



**Launceston  
Grammar**  
Rowing

# Rowing Handbook 2020/2021

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FOUR

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QUAD



## Welcome to Rowing at Launceston Grammar

This Handbook provides an overview of the opportunities offered to all students who are involved in rowing at Launceston Grammar. The aim of the Handbook is to provide a useful point of reference and information for all rowers and their families involved in this unique sport.

Rowing at Launceston Grammar is aimed at providing students with the opportunity to gain a sense of responsibility towards others, self-improvement, time management, enjoyment, fitness and team-work. Our junior rowers generally train after school (some crews prefer an early morning session once a week) and when they reach the Under 16/Open Age group, some of their training is undertaken during early mornings, after school and on weekends. The early morning

training schedule is advantageous, as calm water conditions are usual at this time of the day. Many past rowers and their families look upon their Lake Barrington experience as the best time of their school years; life at the Lake is indeed a positive and unique experience in a beautiful environment.

We want you to feel very welcome and part of Launceston Grammar Rowing and your support and involvement is highly valued. Please feel free to contact our Head of Rowing, a Rowing Support Group member or a coach if you would like to be actively involved.

We look forward to an enjoyable and successful 2020/ 2021 rowing season.

**Co Captains:** Poppy Eastaugh and Emily Fryett  
**Keeper of Boats:** Mollie Dowling and Lachlan Pohan

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## Role of Head of Rowing

The Head of Rowing is responsible for the organisation and facilitation of Launceston Grammar's participation in rowing and acts as a link between the school, the rowing coaches, the rowing students, the Launceston Grammar Rowing Committee, the Launceston Grammar Rowing Support Group (RSG) and the wider rowing community beyond the school.

## School Rowing Committee

The role of the School Rowing Committee is to be responsible for the organisation and safe running of the club and to manage, maintain and replace equipment as required. Rowing is a unique part of the school and requires some additional organisation to maintain the equipment and safety compliance required in such a sport.

The Management Group members are:

Chairman:	Adrian Finch
Head of Rowing:	Max Rowan
Director of Sport:	Adrian Finch
Executive Director of School Services:	Sarah Murgatroyd
Head Coach:	Emma Batten
Treasurer:	Dallas Frost
RSG President	Ingrid Morrison
RSG Rep:	Patricia Quinn
Boatshed Manager:	Peter Ferrall

## Launceston Grammar Rowing History

Launceston Grammar has a long and proud tradition in the sport of rowing. School rowing began in 1887, thanks to the Tamar Rowing Club, which provided boats and coaching for the boys. The Launceston Grammar boat shed was built on the banks of the Tamar in 1927 after the school was relocated to Mowbray. It overlooked a sandy cove where the boats were launched. School rowing was initially only in four oared boats, which were heavy and primitive. It was not until the mid-1950s that eight oared boats were introduced to Tasmanian school rowing. By 1976, Launceston Grammar had its first female crew - possibly the first in Tasmania. They made their debut at the Devonport Apex Regatta and won the event.

During the 1980s, Rowing Tasmania introduced a sculling programme and insisted that children under the age of 16 should be introduced to sculling, rather than sweep oared rowing. This programme quickly caught on and single sculls, doubles, and quad sculls became very popular. In 1980, the Northern Outlet Road was constructed,

which saw the old Launceston Grammar boat shed re-located to its present site (unfortunately, minus its elegant balcony). At the same time, school rowing, including the Head of the River programme, was extended to all size boats and sculls and with boys and girls competing.

Launceston Grammar continues to enjoy the sport of rowing with the support of the school, students, parents, alumni and volunteers.



## Launceston Grammar Rowing Support Group

The Rowing Support Group aims to facilitate interaction amongst the parents / supporters of rowing students and arranges fundraising activities for Launceston Grammar Rowing. The sport of rowing requires a significant commitment in terms of time for families, hence all opportunities to share the load (for example, morning and afternoon car pools, cooking meals at regattas) makes it easier for parents to take on the commitments associated with rowing.

The role of the Rowing Support Group is as follows:

- Provide opportunities for parents and supporters to get together;
- Fundraising that supplements the earnings received from levies towards the purchase and upkeep of equipment;
- Arrange volunteers for the various support roles needed to keep the programme operational;
- Provide advice to parents on whom they should see to resolve issues; NB: the Rowing Support Group has no authority to resolve issues; and
- Liaise and communicate with the School Rowing Committee.

Launceston Grammar Rowing fundraising and events include the Blessing of the Fleet, Head of the River Cocktail Party, Head of the River Luncheon, working bees, cake stalls, sheep manure drives and the annual Rowing Presentation Evening.



The Rowing Support Group meets monthly, on a Tuesday night, at 7.30pm in the OBH, near the Grade 7 Log Cabin. All parents are warmly welcomed and encouraged to join the Parent Support Group.

Parent Support Group Committee:

President:	Ingrid Morrison
Acting Secretary:	Steven Collette
Treasurer:	Dallas Frost
Head of Rowing:	Max Rowan
Boatshed Manager:	Peter Ferrall

General Members - all parents are welcome to attend meetings.

## Advice to Parents

It is important for parents to support their children in a way that enables positive personal development in sport. Here are some ways that parents can help their child get the most from their rowing at Grammar:

- Familiarise yourself with the Rowing Handbook.
- Get your child to training and regattas on time.
- Help your child make good choices with sleep, diet and time management.
- Focus on effort, participation and improvements in personal performance rather than winning and losing.
- Support your child through inevitable disappointments and setbacks along with successes and achievements.
- Communicate with the coach if your child has a health or wellbeing issue.
- Be courteous, respectful and constructive in your communication with coaches,

children, other parents, administrators and sporting officials.

- Allow the crew and coach time to prepare physically and mentally before races at regattas and allow space to debrief with the crew and coach at the conclusion of a race.
- Direct all matters of concern regarding boat allocation or crew selection at regattas to the Rowing Coordinator.
- Support school and event officials in creating a safe and respectful environment for the students.
- Be a role model for good sportsmanship.
- Encourage team loyalty and cooperation.
- Be patient with your child's progress and avoid comparisons with other participants in the group.

## Communication

Emails are sent out to all families, with updated information on rowing news, upcoming regattas and fundraising events. The Skoolbag App will also provide up to date information - please download this App.

