

HEADINGTON
SCHOOL OXFORD

Headmistress: Mrs Caroline Jordan MA (Oxon)



THE BOAT CLUB
2016 - 2017

With Compliments:
Chris Hermes: Head of Rowing
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Oxford
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www.hsobc.co.uk

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HEADINGTON SCHOOL OXFORD BOAT CLUB



Headington has established itself as one of the top rowing schools in the United Kingdom. Rowing was first introduced here in 1991 and since then, the boat club has grown to include all years in the school. Membership in the boat club ranges from complete beginners to Junior World Championship standard. Headington School Oxford Boat Club (HSOBC) is a competitive club with a recreational facility for the younger squads. At the London 2012 Olympic Games, there were no less than two Headingtonians representing Great Britain at Rowing. Katie Greaves who raced in the GB Women's Eight and Lily Van Den Broecke who won gold in the LTMA Coxed four.

Ryan Demaine (Director of Sport) and Chris Hermes (Head of Rowing), is supported by eight qualified rowing staff, three of which have either represented their country in rowing or coached to an international level.

Over the last seven years, Headington has become one of the top rowing schools in the country having ranked as the top overall girls rowing schools six times. At the National Schools' Regatta in May 2016, Headington won 2 gold medals, 3 silver and 3 bronze medals.

J12s to J18s are encouraged to row and participate in what is one of the school's most competitive clubs, both domestically and internationally. Over the last five years, Headington has had an average of three girls per year representing Great Britain with gold medals at the World Junior Rowing Championships and the Youth Olympics. The reason for this success lies in Headington's training ethos which relies on fun and commitment for those who participate in the boat club. Most of all, enjoyment of the sport is encouraged by coaches as an essential element in success.

Many things contribute to the success of the Boat Club, the foremost of these being:

- The ethos that our rowers are Athlete-Scholars.
- The partnership with Oxford Brookes University whereby any innovations in sports science are available to the girls.
- The coaching staff who are some of the most experienced on the UK rowing circuit.
- And most importantly, the girls and parents who are the life and soul of the club.

Should you wish to enrol your daughter into the boat club the Novice Squad is available to U3 girls and our 'Fast Track' learn to row program is run for girls from L4 to L5. Please don't worry if your daughter is not that 'sporty', that 'sporty' ability will develop as she takes part and begins to enjoy rowing.

Why row?

Rowing is a challenging sport which offers young people the opportunity to have fun in an outdoor environment. However, as rowers' skills develop and they become passionate about the sport, a desire to compete is nurtured. This, coupled with the sense of identity and camaraderie within the sport, makes rowing one of the true great team sports. In addition, rowing helps girls to develop as individuals, encouraging them to develop qualities such as self-motivation, personal responsibility, tolerance and a will to improve and succeed.

At Headington School we encourage girls to develop at their own pace. Headington has a squad system that allows girls to develop their skills with people of similar ability. Once girls are sufficiently capable they progress into the next squad.

Rowing and academic performance

In the last seven years, Boat Club members have, on the whole, also been high achievers academically. Nine of our rowers have gone on to Cambridge University while one of our rowers has been Head Girl at Headington. Those who initially struggled academically (when they were younger) have found that rowing has helped them organise their time, while ensuring they have a fit and focused mind and body. Rowing is a sport that requires girls to take ownership of their time, commitments, academic work and overall wellbeing. To this end, girls who row gain skills that help in a wide range of areas especially in their academic lives. There is no need for people to worry about rowing affecting GCSE's or A-Levels as our rowers generally have better marks than those who don't have another sporting focus in their lives. However, if there are deadlines or exams where pupils need to focus in on their work, the coaches are only too happy to support and help their athletes achieve their academic goals by changing sessions to suit their academic requirements.

Chris Hermes
Head of Rowing
www.hsobc.co.uk

Fees Information – 2016 - 2017

Termly fees for this season:

U3: £185 in the Autumn and Spring terms and £245 in the Summer,

L4: £230 in the Autumn and Spring and £275 in the Summer

U4 to U6: £275 each term

All members need to have a signed rower's parental consent form before starting a new season of rowing. Once the registration forms have been signed this fee cannot be refunded as girls will be immediately insured and registered with British Rowing and hours for coaches allocated.

U3 rowers get 3 free training sessions before having to commit to the boat club. Following this trial period U3 girls will be charged the full Termly fee which covers costs for the remainder of the term.

The rowing fees include all tuition for land training and water sessions including use of all HSOBC facilities, provision of all boats and equipment and individual insurance and coaching. The additional costs of race entry fees, any transport to and from these events and items are charged to the bill. Any girl who attends Great Britain squad trials will be charged for the costs incurred.

Please note that spaces are limited and we encourage parents to complete the parental consent form as soon as possible to secure a place in the boat club.

Enrolment Information

- September enrolment for U4 and L6 girls who have **not** rowed:

Unless your daughter has previous rowing experience, the Boat Club regrets to inform you that it does not offer a late start rowing programme for girls, this is due to limitations to the number of boats and coaches that we have available.

- September enrolment for girls who **have** rowed at other schools or clubs (U4–L6 form registration):

If your daughter has rowed for two or more years please notify us about this when you complete the registration forms and she will be assessed by the Head of Rowing. If your daughter is successful, she will be invited to join Headington School Oxford Boat Club.

- Enrolment after September:

Headington is normally oversubscribed and so girls who do not sign up in September cannot be enrolled into the club until the following September. However, U3 girls and new girls to Headington have 2 weeks to sign up after 1st September **if** there are still spaces available. It is always worth contacting the Head of Rowing to enquire about spaces in the Boat Club.

If you are a new parent to the school, we suggest signing up with the club and as you have an option to pull out after three sessions. This ensures that you avoid disappointment.

To enrol:

Please complete the parental consent form for rowing. There are two parts to this:

- 1) The online form.
- 2) The Annual Parental Consent for Rowing. This will be posted out to parents in the August preceding the new season and is available on the boat club website – <http://hsobc.co.uk> under "Joining".

Rowing Training Time Table Overview:

Summer clocks: February half term to October half term.

Week Days: Land session (L): 4pm to 6pm. Water session (W): 4pm to 6:30pm.

Weekends: Water session (W): 8am to 12pm (Note different times for Novices, J13s and 'Fast track').

Winter clocks: October half term to February half term:

Week Days: Land session (L): 4pm to 6pm. No afternoon water rowing session.

Weekends: Water session (W): 8am to 12pm (Note different times for Novices, J13s and 'Fast track').

For winter, all mid week water sessions become land sessions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Attendance
*Novice	Water	Water	Water		Land	Water		60%
**J13s	Water	Land	Water		Land	Water	Water (Summer term)	65%
J14s	Water		Water	Land		Water	Water	75%
J15s	Land	Water	Land	Water		Water	Water	80%
J16s	Land	Water	Land	Water		Water	Water	90%+
Seniors	Land	Water	Land	Water		Water	Water	90%+

*Novices to choose 1 week day water session and 1 weekend water session.

** J13 to choose 1 week day and 1 two hour weekend water session, Sunday rowing will begin in the Summer term.

Training sessions are set out so that, if girls do music, they can attend music, and rowing on an alternate day. We also encourage girls in the younger years to do as many other sports as possible: This will allow them to develop much needed skills that are transferable to rowing.

We strongly encourage J12s to J15s to do other sports in school as these skills will enrich their rowing.

Transport arrangements:

For weekly training sessions:

- Mondays to Thursdays: Bus departs from the Headley Way entrance at 4:05pm.
 - When rowing ends at 6:30pm at the water, the bus will return by 6:50pm.
 - When rowing ends at 6:00pm at the water, the bus will return by 6:20pm.
- Saturday and Sunday Mornings: Bus departs from the gym at 7:40pm.
 - When rowing ends at 12pm, the bus will return by 12:20pm. There is a fee for non-boarders

For Rowing Head Races and Regattas:

- Girls must use school transport to all events. Please keep an eye on the boat club website for details.
- Rowers can go back with parents after the event but parents must inform the Head of Rowing / Assistant Head of rowing about this arrangement. We usually ask that no one leaves an event before the boat trailer has been fully loaded for its return to Oxford.

Boarders:

- Transport will be provided for all boarders to and from training venues and events.

Return transport for non-boarders

- Transport back from the river during the week and to and from the river on weekends is available for non-boarders but there is an additional cost for this service, information on the 2016-17 termly costs and how to sign up will be sent out before the start of term.

The Novice Squad (U3) or J12 Rowing



Enrolment

All girls enrolling into HSOBC:

- Please complete the parental consent form for rowing. There are two parts to this:
 - 3) The online form.
 - 4) The Annual Parental Consent for Rowing. This will be posted out to parents in the July preceding the new season and is available on the boat club website – <http://hsobc.co.uk> under “Joining”.
- Once enrolled: Please join us at the **rowing parents evening on the 13th of Sept at 7pm** in the main school hall.
- Thereafter, the boat club will invite your daughter to do a capsized drill and swimming test. The boat club runs these as part of its safety program; they take about thirty minutes to complete and are held in the first two weeks of term. The proposed dates for the capsized drill and swimming assessment are outlined at the parents evening. Please ensure your daughter attends them as there will not be another opportunity to do the drill.

