

THE BLUE BOOK



Unley High School
Rowing Club

2026/27 EDITION

WELCOME MESSAGE

Dear Rowers, Families and Supporters,

It is my privilege to welcome you to the 2026/27 rowing season at Unley High School. This handbook serves as your comprehensive guide to our program, embodying the standards of excellence that define our rowing community.

Our program is built on the pillars of commitment, discipline and teamwork. Whether you are a returning athlete or new to our boatshed, you join a proud tradition of achievement both on and off the water. We expect every rower to embrace these values and represent our school with distinction.

This season presents exciting opportunities for growth and competition. From early morning training sessions to interstate regattas, each moment contributes to your development as an athlete and as a person. I encourage you to approach every challenge with determination and every success with humility.

To our families, your support is invaluable. The dedication you show in early mornings, weekend regattas and volunteer roles makes our program possible. Together, we create an environment where young athletes can thrive.

I look forward to seeing you on the water and sharing in the achievements of the season ahead.

With best wishes for a successful season,

A handwritten signature in grey ink, appearing to read 'Mitch Parker', with a long, sweeping flourish extending upwards and to the right.

Mitch Parker
Rowing Coordinator

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TRAINING

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BUILDING CHAMPIONS

*STRENGTH, TECHNIQUE & ENDURANCE
EXCELLENCE*

PROGRAMS & SCHEDULES

UNLEY HIGH SCHOOL ROWING

TRAINING SCHEDULE

COMMITMENT TO
EXCELLENCE REQUIRES
DEDICATION BOTH ON AND
OFF THE WATER

Training for most squads is expected to occur across land-based fitness, strength and conditioning, and on-water sessions. Training may be modified due to time, equipment, weather or staffing requirements.



Season Training Program – Week Schedule

Unley High School Rowing Program · Jnrs & Nov

Nov			Year 7-8
DAY	AM	PM	
Mon	–	Monday Night Row @ Torrens 4:00pm to 6:30pm	
Fri	Ergo & Gym 7:15am to 8:45am	–	
Sat	Morning Row @ Torrens 10:00am to 12:00pm	–	

Jnrs			Years 8-9
DAY	AM	PM	
Tue	Ergo & Gym 7:15am to 8:45am	–	
Wed	–	Wednesday Night Row @ Torrens 4:00pm to 6:30pm	
Thu	Ergo & Gym 7:15am to 8:45am	–	
Sat	Morning Row @ Torrens 8:00am to 10:30am	–	

TRAINING SCHEDULE



Season Training Program – Week Schedule

Unley High School Rowing Program · Seniors & Inters

Seniors			Years 11-12
DAY	AM	PM	
Mon	Ergo & Gym 7:15am to 8:45am	–	
Tue	–	Ergo & Gym 3:40pm to 5:15pm	
Wed	Morning Row @ West Lakes 6:30am to 10:30am	Ergo & Gym 3:40pm to 5:45pm Midweek Mobility	
Thu	–	Afternoon Row (bus 3:30, back 7:00) @ West Lakes 3:30pm to 7:00pm	
Fri	Ergo & Gym 7:15am to 8:45am	–	
Sat	Morning Row - Girls* @ West Lakes 6:00am to 8:30am Morning Row - Boys* @ West Lakes 8:00am to 10:30am	–	

* Saturday sessions will rotate between times fortnightly.

Inters			Years 9-10
DAY	AM	PM	
Tue	Ergo & Gym 7:15am to 8:45am	–	
Wed	Morning Row @ West Lakes 6:30am to 10:30am	–	
Thu	Ergo & Gym 7:15am to 8:45am	Row* @ West Lakes 3:30pm to 7:00pm	
Sat	Morning Row @ West Lakes 6:00am to 8:30am	–	

* Thursday evening Inters row is tentative, pending a decision on the Year 10 Eights. As an alternative, Inters may join Seniors for Thursday evening training instead.

NATIONALS 2027 CHAMPION LAKES

07

The Australian Rowing Championships represent the highest level of school rowing in Australia. The event brings together the strongest school, club, state and national-level athletes from across the country and provides students with the opportunity to test themselves against the best rowers in their age group.

