

# Scotch College Boat Club **Parents' Handbook 2010**



# Table of Contents

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<i>Topic</i>	<i>Page</i>
Introduction .....	2
Organisation of the Boat Club .....	2
Sport at Scotch College .....	2-4
'Rowing' from 'Sport at Scotch College' .....	4
Student Boat Club .....	4
Captain and Vice-Captain of Boats .....	5-6
What does the Boat Club expect from a Rower? .....	6
Diet and Nutrition .....	7
Racing and Training Uniform .....	7
General Training Times .....	8
Crew Selection Criteria .....	9
Crews Classification and Entry .....	9
Regattas and Regatta Locations .....	10-11
Information on the Web .....	12
Rowing Camps / Fees and Charges .....	13
Breakfasts .....	14
National Championships and Interstate Travel .....	14
Water Quality and the Yarra River .....	14
Information from Rowing Victoria .....	14
The Nagambie Course .....	16
The Barwon River Rowing Course .....	17
The Carrum Rowing Course .....	18
Diagram of Four .....	19
Regatta Season 2009-2010 .....	20-21
Scotch College Rowing Officials .....	21
Rowing Victoria .....	21
The Cardinal Club .....	22
Aims .....	22
Committee 2009-2010 .....	22
Social Program .....	23
Membership / Membership benefits .....	23
Sunday Rowing .....	24



# Introduction

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## **Welcome to the 2009-2010 Rowing Season.**

This booklet is intended as a guide for parents and supporters of the Scotch College Boat Club and contains information, which we hope you will find useful to enhance your enjoyment of the sport.

## Organisation of the Boat Club

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The Boat Club operates under the Director of Rowing, Tom Woodruff. He oversees the management of the boat club, co-ordinates the coaching panel, coaching program and oversees technical and selection matters. The Teacher-in-Charge, Tom Bowen, is the primary administrator of the Club dealing with crew entries and regatta details.

Contact information on the Scotch College web page  
<http://www.scotch.vic.edu.au/Sport/Rowing/Rowing.htm>

Information on important dates for the season is also contained herein.

When crews have been selected, your son should obtain a contact number for his coach. This is the first point of contact if he is unable to attend a training session for any reason. If he is sick or unable to attend a regatta, the parent should contact the Teacher-in-Charge.

As of November 2009 Josh Frichot is the Head Boatman. Bob Lachal has the role of Assistant Boatman after 18 years as Boat Shed Manager. Josh is able to move into this position while having the wealth and experience of Bob to call on as need be.

## Sport at Scotch College

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The following is an extract from the booklet Sport at Scotch College prepared by the Director of Sport.

### **MISSION STATEMENT**

To provide an enjoyable, quality, team oriented sporting program whereby students and coaches interact to assist boys' physical and emotional development within the Associated Public Schools (APS) and wider sporting community.



## **SCOTCH PHILOSOPHY**

Key aspects from our Mission Statement in regard to our sporting program incorporate enjoyment, quality, team oriented, staff/student interaction and assisting boys' physical and emotional development.

Through sport we aim to provide the opportunity for:

### **Individual involvement**

Facilities, equipment, group numbers, positive coaching and suitable training drills = total involvement for each boy + skill and game knowledge improvement.

### **Personal achievement**

We believe that all individuals under our care have the potential to achieve relative success and therefore enjoy their sporting involvement. As coaches we create the right environment to assist their development.

### **Physical fitness**

Our sports provide extensive opportunity for aerobic and anaerobic fitness development. Boys are encouraged to adhere to good lifestyle habits of rest, diet and physical activity, to help them achieve their full potential.

### **School spirit**

Scotch representative sporting teams competing in the APS and other competitions assist in the development of school spirit. We encourage boys to support other Scotch teams and sports as much as possible.

### **Self discipline**

It is essential that boys understand the importance of discipline and, in particular, self discipline in sport. Sport offers many opportunities that require great self control for the benefit of individuals, team and our community.

### **Self esteem**

Coaches are expected to create a positive and supportive environment so that each boy feels good about himself and his involvement in sport.

### **Sportsmanship**

Coaches, boys and the general Scotch community must ensure that we play within the rules and respect opposition players, coaches, referees and spectators.

### **Staff – student interaction**

Our sport program provides the opportunity for boys and staff to relate to each other in a positive way outside the classroom.



## Success

All teams success can be judged on whether a boy is a better player, team member and person for having been involved with the group for the season.

## Teamwork

We can all appreciate that enjoyment and success results from cohesive and unselfish play. We encourage our coaches to liaise with their squads in setting up 'team rules' and 'game plans'.

# 'Rowing' from Sport at Scotch College

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The aim is to provide an enjoyable, quality, team orientated rowing program. Students and coaches interact to assist boys' physical and emotional development. Scotch College presents crews at APS and Rowing Victoria regattas.

Rowing at Scotch is a team sport requiring training and development of rowing technique. Strength and fitness need to be well developed to deliver the best on-water performance.

The Scotch College Boat Club boat fleet is orientated to training and competition in Vllls, quad sculls and IVs. Single sculls are used extensively for training and introducing students to rowing.