If your child is absent or unable to attend training sessions, school rowing events or regattas, please contact your coach or the Head of Rowing at your earliest convenience.

In the event of inclement weather during scheduled water training times, the session will not be cancelled, but will be, instead, conducted as a dry land training session. Parents will be notified of changes in pickup locations and times on such occasions.

## Coaches and Contact Numbers 2020 / 2021

### Head of Rowing

Max Rowan 0474 698 153 mrowan@lcgs.tas.edu.au

### Head Coach

Emma Batten 0400 585 933 ebatten@lcgs.tas.edu.au

### Open Boys Coach

Dean Lalor 0417 515 810 dean.lalor@ruralbank.com.au

Lawrie Malcolm 0409 150 130 lawriemalcolm45@gmail.com

### Open Girls Coach

Barry Townsend 0408 134 186 belac1@bigpond.com

### Under 16 Boys Coach

Will Adkins 0498 262 441 will.adkins@bigpond.com

Mike Morrison 0419 103 678 ma.morrison@icloud.com

### Under 16 Girls Coach

Fiona Woolcock 0409 566 672 zaino@ozemail.com.au

Peter Dehnert 0417 507 630 peter.dehnert@au.knightfrank.com

Martin Quinn 0407 784 669 martinquinn@bigpond.com

### Under 15 Boys Coach

Max Rowan 0474 698 153 mrowan@lcgs.tas.edu.au

### Under 15 Girls Coach

Adam White 0438 517 412 adam@georgesdrycleaners.com.au

Dan Wyly 0400 718 683 danwyly@hotmail.com

Ella Marshall 0477 997 562 ella.marshall@catholic.tas.edu.au

### Under 14 Boys Coach

Jim Cuming 0477 774 344 jim.cuming@outlook.com

Ed Beacham 0428 312 423 beacham\_ed@me.com

### Under 14 Girls Coach

Matthew Waddingham 0413 968 078 m\_waddingham@outlook.com

Ella Marshall 0477 997 562 ella.marshall@catholic.tas.edu.au

### Under 13 Rowing

Patsy Quinn 0409 611 448 patricia.j.quinn@icloud.com

Karen Stedman 0407 659 481 kdstedman@bigpond.com

### Strength and Conditioning - Seniors

Thuenis Pieters 0422 774 875 tpieters@lcgs.tas.edu.au

## Parent Representatives

### Open Boys

Simone Ralph 0499 771 922 simoneralph72@gmail.com

### Open Girls

Inge Dowling 0418 595 713 tadowling@bigpond.com

### U16 Boys

Kylie Bowles 0428 090 214 rowanandkyliebowles@hotmail.com

### U16 Girls

Georgie Eastaugh 0407 239 554 eastaugh@bigpond.net.au

### U15 Boys

Mhari Tucker 0417 121 585 mhari@antuangus.com.au

### U15 Girls

Bernie Brown 0418 527 816 bernadettebrown1967@gmail.com

### U14 Boys

Kristy Hill 0408 758 079 candkhill6@bigpond.com

### U14 Girls

Bec Johnston 0438 247 554 highbrae.rj@bigpond.com

### U13 Boys

TBC

### U13 Girls

TBC

## Coaching at Launceston Grammar Rowing

Coaching opportunities exist for all parents and supporters who may wish to become involved in our rowing programme. Many of our valued past and present coaches, who have had no previous experience in the sport, have become involved in coaching through their children's participation. Volunteering as an assistant coach, receiving mentoring from experienced coaches, attending coaching sessions and assisting as a boat driver are all ways in which to learn more about the sport

and how to coach a crew. Launceston Grammar Rowing encourages and welcomes any parents or supporters who would like to become involved as a coach / assistant coach, or just come along to a training session to have a look at what happens. Those interested should contact the Head of Rowing or speak to a current coach. All coaches and assistants must hold a current Working with Vulnerable Person's check and boat licence..

## Assistance with Boat Driving

This is another area that provides opportunities for parents to assist. When out on the water, coaches need to concentrate fully on the crews under their supervision and keep an eye on the weather / river conditions. Accordingly, it is desirable that each coach has a dedicated driver, who can also act as a second set of eyes in supervising the

rowing crews. Licensed drivers are very welcome and those wishing to obtain their boat licence through MAST will be supported to do so by the school. Parents should direct their interest to the Head of Rowing or speak to a current coach.

## Assistance with Boat Trailer Driving

Another area that provides opportunities for parents to assist is boat trailer driving. Every regatta and camp we load multiple boat trailers to transport all rowing equipment to and from the venue. There are shed specific procedures in regards to the entry and exit of boat trailers from

the Boat Shed compound onto the Highway. If you have experience in towing large trailers or driving large vehicles, please contact the Head of Rowing to learn more about how you can assist in this area.

## Assistance with Boat Holding

Boat holding is a shared responsibility between the clubs and schools at both pennant and school regattas. Boat holders take on the role of holding boats at the start line at the 2000m. This is a wonderful opportunity to see the race from the

start line and get up close to the action. No skill is required for this role and any parents (or children) interested should direct their interest to the Head of Rowing.

## Shed Rules and Organisation

Personal items belonging to rowers in all age groups (bags, clothing, books etc.) must be placed in the bagging area. Please name all personal items. It is each rower's responsibility to care for their personal belongings.

All rowers and coxswains wear shoes or thongs at all times.

A water bottle, hat and sunscreen are compulsory at each training session.

Upon arrival at the shed, students are to immediately assist in getting oars and boats ready.

When required, students are responsible for putting motor boats on and off the water. This must be done with a minimum of two seniors or four juniors.

The number of rowers required to carry a boat must be equal to a minimum of the number of seats in the boat. At U13 level and smaller U14 rowers, this should be a minimum of six. The exception to this rule is single sculls, which must be carried by two rowers at U13, U14 and U15 levels. U16 and Open is at the discretion of coaches, who should consider the prevailing conditions of wind and tide.

When boats are being taken out of, or into, the shed the noise level should be such that the crew can clearly hear all instructions given by the stroke.