In 2027, the Australian Rowing Championships will be held at Champion Lakes in Perth, Western Australia, from 15–21 March. For Unley High School rowers, selection to attend Nationals is a significant achievement and reflects a high level of commitment, consistency, maturity and performance across the season.

All rowers must maintain a minimum fitness standard, including completing a 2000m ergometer test each term. First VIII candidates should be working towards a benchmark of sub 6:40 for men and sub 7:55 for women. Development squad members will work progressively towards these standards through structured training, regular testing and ongoing feedback.

Unley High School may take a squad of up to 24 students to the Australian Rowing Championships. However, due to the increasing speed and depth required to be competitive at Nationals, selection will be based on performance, commitment and suitability for the event. Attendance is not guaranteed and will be reserved for students who demonstrate they are ready to represent the school at a national standard.

Families should also be aware that attending the Australian Rowing Championships involves a significant financial commitment. The approximate cost is expected to be \$2,500 or more per student. Final costs will be confirmed once bookings and squad numbers are finalised. Families of students wishing to be considered for Nationals should take this financial commitment into account when planning for the season.

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REGATTAS

SECTION 3 *PAGE 8*

COMPETITION
CALENDAR



REGATTA CALENDAR 2026/27

09

Regatta Schedule is subject to change and is not yet finalised by Rowing SA

X – Attendance Expected
C – Consent forms Required
S – Selected Participants
O – Optional Attendance

Date	Event	Nov	Jnr	Int	Snr
Saturday 29 th August	Season Opening Breakfast	X	X	X	X
Friday 18 th – Tuesday 22 nd September	Spring Camp – Snr & Int			C	C
Tuesday 22 nd September – Friday 25 th	Spring Camp – Jnr & Nov	C	C		
Tuesday 27 th of October	Public Schools Mini Regatta*	X			
Saturday 7 th November	Round the Island Regatta and Junior Regatta	X	X	X	X
Saturday November 14 th	November West Lakes Regatta		X	X	X
Saturday 21 st November	SA Grade State Championships		S	S	S
Saturday 28 th of November	School Premiership Series #1	X	X	X	X
Saturday 5 th and Sunday 6 th of December	Renmark Riverland Regatta			C	C

REGATTA CALENDAR 2026/27

10

Regatta Schedule is subject to change and is not yet finalised by Rowing SA

X – Attendance Expected
C – Consent forms Required
s – Selected Participants
O – Optional Attendance

Date	Event	Nov	Jnr	Int	Snr
Monday 11 th to Friday the 15 th of January	Summer Rowing Camp Seniors & Inters			C	C
Friday the 15 th to Monday the 18 th of January	Summer Rowing Camp Seniors & Jnrs		C		C
Friday the 15 th to Sunday the 17 th of January	Novice West Lakes Summer Camp	C			
Saturday 31 st of January	School Premiership Series #2	X	X	X	X
Saturday the 6 th of February	February West Lakes Regatta		X	X	X
Saturday the 13 th of February	School Premiership Series #3	X	X	X	X
Saturday 19 th and Sunday 21 st of February	SA Grade State Championships		S	S	S
Saturday 27 th of February	School Premiership Series #4	X	X	X	X
Saturday the 6 th of March	March West Lakes Regatta	X	X	X	X
Saturday the 13 th of March	HEAD OF THE RIVER	X	X	X	X~
15 th of 21 st of March	Australian Rowing Championships (WA)		S*	S	S

SELECTION & EXPECTATIONS



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SELECTION POLICY

GUIDING PRINCIPLES

UHS Rowing competes regularly at local and country regattas throughout the season. While we aim to perform at a high level, crew selection cannot always follow a strict, clinical process. Crews for lower-priority regattas may be chosen outside the formal selection method to help coaches manage squad development, athlete availability, racing opportunities and weekly training needs.

During the season, racing and training crews may change week to week and are selected by UHS coaches in consultation with the Rowing Manager. The process varies with squad size, time of year, event type and the needs of the program, and aims to fairly assess rowers on performance, behaviour, attendance and attitude.