## AIMS

- Personal involvement and achievement at all levels
- Progressive skill development programs for rowers and coxswains from Year 7 to senior crews
- To experience success at the APS Junior Regatta
- For APS Head of the River crews to make the Division A final and the 1st VIII to win the Head of the River.
- To ensure that boys adhere strictly to the APS Code of Sporting Conduct
- To ensure crews at Rowing Victoria regattas adhere to the rules of racing and perform to their optimum



# Student Boat Club

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## Scotch College Boat Club is organised into four clubs:

1. **BARWON CLUB** (2000m crews)

Open

2. **YARRA CLUB** (2000m crews)

Year 10

3. **MITCHELL CLUB**

In Term 4 Year 8 rowers join the Mitchell Club. They row in quad (Year 9) sculls and single sculls for training. Competition is in quad sculls.

Crews are selected by coaches in consultation with the Director of Coaching and Teacher in Charge of the Mitchell Club. Crews compete at regattas during the season and at the APS Head of River Regatta.

4. **CHRISTIE CLUB** (Year 8)

In Term 4 Year 7 rowers commence rowing. Emphasis is placed on learning to row in a single scull, moving from a tub (beginner) to a training scull. The rowing tank is used for skill development and ergometers are used for teaching the rowing stroke, but not for strength. Towards the end of the season there is some rowing in quad sculls.

## Captain and Vice-Captain of Boats

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Rowers are represented by a Captain and Vice Captain of the Boat Club.

The skills and personal characteristics of a Captain and Vice Captain of Boats include:

- being well organised, motivated and willing to take the time to carry out the role
- willing to be involved with junior rowers
- the respect of peers and ability to motivate and delegate
- an ability to work closely with students
- ability to set an example to fellow rowers as an athlete and also a leader. Each should embody the spirit of the club and lead by example.



## TASKS

### 1. Act as role model for rowers, in particular:

- demonstrate enthusiasm, motivation, dedication and reliability both as an athlete and as a leader
- promote an atmosphere of friendship between all levels of the Boat Club
- display correct uniform, especially wearing of caps, sunscreen, footwear, racing and training uniform
- ensure cleanliness in the Cardinal Pavilion, particularly in the change rooms, showers and gym
- assist with boat loading and unloading
- take care for Scotch College equipment.

### 2. Voice of Athletes

The Captain and Vice Captain of Boats are the voice of the student Boat Club and should have the character and confidence to represent them in feedback (positive, negative and suggestive) to the Teacher in Charge of Rowing and the Director of Rowing.

### 3. Speeches

- act as MC at Head of the River presentation dinner
- address the Boat Club at appropriate times.

## What does the Boat Club expect from a rower?

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### A rower should:

- Work hard at maintaining academic studies - good rowers are good students
- Be punctual to meetings and training - good rowers are well organised
- Leave the shed at the end of training as soon as possible - good rowers do not waste time
- Use training routines as a model for time organisation in other arenas
- Be correctly and appropriately attired for training and competition
- Follow diet and fitness advice
- Take care and responsibility for Boat Club equipment and respect the facilities provided
- Follow Boat Club rules
- Be supportive of other rowers at all levels of the Boat Club
- Be able to recognise, appreciate and applaud fine rowing performances, particularly our immediate APS competition
- Be responsible
- Represent Scotch College at the highest possible levels to the best of their ability
- Enjoy the sport of rowing. Every Scotch College crew, on the water, on the ergo, in the change room, at a regatta should set a standard for themselves and the Scotch College Boat Club.



# Diet and Nutrition

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Parents need to reinforce good dietary habits for rowers and monitor what rowers are eating and when, particularly during regattas.

Extract from Sunrice High Performance booklet titled 'Eating Strategies'

## **YOUR HIGH PERFORMANCE TRAINING DIET**

Your 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 have developed seven Sunrice High Performance Eating Strategies:

- Eat more carbohydrate
- Eat less fat
- Eat more protein
- Eat plenty of dietary fibre
- Ensure an adequate intake of vitamins
- Ensure an adequate intake of minerals
- Drink more water

# Racing and Training Uniform

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- Crews are to be commonly attired according to the following:
- Senior Crews (Open and Year 10)
- Single piece rowing suit (zootie).
- Optional short or long sleeved plain white top.
- Football socks or bare feet

## **YEAR 9**

- Single piece rowing suit (optional)
- Red rowing shorts, red Scotch singlet
- Short or long sleeved plain white top.
- Football socks or bare feet



## YEAR 8

- Red/Black shorts, red Scotch singlet or Scotch College House singlet
- Optional short or long sleeved top.

### COMMON TO ALL CREWS IN ALL YEARS

- Scotch Rowing cap (Red - not the blue Cardinal Club cap)
- Scotch College Slicker and red track pants to be worn when travelling and between races, except when directed otherwise.

### SUN SMART - PROTECTION POLICY (ROWING):

Rowers are required to wear rowing caps and apply sunblock to exposed areas of the body.

## General Training Times

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Crews will normally train three times during the week (four for the 1st and 2nd Vllls) and once on Saturdays.

Training sessions will be held before school (assemble at 6.20 am usually) or immediately after school and last for approximately two hours.

### PERSONAL BELONGINGS

There are lockers in the Cardinal Pavilion changing area. Rowers must lock their valuables away and should not leave valuables in bags.

As vigilant as we can be, there is always the possibility that valuables may be misplaced, taken accidentally or stolen. Personal combination padlocks are essential.

### CLEANLINESS OF BOATSHEDS

Students are responsible for cleanliness of the changing rooms, showers and toilets of the Cardinal Pavilion. Rubbish must go in the bins. Memorabilia can be damaged by 'horseplay' in the change rooms.



# Crew Selection Criteria

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There is no single criteria for selection in a crew.

The Scotch College Boat Club endeavours to boat the most competitive crews possible at each level.