When leaving the ramp for a training row, boats should be placed on the water facing into whichever is stronger out of the wind or the tide. On most occasions, boats should return to the ramp facing the same direction as they departed. Utmost care should be taken when putting boats

on and off the water, as fins can be bent on the landing; these are expensive and time consuming to replace.

"Water games" should not be undertaken while boats are being washed. There is a very real danger of injury to rowers and / or damage to boats.

Students are to follow all traffic and safety rules on the river. These rules are clearly posted in the boatshed and all students and coaches should be aware of them.

Coxswains are responsible for the safe handling and use of the cox boxes.

Crews are responsible for washing down boats after each session.

Boats being returned to the shed should be taken in stern first. Each boat has a designated spot on the racks.

Sculling oars should be racked in their labelled racks. Each crew is responsible for washing and putting away their oars.

Students must report any damage, breakage or missing equipment to their coach or the Rowing Coordinator immediately.

It is the responsibility of all rowers to keep the shed and surroundings in a neat and litter free state.

Rowers shall wait for collection in the parking area at the rear of the boat shed (inside the safety rail) for up to 15 minutes beyond the conclusion of a training session. Rowers not collected during this time shall be instructed to move up to the school, where they can be collected from the flagpole.



### Important Safety Notice to Parents:

Please enter via pull in zone on left hand side of the East Tamar Highway. Enter the first set of gates and drive slowly to the carpark to drop off your children. Entry is not permitted through the second set of gates.

## Safety Procedures

### Induction Programme

Each rower and coxswain must complete the following induction programme before they will be allowed on the water:

- Complete the swim test of 100 metres wearing shorts and t-shirt.
- Tread water for five (5) minutes wearing shorts and t-shirt.

All rowers and coxswains must then attend the sheds for an explanation regarding:

- Role of the Safety Officer;
- Information on the notice board and use of the noticeboard;
- Location of the list of emergency phone numbers;
- How to use the personal flotation device (PFD) life jackets;
- Location of the first aid equipment;
- Use of the incident / near miss report if an injury is sustained;
- Procedure for reporting any on-water incident / near miss resulting in damage to equipment;
- Swamping drill procedures;
- Diagram showing the traffic pattern for movement of boats on the water, and also showing any hazards, mud banks, safe areas and action to be taken from the wash from large pleasure craft;
- Dress code expected for rowing; and
- Boat shed rules.

### Rowing Safety Skills

All rowers must be able to swim 100m in full rowing clothes and then tread water for five (5) minutes.

The swim test is carried out at the beginning of each season for new rowers and at the beginning of the school year for U13 (Grade 7) Rowers. Students are also tested again during rowing camp in the shallows of Lake Barrington.

Pre-season Swimming Tests: Students are required to undertake a compulsory swim test before they commence rowing. Students must demonstrate their proficiency in the water by completing a 100m clothed swim test (untimed)

and 5 minute treading water in the school pool. This is a safety requirement for all rowers.

**Right of way** - generally international rules say to keep the shore close to your left so that counter clockwise rotation in shared water

- Rowing boats always give way to sailing boats and faster rowing boats
- Rowing boats should be careful with large powered vessels that cannot easily manoeuvre
- Coxed boats give way to uncoxed boats
- Boats travelling in opposite directions pass stroke side to stroke side
- If a collision is imminent, CALL OUT.

**Lights** - before dawn or after dusk rowing boats MUST carry a continuous white light on the bow and preferably stern of the boat which must be visible for 500 metres and for at least 225 degree radius.

**Emergency signals** - two arms for emergency, one arm for non-emergency, lights over the head and / or whistle can be used.

Wear appropriate clothing: see note for summer and winter on page 13.

### Check your equipment is safe:

- Bow ball fitted
- Heel safety straps on foot stretcher
- Sealed bow and stern compartments
- Gates on swivels to close and secure properly
- All moving parts tight and in good working order
- Bungs in
- Report damaged or broken equipment to your coach.

**Courtesy** - always be courteous to other water users; bad language or abuse does not do anything positive for safety or for the sport.

### Surviving Capsizes

Avoid going out alone, especially outside peak times of early morning/ late afternoon. Row with a friend or have a coach accompany you. Otherwise, tag along with another group.



## Safety Procedures (cont)

If you capsize, use the BUDDY SYSTEM in crew boats where athletes pair up (Bow with two (2) seat, three (3) seat with four (4) etc) to keep track of all crew members - don't forget the coxswain!

If you capsize in COLD WATER, get back in the boat quickly; if that is not possible, stay with the boat; preferably lying over the boat with as much of your body out of the water as possible.

Roll the boat to increase flotation; use bits of the boat/oars if boat has broken; do not try to swim to shore, even if you are a good swimmer.

Do not move around to try and keep warm; in cold water you will lose warmth and energy very quickly if you do.

Try to attract attention e.g., whistle, waving arms.

If you capsize in WARM WATER, try to get back in the boat; if that is not possible, stay with the boat. Roll boat to increase flotation if needed.

Do not try to swim to shore, even if you are a good swimmer.

Do not move around to try and keep warm.

Try to attract attention e.g., whistle, waving arms.

If you are with other scullers or rowers and capsize, decide on the better of the following two options (choice will depend on circumstances):

1. Let them help you get back in the boat; OR
2. Let them go for help, either from the nearest club or from a passing motorboat.

### Rescue Boat Procedures

Safety boat needs at least two (2) people to counter-balance weight as rower being rescued is lifted into the safety boat.

Ensure that safety boat capacity is not exceeded - make several trips if necessary.

Practice the rescue drill - approach rescue into the wind; rescue those in greatest stress first.

Get dry and warm as soon as possible.

### Treatment of Hypothermia

Commence 'artificial respiration' if necessary.

Get the hypothermic victim dry and warm but not too warm too quickly.

Use thermal blankets, a warm room, or someone else's body heat in a blanket to help the warming process.

Give warm fluids for example cocoa, tea, coffee, soup.



## Student Wellbeing

Students who have medical conditions that require medication must inform the Head of Rowing and their coach and ensure that their medical information is up to date on the Launceston Grammar Parent Lounge. Medication must be carried with students to all training sessions and regattas. If students do not have medication with them, they will not be able to participate.

If a student is injured or unwell, their coach must be informed as soon as possible to prevent further injury or illness.

