



WESTIES 2024

We're back again for 2024 and looking forward to a season even better than the last!

For 2024, we have set a theme of 'Your Mission, Our Journey'. We want to know why you're at Westies – whatever your reasons may be – and support you to achieve your goals amongst the broader Westies family; whether those goals are on the water, in the gym or something else entirely.

For our Clubbies Squad, this means:

- Flexible training & involvement: rowing doesn't have to be all-or-nothing, nor is it only about getting on the water! We believe rowing is more than just a sport and want to everyone to benefit from Westies alongside their other life and family commitments, FIFO and other variable work schedules, and pursuits in other sports.
- Social events: pushing back towards the 'golden days' of Clubbies, with plenty of social events.
- Supportive coaching + options for off-water training: our team of coaches will aim to help every Clubbie work towards their own personal goals, including through options for strength & conditioning training.



TRAINING SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
C GRADE	SMALL BOATS	BIG BOATS		BIG BOATS	STRENGTH + MOBILITY	SMALL BOATS	SCULL SKILLS
SOCIAL SQUAD		RACING CREWS	SCULL SKILLS	RACING CREWS		CASUAL SESSION	CASUAL SESSION
	5:30am	5:30am	5:30am	5:30am	6:00am	5:30am (Casual 8am)	6:30am

CORE SESSION **BOOSTER SESSION**

Westies' 2024 season will be split into three male & female combined squads:

- Clubbies: all-ages squad for C grade racing members and all social members, both racing & non-racing.
- Junior: U19 squad for athletes of all levels and goals.
- High Performance: all-ages squad for athletes striving to race at Nationals, achieve State representation, or follow a WAIS pathway.

To maximise training flexibility, we're introducing 'Core' and 'Booster' sessions. C-grade members are asked to attend their Core sessions as often as they can to allow training of consistent crews. Booster sessions are optional and add some flexibility and opportunity to progress your rowing further. We hope they will help you to:

- Allow Social Clubbies to try training in D or C-grade racing crews
- Get an extra session in when it works for you
- Fit in training around a FIFO or changing work schedule.

Training schedules for our Junior and HP Squads are also shown below for reference.

Just like previous seasons, we'll have a training availability spreadsheet to allow crews to be organised prior to sessions. This is a shared Google sheet which will be sent out at the start of the season.

C-grade Clubbies: we ask you to put a 'Yes' or 'No' on the sheet by Sunday of each week. Coaches will then go through and replace each 'Yes' with a boat and seat number for the session.

Social Clubbies: only need to use the availability sheet for weekday booster sessions, no need to use it for casual sessions.

HP Squad Availability		Monday 5 Jun	Tuesday 6 Jun	Thursday 8 Jun	Friday 9 Jun A/B Crews C/D Ergos	Saturday 10 Jun	Sunday 11 Jun Mettams Head Race
Name	Side Pref	5:00 am	5:00 am	5:00 am	5:00 am		
Charlie Stevenson		Wais	Wais	Vos 7	Wais	Wais	Vos 7
Josh Hantke	Both	wais	wais	Vos 5	wais	wais	Vos 5
Lachlan Moroney	Both	Wais	Hoot Owl 1X	Vos 4	Patten 4X 3	Hoot Owl 1x	Vos Bow
Kieran Reading	both	no	McKenzie 2X Bow	Big AI Str	Patten 4X Bow	DSal 4- Str	Big AI Str
Bailey Flecker		No	Damon 2- Str	Vos 6	Patten 4X Str	No	Vos 6
Dejan Bouwhuis	Stroke/Both	Xeno 1x	Damon 2- Bow	No - Exam	DSal 4- Bow	Patten 4X 3	Vos Str
Riley Flecker	Both	No	No	Vos 2	No	No	Vos 2
Caine Holdsworth	bow	Patten 4X 2	Williams 2X Bow	Big AI 4	no	Patten 4x 2	Big AI 4
Jack McGrath		Patten 4X 3	5K erg	Big AI 5	No	DSal 4- 3	Big AI 5
Sam Toland							
Grant Hogarth		Damon 2- Str	No	Vos Str	DSal 4- Str	No	Vos 4

JUNIOR	A	BIG BOATS	GYM	SMALL BOATS	GYM + ERG W/ ATHLETE ALLIANCE	BIG BOATS		RUN CLUB
	B			BIG BOATS		SMALL BOATS		
HP	A	SMALL BOATS	SMALL BOATS	SMALL BOATS		A8-	BIG BOATS	RUN CLUB
	B					B8-		

RACING + REGATTAS

All Westies members are encouraged to get involved in racing! The Club Season includes long-distance Head Races on the river and 1km Club Pennant regattas at Champion Lakes. Head Races are short regattas with only one race per crew, finishing before 11am. Pennant regattas finish around 12-1pm and athletes can compete in multiple races per regatta.

C-grade Clubbies will be training in consistent crews as much as possible, with crews organised and communicated by the coaching team. We'll aim to put together cohesive crews that will enjoy training and performing together. These crews will then be entered at regattas depending on athlete availability.

Social Clubbies will have the opportunity to get involved in racing via Booster Sessions. Keep communicating with your coaches throughout the season and they will help you get involved with racing crews, feel comfortable about racing and answer any questions you have about regattas.

Racing opportunities for the 2024 Club Season are:

- Sun 19th May: Mettams Head Race – 4km, Shelley to Canning Bridge.
- Sun 9th June: Guildford to Garrett – 6km, Guildford Road to Garrett Road.
- Sat 29th June: Perth to Freo – 16km, Narrows to Freo Rowing Club.
- Sat 20th July: Pennant Regatta 1 – Champion Lakes.
- Sat 3rd August: Pennant Regatta 2 – Champion Lakes.
- Sat 17th August: Pennant Regatta 3 – Champion Lakes.
- Sat 31st August: Pennant Regatta 4 – Champion Lakes.
- Sat 14th & Sun 15th September – WA State Championships – Champion Lakes.