The following criteria will be used:

- rowing technique and general boatmanship
- fitness, and progression of that, through the season
- strength
- attitude; which includes willingness to be part of the Boat Club
- efforts to improve technique and general endeavour
- performance in racing.

## **SELECTION CAN BE BASED ON A BALANCED CONSIDERATION OF THE FOLLOWING SELECTION MEDIUMS:**

- competition boat
- small boat
- ergometer
- weight training
- cross training

## **CONSIDERATION FOR SELECTION:**

1. availability - training, camps and competitions
2. technical compatibility
3. athleticism
4. attitude - training and competition
5. adaptation - ability to cope with the demands of the program
6. fitness - developed and maintained during holidays
7. injury and illness

## **NOTE:**

All crews are subject to seating changes within the boat at any time. All crews are subject to personnel changes in and out of the boat at any time. The crew coaches and the Director of Rowing will make crew selections. Ultimate responsibility is with the Teacher in Charge of Rowing. In the final ten days before the Head of the River, crews will normally be regarded as settled unless there are exceptional circumstances.

## **COMMUNICATION OF SELECTION CHANGES TO ROWERS**

If rowers are moved among crews it must accord with selection policy. Selection decisions should be made at coaches meetings. Each rower must be spoken to about the move and understand why it is occurring.



# Crews, Classifications and Entry

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The actual number of crews can vary slightly from year to year depending on the number of rowers. In recent years the number of crews competing at public regattas is about 22.

## OPEN AND YEAR 10 VIIIS

<b>CREW</b>	<b>SCHOOL VIII</b>	<b>ROWING VICTORIA/APS</b>	<b>DISTANCE EVENT (METRES)</b>
1st VIII		Division 1 Under 21	2000
2nd VIII		Division 2 Under 19	2000
3rd VIII		Division 3	2000
4th VIII A/B		Division 3	2000
3rd VIII		Division 3 (APS)	2000
4th VIII A/B		Division 4 (APS)	2000
Year 10 A		Yr 10 Division 1	2000
Year 10 B		Yr 10 Division 2	2000
Year 10 C/D/E		Yr 10 Division 3	2000

<b>CREW</b>	<b>QUAD SCULL</b>	<b>BOAT TYPE</b>	<b>DISTANCE (METRES)</b>
1	Division 1	Racing	1000
2	Division 1	Racing	1000
3	Division 1	Racing	1000
4	Division 2	Racing	1000
5	Division 2	Racing	1000
6	Division 2	Regulation	1000
7	Division 3	Regulation	1000
8	Division 3	Regulation	1000
9	Division 3	Regulation	1000
10	Division 4	Regulation	1000
11	Division 4	Regulation	1000
12	Division 4	Regulation	1000
13	Division 4	Regulation	1000

(APS Regatta denotes A, B & C down for race grades)



# Regattas

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Regatta courses vary from river courses (eg Yarra) to specific purpose six lane courses such as Carrum. Each course has its own idiosyncrasies, this can be reflected in:

- number of crews in a race (usually from three to six)
- distances for races (eg 1000 metres or 2000 metres)
- 'perceived' fairness of particular lanes depending on conditions.

Parents are of course welcome to attend any of the regattas during the season. Simply look for the Cardinal Club tent on the river bank.

## Regatta Locations

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Key regatta courses are:

### **CARRUM**

- Location:* National Water Sports Centre Patterson Lakes, Carrum
- Directions:* South Eastern Freeway, Blackburn Road exit, Blackburn Road Princes Highway, Westall Road, Springvale Road, Wells Road, Thames Promenade, Riverend Road. Approx one hour from Scotch College
- Melways Reference:* 97 K3
- Maximum length and Course:* 6 lane (2000 metre course)

### **BARWON**

- Location:* Barwon River, Geelong
- Directions:* Via Westgate Bridge, Princes Highway. Barwon Terrace and Moorabool Street. Approx one and a half hours from Scotch College
- Melways Reference:* 228 B7
- Maximum length and Course:* 4 lane river course 1500 metres



## **NAGAMBIE**

- Location:* Nagambie Lakes, Nagambie (Shepparton).
- Directions:* Hume Freeway (exit after Seymour) then Goulburn Valley Highway exit to Nagambie. Approximately two hours from Scotch College
- Melways Reference:* 521 H9
- Maximum length and Course:* 6 lane, 2000 metres

## **YARRA**

- Location:* Henley Course, Jefferies Parade, Melbourne. 2000 metre start is adjacent to upstream of Punt Road Bridge, finish is Henley Staging upstream of Princes Bridge.
- Melways Reference:* 2F K7
- Maximum length and Course:* 2, 3 or 4 lane, river course, 2000 metres

## **CREW IDENTIFICATION**

RV races are identified by a letter, and each crew has a lane number. The bow of each boat is required to show the appropriate (race) letter and (lane) number. eg. F5 would be race F and lane 5.

## **Information on the Web**

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Find out about more Scotch College Rowing and Regatta Program and dates for 2009-2010 on:

- The Web:* <http://www.Scotch.vic.edu.au/Sport/Rowing/Rowing.htm>
- Learning Point:* intranet.scotch.vic.edu.au also contains up to date information. Go to rowing via the Co-Curricular Activities Section.
- Cardinal Club:* <http://www.cardinalclub.com.au>
- Rowing Victoria:* <http://www.rowingvictoria.asn.au>
- Rowing Entry:* <http://www.roms.rowingaustralia.com>



# Rowing camps

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Two rowing camps are held in the summer holidays.