Training & Notification

Beginners are introduced to the novice squad where the basics of rowing are taught. Here, the emphasis is on fun and the sessions look to teach athletes the very basics of sculling (Rowing with two blades/oars). Key skills which are developed during this time include posture; core stability; and basic sculling technique, but most importantly competence in a boat by teaching the girls how to control, steer and move a boat while being aware of other boats around them.

The novice training timetable is detailed below:

Seasonal Rowing and Other Sports

Novices will only row from September to the October half term and then from the February half term through to the end of the summer term. Fees are charged on a termly basis and average out over the year. Please note that due to the inclusion of additional water sessions, these are covered in the fees. Novices are strongly encouraged to do another co-curricular sport in addition to their rowing to develop their general athleticism. The Friday gym sessions will continue throughout the year.

Sessions:

Choose one: Monday, Tuesday and Wednesday: 4pm to 6:30pm at the water: **To be confirmed at parents evening.**

Friday: 4:15pm to 5:30pm at School gym and ergo rooms. (These continue throughout the year)

Saturday: 3 slots in the day between 8am and 12pm at the water (Sept to October)

3 slots between 8am and 12pm at the water (February to July).

The rest of the week is left free for girls to pursue other extracurricular activities. **To find out when training is on or any other updates, please go to <http://hsobc.co.uk/category/novices>**

The signup for the Saturday time slots is organised by the head coach of the Novice Squad in conjunction with the Head of Rowing and all details will be given to all girls enrolled in the Novice Squad and their parents. Please contact the Head of Rowing if you are unable to attend this meeting to book your slot.

For a week by week training timetable please see the boat club calendar which can be found on the web page.

The boat club reserves the right to change these times but notice of any changes will always be given on the boat club website

Attendance

For U3 girls the boat club offers one land training session during the week (Friday) and two water sessions during the week as well as another water session on Saturdays. The boat club expects girls to attend one week day water session, the land session and one weekend water session to ensure that they develop over the course of the year.

In addition to this, we strongly encourage girls to do other activities whilst in U3. As the boat club is normally oversubscribed it is important for novices to attend these 3 sessions so that they are equipped with the necessary skills to attend and compete safely at regattas. If girls are ill or simply have too much work, we understand that attendance may slip however the boat club reserves the right to terminate a Novice's membership with the club if they fail to consistently maintain their attendance.

Racing

The Novices may do some racing during the season, the main events of the year are:

- Maidenhead Junior Regatta (May).
- HSOBC mini regatta (June / July).

Although no other regattas are scheduled, Headington is committed to trying to enter other events that we feel may be suitable for the Novice Squad.

HSOBC is very fortunate that many of the parents regularly come and support at races and this support is greatly appreciated. At many events (including Maidenhead Junior Regatta) we will have the HSOBC marquee and parents are welcome to bring along drinks and picnics.

Novice Squad Notice: First two weeks of rowing:

Dear Parents,

Welcome to Headington School Oxford Boat Club. Thank you for the rowing forms requesting that your daughter try / join rowing for the 2015-2016 season. I'm sure that she will be eager to get started with what is an exciting and popular sport at Headington School. Your daughter has 3 free sessions to try rowing (2 water, 1 gym). There after she will be charged the full termly fee.

Parents Evening: Tuesday 13th September 2016.

Parents will be welcomed to the boat club as well as being told how the club operates. Please ensure that you attend this parents evening as the season and sessions are outlined here. Parents will be asked to book into training slots for their daughter. The following are available:

- There are three week day slots at the water: Monday, Tuesday or Wednesday (4pm to 6:30pm). You will be asked to pick one.
- There are three Saturday water slots: 8:15am to 9:40am, 9:40am to 10:40am and 10:40am to 12pm. You will be asked to pick one.
- One land session on a Friday which all girls are encouraged to attend and which are run throughout the winter months.

A slot booking form has been produced and once completed, a names list detailing session times will be emailed out to parents. If there are any problems, please speak to the Novice coach or email the head of rowing over the following weekend rather than emailing the Year Rep.

First sessions:

Friday the 16th of September: The first session is a Capsize Drill and Swim test which are requirements of both Headington School and British Rowing. This is great fun for all the girls and a brilliant way to start the season. The plan for the day is:

- After school (4:15pm), girls meet at the main school hall / reception / front desk (there is no need to get changed. They can arrive in their school uniform).
- Their coach will walk them up to the school pool where they will be able to get changed into:
- Bottom layer: swimming costume (preferably one-piece).
- Shorts and a t-shirt to swim in. Please make sure they have a change of clothing for afterwards.
- The capsized drill is a compulsory assessment that all rowers have to undergo (It may seem scary but in a safe environment such as the pool, the girls have a lot of fun! Rowing is a very safe sport, and this is down to such lessons).
- We place a rowing boat in the pool and the rower will capsize the boat under the safety and direction of two other coaches. One coach will be outside the pool while one will be in the pool holding the boat.
- Thereafter, your daughter will need to swim two lengths of the pool and complete a very short underwater swim.
- Thereafter, there will be games in the pool.
- Please ensure your daughter has a towel, an inhaler (if they are asthmatic) and a change of warm clothing.
- No hard exercise will be done during the session.

This is always a brilliant exercise and although the girls are sometimes nervous to start out with, this is a fun way of conducting the first session. So much so that we often have trouble trying to get them out the pool at the end of the session for the pickup time, which should be at 6pm by the main school entrance (Please collect your daughter from either the pool at 5:45pm or 6pm by reception).

Please don't worry if your daughter can't make this session, there will be other opportunities to complete the drill

River induction days and first water sessions:

Saturday the 17th of September is the first opportunity for those girls to see the river. Please feel free to come down during your daughters first session as this is a general introduction to the boathouse. However we ask that you do not accompany your daughter down to the boathouse at normal weekend sessions

We row on the River Thames at Godstow from the St Edwards School Boathouse, please use the following post code: **OX2 8PN. Please park in the Trout Inn car park**, Please do not proceed down the driveway to the boathouse by car as St Edwards do not allow parents cars on site. There is parking available at the Port Meadow car park on Godstow Road which is a short walk from the boathouse.

On normal rowing days, please bring the following:

- Ensure that girls bring warm clothes even if it's a sunny day.
- Girls can row / train in their PE kit. Ideally, shorts and a t-shirt
- Bring a towel, a change of clothes and an inhaler if your daughter suffers from asthma and an epi-pen if they have any allergies.
- A water bottle while rowing and a snack for after the session.

Due to the way the sessions are set up, transport from School is not available for non-boarders, however if your daughter is a boarder, transport will be discussed at the Parents Evening and alternative arrangements will be made.

If your daughter cannot make the session, please don't worry. Rowing is on every Saturday and there are opportunities during the week.

Training for Novices:

Training sessions are held on the following days:

Monday, Tuesday or Wednesday: 4pm to 6:30pm. River at Godstow

Friday: 4:15pm to 5:30. School Gym and Ergo rooms

Saturday: Book a 1h slot between 8am to 12pm.

The river sessions are very important and this is where the water based work happens. You will be asked to book into a slot that lasts approximately one hour.

Communication within the boat club:

All communication from the boat club is via the rowing web page: www.hsobc.co.uk. If you select the Notices button, and the Novices Page (<http://hsobc.co.uk/category/novices>), messages directly concerning the novices will be available, including training times and session notices.

A year rep has been appointed for your squad and they will email you once you have given her permission to do so (this will happen at the parents evening).

If you have any questions, please feel free to email me.



The J13 and J14 Squads (L4 and U4):

Training

J13s row from September to October half term and again from February to July (the Friday session will run through the whole year) while J14s train all year round.

In the J13 and J14 squads (L4 and U4 respectively) a competitive sculling focus is developed and encouraged. Girls are encouraged to participate in various J13 and J14 head races (time trial) and regattas (side by side racing). Girls are selected for crews based on their attendance, their ability to move a small boat and their technical skill and physical capacity (please see the club selection policy)

Competitive work geared towards the events that the girls compete in is incorporated into their everyday training but there is still a heavy emphasis on fun and we ensure that the training is at the correct level of intensity for full enjoyment of the sport to be maximised. Sculling technique and basic rowing fitness; including core stability, flexibility and aerobic fitness, continue to be built on from the previous year.

Please see the training timetable which outlines when these squads will be training (Page 5).

If the mid week training session is at the river then it will run from 4pm to 6:30pm (with transport available to and, if needed, from school) while mid week training sessions held at school run from 4pm to 6pm. Saturday and Sunday sessions are always held at the river (weather permitting) and run from 8am to 10am and 10am to 12pm both days.

The boat club reserves the right to change these times but notice of any changes will always be given on the boat club website.

Attendance

The J13 and J14 Squads compete in a number of races throughout the season and girls who attend sessions on a regular basis will have an opportunity to race (see attendance quotas in the table on page 5).

