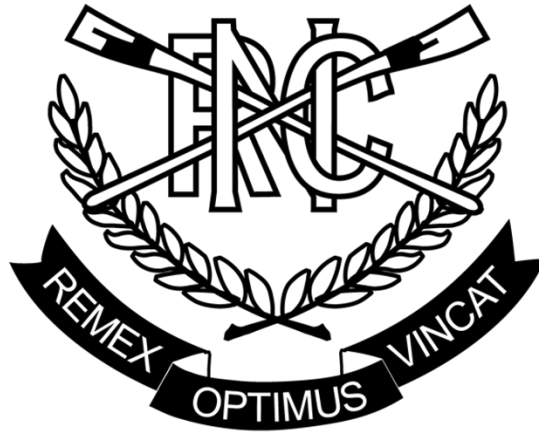


Nepean Rowing Club



NEPEAN ROWING CLUB

Rower's Handbook

2023/2024

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Introduction

The Nepean Rowing Club Rower's Handbook has been created to provide all of the important information that is concerned with Nepean Rowing and it should be read in combination with the Rowers Manual. It is hoped that this document provides a good overview of what Nepean Rowing Club is all about, however specific details may have been missed. Certain details will be updated from time to time, and members will be notified of such changes. Any questions that may arise from reading this document, may be directed to the Rowing Coordinator.

Overview

Situated on one of the finest rowing courses in the world, the goal of Nepean Rowing Club is to facilitate rowing for people of all levels. We are aiming to expand our numbers and we continue to allow members to achieve their individual goals. To achieve this, we must all work together. A culture where all members contribute and in turn all benefit from the hard work must exist to allow the club to continue to grow. Our coaching staff under the guidance of the Rowing Coordinator allows rowers to achieve great heights.

We aim to facilitate rowers from learn to row right through to elite level rowing. We have many different programs to suit everyone's needs.

Current members will be notified during renewal time what category they will be eligible for. If you have any questions, please feel free to contact the Rowing Co-ordinator.

Administrative Issues

Personnel

Captain

Jason Waddell

The Captain is the board member that is responsible for all rowing matters within the club and is also the club's representative for the NSW Rowing Association.

Vice-Captain

Hugh Harrold

The Vice-Captain works with the Captain to ensure the smooth running of the rowing program.

Rowing Coordinator

Daniel Waddell

The Rowing Coordinator oversees the entire rowing program in consultation with the board and works with all members to ensure the smooth running of the program.

Coaches

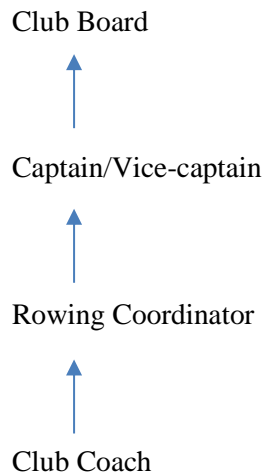
Each coach works together, applying the training program to the rowers in their care in a manner consistent with their age and development.

Coaches must all apply each season: Appendix 1

Contacts

Captain	Jason Waddell	0413 077 712 jason@nepeanrowingclub.com.au
Vice-Captain	Hugh Harrold	0481 601 007 hugh@nepeanrowingclub.com.au
Rowing Coordinator	Daniel Waddell	0403 743 189 daniel@nepeanrowingclub.com.au

Protocol for Contacts



- At first instance issues should be raised to a Club coach
- If the Club coach cannot correct the issue, they will report it to the Rowing Coordinator
- If the Rowing Coordinator cannot correct the issue they will report to the Captain/Vice-Captain
- The Captain/Vice-Captain will work together to solve any issues
- If unable to do so, they will go to the board to achieve a solution

Other Administration

Payments

Payment for club fees can be made in two ways:

- Bank transfer. You must notify us via email if you pay via bank transfer.
- Money in a labelled envelope to be given to the club office or Rowing Co-ordinator

Bank Details

Nepean Rowing Club Ltd
Bsb 062589
Acct: 1042 8864

Uniforms

All clothing orders will be done bi-annually, all members will be notified when we are doing the order.

Appendix 2: Uniform Order Form

Zooties: We will periodically organise orders through Bont Rowing and we will notify members when we are doing this. School aged rowers may also organise with their school a zootie for school racing.

Rowing Camps

We will be holding camps throughout the year with the majority running during school holidays. We will be running club and high-performance camps that will sometimes run together but also separately.

Appendix 3- NRC Camps 2022.23 Information

Nepean Events

- Rowers and parents will be asked to help where required for these events
- Jobs include: tinny drivers and pontoon staff
- We traditionally hold two Head races per year, normally held between August and October
- More details will be sent out closer to each event

Regatta Information

Appendix 4- General Regatta Day Information: use this as a guide to understand what is involved in competing in a regatta.

Entering events

At the start of the season, a google sheets link will be sent out. Rowers must put their names down on sheets, no later than 2 weeks before a regatta they want to attend. Once entries are confirmed a notice containing information including boat loading, seat fees, and other necessary information will be sent to all participating rowers.

School regattas

Junior club and development rowers will have the opportunity to represent their school during the season. Some regattas will require permission slips to be completed by schools. Rowers may also wish to organise a school zootie to use for these events. If you have any questions about competing for your school, please contact the Rowing Co-Ordinator.

Regatta day attire

All rowers must wear their Nepean zootie for racing. Rowers must also wear a Nepean shirt or other appropriate Nepean gear on regatta days.

Regatta Schedule

The planned 2023-24 schedule for Nepean rowers will be sent out when RNSW publishes the calendar for the season.

Regatta Costs (TBC from RNSW)

Non-SIRC Club regattas: \$14.50

SIRC Club regattas: \$20.50

NSW State Championships: \$30.40

Open National Championships: \$55

Masters National Championships: \$45

Costs are per seat/race

Club Awards

Maurie Reddan OAM president's Trophy

This award is given to the Nepean rower who gains the most points from the season's regattas.

Bruce Neale Trophy

This award is given to the rower who is seen as having improved the most throughout the season.

Baden King Trophy

This award is given to a rower who exhibits special achievement and effort.

Lloyd Death Memorial Trophy

Awarded to the most successful coxswain of the year.

Ken Henson Memorial Club Person of the Year Trophy

Awarded to a person who exhibits exemplary club spirit.

Terry Baskett Memorial Trophy

Awarded to the most successful rower who is competing for their first season.

Ralph Rylance Memorial Trophy

Awarded to the most successful school rower in that season.

Dick Willis Oarsman of the year

Awarded to the highest achieving male rower of the season

Lyn Edwards Oarswoman of the year

Awarded to the highest achieving female rower of the season

Rowing Funding

Nepean Rowing Club

The licensed club will primarily support the program by providing a full-time Rowing Co-ordinator to manage the program. However, they heavily subsidise the overall program to allow rowing to be affordable for members.