For the health and consideration of others, all students are required to maintain a high standard of personal hygiene. Each student must wash their feet after a rowing session and ensure that open cuts are covered at all times.

Hats, sunscreen and water bottles are compulsory items at all rowing sessions.



## Term 4 Try Rowing Days

There is a non-compulsory introductory rowing programme for all new rowers at the Launceston Grammar boat shed in Term 4. All students entering Grade 7 in 2021 and any students currently at the Senior Campus are very welcome to attend these sessions.

Dates are shown in the calendar on page 18.

## The SATIS Moratorium

The Sporting Association of Tasmanian Independent Schools imposes a rowing moratorium over the Christmas/New Year period. This entails a three week restriction on using rowing equipment and bans training in groups of two (2) or more. The spirit of the Moratorium is based on the acknowledgement of the value of family time and overall balance in the student's life.

The 2020/2021 dates are as follows:

- Commences Friday 18 December at Sundown
- Concludes Saturday 9 January at Sunrise





## Crew Selection and Boat Allocation

Crew selection depends on the number of rowers in each age group and also the number of events and types of races at regattas. Crews are selected based on demonstrated levels of fitness, technical ability, teamwork and attitude. Coaches will determine which particular combination of rowers can move the boat the fastest. Parents can help this process by supporting the coaches' decisions and remembering that rowing at school level is focused on participation, fitness, teamwork, improving skills and enjoyment of the sport. It should be noted that parental intervention on behalf of students at regattas can be distracting

for the both the crew and the coach.

Boat allocation in training and racing is the responsibility of the Head of Rowing and the coaching team. The decisions around boat allocation at regattas can be difficult when taking into consideration the regatta program, the weather and the needs of all the different age groups with sometimes limited equipment. If, at any time, a query or concern regarding crew selection or boat allocation is raised at regattas, please seek out the Head of Rowing.

## Rowing Uniform

### Regattas - Off Water Uniform

Correct sports uniform:

- STRICTLY Launceston Grammar track pants
- Launceston Grammar black sports shorts
- Launceston Grammar black sports jacket
- Launceston Grammar rugby jumper
- Launceston Grammar polo or singlet
- Appropriate footwear e.g., sneakers / thongs (no Ugg boots)

### Regattas-Racing Uniform

#### Under 13s

- Black bike shorts
- Launceston Grammar sports singlet or polo
- Launceston Grammar cap
- Sun protection top
- Socks – optional

#### Under 14s and Under 15s

- Launceston Grammar zoot suits
- Launceston Grammar caps
- Sun protection top
- Optional - socks
- Coxswains are permitted to wear their Launceston Grammar black sports jacket or rugby top over the top of their racing uniform.

#### Under 16s

- Launceston Grammar zoot suits
- Launceston Grammar caps
- White thermal top  
Sun protection top
- Optional - socks
- Coxswains are permitted to wear their Launceston Grammar black sports jacket or rugby top over the top of their racing uniform.

#### Opens

- Same as Under 16s, with the addition of Open caps and Open tops.

**Crews not wearing the same uniform while racing will be disqualified.**

### Training Uniform

#### Under 13s

- Launceston Grammar PE top or athletics singlet
- Tights or shorts-preferably black
- Launceston Grammar caps
- White thermal top
- Sun protection top
- Socks

#### Under 14s and Under 15s

- PE tops
- Tights, shorts or Launceston Grammar School coloured zoot suits
- Caps

- White thermal top
- Sun protection top
- Socks

#### Under 16s

- PE tops
- Tights, shorts or Launceston Grammar School coloured zoot suits
- Caps
- White thermal top
- Sun protection top
- Socks

#### Opens

- Same as Under 16s with the addition of Open caps and Open tops.

#### Do not wear

- Any non-school track pants or rugby tops
- Down jackets
- Non-school coloured beanies or hats
- Non-school coloured ribbons
- Ugg boots



## Lake Barrington International Rowing Course

Lake Barrington lies nestled at the base of the Forth River valley, approximately 40km south of Devonport. An artificial lake, it was created by building the 84m high Devils Gate Dam on the Forth River for hydro-electric power production in 1969. The Lake is 20km long and provides an international standard rowing course. The Lake is also used for skiing, canoeing and fishing. The Lake is surrounded by hills forming a natural amphitheatre. The course provides excellent viewing facilities of the 2000m, 8 lane buoyed course.

### How to get there

If travelling from Launceston, (approximately 1½ hours drive) take the Bass Highway to Elizabeth Town. At Elizabeth Town, take the road to Sheffield and follow the directions to the Lake Barrington Course. It is well signposted from the Elizabeth Town junction.

### Visitor Facilities

There are extensive areas of lawn along the lake foreshore, as well as a large visitor shelter with wood barbecues, seats and tables. There are toilet facilities and coin operated showers near the boating area and toilets at the finish line / tower end of the lake. The Easy Oar Cafe operates on weekends throughout the summer and during major sporting events. There is also a public telephone near the cafe. Mobile phone use in this area is affected by weather conditions and should not be relied upon.

Rubbish bins are provided.

Dogs must be kept on leads.

### Accommodation / Camping

Camping is permitted for rowing families during all school regattas, with the exception of the Head of the River, which is a one (1) day event. There are numerous places to stay in the Lake Barrington area, including Sheffield, Latrobe, Mole Creek and Devonport. The Kentish Visitor Information Centre can provide you with this information. It is good to book accommodation in advance for regattas, such as the Head of the River.

If you wish to be self-sufficient, you will need to bring everything. It is advisable to bring your own fresh water. Amenities blocks are quite good, but remember, you may need to line up for a shower and bring \$1.00 coins for showers.

Launceston Grammar bases itself at and around the wooden rotunda at the southern end of the rowing facility.

**It is school policy that every student camping has a parent with them.** This is for safety reasons and it is unfair to expect coaches to accept parental responsibility on top of their coaching. As the sport entails early morning starts, **there is a noise curfew at 10.00pm and crews are encouraged to be in bed by then.**

### Meals

Sandwiches, coffee, drinks and snacks are available from the Easy Oar Cafe for purchase. Rowing Tasmania offers a barbecue / salad evening meal at State Pennant Regattas in the Reeconian Centre area at about 6.30pm. This venue provides an opportunity for rowers and their families to meet, eat and socialise. The Sheffield Hotel also offers good counter meals.