At this stage in your daughter's rowing career it is important that she is given time (especially on weekends) to do school work and to pursue other extracurricular activities. Therefore we only ask:

- J13 to attend one Saturday session (8am to 10am or 10am to 12pm).
- J14 girls: Will be asked to attend both Saturday and Sunday (8am to 12pm). As of Sept 2016

Racing

The J13 and J14 Squads race a number of Head Races (time trials) and Regattas (side by side racing) throughout the season. The main events of the year are:

J13

Evesham Junior Head
Maidenhead Junior Regatta
Blenheim Junior Regatta
Peterborough Junior Championships

J14s:

Reading Small Boats Head
Evesham Junior Head
National Sculling Head
South of England Indoor Rowing Championships
The National Schools Regatta
Peterborough Junior Regatta
HSOBC Training Camp in France

While those listed are the main events we enter every year there may be other opportunities throughout the season for your daughter to race, please see the rowing calendar for more information on all the events we are looking to enter.

HSOBC is very fortunate that many of the parents regularly come and support at races and this support is greatly appreciated. At many events we will have the HSOBC marquee available and parents are welcome to come and support and to bring along drinks and picnics.

Available for J14 to J18 rowers: the HSOBC Training Camp is held every year for one week over the Easter break at Temple-sur-Lot in the south of France. More information on the Training Camp will be sent to all rowing parents in the first term of the school year and can be found on the HSOBC website.

J15 (L5) and J16 (U5) Squads:



Training

While Sculling is still very much the primary focus, J15 girls are also introduced to Sweep rowing (with one blade/oar). A full competitive program is introduced where girls are able to compete in a wide range of Head Races and Regattas. The focus here is on building; endurance (aerobic and anaerobic), flexibility and core stability and on developing good sculling and sweep technique.

Technique and quality rowing sessions are incorporated to ensure that the girls are well conditioned for rowing. Runs, ergo and circuit work are all important in the conditioning of the girls to compete. By doing this, a strong sense of camaraderie and identity is built. Furthermore, there is a strong focus on organisation to help girls with their work.

Please see the training timetable which outlines when these squads will be training (Page 5).

If the mid week training session is at the river then it will run from 4pm to 6:30pm (with transport available to and, if needed, from school) while mid week training sessions held at school run from 4pm to 6pm. Saturday and Sunday sessions are always held at the river (weather permitting) and run from 8am to 12pm both days.

The boat club reserves the right to change these times but notice of any changes will always be given on the boat club website

Please see the training timetable which outlines when these squads will be training (Page 5).

Attendance

We ask that J15s and J16s attend 3 of the 4 week day sessions on offer between Monday and Friday. We expect that girls will be interested in doing another co-curricular activity in school or use this time for revision. Please note that over the last 11 years, J16s have had to train 4 days a week. There is enough time to do academic work, another co-curricular activity and row on this new, 3 day timetable. If your daughter cannot attend training please let the coaches know **5 days in advance** so that transport, equipment and staffing can be planned. Racing is only available to those girls who attend sessions regularly (3 days during the week and Saturday and Sunday).

Racing

The J15 Squad race a number of Head Races (time trials) and Regattas (side by side racing) throughout the season. The main events of the year are (These are subject for change and only list key events):

- Reading Small Boats Head
- Hampton Head
- National Sculling Head
- Schools Head of the River
- Wallingford Regatta
- The National Schools Regatta
- Henley Women's Regatta
- HSOBC Training Camp in France

While those listed are the main events we enter every year there will be other opportunities throughout the season for your daughter to race, please see the rowing calendar for more information on all the events we are looking to enter.

HSOBC is very fortunate that many of the parents regularly come and support at races and this support is greatly appreciated. At many events we will have the HSOBC marquee available and parents are welcome to come and support and to bring along drinks and picnics.

Available for J14 to J18 rowers, the HSOBC Training Camp is held every year for one week over the Easter break at Temple-sur-Lot in the south of France. More information on the Training Camp will be sent to all rowing parents in the first term of the school year and can be found on the HSOBC website.

Selected girls may go to the J16 GB vs France trial at the end of the season. Please see page 14 in this book and the rowing calendar on the Boat Club Website for more information.

Selections to Events

Please note that Headington School Oxford Boat Club has a selection policy. Please see this policy as it highlights how Headington do their selections.

Senior Squads (Selected U5, and all L6 and U6):



Training

Small boat rowing is vital to the success of all J16 and Senior rowers at Headington and a lot of time is spent in single scull and pair sweep boats throughout the winter. Running, ergo work, swimming, circuit work and weight training (only under strict supervision) all contribute to allowing athletes to attain high standards of racing. Headington J16 and Senior boats are selected very carefully with regard to what events would most benefit the girls at the various races we compete in throughout the year.

So that the training we do is as effective as possible we have, through our partnership with Oxford Brookes University, begun to offer Blood Lactate, Haemoglobin and Hydration Testing to the J16 and Senior Squads. The results of these procedures provide information to individual rowers about their fitness improvements and can be used to set appropriate training intensities in order to maximize training effectiveness as well as reducing the risk of injury and overtraining. Participation in these tests is purely voluntary and is not a required part of the J16 and Senior training program. If you want your daughter to take part you must complete a parental consent form which can be found on the Boat Club Website along with more detailed information.

Selected girls also have the opportunity to attend the various GB assessment and trial weekends throughout the year, where, if they prove to be successful they may represent Great Britain at one of the following: The World Junior Championships, the Coupe de la Jeunesse, the GB vs France Match (J16 only) or the Home Countries Regatta (England, Ireland, Scotland and Wales).

For girls aspiring to the junior Great Britain team, there is obviously a much greater demand on time and training. A GB Selection standard has to be met before girls may be put forward for GB trials. For more information on GB trials please see page 14

Please see the training timetable which outlines when these squads will be training (Page 5).

If the mid week training session is at the river then it will run from 4pm to 6:30pm (with transport available to and, if needed, from school) while mid week training sessions held at school run from 4pm to 6pm. Saturday and Sunday sessions are always held at the river (weather permitting) and run from 8am to 12pm both days.

The boat club reserves the right to change these times but notice of any changes will always be given on the boat club website

For a week by week training timetable please see the boat club website

Attendance

We require a **90%+ attendance** for J16 and Senior girls in the boat club. If your daughter cannot attend training please let the coaches know **5 days in advance** so that transport, equipment and staffing can be planned. Racing is only available to those girls who attend sessions regularly.

Racing

The J16 and Senior Squads race a number of Head Races (time trials) and Regattas (side by side racing) throughout the season. The main events of the year are:

- Fours Head of the River
- National Sculling Head
- Schools Head of the River
- Women's Head of the River
- The National Schools Regatta
- Henley Women's Regatta
- Henley Royal Regatta
- HSOBC Training Camp in France

While those listed are the main events we enter every year there will be other opportunities throughout the season for your daughter to race, please see the rowing calendar for more information on all the events we are looking to enter.

HSOBC is very fortunate that many of the parents regularly come and support at races and this support is greatly appreciated. At many events we will have the HSOBC marquee available and parents are welcome to come and support and to bring along drinks and picnics.

Available for J14 to J18 rowers, the HSOBC Training Camp is held every year for one week over the Easter break at Temple-sur-Lot in the south of France. More information on the Training Camp will be sent to all rowing parents in the first term of the school year and can be found on the HSOBC website.

Selected girls will also attend GB Junior Squad trials throughout the season. Some J16s may also be selected to attend the GB vs France trial at the end of the season. Please see page 14 in this book and the rowing calendar on the Boat Club Website for more information.

Great Britain Trials

Every step towards getting a Great Britain Junior World Championship, Coupe de la Jeunesse, GB vs France or Home Countries shirt are steps that build the trialing athlete towards being a more and more effective rower. This very positive kick back is why it is so important for Headington to have people attending the various camps, training days and trials that are run by the GB Junior Squad. Gaining GB selection is not easy but the process is exciting, rewarding and fun. The chance to travel; race with rowers of a similar and very high standard and to compete at the highest level in junior sport is an accolade well worth striving for.

The Trial system starts in November at the Early Identification Trials in Boston, Lincolnshire. Here, girls who make the minimum ergo standard are invited to race over 5km in a single scull. Those who do very well are invited to a camp, traditionally held in Nantes, France. This largely Lottery funded camp teaches essential skills in rowing but also helps the attendees in planning for their future rowing career.

The next set of trials are in February and are also generally in Boston, Lincolnshire. On the Saturday of the trials, girls are again raced over 5km in a single scull and on the Sunday, they race over the same distance, but in various pair combinations (often dictated by the GB chief coaches).

For both of the Boston trials overnight accommodation is organized and as with all Headington events girls are required to use school transport.

Girls who do well at the Long Distance trials in November and February here are invited then to Spring Assessments and the GB Small Boats Regatta (April). At the Spring Assessments, girls are trialed for Munich Junior. The select few who end up going to Munich Junior regatta have their first taste of international competition (again, partly lottery funded). This regatta sees top crews from all around Europe competing over two days in different boat categories. GB uses this regatta to ascertain the strength of its squad; and to get an idea as to which boats it should consider for World Junior Championships.

The Small Boats Regatta (Usually held at either Dorney Lake or the National Water Sports Center, Nottingham) is an ideal opportunity for the best of Great Britain's Juniors to have a high standard domestic regatta and to showcase their ability to the GB Junior Squad coaches and selectors. All the races are side by side over 2000m in both singles and pairs.

