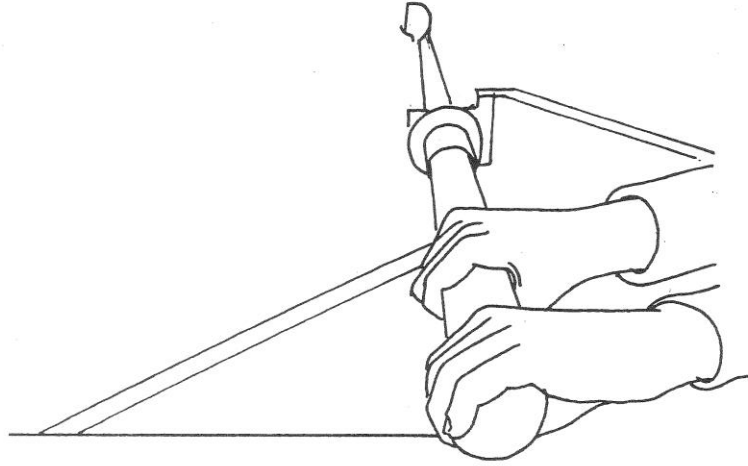


Fig. 3:1. View from above an eight.

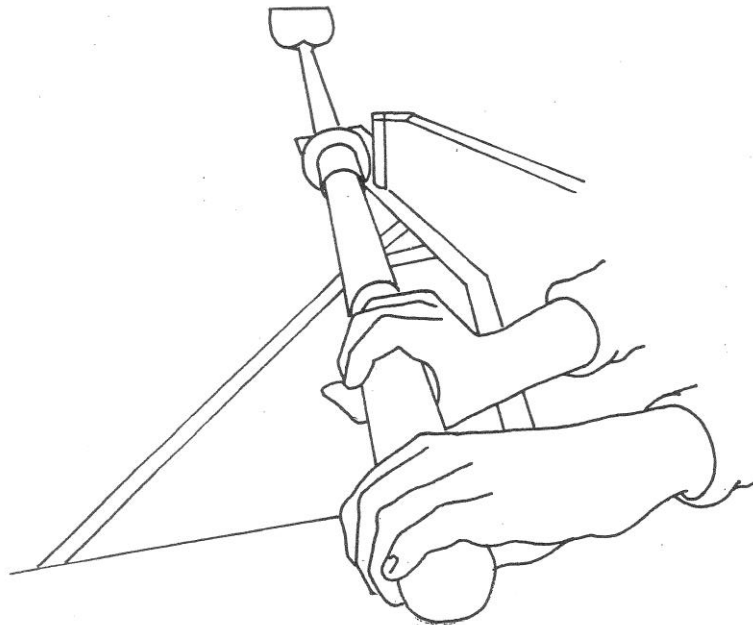
# Rowing Blades



## Correct Grip



*Fig. 3:5. The correct grip of the oar handle when the blade is squared.*



*Fig. 3:6. The inside hand rotating the oar on to the feathered position with the outside wrist remaining flat.*

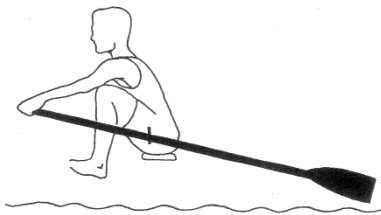
# Rowing Technique

The stroke is made up of four phases, which run one after the other in a continuous cycle:

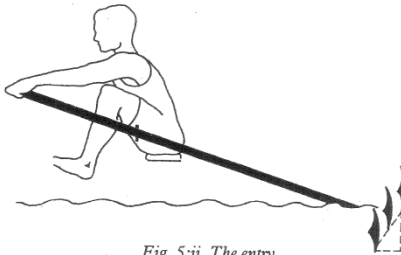
- ✎ the CATCH
- ✎ the DRIVE
- ✎ the FINISH
- ✎ and the RECOVERY

The way these four phases are put together determines the rhythm of the stroke.

