



ANA Rowing Club Handbook



www.anarowingclub.org.au

Introduction

Welcome to ANA Rowing Club. We hope you enjoy the experience of rowing with us over the coming years. ANA has a proud reputation of being a very welcoming, family friendly and social club with a competitive edge! Our goal is to promote rowing for all and to provide pathways for members to participate in the sport on a recreational, social racing or high performance basis.

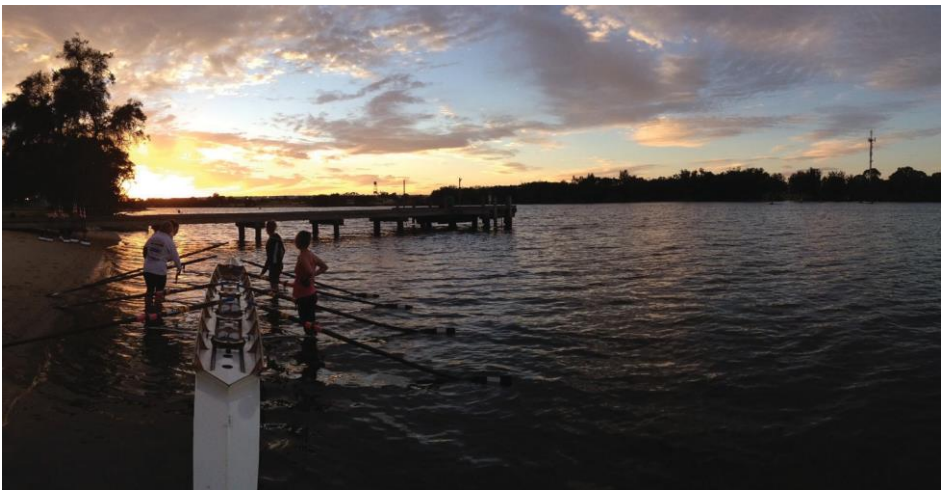
Our members range from school age to octogenarians and from complete beginner to National Championship medal winners. We are proud to offer rowing to anybody who would like to be involved in the sport.

Located at A.P Hinds Reserve in Bayswater, just upstream of the Garratt Road Bridge, ANA has access to the best rowing water in Perth alongside beautiful natural bushland. It is also the only community based rowing club situated on the Swan River to the east of the CBD.

As well as our facilities at A.P. Hinds Reserve, ANA also has rowing boat storage facilities at the international standard rowing course at Champion Lakes located 30km to the South East of Perth.

ANA membership includes on-water coaching, organised cross training sessions and 24/7 gym access plus hot showers in our refurbished change rooms as well as free onsite parking.

The ANA Rowing Club Committee meets every third Monday of the month and any member is eligible to attend and raise issues concerning the club via any member of the Committee. Please refer to web site, www.anarowingclub.org.au, for any additional information to what is provided here, current Committee members and contact details.



Categories of Membership

There are five categories of memberships at ANA:

- Racing members
- Student racing members
- Recreational members
- Gym members (non-rowing)
- Social members (non-rowing)

ANA Memberships include the following:

- Access to boat shed and gym on completion of an ANA Rowing Club induction and safety course.
- Use of club equipment (boats, oars and gym)
- Storage of personal boats (For a fee with club permission)

It also includes the following responsibilities:

- Security: Ensuring everything is correctly locked up.
- Tidiness: Keeping the club tidy and help with clean-ups.
- Boat maintenance and repair: Assisting with boat maintenance and repair when required. Ensuring boats are not taken out in an unsafe state. Fixing any breakage where possible.

The club also requests that members assist for a minimum of 2 half days at its major fund raising events throughout the year. If members do not wish to assist for at least this minimum period, a levy will be applied to their membership fees. Fund raising accounts for a considerable amount of the club's income and without sufficient volunteers, these funds would have to come from an increase in members fees.

Brief Calendar of Events - see web for dates -	
Guildford to Garret Road Head Race	ANA Clubhouse
ANA Pennant Regatta*	Champion Lakes
Avon Descent* (we don't row this one!)	Northam - Bayswater
State Sprint Championships	Champion Lakes
State Championships	Champion Lakes
Annual General Meeting	ANA Clubhouse
Learn-to-row Regatta*	ANA Clubhouse
Social Row and get together - Thursdays at 6pm	ANA Clubhouse

* Designates a major fundraising event where ANA requires volunteers

A Novices' Guide to Rowing

Rowing is a great all round and team sport, exercising a large number of muscle groups. It can seem quite daunting at first with many new things to learn, but most people pick it up relatively quickly. This is intended as a guide on the basics of rowing as there can be a lot to take in during the first few outings. Use it to get a head start, or as a reference if you forget something and want to refresh. If you have any other questions just ask your coach.