After all these trials, camps and training days, everything in GB junior rowing comes down to the Final Trials (July). Here, the girls race to secure themselves a spot in the squad for the Junior World Championship. To reach this level, girls have to be extremely dedicated and determined as well as a consistent performer and an exceptional boat mover. Just being invited to Final Trials is very impressive and to make it into a GB vest is a truly great achievement. Those who don't make the Junior World Championship Team may also be selected for the Coupe De La Jeunesse.

The Coupe is a European Regatta and traditionally most European rowing countries will race here. Again, this is a very high standard event.

All those competing at final trials are also eligible for selection to the Home Countries Regatta team. Here, girls are able to represent England racing against Ireland, Scotland and Wales.

For J15 and J16 squads the system is slightly different. Although some J16 girls are encouraged to go to the trials described above, many from these year groups will have their first experience of GB trials at the GB vs France Match selection trials (June) where combinations will race a one off 2000m race. The winning boat traditionally becomes the boat that will represent Great Britain against the French later in the summer.

While a high level of organisation, hard work and skill are required to have any success in the Great Britain Junior Trials system it is an incredibly rewarding experience and we strongly recommend that our senior rowers try for international selection.



T r a i n i n g E q u i p m e n t , F o o d a n d
T r a i n i n g K i t

Rowing Clothing, Food Requirements and Equipment further information

General Training Kit: This can be purchased from any sports store.

You daughter will need:

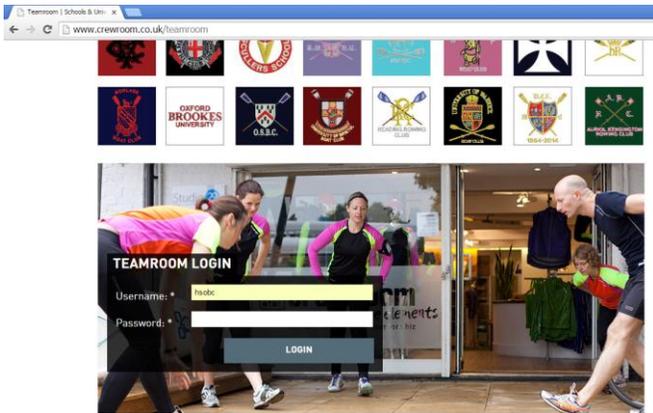
- 1) She will need HSOBC rowing kit for racing and training.
- 2) Additional specialised training kit (not cotton) but fabric that keeps the body dry (Polyester / Breathable). This can be purchased from any running / sports store.
- 3) A change of clothing and a towel to be brought to all training sessions.
- 4) Trainers / running shoes (for both land and water sessions).
- 5) We recommend Converse shoes or similar to wear at the boathouse and at regattas, these are cheap, extremely durable, machine washable and wearing these are the river and at races will protect more expensive running shoes and trainers from wear.
- 6) Visor / Cap for all sessions.
- 7) Warm kit.
- 8) Sports-bras are essential items of kit!

Rowing Specific kit:

Your daughter will require the following kit: CrewRoom provide the following:

HSOBC uni-suit (lycra)	ZipTec Top	HSOBC Cap/ visor	HSOBC Leggings	Turtle Shell
J13s & J14s need 1. J15s – Snrs need 2.	J14s need 1 J15s to Snrs need 2.	Need 1.	J13s & J14s need 1. J15s – Snrs need 2.	J15s to Snrs Need 1.

Girls will be prevented from rowing if they are not appropriately dressed for the weather conditions: if it is cold your daughter will be expected to have leggings or track suit bottoms, a long sleeve top and a cap to keep warm, if it is hot she will need sunscreen and a cap. If any girl is deemed not to be dressed appropriately for the weather, the coaches reserve the right to prevent her from going afloat. **Please respect their decision as they have your daughter’s well being in mind.**



- 1) <http://www.crewroom.co.uk/teamroom>
- 2) Log into the team room using the user name and password will be sent out to parents at in advance of the start of the term.
- 3) All orders placed within this period will be grouped into one team order and placed with the factory. Delivery is expected by the end of November / beginning of December. To order your kit, please follow the instructions below.
- 4) A sizing chart is available below each image.

J14s to Seniors should have:

		<ol style="list-style-type: none"> 1) http://elmercottonoxford.co.uk/Online_Store/index.php 2) Select Headington School. 3) 2 – 3 week lead time. 4) They can send to you or you can pick up from the store in Oxford.
Canturbury Classic Full Zip.	Canturbury Stadium pants	18-19 Turl Street Oxford +44 1865 241 010

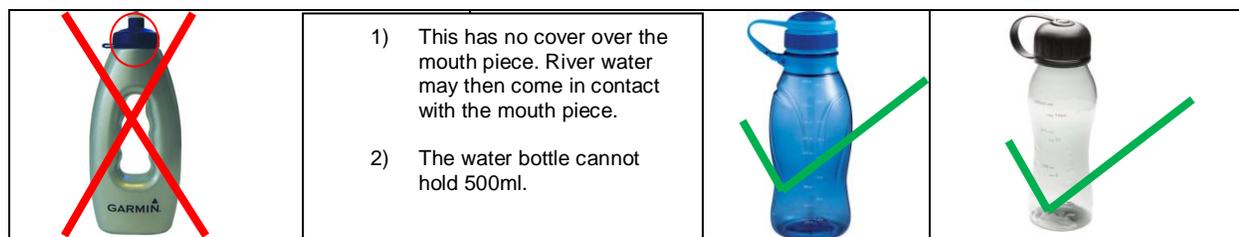
J16s to Seniors Kit Requirements:

In addition to this, Seniors will need:

- 1) A heart rate monitor, ideally with a GPS. As of July 2015, we recommend the Polar M400 or Polar V800 as the gold standard. Girls should use this every single session otherwise they will not get the benefits of our training regime.
- 2) Weightlifting shoes: Ideally the Reebok CrossFit Nano 5.0 or newer.

Hydration:

Whatever the training might be, a water bottle is essential and girls will be prevented from training if they do not bring their own (**Girls are NOT allowed to share water bottles**). We strongly recommend that your daughter's water bottle can hold at least 500ml and it must have a cover over the mouth piece. Water is not enough to replace lost fluid as a result of training; your daughter will need to have some squash/'high juice', electrolyte replacement fluid or carbohydrate drink in her water bottles. Please ensure that your daughter uses a new water bottle each week or if it is a proper training water bottle that these are cleaned and disinfected regularly.



Nutrition:

It is important that girls have good food to eat between sessions at the weekend. Girls will also need to have a light snack for immediately after training in the evening. J16s and Seniors will need pasta, a piece of fruit (e.g. a banana), and a cereal bar for between sessions (please avoid sugary food such as cakes and chocolate). This will ensure that girls are able to recover and benefit fully from the training.

We suggest a roll/sandwich with protein, a portion of fruit and something with dairy for between sessions. After session, we expect girls to have something within 30min of training.

A nutrition talk may happen for girls and parents in the Autumn term.

If your daughter is a vegetarian, a protein supplement is essential. Please make sure it is from a reliable source.

Tools:

Rowers will need:

- 10mm and a 13mm spanner (Rigger jigger)

Coxes will need the following:

- 2x 10mm and 13mm spanners.
- A small adjustable spanner.
- 5m tape measure.
- Flat head and cross head screwdrivers.
- Blue electrical tape.

Communication with the Boat Club:

The Rowing Web Page:

The main area is the notice board which can be accessed from the main webpage. Select the squad that is appropriate to your daughter for relevant notices.

Week by week information about training will be available and any updates to the training calendar will be listed.

Please ensure that you look at the page on the days of training as the location of training may change at short notice if there are adverse weather conditions. Please note that if there are adverse weather conditions, we will update the web page as soon as we know what the situation is.

The Parents Committee:

The Boat Club has a parent committee that meets every half term. Year Representatives attend these meetings and are a direct link to the parents and coaches. If you have any concerns, please raise these with the year reps. If you have further questions about training or rowing, *you may contact the year reps who will be able to answer your questions*. They will forward any emails to coaches if they cannot answer the queries.

Please note that the parents reps are not there to arrange lifts, find lost kit or general day to day dealings with the boat club. Ultimately girls, from the novice squad to the senior squad, need to take ownership of their kit, and day to day training needs of the club.

Please do not email the coaches as your year rep will collate concerns into one email and then forward this to the head of squad. You may however email chermes@headingtonschool.com if you have any selection queries (Please make sure that you have read the selection policy first) and **Mr Hermes** will get back to you.

Frequently Asked Questions

I've heard rowers train very hard, is this true?

Yes they do. That is not to say that training hard is not fun or good for the girls. When the girls start rowing, the emphasis is on fun and enjoyment as well as learning new skills (There is no point doing a sport you don't enjoy!).

From 13 years upwards the shift is more towards performance and racing crews for the bigger events. Selection, regardless of age, is on ability and performance. Here the success of an athlete is 99% a reflection of their commitment and the amount they train. It is therefore important that you encourage your daughter to attend sessions so they can get the most out of the club.

Can my daughter do another sport or another activity?

