



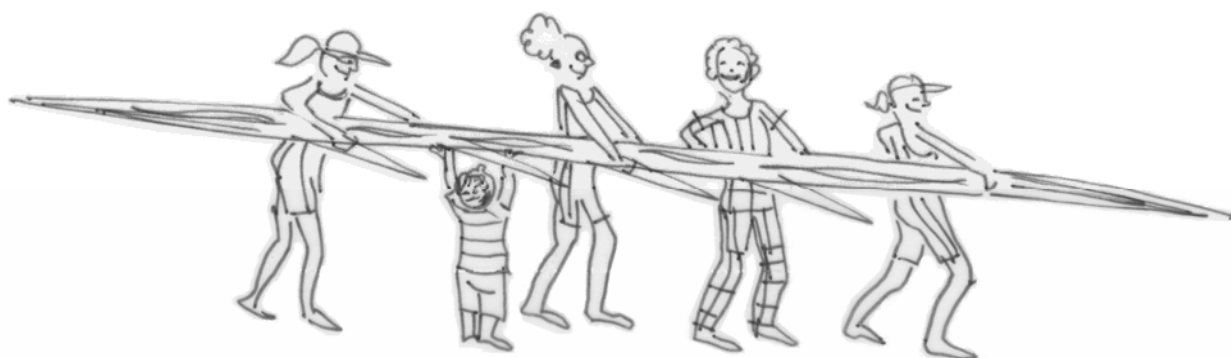
TWEED HEADS ROWING CLUB LIMITED

Boyd's Bay, Minjungbal Drive, Tweed Heads
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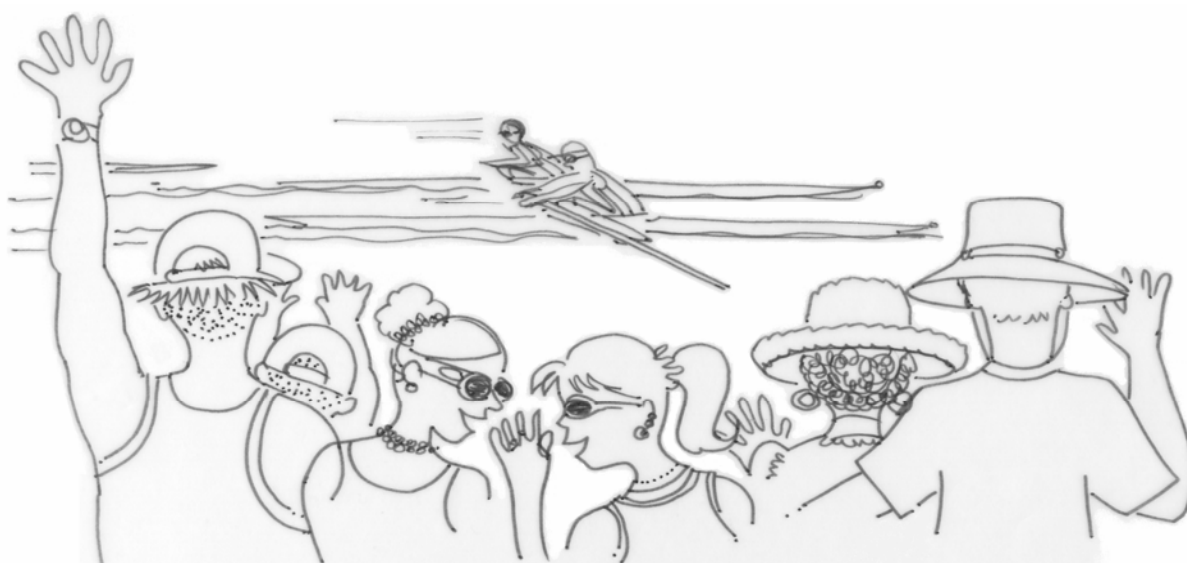
Since 1946

- MEMBER'S HANDBOOK -

2008



Have some fun, come and row at Tweed!