General Advice

Try not to row on your own particularly if you are a novice rower or not confident in a single.

River Rules (see maps located at the back of this booklet)

- Keep right (keep your left side closest to the bank).
- Row in your third of the river (the middle third should stay clear as a buffer zone).
- Look around, check for other boats and hazards before you turn around and always cross to the correct side

Rowing in the dark

- Wear lights visible from all directions before dawn and after dusk.
- Generally you should have a white light on the bow (or your back) and red light on the stern.
- Wear a white or light coloured top to make you more visible.

Weather






- Do NOT row if there is any lightning.
- Use common sense. Don't row, or consider a more stable boat, in rough weather, rain and gusty winds.
- Try to avoid the hottest parts of the day, and try to wear long sleeved shirts, large brimmed hats and sunscreen and take plenty of water.

Capsize

- Leave your oars in the gates (attached to the boat). The oars help to keep the boat, and you, afloat.
- Don't leave your boat/oars. They are a flotation device and help people to see you in the water.
- Swim the boat to shore and get back in from solid ground. If you have rowed out in a group another rower can tow you and your boat to shore. Only try to get back in while in deep water if you have experience in doing so.

Boat Usage & Grading System

ANA uses a colour coding system on all boats and oars. Boats are marked with a coloured circle and oars are marked with a stripe near the collar.

	Captain's Permission Only: Our top level racing boats and oars can only be used with the express permission of the Captain or Vice Captain.
	Intermediate Racing: These are used by intermediate and senior club racing crews.
	Beginner Racing: Any racing members.
	Experienced Recreational: (generally at least 1 year rowing)
	(Unrestricted) equipment can be used by any club member.

- You cannot use a boat or oars above your level unless you have the captain's permission. Boats also have an average crew weight which must be observed. (Total crew weight divided by the number of crew.)
- You should NEVER use private boats or oars without the owner's express permission. If a boat is not marked, do NOT assume anyone can row it, private boats are not marked.
- Generally more advanced grade boats are stored higher up in the shed. Racing oar racks are in Bay 3.

The Gym

- **TIDY UP AFTER YOUR SESSION.** Place rubbish in bins OUTSIDE, weights back on racks, ergos standing against the wall.
- **TURN OFF LIGHTS.**
- If you DO NOT know how to use a piece of equipment, ask someone who does or **DO NOT USE IT!**

ANA Uniform

ANA encourages members to proudly wear the club colours to present a unified image. ANA merchandise can be purchased directly from the Regatta Shop.

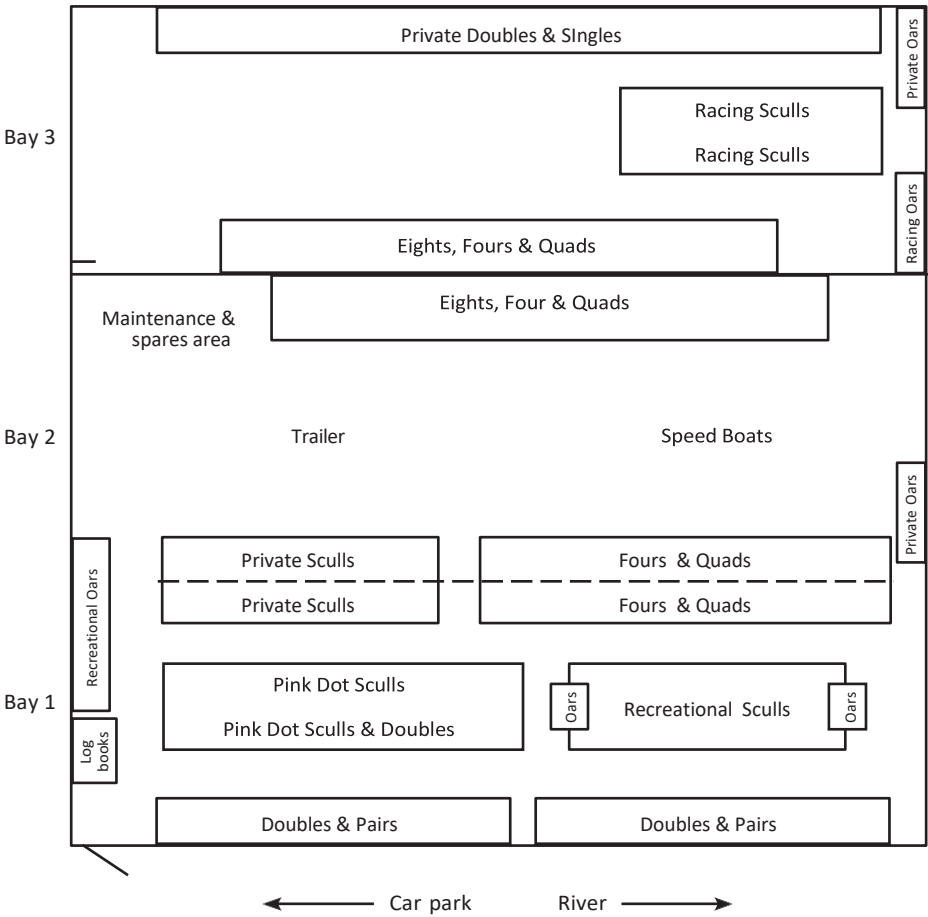
<https://the-regatta-shop.myshopify.com/collections/ana-rowing-club>

