

Supporters Guide

2017

Introduction

The **Canford Crocodiles Boat Club** and the **Friends of Canford Rowing (FCR)** were created to support and encourage the sport of Rowing at Canford School.

The **Crocodiles Boat Club** will achieve this by:

- supporting and encouraging local young people to row through the Junior Crocodiles programme
- supporting and encourage Old Canfordian rowers who wish to scull or row at regattas and heads under the club's affiliation to the Amateur Rowing Association

The **Friends of Canford Rowing** will achieve this by:

- providing help and information to those parents and families of those rowing at Canford who are not familiar with the sport of rowing
- providing a meeting point at regattas for parents and supporters of the Canford School Boat Club when they are competing. We aim to provide food and drink at all events
- encouraging social interaction between members

The Chairman and Committee aim to keep you up to date with news of the Canford rowing teams and provide information about forthcoming events and social arrangements at Heads and Regattas. Your son or daughter's rowing coach will also email you to confirm events that they will be attending. This guide confirms some of the arrangements, dates and timings for your son or daughter when visiting Heads and Regattas this season.

We hope that you can come along and support your son or daughter in their endeavours this season. Please look out for the Friends of Canford Rowing (FCR) gazebo tent which is pitched at most events and acts as a meeting point for parents and rowers. At the National Schools Regatta in Nottingham and Henley Royal Regatta the FCR erect their very smart canvas marquee as a focal point. The committee organises an "event manager" for each event to coordinate the gazebo, tea, coffee, soup etc. Members of the committee will approach parents for help as the season progresses. The system has evolved over the last few years and seems to work well, letting rowing parents become involved and getting to know each other.

The school website contains post-race reports and is kept up to date. The Friends of Canford Rowing have an area within the Canford Community web site which is regularly updated with details of forthcoming races, race results, committee contacts, and a digital copy of this guide. It is available at <http://www.canfordconnect.com> under the 'Community' tab. In addition, a parents' email is be sent out before each event. Your son or daughter's rowing coach will also liaise with you.

2017 Friends of Canford Rowing Committee

Contact details are below; please do contact any committee members if there is anything at all you are not sure about. Canford School **Director of Rowing** is **Ian Dryden** and many members of teaching staff coach the rowers.

Joint Chairmen of FCR	Jeremy Imms Elly Bailey	doctor@jerryandroz.freemove.co.uk Angus4elly@aol.com
Director of Rowing	Ian Dryden	id@canford.com
Treasurer	Will Moreland	wam@canford.com
Secretary	Elly Bailey	Angus4elly@aol.com
6th Form Rep	Durga Bale	durga.bale@hotmail.com
5th Form Rep	Jeremy Imms	doctor@jerryandroz.freemove.co.uk
4th Form Rep	Desperately seeking.....	
Shell Rep	Dina Jankovich	Dinaannie@yahoo.co.uk

Social Events 2017

The Friends of Canford Rowing arrange two main social events each year:

The Boat Club Dinner. The dinner will be held on the evening of the House Regatta, scheduled for **Saturday 10th June**. It will be held at the school and will be open to rowing parents, Old Canfordian rowers and current rowers. Last year was an excellent evening; further details will follow nearer the event.

The Henley Royal Regatta Drinks Party. This is held at the Crocodiles marquee at during Henley Royal Regatta week, the date for 2015 is **Wednesday 28th June**. It is a very sociable event on a sunny Henley evening.

Funding

The Crocodiles are funded mainly from parental donations. As the Friends of Canford Rowing are a charity under the auspices of Canford, we can claim gift aid on donations from UK taxpayers, meaning that the Friends of Canford Rowing gain an extra £2.50 from HMRC for every £10 donated by parents. Additional financial support comes directly from the school. For example, gazebo / marquee pitch charges at events are paid from the school rowing budget and the annual Henley Drinks Party is subsidised from the school development budget.