Membership Fees

Membership fees will go directly towards the running of the rowing program. The registration fee is broken down into what goes directly to the club to cover costs and then what goes to RNSW for membership and the affiliation association fees.

A weekly rate will be charged for members joining after September 1st (\$20 per week).

Appendix 5: Membership Application

Membership is valid for the year starting 1 May and ending the following 30 April. Membership does not run for 12 months from joining.

1	Junior Rowing Membership	
	Development May 1 st 2023 – April 30 th 2024	\$1000 \$800 (NRC) + \$200 (RNSW)
	Club May 1 st 2023 – April 30 th 2024	\$1000 \$800 (NRC) + \$200 (RNSW)
	Social Joining fee and sessions are paid weekly	\$100 (RNSW) + \$20 per week
2	Senior Rowing Membership	
	High Performance May 1 st 2023 – April 30 th 2024	\$1000 \$800 (NRC) + \$200 (RNSW)
	Club May 1 st 2023 – April 30 th 2024	\$1000 \$800 (NRC) + \$200 (RNSW)
	Social	\$100 (RNSW) + \$20 per week
	Private Boat Owner May 1 st 2023 – April 30 th 2024	\$1000 \$800 (NRC) + \$200 (RNSW)
	Honorary Social May 1 st 2023 – April 30 th 2024	\$900 \$800 (NRC) + \$100 (RNSW)
3	Other	
	Gym membership – please contact the captain for the application. May 1 st 2023 – April 30 th 2024	\$600
	Casual visits (rowing or gym)	\$20 per visit

Donation

We welcome any donations made by members or supporters of our program. All donations are appreciated and go directly towards the running of the program and can be made through our ASF page.

Fundraising

We have begun to explore different means to raise funds to support the rowing program. We will update members throughout the season when we are running initiatives.

Rowing Club Raffles

Rowing raffles provide an opportunity for rowers to subsidise through membership fees. This is not compulsory but provides an opportunity for rowers to directly put the raised funds towards their membership fees. The Vice Captain will coordinate this new process and will answer any questions members may have.

Appendix 6: Club Raffles Explained

Sponsorship

We have setup business packages and will be seeking businesses support. In return we will provide exposure for the business.

Please get in contact if you know a business that may be interested in supporting us.

Appendix 7: Sponsorship packages

Corporate days

We can cater for businesses wanting to have a rowing experience while supporting our rowing program. Please get in contact with us if you are interested.

Appendix 8: Corporate Rowing

Programs- Explained

Learn to Row

This program is setup as the first step in our pathway into rowing at Nepean. Sixty-minute group sessions in tub singles introduces individuals to the sport and allows them to see if they wish to continue with the sport in the future. There is no obligation to join the club after doing these sessions and membership is paid on top of any sessions you participate in. This is a pathway to rowing and we only require individuals to do a minimum of 3 sessions before moving onto the next step.

Appendix 9: Learn to Row

Social Rowing

This program caters for individuals wanting to enjoy the sport of rowing but do not wish to compete. Weekly group sessions held in tub singles will be the main component of the program. Participants over 18 can utilise the gym.

Club Rowing

Junior and Senior

This program is selective, and an erg time must be met in order to be selected into the program, see rowers manual for times. The below sets out the main entitlements of club membership:

- Rowing sessions: Monday and Wednesday 4:30-6:30pm and Saturday and Sunday 10-12pm
- Land session: Friday 4:30-5:30pm
- The junior squad is capped at 15
- No rowing sessions will be held from 16th April- 1st June 2023
- Monthly erg testing
- Must compete in regattas
- Must complete 4 sessions in total per week at rowing or home
- Must train hard and be training to compete
- Gym usage: Anytime outside of session times for over 16's
- Holiday training camps. Details will be sent out closer to each camp

Appendix 10: Rowing Contracts

Development Rowing

This is a squad for high-performing junior rowers who are aiming to compete at state and national level events. This is a selective squad.

High-Performance Rowing

This is a squad for high-performing senior rowers who are aiming to compete at state and national level events. This is a selective squad.

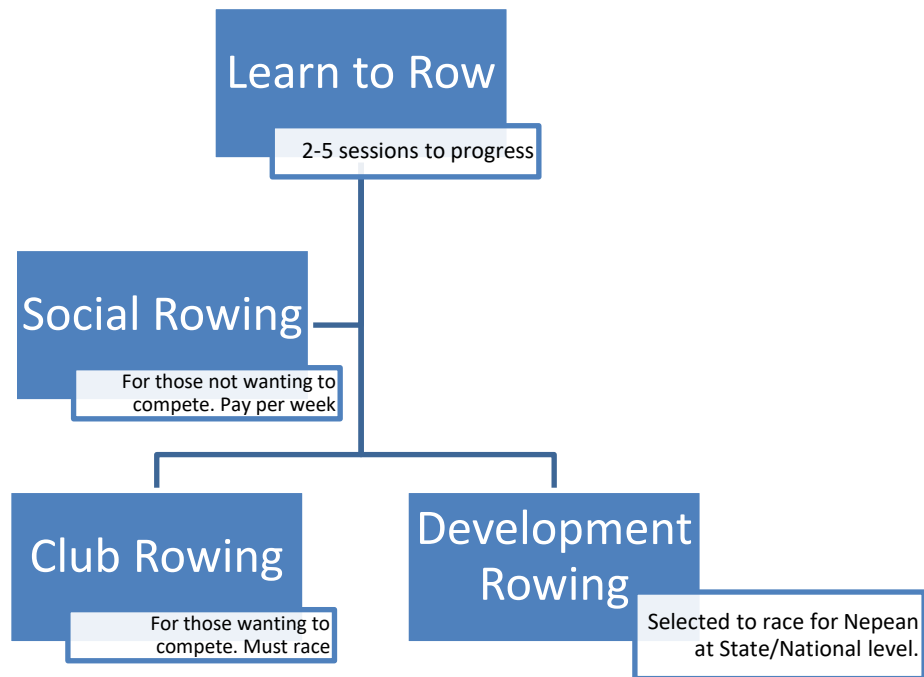
- Unlimited rowing sessions per week
- Individualized training program- this will be performed through google sheets
- Extended training camps during school/university holidays

