

Welcome To Wests!

Welcome to the Club affectionately known throughout the rowing community as Wests. The WA Rowing Club has stood sentry over the Swan River for more than a century and the Clubhouse on Riverside Drive has been condemned, refurbished, left to dilapidation, refurbished again and now is one of the most striking buildings on the foreshore.



We love it.

Wests has bred Olympians and Kings Cup rowers during its time, has survived two wars and has settled into old age with great aplomb, hosting functions most nights of the week and rowers on most mornings. The Club colours are cardinal and gold – red and yellow, in the vernacular – and the Club has every level of rowers from the elite of the elite to complete newbies, teens to veterans of the sport.

This hallowed document is a crash-course guide, a rowing dictionary and a survival manual to getting through the Learn2Row course unscathed.

We hope you have a cracking time during the L2R.



Don't PANIC.



This simple guide is to reinforce that famous message from the classic Douglas Adams' Book - 'Hitchhikers Guide to the Galaxy', that is certainly relevant to rowing:

Don't panic. We have experienced people around you to help you enjoy this exciting new journey.

...and never, EVER let go of the oar handles!

Don't panic - and you'll be skating across the glassy surface of the Swan before you need to scream louder than 'Disaster Area'!

About the Learn2Row Programme

You will undergo a solid block of training sessions. **Don't panic**, a boat, coach and oars will be provided for you. You will be in a boat called a coxed quad or maybe an eight - meaning the boat is coxed" (there is a coxswain steering the boat for you), and there are four to eight people.

Training starts from 5:15am onwards through until around 7:15am. We know: OUCH. But please **don't panic**. No one expects you to be a morning person. It's ok to turn up feeling shabby without having a shower. It could be dark. It could be cold. You could still be asleep. We understand. We do this all year round and no rower is really a morning person.

Sometimes training might be cancelled due to dodgy weather. If that happens, **don't panic**: We will be training indoors on the rowing machines, also known as "ergos", so please bring shoes to all sessions.

If you can't make a training session, **don't panic**, but do give the LTR coordinator 24-hours notice on 0429 997 737.





Tips for those who have just joined us...

You will feel overwhelmed.

And that's ok. Rowing is a weird sport; you will get up early in the morning to go backwards in the cold in an unstable vessel. There are strange terms like gunwale, slide, catch, chock, button, sleeve, gate and rigger. And most of those things have more than one name. It is ok to feel overwhelmed. Almost everyone does, and you will get the gist. Relax, and **don't panic**.

All coaches are different.

They may say things slightly differently to each other. Their method of getting off the deck and the order you do things in might vary slightly. There are many ways to skin a cat so **don't panic**. You will be fine.

You are almost certainly not going to fall in the river.

The Club has purchased purpose built boats for these course. These boats are much more stable than they feel. But **don't panic**. Just hold onto your handle, ALWAYS!

You do not have to be strong or fit to learn to row

Timing is the key to learning to row and your training sessions will not be strenuous. So relax and **don't panic**. At this stage, you don't need muscles, you just need the enthusiasm.

Don't let get of your oar when you're in the boat.

Ever. Under any circumstances. Just trust us on this.

Don't Panic!

Common theme this one, eh? Stay relaxed and have fun. The Swan River a spectacular way to spend your mornings.

What to wear & bring for Rowing

Close Fitting Clothes.

Rowers wear one-piece items called 'Zoot Suits' (see picture below). We aren't suggesting you need one of these, but certainly Bike Shorts, Skins and snug fitting tees will help.

Socks.

To be honest, you are putting your feet where hundreds have gone before you.

Sun Protection.

Particularly as its summer. This is Oz, after all!

Clothing layers.

Long sleeves and long skins if things get a bit cool of a morning. Remember you need comfort for full range of movement whilst you row.

Two towels & Change of clothes.

One for a shower and one if you are unlucky enough to get wet in the river.

Band-Aids & Antiseptic cream.

It's unlikely you will get serious blisters but it is a by product of the sport.

Water.

Bring a 600ml bottle of fluid with you on the boat. Don't share bottles.

Before Training.

Have a snack - you will function better. Take a toilet trip, believe it or not - rowing boats do not have facilities on board! Stretch before and after training sessions.

After Training.

Eat again. Shower - especially if you fall in. The Swan River can get a bit gross. Rest, recover.