Definitely! If your daughter does another sport, we would encourage her to continue doing so. The boat club actively encourages girls to gain other skills and experience other training environments and competitions. It is however important that girls follow the training quotas as these provide leeway for girls to do more than one sport or activity.

If your daughter does music or choir, we encourage them to continue doing so. Many of the Boat Club's members are very talented and participate in these activities and the Boat Club encourages them to continue doing so. These practices are often on a Monday (subject to change) so juniors can do the Friday rowing session.

If your daughter is in the **J16 or Senior age group**, she needs to keep in mind that missing one session a week does have impact by the end of the year. If she misses a session, she will need to make up for this on a Friday. We often see that girls who do not make the top boats have a far lower attendance record than those who do make the top boats. It is therefore important that girls in the J16 to Senior age group prioritise which sports they wish to do. In the Autumn, and Winter terms, we do encourage the older girls to participate in other activities. It is however important that in the Spring and Summer terms, they ensure they are following the full training program.

Between Rowing Camp and National Schools', it is vital that those who put themselves forward for selection for Top/Lead Boats (The "A" boats) attend training regularly as the training program is specifically designed to get girls to peak for National Schools. There are also vital race preparation and race strategy sessions that the athletes will do to ensure that they are equipped to race at the National Schools' Regatta. Please do not organise any activities over the weekend training for your daughter in the three weeks leading up to this event.

What about the Duke of Edinburgh Award which is just before the National Schools Regatta?

There is often a DoE award a week before the National Schools Regatta. The school have arranged with the boat club that those who wish to do the award can do this in Autumn Term of the same year. This allows athletes to prepare for the event while also being able to gain this valuable award.

Why is attendance important?

Rowing is a sport everyone can be successful in. A large number of pupils at Headington would like to row yet are turned away as we cannot cater for so many.

If people do not attend sessions they are also putting themselves and others at risk as they have not been conditioned to row. Furthermore, they are denying opportunities to girls who really want to row. Rowing is a physical sport. Headington incorporates top coaching methods to minimise the possibility of injury, so it is important that we are able to see girls on a regular basis, as to ensure the correct training takes place.

The boat club reserves the right to terminate a girls membership or disallow her from racing with HSOBC should she fail to attend sessions regularly. If girls do not attend sessions, they might not be signed on for the following term as these positions can be filled by girls who truly want to row and get the most out of it.

Attendance quotas:

Novices:	60%
J13s:	65%
J14s:	75%
J15s:	80%
J16 & Development	90%+
J16s and Seniors	90%+ (There should be no doubt as to their attendance).

What monitoring is there of the girls?

Headington is widely regarded as one of the most professional junior programs in the United Kingdom. While many of our opposition increase the duration, intensity and number of their weekly rowing sessions, the Boat Club believes that a girl's academic progress and her well-being must come first. Headington has turned to Sports Science to ensure that quality, not quantity, of training is the key focus for our rowers.

All training programmes are carefully structured and progressive and the coaching staff monitor each girl's development and performance. A detailed log book is kept on every training session; crew and results the girls achieve. This is then used later for crew selection.

Adolescent girls grow at different rates and these factors are taken into consideration when they are training. Therefore we may take height, weight, arm span and heart rate measurements of the girls to help us monitor them. Lactate Threshold Testing may be done for the senior girls to ensure the quality of their training is maximised.

Do Juniors have to Undergo Drugs Testing?

The Sports Council for Great Britain Drugs Testing Unit has been increasingly active at junior and senior events in recent years. It is extremely unlikely that a junior (U18) would be tested at a domestic regatta, but should one of our rowers be singled out for testing, it is beyond our control. More recently, two Headington Girls were tested at the GB trials. Please ensure that, should your daughter be taking medication, your doctor has been notified that she is an athlete and may get tested (J15 to J18s). A junior (Under 18) would not be tested without a member of the Headington coaching staff being present. If you, as their parent, are present at an event where your daughter is being tested, you will be asked to accompany your daughter. Please ensure that you speak to the Head of Rowing as there are strict guidelines which the testing doctors need to adhere to. The Head of Rowing will explain these to you.

What do I do if there are adverse weather conditions?

Rowing is not cancelled for bad weather unless the coaches consider it too dangerous to row. Please keep in mind that we can not control the weather nor predict it perfectly. We row in rain, snow and wind. However, if there is fog we will not risk going afloat. Sometimes the fog lifts after an hour and sometimes it doesn't. In which case, girls will do team building activities by the river. Headington does not row when there is lightning as it is too dangerous and girls will be prevented from going afloat.

We cannot always determine what the river conditions are until we get down to the river. On Saturday and Sunday we only arrive at the river at 8am. We do not go out on the river if:

- The visibility is low (fog).

If there is fog, we will often wait to see if it lifts. During this time, the whole group will do a circuit or game of some description. These circuits and games are important so please do not feel that it is a waste of time if your daughter does not get onto the water.

- The river levels are too high (see web page). Training may be moved to the training hut or girls may be asked to go down to Dorney Lake. In which case, girls will be asked to meet at Headley Way to catch a school bus there. Rowing will then be from 7am to 2pm or 7am to 12pm depending on the sessions. This only applies for J14s to J18s.

The river levels can pose a problem. Godstow is a flood plain, and this proves to be problematic in that sometimes the lock keepers will allow the water levels to rise onto our reach. On other occasions, the lock keepers will allow water to continue flowing and the water levels remain low. If it has been raining continuously for over a week, it is likely that the river will be **RED FLAGGED** (weir board river status). Please look at the web page before setting off in the morning, or the evening prior rowing as we may have made changes to training times and locations.

Weir board river statuses:

If it is **red**, there is DEFINITELY NO ROWING for J13s and novices.

If **amber/orange** a risk assessment will be done and then a decision will be made as to whether or not a crew may boat.

If **green** there still could be hazardous conditions which prevent rowing

Often these statuses are not updated immediately, as the lock keepers have not updated their systems by 8am. So it is left to the **Head of Rowing** and **Water safety advisor** to state whether or not it is safe to go onto the water. If it is not safe, these rowers will be taken up to the training hut where they will complete their session.

- If it is too windy (only applies to Juniors and Novices). Wind speed may have different effects if the direction changes. Again a risk assessment will be done, and then crews may or may not be allowed to boat.

You may find that when we arrive, the water levels are high, & or it is too windy. This is beyond our control and please understand that we cannot predict what the water will be like (wind speed can have different effects due to the direction). It is therefore important that girls always bring running shoes to all sessions.

[Will my daughter be racing?](#)

HSOBC is a competitive club with a recreational facility for its novice members. In 2007, Headington introduced a selection policy (Please see Selection Policy Section) for all squads and reserves the right to de-register girls who fail to meet the minimum selection standards required to row in the club. Most of the girls in the club want to race and we are tremendously successful. We have girls who have represented Great Britain at the GB vs France J16 Match, Junior European Championships, Junior World Championships and the Youth Olympics.

For Novices, racing is not always offered, however, if the Head of Rowing assesses crews to be of a suitable standard to race, this might happen. The juniors (J13s/J14s) and upwards will start being entered into races if they have attended sessions and met the minimum standards that the club requires.

Crews are selected for racing on attendance, ergo time trials results, swims and run results (see selection policy). The final selections are based on seat racing and other water based tests. These are the most important results. Prior to a crew being entered, the Heads of Squads explain to the Head of Rowing which individuals should race, and what boat types they will be racing. Once this is done, the Head of Rowing will have the final say and a crew will then be entered. The coaches at Headington School are trained professionals with years of rowing and coaching experience. They all have qualifications to coach rowing and are closely monitored by the Head of Rowing (Who is himself an international Rowing Coach). Headington School prides itself on the standard of its coaches. It is therefore important to trust and respect the decisions made by the coaches.

Every coach monitors every training session and a detailed log book is kept for selections. Their selections are discussed at Coaches Meetings where the Head of Rowing will question these selections. Thereafter, the Head of Rowing will make the final entry. Races and crews are selected for the club to succeed as a whole, not simply to target a specific individual's success. Please feel free to question our selection policy if you have any concerns. However, interference with our selection policy, or intimidation of our coaches, or rallying of negative support amongst the parent group will not be seen as constructive or conduct acting in the best interests of the club or your daughter. If this happens, the boat club reserves the right to terminate a girl's membership with the club. To this end, please speak directly with the Head of Rowing if you have concerns about selections.

Please respect these decisions. Selections will not be changed after they have been entered, unless injury, illness or poor performance leading up to the event has occurred. Please note: Crews are only selected on ability and what they have demonstrated, NOT to give someone a “chance in the “A” boat”. **Please see the selection policy’s for Regattas, Head Races and the April Rowing Camp. Available at www.hsobc.co.uk**

[What is the parental involvement?](#)

Rowing is a team sport and if a member of a crew is late or fails to turn up, it disrupts the whole crew. It is important therefore that you make sure your daughter attends any sessions that she is supposed to, and that she arrives on time.

HSOBC is very fortunate that many of the parents regularly come and support at races and this support is greatly appreciated. At larger events we have the HSOBC marquee, and many parents bring drinks and picnics and make race days very social occasions. We also organise regular events and fund raising functions.

Events such as the Rowing Ball, various barbeques’ or music / talent evenings are great opportunities to get to know other parents within the club.