Artwork by Coralie West

A thorough understanding and acceptance of the contents of this handbook is a condition of membership of the Tweed Heads Rowing Club Limited. All members, both new and continuing, must read and sign an acknowledgement of the contents herein.

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Tweed Rowing Application Form

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Latest edition 'In The Row', Tweed Rowing Newsletter

OTHER REFERENCES

Rowing Queensland Members Handbook

Rowing Australia & Rowing Queensland websites

1. INTRODUCTION

This booklet has been prepared by the board of management for the information of all members. The purpose of this handbook is to provide comprehensive details of our sport, its management and our specific club facilities, requirements and risks.

It is vital that all members, new and continuing, understand their responsibilities and the rules and procedures that all members (and their supporters) are required to follow. This applies to rowing activities as well as club management and fundraising activities.

Please seek further information from committee members, coaches and other members.

2. ABOUT ROWING

Rowing, physically, is one of the most demanding exercises around with nearly every muscle in the body being used in the rowing motion. It is also one of the best, low-impact, cardio-vascular exercises that can be found.

Rowing is a sport that attracts people of all ages and from all walks of life, with the youngest starting at around 13 yrs old to 70 and 80 year old veteran rowers who still compete.

It is a sport that can be undertaken individually or as part of a crew. Participation can be on any level you choose: for recreation and a form of exercise, for social interaction as part of a crew, for individual challenge and to compete at a local level, or as an elite competitive athlete.

There are two different styles of rowing:- sculling (each person uses two oars) and sweep-oar rowing (each person in the boat has one oar – minimum two people per boat). The different types of boats are as follows:

Sculling: single scull, double scull, quad scull

Sweep Oar: pair, four, eight.

Quads, Pairs and Fours can be rowed with or without a coxswain. Eights always have a coxswain for steering and safety purposes.

International and elite rowing competitions are standardised at 2000 metres. Masters rowing (eligible in the calendar year in which the rower turns 27 years of age) competitions are contested over 1000 metres.

At the elite level, 2000 metre race times average between 5 minutes 20 seconds and 7 minutes 30 seconds depending on the boat type. International rowing is contested in two weight categories for men and women, these are lightweight and open.

3. HISTORY OF ROWING

Courtesy of David Nielsen, July 11, 2000. www.rowersworld.com/content/about/200_7_10b

Rowing originated not as a sport, but as a means of warfare and transportation. All of the major ancient civilizations used rowing to advance their cultures, both in war and while at peace.

A majority of the war between the Persians and the Athenians was fought in huge naval battles. The victors of many of these sea battles were those that could manoeuvre quicker on the water (the Athenians frequently won because they used a form of a moving slide in order to incorporate their legs).

Viking ships were equipped for many oarsmen. A single square sail was used, but only when a tailwind prevailed. So, the legacy of piracy and plundering of the Vikings was made possible, in part, by the speed of attack they could achieve in their rowing ships. The sport of rowing unofficially began in the 1700's when watermen would race in long barges on the river Thames in England. The sport began its modern incarnation when "gentlemen" created the Oxford-Cambridge race in 1829. The Henley Royal Regatta was started in 1839.

The Yale-Harvard race on the Charles River marked the beginning of competitive rowing in the United States in 1852. Rowing became the first organised collegiate sport in the US, complete with its own governing body. Today, men's collegiate rowing in the US remains independent of the NCAA, while women's rowing became a NCAA sport in 1997. International championships were first arranged in 1893, and remain under the direction of the Federation International des Societes d'Aviron (FISA).