## **DECEMBER CAMP - SCOTCH COLLEGE**

Two Day: Saturday and Sunday, weekend after Correction Day. This camp is for Open, Year 10 and Year 9 rowers. Selection for the January camp for Open and Year 10 crews and reserves.

## **JANUARY CAMP - GIPPSLAND - SENIOR CREWS**

Open and Year 10 2000m crews:

Begins in the week prior to the week school begins.

The normal schedule is:

Day 1	1st and 2nd VIII	depart	Sunday 17 January
Day 4	Open and Year 10 VIII	depart	Thursday 21 January
Day 10		Return to Melbourne	Tuesday 26 January

## **JANUARY CAMP - SCOTCH COLLEGE - JUNIOR CREWS**

Two days prior to Term 1 commencement or first weekend after commencement of Term 1.

# Fees and Charges

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## **ROWING CAMPS**

Boys are expected to participate in rowing camps at various times during the year. A fee is charged to cover the cost of accommodation, transport and food for those camps outside Melbourne.

If boys are required to use overnight accommodation prior to a regatta, a fee will be charged to cover the cost meals and accommodation.



## Breakfasts

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Breakfast is provided after morning training sessions throughout the season. The aim of providing breakfast is to ensure that each boy goes to school with a nutritious meal designed to meet the needs of an active participant in a physically demanding sport.

The meals have been designed taking the advice of an expert nutritionist and it is expected that all boys will partake of the breakfast. The food is prepared by parents and volunteers.

Each rower will be charged a fee for the breakfast based on his year level at school. The fee is designed to recoup the cost of the meals. The fees will be added to the January and April school accounts.

## National Championships and Interstate Travel

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Some boys will compete at the National Championships and other regattas inter-state. A fee will be charged to recoup the costs of travel, food and accommodation in those cases.

## Water quality and the Yarra River

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Rowers are advised of the risks of infection from coming into contact with river water. This risk is far greater in times of heavy rain with water from drains.

Contact with the water should be kept to the barest minimum at all times given the nature of the sport. Water bottles that come into contact with river water need to be cleaned thoroughly. Scullers who fall into the water are to come back to shore and shower immediately.

## Information from Rowing Victoria

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Rowing Victoria is aware that there are health issues associated with rowing on Victorian water ways.

Rowing Victoria recommends that any members participating in rowing on the Yarra River understands that there are health risks associated with the consumption of Yarra water. Therefore, Rowing Victoria does not recommend that any members consume or swim in the Yarra and that good hygiene is practiced after every training session.



Hygiene suggestions are:

- Wear flip-flops/thongs at all times outside of the boat
- Wear socks whilst rowing
- Regularly wash equipment with warm soapy water
- Clean oar handles after every training session
- Keep training clothes separate
- Wash training clothes after every session
- Shower immediately after every session
- Use antibacterial soaps
- Keep hands and feet clean
- Protect open wounds

The Environment Protection Agency of Victoria does state that the Yarra is suitable for rowing, kayaking and other similar activities.

## Sun Smart - Protection Policy (Rowing):

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Hats/caps should be worn for training apart from early morning sessions.

Rowers are required to wear rowing caps and apply 'sunblock' to exposed areas of the body. Long sleeved tee-shirts are strongly recommended for crews during training.

Hats/caps are not compulsory whilst racing at regattas, this is a crew and coach decision.

At rowing camps rowers are encouraged to wear clothing that maximises sun protection for the time of day and type of training they are doing. Collared tops and long sleeve tops for example are preferred over the 'normal' racing zoot suit.

## Registration of Coxswains

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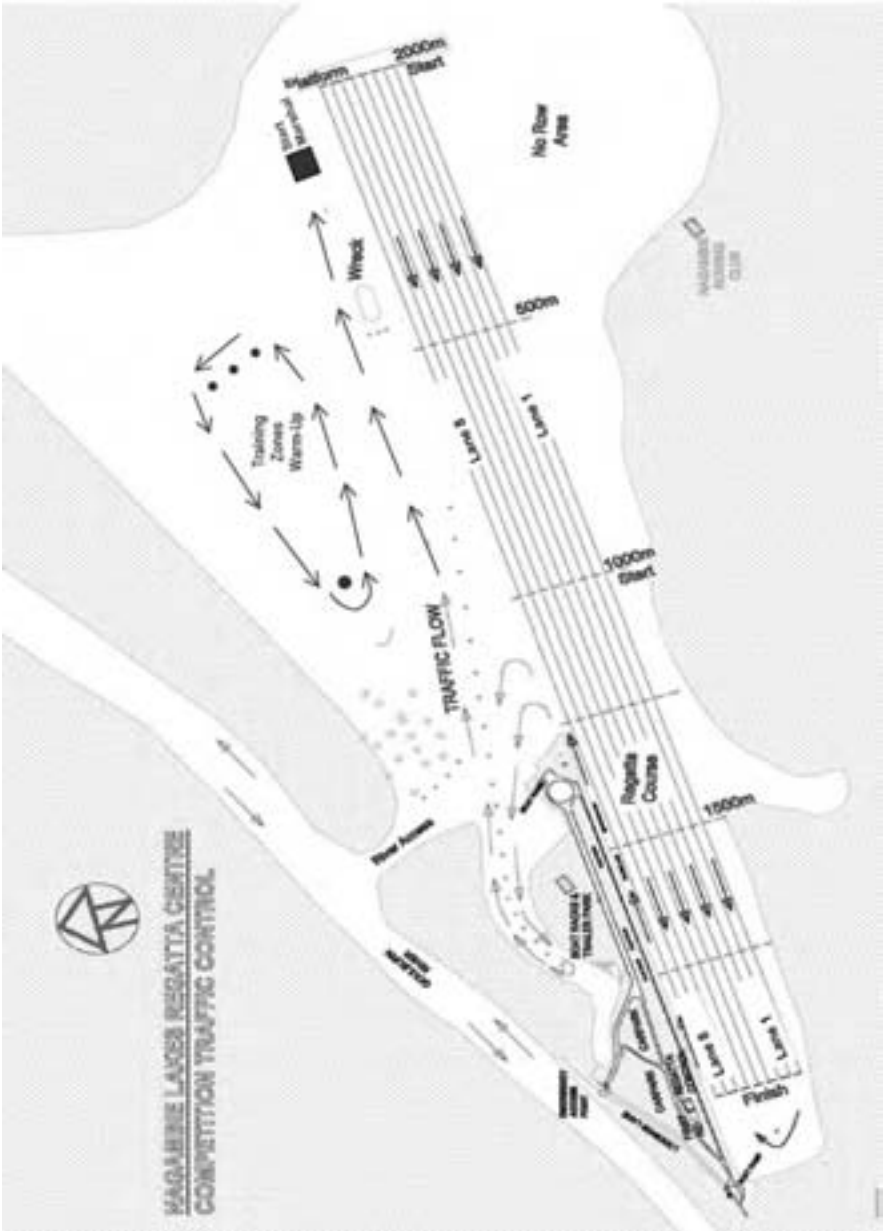
As of October 2009 Rowing Victoria (in accordance with Marine Safety Legislation) has made Level 1 Good Coxswain accreditation compulsory for all coxswains within Victoria.