PARTNERSHIPS

This year we want to work on our club partnerships in order to provide all Westies members with some great benefits. This is still a big work in progress, but we're excited about forming some good relationships with businesses in the Westies family, and will keep you updated as we form more partnerships!

Additionally, if you or someone you know might be interested in a partnership, please let us know. We want to support businesses through our social media and membership in return for some perks for Westies members.

The Scarborough Chiro Clinic: WARC members receive a free initial consult (\$140 value) plus discounted regular treatments. SCC is equipped with a movement assessment space including an ergo and is familiar with rowing niggles & injuries. www.scarboroughchiroclinic.com.au

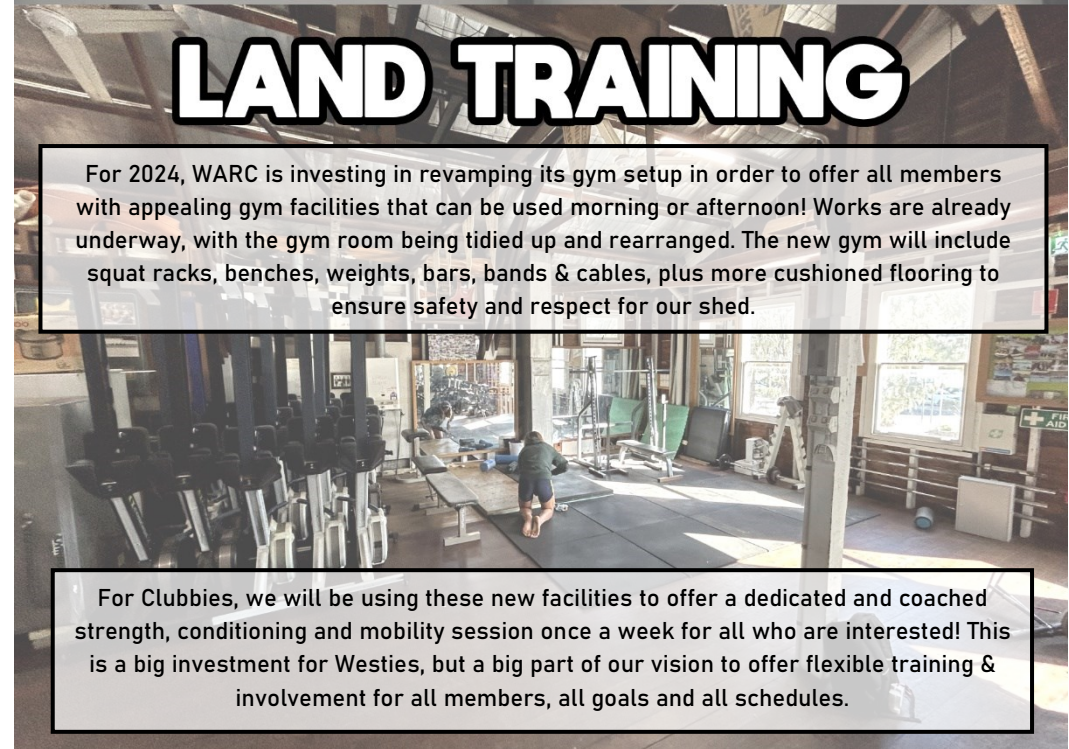


Info + Development: WARC partners with Rowing WA to provide all members with free access to its Hour of Power info nights. We also plan to organize our own guest speakers at Westies this year, including in sport psychology, boat rigging, and strength & conditioning.

LAND TRAINING

For 2024, WARC is investing in revamping its gym setup in order to offer all members with appealing gym facilities that can be used morning or afternoon! Works are already underway, with the gym room being tidied up and rearranged. The new gym will include squat racks, benches, weights, bars, bands & cables, plus more cushioned flooring to ensure safety and respect for our shed.

For Clubbies, we will be using these new facilities to offer a dedicated and coached strength, conditioning and mobility session once a week for all who are interested! This is a big investment for Westies, but a big part of our vision to offer flexible training & involvement for all members, all goals and all schedules.



REGISTRATION

2024 Club Registration + Rowing WA fees are:

- Full Membership: \$997
- 19+ Student Membership: \$722
- U19 Student Membership: \$694
- Social Rowing Membership: \$490
- Gym/Associate Membership: \$199



SCAN ME



WARC membership lasts 12 months, meaning it includes our winter Club Season, Summer programs, and full equipment & gym access.

Registration can be completed by scanning the QR above, or by visiting www.revolutionise.com.au/warowing/registration/.

For racing, Rowing WA also charges small entry fees known as 'seat fees'. WARC invoices members separately for any seat fees incurred twice per season. Rowing WA's seat fees can be found here: rowingwa.asn.au/our-regattas/rowing-wa-fees/

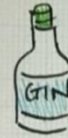
For more information or assistance with registration and fees, including payment plans, please don't hesitate to get in touch with us at captain@warowingclub.org.

AUSTRALIAN
ROWING CLUB INC.



Season Opener GINFEST

BRING : Gin - the wider the range the better! Open bottles, random dregs... whatever



A mixer - whatever you like with gin... Tonic? Soda?



A garnish - citrus? Herbs? Get creative / weird.

A snack to share - so fewer people pass out.

Saturday 4th May!