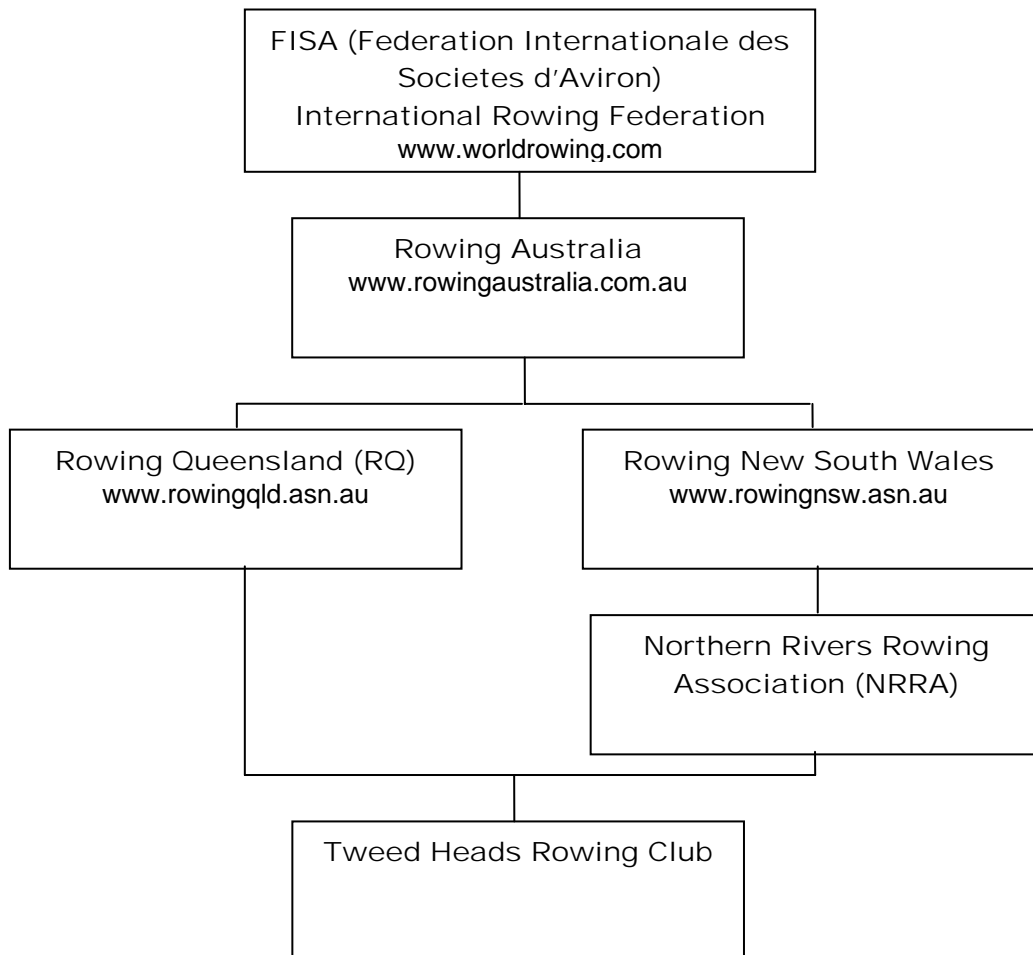
Rowing has been part of the modern Olympic Games program since 1896. However it was not until 1912 that Australia sent its first Rowing team to the Olympics. Now Australia is one of the most dominant Rowing Nations in the World.

4. ROWING MANAGEMENT

Due to our location on the border between Queensland and New South Wales and our proximity to Brisbane and Queensland Rowing facilities Tweed Rowing is primarily associated with Rowing Queensland.

For competitive reasons the Club also has an affiliation with the Northern Rivers Rowing Association and through this involvement is also governed (to a certain extent) by Rowing New South Wales.

For further information please visit the websites listed below or talk to the Tweed committee delegates for Rowing Queensland and NRRRA.



5. HISTORY OF TWEED ROWING

The Tweed Heads & Coolangatta Rowing Club was founded in 1946 at Boyd's Bay, Tweed Heads on the beautiful Tweed River NSW. The principal founders of the club were twin brothers Harry and Gus Green along with John Anderson and Ralph Thornton. All were great rowers before the war.

1972 found the club needing to expand, becoming the Tweed Heads Rowing and Aquatic Club, but in 1996, whilst celebrating it's 50th Anniversary the club was forced to close its doors, leaving a talented and enthusiastic group of sports men and women without boats, equipment and money to continue their selected sport of rowing.

This enthusiastic group and supporters formed a new club, named the Tweed Heads Rowing Club Ltd, and with great support from the local community raised enough funds to buy back most of their boats and equipment. The club operates out of the original boatshed at Boyd's Bay.

