



ROWING

2021-22 HANDBOOK



Lauriston
GIRLS' SCHOOL

A school for life.



Welcome to Lauriston Rowing 2021-22

Rowing at Lauriston offers the girls a unique opportunity within our school sports. The teamwork and camaraderie that exists within rowing is unmatched amongst other sports, while the regatta days offer an exciting spectacle for those in the boat and on the river bank alike.

The girls will be challenged to achieve their personal best in all areas of training. The training the girls undertake will develop their strength, technique and fitness while also assisting in development of interpersonal skills, resilience and determination.

This handbook is a guide for Lauriston rowing families and supporters and contains information we hope you find useful.

The Lauriston Rowing Program

AIMS

- Personal involvement and achievement at all levels.
- Progressive skill development programs for rowers and coxswains from Year 8 to Senior crews.
- Work collaboratively as a team.
- To experience enjoyment & success at the regattas.
- To ensure that all of our crews perform competitively at the Head of School Girls Regatta and Australian National Rowing Championships.
- To ensure that girls conduct themselves as model Lauriston representatives.
- To ensure crews at regattas adhere to the rules of racing and perform to their optimum.

GOALS

Teamwork

To give each girl the opportunity to acquire interpersonal skills to function successfully in any environment.

Skill Acquisition

To establish and maintain a standard of technical proficiency unsurpassed by other Head of the School Girls competing schools.

Success Driven

To achieve qualification in each event final in which Lauriston is entered at Head of the School Girls regatta.

High Standards

To develop and maintain a reputation as a leading professional and successful rowing program throughout Australian rowing schools.

Coaching Excellence

To develop a coaching panel that is dedicated to the achievement of excellence amongst the girls they coach.

Passionate Participation

To give all girls a life-long love of rowing.

The Lauriston Coxing Program

AIMS

- We aim to educate students in the varying responsibilities and skills required to be a high-performing coxswain.
- We aim to deliver a program that ensures each Lauriston Girls' School coxswain is confident, knowledgeable and plays an integral role in the enjoyment and success of each crew throughout the season's training & racing schedule.
- We aim to deliver a program that provides a structured progression of development from Year 8 through to Year 12.
- The program is designed to develop the girls from novice Year 8 coxswains to best-in-class coxswains in Year 12.

GOALS

Teamwork:

To give each girl the opportunity to acquire interpersonal skills to function successfully in any environment.

Skill Acquisition:

To establish and maintain a standard of technical proficiency unsurpassed by other Head of the School Girls competing schools.

Success Driven:

To achieve qualification in each event final in which Lauriston is entered at Head of the School Girls regatta.

High Standards:

To develop and maintain a reputation as a leading professional and successful rowing program throughout Australian rowing schools.

Passionate Participation:

To give all girls a life-long love of rowing.



SENIOR SQUAD SELECTION POLICY

The Lauriston Rowing Selection Policy is based on the following areas of competence assessed by coaches and Head of Rowing.

Boatwomanship

Lauriston Rowing Pillars

- Integrity
- Courage
- Resilience
- Teamwork

Boatwomanship is judged as the standard to which the rower upholds these values. Uniform, attitude & attendance at training will also be assessed as key components to boatwomanship

Coachability

The ability of a rower to listen and take onboard direction from coaching staff and the ability to adjust and improve their rowing. This will be assessed by coaches & Head of Rowing throughout terms 3 & 4 training and racing.

Criteria

Ergometer testing - Used as an indicator of rowing technique and rowing specific fitness

Single scull trials - Used as an indicator of a rower's ability to move a boat

Selection Notes

1. Following the selection criteria trials listed above, all girls will be ranked according to their results
2. Seat racing will only occur if the results from the combined criteria tests cannot split rowers. Seat racing is an on-water testing process where we find the fastest combination of rowers for a particular crew.
3. Girls will only be considered for selection into a #1 crew in Term 1, 2022, if they have participated in all selection testing prior to January Selection Camp 2022.
4. Any selection trial not attempted will be given a score of 0 which will negatively affect a rower's overall ranking and therefore selection into a crew.
5. If a medical certificate is produced exempting a girl from a particular trial, a previous trial result for this test will be used.
7. Any girl not attending January Selection Camp, but wishing to row in Term 1 2022 must complete all land trials by the end of Week 1, Term 1 2022. She will not be eligible for the #1 crew in each year group, despite any trial results.
8. All sculling trials must be attempted on the published date and given time.
9. All crew selections are done via rower rankings from measured selection trial criteria.

PARENTS ARE ASKED TO RESPECT OUR SELECTION PROCESS & POLICY

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YEAR 10 SELECTION POLICY

The Lauriston Rowing Selection Policy is based on the following areas of competence assessed by coaches and Head of Rowing.

