



WELCOME TO WESTIES

The West Australian Rowing Club is WA's oldest rowing club and one of three high-performance clubs in the State. We aim to achieve high performance at every level, offering squad training and coaching for rowers of all skill levels and goals - from novices through to Australian representatives.

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 all of our members to achieve their goals amongst the broader Westies family in a fun, supportive environment.

For our Junior Squad, this means:

- Flexible training: rowing doesn't have to be all-or-nothing! We believe rowing is more than just a sport and want to everyone to benefit alongside other sport, school and life commitments.
- Individualised coaching & mentorship: whether your goal is to go up a crew in your next school season, be selected for Pathways or just meet new people, we want to help you get there.
- Social events: opportunities to get to know other WARC members and athletes from other schools and clubs.



TRAINING SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
JUNIOR	A	BIG BOATS 5:30am	GYM 6:00am	SMALL BOATS 5:30am	GYM + ERG W/ ATHLETE ALLIANCE 6:00am	BIG BOATS 5:30am	RUN CLUB 7:00am
	B		SMALL BOATS	BIG BOATS		SMALL BOATS	
HP	A	SMALL BOATS	SMALL BOATS	SMALL BOATS	A8+	BIG BOATS	RUN CLUB
	B				B8+		
CLUBBIES	C	SMALL BOATS	BIG BOATS	SMALL BOATS	BIG BOATS	STRENGTH + MOBILITY	SMALL BOATS
	D		SMALL BOATS			SMALL BOATS	

CORE SESSION

BOOSTER SESSION

Westies' club season is split into three male & female combined squads:

- 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.
- Clubbies: all-ages squad for club-level C and D grade members.

Each of these squads is roughly split into an upper and lower tier to ensure we have enough equipment and coaches to go around each day. This split is managed by the coaches and laid out on our training availability spreadsheet.

To maximise training flexibility we offer 'Core' sessions and 'Booster' sessions. We ask that members attend each of their squad's Core sessions as often as they can to allow training of consistent crews.

Booster sessions provide ownership over your training by allowing you to get an extra session in when it works for you, or giving you the opportunity to train a boat you might not otherwise get the chance to - e.g. a single scull or a double/pair with your mate.

To allow our coaches to organise crews prior to each session, Westies asks members to let us know which sessions they will be attending on a training availability spreadsheet. This is a shared Google sheet which will be sent out at the start of the season.

Members can put a 'Yes' or 'No' for each session as far in advance as possible, but at least by Sunday of each week. Coaches will then go through and replace each 'Yes' with a boat and seat number for the session.

Our availability sheet will look similar to the one below from 2023.

HP Squad Availability		Monday 5 Jun	Tuesday 6 Jun	Thursday 8 Jun	Friday 9 Jun	Saturday 10 Jun	Sunday 11 Jun
			HP Small Boats		A/B Crews C/D Ergos		Mettams Head Race
Name	Side Pref	5:00 am	5:00 am	5:00 am	5:00 am		
Charlie Stevenson		Wais	Wais	Wais	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

RACING + REGATTAS

Rowing WA's Club Season includes a variety of racing opportunities and we encourage our members to race whenever they can! For our Junior Squad however, PSA sport comes first, and with many club regattas on Saturdays we do not expect attendance at all regattas.

The Club Season includes long-distance Head Races, All Schools Regattas in which athletes compete in age categories for their school, and Club Pennant regattas where athletes race in experience-based grades against other clubs. Junior Squad athletes are able to compete in all regattas that don't clash with their PSA sporting commitments.

Racing opportunities for the 2024 Club Season are:

- Sun 19th May: Mettams Head Race – 4km, Shelley to Canning Bridge.
- Sun 26th May: All Schools Regatta 1 – Champion Lakes.
- Sun 9th June: Guildford to Garrett – 6km, Guildford Road to Garrett Road.
- Sat 15th June: All Schools Regatta 2 – Champion Lakes.
- Sat 29th June: Perth to Freo – 16km, Narrows to Freo Rowing Club.
- Sat 13th July: State Indoor Rowing Championships – 2km ergo comp.
- Sat 20th July: Pennant Regatta 1 – Champion Lakes.
- Sat 27th July: All Schools Regatta 3 – Champion Lakes.
- Sat 3rd August: Pennant Regatta 2 – Champion Lakes.
- Sat 10th August: All Schools State Championships – 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.

Head Races are short regattas, with trailer unloading finishing before 11am. All Schools & Pennant regattas are very similar to in length to PSA regattas and include racing over 1km and 2km.



PARTNERSHIPS



Athlete Alliance: for 2024, Westies is not only revamping its gym, but also partnering with Athlete Alliance to offer high-performance strength and conditioning coaching to Junior Squad athletes. Additionally, WARC members will receive a \$10pw discount on personal Athlete Alliance membership. Find out more at www.athletealliance.com.au.

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.

We're currently working on even more partnerships and member benefits – watch this space!

EVENTS

Throughout each Club Season, Westies offers a range of social events – both for individual squads and for the whole club. Regular events include Shed BBQs & Sundowners, our annual Quiz Night, squad games nights and our Sunday morning Run Club.

In 2024, Westies will be teaming up with Fremantle Rowing Club to offer some extra inter-club events and provide more opportunities for athletes to develop friendships across other schools and clubs. Our tentative inter-club event schedule for the year includes:

- Sun 28th April – FRC vs WARC mini triathlon/biathlon
- Sun 16th June: FRC vs WARC Juniors Paintball
- Fri 5th July: FRC vs WARC evening mini-regatta + club dinner

REGISTRATION

Junior Squad rowers should sign up for an U19 Student Membership. Registration fees for 2024-25 are a \$625 WARC fee plus a Rowing WA competition fee of \$69.

Coxswains receive free membership at Westies and only need to pay the \$69 Rowing WA competition fee if they will be coxing at regattas. Junior Squad coxswains should sign up for an U19 Junior Coxswain membership.



SCAN ME



WARC membership lasts 12 months, meaning it includes more than just the winter Club Season. Junior members are welcome to use the shed's gym and ergos, as well as attend organized on-water training sessions, all year round including during the PSA shed closure period. Junior Squad members can also attend any holiday training camps organized by WARC for no additional cost.

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

Rowing WA also charges small entry fees known as 'seat fees' for regattas. 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.



**ROW WITH OUR BEST ATHLETES
ERGO COMP • FREE BBQ**