SELECTION GOALS

The goal is to form competitive, balanced crews that reflect both individual merit and team cohesion, recognising rowers who show commitment, consistent performance, teamwork and a positive attitude. While we support every athlete's development, the primary focus is maximising crew performance at the Head of the River and achieving the strongest possible results across the School Premiership Series.

SELECTOR'S DISCRETION

The Selection Committee may select or remove participants based on the selection criteria, using reasonable, good-faith judgment focused on relevant factors. This may apply when choosing rowers for specific seats (such as stroke and coxswain), selecting sweep crews by side preference, or weighing rowers with significant differences between on-water and off-water performance. In special cases the Committee can remove or demote a rower after selection due to poor performance or behaviour; a warning system is used and carers are informed of any warnings.

Where primary criteria are inconclusive, the Committee may also consider current skill and fitness, injuries, crew compatibility and balance, conditions during trials, coach input, future crew development, and equipment and versatility (the ability to row both bow and stroke sides). The Selection Committee includes the Head Coach, Rowing Coordinator and Lead Coach of the squad.

EXEMPTIONS

In cases of illness or injury, rowers may be required to provide a doctor's certificate and to consult the Rowing Manager to arrange a fair make-up test.

COXSWAINS

The coxswain is a critical crew member – effectively an assistant coach – so their selection criteria differ. Coxswain selection may consider steering (keeping the crew safe and well positioned), communication (feedback to individuals, the crew and coach), operation (calling drills and changes effectively) and motivation (positive, constructive encouragement).

SELECTION CRITERIA

To support selection, a series of standardised, weighted tests are used. These may include ergometer tests (such as 1000m, 2000m, 30-minute, weight-adjusted and rating-capped tests), running tests (such as a 2000m run and the beep test) and sculling tests (such as 1000m and 2000m time trials). Attendance, behaviour, technical skills, availability, injury status, adaptability and resilience may also be considered. Results help inform seat-racing combinations and the rubrics used to finalise crews.

SELECTION TIMELINE

Before or during the Summer Camp, the final selection criteria and relevant dates are confirmed and provided to each squad. To protect the integrity of the process, some information (such as results and seat-racing rubrics) may be withheld during selection; results can be made available afterwards in consultation with the Rowing Manager.

APPEALS & SELECTION REVIEW

If an athlete or coxswain believes the selection process was not correctly applied, they may request a review with the Rowing Manager within two days of their selection. If it is found that the process was not followed, a corrective process may be applied. Rowers who are unsure or want clarification are encouraged to follow the same process.

The coxswain is a critical crew member – effectively an assistant coach – so selection criteria differ from those applied to rowers. Selection may consider steering (keeping the crew safe and well positioned), communication (delivering feedback to individuals, the crew, and the coach), operation (calling drills and changes effectively), and motivation (positive, constructive encouragement).

Coxswains are assessed by coaches against these criteria, alongside broader technical and interpersonal skills.

The following are some of the skills worth developing ahead of selection:

- Attendance at trainings, gym sessions and camps — all key to leadership and coxswain development
- Ability to steer a straight course without shifting body weight
- Making minimal adjustments to the rudder throughout a training session or race
- Ability to turn the boat in under 90 seconds at each end, to maximise training time
- Diligence in caring for equipment and reporting any incidents that occur
- Ability to read water conditions and adapt accordingly, maintaining a positive outlook while keeping steering under control
- Ability to run a session independently in the coach's absence, keeping the crew's focus on their rowing
- Ability to communicate collaboratively with both coaches and rowers on all aspects of a session, including workloads and session goals
- Technical understanding of, and competence across, the full range of the rowing stroke
- Keeping voice volume low on the water during early – season sessions
- Ability to motivate athletes
- Ability to make sound decisions under pressure
- Variation in tone and range of coxswain calls
- Proactivity in learning from other coxswains and seeking feedback
- Maintaining the standards of a UHS rower on and off the water
- Ensuring the safety of all boat club members while coxing

Coxswain selection is predominantly subjective. Coxswains are therefore encouraged to seek feedback regularly from coaches. Coxswain behaviour and ability will be monitored by the coaching staff throughout the season.

COMMITMENT TO ROWING

Unley High School offers many opportunities – from the arts and sport to leadership roles such as SVC and House Leaders. With that in mind, rowers and families should know that being part of the program requires a significant commitment of time and effort.