### As Parents and Supporters at the Lake

Parents are asked to make themselves available whenever possible as volunteers at the course. This is usually as boat holders or boat drivers. Boat driving entails driving the judge's boats and is an easy half day for those with boat licences. Boat holding is usually for a couple of hours, morning or afternoon, at the start line. It entails holding the stern of boats stationary prior to the start and lining them up. This is an easy job that is explained on site. It also gives boat holders a unique view of the races.

Most Launceston Grammar parents and supporters congregate on the grass foreshore below our boats. This is a great social area and allows vocal support and encouragement for the crews competing. Don't forget a chair and binoculars.

### Weather Considerations

As we all know, Tasmanian weather conditions can be changeable and unpredictable in all seasons, no matter what the forecast. The outdoor conditions at training and regattas can cause sunburn and dehydration in hot weather; conversely, cold, wet and windy weather can result in rapid loss of body heat and physical discomfort. It is recommended that your child has a towel, wet weather gear, drink bottle, hat, sunscreen and a set of spare dry clothes to change into if they should get wet at training and regattas. Please make sure that all personal items are named.

### Rowing Camp

Rowing Camps are a central focus of the training programme, as it provides our rowers with the opportunity for a period of constant coaching in rowing skills and race preparation. The students stay in lodge accommodation and it is a very enjoyable event on the rowing calendar.

The Launceston Grammar Rowing Camp is held in January at Lake Barrington and runs in different blocks for the age groups.

Activities undertaken at the camp include ergo training, water rowing, running and swimming.

Dates for the 2020 camp are as follows:

Senior Rowing Camp  
Friday 8 January – Wednesday 13 January 2021

Junior Rowing Camp  
Wednesday 13 January – Friday 15 January 2021

### Reeconian Centre

The Reeconian Centre has WiFi and is available for students to access to undertake study or homework when camping at Lake Barrington. Access is available during regattas and evenings. A limited number of power outlets are also available to charge laptops while studying.





## Rowing Expectations

Launceston Grammar has a fine reputation for sportsmanship within the Tasmanian sporting community. Our school rowers are expected to conduct themselves in an engaged and supportive manner at all regattas by watching and cheering teammates, assisting with equipment, keeping our lakeside area tidy and litter free and by acknowledging strong performances from other school crews.

Arrival times to venues will be advised via email during the week prior to the regatta, as it is dependent on the location and the order of events on the day.

School rowers are expected to attend all regattas unless cancelled by Rowing Tasmania or Launceston Grammar. Rowers will arrive at the venue at the time advised by the Head of Rowing. Crews will be given direction from coaches as to boat preparation and gear maintenance. All students must stay at the venue until everyone has finished competing, the trailers have been loaded and the coaches have given permission to leave. All rowers are expected to help with boat unloading back at the Launceston Grammar boat shed at a time advised by the Head of Rowing.

## Rowers' Code of Conduct

- Take responsibility for your own behaviour and performance.
- Compete by the competition conditions and rules.
- Never argue with the Coach's, Judge's, Referee's or Umpire's decision. If you disagree; speak to the Rowing Coordinator and ask him to approach the official during a break or after the competition.
- Control your temper – no criticism by word or gestures. Verbal abuse of fellow crew members, coaches, helpers, officials and sledging other competitors, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours.
- Work equally hard for yourself and your team – your team's performance will benefit and so will your own.
- Be a good sport. Encourage and support your own team members. Applaud all good wins whether they are made by your team or the opposition.
- Show respect for yourself, your crew, officials, your opponents and their skills.
- Behave in a manner that respects the rights of others. Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Inappropriate language will not be tolerated.
- Cooperate with your coach, crew and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Smoking, drinking of alcoholic beverages, use of any illegal substances and substance abuse is strictly forbidden.
- Entering or remaining upon restricted licensed premises unless under the supervision of team officials is strictly forbidden.
- Wear the official team uniform at all times, as directed by coaches / Head of Rowing.
- Stay in the designated team area and support other team members during times when you are not competing.
- Follow all directions of team coaches / Head of Rowing.
- Ensure that you have telephone numbers of team managers with you at all times. Always keep them updated of your availability.

## Advice for Rowers

### Suggestions for Senior Rowers

It is well known that the sport of rowing, especially at senior level, can take up more time than many other sports. Training sessions, weekend regattas and early mornings can make it difficult to do a lot of study at night. However, students can expect to achieve strong academic results while participating in a full rowing programme by using careful time management and organisation. During school lessons it is important that you sit in a seat where you can stay engaged and on task. Good preparation, involvement in discussions, open communication with your teachers and careful note taking can help with your studies. Senior students should use school study periods effectively by making the most of the opportunity to revise, organise notes and finish assignments. After you get home from school, have a shower, eat some nutritious food and work on your hardest tasks while your mind is fresh. After a healthy dinner, getting organised for the next day and finishing off homework, an optimum bed time would be around 9.00 – 9.30 pm.

### Nutrition

Healthy eating, adequate rest and proper hydration can help a rower perform at a high level. School rowers need to follow the same general guidelines as the rest of the population to stay healthy but they may also need a few extra calories, more carbohydrates and protein because of their levels of exercise and growing bodies.

Please find below an extract/information from the World Rowing website:

### Using Nutrition to Power Your Rowing

[www.worldrowing.com/news/feature-using-nutrition-to-power-your-rowing](http://www.worldrowing.com/news/feature-using-nutrition-to-power-your-rowing)

Many studies show that proper nutrition can greatly impact recovery and performance. From high performance elite athletes to recreational rowers, the right nutrition can help you in your athletic endeavours.

It can be difficult to work through the nutritional information that fills bookshelves, magazines and the internet. Body composition, training routines and goals vary enormously amongst rowers. In general, rowers need high energy, high carbohydrate and nutrient dense foods in order to sustain training and competition demands.

So, what are the optimal pre-training, post training and everyday foods? It is recommended that athletes consume carbohydrates with a small

amount of protein both before and after training. Carbohydrate-rich foods include: breads, grains, pasta, oatmeal, rice, fruits and vegetables.

Good sources of protein are: lean meats, fish, soy-based products (such as tofu), beans, dairy products, nuts and some grains.