It would be very helpful if rowing parents could pay their voluntary subscription at the start of the season rather than members of the committee having to chase this. A suggested minimum contribution is £10. Donations can be paid via cheque, cash, CAF voucher, or through your child's school bill. A donation form is available on the final page of this guide, and donations can be sent directly to Rowena Gaston at the Development Office, Canford School, Wimborne, Dorset, BH21 3AD.

The Gift Aid donation form is also available on the Friends of Canford Rowing webpage.

Understanding rowing

This guide has been put together to explain to non-rowing parents and supporters what rowing and the boat club is all about. Rowing is a sport that has developed its own language and jargon. This guide introduces you to the language of rowers and helps you understand the technicalities whilst watching your son or daughter compete.

What are they doing - Rowing or Sculling?

These two activities are closely related but not the same. The distinction between the two is in the number of oars each crew member holds. Rowers hold one oar each and scullers two.

Types of competition

Heads - At these events the boats go up the course one after the other at 10-15 second intervals and are timed over the course. Each boat is moving as it crosses the start line and timing finishes once the front (bow) of the boat is over the finish line. The fastest crew in each category wins. Heads are normally held September to April to take into account the wetter and windier weather at the time.

Regattas - This is side by side racing. All crews are lined up and have to do a standing start. The first to the finish line wins. An Umpire follows each race and adjudicates. Regattas are usually held May to September.

Event classification

The category for a junior rower is based on his or her age. They will row as a:

- Junior or J18 if they are under 18 on the 1st of September of the previous academic year
- J16 if they are under 16 on the 1st of September of the previous academic year
- J15 if they are under 15 on the 1st of September of the previous academic year
- J14 if they are under 14 on the 1st of September of the previous academic year

If they are a boy there will be no prefix to this however if they are a girl this will be preceded by a W.

If they are in a sculling boat (two blades each) this will be followed by an x. If they have a Cox they will have a + and if not a –.

Some examples:

A J16 girls coxed quad is written as WJ16 4X+

A junior boy racing in a single is written as J1x

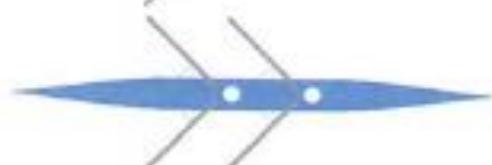
A J14 boys octuple is written as J14 8x (eights always have coxes so this is not noted)

In addition there are classifications based on experience for the older pupils starting at *novice* and going up to *open* or *elite* classes. Depending on the event it may be more appropriate to enter the rowers into these events.

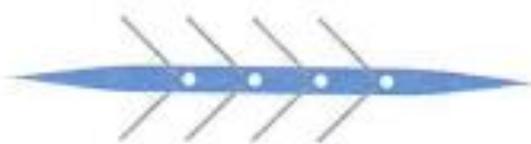
Boat types and parts of a boat



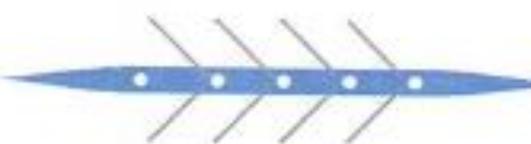
Single Sculling boat - this is the smallest boat. One rower has two blades. Classed as 1x



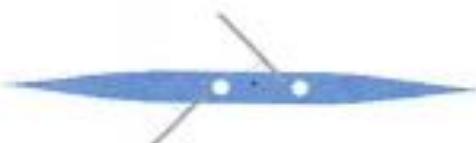
Double Sculling boat - Two rowers and four blades. steering by pressure on blades or footplate. Classed as 2x



Coxless Quad Sculling boat - Four rowers, 8 blades, one person has foot steering system. Classed as 4x



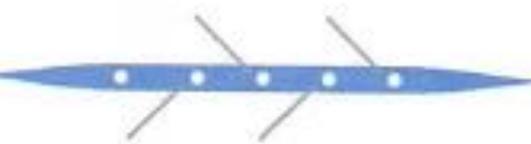
Coxed Quad - as above but with a cox who steers. Classed as 4x+



