Norwood Morialta High School Rowing Club
Handbook
2016/17 Season
History

The Norwood Morialta High School is one of three state High Schools participating in rowing in South Australia. The school began competitive rowing as the Norwood High School Rowing Club in 1987. The Norwood Morialta High School Rowing Club was formed in the early 1990’s, with the amalgamation of the Norwood and Morialta High Schools.

The Rowing Coordinator for the first 10 years was Norm Saunders; he worked tirelessly with a small, dedicated committee, gradually raising money to purchase boats and other equipment. Norm spent countless hours of his own time organising the Club. It is fitting that our first eight was named the “Norm Saunders”.

In those early days, the Club rowed its first regattas in borrowed boats, raising enough funds to buy a second hand four from Adelaide University in 1989. Since that time, hundreds of students have learnt to row and competed in regattas. NMHS Rowing Club is now well equipped with its own fleet of boats and boatsheds at both the Torrens, which it shares with Unley High School and West Lakes, which it shares with Unley and Adelaide High Schools.

While rowing is the ultimate team sport, the club boasts some very proud individual achievements. Chris Morgan competed at the Beijing Olympics narrowly missing out on a medal and won Bronze at the London Olympics. Our 1993/4 1st IV crew member, Neil Oakes, rowed in an Australian bronze medal-winning crew, at the 1994 World Youth Rowing Championships in Lucerne, Switzerland. Also, Owen Girardi represented Australia.

The Norwood Morialta High School Rowing Club is now a member of the Heads of Rowing Schools committee and in 2001, was admitted into the Head of the River Regatta.
Achievements on the water include:

- State Championships 1993/94: 1st Four
- State Championships 1995/96: 1st Four
- State Championships 1999/00: 1st Four
- State Championships 1999/00: 1st Four
- National Championships 2000: Girls 1st Four (8th)
- Head of the River 2002:
  - Boys 1st Eight (3rd)
  - 1st Four (3rd)
- State Championships 2001/02: 1st Eight
- Head of the River 2005: Year 9 Girls (1st)
- State Championships 2005: Year 9 Girls
- Elaine Caldwell Shield 2004/05
- National Championships 2005: Senior Boys
- National Championships 2006: Senior Boys
- Head of the River 2008:
  - Boys 1st Four (2nd)
  - Year 9 Boys (2nd - by 0.07 seconds)
- National Championships 2014:
  - SG Single Scull
  - SB Single Scull
  - Mariah Hatchard: State Team selection

We look forward to the Club continuing to produce successful rowers and a healthy club spirit that promotes the school in a positive way.
Club Captains

The role of the Club Captains at Norwood Morialta High School has been changing and evolving over the last few years. This reflects the changing school and club environment. With the school split over two campuses it is important to have leaders at both sites. It is for this reason that we have opted to have Senior Captains and Junior Captains.

The role of the Senior Captain is to represent Norwood Morialta High School Rowing Club at functions and events both within the School and within the Australian Rowing Community. The Junior Captain has the responsibility of representing rowing to the School community on the Middle Campus. All captains also form an important communication link between the coordinator, committee and the rowers.

The Club Captains were nominated by their peers and decided upon by the coaches and coordinator.

**Senior Captains**
Max Partington
Zac Bastick
Amalia Witford

**Junior Captains**
Sara Jmel
Blake Bastick
Expectation of Rowers

- Rowers are expected to train regularly, as agreed by the Rowing Coordinator and coach.
- If a rower is unable to make it to training, they are to ring their coach before the session commences.
- Rowers are expected to arrive at training at the designated time.
- Rowers are expected to train with a hat, sunscreen and sufficient water supplies.
- Rowers are expected to wear the club uniform at all trainings, regattas and camps (this includes zoot suit and school cap).
- Rowers should understand that coaches are their supervisors, and that they are to follow exactly what their coach instructs - especially when in the boat.
- Rowers are expected to arrive at the regatta venue at least 60 minutes before their scheduled event, and to assist with preparing their boat and check for any repairs and or adjustments.
- Rowers are expected to support other crews and the club at regattas.
- Rowers are expected to act responsibly at camps and regattas, as active representatives of the Norwood Morialta High School.
- Rowers are expected to participate in rowing camps and winter training.
- Rowers are expected to assist the club through participating in fundraising activities.
- Rowers can expect to work hard and reap the benefits of the ultimate team sport.
Code of Behaviour