Appendix 10: Rowing Contracts

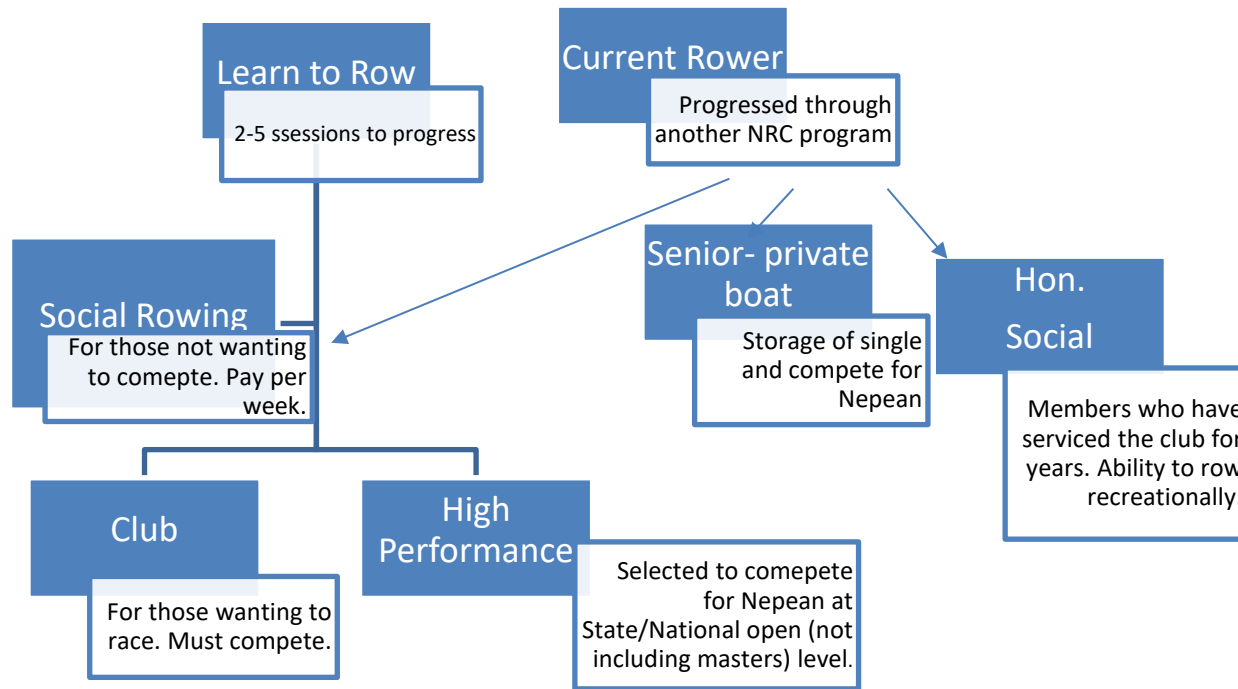
Rowing at Nepean

Pathways

Junior



Senior



Rowing Programs

Learn to Row

	Cost Per Session	Active Kids Voucher	Number of Sessions	Purpose	Age	Coaching
General	\$30	No	2-5	Provides individuals with the fundamental skills in small boats to progress to social or competitive stream	9+	Work closely with a coach to learn the fundamentals of the sport.

Social

	Registration fee (June-May)	Class/Monthly Cost	Active Kids Voucher	Number of Sessions	Purpose	Age	Equipment/Facility Use	Coaching	Racing
Social Classes	\$100 (RNSW)	\$20 per week	Yes	Saturday and Sunday 10-12pm	Provides individuals with coached sessions and enables them to enjoy the sport recreationally	10+	Use of shed facilities under the direct supervision of coach	Club coaching	No
Honorary Social Member	\$100 (RNSW)	\$800 per year: May-April	N/A	Completed in own time. May be invited to club sessions	Provides long-serving members who have supported the club with the opportunity to row socially.	18+	Use of allocated equipment. Possibility of single storage to the discretion of Rowing Captain	No coaching unless invited to club session	No

Club	Registration fee (June-May)	Monthly/ Yearly Cost	Service/ Donation	Active Kids Voucher	Number of Sessions	Purpose	Requirements	Age	Equipment/Facility Use	Racing
Senior	\$200 (RNSW)	\$800 per year May-April	Yes	N/A	Must complete a minimum of 4 sessions per week at rowing or in their own time.	For those wanting to train hard and compete in rowing.	Selective, must race, monthly erg testing, compete in crew and selected for singles.	17+	Use of shed facilities and gym during club sessions and outside of sessions if over 18.	Yes
Senior- private boat	\$200 (RNSW)	\$800 per year: May-April	Yes	N/A	Completed in own time. May be invited to club sessions.	For those wanting to compete in rowing.	Selective, must race in single and complete monthly erg testing.	17+	Use of private single at any time and gym outside of sessions if over 18.	Yes
Junior	\$200 (RNSW)	\$800 per year May-April	Yes	Yes	Must complete a minimum of 4 sessions per week at rowing or in their own time.	For those wanting to train hard and compete in rowing.	Selective, must race, monthly erg testing, compete in crew and selected for singles.	13-16	Use of shed facilities and gym during club sessions.	Yes

High Performance/ Development

	Registration fee (June-May)	Monthly/Yearly Cost	Service/ Donation	Active Kids Voucher	Number of Sessions	Purpose	Requirements	Age	Equipment/Facility Use	Racing
Senior HP	\$200 (RNSW)	\$800 per year: May-April	Yes	N/A	Unlimited rowing and gym sessions	For those aspiring to be elite level rowers. Must be selected into squad	Must be selected or show potential to race at State/National level	17+	Use of shed facilities and gym during club sessions and outside of session times to discretion of Rowing Captain	Yes
Junior Development	\$200 (RNSW)	\$800 per year: May-April	Yes	Yes	Unlimited club rowing and gym sessions	For those aspiring to be elite level rowers. Must be selected into squad	Must be selected or show potential to race at State/National level	12-16	Use of shed facilities and gym during club sessions	Yes

Draft Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	Rowing-HP 6:45-9am Rowing- LTR 9-10am	Rowing-HP 6:45-9am Rowing- LTR 9-10am
PM	Rowing- Club Junior/Senior, Development and HP 4:30-6:30pm	Land- Club Junior/Senior, Development and HP 4:30-5:30pm	Rowing- Club Junior/Senior, Development and HP 4:30-6:30pm	OFF	Land- Club Junior/Senior, Development and HP 4:30-5:30pm	Rowing- Club, Development, HP, Social 10:15-12:15pm	Rowing- Club, Development, HP, Social 10:15-12:15pm

Facilities

Gymnasium

Our fully equipped gymnasium is located under our licensed club. Our gymnasium is available to all competing members in club session or anytime if over the age of 16. The gym is fully equipped for off water training and general strength and conditioning.

Our gym contains eight ergometers, a watt bike, dumbbells, Olympic weights, benches and squat racks.

There are cameras, an alarm and emergency button for the safety of members. Members needing access to the gym must discuss access with the rowing coordinator. If the emergency button is triggered falsely, members will be liable.