Boatwomanship

Lauriston Rowing Pillars

- Integrity
- Courage
- Resilience
- Teamwork

Boatwomanship is judged as the standard to which the rower upholds these values. Uniform, attitude & attendance at training will also be assessed as key components to boatwomanship

Coachability

The ability of a rower to listen and take onboard direction from coaching staff and the ability to adjust and improve their rowing. This will be assessed by coaches & Head of Rowing throughout terms 3 & 4 training and racing.

Criteria

Ergometer Testing – Used as an indicator of rowing technique and rowing specific fitness

Technical Assessment – Used as a measure of technical proficiency

Selection Notes

1. Following the selection criteria trials listed above, all girls will be ranked according to their results
2. Seat racing will only occur if the results from the combined criteria tests cannot split rowers. Seat racing is an on-water testing process where we find the fastest combination of rowers for a particular crew.
3. Rowers ranked 1 to 4 will be placed in the 1st Quad, rowers ranked 5 to 9 will be placed in the 2nd Quad and so on
4. Girls will only be considered for selection into a #1 crew in Term 1, 2022, if they have participated in all selection testing at January Selection Camp 2022.
5. Any selection trial not attempted will be given a score of 0 which will negatively affect a rower's overall ranking and therefore selection into a crew.
6. If a medical certificate is produced exempting a girl from a particular trial, a previous trial result for this test will be used.
7. Any girl not attending January Selection Camp, but wishing to row in Term 1 2022 must complete all land trials by the end of Week 1, Term 1 2022. She will not be eligible for the #1 crew in each year group, despite any trial results.
8. All crew selections are done via rower rankings from measured selection trial criteria.

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COXSWAIN SELECTION POLICY

The Lauriston Rowing Selection Policy is based on the following areas of competence assessed by coaches and Head of Rowing.

Boatwomanship

Lauriston Rowing Pillars

- Integrity
- Courage
- Resilience
- Teamwork

Boatwomanship is judged as the standard to which the rower upholds these values. Uniform, attitude & attendance at training will also be assessed as key components to boatwomanship

Coachability

The ability of a rower to listen and take onboard direction from coaching staff and the ability to adjust and improve their rowing. This will be assessed by coaches & Head of Rowing throughout terms 3 & 4 training and racing.

Steering/Safety

- The ability to steer a true course during training and racing and ensure appropriate boat speeds at all times.
- To understand what effects boat speed and having the knowledge to make technical calls to the crew to elicit desired changes to impact boat speed.
- To ensure the boat & crew are kept safe from collision or injury. A good coxswain should be fully aware of river rules and act appropriately in relation to these factors.

These components will be observed and assessed daily by coach and Head of Rowing.

Rowing Knowledge

A coxswain should always understand what the coach is relaying to the crew and be able to repeat this information succinctly to the crew when required. The coxswain should develop a full understanding of rowing terminology and will be assessed at each session by coach and Head of Rowing on:

1. Clarity of instruction given to the crew at all times
2. Control of the crew getting on & off the water
3. Ability to manage situations on the water
4. Develop a trusting relationship with the crew
5. Ability to communicate the Lauriston Technical Model
6. Ability to motivate the crew when required
7. Empathy while the crew is under racing duress
8. Racing tactics and composure during racing, seat racing & training
9. Competitiveness
10. Confidence

Race Day Preparedness

Good coxswains will prepare for race day well in advance to ensure the race day routine is adhered to by the crew.

This will include:

- A race plan fully developed with the coach & crew and the ability to deliver the plan
- Ensuring the "CoxBox" is fully working well in advance of race times
- Directing the crew to follow a pre-race warm up routine
- Understanding the rules and regulations of regatta racing and course rules
- Staying calm when lining up to race start

Following each regatta, coaches and Head of Rowing will assess each coxswain's regatta performance and provide timely feedback.

PARENTS ARE ASKED TO RESPECT OUR SELECTION PROCESS & POLICY

Sport Awards

ROWING AWARDS CRITERIA

Pocket Award (Silver and Gold)

A change in the Pocket Award system has come into effect for the 2019-2020 Rowing season. The current system has been replaced by a two-tiered award system. These awards have been created to give rowers the opportunity to be recognised for their achievements, not only through their skill level, but also their commitment and effort to the sport. Girls will be eligible to receive a Half Pocket (Silver) award and then a Full Pocket (Gold) award. Girls will receive a set of rowing oars embroidered on their school blazer pocket in silver for the half award and gold for the full award.

Process of Selection

The Pocket award (Half or Full) is given to students who not only meet the expectations of the school in attitude, appearance and behaviour, but also meet the criteria set out below.

The Head of Rowing, Rowing Coaches and the Director of Sport will monitor student participation and performance throughout the season.

The Director of Sport/Sport Administrator will record the points following each season of rowing.