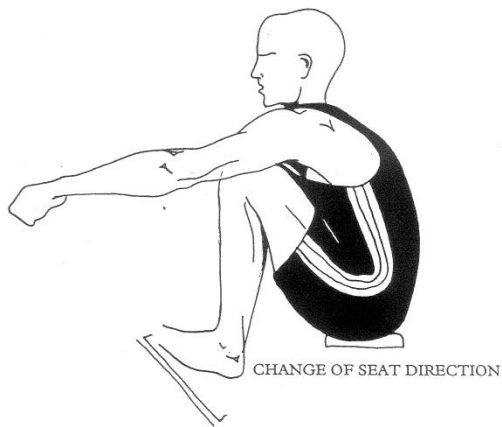
## The CATCH



*Fig. 5:i. The catch.*



*Fig. 5:ii. The entry.*

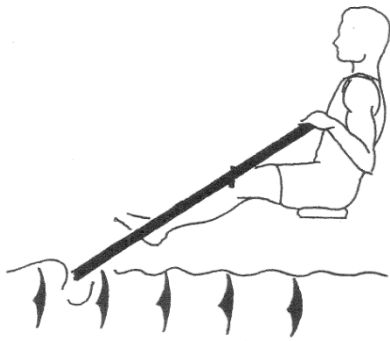


*Fig. 5:1. The catch – shins at 90°.*

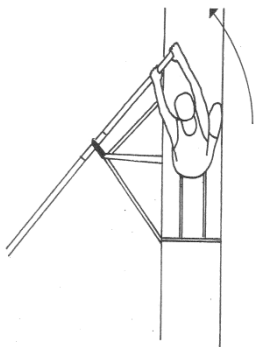
# The drive, the recovery and the finish



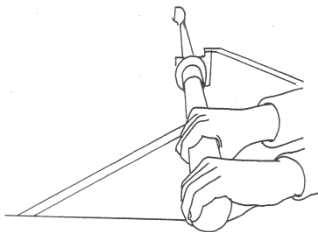
*Fig. 5:iii. The drive.*



*Fig. 5:iv. The finish.*



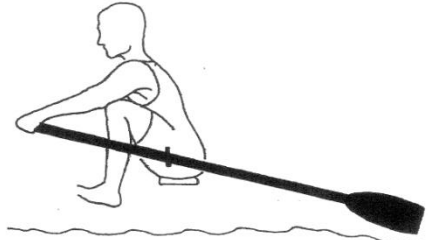
*Fig. 5:a. The catch – the body follows the arc of the oar.*



*Fig. 5:vi. The recovery – hands.*



*Fig. 5:vii. The recovery – body/slide.*



*Fig. 5:viii. The recovery – catch.*

# ROWING TERMINOLOGY

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Beginning	- the moment at which the spoon of the blade is immersed in the water and propulsive force applied. Also called the <i>Catch</i>
Blade / spoon / oar	- the part of an oar which propels the boat.
Bow	- front of the boat. End of the boat that travels through the water first and is sharpest
Bow ball	- safety ball fitted to sharp stem of racing boat
Bowman	- the rower in the bow of the boat. When the boat is coxless (i.e. no coxswain) the bowman issues the commands and steers the boat
Bowside	- all rowers whose oars are in the water on the right hand side of the boat
Button	- plastic sheath on oar to prevent it from slipping through the rowlock; adjustable on modern oars
Canvas	- the canvas on fore and aft decks of a boat; in race verdicts, the distance between the bow ball and the bow man's stateroom
Catch	- the beginning of the stroke where the blade is inserted into the water
Coxwain	- the person who steers the boat. He either sits in the stern in an eight or lies in the bow in a four
Crab	- when the oar becomes caught in the water at the moment of extraction and the blade handle strikes the athlete. Often causes unintentional release of the blade and significant slowing of the boat speed
Crew	- rowers who man a boat
Double	- a sculling boat with 2 rowers
Drive (or pull through)	- the phase of the rowing stroke which propels the boat
Eight	- a sweep oar boat with 8 rowers
Feathering	- to turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance
Fin	- small flat plate perpendicular to the bottom of the boat to aid steering a straight course
Finish (or release)	- when the oar is taken out of the water
Footboard	- the device you strap your feet into
Four	- a Sweep oar boat with 4 rowers
Gunwale / Gunnel	- the top edge of the side of a boat
Gate	- the device that holds the oar and allows it to pivot around the rigger pin
Hand away	- blade leaves the water and is feathered at the start of the recovery; sometimes referred to as " <i>out of bow</i> "