Experienced coxswains (those with two or more years of coxing) can make an application for Recognition of Prior Learning (RPL). This also requires a pass mark (35 or above) in the Good.

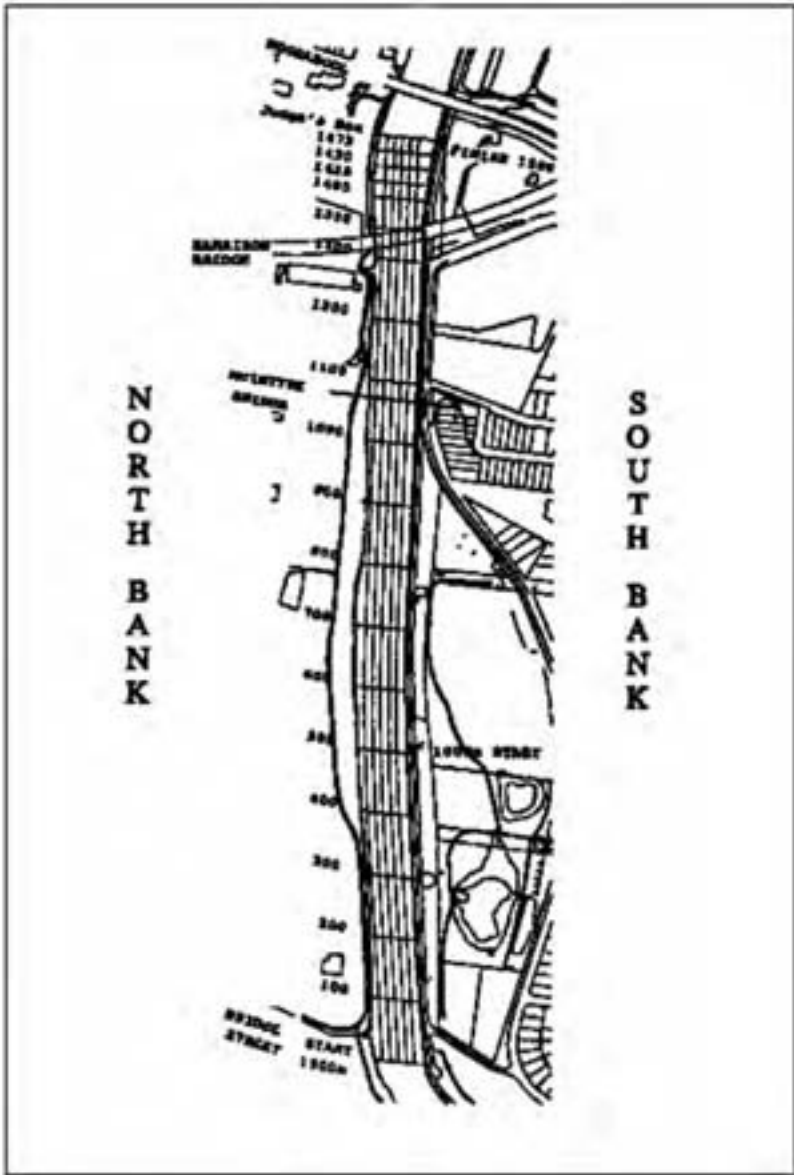
Other coxswains must complete a 'Good Coxswain Course' and pass the Coxswain online assessment, demonstrating a sound knowledge of the key principles covered in the Level 1 course.