The Regatta Shop is based in Melbourne and the clothing supplied by them is of a very high quality. Racing Zoot Suits can also be purchased from Oarsome.

The black ANA cap can be purchased directly from the club for \$10.

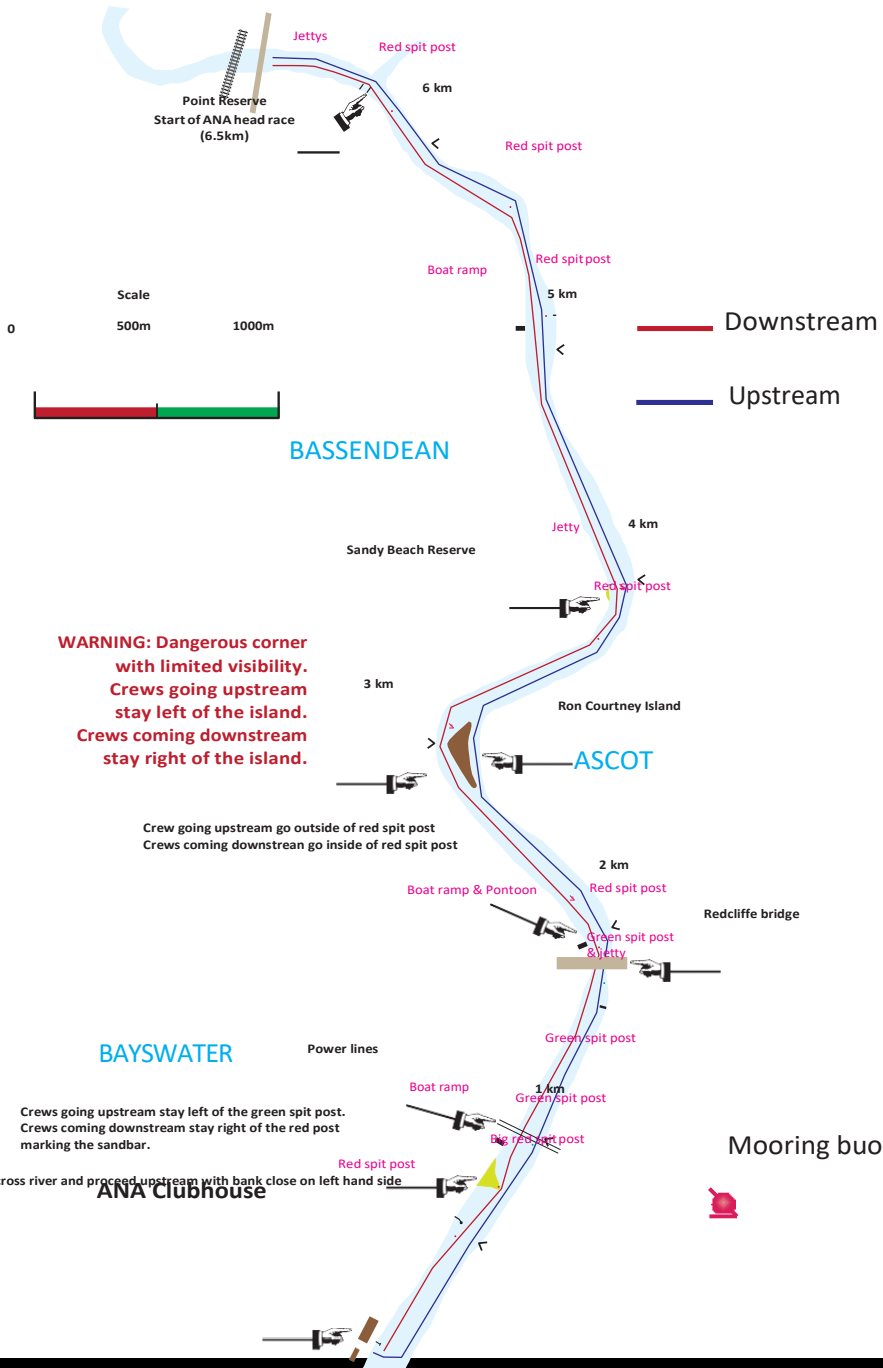
The Sheds

ANA has three of the five bays located at Hinds Reserve, Bayswater. The following is a basic layout of the three bays and where equipment is generally stored.