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Head race	- race in which crews are times over a set distance. Usually run as a processional race rather than side by side
Heel Restraints	- attached to the heels of the shoes and to the foot plate. Compulsory safety feature that helps the athlete to release their feet from the shoe in the event of a capsized
Inboard	- the length of the blade from the end of the handle to the button at the point where it will sit against the swivel
Length	- length of stroke – the arc through which the blade turns when it is in the water from catch to finish. Also, the length of the boat (i.e. “ <i>They won by a length</i> ”)
Oar	- lever used to propel a rowing boat. Also known as a blade
Outboard	- the length of the blade from the tip of the spoon to the button at the point where it will sit against the swivel. (Or, the engine on the coaching launch.)
Pair	- a sweep oar boat for 2 rowers
Pin	- the steel bar attached to a rigger which holds the gate in place
Port / Stroke Side	- left side looking from stern to bow ( red colour on oars)
Power phase	- the part of the stroke between the beginning and the extraction when the blade is in the water and propelling the boat
Quad	- a sculling boat for 4 rowers
Rate	- number of strokes rowed in a minute
Ratio	- the ratio of the time taken for the power phase to that of the recovery phase of the stroke. Ideally time taken for the recovery will be about three times that of the power phase 1:3
Recovery	- the slide forward from the finish to the catch of a stroke
Regatta	- a competition with events for different boat types and status athletes usually involving heats, semi-finals and finals for each event. Boats compete side by side from a standing start
Rhythm	- optimum ratio
Rigger	- an aluminium / carbon extension attached to the boat which holds the pin and gate
Rigging	- the way in which the riggers, slides, swivel, pins, foot plate, oars and sculls can be adjusted to optimise athlete comfort and efficiency
Rudder	- the device under the boat which when moved causes change of direction. Linked to the cox or a crew member by wires
Sculling boat	- a boat which has rowers with 2 oars each
Shell	- The boat body
Shoulder	- reinforcement structure in the cockpit to support the attachment of riggers
Single	- a sculling boat for 1 person
Slide	- the seat that the rower sits on in the boat

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Squaring "up"	- when the blade is turned from feathered (horizontal) to vertical
Stern	- the rear of the boat
Stern pitch	- sternwards angle of inclination of the pin to the vertical
Stretcher	- a metallic or carbon plate inside the boat to which the shoes are attached. Secured with adjustable screws
Stroke	- the rower who is at the back of the boat (but in front of the rest of the crew.) He sets the crews pace
Stroke side	- the left hand (port) side of the boat as the cox sits or the right hand side of the boat for a rower
Sweep	- a boat in which each rower has one oar
Washing out	- occurs when the blade comes off the water during the pull-through before the finish

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# ROWING CLUB COSTS

## Expenses covered by school fees:

- ✿ Head coach salary.
- ✿ Some equipment needs.
- ✿ Motor boat petrol.
- ✿ Repairs and Maintenance of equipment.
- ✿ ROWSA Club Affiliation.
- ✿ All petrol claims by managers.

## Expenses covered by parents:

- ✿ Coaches' salaries.
- ✿ Rowing kit.
- ✿ Accommodation and flights (where applicable) for rowers, coaches and managers at all regattas.
- ✿ Regatta fees.
- ✿ ROWSA Rower membership.
- ✿ Camp meals / food.
- ✿ Some equipment needs.
- ✿ Transport of rowers and equipment to local training venues and regattas.

These expenses are covered by parents in three ways:

- ✿ Rowing fees – R2,300/rowing term (i.e. 2 x R2,300)
- ✿ Fundraising.
- ✿ Once-off payments for camps and national regattas

## Revenue generated out of Bosch Rowing activities

- ✿ One of the most important functions of the Rowing Parents Support Committee is to raise funds for the rowing club: the current annual target is R60 000.
- ✿ Funds are raised in many ways, e.g. donations, our annual high tea, selling of boerewors rolls, games/bingo evening, etc.
- ✿ All revenue realized from fundraising activities is to be paid into the Rowing account for the benefit of the club and its activities. The committee shall have the discretion to do the following:
  - ✿ Offer financial support to any Bosch rower representing a provincial or national team. If the financial assistance is not used by the rower for the intended purpose, it must be refunded to Bosch Rowing by the parent receiving the financial assistance.
  - ✿ Use the revenue received for the running of Bosch Rowing activities and/or for equipment purchases.

No-one may benefit financially from Bosch Rowing activities without the approval of the committee. Any expenses incurred in raising the revenue must be paid by Bosch Rowing.

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Many thanks to Brian Brümmer for the use of his photographs in this handbook.