Over the years, many of our members have won numerous State, Australian and even world titles, at all levels including junior, senior and masters. Some of our rowers have represented their State and their Country. The Club has also won the Queensland and Northern Rivers Club Championships on numerous occasions over the years.

The Tweed Rowers were responsible for improving rowing in Queensland during the 1950's. The ladies won the Australian Women's Four in 1949, 1950 and 1954 and the men's eight represented Queensland at the King's Cup from 1954 - 1958.

Since 1948 Tweed Rowers have won over 60 National Titles and the club is one of the leading clubs of Australia with the number of State Titles won.

The club colours are bottle green with a gold V.

6. ROWING WITH TWEED

6.1 Our River & Facilities

Our Rowing shed is situated at the Southern end of Boyd's Bay Bridge on Minjungbal Drive, Tweed Heads on the Terranora Inlet. In training we generally row from our shed at Boyd's Bay through to Terranora Lakes (return trip 10km, or more if you wish to row across the lake at high tide). From the shed we can also easily access the main channel of the Tweed River where 20km or so, up stream you will find Murwillumbah.

This is a very picturesque rowing course with Mt Warning to the west and nature reserves and estuaries throughout the course. For this reason it can be a popular place for fishing boats, house boats and other recreational boats, particularly of a weekend and during holidays. We encourage all rowers to train early of a morning prior to wind conditions picking up and before other water traffic becomes present.

Our generous temperate climate conditions are generally always friendly all year round however lack of daylight and fog can be an issue during winter mornings.

Being a salt water, tidal waterway care must be taken particularly when there is a strong outgoing tide and also when nearing bridges and boat ramps. There are a number of areas subject to sandbanks in a low tide closer to Terranora Lakes. These issues are explained further in Risks.

Access to the shed is provided to all fully paid active members by way of a key. Storage for club and personal boats and equipment is provided downstairs along with male and female toilets and showers. The upstairs area holds gymnasium equipment, basic kitchen facilities, toilets and office area. All rowers are responsible for looking after the facilities and equipment and must take full responsibility for any visitors they have to our shed. All rowers must accept that they row at their own risk and particularly note the risks of rowing alone if in doubt, don't go out!

While the committee is committed to the maintenance and upgrade of the facilities care must be taken at all times due to the ageing timber structure of our shed.

6.2 Boats & Equipment

Tweed Rowing owns numerous single training sculls, timber and carbon-fibre double sculls (some of which can be converted to pairs), quad sculls, fours and an eight. A single tub-boat is also available for novice rowers. There are a sufficient number of oars for all of our boating requirements and two tinnies for coaching.

Many of our competitive rowers choose to purchase their own competitive standard single sculls and oars and store these within the shed. Anyone wishing to store equipment on club premises should note the conditions outlined in the membership section of this booklet.

The club owns a variety of weights and cardiovascular equipment which are stored upstairs in the shed. These are for the use of active (ie. insured) members only. Please ask a coach which equipment to use and seek correct instruction on how to use it. Novice, learn-to-row and junior rowers must not use this equipment unsupervised (ergo machine excluded).

6.3 Coaching

Most of our coaches all provide their time on a volunteer basis.

Currently we are updating our coaching structure, so we can provide excellent coaching across the board for beginners, recreational rowers and right up to our Elite rowers.

NSW / Queensland Child Protection requirements have been adhered to and all coaches have been accredited or are in the process of becoming accredited rowing coaches.

6.4 Competition

Nearly every month throughout the year there is a regatta held somewhere that Tweed rowers attend, including school, open and masters regattas.

Regattas are organized by the following organizations.

- Northern Rivers Rowing Association club Regattas
- Rowing Queensland club Regattas
- Qld & NSW State Championships Regattas
- National Championship Regattas

There are numerous categories in a rowing regatta.

QLD and NRRRA Club Regattas have age races starting at U15, U18 (a.k.a. Junior), U20 (a.k.a. Youth) and U23 (a.k.a. Senior B). Qld club regattas have 5 categories of races starting from Group 5 up to Group 1 depending on the rower's skill levels.

