

SWR BOATIES



• SOUTH WEST ROCKS •
SURF LIFESAVING CLUB



2016/2017 INFO
BOOKLET

Welcome to the 2016/2017 Surf Life Saving season. This book will provide you with all the information you will need to get the most out of being a surf boat rower for SWRSLSC.

Surfboats were originally used for rescues, before the introduction of inflatable rescue boats, when a swimmer was in trouble beyond the break and was unable to be reached by a lifesaver. Surfboat rowing is an exciting sport that is steeped in tradition and linked with the history of surf lifesaving in Australia becoming a symbol synonymous with the SLSA movement.

This coming season we hope to have a number of crews, which will put us in a much stronger position regarding competition, training and fundraising. Our aim is to provide safe and healthy training programs, cultivate ongoing success in competition and to promote a healthy club culture.

The SWRSLSC boat section has provided training for club members for over 90 years, with the boat section having achieved success in competition at local, branch, countries and state titles. This year we are aiming high for some success at the Australian Titles.

We pride ourselves on providing a family friendly atmosphere and welcome the families of our Boaties to all carnivals, trips away, fundraising events and team BBQs.

We are looking forward to a fantastic season of training, competition and all things surfboats.



TEAM RULES

- **PATROLS ARE PARAMOUNT!!** - It is vital that you attend your rostered patrols, and if you can't attend then you find a sub. If you are unable to find a sub call your patrol captain and let them know. To be able to compete rowers must have a proficient bronze medallion and be an active patrolling members - if you are neither you are putting your crew at risk of being disqualified and not covered by insurance.
- **REPRESENTING SWRSLSC** – We will be travelling to carnivals along the MNC, with some crews travelling interstate to the bigger carnivals. It is imperative that you remember we are representing SWRSLSC at all times. As there will be some away trips and overnight stays the senior male and female rowers will set the standard for our new junior crews. Parents, partners and children are always welcome to attend carnivals or overnight stays for support.
- **BE ON TIME AND READY TO ROW!!** - Surf boat rowing is a team sport. If one person is missing from a water session the crew may not be able to train. If you are unable to make a water session try and find a sub rower - speak to your sweep about a suitable replacement. **DO NOT JUST TEXT AND SAY YOU ARE NOT GOING TO MAKE TRAINING!!**
- **GEAR IS EXPENSIVE PLEASE LOOK AFTER IT!!** - A new set of oars is about \$5000 and a set of helmets is \$600. As our equipment comes from sponsorship and donations we need to be careful and make sure it is always looked after.
- **WE ARE A TEAM!!** - Being a boat rower is all about team work and supporting not just other rowers but all members of the club The Boaties are always some of the first people to put their hands up to help with things to do around the club, such as water safety, fundraising and helping at events.
- **FUNDRAISING AND SPONSORSHIP!!** - We are very active regarding fundraising, which includes BBQ's and Chocolate Wheels throughout the season. Many hands make light work and normally a roster will be put out in advance for fundraising activities. All potential sponsors must be directed to the SWRSLSC Marketing Manager (as per SWRSLSC constitution).
- **RESPECT YOURSELF AND YOUR CREW MEMBERS!!** - Do not turn up to training hungover and not switched on for training or competition. You are risking your own safety as well as your crew members.

Carnival Dates 2016/2017 Season

North Coast Boat Series	Round 1	Saturday 15 th Oct	Evans Head
	Round 2	Sunday 16 th Oct	
North Coast Boat Series	Round 3	Saturday 29 th Oct	South West Rocks
North Coast Boat Series	Round 4	Saturday 19 th Nov	Scotts Head
	Round 5	Sunday 20 th Nov	
Coffs Craft Carnival		Saturday 26 th Nov	Coffs Harbour
North Coast Boat Series	Round 6	Saturday 10 th Dec	Tea Gardens
		Sunday 11 th Dec	
North Coast Boat Series	Round 7	Saturday 14 th Jan	Flynns Beach (Port)
Country Championships		Saturday 4 th Feb	South West Rocks
North Coast Boat Series	Round 8	Saturday 11 th Feb	Crescent Head
Battle of the Boats		Saturday 18 th Feb	Pacific Palms
		Sunday 19 th Feb	
North Coast Boat Series	Round 9/Finals	Saturday 4 th Mar	Woolgoolga
NSW State Titles		Friday 10 th Mar	Swansea-Belmont
Aussies		End of March	Kirra, QLD

Contact Details

Prior to the season commencing we will be giving all boaties a list of contact details for all rowers, sweeps and any other important contacts you may need.

Paul Owens – 0408162990

Dave Pearson – 0413306649

Mark Notley – 0458241392

Troy Gaddes - 0432067444

Carnivals.....what to expect

- Entry fees are paid by SWRSLSC – remember this when your crew are registering for a carnival. We don't want to be wasting funds if you are only half committed to compete at a particular carnival.
- The North Coast Boat Series has a racing format of short course for carnivals pre-Christmas and full course length for carnivals after Christmas.
- Generally we need to be at the carnival venue 1.5 hours before we start to get boats on the beach, set up and warm up. Depending on venue we may stay over the night before hand. North Coast Boat Series Carnivals – Saturday carnivals at 11am start & Sunday carnivals at 8am start. Other carnival start times will be advised closer to the carnival.
- Help out with tent setup, moving boats and packing up on carnivals.
- Each crew will be assigned a crew to 'catch' boat at end of a race and clear from the edge.
- Always thank the officials after a carnival.
- **We all go back to the host club for a refreshment and presentation. Wear club polo.**

GEAR LIST

Below is a list of gear you should bring to each carnival.