While some exemptions can be made, the general expectation is that rowing takes priority over other extra and co-curricular commitments. UHS Rowing aims to help students balance rowing with their other commitments, including leadership roles, other activities and, most importantly, their academic work. If clashes occur, the program (through the Rowing Coordinator) will work with families and school staff to find a suitable solution. Rowers will not be penalised for taking on other school responsibilities, provided their absence does not significantly affect their crew and they make a reasonable effort to catch up. **Above all, rowers must prioritise their academic responsibilities.**

SERVICE TO ROWING

UHS Rowing offers many opportunities to give back and support the club's growth. Rowers are encouraged to help where they can, though not every opportunity will suit everyone. All service is recorded and acknowledged at the end of the season, and rowers wanting to count service towards external programs (such as The Duke of Edinburgh's Award) can request a certificate from the Rowing Manager.

Service opportunities include: coaching or supervising younger crews; loading and unloading boats for camps and regattas; and supporting fundraising events run by UHS Rowing or the Parent Support Committee. Rowers or families with ideas for social events or service are encouraged to contact the Rowing Manager or the Parent Support Committee.

ABSENCES

Regular, consistent attendance is required at all scheduled land and on-water sessions, and rowers should schedule other commitments around their rowing where possible. If a rower cannot attend a session or regatta due to an unavoidable circumstance, a reasonable attempt should be made to notify the Rowing Coordinator as early as possible, who will then inform the coaches.

Notification should be given by: email (preferred), text message or phone call.

WARMING UP & COOLING DOWN

Injury is one of the biggest threats to training time. A consistent warm-up and cool-down routine at every session and regatta helps reduce that risk and keeps rowers on the water.

- Warm-up: A proper warm-up increases blood flow, muscular elasticity and neuromuscular coordination, helping prepare the body for exertion and reducing the risk of injury. Coaches lead a structured dynamic warm-up before every session.
- Cool-down: A gradual, lower-intensity cool-down of around 5 – 10 minutes – such as light paddling or a slow walk – helps the heart rate return to normal safely and reduces post-exercise stiffness.

Morning Training

Morning sessions are a normal part of the rowing calendar, and the club builds up to them gradually as rowers adjust. A few simple habits can make early starts easier:

- Prepare the night before – pack your bag and lay out training clothes so mornings are quick and stress-free.
- Keep a consistent sleep and wake time, including on weekends where possible. Irregular sleep patterns disrupt the body's circadian rhythm, making both falling asleep and waking up harder.
- Get natural light as soon as you wake up – opening the curtains straight away signals to the body that it's time to be alert.
- Trial different alarm strategies – a gradual alarm, a gentler tone, or placing the alarm across the room to avoid hitting snooze.
- Protect sleep overall. Teenage athletes need roughly 8–10 hours a night – those who are sleep-deprived show slower reaction times, greater fatigue, and a higher risk of injury.
- On a heavy training week, going to bed earlier the night before an early session can help offset a shorter or poorer night's sleep.

Managing Priorities

We believe that while not everyone will become a professional athlete, everyone will become a professional adult. Rowing demands significant time, and learning to prioritise and manage that time is a genuine life skill that extends well beyond the boat. When commitments clash, rowers should:

- Manage assessments by starting early, using class time well, and negotiating extensions where needed and let teachers, coaches and family know about busy periods in advance
- Protect sleep, healthy eating and downtime to maintain energy and focus
- Use a diary, calendar or journal to track tasks and events
- Inform the Rowing Coordinator about absences so they can be recorded and managed with minimal impact

"The only standard in rowing is your own best effort... not someone else's."

Nutrition and Hydration

Good nutrition and hydration habits underpin everything a rower does – from concentration in the classroom to performance on the water and recovery between sessions. The information below expands on the fundamentals, and links to further reading are provided for families who'd like more detail.

Everyday Balance

Rowing places significant demands on growing bodies, and junior athletes generally have higher energy and nutrient requirements than their non-training peers, driven by the combination of training load and normal adolescent growth spurts.