Half Pocket Award (Silver)

Students will have accumulated a total of 6 points for performance and/or service to Rowing.
(Silver rowing oars embroidered on the blazer pocket)

LEVEL	POINTS AWARDED	CRITERIA
Participation	1	Member of a team, 80% attendance across all training's camps and meetings for the season (Terms 3, 4 and 1).
Active Contribution	2	Participation plus leadership within the team, development of other players and demonstrates a high level of skill in rowing.
Outstanding contribution and commitment	3	Participation, consistent leadership and development, outstanding level of skill in rowing, dedication considered above and beyond.

Full Pocket Award (Gold)

Students will have received half colours (Silver) before they are eligible to receive a gold award. Students will have accumulated a further 3 points, totalling 9, for performance and/or service to Rowing.

(Gold rowing oars embroidered on the blazer pocket)

TRAINING

On-water

During weekdays our Senior rowers do not train on-water early in the morning. Instead, afternoon rowing sessions have been introduced to allow better sleep patterns for the rowers and more sleep for the parents. Our Year 8 and 10 rowers will also train in the afternoon.

Senior girls will go directly to the library for after school study until 4.45pm (Mon/Tues/Thurs) then make their way to the boat-sheds. This will allow the girls to train more effectively with less river traffic. Training will finish at 7.30pm.

Boatshed training location is at the Melbourne Girls College Boatshed, Yarra Boulevard, Richmond. The boatshed can be found at the back of MGC along the Yarra River.

On-land

Strength and conditioning training is held in the morning on-land and at the Armadale campus from 6.30am. These sessions will be run under the guidance of the Head of Rowing and specialist Strength and Conditioning coaches.

All rowers participate in strength and conditioning training to both increase their performance and reduce their risk of injury. The frequency and difficulty of these sessions increases as students progress through the year levels of the rowing program.

Contact



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Lauriston Rowing Association

The Lauriston Rowing Association (LRA) has been established to financially and physically support the School at regattas and in the general administration of the sport by assisting the Director of Rowing and Head Coach of Rowing. Within the school structure, the LRA falls under the umbrella of the Lauriston Parents' Association (LPA).

The LRA is operated and administered by parents and the primary objectives of the LRA are:

- To Support & Develop the future of rowing at Lauriston Girls' School;
- To foster a strong Rowing Community through organizing social functions for rowers and their parents outside of the sport including the end of season Annual Rowing Dinner;
- To fully support our girls are fully supported at regattas;
- To drive fundraising activities to provide capital equipment in the form of boats and other items for the rowing program;
- To support the Director of Rowing and Head Coach of Rowing; and
- To fulfil the School's obligation to provide officials and marshals (BRO's) at regattas.

Parents of rowers are encouraged to join the LRA.

LRA EVENTS

During the rowing season, the LRA conducts social events and information evenings to ensure that parents are able to support the school and the girls the best we can. These include:

LRA AGM and Information Evening

The LRA AGM is combined with an information evening where the Director of Rowing provides information to parents about the Lauriston Rowing program, introducing the coaches, support staff, and finishing with a light-hearted introduction to rowing terminology and refreshments.

HOSG Dinner

This is a dinner held at in Geelong on the Saturday evening of the HOSG Regatta and is always well attended by Lauriston Parents who have a lot of fun!

Cocktail Party

A parent social event to kick off the Regatta season and meet other Year 10 and Senior rowing parents.

Annual Presentation Dinner

This dinner is hosted by the LRA to celebrate the rowing year and successes of the girls. All Year 10 and Senior rowers attend this function and parents are encouraged to attend to join in the celebrations.

Code of Conduct

KEY ELEMENTS

All persons bound by this code shall:

- Not act in a manner unbecoming or contrary to the interests of Lauriston Girls' School;
- Treat people involved in the rowing program with courtesy, respect and proper regard to their rights;
- Treat another person's property with respect and due consideration to its value;
- Not misuse rowing equipment.

STUDENTS

Students will:

- Abide by the School rules at all times;
- Not act in a manner unbecoming or contrary to the interests or good standing of the School or sport of rowing;
- Treat crew members, squad members, competitors, parents, coaches, officials and staff fairly and respectfully;
- Be helpful to coaches, communicate respectfully and accept their instructions and decisions;
- Treat all property with respect;
- Demonstrate a positive commitment to the rowing program and display 'generous rivalry' during races against competing crews;
- Be punctual and correctly attired for training and regattas;
- Recognise, appreciate and applaud other competitors;
- Maintain the highest athletic standards, rigorously compete and demonstrate the highest standards of sportspersonship;
- Be mindful and respectful of the safety of others;
- Maintain good academic standards.