While fats should be limited, they should not be eliminated, as they help with absorption of nutrients and play an important role in good health. Some fats, however, are better than others. Olive oils, nuts, fish and avocados are full of 'good' fat, which can help lower cholesterol, prevent heart disease and aid nutrient absorption. Saturated and trans fats, which are found in animal products and many snack foods, do just the opposite. When consumed in large quantities they can raise cholesterol and increase risk of heart disease. Rowers should take care to eat small quantities of good fats in each of their meals.

Carbohydrates provide the body with a quick source of fuel called glycogen. During physical exertion, the body converts glycogen to energy first. After burning through this source, it will begin to use fat, which is a much less efficient energy source. Replenishing glycogen stores after training sessions will aid in recovery. The addition of a small amount of protein helps with muscle synthesis; this is also important for recovery.

More information on the ideal ratios of carbohydrate, protein and fat can be found at: [www.ausport.gov.au/ais/nutrition](http://www.ausport.gov.au/ais/nutrition)

Fluid intake is also crucial to the success of an athlete in both hot and cold conditions. In hot conditions. Athletes can require from one (1) to two (2) litres (an average drink bottle is about .5 litres) per hour of fluids, dropping slightly in cold conditions to .5 to two (2) litres. In any weather, proper fluid intake is vital to both performance and recovery. Launceston Grammar rowers should ensure that they have their drink bottle with them during training and at regattas and remain well hydrated at all times.

### Sources:

"*Nutrition Strategies for Rowing.*" (2006). Department of Sports Nutrition, Australian Sports Commission Web.

"*Rowing.*" (2009). Australian Institute of Sport. Australian Sports Commission. Web.

Trent Stellingwerff, Ronald J. Maughan & Louise M. Burke (2011): Nutrition for power sports: Middle-distance running, track cycling, rowing, canoeing/kayaking, and swimming, *Journal of Sports Sciences*, 29:sup1, S79-S89.

# Launceston Grammar Rowing Calendar 2020 / 2021

# Training Times For Age Groups 2020 / 2021

DATE	EVENT	LOCATION	WHO	ORGANISER
<b>November 2020</b>				
Sat 21 - Sun 22	Junior Sculling Camp and Regatta	LBIRC	U13s, U14s, U15s	RT
Sat 28 - Sun 29	Club Regatta #3	LBIRC	U16 and Opens	RT
<b>December 2020</b>				
Tuesday 1	Rowing Support Group Meeting 7pm	Senior Campus	Rowing Support Group	RSG
Friday 4	Junior Regatta	Tamar	U13s, U14s, U15s	RT
Wednesday 9	Term 4 Concludes			LG
Sat 12 - Sun 13	Club Regatta #4	LBIRC	U16 & Opens	RT
Friday 18	Moratorium begins @ sundown		All Rowers	SATIS
<b>January 2021</b>				
Saturday 9	Moratorium ends @ sundown		All Rowers	SATIS
Fri 9 - Fri 15	School Rowing Camp	LBIRC	All Rowers	LG
Sat 16 - Sun 17	Club Regatta #5	LBIRC	U16 and Opens	RT
Sat 30 - Sun 31	Club Regatta #6	LBIRC	U16s and Opens	RT
<b>February 2021</b>				
Monday 1	Term 1 Commences			LG
Tuesday 2	Rowing Support Group Meeting 7pm	Senior Campus	Rowing Support Group	RSG
Sat 6 - Sun 7	Launceston and Henley Regatta	Tamar	All Rowers	LHRA
Sat 20 - Sun 21	Tasmanian Club Championships	LBIRC	U16s and Opens	RT
Sat 27 - Sun 28	School's Regatta #2	LBIRC	All Rowers	RT
<b>March 2021</b>				
Tuesday 2	Rowing Support Group Meeting 7pm	Senior Campus	Rowing Support Group	LG
Sat 6 - Sun 7	Tasmanian School Championships	LBIRC	All Rowers	RT
Sat 7 - Sun 8	Launceston and Henley Regatta	Tamar	All Rowers	LHRA
Sat 7 - Sun 8	Launceston and Henley Regatta	Tamar	All	LHRA
Saturday 13	Head of the River	LBIRC	All Rowers	SATIS
Mon 22 - Sun 28	Australian Championships	LBIRC	To Be Determined	RA
<b>April 2021</b>				
Tuesday 6	Rowing Support Group Meeting 7pm	Senior Campus	Rowing Support Group	RSG
Friday 9	Term 1 Concludes			LG
<b>July 2021</b>				
Tuesday 20	Rowing Support Group AGM 7pm	Senior Campus	Rowing Support Group	RSG

**LBIRC** = Lake Barrington International Rowing Centre **LG** = Launceston Grammar **RSG** = Rowing Support Group (parents and carers of existing rowers) **RT** = Rowing Tasmania **RA** = Rowing Australia **SATIS** = Sports Association of Tasmanian Independent Schools

AGE CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Boys</b>	6:45am <b>ERG</b>	5:45am <b>R</b> 4:45pm - 6:00pm <b>S&amp;C</b>	6:30am <b>R</b>	5:45am <b>R</b> 3:30pm - 4:45pm <b>S&amp;C</b>	6:45am <b>ERG</b>	6:30am - 8:30am <b>R</b>
<b>Open Girls</b>	3:30pm - 4:45pm <b>ERG</b>	5:45am <b>R</b> 3:30pm - 4:45pm <b>S&amp;C</b>	5:45am <b>R</b>	7:00am <b>ERG</b> 4:45pm - 6:00pm <b>S&amp;C</b>	5:45am <b>R</b>	6:00am - 8:00am <b>R</b>
<b>Senior Boys (16 and Open)</b>	4:45pm - 6:00pm <b>R</b>	6:15am <b>R</b> Lunchtime <b>S&amp;C</b>	4:30pm - 5:45pm <b>ERG</b>	5:45am <b>R</b>	7:00am <b>S&amp;C</b>	6:00am - 8:00am <b>R</b>
<b>U/16 Girls</b>	Lunchtime <b>S&amp;C</b> 5:00pm - 6:30pm <b>R</b>	6:45am <b>ERG</b>	5:45am <b>R</b>	7:00am <b>S&amp;C</b> 3:30pm - 4:45pm <b>ERG</b>	5:45am <b>R</b>	
<b>U/15 Boys</b>	6:00am <b>R</b>	3:30pm - 4:30pm <b>C&amp;F</b>	3:30pm - 4:30pm <b>ERG</b>	6:15am <b>R</b>		8:00am - 10:00am <b>R</b>
<b>U/15 Girls (Core/Fitness TBA)</b>		5:00pm - 6:30pm <b>R</b>	6:45am <b>ERG</b>	6:15am <b>R</b>		6:00am - 8:00am <b>R</b>
<b>U/14 Boys</b>	6:15am <b>R</b>	4:30pm - 5:30pm <b>ERG</b>	6:15am <b>R</b>			8:00am - 10:00am <b>R</b>
<b>U/14 Girls</b>	5:00pm - 6:30pm <b>R</b>	3:30pm - 4:30pm <b>ERG</b>			6:15am <b>R</b>	8:00am - 10:00am <b>R</b>