- Eat breakfast daily. Students who eat breakfast tend to have more energy, concentrate better at school, and take in more fibre and vitamins than those who skip it.
- Maintain regular hydration throughout the day – not just around training.
- Build meals around a balance of carbohydrates, protein, fruit and vegetables.
- Establish consistent eating routines, so energy demands from training don't get "made up" later in the day.
- Take a food first approach. Junior rowers should not take supplements unless they've been medically prescribed, and food should always be the first source of extra energy and nutrients.

Before, During and After Training

What a rower eats around a session affects energy, concentration and recovery, and can help reduce the risk of illness and injury.

Before training: A small carbohydrate-based snack 30–60 minutes beforehand is a good general guide. For longer sessions, aiming for roughly 1–2g of carbohydrate per kilogram of body mass in the three to four hours prior helps ensure the athlete is well fuelled – for example, that's around 70–140g of carbohydrate for a 70kg rower. It's worth experimenting with different pre-training snacks over time to work out what sits best individually, well ahead of race day.

During training: Bring a water bottle to every session and rehydrate regularly, particularly in warm weather or on longer outings.

After training: Aim for a recovery snack or meal combining carbohydrate and protein within 30–60 minutes of finishing – especially important when students are training multiple times a day, such as at squad camps.

Night before: A high-carbohydrate dinner to top up glycogen stores. At least one-third of the plate should be carbohydrates such as rice, quinoa or potatoes, alongside a fist-sized portion of protein and a good serving of vegetables.

EXTREME WEATHER AND ROWING

UHS places student safety and wellbeing above all else. To protect the wellbeing of every rower, training sessions and competitions may be cancelled or modified during periods of extreme weather. The guidelines below outline the actions the Rowing Coordinator will take in these circumstances.

TRAINING SESSIONS

Wherever possible, training will be relocated to a protected, indoor, air-conditioned venue — such as the School Fitness Centre – to keep sessions running as scheduled. Where this isn't feasible (for example, due to scheduling conflicts or competing use of facilities), the session may instead be cancelled.

Any changes or cancellations will be communicated by 1pm on the day of the session, or the evening before for early-morning sessions. The Rowing Coordinator will notify rowers and parents/carers via email and Clipboard

WATER TRAININGS

A training session will be modified or cancelled if conditions at the venue (West Lakes, Torrens River, etc.) meet or exceed any of the following thresholds:

- Temperature of 34°C (Year 9 and under) or 36°C (Year 10 and above)
- Wind speeds of 25km/h (Year 9 and under) or 30km/h (Year 10 and above)
- Any sign of electrical (lightning) activity during the session
- Significant rainfall assessed by the Rowing Coordinator as unsafe or impractical for training

As a general rule, morning sessions will not be cancelled on the basis of forecast maximum temperature alone.

Regattas across South Australia are run by Rowing SA and fall under their own Extreme Weather Policy. While broadly similar to the UHS policy, Rowing SA's version also accounts for humidity and rower ability.

On regatta days, Boat Race Officials continuously monitor conditions and will postpone or cancel racing as needed. UHS crews will continue competing until those thresholds are reached.

In some cases, the Rowing Coordinator may withdraw selected UHS crews from racing — either before or on the day of the regatta – if there's a foreseeable risk that weather conditions will adversely affect the event.

WHERE TO BUY THE UNIFORM

All rowing uniform items and merchandise can be purchased through the School's QKR Portal, accessible via the mobile app or desktop website.

Once an order has been placed, please collect items from the Rowing Coordinator on the following Monday.

TRAINING SESSIONS

On-Water Training and Racing

When on the water – for both training and regattas – all rowers must wear:

- UHS Racing Zootie
- UHS Racing UV Top
- UHS Racing headwear (cap or visor)

Sunglasses are recommended where appropriate, and sunscreen and a water bottle are essential. Rowers are also encouraged to bring running shoes and slides to every on – water training session and regatta. UHS PE tops and other loose-fitting garments can interfere with rowing technique and must not be worn on the water. The UV top may only be removed with permission from the Rowing Coordinator or Coach.