Prior to racing, please leave the coaches to do their job and do not assist with blades or boats. If the coach needs assistance, they will ask.

Please do not challenge selections on race day. That is the worst time to do it as coaches should be focussing on the race and the event. If you have any questions, please email the Head of Rowing before or after the event.

[Welfare Office](#)

All welfare, safety and selection concerns should be directed to the Head of Rowing and the Assistant Head of Rowing who will then forward these to the appropriate coaches. In the matter of selections, please read the selection policy on the Boat Club Website before challenging selections.

The Club Welfare Officer is the School’s Deputy Head of Pastoral Care.

Please pass on all concerns to the Head of Rowing, the Assistant Head of Rowing or our Club Welfare Officer.

I hope this information gives you a small insight to the boat club. The members of HSOBC love their sport and have a very good rapport with the coaching team. We aim to make it a rewarding and enjoyable sport for everyone. If you have any unanswered questions or would like any further information, please don’t hesitate in contacting me. You can also see the Headington School Oxford Boat Club web page for further information: www.hsobc.co.uk

I look forward to meeting you.

Chris Hermes
Head of Rowing
Tel 01865 759166
E-mail: chermes@headingtonschool.com

Headington School Oxford Boat Club Coaching outlines for Physical Education and Sport. - R.M. Demaine

Preamble

The matter of sweep rowing, sculling training and working with weights has been discussed at length at FISA Commission and British Rowing meetings as well as in Australian Rowing forums.

It is not a matter where there is indisputable scientific evidence on which we can base hard and fast rules. It is clear however that the decisive factor for the amount of load and load toleration is not the *age* of the youth but their *stage of biological development*.

These guidelines are prepared to assist coaches to make appropriate judgments on the selection of rowers and to prepare training programs that avoid the incidence of long-term injuries (following the FISA and British Rowing).

This is however preliminary until such time this can be reviewed by the boat club and those involved with coaching in order to fully endorse a more complete and purpose driven guideline that takes the schools timetable and overall goals into consideration.

Physical Development

High demands are put on the body during puberty and the effects of these vary greatly from one individual to another. The blood volume increases by almost 50% and the heart and lungs attain their final growth. This is not a reason to reduce training but it underscores the importance of a qualified coach and their responsibility to have a clear picture of the health of each athlete.

Unexpected surges in output and long plateaus of performance are caused by normal, but individual varying, biological developments.

Up to around 15 years of age the heart must work harder than in adulthood and will only achieve high performances with high beat frequency. The resting rate is likely to be around 80 beats per minute and under stresses such as ergometer work it will reach values of over 200.

The cardiac muscle will strengthen itself gradually at first and then adapt itself to the load with a greater beat volume. The frequency of breath and the volume of inhalation will behave in a similar way.

Under these circumstances, and up to the end of puberty, high intensity training should have a low priority compared with low and medium level work, which will better prepare the athlete for future high load requirements. Put simply, skill based work (rowers are competent with body orientation, kinesthetic awareness and preparation) over long duration at low intensity should dominate the training plan for all up to the age of 15.

Prior to the age of 15 the connective tissues (muscle, bones, cartilage, tendons and ligaments) do not attain a rigid structure. If in the lead up to this age level, an athlete was to concentrate on sweep rowing, and on one side of the boat the strain would invariably lead to deformation and damage.

In later years of adult competition the high strain demanded by rowing over long distances is only capable of being supported by fully intact connective tissues. It is important therefore to develop the muscles involved in trunk stability (this is essential) at an early stage to support the stresses of competition at the elite level. This is now a major focal point of the club in which core stability is pivotal in the overall development of the young athletes in order to prevent injury.

Accordingly it is advisable for rowers in the U14/15 year physical development stages to concentrate mainly on sculling and accompany this with resistance training using body weight or circuit work as well as a number of cross training activities such as swimming, bike riding, and running. However, it is beneficial for skill development if they undertake some sweep oar rowing at low intensity and on both sides of the boat. This may even entail an occasional race up to 1000 meters in distance for the better developed of this group in the 14 to 15 years age levels.

At the developmental age of U15/16 years it is appropriate to move to sweep oar rowing providing the sculling apprenticeship has been served and the individual has reached a sufficient stage of physical development. It is essential to accompany this with a properly supervised strength and conditioning program and advisable for rowers to learn to row both sides of the boat.

Girls generally grow and mature earlier than boys. Cross sectional height values for girls are around 160cm and begin to plateau at age 14 or 15 years of age while boys grow steadily through this period to around 170cm. Similarly girl's weights level off at the same time while boys continue to grow. Personalised training programs can thus be implemented.

The differences in the range of values for both sexes from these studies is significant. There are late developers and early developers. Late developers grow for longer than early developers and they are generally taller as adults. Late developers need different rowing preparations, they need more skill based work, constant strengthening programs without heavy weights and medium rather than high intensity in the boat. Early developers can cope with high levels of intensity and strengthening programs based on endurance principles.

There is common agreement that pre-adolescent weight training will do little to increase the muscle size of a child. Some benefits may emerge in skill and technique. Young rowers may be introduced to weight training in the form of circuit work using

body weight. Until an athlete stops growing in height, any weight program should be undertaken with great care, never without the guidance of a qualified instructor or coach.

We are fortunate generally that nutrition is not a factor in the development of young people in Britain. However diet education is an essential part of the training program and coaches should ensure it is included. The discussion should cover energy systems, the correct use of sports drinks and hydration techniques. Drugs in sport should also be part of the education of a young athlete. This should cover prohibited substances, prescribed medication and the status of over the counter medication.

Training Duration

For 12/13 to 16/17 year groups an athlete can sustain 5 to 9 sessions of 90 to 120 minutes duration per week. This advice is contained in "Guidelines for Children in Sport" ASMF 1989. These go on to say that training should be a mixed bag with long distance workouts and strength training using own bodyweight complemented by sessions of stretching and emphases on flexibility and skill. They also say that it should be fun.

Three to five sessions will apply to the 12/13 year group working up to 9 sessions for the 16,17 and 18 year groups. It would be rare that any crew spent more than 120 minutes on the water in any one session.

General

It is not possible to provide guidelines that cover every individual case and it is expected that these are read with common sense. If there is a problem coaches are expected to consult those who are specialised (in the case of a diabetic for example).

Coaches must also respect ones health and may not allow a student to row or compete with the knowledge that the student has flu or other such illness that could result in permanent damage or extreme discomfort. This also applies to the British Rowing guidelines in the case of severe temperatures and inappropriate dress.

Further Reading:

It is suggested that coaches attain a formal qualification (Certification form the ARA) in rowing coaching. Suggested readings can be found in the following books:

Redgrave, S. Complete Book of Rowing, Partridge Press, London 1995. See chapter 11 for a discussion on rowing injuries and steps rowers should take to treat them.

Draper, J.A. Growth, Development and the Junior Athlete published in "Better Coaching - Advanced coaches manual" Pyke, F.S. Australian Coaching Council.

Reference:

Webb, B (1997) NSW Rowing Commission. Australia.

<http://www.rowingnsw.asn.au/handbook.shtml>

HSOBC at a glance

Novice Squad (U3):

- Rowing takes place from Sept – Oct half term and Feb half term to July.
- Primary activity is sculling with emphases on learning basic key concepts of rowing.
- A sculling test and swim test must be done in order to row.
- Secondary activities include running, stretching, swimming and fun circuit work.
- Ergo work simply focuses on teaching athletes about technique.
- Short pieces may be done to condition Novices for possible ergo regattas and regattas in the summer.
- Core stability and flexibility are primary focuses at this age.

J13 and J14 Squads (L4 and U4):

- J13 Rowing takes place from Sept – Oct half term and Feb half term to July. J14 rowing is over the full year
- Primary activity is sculling with emphases on low intensity training in 1x, 2x, 4x (Sculling test must be done and passed in order to start rowing and race at any regattas). A very important part of this is to encourage the girls to be confident in smaller boats thus following the British Rowing World Class start guidelines.
- After a period of basic conditioning, training loads increase in respect to that which is required for racing. It is unsafe and unhealthy for girls not to be conditioned for racing, so from December onwards, interval training will occur particularly for J14s.
- Secondary activity in running, stretching, cycling, swimming and for anaerobic activities – fun ball games that require short intensity sprinting with rest periods (interval work).
- An ergometer fitness trial may be conducted every 3 weeks (Preferably on the Concept 2 ergometer machine), and the details are encouraged to be recorded for future reference.
- Focus on flexibility and skill.
- Focus on circuit training and core strength.

J15 Squad (L5):

- Primary activity in sculling with an introduction to sweep oar rowing on both sides of the boat. They may compete in sweep or sculling events.
- Secondary activity on progressive resistance and endurance training.
- Cross training activity to form an integral part of the weekly schedule.
- Still a focus on core strength (stomach and lower back).
- An ergometer fitness trial must be conducted every 2/3 weeks (Preferably on the Concept 2 ergometer machine), and the details must be recorded for future reference.
- Flexibility tests and conditioning.
- Organic and muscular-skeletal screening to identify problems that may be adversely affected by continued participation in sculling/rowing development programs (especially with regard to early identification of possible back problems).
- Girls only get the opportunity to race if they have been attending sessions.