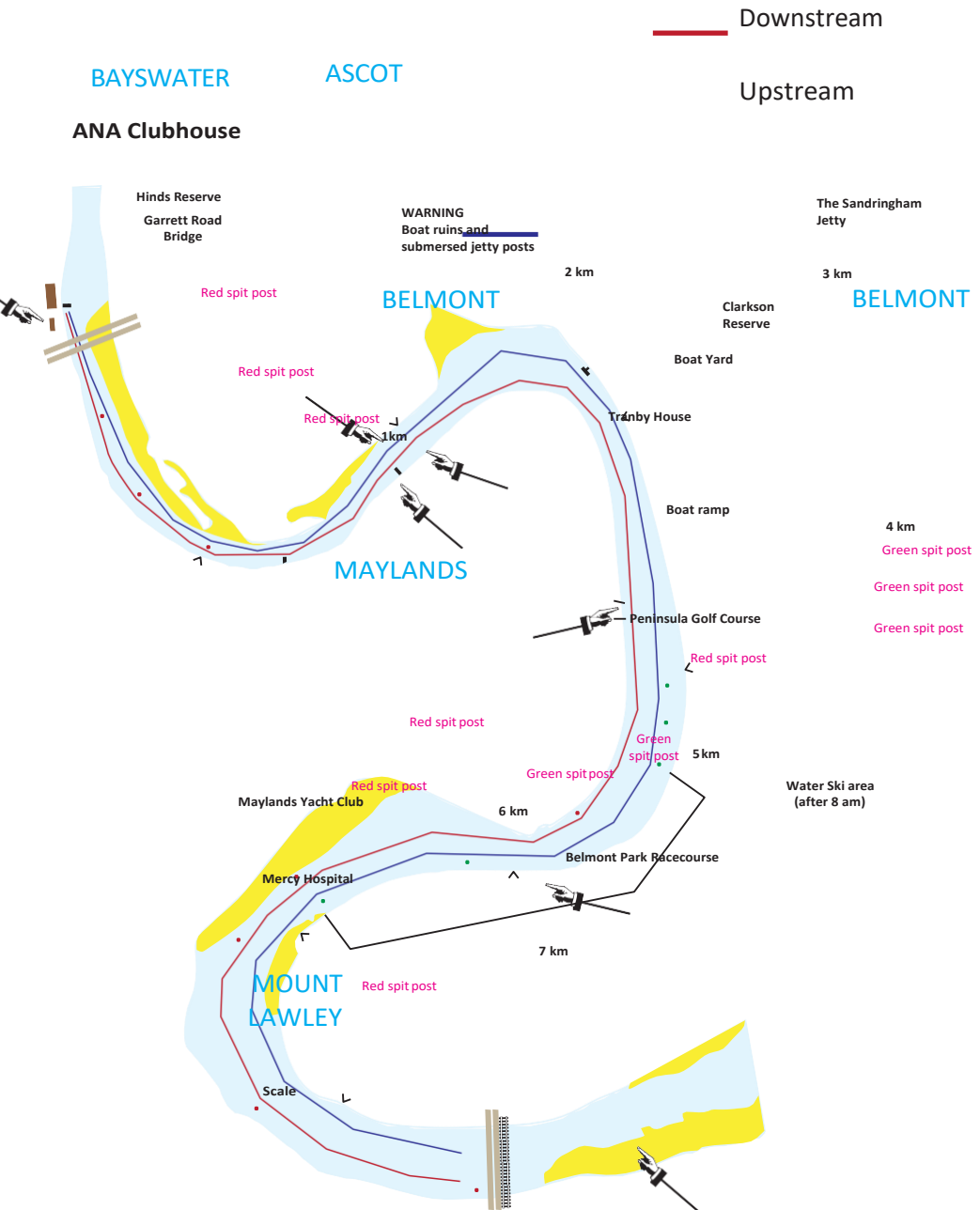


River Map - UpstreamRiver Safety

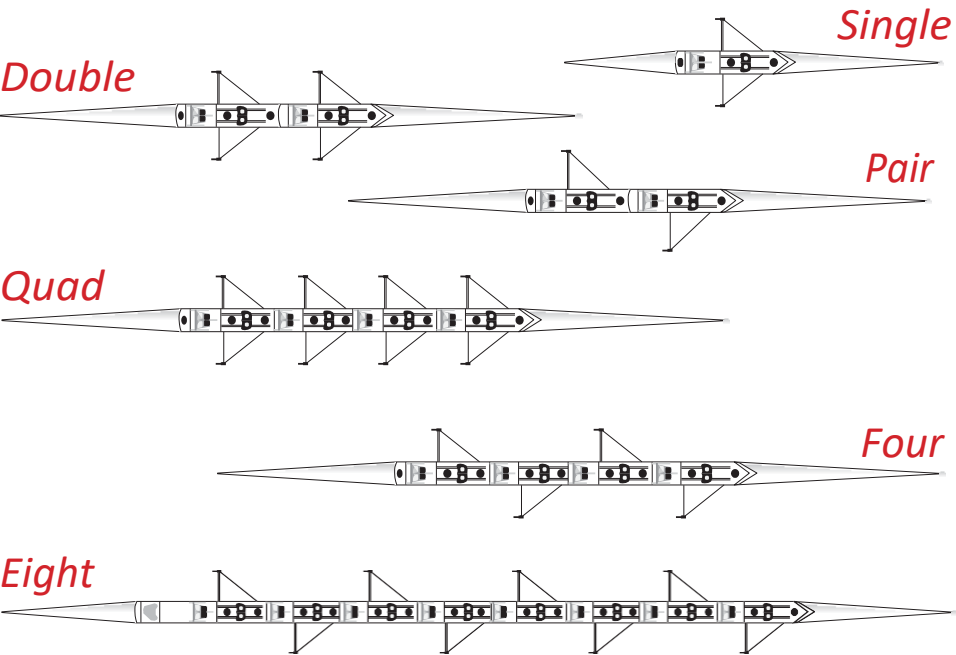
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