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PARENTS

Parents are requested to support and educate their daughters by:

- Supporting the coaching staff, communicate with them respectfully and accept their decisions;
- Being sensitive to pre-race preparations and post-race de-briefings;
- Cheering for all Lauriston crews;
- Helping to create and support an enjoyable environment at regattas and events;
- Applauding winning crews and recognising the good performances of other schools;
- Encouraging your daughter to be punctual to training and regattas;
- Talking positively to your daughter about achieving her potential;
- Talking positively to other parents at regattas and events to create a Lauriston Girls' School spirit;
- Encouraging your daughter to show good sportspersonship in every situation;
- Not engaging in forms of public commentary of a critical nature, either in the hearing of others or on social media.

COACHES

Coaches are requested to support and act as role models to the rowers by:

- Not acting in a manner unbecoming or contrary to the interests or good standing of the School or sport of rowing;
- Demonstrating control, respect and professionalism to all involved in rowing and encouraging crews to do the same;
- Being helpful to fellow coaches, communicating respectfully and working together for the benefit of the rowing program and squad;
- Ensuring that physical contact with rowers is appropriate to the situation and used only when necessary for the individual's skill development;
- Never ridiculing rowers or fellow coaches for mistakes or their performance;
- Never using bad language or negative language when communicating with rowers or fellow coaches;
- Treating all property with respect;
- Demonstrating a positive commitment to the rowing program and displaying 'generous rivalry' during races against competing crews;
- Being punctual and correctly attired for training and regattas;
- Recognising, appreciating and applauding other competitors;
- Being mindful and respectful of the safety of others.

Uniform

TRAINING

Crews are to be attired for training as follows:

- Lauriston sports shorts;
- Lauriston sports top;
- Rowing over-wear as recommended by the rowing coaches;
- School sports cap; or
- Lauriston Rowing cap as selected by senior crew members;
- Crocs, thongs or sandals on deck/landing;
- Socks for in the boat.



REGATTAS

Crews must be attired correctly and identically as follows:

- Lauriston Rowing zootsuit;
- School sports cap; or
- Lauriston Rowing cap as selected by senior crew members;
- Crocs, thongs or sandals on deck/landing;
- Socks for in the boat;
- Lauriston School sports uniform or Lauriston rowing uniform when not rowing.

Year 8 rowers are required to wear Lauriston sports shorts, sports top and sports hat at training and regattas



Sun Smart Protection Policy

Rowers are required to wear rowing caps and apply sun block to exposed areas of the body. Sunglasses approved by the Cancer Council are also advised for wear when rowing.

Drink Bottles

Rowers are required to always have water or sports drink with them when training or competing.

Health and Nutrition

The rowing training diet needs two important components:

- It must provide enough of the essential nutrients for good health, and
- It must have enough energy to meet the demands of training and enable you to recover well.

To help you get the best performance out of your body during training we recommend the 7 Sunrice High Performance Eating Strategies :

1. Eat more carbohydrates
2. Eat less fat
3. Eat more protein
4. Eat plenty of dietary fibre
5. Ensure an adequate intake of vitamins
6. Ensure an adequate intake of minerals
7. Drink more water

When should rowers eat?

Food consumed before exercise is only useful once it has been digested and absorbed. This means rowers need to time their food intake so that the fuel becomes available during the exercise period. The time required for digestion depends on the type and quantity of food consumed.

Generally, foods higher in fat, protein and fibre tend to take longer to digest than other foods, and may increase the risk of stomach discomfort during exercise. Large quantities of foods take longer to digest than smaller quantities. You need to experiment to find the timing that best suits your individual needs.

The following foods are suitable to eat if there is less than 1 hour until exercise:

- Sports drink (Endura is preferred)
- White bread with honey or jam
- Cordial
- Sports bars

It is not always practical to eat a meal 3-4 hours before exercise. If you train early in the morning you should opt for a light snack about an hour before exercise. For example, some fruit or a cereal bar on the way to training along with some

fluid such as sports drink.

Make up for your smaller carbohydrate intake by consuming carbohydrate during the event or training session.

What should rowers eat?

Parents need to reinforce good dietary habits for rowers and monitor what rowers are eating and when, particularly during regattas. Food eaten before exercise should provide carbohydrates. It should also be low in fat and moderate in fibre to aid digestion and reduce the risk of gastrointestinal discomfort or upsets.

On occasions, it may be important to place emphasis on the pre-event intake of carbohydrate and fluid. However, it is also useful to continue to consider other nutritional goals when choosing a pre-exercise meal. This means opting for meals that provide a wide variety of nutrients including protein, vitamins and minerals.