All equipment is regularly maintained and any issues regarding damaged equipment should be reported immediately to your coach.

Boat Shed

The main Nepean boatshed is located adjacent to the licensed club. The boatshed houses all our rowing boats and oars.

The school's boatshed which is located next to the club also houses Nepean equipment along with other club's equipment.

The Nepean boatshed is armed and can only be accessed by coaches and rowers that are given the code to allow them to row outside of session times as per the membership terms.

Boats

A list of all Nepean boats is attached. Each boat is classified into a category to ensure appropriate individuals' row appropriate boats.

Appendix 11- Boat list

Rowing boats and oars are very expensive pieces of equipment and should be treated with respect. Any issues regarding equipment should be directed to your coach.

Appendix 12- Boat naming procedure

Storage of Private Boats

We only provide extremely limited storage, and we will not be taking on any new members' boats. We reserve the right to only accept the storage members' boats we choose, and this is not able to be reviewed or questioned. No responsibility is taken for private equipment whilst stored in our sheds.

Appendix 13- Boat Storage Form

Safety

Lights

All Nepean members must have lights on their boats when rowing before sunrise or after sunset.

Failure to do so will result in appropriate actions being taken by the Club Captain.

Members are required to bring their own lights and only limited club lights are available for members use.

Gym and Boat Use

All members aged sixteen and above may use the gym outside of coached sessions. However, coached sessions take priority over non-coached sessions. A timetable detailing the weekly sessions is available on sheets. If you have any issues regarding gym availability, please contact the Rowing Co-ordinator.

If you are a junior rower, you must be always supervised while using club gym by a trained professional. This is done in the interest of the safety of junior rowers. Exceptions may apply but can only be granted by the Club Rowing Coordinator.

Gym codes will be made available to members via email as required. If you have any enquiries regarding access, please contact the Rowing Coordinator.

Boatshed Rules:

1. Keep the boat bays and toilets clean by putting all rubbish into the provided bins
2. Put the roller doors down when you go for a row
3. Lock the roller doors and side door when you have finished your session
4. Ensure all equipment is put into the shed when the session is completed
5. Ensure all petrol containers are put in the provided cabinet

Gym Rules:

1. A towel must be used by all users to wipe down equipment they use
2. Return all weights to their racks after use
3. Do not drop weights on the floor
4. Always bring a drink bottle
5. Priority is always given to club squad sessions

Incidents

Please either fill out the form yourself or if you are a junior rower this will be done along with a club coach. All cases that result in injuries or damage to equipment must be reported.

Appendix 14- Incident Reporting Form

Policies and expectations of Rowers

In line with Rowing Australia policies all Nepean Rowing Club members are bound by the policies which are available here: <https://rowingaustralia.com.au/rowing-australia-policies/>

Appendix 1: Nepean Rowing Club: Coaching and 2022/23 Application

Coaching is an essential element of our sport. Please find below the requirements and standards that must be met to be a Nepean Rowing Club coach. If you would like to coach at Nepean, please complete the below and return it to the rowing coordinator and you will be contacted regarding further actions. Applications can be made at any time throughout the season.

Essential Requirements-

- A current NSW boat license
- Basic First Aid certificate
- Level 1 Rowing Coaching Accreditation
- Working with Children's Check (if over 18)
- Agree to all of Nepean Rowing Club's, Rowing Australia's and Sports Integrity policies and rules

Note: The above must all be provided for the club records. All coaches are required to have these to coach at the club.

Uniform

Coaches are required to wear a Nepean shirt at sessions. The club will provide all coaches with a coaching shirt.

Voluntary Coaching

We are seeking applications for current members who would like to help coach in the program, particularly for learn to row and come try days. While the club cannot provide financial reimbursement we can assist with attaining qualifications, membership subsidies and we can discuss other ways of providing support.

2023/24 Coaching Application

Name:.....

Signature:.....

Note (Any other relevant

information):.....
.....
.....
.....

Appendix 2: Uniform Order Form

NEPEAN ROWING CLUB

UNIFORM ORDER FORM 2023

NOTE : Please hand in this form to Daniel or email it to: daniel@nepeanrowingclub.com.au
Forms are due: N/A

Name.....

I require

ITEM DESCRIPTION	SIZE	NUMBER	COST EACH	TOTAL COST
Race Day Polo			\$40.00	
Dress Polo			\$30.00	
T-shirt			\$30.00	
Singlet			\$30.00	
Rugby top			\$45.00	
Long sleeve shirt			\$35.00	
Softshell Jacket			\$110.00	
Hoodie			\$40.00	
Track pants			\$40.00	
Short sleeve top compression			\$50.00	
Long sleeve top compression			\$50.00	
Long pants compression			\$50.00	
Socks			\$10.00	
Hat/visor			\$25.00	
Back pack			\$40.00	
Sports bag			\$40.00	
			TOTAL:	

Please note that payment does not need to be made until the uniforms are available (usually 4-6 weeks after the order is made).

Race Day Polo

Cost= \$40

Sizing

Men's sizes:	S	M	L	XL
½ Chest (cm):	54	56.5	59	61.5

Men's sizes:	XXL	3XL	5XL
½ Chest (cm):	64	66.5	71.5

Ladies sizes:	8	10	12	14
½ Chest (cm):	41.5	44	46.5	49

Ladies sizes:	16	18	20	22
½ Chest (cm):	51.5	54	56.5	59

Photo



Dress Polo

Cost= \$30

Sizing

Men

Sizing Guide								
Size	S	M	L	XL	XX	3X	4X	5X
Half Chest	53	56	58	60	62	65	68	71

Women

Sizing Guide								
Size	8	10	12	14	16	18	20	22
Half Chest	43.5	46	48.5	51	54	57	60	63

Photo



Club t-shirt

Cost: \$30

Sizing

Sizes	Width (CM)	Length (CM)
S	46	71
M	51	74
L	56	76
XL	61	78
2XL	66	81
3XL	71	84

Photo



Club Singlet

Cost: \$30

Sizing

SIZING

Regardless of the brand, all garments are hand made or sewn by hand using machinery that physically requires a 'human touch'. No garments are 'popped out' of machines, every garment is sewn by hand.

LADIES	4	6	8	10	12	14	16	18	20
I/2 CHEST	38.5	41	43.5	46	48.5	51	53.5	56.5	59.5

variations +/- 1 cm (guide only)

HOW TO MEASURE



SIZING

Regardless of the brand, all garments are hand made or sewn by hand using machinery that physically requires a 'human touch'. No garments are 'popped out' of machines, every garment is sewn by hand.

