

Skills

Key Experiences

- Learn about the aquatic environment where rowing occurs and who uses it
- Learn about the hazards and safety issues associated with the aquatic environment.
- Learn about the sport of rowing and in particular its history, champions and pathway.
- Develop an understanding of the basic rowing craft, equipment and general racing and training environment.
- Learn and perform the basic rowing action in a team boat.

The Lesson's*

The Boatshed

(Where are the oars/boats stored. Parts of the boat)

'Dry Row' Skills

(The rowing ergometer)

Carry and Care

(Looking after your equipment/how to carry)

In's and Out's

(Getting the boat on and off the water)

In a spin

(Turning, Stopping)

Swing together

(The movement sequence. Leg/body/arms)

Teamwork

(Working together. Coordination and timing)

It's all in the Rhythm

(Developing an understanding of rowing rhythm)

Green-Row

(Rowers protection of the water environment)

Test your skills

(Competency checklist and certificate)

*Programs will be tailored specifically for each School/Environment

Ready, Set, Row

Registration:

All students must be registered to participate in a Go Rowing program. Being registered in a Go Rowing program means that you are affiliated with Rowing Victoria for 12 months and covered by our Insurance. Students may complete more than one Go Rowing program in a year but will only pay the registration fee once.

Costs:

Registration is \$15 per student (inc. GST). Payment must be made with a completed Registration form. Session Fees are negotiable based on the number of registered students (e.g. \$16 per session). Total session fees are payable prior to the program commencing. Session fees are not refunded if students do not attend sessions.

Clothing:

Children should wear what they normally wear for seasonal sporting activities. Students are required to bring hats, thongs and wear appropriate sporting attire. Students should also bring sunscreen and a drink bottle to all sessions.

Location:

A Go Rowing program will be run out of the closest available location to the school. While the school will manage transport to and from the venue, once you arrive Rowing Victoria staff will do the rest.

Swim Test:

Go Rowing participants must be able to swim 100m in their 'rowing clothes' prior to commencing a program. A school will need to complete the swim test and fill out the swim test pro-forma prior to a program commencing.

To get your schools Go Rowing program started contact
Andrew O'Brien at Rowing Victoria:

Suite 4, 162 Albert Rd, South Melbourne 3205

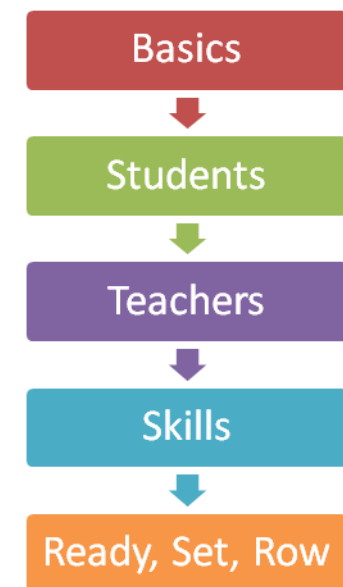
P +61 3 9645 0624

E andrew.obrien@rowingvictoria.asn.au

W www.rowingvictoria.asn.au



Go Rowing is Rowing Victoria's introductory program for secondary schools. Through a **WEEKLY COACHING PROGRAM** boys and girls learn the skills of the sport through appropriately modified activities in on water ('Wet Row') and indoor ('Dry Row') rowing.



Basics

Types of Rowing

Rowing is divided into two main categories – SWEEP and SCULLING

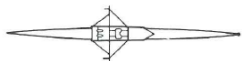
SWEEP
Each crew member uses one oar (held in both hands).

SCULLING

Each crew member uses two oars (one in each hand).

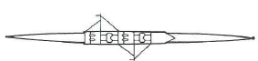
Types of Boats

Single
(1x)



One person (written as 1x)

Pair
(2- or 2+)



Two people rowing together
(written as 2-) or pair with
coxswain (2+)

Double
(2x)



Two people rowing together
(2x)

Four
(4- or 4+)



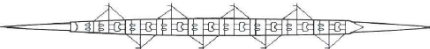
Four people rowing together
(4-) or four with
coxswain (4+)

Quad
(4x)



Four people rowing together
(4x)

Eight
(8+)



Eight people rowing together
(8+, always includes cox)

Oars

Oars are attached to the boat by riggers. Traditional oars were made from timber and can still be found in some clubs. More modern oars are made from high tech carbon fibre and are hollow and lightweight. A sweep oar weighs around 3kg and a sculling oar weighs about 1.2kg.

Where can you Row?

Rowers can train on rivers, lakes, harbours or man-made courses. Rowers can paddle on fresh water, salt water, tidal or still water. Rowers are aware that they need to take care of their environment for their safety and for the future. Rules exist for the safe use of waterways for the benefit of participants. These include making sure that rubbish stays out of the water and off the banks and obeying speed limits, traffic rules and prohibited zones.

Students

“Go Rowing has been a fantastic addition to our Sport Education program at Balwyn High School. Almost all students have a feeling of ‘success’ very soon after they get into the boat for the first time. The coaches from Rowing Victoria have worked with our students with patience and care to build effective relationships and a productive learning environment. I would recommend ‘Go Rowing’ to any school as a fantastic way of providing an engaging, rewarding experience to their students”

Josie Millard – Balwyn High School



Teachers

Go Rowing Concept

Based on current research and sport development principles, its focus is on skill development, health and fitness. It ensures that all children develop the fundamental skills required to participate in Rowing. Children participate in activities designed to learn and improve the various skills required for both indoor and on-water rowing. Go Rowing provides a healthy, safe environment which allows children to practice all the skills that are part of the sport of rowing.

Why Go Rowing?

The aim of the program is to introduce children to rowing skills and activities in a structured manner. It is a great way to introduce confidence in, on and around water. The program covers a range of fundamental motor skills important to childhood development such as balance and the gross motor coordination that comes from the sequencing of all body parts in order to work together to propel the rowing boat. It also has the capacity to develop and increase cardiovascular and muscular endurance, flexibility and strength.

In addition, it is unique in its ability to enhance important social skills including working in teams, communication and cooperative learning. The program also offers the chance for teachers to get involved thus building relationships with students in a positive learning environment.

Sessions:

Go Rowing is delivered on a ‘per term’ basis. It is structured to be delivered in a 1 ½ hour session per week (including set up and pack up). Each session will begin with a warm-up followed by a skills development session. All children will/should participate in groups with children of a similar age.

Teacher Participation:

Go Rowing encourages teachers to be involved with this program and assist the coaches in the running of the program. The quality of the program and a student’s development will be greatly enhanced with teacher participation. No previous rowing experience is necessary.

Staff:

Our coaching staff is required to have a minimum Learn to Row Coach Certificate under the National Coaching Accreditation Scheme and hold current Working with Children Checks.