Breakfast

Shorefront café Rubra on the Swan is part of the WA Rowing Club and is open every morning from 7am.

Ask for the great rowers \$12 specials too... A breakfast with a coffee or tea.

Because... for the next two weeks, you ARE one.

Rubra is an integral part of the WARC community. The café helps keep the 110-year-old rowing Club in working order, so we're very grateful to Allan and the staff not just for the awesome food, but for being a lifeline for our Club.



1.

Rowing Technique

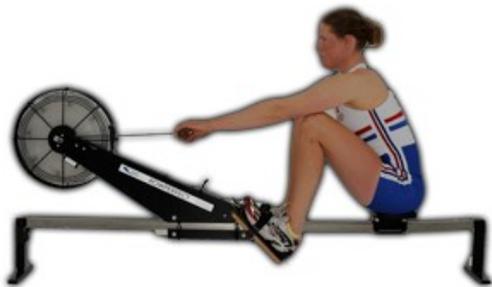
Your life is about the change forever: From now on, you will look at all the crossfit junkies on rowing machines in the gym and you will cringe. Because you will know better.

We will focus on rowing machine technique for now as its less confusing than in the boat, but it's all very similar. **Don't panic.**

THE DRIVE

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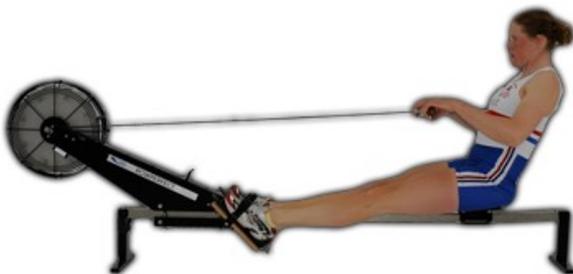
The drive phase is initiated with a push from the legs.

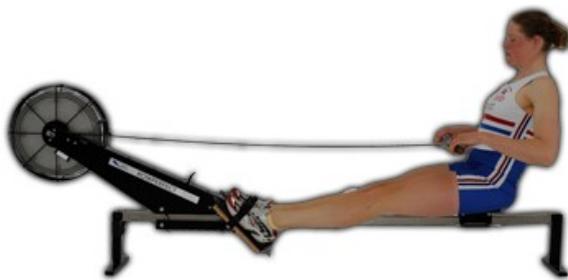


As the legs reach half their extension, the hip angle begins to open.

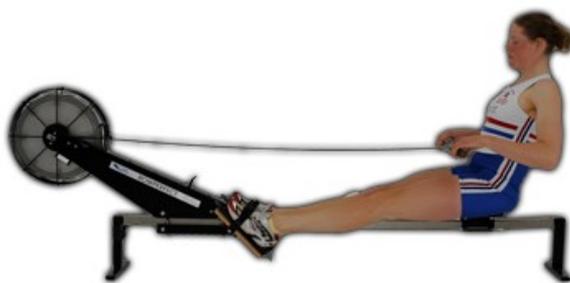


Once the legs are fully extended and the back is vertical the arms begin to draw the handle to the body.



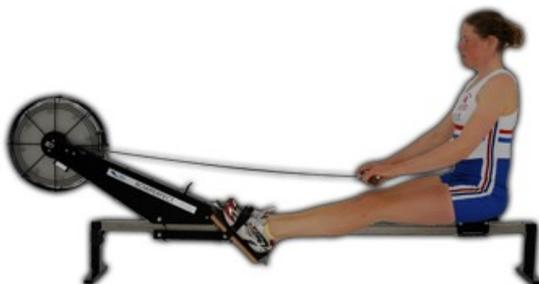


The handle finishes about half way up the body. The elbows follow the line of the handle and the wrists stay inline with the forearm.



The finish position with the legs and back straight.

THE RECOVERY



The recovery is initiated with the arms straightening.

The legs flex until the shins are vertical.