MENS	S	M	L	XL	XXL	3XL	5XL
I/2 CHEST	51	53.5	56	58.5	61	63.5	68

variations +/- 1 cm (guide only)

HOW TO MEASURE



Photo



Club Rugby top

Cost: \$45

Sizing

Size	XS	S	M	L	XL	2XL	3XL	5XL
Half Chest	47	49	52	55	58	62	65	70

Photo



Club long sleeve t-shirt

Cost: \$35

Sizing

Men

Sizing Guide							
Size	S	M	L	XL	XX	3X	4X
Half Chest	52	54.5	57	59.5	62	64.5	67

Women

Sizing Guide									
Size	6	8	10	12	14	16	18	20	22
Half Chest	41.5	43.5	45.5	47.5	49.5	51.5	54	57	60

Photo



Club Jackets

Cost: \$110

Sizing

J10910 MENS MODERN FIT	S	M	L	XL	2XL	3XL	5XL
GARMENT W/ CHEST (CM)	57	59	61	63	65	68.5	72
J10920 LADIES MODERN FIT	S	M	L	XL	2XL		
GARMENT W/ CHEST (CM)	49	52.5	56	59.5	63		

Photo



Club Hoodie

Cost: \$40

Sizing

SIZE ADULT (CM)	S	M	L	XL	2XL
across chest	51	56	61	66	71
body length	66	69	71	74	76

Photo



Club Track pants

Cost: \$40

Sizing

TP8815 ADULTS MODERN FIT	XS	S	M	L	XL	2XL	3XL	5XL
GARMENT 1/2 WAIST STRETCHED (CM)	48	50	52	54	56	60	66	78
GARMENT 1/2 WAIST RELAXED (CM)	31	33	35	37	39	42	48	60
TP8815B KIDS MODERN FIT	4-6	8	10	12	14			
GARMENT 1/2 WAIST STRETCHED (CM)	40	43	46	49	52			
GARMENT 1/2 WAIST RELAXED (CM)	26	28	30	32	34			

Photo



Short sleeve top compression

Cost: \$50

Sizing

Ladies Compression Tops

SIZE(cm):

Measurement	6	8	10	12	14	16	18
Full Chest	68	72	76	80	84	88	92
Length(Top Shoulder Point)	54	56	58	60	62	64	66

Men's Compression Tops

SIZE(cm):

Measurement	S	M	L	XL	2XL	3XL
Full Chest	78	82	86	90	94	98
Length(Top Shoulder Point)	61	63	65	67	69	71

Description

Black with full colour vinyl applied to the LH chest & silver NCR vinyl applied to the RH sleeve

Long sleeve top compression

Cost: \$50

Sizing

Ladies Compression Tops

SIZE(cm):

Measurement	6	8	10	12	14	16	18
Full Chest	68	72	76	80	84	88	92
Length(Top Shoulder Point)	54	56	58	60	62	64	66

Men's Compression Tops

SIZE(cm):

Measurement	S	M	L	XL	2XL	3XL
Full Chest	78	82	86	90	94	98
Length(Top Shoulder Point)	61	63	65	67	69	71

Description

Black with full colour vinyl applied to the LH chest & silver NCR vinyl applied to the RH sleeve

Long pants compression

Cost: \$50

Sizing

Ladies Compression Pants

SIZE(cm):

Measurement	6	8	10	12	14	16	18
Waist	48	52	56	60	64	68	72
Length(Side)	78	80	82	84	86	88	90

Men's Compression Pants

SIZE(cm):

Measurement	S	M	L	XL	2XL	3XL
Waist	61	65	69	73	77	81
Length(Side)	84	86	88	90	92	94

Description



**Black Compression
Pants with silver
vinyl cut & applied
to the RH leg -
NCR logo.**



Club Socks

Cost: \$10

Sizing

Please just note your foot size on the order form.

Photo



Club hat/visor

Cost: \$25

Photo



Rowers logo on right hand side



Club Backpack

Cost: \$40

Photo



Club Sports Bag

Cost: \$40

Photo



Rowers logo on the top of the bag

Appendix 3: NRC Camp Information

Nepean Rowing Club Camps 2023/24

17/03/2023

Some camps will be wholly selective and will have a high-performance focus while others will be partly selective.

More details regarding camps will be released as they come closer. However please find below a draft schedule below:

Club

Term 2 school holidays: 4 days camp in the middle of the holidays

Terms 3 school holidays: 4 days camp in the middle of the holidays

Term 4 school holidays: 4 day camp in December and a 6 day camp in January in preparation for the Taree Regatta

Term 1 school holidays: 3 day camp in preparation for Edward Trickett Regatta

High Performance and Development

Rowers will be invited to camps as the season progresses

If you have any questions regarding camps, please ask the rowing Co-Ordinator.

Appendix 4: General Regatta Day Information

Regatta days can be a very stressful time for all concerned. Follow these simple rules and not only should they be less stressful, the day should run a lot smoother.

1. All rowers involved in the regatta are to attend boat loading and unloading (both before and after the regatta) at a day and time determined by the rowing co-Ordinator. If a rower is unable to attend either session, they must let the rowing co-ordinator know (otherwise their boat may be missed). Rowers must bring their own tools to use at loading and unloading.
2. All rowers involved in the regatta are to arrive at the regatta venue at a time determined by their coach (usually a minimum of 2 hours before their first race of the day).
3. If an athlete is sick on regatta day, please let your coach know as early as possible, so that either the crew can be withdrawn or a substitution of a crew member can be made.
4. All rowers must wear their club zootie and other club gear is recommended to be worn.
5. On arrival at a regatta, each rower should immediately start rigging all his or her boats ready for the day's racing. It is each rower's responsibility to notify their coach of any breakages or parts missing from their boat a.s.a.p. so repairs can be made well before race time.
6. It is each rower's responsibility to put the correct lane number on his or her boat prior to each race and return it to storage immediately after each race.
7. All rowers are to wear the correct racing attire for every race (Nepean zootie for club racing). If a hat is worn, all members of a crew boat should wear the same hats etc. If under shirts are worn, they should be the same colour (there is normally leniency on this rule).
8. All rowers are to be present at the start line by the specified time as detailed in the regatta program. This is usually 5 minutes before the first heat or division race of their event.
9. Each rower must always keep hydrated . They should also bring all of their food for the day and not rely on shops.
10. Wandering off and running around will have a detrimental effect on your races – rest as much as possible between events. Be aware of your fellow crew members & do not let them down.
 - The Nepean Rowing Club tents are to be assembled and disassembled by the rowers. After the regatta they are to be returned & packed away in the Boat Shed at the Club.
 - The Club Tent is for the rowers to relax in and to prepare for and recover from their races.
 - A regatta Program will be placed in the tent.
 - Please note that the first priority of the tent is rest for the rowers.