**R** = Rowing **ERG** = Ergo or land training **S&C** = Strength and Conditioning **C&F** = Core and Fitness

Specific start and finish times may be subject to change at the discretion of the coach. Training times should be strictly adhered to so parents have a pick up time and boats are available for the next session. Saturday morning sessions are 2 hours long unless otherwise organised around exceptionally low tides.

**Please note:** The 2020 / 2021 Launceston Grammar Rowing Calendar is subject to change. Information about upcoming regattas will be sent to families via the Head of Rowing.

The Rowing Tasmania calendar/results from regattas can be found at:

[www.rowingtasmalia.com.au](http://www.rowingtasmalia.com.au)

[www.facebook.com/RowingTasmania](https://www.facebook.com/RowingTasmania)

## Rowing Australia Glossary

### Boat Types and Configurations

<b>1x</b>	Single Scull
<b>2-</b>	Coxless Pair
<b>2+</b>	Coxed Pair
<b>2x</b>	Double Scull
<b>4x</b>	Quadruple Scull
<b>4x+</b>	Coxed Quadruple Scull
<b>4-</b>	Four
<b>4+</b>	Coxed Four
<b>8+</b>	Coxed Eight
<b>U17M1x</b>	Under 17 Men's Single Scull
<b>U19W2x</b>	Under 19 Women's Double Scull
<b>U23M8+</b>	Under 23 Men's Coxed Eight
<b>U23ML2x</b>	Under 23 Men's Lightweight Double Scull
<b>SB8+</b>	School Boy Coxed Eight
<b>SG8+</b>	School Girl Coxed Eight
<b>SBU178+</b>	School Boy Under 17 Coxed Eight
<b>A1x</b>	Arms Only Single Scull
<b>TA1x</b>	Trunk and Arms Single Scull
<b>LTA1x</b>	Leg, Trunk and Arms Single Scull
<b>OM2x</b>	Open Men's Double Scull
<b>OML2-</b>	Open Men's Lightweight Coxless Pair
<b>ISW8+</b>	Interstate Women's Coxed Eight

### Rowing Glossarys

<b>Arms Only</b>	A rower who is only able to propel the boat with the use of their arms and shoulders (A1x).
<b>Backstay/Backarm</b>	Supports the swivel pin to the boat and is adjustable.
<b>Backstops</b>	The end of the slide(s) nearest the bow.
<b>Bilateral</b>	On both sides of the body.
<b>Blade/Spoon</b>	Flattened or spoon-shaped end of an oar or scull; often used as a term for an oar.
<b>Boat Run</b>	The distance the boat moves through the water during recovery is often called run. A controlled slide is necessary to maintain momentum and achieve optimal boat run.
<b>Bow</b>	Forward end of boat.
<b>Bow Ball</b>	Safety ball fitted to sharp stem of racing boat.
<b>Bow Man</b>	The rower in the seat nearest the bow.
<b>Bow side (Starboard)</b>	All the rowers whose oars are in the water in the right hand side of the boat when viewed from the stern.
<b>Button</b>	Plastic sheath on an oar to prevent the oar from slipping through the rowlock; adjustable on modern oars.
<b>Canvas</b>	The canvas on bow and stern decks of a boat; in race verdicts, the distance between

## Rowing Australia Glossary (cont)

	the bow ball and the bow man's seat.
<b>Catch</b>	The part of the stroke when the blade is put in the water.
<b>Classification</b>	Classification is simply a structure for competition. Athletes with disabilities are grouped in classes defined by the degree of function presented by the disability as assessed by classifiers.
<b>Collar/Sleeve</b>	Sleeve round the oar to fix the button; makes it easier to move the oar in the swivel.
<b>Confirmed (C) Status</b>	Confirmed status is given when the status of the athlete is not likely to change, and is given when an athlete is classified by an International Classification Panel.
<b>Cox Box</b>	Portable voice amplifier; may also optionally incorporate digital readouts displaying stroke rate, boat speed and times.
<b>Coxswain (Cox)</b>	Steers the boat from a seat in the stern or laying position in the bow.
<b>Crab</b>	Occurs when the rower fails to get the oar out of the water at the finish of the stroke.
<b>Drive</b>	The part of the stroke between the catch and the finish; the propulsive part of a stroke.
<b>Ergometer</b>	A rowing machine used for fitness and skill training; on land rowing device.
<b>Feather</b>	To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance.
<b>Fin</b>	Small flat plate perpendicular to the bottom of the boat to aid steering of a boat.
<b>Finish (release)</b>	The part of the stroke just before the blade is taken out of the water.
<b>FISA</b>	Fédération Internationale des Sociétés d'Aviron (International governing body for rowing).
<b>Fixed Seat</b>	A seat that is unable to slide along the rails on the deck of the boat. Can have a back support for some rowers.
<b>Foot Stretcher</b>	The unit that holds the shoes or clogs into which the rower puts their feet.
<b>Functional Classification Test</b>	The test of a rower's functional ability; testing range of movements.
<b>Gate</b>	Bar across a rowlock/swivel to retain the oar.
<b>Handle</b>	The part of the oar that the rower holds.
<b>Hull</b>	The underside of the boat that travels through the water.
<b>Impeller</b>	Small Fin like part attached to the hull of the boat that has an impeller spins as water flows over it recording speed of boat.
<b>Inboard</b>	The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the outboard.
<b>Leg, Trunk and Arms</b>	Athletes are able to use the full slide, trunk and arms to propel a rowing boat (LTA4+).
<b>Lesion</b>	Any abnormality or injury to tissue or loss of function of a part of the spinal cord.
<b>Lightweight</b>	A rower with weight restrictions for racing - 72.5kg for men (70kg crew average); 59kg for women (57kg crew average).
<b>New (N) Status</b>	National classifiers are only allowed to give an N class status to an athlete from their own federation or region. Typically people who are given new status are not