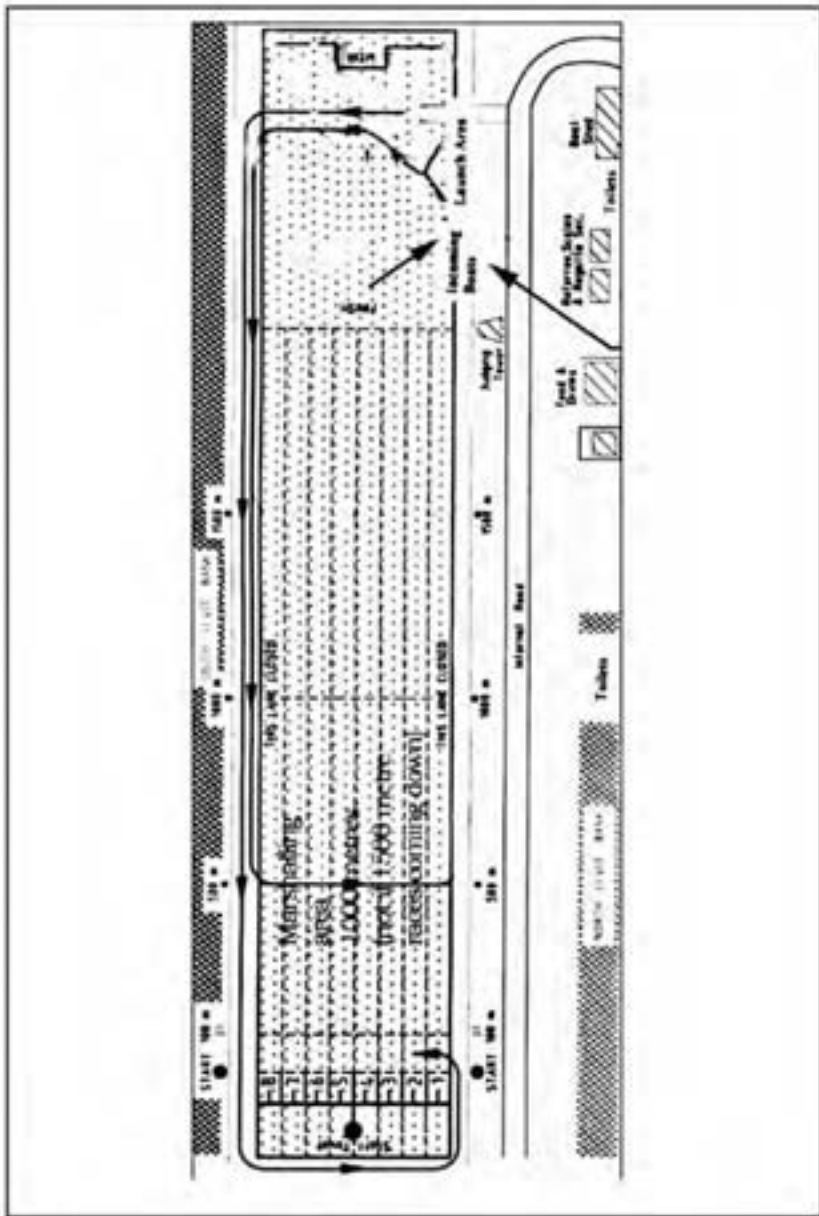
# The Nagambie Course



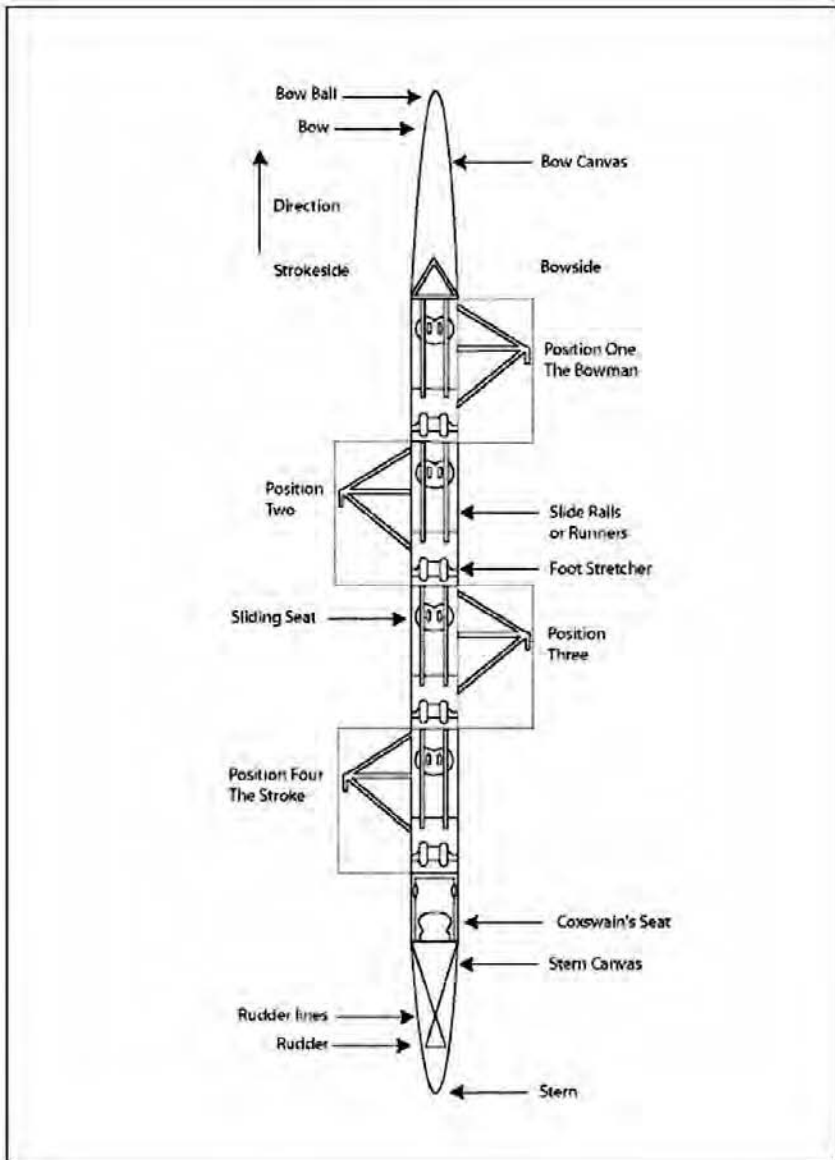
# The Barwon River Rowing Course



# The Carrum Rowing Course



# Diagram of Four



# Regatta Season

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## 2009

<b>NOVEMBER</b>	2nd – 3rd	Melbourne Cup Weekend	No Rowing
	Sat 7th	Year 8 Rowing (current year 7s) begin rowing	Year 7/8 Coaches
	Sat 7th	Barwon Head Race - Barwon River Possible	1st & 2nd Crews
	Sun 8th	Colac Regatta - Barwon River	1st & 2nd Crews
	Sat 21st	Melbourne Head Race - Yarra River	Senior and Year 10
	Sat 28th	Head of the Yarra - Yarra River	Senior and Year 10
	Sat 28th – Sun 29th	Rowing Camp - Yarra River (combined with Head of the Yarra)	Senior, Yr 10, Yr 9 Quads

## 2010

<b>JANUARY</b>	Sun 17th	January Rowing Camp - Tambo River (1st & 2nd)	1st and 2nd Crews
	Fri 22nd	Crews depart Tambo River	3rd, 4th, 5th, 10A-E
	Tue 26th	Rowing Camp Concludes - Return to Melbourne	
	Sat 30th - Sun 31st	Year 9 Rowing Camp AM - both days, 6.15 to 11.00am	Year 9
	Sat 30th	Barwon Regatta - Geelong	Senior & Year 10

<b>FEBRUARY</b>	Sat 6th	Wendouree Ballarat Regatta - Nagambie Lakes	Senior & Year 10
	Sat 6th	NSW State Titles Regatta - Penrith NSW	1st and 2nd VIII
	Sat 13th	RV Schools Regatta - Barwon	Year 9
	Sat 13th	Vic State Championships Regatta - Nagambie	Senior and Year 10
	Sat 20th	APS Regatta - Carrum	Senior, Year 10 and 9
	Sat 20th	Australian Henley Regatta - Yarra River	1st, 2nd & 10A
	Sat 27th	Scotch Mercantile Regatta (incl. Junior State Champs) Nagambie	Senior & Year 9



<b>MARCH</b>	1st – 7th	Australian National Championships and Kings Cup Regatta - Nagambie	1st, 2nd, 10As
	Fri 19th	Head of the River Regatta - Nagambie	1st and 2nd VIII