J16 and Senior Squads (U5, L6 and U6):

- Sweep oar rowing may now be the primary activity for those having completed the sculling apprenticeship and at the appropriate stage of physical development.
- Advanced race preparation and skills for the following year need to be stressed, as this age group will be the "feeder" for the first team.
- Continued sessions of sculling and cross training to be part of the training plan.
- Advice on health maintenance, personal care and nutrition to be available to all rowers.
- Strength and conditioning programs are an essential part of the training program.
- Still a focus on core strength (stomach and lower back).
- An ergometer test may be conducted every +3 weeks (Preferably on the Concept 2 ergometer machine), and these are recorded for future reference.
- Continuing education on health maintenance and nutrition to be provided.
- Rowers who are enthusiastic for future prospects should be guided into clubs or Universities that would suit their development both educationally (Degree etc) and in terms of rowing (if they wish to continue after school).



HEADINGTON SCHOOL OXFORD BOAT CLUB

Selection Policy 2016 – 2017.

Pg: 1. Club selection policy.

- Coxes.
- Novices.
- J13s.
- J14s and J15s.
- J16s, Development and Seniors.

Outlines the selection policy for those wishing to row at Headington School Oxford Boat club. If the operational capacity of the squad in question is exceeded, the boat club reserves the right to select athletes based on the selection criteria outlined.

Pg: 2 – 5. Selection policy towards events.

Outlines the selection policy for events at Headington School Oxford Boat Club.

Pg: 6 - 7. Selection for Rowing Camp & Overseas events.

Outlines the selection policy for the April Rowing Camp.

Please note: the boat club reserves the right to select all members within the boat club. Members entering the school in the L4 to U6th form will first need to speak to Mr Demaine regarding arrangements for their rowing.

By: Ryan Demaine.
Director of Sport. Head of Rowing
Headington School



Headington School Oxford Boat Club Selection Policy

Season: 2016 – 2017

Selection Policy: Squads.



All crew selections are at the professional discretion of the age group coach and in conjunction with the Director of Rowing's approval. Crews must be submitted to the Director of Rowing prior to entry and can only be employed if approved by the Director of Rowing. The Director of Rowing has the final say on selections. These selections are final and will not be changed unless illness, injury or a drop in performance requires changes. By signing the parental consent form, parents agree to these selection policies.

Cox Selection Strategy:

J13s to Seniors.
All coxes will need to demonstrate the following:
- Boatmanship (Handling and awareness).
- Use of a wide range of calls within a race plan or training session (Linked to what the race / coach requires). A recording is required. Responsiveness to coaches is important.
- Race strategy.

All Coxes are assessed by the Head of Rowing and Heads of Squads. Please note, there is a limit as to how many coxes can race at each regatta. This is determined by the crews we enter.

**TOTAL CLUB CAPACITY:
165**

Novices:

Capacity	Seats available	Coaches
No limit	No limit	2

There is no limit to the number of girls which are allowed in the Novice age group. Girls will be split into manageable safe groups.

As there is a high demand for girls to rowing at Headington, we encourage girls to attend sessions. We do however understand that at this age, girls are involved in a number of different activities and we strongly encourage this. Girls are expected to attend at least one session during the week and one over the weekend. If a girls attendance drops below **60%** on an ongoing basis (half a term), the boat club reserves the right to ask her to leave to allow others who want to row to attend. When selecting boats for events, the following will be considered:

- Attitude to training.
- Responsiveness to coaching.
- Attendance: **60%**
- Potential to move on.

A capsiz drill and swim test will need to be completed before they can row.

Before they are allowed to race:

Novices need to demonstrate that:

- 1) They can row safely.
- 2) They can quickly and safely manoeuvre a boat.
- 3) They can follow coach/race marshal instructions.

No Novice Crew will be allowed to race if the Head of Rowing feels that the crew will not be able to complete the course safely.

J13s:

Capacity	Seats available	Coaches
40	40	2

For **Health and Safety** reasons, the capacity of the training hut allocation for the **J13s** is as listed above.

If the numbers for the J13 squad are exceeded, the top athletes will be selected according to the capacity listed above. This will be done formally at half term, (October) by contacting parents to update them on their daughters progress where on the following will be considered:

- Attendance: **65%** & attitude to training.
- Physiological ability: Run, and Ergo.
- The sculling trials ranking
- Responsiveness to coaching

No J13 Crew will be allowed to race if the Head of Rowing feels that the crew will not be able to complete the course safely.

Please note:

All **coxes** are expected to attend all training sessions at the School. For J15s to Seniors, between September and February, the Senior Coxes will be asked to cox the J13s and J14s. They should also be prepared to help the Novices.

All entries for events are at the discretion of the Director of Rowing.

Crews will be selected on ability ie: A coxed quad (5 rowers) will have top 4 girls rowing and top cox coxing. HSOBC does not enter "A crews" with weaker members in the boat to simply "give them a chance being in the top boat". This would only result in better rowers losing out.

J14s and J15s:

Squad	Capacity	Seats available	Coaches
J14	35	35	1.5/2
J15	25	25	1.5

For **Health and Safety** reasons, the capacity of the training hut allocation for the **J14s & J15s** is as listed above.

If the numbers for the J14 or J15 squads are exceeded, the top athletes will be selected according to the capacity listed above. This will be done formally at half term, (October) by contacting parents to update them on their daughters progress where on the following will be considered:

- Attendance: **75%** (J14s) and **80%** (J15s).
- Physiological ability assessed through testing.
- The sculling trials ranking will link to the Pairs / Doubles Matrix.
- A matrix will be raced to assess rankings.
- Seat Racing will be used for further rankings.

J15s will start sweep rowing when the Director of Rowing and the Head of Squad assesses that it is safe for Girls to do so.

J16s, Development and Seniors:

Squad	Capacity	Seats available	Coaches
J16 & Dev	20	20	1.5
Snr	18	18	2

For **Health and Safety** reasons, the capacity of the training hut allocation for the **J16 and Dev** is 16 and seniors is 13.

If the numbers for the J16, Development or Senior squads are exceeded the top athletes will be selected for each group according to the capacity listed above. This will be done formally at half term, (October) by contacting parents to update them on their daughters progress where on the following will be considered:

- Attendance: Greater than **90%+**.
- Physiological ability assessed through testing.
- The sculling trials ranking will link to the Pairs / Doubles Matrix.
- A matrix will be raced to assess rankings.
- Seat Racing will be used for further rankings.

Senior 1: Cut off Ergo: To be part of the 1st team selection squad.

October Rate 24 2km: Ergo cut off for the Senior Squads 07:50.0.
February Rate 28 5km: Ergo cut off for the Senior Squads 20:00.0.
Or Top 12 (excl. Cox) for each ergo cut off.

By **April**: To be considered for selection for 1st 8+ 7:38.0 2k ergo or 4.4w/kg **Re-selection of the 1st quad will happen after the National Schools Regatta with a focus towards Henley Royal Regatta (Subject to DOR).**

Watts per kg will be considered.

Note: Seat racing/matrix will always be the final determining factor for selection into the senior squad.

**All selections are at the professional discretion of the Director of Rowing and the Heads of Squads.
Events can be found on the club calendar.**



Headington School Oxford Boat Club Selection

Season: 2016 – 2017

Selection Policy towards events.



Selection for all events takes into account the best interests of the boat club. No selection "gives an athlete a turn in a 'top' boat" at the expense of other rowers or crew members. You are welcome to query selections, however challenging a selection or intimidation of coaches will result in rowers being de-registered from the boat club.

Priority Events:

Please note: Priority events are those in which the boat club will develop the training program and selection dates towards. The priority events are:

Event	Approx Time of Year	Who it involves	Location of event
Henley Royal Regatta The National Schools Regatta:	June/July May/June	J15s to Seniors. 4 seats. J14s to Seniors.	Henley Nottingham
Women's Henley Regatta	June	J15s to Seniors	Henley
Schools Head Women's Head	March March	J15s to Seniors J15s to Seniors	London
Scullers Head	March	J14s to Seniors. Selected J13s may be involved.	Dorney Lake
Peterborough Junior Championships	June / July	J13s and J14s	Peterborough
Reading University Head Hampton Head	February / March	J14s to Seniors	Reading or Peterborough Hampton
Overseas Tours (considered): Armada Cup Head of the Charles / Head of Schuykill	October October	J15s to Seniors J15s to Seniors	Wohlensee, Switzerland Boston, USA
Rowing Camp (7 days)	April	J14s to Seniors	France

How are selections done?

Question: How does a coach select a centre for a hockey team above someone else? What about a netball team, or even football? What if they are of a similar ability? How do you, as an athlete or a parent accept that the right decision has been made? Well, you trust the coach that they have made the right decision. They have no bias or parental involvement with those involved in the process of selecting the team. They simply want to select the best possible team for the game or match. Rowing is different. It is one of the most objective selection methods known in sport. Here's how:

Assessment types:

Land Based assessments:

Ergometer: 1km to 5km ergo trials OR various times between 2min to 30min where distances and average pace per 500m is taken. Calculations such as watts per kg are calculated. All those who have aspirations to row in the senior squad, the J16 GB France trials or attend the GB trials will need to make the ergo cut off standards (Please keep in mind that these are minimum standards and should not be seen as a reason in itself to be selected).