A seat fee must be paid by each rower entered in every race (regardless of boat type). Please note that a coxswain does not pay seat fees. At present the seat fees for each race are as follows and are due the Monday prior to the regatta:

- Time Trials/non-SIRC regattas – \$14.50 per seat per event
- SIRC Regattas- \$19.50 per seat per event
- NSW Championships regattas – \$29.50 per seat/event
- National Championships – \$55 per seat/event

Grade Racing.

- A & B Grade Races are held over 2000 metres
- C & D Grade Races are held over 1000 metres
- Novice Races are held over 1000 metres
- Your Grade is altered by your results in all races across the season.
- There are no age limits in grade races and a single race may have competitors aged anywhere from 12 years old to 80+ years old.



Appendix 5: Nepean Rowing Club

Membership Application 2023/2024

Personal Details

Surname: **First Name:**

New member: ☐ **Renewal:** ☐

Address:

Suburb: **Postcode:**

Home Phone: **Work:**

Mobile: **Email:**

Email 2 (optional):

School/Educational institution (school year if applicable):

.....

Date of birth: **Male / Female**

Membership Type

Please refer to the club Handbook and in consultation with the Rowing Coordinator specify your membership below

.....

Declaration

I hereby apply for election as a member of Nepean Rowing Club Limited and undertake, if elected to abide by the memorandum and articles of association in force. I declare that the above information is true and agree to abide by all relevant Rowing New South Wales policies and rules and acknowledge the Rowing NSW Risk Warning in accordance with the Civil Liability Act 2002 (NSW).

☐

I have read and agree to the gymnasium usage policy

☐

I have read and agree to the social media policy

☐

I have read and agree to the applicable rowers contract

☐

I agree to all of the Rowing Australia/Sports Integrity policies

☐

I have completed the emergency contact google form

☐

Signed:

Additions and Subtractions

- RNSW membership: \$200 racing and \$100 social
- Membership: \$800 / \$20 weekly
- Active Kids Voucher:.....

Payment

Total Owing.....

Payment Type (cash or direct deposit).....

Bank Details

Nepean Rowing Club Ltd
Bsb 062589
Acct: 1042 8864

Nepean Rowing Club

Gym Usage Policy

Purpose

- This document is to outline the conditions of use of the Nepean Rowing Club Gymnasium by Nepean rowing members.

Waiver

- Members agree by using the gym that they do not suffer a medical condition that is affected by strenuous exercise.
- Members agree in using the gym that they do so at their own risk.

Usage

- The priority of the usage of the gymnasium is per the following: club sessions, coach lead sessions, individual rowers.
- Rowers under the age of 18 are to either be supervised by a coach or given express permission from the Rowing Co-Ordinator to use the gymnasium alone.
- The gymnasium is accessible between 5am and 9pm
- An emergency button is available in the gym if required and if it is pressed falsely members will be liable.
- Access to the gymnasium is by a door code, which will be changed from time to time. Members will be informed when the code change.

Conduct

- Rowers are to use all equipment safely and appropriately.
- Any damage should be reported to Rowing Coordinator immediately.
- Members must always use a towel and wipe down equipment after use. Where possible and appropriate equipment should be cleaned with the provided spray cleaner and paper towels.
- After using the ergometers, you must wipe them down with the provided spray cleaner and paper towels.
- All equipment should be returned to its original position after use.
- If you turn on the lights, you must turn these off after completing your session.
- If you open the roller door, this must be closed before leaving.
- You must respect all members while using the gym and, when required, share equipment.

Agreement

- By ticking the box on the membership form, you agree you have read and agree with all the above. Failure to comply with the above will lead to appropriate actions being taken by Nepean Rowing Club.

Nepean Rowing Club

Social Media Release Waiver

Purpose

- This document is to outline the usage of photos and videos of club members by Nepean Rowing Club on social media and the club website.

Waiver

- By becoming a member, you give consent for Nepean Rowing Club to use photos and videos of you to promote the Club and, more specifically, the rowing program.

Agreement

- By ticking the box on the membership form, you agree you have read and agree with all the above.

Appendix 6: Club Raffles Explained

ROWER'S RAFFLE INSTRUCTIONS

WHY WE DO RAFFLES?

Club raffles provide an opportunity for rowers to subsidize their rowing fees. Rowers will be able to nominate to do raffles and the funds raised will be equally divided between the rowers doing raffles and put directly towards their fees for the future season.

WHEN ARE RAFFLES DONE?

Raffles are held on the following:

Friday night-6-7pm with the prize being a \$100 gift card.

Sunday lunch 2:30-3:30pm with the prize being a \$100 gift card.

HOW TO DO RAFFLES.

Rowers to collect raffle box from the bar staff. Please ensure this box is not left unattended or visible to people especially if it contains previous raffle earning.

The black bag has a float of \$30 and this needs to be replaced at the end of the raffle. Please replace with \$5 notes and not coins. Please also collect the Eftpos machine from the bar and keep a copy of the receipts in the box and give one to customers if they want one.

START OF THE RAFFLES

Use booklets according to order as written in black marker. This is essential to maintain number sequence for auto select.

Record the first ticket number at the start of the raffle. See sheet provided.

TICKET PRICES

1 Ticket= \$1

3 Tickets= \$2

10 Tickets= \$5

END OF TICKET SALES

At the end of ticket sales, record the last number sold on sheet provided. If you are unsure, look at the next ticket as this can help you identify the last number sold.

Count the money and put in an envelope with the date and amount written on it. Along with how much was collected via card.

Fill out details in the black book and via the qr code provided.

Take the numbers up to the announcer for the night (where the club raffle is sold)

Return box to bar staff.

If you have any questions, please call Hugh 0481 601 007



Appendix 7: Sponsorship Opportunities

Gold Sponsor (limit of 6) \$2500 inclusive GST

Time frame 2023-2024

In return, Nepean Rowing Club will promote your business logo and name on the following:

- The Nepean boat trailer
- The Nepean company vehicle
- Club, Nepean boat shed and gym sponsor board
- Monthly newsletter that all club members receive and is available on the club website and social media
- The Rowers website and business emails
- Social media plug twice a year

In addition, you will receive 2 tickets to the 2023 presentation award ceremony for rowers and boat christening. Tickets include lunch and drinks at Nepean Rowing Club.

Silver Sponsor \$1000 inclusive GST

Time frame 2023-2024

In return, Nepean Rowing Club will promote your business logo and name on the following:

- The Rowers website and business emails
- Club, Nepean boat shed and gym sponsor board
- Monthly newsletter that all club members receive is available on the club website and social media

In addition, you will receive 2 tickets to the 2023 presentation award ceremony for rowers and boat christening. Tickets include lunch and drinks at Nepean Rowing Club.