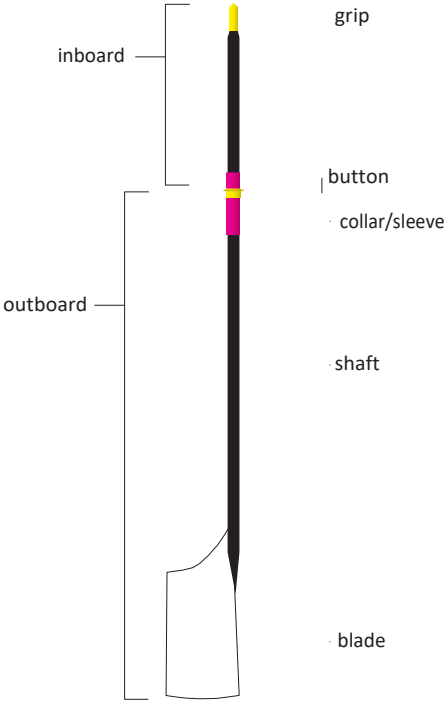
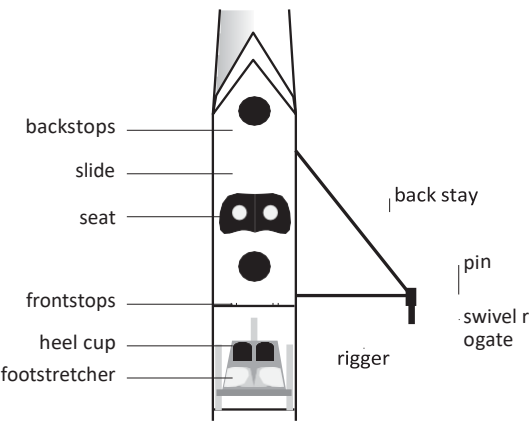
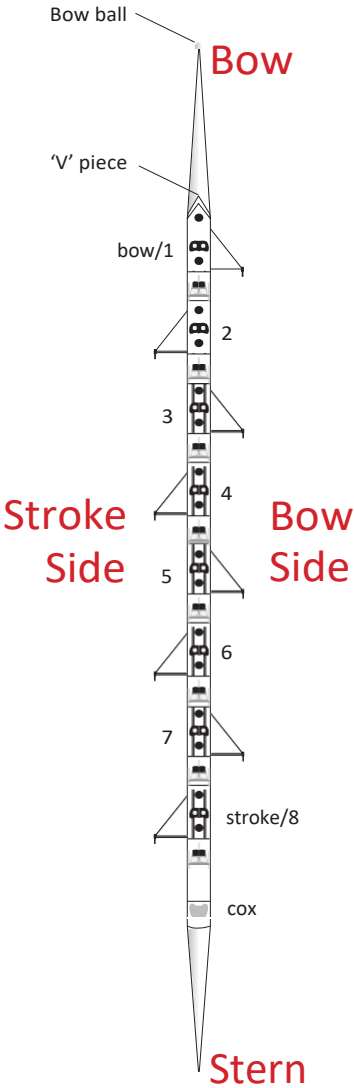
River Map - Downstream