The following foods are suitable to eat 3-4 hours before exercise:

- Crumpets with jam or honey + flavoured milk
- Baked potato + cottage cheese filling + glass of milk
- Baked beans on toast
- Breakfast cereal with milk
- Bread roll with cheese/meat filling + banana
- Pasta or rice with a sauce based on low-fat ingredients (e.g. tomato, vegetables, lean meat)
- Fruit salad with fruit-flavoured yoghurt

The following snacks are suitable to eat 1-2 hours before exercise:

- Liquid meal supplement
- Milk shake or fruit smoothie
- Sports bars (check labels for carbohydrate and protein content)
- Breakfast cereal with milk
- Cereal bars
- Fruit-flavoured yoghurt
- Fruit

Regattas and Camps

REGATTAS

Lauriston rowers compete in regattas against GSV and APS schoolgirl crews from around Victoria. Normally our senior squad and Year 8s compete in two regattas in Term 4. Our seniors and Year 10s compete in regattas almost every weekend in Term 1, finishing with Head of the School Girls Regatta (HOSG). The HOSG regatta is the pinnacle of the racing season and has the honour of being the largest single-gender regatta in the southern hemisphere.

The Australian Rowing Championships is held annually and, depending upon the results of the top Senior and Year 10 crew from mid-Term 1 performance, we may send the crews based on performances meeting required targets.

Immediately following each race will be a post-race discussion between rowers and coaches. Parents are asked to respect this process and wait to approach their daughter after the crew has been released by their coach.

JANUARY SELECTION CAMP

The January Rowing Camp is an intense camp of technique and fitness building for both the Year 10 and senior squads. This camp ensures the girls are prepared for the oncoming racing season. Year 10 and Senior rowers are expected to attend the January selection camp.

Crew selection is made during this camp.

Regatta Information

PARENT SUPPORT AND PARTICIPATION

It is important for the girls to be supported at Regattas, providing encouragement and enthusiasm. There is nothing better than hearing a great cheer of supporters as they are racing. As a result, the LRA has a supporters tent at all regattas which provides:

- A meeting point for parents and friends;
- A place for rowers to relax between races; and
- Some protection from the weather.

Regattas generally begin at 8.00am in the morning and finish approximately 4.00pm.

BOAT ROWING OFFICIALS

At most regattas, Lauriston Rowing is required to provide a Boat Racing Official (BRO). A BRO assists Rowing Victoria to run the event performing tasks such as:

- Checking the boats for safety;
- Marshalling boats on the course or assisting boats getting in or out of the water;
- Issuing and retrieving bow numbers;
- Assisting with judging, time recording, ringing the siren as boats go across the finish line; etc.

To become a BRO you are required to attend a two-hour lecture run by Rowing Victoria at one of the boat sheds.

Please contact one of the committee if you would like to become a BRO- we always need more! This is not an arduous commitment, and can be fun. If you are at a regatta you may as well be involved and share the event with your daughter/s.



WHAT TO BRING

To enjoy a regatta you need the right gear including:

- A comfortable chair to sit on and travel rug or similar for the girls to stretch out on between races;
- Clothes for all seasons - it is often cold first thing in the morning, and hot in the middle of the day. Don't forget wet weather gear and sun protection;
- Newspapers, magazines and a book are also handy;
- Food and drinks - good coffee and food is available for purchase on the course, but the rowers usually come looking for sandwiches, muffins, cakes and fruit. Bringing this from home is usually a bonus.

Note: pets can be taken to most courses, but are not permitted at Nagambie

HEAD OF THE SCHOOL GIRLS (HOSG)

The Head of the School Girls is one of the major regattas of the season. It is hosted over two days, with heats generally on Saturday and semi-finals and finals on Sunday. It is a very well attended event with great rivalry shown between schools.

The LRA hires space at the event to put up our tents and banners and provides lunch, snacks and drinks for the rowers. Many parents stay down in the Geelong district for this weekend to enjoy the atmosphere, inter-school rivalry and attend the LRA HOSG Dinner.

AUSTRALIAN NATIONAL ROWING CHAMPIONSHIPS (NATIONALS)

Nationals are held at the major venue in the state hosting the event, including the Olympic course in Sydney. Many of the major rowing schools in the country are represented at this regatta. This is a performance-based regatta, with students needing to reach five set-time prognostics to qualify for the trip. Many parents and friends also travel to the regatta to support our girls.