Run Times: Time taken for distances.

Core Stability and Flexibility: Assessed in line with injury prevention. Minimum standards are expected in order to race safely.

Weights and circuits: The ability to complete given tasks in line with the training program and requirements.

Water Based assessments:

Steering and Boatmanship: All rowers must be able scull safely. All rowers must demonstrate that they can steer a boat, be it a single scull, pair, double or Coxless four/Quad on the correct side of the river while being aware of their safety and those around them. As the steersman of the boat, they are held responsible for any damage or injury caused by their boat.

Sculling Trials: This forms the basis of the seat Matrix (ie: if it is a 3 boat doubles matrix, the top 6 girls will go into the A matrix). Girls are required to race over a specific course and are ranked according to speed from fastest to slowest.

Seat Matrix: A favourite among coaches as every result is 100% accurate hence the reason why this is the assessment criteria Headington uses: i.e. 6 rowers race in doubles/pairs (2 rowers in 3 boats). Each rower races with every other rower in different boats (either stroking the boat or rowing at bow). At the end of all races, the cumulative time for all 5 races for each rower is calculated. Each rower is then given a ranking based on their cumulative times.

Seat Racing: Two crews are raced. The difference between these two crews is taken. Two rowers are swapped. The difference is taken again. I.e. If, in race one, crew 1 (Rower A) beats crew 2 (Rower B) by 2 seconds. Then Rower A and B are swapped. The crews race again, and rower A wins by 1 second. Therefore Rower A is 3 seconds faster than Rower B. Those being raced do not know the order of racing, or amount of races.

Coxes:

Land Based assessments:

Weight: A cox should be within 3kgs of race weight naturally: **45kg (Novices to J15s) and 50kgs for J16s to Seniors is the race weight.** If a rower is not within this weight range, they will be asked to row rather than cox. Coxes should be natural coxes and not have to diet to get down to weight.

Coach and crew: The cox will need to communicate with the coach as to what is required. This will then need to be demonstrated on the water during sessions or races. The cox will need to demonstrate the ability to give clear instructions to the crew in the safe handling of equipment.

Water Based assessment:

Steering and Boatmanship: As the steersman of the boat, they are held responsible for any damage or injury caused by their boat. Steering is vital, and every time the rudder is on, the boat slows down by approximately one foot per a stroke. The lines coxes take can win or lose a race. On a straight 1km or 2km race course, the cox is expected to steer a straight line in the middle of the lanes. During head races, demonstrating good use of the stream, reading the wind and water conditions, selecting the fastest possible lines with the minimum use of rudder. If there is a cross wind, the cox will need to compensate accordingly. During training, steering on the correct side of the river, selecting safe lines with minimum use of the rudder.

Recordings:

Coxes are expected to own their own Dictaphone and use it at most sessions and all races. Coxes should record every race and should be able to present a Dictaphone recording on request, be it a session or a race. It is an essential part of their development and continued selection. The ability to follow race plans, or emphasis aspects of the stroke to get the most out of the boat are assessed. Tone is important. The ability to keep calm and get the most out of the crew is important.

Rowing is absolutely objective in its assessment:

Headington Coaches are currently or have in the past been involved with the selection processes towards selecting teams for numerous J16 GB France Matches; GB Coupe de la Jeunesse; GB World Junior Championships and the Youth Olympics. These are international teams that undergo the highest scrutiny in selections. The same standards and scrutiny are applied by the coaches when selections are made.

Ergometer times, Seat Racing results and Seat Matrix results allow coaches to make decisions based off results from a stop watch (It never lies). They cannot be disputed as these are the results that the rower has produced. In sports such as running, one can rank runners from fastest to slowest. In a rowing matrix, it produces the same ranking. In Seat Racing, a result is produced: A is faster than B.

Attendance:

Headington School Oxford Boat Club encourages rowers to participate in a number of different activities. However, as they move up through the squads, the boat club recognises that in order for one to master a discipline, one cannot be doing several other disciplines at the same time. To this end, as the rowers develop through the age groups, their attendance, if they wish to be successful, should increase in proportion with the challenges that will face them on the water. I.e. As a novice, one water and one land session a week is enough to enable them to be competitive in their local competitions. As a Senior however, eight sessions a week will enable girls to be competitive at the National Schools Regatta, Women's Henley and the GB Trials.

For those who want to excel in rowing, the attendance quotas ensure that they will be able to be competitive in the events at which they want to compete. If girls do not meet the attendance quotas, the boat club reserves the right to deregister them from the boat club or disallow them from racing.

No one is exempt from the attendance quotas. Coxes are required at all sessions (within the attendance requirements) and will need to support the coaches where necessary.

The Selection Process

- 1) **The Strategy:** Director of Rowing and Head of Squad discuss the selection strategy for the squad. Rowers are seeded based on data obtained from previous assessments (Ergometer, sculling results, and seat matrix/racing results).
- 2) **The assessment:** The Director of Rowing and Coaches will run the selection process.
- 3) **Coaches Meeting:** The Coaches, Heads of Squads and Director of Rowing will discuss the selections. The head of the squad has an open question/answer critique of what has been selected. In this way, every possible eventuality is discussed and questioned.
- 4) **The Strategy:** if needed, further assessments may take place: see point 2 then point 3. If not, see point 5.
- 5) **Time Trial:** Once results are obtained, the Top boats will do a time trial (2 * 1000m at race pace) to obtain % of predicted Gold Medal Times.
- 6) **Gold Medal Times:** The % of Gold Medal time will give an indication if the boat class chosen is indeed the correct one and if the crew is fast enough to compete at the Priority Events.
- 7) **Crew Entry:** If this is above 92%, the crew will be entered at the Priority Event.
- 8) Ultimately the **coaches eye** is the final determining factor in this process in conjunction with Head of Rowing.

Boats are not limited to a year group: Younger girls in different age groups may be used to strengthen older boats.

Assessment Dates:

All the important assessment dates can be found on the rowing calendar. Please note that additional assessment dates are produced on the rowing training program. The assessments dates outlined on the rowing calendar are the deadlines for coaches to submit results to the Director of Rowing and must therefore be adhered to by athletes who wish to be selected.

Head Races Selections: Done in January and February Half Term. Please see calendar dates. Those missing from selection dates should notify coaches by the first week in October.

J13s and J14s: Ergometer results and sculling trials. A doubles matrix may be used.

J15s to Seniors: All data recorded up to this point will be used. If necessary, seat racing or a pairs matrix will be used.

Regatta Season Selections: Done in April.

They are listed as **HSOBC Final Trials** on boat club calendar and should not be missed.

J14s: Doubles Matrix done over rowing camp (normally days one and two of rowing camp).

J15s to Seniors: Done in the build up to rowing camp. Normally the first days of the April Holidays to ensure that all selections are done before rowing camp. The boat club may need an additional day at rowing camp to finalise selections.

Those who wish to be selected to race at Priority Events need to attend the selection dates outlined on the boat club calendar. The boat club understands that some people have various commitments throughout the year, and these may clash with some of the Final Trials dates. Should this happen, the boat club will need to know about any clashes by the first week in October. **NOTE: All selections are subject to change. Dorney lake is not always available. Other venues may be used including our Godstow River.**

Factors out of Coaches Control:

There are factors that are out of the coach's control when doing selections. One would ideally like to be able to select crews as outlined in *The Selection Process*. There are however the occasions when the following occur:

- 1) Illness / Injury within the boat club is so widespread that it makes it impossible to tie in/link all the athletes to one another in the selection process.
- 2) Weather conditions are such that Dorney Lake and our own stretch of river at Godstow are un-rowable for weeks on end (As was the case in 2006 – 2007).

In these cases, the boat club will not be able to fully seat race or complete a full pairs matrix that links all rowers. The coaches will make a professional judgement on data that they have collected to that point. Coaches deal with athletes on the water or on the rowing machines on a daily basis. In the boat club, more so than any other sport, coaches get to know athletes ability: How they perform under pressure, how they react to increasing work loads or how they make technical changes. These are taken into account. What parents often do not know is that coaches have weekly meetings to discuss the strengths, weaknesses and potential of squads and athletes. 99% of the time, the selection process confirms what coaches already know. It is therefore important to respect and trust the decisions made by coaches, who ultimately have to pass all selections through the scrutiny of their fellow coaches and the Director of Rowing before the crew is entered for racing.

What happens if the coaches get the selection wrong?

This is impossible! The stop watch never lies and the selection process is such there is no room for error. Those who have risen to the top of the group through the selection procedure are those who are selected to row in the "Top" boats.

How do I make a query about selection:

Feel free to approach coaches if you have queries about the selections made while keeping in mind that, as professionals, the coaches have already undergone the scrutiny and questions from the Director of Rowing and fellow coaches. The final selection has in fact been passed by the Director of Rowing. Any complaints should be directed to the Director of Rowing in writing.

Please Note: Once a crew has been selected, it will not be changed. This ensures that the professional judgement of the coaches is respected.

No selection "Gives a girl the chance to be in the top boat" at the expense of a better rower!