WATER TRAININGS

Unley High School Senior Rowers are eligible to wear the School's Senior Uniform, which includes a zootie and UV top, as a substitute for the standard racing uniform listed above. When racing, all members of a crew must wear matching uniform. If a crew cannot reach agreement on which uniform to wear, they are expected to default to the standard UHS Racing Uniform. Please refer to the detailed uniform expectations emailed throughout the season for further guidance.

The above requirements do not apply to new rowers or those enrolled in the Learn to Row program.

Land Sessions

Rowers must wear UHS or rowing-specific clothing for all land training sessions. This may include:

- UHS PE Uniform
- UHS Rowing Uniform (zootie, UV top, headwear)
- Suitable running shoes

Non-uniform items such as club zooties and training shirts may also be worn, provided they are appropriate for the training environment.

Students may not train shirtless.

HONOURS AND HISTORY

SECTION 05 *PAGE 20*



CELEBRATING EXCELLENCE

*RECOGNISING ACHIEVEMENT &
PRESERVING OUR LEGACY*

HEAD OF THE RIVER TOP 4 FINISHES 2026

Event	Place	Time
SB Yr 7/8 4x+ E	2nd	4:24.46
SB Yr 7/8 4x+ D	2nd	4:17.56
SB Yr 7/8 4x+ C	3rd	4:16.31
SB Yr 7/8 4x+ B	1 st	3:48.34
SB Yr 7/8 4x+ A	2nd	3:53.77
SB Yr8/9 4x+ D	3rd	4:21.99
SB Yr8/9 4x+ C	3rd	4:10.24
SB Yr8/9 4x+ B	3rd	3:45.04
SB Yr8/9 4x+ A	3rd	3:35.02
SG Yr8/9 4x+ C	3rd	4:22.77
SB Yr9/10 4x+ C	3rd	5:46.20
SB Yr9/10 4x+ B	2nd	5:21.21
SB Yr9/10 4x+ A	3rd	5:15.25
SG Yr9/10 4x+ A	3rd	5:49.60
SG 1st 4+	2nd	8:08.51
SB 2nd 8+	4th	6:48.95
SB 1st 8+	4th	6:18.83

1959

Mr T. Hill coaches a keen UHS crew; when he's transferred, Mr A. Cotton takes over until the crew disbands.

1972

A borrowed-boat Open Schoolboy IV wins the Lance Begg Memorial Trophy for the State Open Schoolboy Four Championship.

1976

The Women's Rowing Association invites UHS to a schoolgirls' championships sparking enough enthusiasm to start a girls' programme.

1977

A boys' programme begins. Mrs L. Vanderwerp becomes the Club's first Rowing Coordinator; UHS affiliates with SARA.

1978

UHS competes in its first National Championship, in Franklin, Tasmania. Scotch College and Pembroke School's push to include girls at the Head of the River sees UHS invited in as the third crew — opening the HOR to both boys' and girls' crews.

1987 - 1989

The Schoolboys' VIII becomes only the second state school crew to win the Head of the River. A Schoolgirls' VIII race joins the HOR programme in 1988, and UHS wins it - and again in 1989.

1992

UHS wins the first-ever National Schoolgirl VIII race, in Carrum, Victoria. The Club's own boatshed on the Torrens, shared with Norwood-Morialta, officially opens.

HISTORY OF THE CLUB



Photo: 1992 Schoolgirls VIII, National winners

1984 – 1986

Robyn Grey-Gardiner becomes UHS's first Olympic medallist, winning bronze in the Australian Ladies Open IV at the 1984 LA Olympics, then gold and silver at the 1986 Edinburgh Commonwealth Games.

1993 – 1999

Karin Riedel, Darren Thorpe, Anna Tree, Jo Lips, Kisahn Lamshed and Megan Tuckey all represent Australia at World Junior and U23 Championships.

2016 – 2019

Verayna Zilm represents Australia in U21 and U23 competitions (2016–18); Mitchell Reinhardt follows in U21 and U23 competitions in 2017 and 2019.

TODAY

Jasper Boyce represents Australia in the 2026 U23 Men's Quad, Mitchell Reinhardt represents Australia at the 2025 World Rowing Championships and Tamara Bates represents Australia in the U19 Australian Eight.