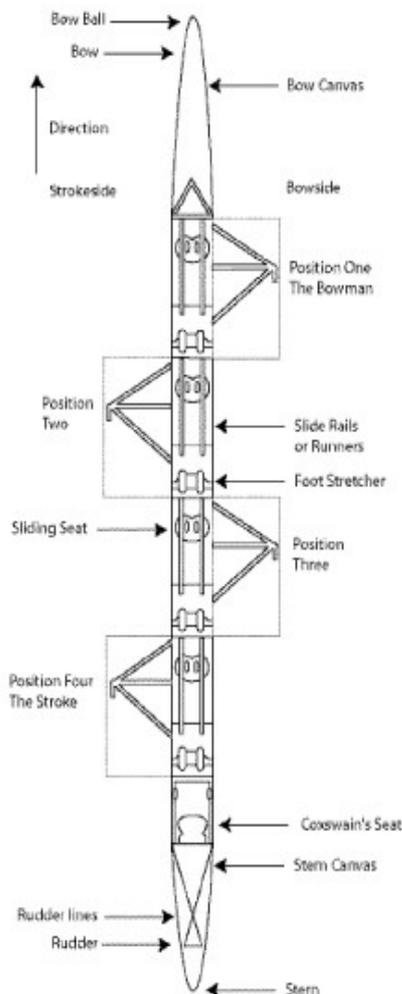
The body pivots from the hips, before the legs bend.



Is the last picture the same as the first picture?

Well spotted! Rowing is kinda repetitive. Level hands are very important, especially on the water. All unnecessary movements should be reduced or stopped. The big thing is CONTROL, especially on the recovery.

I'm on (in) a boat...what about it?



The picture to the left is of a coxed four, which is the sort of boat you will be rowing.

What's quickly apparent is - rowing is NOT about arms and back... it is MORE about leg drive.

In rowing: The **coxswain** (or **cox**) sits in the stern of the boat, facing the **stroke**, who sits in **four** seat. Behind her is **three** seat, behind her is **two** seat, and behind her is the **bow**, who sits at the front (or **bow**, unsurprisingly) of the boat.

Each rower holds one oar, the **stroke-side** oars on their right side, the **bow-side** oars on the left side. The oars are locked into **gates**, which are attached to **riggers** (the metal arms that stick out of the side of the boat). Each rower sits on a **seat** which is on **slides**, or **runners**, so the seat can move up and down. Their feet are strapped into **shoes**, which are bolted onto a **foot stretcher**

Cheat Sheet

A one-page handy-dandy list of everything you need to know.

COACHING SESSIONS

- 5 sessions over a 2 week period
- Cost is \$195 (via EFTPOS at the Club or EFT prior to the course)
- Approximately 90 minutes per session
- Please arrive 10 minutes early for all sessions so we're not waiting for you!
- Each session will be led by the L2R coach.
- In the case of rough weather, you should still come down to the shed! You never know what the water will be like by looking out of your bedroom window, and there is plenty of land training we can do if we can't get on the water.
- Contact the LTR coordinator if you are unable to attend a session. Please give them at least 24 hours notice.

COURSES AVAILABLE

- WARC will be running Learn2Row programmes over summer, on the following dates:
 - Course 1: Thur 12th, Sat 14th, Mon 16th, Thur 19th, Sat 21st.
 - Course 2: Thur 26th, Sat 28th, Mon 30th, Thur 2nd, Sat 4th.
 - Course 3: Thur 9th, Sat 11th, Mon 13th, Thur 16th, Sat 18th.
 - Course 4: Thur 23rd, Sat 25th, Mon 27th, Thur 30th, Sat 2nd.
 - Course 5: Thur 7th, Sat 9th, Mon 11th, Thur 14th, Sat 16th.
 - Course 6: Thur 4th, Sat 6th, Mon 8th, Thur 11th, Sat 13th.
 - Course 7: Thur 18th, Sat 20th, Mon 22nd, Thur 25th, Sat 27th.
 - Course 8: Thur 1st, Sat 3rd, Mon 5th, Thur 8th, Sat 10th.
 - Course 9: Thur 15th, Sat 17th, Mon 19th, Thur 22nd, Sat 24th.

We can accommodate a maximum of 10 athletes per course.

WHAT TIME DOES THIS HAPPEN

- 5:15am – 7:15am Mondays, Thursday
- 6:00am – 8:15am Saturdays

WHAT HAPPENS AFTER THE COURSE?

Those who complete the course **may** be asked to sign on as casual summer members and row with the other Club members during the off season.

The key to enjoying the Learn to Row training is to laugh, speak up if you're not sure and most importantly - **don't panic**.

Row well, good luck and see you at the Club!

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