Boat & Equipment Terminology



Boat & Equipment Terminology



Rowing Technique (see diagram on back page)

The rowing stroke should be a relaxed and continuous movement, combining a power and recovery phase. The back should be in a neutral sitting position, neither straight up nor slouching. There is usually a 2:1 ratio of recovery to power phase.

Power Phase

1. With legs compressed and arms straight out in front, blade in the water, pressure is put down by the legs. The back is held firm with shoulders and arms relaxed, connecting the legs and the water.
2. The leg drive commences with the rower 'suspended' off the handle of the blade. At the end of the leg drive the back is opened up to about 15 degrees past the vertical.
3. At the back end of the slide the arm draw commences pulling the handle with the elbows and triceps.

Recovery Phase

1. At the finish the blade is released from the water by pushing down with the arms. The blade is feathered by turning it using the inside hand (sweep) both hands (scull), keeping the wrist(s) flat. The handle is then moved away from the body.
2. When the blade handle is past the knees the body is then rocked over, pivoting at the hips and keeping shoulders relaxed.
3. The slide then commences, matching the boat speed and letting the boat travel under you. The oar is squared when the hands pass the ankles and placed in the water at the catch.

Rowing/Coxing Vocabulary

Number off from bow - when you are in the boat and ready to row, each person shouts their number from Bow to Stroke.

Square blades - keep the blade at right angles to the water throughout the whole stroke.

Feathered blades - after the blade comes out of the water, turn it parallel to the water.

Backstops or finish - a starting position with legs extended and arms pulled up to the chest, blades square and buried in the water.

Frontstops or catch - a starting position with legs compressed and arms out in front, blades in the water ready to take a stroke.

Easy oar... rest - Everyone finishes the current stroke and sits at backstops with arms extended, then drop the blades onto the water. (feathered)

Check the boat! - Everyone squares the blades in the water to stop the boat as quickly as possible.

Sit the boat - when not rowing, sit in the boat with blades feathered on the water. Keep hold of the blade and change the height of your hands to keep the boat balanced.

Bow 4 - bow, 2, 3 and 4. **Stern 4** - 5, 6, 7 and stroke (in an eight).

GUIDE TO GOOD TECHNIQUE

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The power phase begins, the blade enters the water and the shoulders lock as the leg drive begins. Compare with figure 1: almost no change in body position.

Straight Arms
Legs and back working together.
Suspend off the seat

Sitting back past the vertical at the finish: shoulders down, back straight. Arms have moved close past the body quickly using the power of the shoulders. Chin up

Straight back at the catch

Chin up

Hands drawn up at the finish

Correct depth blade still covered.

Hands away, body swings, knees held down. Early preparation of the forward body angle.

Firm straight lower back. Keep body weight on the feet.

Knees lift and body is led forward by the hands. When the slide is halfway through, the arms and upper body have finished reaching out.

Slowly roll the blade square with the inside hand.

Hands away before body begins to swing over – a fluid motion.

Continue sliding smoothly. Keep balance on the feet as the hands follow the arc of the oar until you arrive at the ideal position.

Blade still square at extraction (tap down)

Spoon 6-7" above the water during recovery (feathered)