Contact Daniel 0403 743 189 or Hugh 0481 601 007 or email- daniel@nepeanrowingclub.com.au

Appendix 8: Corporate Rowing

ARE YOU A BUSINESS LOOKING FOR A TEAM CHALLENGE?

Nepean Rowing Club is offering a unique experience for your business to build teamwork between each other and have a lot of fun doing it.

ADDRESS

34 Bruce Neale Drive, Penrith, 2750

CONTACT US

Nepean Rowing Club | 0403743189 |
rowing@nepeanrowingclub.com.au
<https://www.nepeanrowingclub.com.au/>



NEPEAN ROWING CLUB

CORPORATE CHALLENGE

NEPEAN RIVER

A beautiful river and one of the finest rowing courses in the world.

NEPEAN ROWING CLUB

Nepean Rowing Club is a small rowing club that focuses on youth rowing.

We want to provide the benefits of rowing to the wider community.

Rowing is an expensive sport and your involvement will help us to continue to be a competitive program.

THE EXPERIENCE

We will cater a program that works for your business. Big or small, we can adjust it for you and provide an experience you will not forget.

Programs will typically run over four weeks with at least one weekly session with the fourth session involving mini races.

Sculling (two oars) or sweep (one oar) rowing will be utilized depending on the size of the group.

Programs may overlap with other businesses and may provide the opportunity for an inter business race on the final week.

The cost of the program will be affected by many factors so please get in contact so we can organize a program and work out the details today.

For a group of four doing 1 session a week, this would cost \$500.

GIVE IT A GO

Rowing is a wonderful sport and one that while challenging, is extremely rewarding.

Come support a local club and have a great time doing it.

CONTACT US

Please get in contact with us to discuss options open to you.

Daniel Waddell- Rowing Co-Ordinator
0403743189
rowing@nepeanrowingclub.com.au

Appendix 9: Learn to Row Group Sessions

Want to try rowing? We offer **Learn to Row Group Sessions** for you to get started at any time.

For individuals wishing to try rowing for the first time.

What: 60-minute group sessions for new rowers. They aim to introduce individuals to the sport and allow them to see if they wish to continue with the sport in the future. There is no obligation to join the club after doing these sessions and membership is paid on top of any sessions you participate in. This is a pathway to rowing and we only require individuals to do 1 session before having to signup and a maximum of 3 before deciding to join a program.

What to Bring: Nothing is required. We recommend wearing sporting attire that is not too loose fitting and that you are okay with getting wet.

When: Saturday 9-10am and Sundays 9-10am.

Who: Anyone 10 and above are welcome to participate in sessions.

Booking: Fill in the form online

Where: Nepean Rowing Club boatshed, Bruce Neale Drive, Penrith

Cost: \$30 per person paid via bank transfer prior to the session.

Website: [Learn to Row - Nepean Rowing Club](#)

Appendix 10: Rowing Contracts

Nepean Rowing Club: Rowing Contract

Dear Rower and Parent,

The below contract has been created to clearly set out the standards and expectations of rowers in the high-performance squad.

It is a requirement of membership that all members sign off that they have read the entirety of the contract and understood it.

Type: High performance/Development

Selection

- Rowers must be selected into this squad which will be determined by the standards set out in the rower's manual. Rowers will be invited to a meeting with the Rowing Co-ordinator to discuss their selection and plans moving forward.

Manual and Handbook

- Read and understand the entirety of both documents.

Standards

- Meet all water and erg standards as set out in the rower's manual.

Service

- Rowers are expected to contribute to the club through activities such as: clean up days, fundraising and cleaning/maintenance. Alternatively, you can pay the \$500 service levy.

Payments

- Ensure all payments are made on time for membership, seat fees and anything else owing.

Training

- Participate in organising a personalised training program with the rowing co-ordinator.
- Train hard and consistently every session. Failure to do so may lead to your exclusion from the squad.
- It is expected that you listen to all instructions given to you by the coach.
- You are expected to log your attendance to sessions and regattas as set out by the rowing Co-ordinator on time.
- All equipment is to be cared for by rowers and negligent damage may lead to you having to pay for the repair.

Racing

- Race in selected events that you qualify for. Selection into the State and National is achieved by meeting the standards in the rower's manual.
- Undertake loading and unloading of boats for all regattas that you attend.
- Must have a personal tool set containing at the minimum: 10mm and 13mm spanner and flat head and Philips screwdriver.

Failure to follow the above requirements may lead to you being removed from this squad.

Print name: Rower

Date

Signature

Print name: Parent/Guardian

Date

Signature

Nepean Rowing Club: Rowing Contract

Dear Rower and Parent,

The below contract has been created to clearly set out the standards and expectations of rowers in the competitive squad.

It is a requirement of membership that all members sign off that they have read the entirety of the contract and understood it.

Type: Club

Selection

- Rowers must be selected into this squad which will be determined by the standards set out in the rower's manual.

Manual and Handbook

- Read and understand the entirety of both documents.

Standards

- Meet all water and erg standards as set out in the rower's manual.

Service

- Rowers are expected to contribute to the club through activities such as: clean up days, fundraising and cleaning/maintenance. Alternatively, you can pay the \$500 service levy.

Payments

- Ensure all payments are made on time for membership, seat fees and anything else owing.

Training

- Undertake a minimum of four sessions per week at rowing or in your own time.
- Train hard and consistently every session. Failure to do so may lead to your exclusion from the squad and being asked to join the social squad.
- It is expected that you listen to all instructions given to you by the coach.
- You are expected to log your attendance to sessions and regattas as set out by the rowing Co-ordinator on time.
- All equipment is to be cared for by rowers and negligent damage may lead to you having to pay for the repair.

Racing

- Race in selected events that you qualify for as set out in the rower's manual.
- Undertake loading and unloading of boats for all regattas that you attend.
- Must have a personal tool set containing at the minimum: 10mm and 13mm spanner and flat head and Philips screwdriver.

Failure to follow the above requirements may lead to you being removed from this squad.

Print name: Rower

Date

Signature

Print name: Parent/Guardian

Date

Signature

Nepean Rowing Club: Rowing Contract

Dear Rower and Parent,

The below contract has been created to clearly set out the standards and expectations of rowers who own a private boat stored inside the Nepean boatshed.

It is a requirement of membership that all members sign off that they have read the entirety of the contract and understood it.

Type: Private Boat Owner

Selection

- Rowers will be notified if they are eligible for this membership type, you cannot apply for it.

Manual and Handbook

- Read and understand the entirety of both documents.

Standards

- Meet all water and erg standards as set out in the rower's manual.