	Sat 20th	Head of the River Regatta - Nagambie	All crews
<b>NOVEMBER</b>	Sat 28	Rowing Camp at Scotch	Senior and Year 9
	Sun 29	Rowing Camp at Scotch	Senior and Year 9

## Scotch College Rowing Officials

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Director of Rowing	<b>TOM WOODRUFF</b>
Teacher in Charge of Rowing	<b>TOM BOWEN</b>
Head Boatman	<b>JOSHUA FRICHOT</b>
Assistant Boatman	<b>BOB LACHAL</b>
Christie Club (Year 8)	<b>LIBBY MOORE, KATRINA STALKER DOUG GALBRAITH, GEOFF DANS</b>

## Rowing Victoria

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### BOAT RACE OFFICIALS

Clubs and schools entering Rowing Victoria Regattas are required to supply a certified Boat Race Official (BRO) to assist in the conduct and running of the Regatta. It is a way of further understanding the sport as well as make a contribution to Scotch Rowing. Training can be conducted on-line at the Rowing Victoria website: <http://www.Rowingvictoria.asn.au>



# The Cardinal Club

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## OBJECTIVES

To:

- support rowing at Scotch College through the Scotch College Boat Club.  
This is done by fundraising activities, which contribute to facilities, equipment and expenses, coaching on request, riverbank support.
- Provide the opportunity for Old Scotch Collegians and members of the Scotch Family to row, both socially and competitively.
- Promote Cardinal Club activities and rowing related events or items of interest via a Newsletter and other Scotch College publications.
- Promote within the Cardinal Club a social/reunion program for Old Boys, parents and members of the Scotch Family
- Maintain a close relationship with the School through regular contact with the personnel in charge of rowing at the School.