Mitchell Reinhardt & Angus Dawson at the 2018 ARC in the U19M2x



Mitchell Reinhardt & Oscar McGuinness at the 2025 World Championships

The Journey of the Unley High School Rower
From rowing at Unley to representing AUSTRALIA

Awards & History

Each year, the Unley High School Rowing Club presents awards to members who distinguish themselves across a number of areas — recognising the qualities that go beyond results on the water. The awards presented each year are:

Lai Shield for Outstanding Club Person

Chuan Lai served as Captain of Rowing in 1984 and Head Prefect in 1985, and was widely respected as a coach. He was deeply passionate about the sport and worked tirelessly to help establish Unley as a successful rowing school, often serving as the driving force behind crews at training camps, pushing them to train hard and pull together as a team.

Chuan's life was tragically cut short while travelling on a ferry in Malaysia that capsized and sank. In the chaos, he dived into the water to rescue his girlfriend, then returned for his brother, but he and his girlfriend both drowned in the attempt.

The Lai Shield honours his memory and is presented each year to a Club member who reflects the qualities he embodied: commitment, courage, humour, and above all a willingness to put the welfare of others before their own.

G. Farrelly Shield for Most Dedicated Coxswain

This award was established in memory of the late Mr Farrelly, who generously donated the shield after many years of closely following the Club's progress. It's presented each year to the coxswain who best demonstrates outstanding dedication, leadership and contribution to their crew.

Squad Awards

One Schoolboy and one Schoolgirl award may be presented per squad — Learn to Row, Junior, Intermediate and Senior — to the member who best personifies the Club's values:

- Respect
- Community
- Excellence
- Diversity

Not every leader needs a badge to lead, and not every person needs an award to leave their mark on this Club.

HPE CURRICULUM

SECTION 06 *PAGE 25*



Course Overview

Full year. Entry via selection process; UHS Rowing Club membership required. For students accepted into the Special Interest Rowing program, developing rowing skills and knowledge in crew boats, and single and double sculls where appropriate progress is evident.

Learning Opportunities

- Learn boat handling, rigging, safety skills and rowing terminology
- Learn scull rowing technique with a satisfactory level of competency, efficiency and consistency
- Gain knowledge and understanding of the major principles associated with correct technique
- Develop knowledge of improving technique and fitness using the rowing ergometer
- Participate in selected physical education activities

Theory & Assessment

Theory topics include components of fitness, fitness for rowing, rules, etiquette and race preparation, rowing terminology, culture and values, utilising technology for feedback, tactics and strategies, and roles in sport — with particular emphasis on the role of the coxswain — alongside a Relationships and Sexual Health unit based on the SHINE SA program.

- Practical skills & performance fitness appraisals
- Commitment, attitude, effort, collaboration and communication skills
- Written and multi-modal assessment tasks — reported as Grades A–E per the Australian Curriculum Achievement Standards

Special Requirements & Fee

- UHS PE/Rowing uniform must be worn to all practical and fitness lessons. A subject levy of \$600 covers bus hire, instructors and an equipment levy.

Course Overview

Full year. Entry via selection process; UHS Rowing Club membership required. For students accepted into the Special Interest Rowing program, developing rowing skills and knowledge in crew boats, and single and double sculls where appropriate progress is evident.

Learning Opportunities

- Learn boat handling, rigging and safety skills
- Learn scull rowing technique with a satisfactory level of competency, efficiency and consistency
- Gain knowledge and understanding of the major principles associated with correct technique
- Develop knowledge of the fitness factors required

Theory & Assessment

Theory topics include components of fitness, fitness for rowing, rules, etiquette and race preparation, rowing terminology, culture and values, utilising technology for feedback purposes, tactics and strategies, and roles in sport – with particular emphasis on the roles associated with running a regatta – alongside Health lessons based on the SHINE SA program.

- Practical skills & performance fitness appraisals
- Commitment, attitude, effort, collaboration and communication skills
- Written and multi-modal assessment tasks – reported as Grades A–E per the Australian Curriculum Achievement Standards

Special Requirements & Fee

UHS PE/Rowing uniform must be worn to all practical and fitness lessons. A subject levy of \$600 covers bus hire, instructors and an equipment levy.