Growing very strong in the last 7 or 8 years is Veteran or Masters rowing, which has a range of age categories starting at A: 27-35, B: 36-42, C and so on up to 80 and 90 year age categories.

There are also School age regattas.

Once a rower reaches a higher standard they can then go on and compete at State and National Championships. At these regattas the categories are Junior U19, Senior B U23, Light Weight and Open. From these regattas rowers can be selected in State and National Teams to compete at International, World Championships and the Olympics.

To attend a regatta generally requires very early starts on the day of the regatta or an overnight stay for those events held further away. All active rowers are encouraged to participate in regattas, either in individual events or crew events, such as a mixed quad.

Individual participants must pay seat fees for every event they enter and are responsible for all of their own expenses. Transport and towing of the trailer is generally shared between senior rowers and coaches.

6.5 Club Activities

The club organizes the following activities every year:

- Monthly Orientation Days and BBQ's
- Regattas: Tweed club regattas for both RQ & NRRA, held at Murwillumbah.
- Training Camps
- Working Bees: held at the discretion of the club captain.
- Presentation Night: generally held April/May each year.
- Trivia Night: generally held October/November each year.
- Christmas Party
- Fundraisers and Social Gatherings

Refer to club newsletters or a committee member for further information.

6.6 Committee & Meetings

The Tweed Heads Rowing Club Limited is managed by a Board of Management consisting of five (5) executives plus two (2) committee members as follows:

PRESIDENT:	Garry Annand, M: 0412 344826	E: garry@gazco.com.au
VICE PRESIDENT:	Peter Faint M : 0419020860	E: pfaint@bigpond.net.au
SECRETARY:	Leigh Tynan M : 0418 121 853	E : leighit@netspace.net.au
TREASURER:	Paul Bolster M: 0418 664553	E: paul_bolster@bolster.com.au
CLUB CAPTAIN:	David Berry M: 0414 242417	E: david_7berry@hotmail.com
DIRECTOR:	Learne Faint M: 0438751822	E: pfaint@bigpond.net.au
DIRECTOR:	Andre West H : 07 5524 8341	E : julie@cummingswest.com.au
CLUB PATRON:	Fred Jaques H: 07 5536 2329	

The club's annual general meeting is held in September every year with committee meetings held monthly on the third Thursday of every month beginning at 7.30pm DST. All members are welcome to attend committee meetings and are encouraged to take an active interest in the business and activities of the committee.

The club is entirely self-funded by membership revenue and fundraising activities, therefore active participation by all members, their families and their friends is paramount to the continued operation of the club.

Membership is based on the calendar year following Rowing Queensland with which we are registered and insured.

6.7 Club Rules

- Boat allocation is at the discretion of the Head Coach.
- No one is allowed to use club boats without permission from the Club Captain or the Coach.
- Novice and Recreational rowers must not go out on water without supervision
- Novice rowers, learn to row athletes and junior rowers are not allowed to use gymnasium equipment without supervision.
- All Club boats must be washed and wiped down after use as salt water is highly corrosive.
- Any damages to boats must be reported to the Club Captain immediately.
- All Active members (Junior and Senior) must attend at least 4 working bees per year or a \$40.00 working bee levy must be paid.
- Life Members are not required to pay joining fee or shed fee, but must pay the relevant Rowing Queensland Registration and Insurance if they want to use any Club equipment, or if they want to compete at regattas.

6.8 Code of Conduct

All members are requested to abide by the basic principles of respect for self, respect for others, respect for coaches and officials and respect for the sport at all times, both on and off the water.

The following is considered unsuitable behaviour and not in the best interests of sport (from Rowing Australia Code of Conduct).