General

- Operate within the rules and spirit of your sport, promoting fair play over winning at any cost
- Encourage and support opportunities for people to learn appropriate behaviours and skills
- Support opportunities for participation in all aspects of the sport
- Treat each person as an individual and with respect
- Display control and courtesy to all involved with the sport
- Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion
- Respect the decisions of officials, coaches and administrators in the conduct of the sport
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where the imbalance will exist) with people under the age of 18yrs
- Adopt appropriate and responsible behaviour in all interactions
- Adopt responsible behaviour in relation to alcohol and other drugs
- Act with integrity and objectivity, and accept responsibility for your decisions and actions
- Ensure your decisions and actions contribute to a safe environment
- Ensure your decisions and actions contribute to a harassment free environment
Athletes
- Give your best at all times
- Participate for your own enjoyment and benefit

Coaches
- Place the safety and welfare of the athletes above all else
- Help each person (athlete, official etc) reach their potential - respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback
- Any physical contact with a person should be appropriate and necessary for the person’s skill development
- Be honest and do not allow your qualifications to be misrepresented

Administrators
- Act honestly, in good faith and in the best interests of the sport as a whole
- Ensure that any information acquired or advantage gained from the position is not used improperly
- Conduct your responsibilities with due care, competence and diligence
- Do not allow prejudice, conflict of interest or bias to affect your objectivity

Parents
- Encourage children to participate and have fun
- Focus on the child’s effort and performance rather than winning or losing
- Never ridicule or yell at a child for making a mistake or losing a competition

Spectators
- Respect the performances and efforts of all people
- Reject violence in any form, whether it is by spectators, coaches, officials or athletes
Parent Committee

Participating in the Committee allows parents and friends to develop a rewarding association with Norwood Morialta Rowing, ensuring the club’s continued success and enjoyment.

During the season there are numerous events, social occasions, fund raising activities and regattas that rely heavily upon the support from the Committee for their success. The Committee requires the ongoing and active involvement of the parents and guardians of the rowers to maintain the groups’ contribution to the success of Norwood Morialta Rowing Club.

All parents/caregivers are encouraged to participate in the Committee by taking an active role. To volunteer within the Committee please contact the Secretary. Meetings are held at the Tower Hotel, Magill from 7.00 - 8.00pm every month or as required to plan events.

President:
Paula Benson

Treasurer:
Ron O’Brien

Secretary:
Julie Allum

Recruitment:
Mike Henson

Boat Loading & Maintenance:
Garry Partington

General Committee

Linda Bastick
Vito Lombardi
Mike Adler

Vanessa Lewis
Miriam O’Brien
Emma Fry
Micah Hatchard
Regattas

Regattas are held most Saturdays during the season. Every effort is made by the club to attend each regatta and give the rowers the most opportunities to compete in races.

Crew selection is based on performance, attendance at training and commitment to the squad and NMHS Rowing Club. If there is a concern about crew selection, rowers and parents should first seek clarification from the coach and then with the Rowing Coordinator.

Students should be prepared for the regatta by packing plenty of water and food as well as a change of clothes, hat and sunscreen.

If a rower is unable to attend a regatta they need to let their coach know at least a week prior to the regatta (if the rower becomes injured or unwell they should let their coach know as soon as possible so alternative crews can be made).

Rowers are expected to be at the regatta venue 60 minutes before the start of their first race and be in PE uniform/zoot suit (including jumper if required).

We have no set site each week so you need to look out for the NMHS flags and red tent. All boat trailers must be at the venue by 7.00am and tents can be set up after 7:30am.