- Competition cap/helmet
- Pink Vest – will be provided by NCBS and is compulsory to wear at all NCBS carnivals
- Swimmers
- Rash shirt
- Towels – at least 2
- Food (lollies fruit etc, easily digestible)
- Drinks
- **Team wear – Polo Club Shirt for Presentation and White Beach Shirt for Carnival**
- Sunscreen/zinc
- Sunnies
- Warm clothes for on the beach between races if it is a cool day.

Training Information

Weekly Training Program Breakdown		
Type	Times/Week	Details
Ergo	2	There will be a monthly ergo session on the gym notice board for each month.
Boat	2	Training meeting points for boat sessions – river boat ramp, gaol boat ramp, catamarans, back creek boat ramp, club house.
Mobility & Stretching	4	See attached exercises to be performed to increase flexibility and range of movement. These exercises will also help with injury prevention.
Strength	2	Strength sessions are left up to each crew to complete. If you are unsure of specific training you should be doing in the gym please see Mark or Paul for a training session. Monthly weights sessions will be placed on the gym notice board.
Cross-Training	1	If time permits – this must be done on top of the above sessions.

Monthly Training Program Focus		
Month	Focus	Technique Goal
October	Skills & Turns	Completely finish the stroke, shoulders back, outside elbow at 45°, release and hands away – concentrating on holding shoulders back.
November	Starts & Dig-outs	Concentrate on the rock overcoming from the hips and ensure a controlled slide into the catch. If this is OK start working on a clean catch (arm lift only, not taking catch with shoulders, engaging the oar with the water, ensure little backsplash).
December Christmas Week Off	Break Work & Runner Work	Slow slide into catch, and a strong catch concentrating on hands only not shoulders. December Challenge – EVERYONE will attempt and complete this – even if it takes you hours. A HINT – work on your chin-ups between now and December. This challenge will HURT.
January	Finishing to the Beach	Slow slide into catch, and a strong catch concentrating on hands only not shoulders.
February	Starts	Fine tuning.
March	Starts & Turns	Fine tuning.

Types of Training

Pre-Season

This is nice and simple – the long river rows (45-60mins) that allow us to focus on technique and correct movement patterns. This is the stage of the season where the rowing that is done in the boat consists of long efforts at a relatively low intensity. Most of these sessions will be completed in the river and only stopping to 'wet-up' or have a drink.

A great tip for long river rows is a small amount of Savlon on your seat along with water will help you to slide for longer. Also take a water bottle and a sponge.

Pre and Early Competition

Here the training intensity starts to increase along with the volume. This is the stage in the season where the really hard work gets done. These sessions are very physically taxing and can leave you feeling flat and tired. As long as the tiredness isn't chronic and is monitored, this is the desired effect in this training period. Only hard work in the phase will allow you to be at your racing peak at the end of the season. Doing this work in the surf is of vital importance. Improving boat skills is imperative at this stage of the season, so doing this sort of work in 'moving' water is great.

Competition

This is where the training load comes off and the training intensity increases another notch. Boat and surf skills are honed during this time, Most surf work is done in this phase and the efforts are short, sharp and at or above race pace. Recovery is light active.

Peak or Taper

This can be a frustrating time as rowers should feel like they are jumping out of their skins and can do heaps of work, but the idea is to just do short, high intensity efforts with TOTAL rest in between. A session can be as short as 25-30mins, with their only being 5 or 6 efforts in that time.

ERGO

The 'Ergo' should be a rowers best friend as you performing the movement pattern that you will be doing in a race and this is really the only way to train. It isn't always possible to have all five crew members available and ready to spend time in the boat, so training outside of the boat needs to be done. As training time is often limited due to surf conditions, work, family and other important commitments – training time should be spent as specifically as possible.

Many people hate the dreaded Ergo, but really it is the best training tool out there. The ability to measure and control training is one of the key features on the ergo and of course the specificity of the training.

BOAT TRAINING

Nothing beats actually getting out in the boat and rowing for direct fitness, strength and technique training. A crew should be making it their priority to get into a boat as much as possible. During pre-season training there is lots of emphasis on volume and technique, as the season progresses, the volume decreases and the training intensity increases. The age-old saying 'practice makes perfect' is very true during training, but only if good form is used. When training, a combination of work intervals and rates, as well as technique should be incorporated to ensure we are training for the correct movement pattern.

MOBILITY AND FLEXIBILITY TRAINING

Foam rollers can be found in the gym.

Or purchase one to keep at home

Benefits of using a foam roller:

- Increases blood flow and oxygen to muscles
- Enhances delivery of nutrients to aid recovery
- Decreases overall tightness in muscles
- Maximises effectiveness of stretching
- Promotes balance between strength and flexibility