- 'Sledging' other athletes, officials or event organisers. Sledging is defined as a statement which is deemed to denigrate and/or intimidate another person.
- Statements which are deemed to denigrate the group that an individual is representing.
- Excessive use of alcohol, acting in a way that becomes a public nuisance, creating a public disturbance
- Causing damage to another person's property
- Sexual relations between a coach, manager and support staff and a junior athlete, irrespective of the wishes and desires of the athlete are absolutely forbidden.
- Sexual relations between a coach, manager and support staff and an adult athlete on the same team are discouraged and may amount to unsuitable behaviour. Where a long term relationship exists this should be advised promptly to the team management.
- Harassment, sexual or otherwise.
- The use or encouragement of drugs and banned substances to enhance or inhibit performance. The banned substances list is as outlined under the Australian Sports Commission Doping Policy.

Please refer to the Rowing Australia website and the Rowing Queensland Members Handbook for further details.

6.9 Risk Management

There are many and varied risks associated with the sport of rowing and also some environment specific risks of rowing at Tweed. The following attempts to identify the majority of key risks so that all rowers and coaches can be cautious of them and manage them to the best of your ability.

Please remember that you do row at your own risk so it is in your best interest to familiarise yourself with the following. Having read the following overview if there is anything you want more information about or have specific concerns about please discuss this with your coach or a committee member.

Personal Injury

Rowing is an intense physical sport utilising almost every muscle in the body. It is also very specific in its technique with respect to body posture and correct movements.

Please obtain medical clearance prior to commencing this sport, particularly with respect to neck and back problems and cardiovascular fitness.

- Be sure to warm up and stretch before and after exercise.
- Follow your coaches instructions.
- Do not overdo it with your session, be cautious of the passage of time and the need to return to the shed.
- Always try to ensure correct posture and technique and seek coaching assistance if you have any concerns of this nature.
- Ensure you use gym equipment correctly and follow adequate warm up and stretching procedures.
- Follow correct manual handling procedures and seek advice and assistance, if required, when lifting your boat.
- Check your equipment before you go out and ensure gates are fastened to minimise the risk of falling out of your boat.

Personal Hydration & Nutrition

If participating in an intense training session or exercising for a long period of time ensure you carry a water bottle. Also be cautious of having adequate energy reserves to fulfil the training requirements, although do not eat within half an hour prior to exercise. Appropriate nutrition immediately after training is also important. Please seek advice from your coach or expert nutritional advice if involved in an intensive training program.

Personal Hygiene

Club facilities and equipment are shared so infection control is a matter of high importance.

Always wear a pair of clean socks when using club boats. This will also minimise the risk of blisters on your feet.

Please wear thongs or other footwear when using the shower and toilet facilities. Do not share towels, water bottles, rowing clothes etc.

Be sure to wash the handles of your oars after use, particularly if you have had blisters break while you were rowing.

Weather & Climatic Conditions

Sun, wind, rain, heat, cold and tide can all have a major impact on the enjoyment of your rowing session.

Ensure suitable clothing to the conditions. You can easily take a shirt off after you are on the water if necessary.

Wear sunscreen if rowing between 8am and 4pm and always wear a hat.

If you are not a confident or strong rower and are in doubt about wind and tide conditions, **DO NOT GO OUT.**

Always watch the weather conditions and turn back towards the shed if a storm is coming.

Ensure you are adequately hydrated before you go out and take a water bottle with you.

Bring a towel and change of clothes to the shed so you can change should you get wet.

Water Traffic & Hazards

Darkness (early morning and late afternoon), fog (some winter mornings), bridges, logs in water (particularly after a period of heavy rainfall or a storm), boat ramps, fishing boats, house boats, sand banks, islands/mangroves, other rowers and other recreational craft are all hazards you may come across on the water particularly as you are rowing with your back to the direction of your travel.

If in doubt, about light and fog conditions, don't go out.

If dark or foggy wear a personal light on your boat and/or hat. It is better to go out with other people and ideally a coach in a tinnie in these conditions.

Regularly look at where you are travelling, even if you are familiar with the rowing course you need to check for other boats and hazards in the water.

Get to know the course and the likely location of sandbanks.

Shed, Environs & Equipment

Midges can cause a problem for many athletes during the summer months so please ensure you have personal insect repellent.

On the beach and around the shed there are many oyster shells so please wear rubber shoes or thongs if you can and/or be cautious of cuts to your feet when getting in and out of your boat.