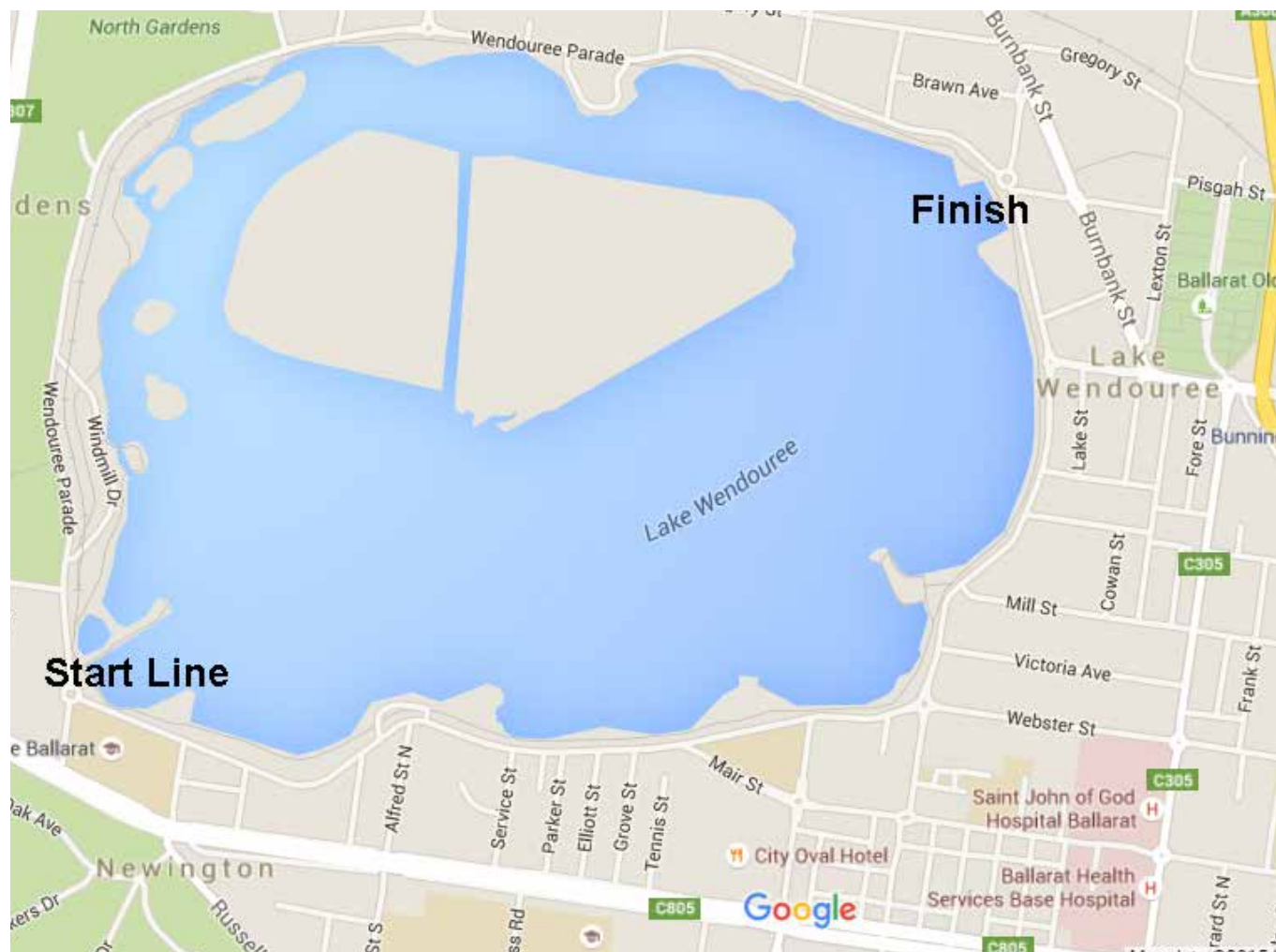
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Regatta Venues

BALLARAT

Lake Wendouree, Ballarat

Google Map: goo.gl/ZRq0SD



CARRUM

National Water Sports Centre (NWSC)