## Rowing Australia Glossary (cont)

	allowed to compete at an international level.
<b>Oar</b>	The lever used to propel the rowing boat, usually numbered to correspond to the seat number of the rower using the oar.
<b>Oarlock/rowlock</b>	A bracket which swivels on the end of the outrigger to support the oar.
<b>Outboard</b>	The distance between the end of the blade on the oar to the face of the button; the remainder is called the inboard.
<b>Pin/Swivel pin</b>	The pin on which the gate rotates.
<b>Plantarflexion</b>	The pointing of the foot or toes downward.
<b>Pontoons</b>	Flotation devises attached to rowing boats for additional buoyancy and stability.
<b>Rate/Rating</b>	The rate of stroking, or the number of strokes per minute that a crew is rowing at.
<b>Recovery</b>	The part of the stroke cycle between the finish and the catch in which the oar is feathered and the seat is returned to the aft end of the slide, or the oar is placed back into the catch position.
<b>Regatta</b>	A competitive event raced in rowing boats.
<b>Release</b>	When the blade is taken out of the water.
<b>Review (R) Status</b>	Review status is given when the classification panel feels the athlete's classification may change due to a change in disability or prosthesis use, or for reasons determined by FISA, for example a change in the classification process.
<b>Rigger</b>	A framework to support the rowlock which is placed approximately 78-88cm from the centre of the boat.
<b>Rudder</b>	Steering device attached to the stern or under the hull of a shell.
<b>Sculls</b>	A pair of oars for sculling boats (singles, doubles, quads).
<b>Seat</b>	What the rowers use to sit on to slide up and down the rails during the action of the stroke.
<b>Shaft</b>	The shaft or part of the oar between the handle and the blade.
<b>Slide tracks/runners</b>	The parallel tracks on which the seat moves.
<b>Square Blade</b>	Where the blade is square in the swivel.
<b>Strapping</b>	Support device applied to fixed seats for back support; restrictive device applied to the legs to eliminate slide movement.
<b>Stroke side</b>	All the rowers whose oars are in the water in the left hand side of the boat when viewed from the stern.
<b>Stroke</b>	The complete cycle of moving the boat through the water using the oars.
<b>Sweep</b>	Long oars with narrow blades (pairs, fours, eights). One oar per rower in a boat of 2, 4 or eight rowers.
<b>Trunk and Arms</b>	Athletes who can fix the pelvis on the seat and have trunk and arm movement to propel the boat, but are unable to use the sliding seat because of weak functions of the lower limbs (TA2x).

## Useful Rowing Websites

- [www.ausport.gov.au/ais/nutrition/factsheets/sports/rowing](http://www.ausport.gov.au/ais/nutrition/factsheets/sports/rowing)
- [www.decentrowing.com](http://www.decentrowing.com)
- [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au)
- [www.rowingchicks.com.au](http://www.rowingchicks.com.au)
- [www.rowingtasmania.com.au](http://www.rowingtasmania.com.au)
- [www.rowingtasmania.com.au/about/lake-barrington](http://www.rowingtasmania.com.au/about/lake-barrington)

### Single Scull

Is the smallest of all boats used in rowing. It is used by one athlete, with a pair of sculling blades (oars) (one in each hand)



### Double Scull

Two rowers, each using a pair of sculling blades



### Coxless Pair

Rowed by a pair of rowers each with a single sweep oar



### Coxed Four

Four athletes rowing, each with a single sweep



### Coxed Quad Scull

Four athletes on board, each with a pair of sculling blades. A coxswain is on board to steer the boat



### Coxless Four

Four athletes on board, each with a single sweep oar. No coxswain is on board to steer the boat - the athlete at the stern of the boat steers via a cable connecting the rudder to his foot stretcher



### Coxed Eight

Is the largest of all boats used in racing. There are eight rowers on board, each with a single sweep oar. A coxswain is also hand to steer



## Rowing Commands

<b>Sitting at the finish</b>	Sitting at the finish position with blade squared and buried.
<b>Easy</b>	Stop rowing and let the boat glide using its momentum.
<b>Check</b>	Stop the momentum of the boat by putting the blades in the water.
<b>Check Hard</b>	Used in an emergency to stop the boat as quickly as possible. Stop rowing, and use the blades to brake the boat's momentum.
<b>Touch</b>	Row arms only, used to change to direction to make a small movement.
<b>Bury the blade</b>	Make sure the entire blade is submerged in the water.
<b>Sit up</b>	Have a straight back and get body rock from the pelvis.
<b>Set</b>	Get ready to begin rowing.
<b>Row</b>	Start rowing.
<b>Set it up</b>	Hold the boat level.
<b>Missing water</b>	Legs are driving before the blade is in the water.
<b>Opening early</b>	Opening body from catch before the legs are used.

## Seating Positions in the Boat

<b>Bow</b>	The person closest to the bow of the boat, first across the finish line.
<b>Two</b>	The second person from the bow
<b>Three</b>	The third person from the bow
<b>Four</b>	The fourth person from the bow. In a quad this is also the stroke.
<b>Five</b>	The fifth person from the bow
<b>Six</b>	The sixth person from the bow
<b>Seven</b>	The seventh person from the bow
<b>Stroke</b>	The last person to cross the finish line.
<b>Coxswain</b>	The person who controls the crew, including steering.



# Launceston Grammar

EST. 1846

Button Street, Mowbray Heights 7248 Tasmania Australia  
P: 03 6336 6000 E: [senior@lcgs.tas.edu.au](mailto:senior@lcgs.tas.edu.au) [www.lcgs.tas.edu.au](http://www.lcgs.tas.edu.au)



CRICOS: 00650K