Inside the shed when you are accessing or storing equipment it is quite easy to run into hazards such as other boats and riggers on other boats so please take care not to do yourself any injury.

Rowing equipment, particularly boats and oars, are very expensive items. Please ensure that all care is taken with any items that you use. Check all equipment for damage or wear and tear before you use it. If any damage occurs to equipment at all, whether club equipment or privately owned, please report it immediately to the club captain.

There are a number of hazards specific to our ageing shed and equipment to be wary of. These include broken floor boards, ramp slippery when wet, worn gates, worn oar sleeves and seats not fitting properly or broken. The committee makes every effort to ensure maintenance of all these matters but this sometimes takes time and fundraising. Please report any incidents and items requiring attention to the club captain immediately.

7. JOINING TWEED ROWING

7.1 Types of Membership

We strongly encourage the involvement of families and friends in our club.

All the categories of membership are outlined in the following table.

Full membership includes one year of insurance, use of all club boats and equipment,

<p>Learn to Row: Cost is \$100 for adults and \$50 for juniors. New Learn to Row classes start 1st weekend of every month. Learn to Rowers gain 3 months of Insurance starting from orientation day. New rowers must sign up on orientation day which is the last Sunday of the month one week prior to first rowing session. Every new rower is guaranteed 10 one hour supervised coaching sessions.</p>
<p>Recreational Member: \$ 50.00 per year. Recreational membership is available includes yearly insurance and rowing sessions cost \$10/hr for adults and \$5/hr for juniors. Rowers must sign up one week before first rowing session. A registered coach must supervise all recreational rowers.</p>
<p>Active Junior – U/18: \$150.00 per year. Includes full membership and insurance from 1st January to the 31st of December.</p>
<p>Active Senior: \$300.00 per year. Includes full membership and insurance from 1st January to the 31st of December.</p>
<p>General Member: \$30.00 per year. Inclusion on mailing list, right to attend meetings and vote at AGM.</p>

7.2 Physical Requirements of active rowers

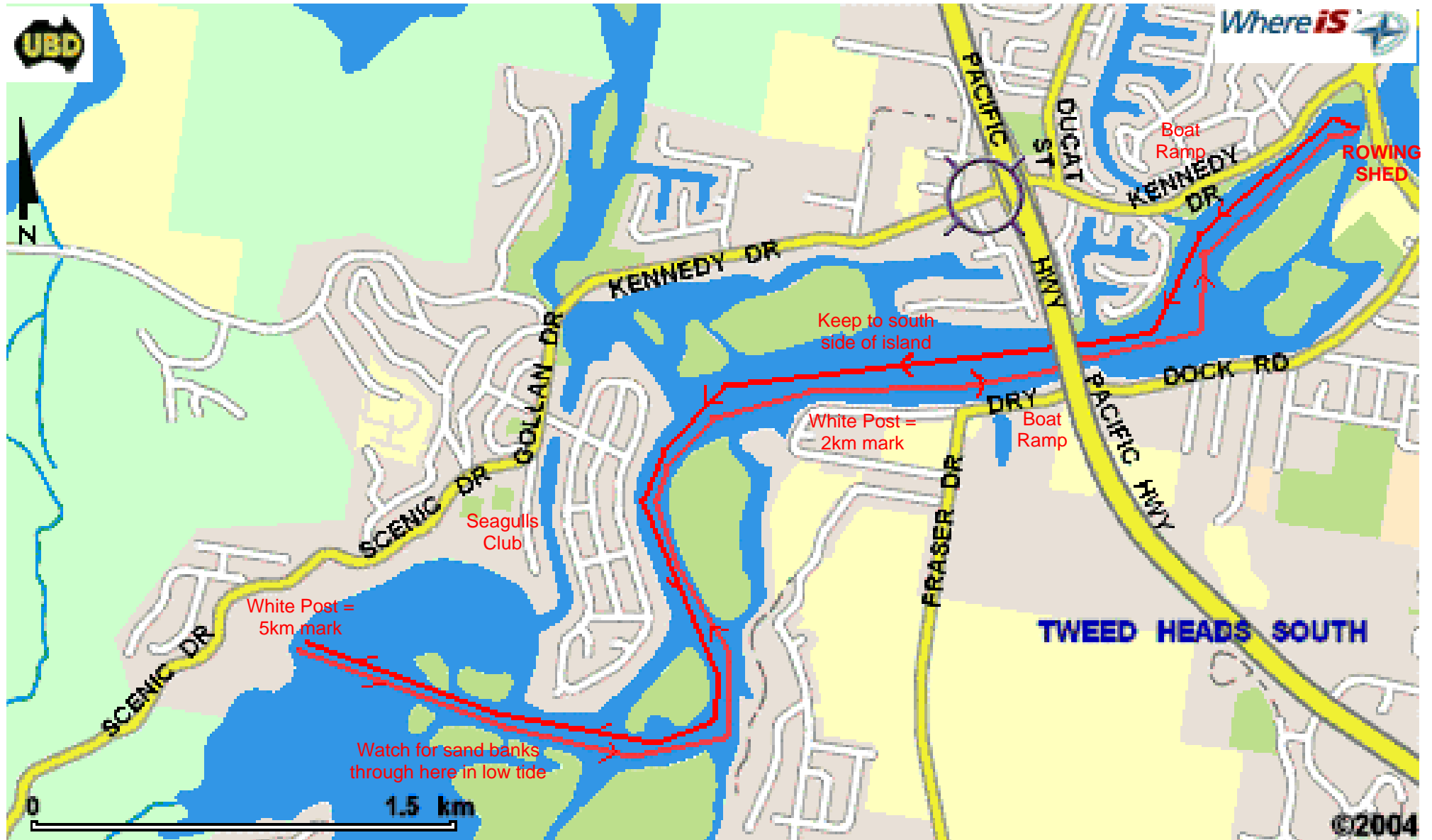
- Basic level of strength and fitness (ability to swim at least 50 metres) to conduct the rowing motion particularly against tidal conditions.
- Be able to lift/manage your own equipment.