River End Road, Bangholme

Google Map: goo.gl/uYA413

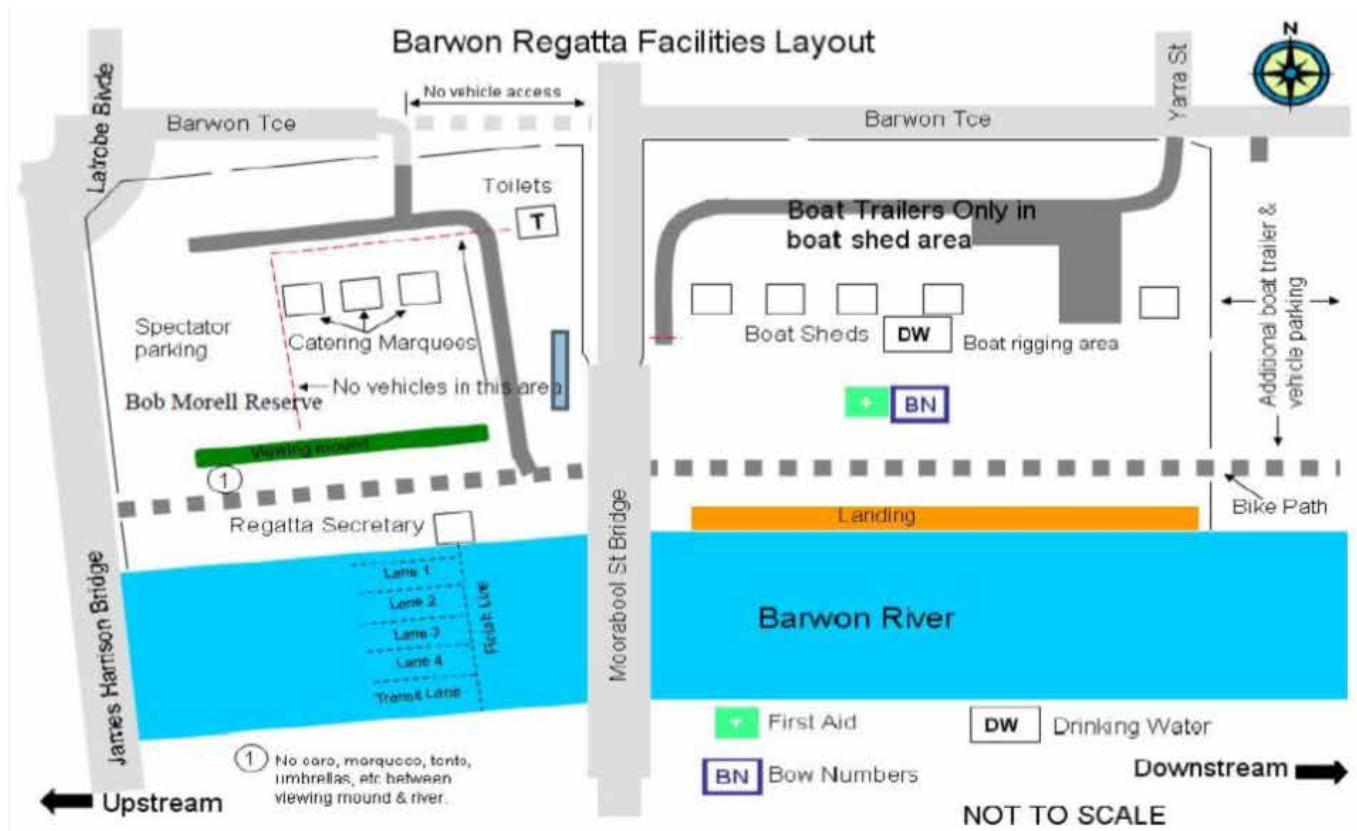


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GEELONG

Barwon Terrace, Geelong

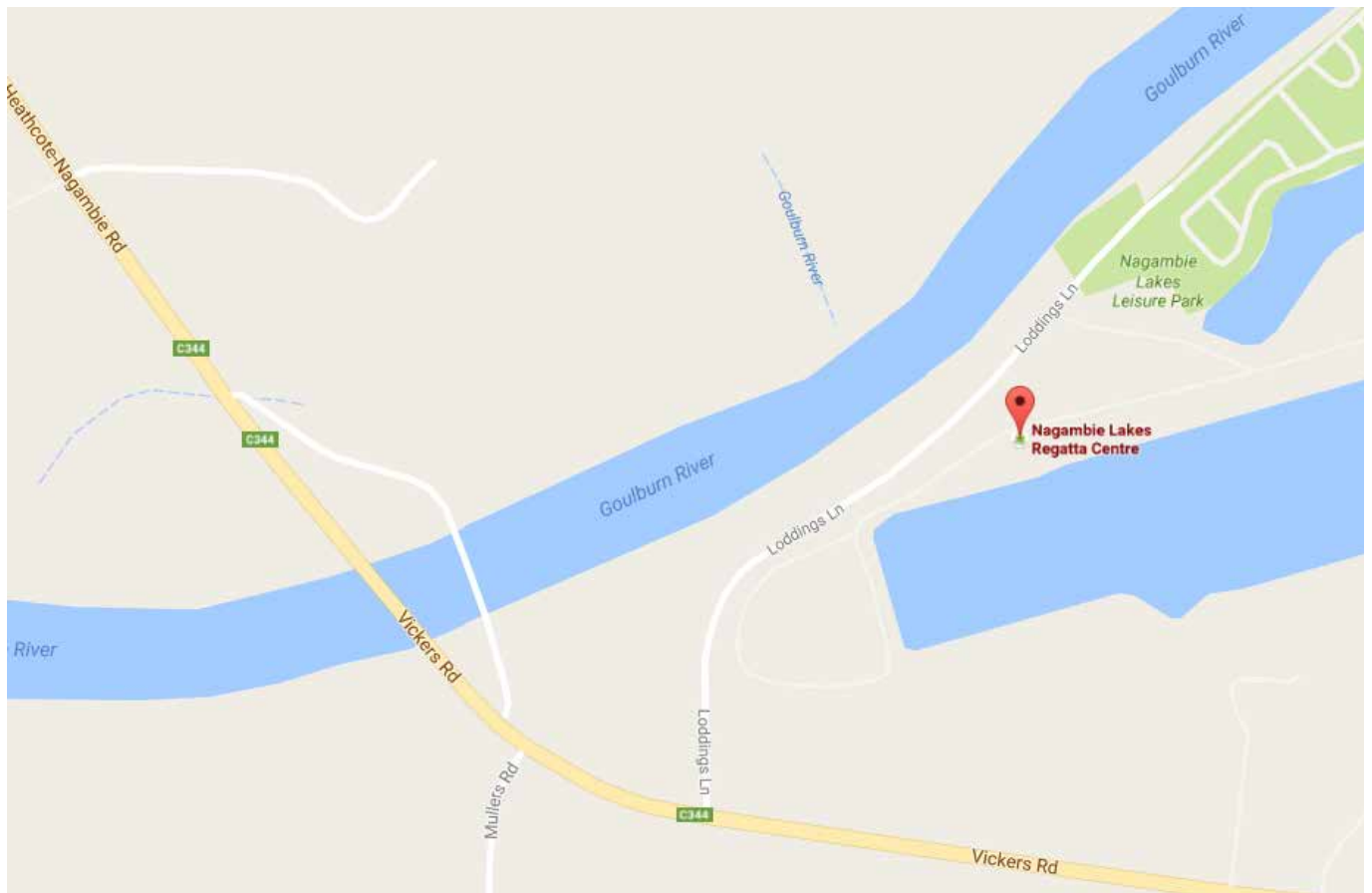
Google Map: goo.gl/C3pXrN



NAGAMBIE

Loddings Lane, Nagambie

Google Map: goo.gl/KnvyAY



Glossary

Back Chocks: when you are sitting with your legs down flat. Back chocks rowing involves moving only the upper body and arms - no legs.

Backing down: rowing backwards. Put the blade in the water and push instead of pull.

Balance: keeping the boat level.

Blade: the big square bit on the end of the oar, the bit that goes into the water.

Bow: front of boat, the end behind bow-seat and the end that crosses the line first.

Bow ball: a hard rubber ball over the bow point of the hull, essential for safety.

Bowside: starboard - on the side where the oars are held in the left hand or are stretching out to the left when rowing. Marked with GREEN.

Bow seat: the seat closest to the bow of the boat and the first across the finish line. This is position number one.

Bow number: issued by rowing officials prior to each race, reflects the race number and the lane number.

Button: the little black, plastic thing in the middle of the oar (on the white plastic) that stops the oar from slipping through the gate.

Catch: the point where the blade enters the water.

Checking: stopping the boat by putting the oars into the water, blade squared.

Collar: the white, ribbed, plastic area in the middle of the length of oar.

Coxswain: coxn or cox, the person in the boat responsible for steering and making calls.

Cox-Box: the box which amplifies coxns voice and also tells them rating and splits.

Crab: taking catch with blade not square so it slices deep & handle goes up in air.

Decking: the flat platform under the seat where you can put your feet.

Drive: the action which levers the oar through the water. i.e. from catch to finish.

Ergo: Ergometer, a rowing machine (on land).

Feathering: turning blade parallel to top of water.

Fin: metal/plastic plate attached underneath stern of boat which helps balance the boat.