Course Overview

Full year. Entry via selection process; UHS Rowing Club membership required. Students with demonstrated skills and commitment in rowing spend further time developing sculling in quads, doubles and singles.

Learning Opportunities

- Develop rowing technique to a sound level of competency, efficiency and consistency
- Gain knowledge of the major principles of correct technique and use it to correct skill errors
- Develop knowledge of the fitness levels required, incorporating a light weights programme
- Develop a high level of fitness to maintain correct technique

Theory & Assessment

Theory topics expand on concepts introduced at Year 8, adding training principles (FITT, SPORT, specificity), body systems, leadership/teamwork, nutrition for rowers, and analysis of fitness, technique and races, alongside Health lessons based on the SHINE SA program.

- Practical skills & performance fitness appraisals
- Commitment, attitude, effort, collaboration and communication skills
- Written and multi-modal assessment tasks — reported as Grades A–E per the Australian Curriculum Achievement Standards

Special Requirements & Fee

UHS PE/Rowing uniform must be worn to all practical and fitness lessons. A subject levy of \$600 covers bus hire, instructors and an equipment levy.

Course Overview

One semester. Entry via selection process; UHS Rowing Club membership required.

Students build scull rowing technique in singles, doubles and quads to a high level of competency, are introduced to sweep rowing, and develop the strength, fitness and organisational skills the sport demands.

Learning Opportunities

- Foster sound scull rowing technique to a high level of competency, efficiency and consistency
- Learn the basics of sweep rowing
- Apply technique knowledge to coach and correct skill errors in novice rowers
- Learn safe principles for a strength and conditioning program
- Develop fitness in line with the demands of the sport
- Develop organisational and interpersonal skills

Theory & Assessment

Theory topics include coaching beginner rowers, acute/chronic responses to exercise, rowing in Australia's sporting culture, drugs in sport, and analysis of fitness, technique and races. Students complete the Australian Sports Commission Coaching General Principles course and the ASADA Level 1 Anti-Doping course, alongside Health lessons based on the SHINE SA program.

- Practical skills & performance fitness appraisals
- Commitment, attitude, effort, collaboration and communication skills
- Written and multi-modal assessment tasks — reported as Grades A–E per the Australian Curriculum Achievement Standards

Special Requirements & Fee

UHS PE/Rowing uniform must be worn to all practical and fitness lessons. A subject levy of \$300 covers bus hire, instructors and equipment.

FEE

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STRUCTURE



Season Rowing Fee – approx. \$950

Offsets Rowing SA racing subscription and coaching costs. Payable on completion of the Season Rowing EdSmart consent form.

\$950 – Rowing EdSmart consent form.

The Season Rowing Fee is used to off-set the cost of Rowing SA Racing Subscription and Coaching costs for each rower.

\$600 non-refundable from September 1, 2026.

\$350 non-refundable from December 8, 2026.

2026 Spring & 2027 Summer Rowing Camp

\$400 – 485 (Approx.)

Payable on completion of the EdSmart consent form for each camp.

West Lakes Bus Fee (Intermediate/Senior) – approx. \$485

Payable on completion of the 2026/2027 West Lakes Bus EdSmart consent form.

The West Lakes Bus Fee covers the Wednesday and

Thursday School to West Lakes and return bus service for the entire season for those who wish to use the service.

\$300 non-refundable from September 2, 2026.

\$185 non-refundable from December 9, 2026.

Australian Rowing Championships

\$2,500 (Approx.)

Payable on completion of the EdSmart consent form.

The Spring Camp for 2026 is scheduled for the latter part of Term 3 to reduce scheduling conflicts with other winter sports. Strategically, this timing allows athletes a three-week preparatory period leading into the camp, ensuring they are physically conditioned for the intensive training demands.

Following the holiday break, the 2027 Summer Camp marks the program's formal resumption of the rowing season. The primary focus of this camp is transitioning athletes back into consistent training rhythms while commencing the critical selection trials for the Head of the River and National Championships. In addition to selection procedures, the camp is designed to develop crew cohesion and squad stability, ultimately sharpening race execution ahead of the highly competitive Term 1 schedule.