7.3 Expectations of Members

- Obey all club rules at all times
- Participate in all fundraising activities
- Take an active interest in committee deliberations and activities
- To compete at Regattas and to enjoy your sport.

7.4 Storage of Private Equipment

Members storing private equipment on club premises should be aware that the club will invoke the provisions of the Disposal of Uncollected Goods Act if relevant fees have not been paid for a period of 3 consecutive years.



Upcoming Regattas

DATE 2008	DAY	CLUB REGATTAS	MASTERS REGATTAS	SCHOOL REGATTAS	LOCATION
24TH FEB	SUN	TWEED NRRRA,			MURBAH
16TH MARCH	SUN	STH GRAFTON			GRAFTON
12-13TH APRIL	SAT-SUN		QLD MASTERS		KAWANA
27TH APRIL	SUN		NRRRA MASTERS		MURBAH
10TH MAY	SAT			GCASRA SOMERSET	VARSITY LAKES
10-11TH MAY	SAT-SUN		NSW MASTERS		SIRC
17TH MAY	SAT			GCASRA COOMERA	VARSITY LAKES
29TH MAY-1ST JUNE	THUR-SUN		AUST MASTERS		NAGAMBIE
31ST MAY	SAT			GCASRA LINDISFARNE	MURBAH
14TH JUNE	SAT			GCASRA CANTERBURY	COOMERA
9TH AUG	SAT	QLD PS BUNDABERG			BUCCA WEIR
13TH AUG	SAT	QLD PS SURFERS			LAKE ORR
20-21ST SEP	SAT-SUN			QLD SCHOOL CHPS	ROCKHAMPTON
28TH SEP	SUN	QLD PS PINE RIVERS			LAKE SAMPSONVALE
25TH OCT	SAT	QLD PS TWEED/MURBAH			MURBAH
25-26TH NOV	SAT-SUN		PAN PACS MASTERS		COOMERA
22ND NOV	SAT	QLD PS SUNSHINE			KAWANA
20-21ST DEC	SAT-SUN	QLD CHAMPS			BUNDABERG