## COMMITTEE LIST FOR 2009/10

President	<b>CATHY EMMETT</b>	9699 8069
Vice President	<b>GEOFF BELL</b>	9486 3066
	<b>CRAIG COOPER</b>	9486 3066
Immediate Past President	<b>CRAIG COOPER</b>	9500 0150
Secretary	<b>STUART BEAR</b>	9807 5961
Treasurer	<b>CRAIG COOPER</b>	9500 0150
Yr 12 Co-ordinator		
Yr 11 Co-ordinator	<b>JAMES DOUGLAS</b>	
Yr 10 Co-ordinator	<b>JOHN TIVEY</b>	
Yr 9 Co-ordinator	<b>ANN ADAMS</b>	9882 8780
Yr 8 Co-ordinator		
Merchandise	<b>EDWINA DIXON</b>	9885 7154
Social events		
Breakfasts	<b>KAYE AUTY</b>	
Sunday Rowing	<b>PHILLIP WRIGHT</b>	9830 4839



# Social program 2010

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## **BOAT CLUB COCKTAIL PARTY**

## **CARDINAL CLUB AGM**

Cardinal Pavilion

## **ROWING INFORMATION EVENING**

Cardinal Pavilion

Enquiries regarding social events can be made to Cathy Emmett on 9669 8069  
or [emmetts@bigpond.net.au](mailto:emmetts@bigpond.net.au)

## Membership

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FAMILY LIFE	Entitles all nominated members of the family to \$250 all membership benefits if taken out whilst a son at Scotch, and one mailing address
ADULT LIFE	Open to any member of the Scotch Family, and \$150 entitles to all membership benefits.
ACTIVE LEVY	This is an additional fee, for insurance purposes, \$75 for Old Boy or Scotch Family Cardinal Club members who wish to compete under the Cardinal Club. Plus Rowing Victoria Oarsman fees

### **MEMBERSHIP BENEFITS**

- Members discount of up to 10% for purchases from extensive range of Cardinal Club merchandise and 'Special Offers'.
- Members discount price to most Cardinal Club functions.
- Priority access to all Cardinal Club functions replied to by due date.
- Priority access to Head of River car parking and lunch catering.
- Email notification of Scotch Rowing and Cardinal Club events.
- Newsletter at least twice a year (post or email).
- Invitations to rowing reunions, cocktail parties and other social events.
- Social rowing on Sunday Mornings for eligible members.

**Membership enquiries can be directed to any of the committee or forward details and payment to:**

Membership Officer  
The Cardinal Club Inc  
1 Morrison Street, Hawthorn 3122  
Email: [cardinals@scotch.vic.edu.au](mailto:cardinals@scotch.vic.edu.au)



# Sunday Rowing

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One of the benefits of membership of The Cardinal Club is the opportunity to take part in leisure rowing activities organised by The Cardinal Rowing Club.

The Cardinal Rowing Club operates under the umbrella of The Cardinal Club Inc. and is affiliated with Rowing Victoria. All members of the Cardinal Club are eligible to take part in Sunday Rowing activities. A separate joining fee is levied (\$100 per annum 2009/10) and membership of the Cardinal Club is mandatory before joining the Cardinal Rowings. The annual subscription goes towards insurance costs, contributing to purchase of equipment and an end of year function.

Cardinals Rowing is open to all old boys and parents who are members of the Cardinal Club, no matter what standard of rowing they have achieved. Rowing sessions are held on Sunday mornings between 8.15 am and 10.00 am. Some limited sculling is available to experienced members on Thursday evenings. Coaching for beginners is organised on the first Sunday in each month and on other Sundays as arranged. Children (over the age of 12 years) of Cardinals Rowing members are welcome on Sundays with their parents but coaching is not provided and they must remain the responsibility of their parents.

Cardinals Rowing competes in a number of events during the year including the annual Wellington Cup at Sale, the Saltwater Classic at Essendon, the Royal Flying Doctor Service Rowathon on the Murray, the Melbourne Head, the Head of the Yarra and Australian Masters Championships. Accordingly, some Sunday Rowers choose to develop their skills and fitness to a point where they can compete in these events whilst others are content with a Sunday morning 'social row'. Entry into all of the above events requires payment of separate race entry fees and membership fees to Rowing Victoria. Cardinal Rowings is most fortunate to be able to use the SCBC facilities and equipment and whilst Sunday Rowing takes place all year round, its competition season is generally restricted to the schoolboys' off-season ie. April - October each year.

For any enquiries concerning Sunday Rowing please contact Philip Wright 03-9830 4839 or 0412 257 290.



# Cardinal Club

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## APPLICATION FOR MEMBERSHIP

Given Name	Surname	
Address		
Suburb	Postcode	
Partner's Name		
Telephone Home	Bus	Mob
Occupation	Email	
Last Year at Scotch: <i>(if applicable)</i>	Crew <i>(if applicable)</i>	

### I CAN ASSIST WITH (please circle)

- Fundraising Yes / No
- Donating goods Yes / No

### I AM INTERESTED IN (please circle)

- Cardinal Cocktails Yes / No
- Sunday Rowing (8:30 am) Yes / No
- Coaching Novice Crews Yes / No
- Committee Yes / No

### TYPE OF MEMBERSHIP (please underline)

- Family Life\* \$250
- Single Adult Life \$150

\* Family Membership includes Partner and full-time student children

Please list all names and date-of-birth and expected Year 12 on reverse side of application form

PLEASE MAKE CHEQUE PAYABLE TO THE CARDINAL CLUB INC.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please forward to: The Secretary Cardinal Club Inc  
C/- Scotch College Melbourne 1 Morrison Street Hawthorn 3122

*Confirmation of membership will be sent. You will also receive copies of the newsletter.*



## SCOTCH COLLEGE BOAT CLUB

### Parents' Handbook 2010

SCOTCH COLLEGE MELBOURNE  
1 Morrison Street, Hawthorn 3122

SCOTCH COLLEGE ROWING:  
<http://www.Scotch.vic.edu.au/Sport/Rowing/Rowing.htm>

CARDINAL CLUB:  
<http://www.cardinalclub.com.au>

ROWING VICTORIA:  
<http://www.rowingvictoria.asn.au>

ROWING AUSTRALIA:  
<http://www.rowingaustralia.com.au>



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