On the day of the regatta if a student is running late or unable to attend they need to let the Rowing Coordinator know by phoning 0402 149 425 (put this number in your phone!). If there is no answer please leave a message or send a text message.
<table>
<thead>
<tr>
<th>Date</th>
<th>Regatta</th>
<th>Location</th>
<th>Boat Loading</th>
<th>Parent Group</th>
<th>Trailer Towing</th>
<th>Loading</th>
<th>Parent Group</th>
<th>Trailer Towing</th>
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</thead>
<tbody>
<tr>
<td>22/10/16</td>
<td>Henley on Torrens</td>
<td>River Torrens</td>
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<td>Mr Vanderloo</td>
<td>Torrens</td>
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<tr>
<td>29/10/16</td>
<td>No Regatta – Year 8 &amp; 9 Boys</td>
<td>River Torrens</td>
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<td>5/11/16</td>
<td>Regatta on the Torrens</td>
<td>West Lakes</td>
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<td>12/11/16</td>
<td>Round the Island (Year 10s &amp; 11s only)</td>
<td>Port Adelaide Regatta</td>
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<td>19/11/16</td>
<td>Junior (Year 8s &amp; 9s only)</td>
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<td>Torrens</td>
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<td>26/11/16</td>
<td>Beni (attendance TBC)</td>
<td>West Lakes</td>
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<td>Beni (attendance TBC)</td>
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<td>4/2/17</td>
<td>Beni (attendance TBC)</td>
<td>West Lakes</td>
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<tr>
<td>11/2/17</td>
<td>Beni (attendance TBC)</td>
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<tr>
<td>18/2/17</td>
<td>Beni (attendance TBC)</td>
<td>West Lakes</td>
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<td>25/2/17</td>
<td>School Super Series</td>
<td>West Lakes</td>
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<td>Torrens</td>
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<td>4/3/17</td>
<td>School Super Series</td>
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Training

Rowing training generally involves two ‘water’ sessions per week, (West Lakes for senior crews and the Torrens for Junior crews) with additional fitness sessions.

Fitness:
The Senior Campus gym is where most fitness sessions take place. Students from the Middle Campus can catch the public bus along St. Bernards Road from the Middle Campus. Students are required to wear their PE uniform or other comfortable training attire.

Training at the Torrens:
Students catch public transport as a group and make their way down to the Torrens. From the Middle Campus, students catch the bus to the city and then walk directly to the River Torrens.

Training at West Lakes:
This is the training venue used predominately for senior crews, due to the distance of the course. For most sessions the school bus will take students to and from West Lakes. Students will be picked up from the carpark of either campus at the end of school and will be returned to that campus for collection. There are some occasions when students will need to arrange their own transport.

River Closure:
In case of the closure of the River Torrens in the summer, all crews will train at West Lakes. Transport will be arranged when this occurs.

Weather
We follow the School and Rowing SA policies when it comes to weather. If the temperature is forecast to be above 37°C training will be modified. If it is forecasted above 39°C training will be cancelled. If the weather conditions are not safe for rowing training may be cancelled or modified. This will be advised as early as possible but generally by midday on the day of training.
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<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>7.00—8.00am</td>
<td>Year 9 &amp; 10 Boys &amp; Girls</td>
<td>Year 11 Boys &amp; Girls</td>
<td>Year 9 Boys</td>
<td>Year 8 Boys &amp; Girls Specialist Rowing Class training at the Torrens</td>
<td>Anyone who cannot attend a training must contact either Mr Vanderloo or their coach. We understand you may not be able to make every session but communication is a must if this is the case.</td>
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<td>MC - Josh Telfer Seniors - SC</td>
<td>Year 11 Boys &amp; Girls</td>
<td>River Torrens 7.00 - 10.00am</td>
<td>Senior Campus Weights Room (optional)</td>
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<td>4.00—6.00pm</td>
<td>Year 11 Boys &amp; Girls</td>
<td>Year 10 Boys &amp; Girls</td>
<td>Year 8 Boys &amp; Girls Year 9 Girls</td>
<td>Year 10 Boys &amp; Girls Boat Loading</td>
<td>Optional single or doubles training is available to any rower on any night.</td>
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<tr>
<td>River Torrens</td>
<td>Year 9 Boys &amp; Girls</td>
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<tr>
<td>Coaches available</td>
<td>Kane &amp; Mariah</td>
<td>Ben</td>
<td>Mariah &amp; Year 8 Coaches</td>
<td>Ben, Kane &amp; Mariah</td>
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Coaches

We have a variety of young, motivated coaches who have a good background in rowing. Below are their details should you need to contact them.

Mariah Hatchard - Head Girls Coach
0406 826 815

Ben O’Connell - Head Boys Coach
0430 584 811

Kane Zhu - Year 9 Boys Coach
0450 685 106

Max Partington, Zac Bastick & Isaac Allum-Henson
Year 8 Boys Coaches

Brydie Hall & Nicole Tainsh
Year 8 Girls Coaches

Josh Telfer - Strength & Conditioning Coach

Kris Vanderloo - Rowing Coordinator
0402 149 425