Service

- Rowers are expected to contribute to the club through activities such as: clean up days, fundraising and cleaning/maintenance. Alternatively, you can pay the \$500 service levy.

Payments

- Ensure all payments are made on time for membership, seat fees and anything else owing.

Training

- Complete training in their own time with their scull. May be invited to club sessions to the discretion of the rowing co-ordinator.
- You are expected to log your attendance to regattas as set out by the rowing Co-ordinator on time.
- All equipment is to be cared for by rowers and negligent damage may lead to you having to pay for the repair.

Racing

- Race in selected events that you qualify for as set out in the rower's manual.
- Undertake loading and unloading of boats for all regattas that you attend.

Failure to follow the above requirements may lead to you being removed from this squad.

Print name: Rower

Date

Signature

Appendix 11: Boat List

RED	ORANGE	GREEN
Restricted to select members	Allocated to members	All members use

Single Sculls			
Boat Name	Make	Weight Category	Usage
Livia Laborczfalvi	Empacher	HWT MEN	RED
N/A	Fillipi	HWT MEN	RED
Jeff Edwards	Sykes	HWT MEN	RED
Tallara Tuckerman	Sykes	LWT MEN/HWT WOMEN	RED
N/A	Fillipi	LWT MEN/HWT WOMEN	RED
Ken Henson	Empacher	LWT MEN/HWT WOMEN	RED
John Campbell	Sykes	LWT MEN/HWT WOMEN	RED
Jason Waddell	Sykes	LWT MEN/HWT WOMEN	RED
Paul and Pal Grady	Sykes	LWT MEN/HWT WOMEN	RED
Mark Davies	Sykes	LWT MEN/HWT WOMEN	RED
N/A	Ted Hale	LWT MEN/HWT WOMEN	RED
N/A	Ted Hale	LWT MEN/HWT WOMEN	RED
Peter Taylor	N/A	LWT MEN/HWT WOMEN	RED
Neil Holmes	N/A	LWT MEN/HWT WOMEN	RED
Kate Murdoch	Sykes	LWT WOMEN	RED
Ralph Simington	Sykes	LWT WOMEN	RED
Daniel Waddell	Race 1	LWT WOMEN	RED
Lee Chamont	Hudson	LWT WOMEN	RED
John Baskett	Euro	HWT MEN	ORANGE
Patrick Stollery	Euro	LWT MEN/HWT WOMEN	ORANGE
Bob Selby & Son	Euro	LWT MEN/HWT WOMEN	ORANGE
Bill Radburn	Sykes	HWT MEN	ORANGE
Melinda Howlett	Sykes	LWT MEN/HWT WOMEN	ORANGE
Natalie Long	Sykes	LWT MEN/HWT WOMEN	ORANGE
Kristy-Lee Watson-Jones	Sykes	HWT MEN	ORANGE
Maze	Sykes	LWT MEN/HWT WOMEN	ORANGE
Hawkesbury Refrigeration	Sykes	LWT MEN/HWT WOMEN	ORANGE
Mercure	Sykes	LWT MEN/HWT WOMEN	ORANGE
Power smart	Sykes	LWT MEN/HWT WOMEN	ORANGE
Sydney Helicopters	Swift	LWT WOMEN	ORANGE
Shipway Plumbing	Swift	LWT WOMEN	ORANGE
Tubs x 10	Edon	N/A	GREEN

Double Sculls and Pairs			
Boat Name	Make	Weight Category	Usage
Brenton Long II (2x)	Sykes	HWT MEN	RED
ABN Ambro (2-)	Empacher	HWT MEN	RED
Tina de Vries (2x)	Swift	HWT MEN	RED
Colin Death 2 (2x-)	Sykes	HWT MEN	RED
Dennis Shipway (2x-)	Sykes	HWT MEN	RED
Nigel Waddell (2x-)	Sykes	LWT MEN/HWT WOMEN	RED
Lyn Edwards (2x-)	Sykes	LWT MEN/HWT WOMEN	RED
Greg Hinvest 2	Sykes	LWT WOMEN	RED
Alison Smith	Sykes	LWT WOMEN	RED
Daniel Waddell 2	Swift	LWT WOMEN	RED
N/A	N/A	MWT	RED
Jason Waddell 2	Swift	HWT MEN	RED
N/A	Swift	HWT MEN	RED
Quads and Fours, Coxless and Coxed			
Boat Name	Make	Weight Category	Usage
Lyn Edwards 2	Empacher	LWT MEN/HWT WOMEN	RED
Nepean 90 Years	Empacher	LWT MEN/HWT WOMEN	RED
John Campbell 2	Sykes	LWT MEN/HWT WOMEN	ORANGE
Nepean Masters	Swift	HWT MEN	ORANGE
N/A	Carbon Elite Sports	LWT MEN/HWT WOMEN	GREEN
Bob Ausburn 2 4+	Sykes	HWT MEN	RED
Lindsay Callaghan 2	Sykes	LWT MEN	RED
Daniel Robinson	Fillipi	LWT WOMEN	RED
Cas Cook 2 4x+	Ausrowtec	LWT WOMEN	GREEN
Eights			
Boat Name	Make	Weight Category	Usage
Ken Henson 2	Hudson	HWT MEN	RED
Dick Willis 2	Sykes	LWT MEN/HWT WOMEN	RED

Appendix 12: Boat Naming Procedure

Introduction

We have had a proud tradition of naming boats in honour of individuals for representation, service or sponsorship. The idea is to have a set criterion for what has in the past just been based on past practices.

Criteria

Rowing Representative Honours

State Representation

- Masters Crews at Australian Master Championships
- Interstate Crews at Australian Championships

National Representation

- Represent Australia in any competition

Service

The following must be met:

- A minimum of 5 years of extensive service
- A minimum of 10 years of service
- Service includes though is not limited to: coaching, maintenance, administration, advocacy, rowing.

Sponsorship

As part of sponsorship packages or a specified amount agreed to by the club and sponsor for the naming rights.

Applying

All applications (present and retrospective) are at the discretion of the club Captain and Vice-Captain and exemptions for granting or denying an application is to their complete power and is not reviewable.

Appendix 13: Boat Storage Form

Name of member:		
Name of boat:		
Signature of member:		
Total payment: \$		
Office Use		
Date received:		
Accepted:	Yes	No
Comments:		
Captain: Jason Waddell Signature-		

Appendix 14: Nepean Rowing Club Incident Report Form

Name and role of person completing this form:
Signature of person completing this form:
Date:

Incident

Date and time of incident:
Name/s of person/s involved in the incident and their clubs/associations:
Description of incident:

Witnesses (include contact details):

Reporting of the incident to club/association

Incident Reported to:	Date:
How (this form, in person, email, phone):	

Follow Up Action

Description of actions to be taken:
--

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