Finish: when your hands reach your body and you take the blade out of the water.

Grips: the coloured, rubber handles where you hold sculling oars.

Gunnels: reinforced upper ledge of the boat - where it rests on the rack.

Hull: the curved, bottom of the boat. Don't stand on this.

Inside Hand: (sweep rowing only) the inside hand is closest to your own rigger.

Outside Hand: (sweep rowing only) the outside hand is furthest from your rigger.

Rating: the number of strokes the crew takes per minute.

Recovery: when you are sliding forward and the oar is out of the water.

Rigger: metal triangles attached to the sides of the boat.

Rock-over: when your body bends at the hips & 'rocks over' from the finish position.

Rudder: metal plate attached to stern and used for steering by the coxswain.

Sculling: when a rower uses two shorter oars to row rather than one longer one.

Shaft: the long, thin black part of the oar.

Shafting: when you bury the shaft in the water as well as the blade - i.e. go too deep.

Slide: 2 aluminium grooves under your seat on which you slide up and down.

Spinning the boat: when you turn the boat around and go in the opposite direction.

Square-blade rowing: the blades stay square (vertical) throughout the entire stroke.

Squaring blade: turning the blade from horizontal to vertical square on the recovery.

Staging/Landing: the area on the bank from where the boat is launched and landed.

Stern: the rear part of the boat, opposite end to the bow.

Stroke: the stroke is made up of four phases, the catch, drive, finish & recovery.

Stroke: the person in the stroke seat, closest to the stern. As called seat four or eight depending on the boat class.

Strokeside: Oars held in the right hand or stretched to the right hand side when you are facing the stern. Marked with RED.

Sweep rowing: when a rower only uses one longer oar to row rather than two shorter.

Tap-Down: when you push your hands down at the finish to get blade out of water.

Touching It: taking small strokes with your arms only. No legs.

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