Pair - a sweep oar boat for two rowers. It has a rudder so will turn easily when one of the rowers uses a foot steering system. Classed as 2-



Coxless Four - sweep oar boat for 4 people with rudder and foot steering system. Bow person usually steers. Classed as 4



Coxed Four - sweep oar boat for 4 people plus cox who can be seated in either the bow or stern of the boat depending on type. Classed as 4+



Eight - sweep oar boat for eight people. All 8's are coxed for safety with cox steering from the stern. Classed as 8+

Parts of the Blade



General advice on how to support

Rowing is an outdoor sport that takes place in all weather conditions. Cancellations are mainly due to fog or dangerous river conditions (e.g. flooding). Rowing events can involve a large number of participants. The Head of the River has nearly 4000 rowers on the water at the same time.

The time leading up to a crew boating is not the best time to approach crew members. These are tense moments where the rowers will be concentrating on what lies ahead and it is much easier if supporters keep out the way and prepare to watch the race.

At most large events Canford takes its gazebo. At the National Schools and Henley Royal Regatta it takes a canvas marquee. This provides a focal point for supporters and somewhere for rowers to rest and sit down between events. We will try to tell you where our tent will be and it will usually be a good place to watch from.

Crews usually boat a good time before the race and row up the course. This gives a time for supporters to walk up the course and watch from a good vantage point. It's a good idea to find a place with a long view in either direction as this will allow you to support for more than ten seconds as the crew flashes past.

Before and after each race boats have to be rigged and checked and rowers have to get prepared for their event. After the event it is each crew's responsibility to pack up their boats and put them on the trailer; they will not be able to leave until this is all done and they have permission to leave the event.

Clothing

Your clothing - Regattas and head races are usually held on the one rainy day of the week and it is quite often wet and muddy underfoot. Even if the day starts clear and sunny, there are certain locations that attract rain and wind. Be prepared and bring along a change of top clothes as it always stops raining when you are about to leave for home. Stout shoes and wellies are good as parking is usually in a field away from the river or bank.

Rowers' clothing - As rowing is an outdoor sport, taking place all year round, rowers do need a lot of different kit. With much lending and borrowing taking place it is strongly recommended that all kit is labelled on the outside. Rowing kit is rarely deliberately stolen by other rowers but it is frequently and innocently misappropriated.

The following types of kit are used: Waterproof top - Windproof, mainly waterproof generally lightweight and in Canford colours; Lycras - Obligatory competition wear in Canford colours; Sweatshirt/tops - Good cover in dry weather in Canford colours.

Food

On race day crews are usually provided with a breakfast and packed lunch by the school. This will often be eaten on the way to the event and as a rule it is better that the crews eat after they have finished racing. This is simple to organise if there is one race but more difficult if there are lots of race times. The Crocodiles tent is a focus for hot soup and other savoury / sweet offerings brought by parents. The event manager will coordinate at larger events.

Indoor Rowing

Indoor training is often done on an indoor rower or erg (Concept 2 are widely used). This allows fitness training to be done at a sustained level for an extended amount of time. All of our squads do some of their training on the indoor rowers especially as they move up through the school.

Appendix 1: Thirty Top Rowing Terms

Blade: An oar.

Boating: Launching the boat in the water

Bow: End of the boat that travels through the water first and is sharpest. Athlete that sits in the seat position nearest this end of the boat.

Bow Side: The right hand (starboard) side of the boat as the cox sits or the left hand side of the boat for a rower. Often marked by a green stripe on the oar.

Cox: Person who steers the boat by means of strings or wires attached to the rudder. Can be positioned in either the stern or bow of the boat. (Coxless. Boat without a cox.)

Crab: When the oar becomes caught in the water at the moment of extraction and the blade handle strikes the athlete. Often causes unintentional release of the blade and significant slowing of boat speed.

Double: Boat for two scullers.

Eight: Boat for eight sweep rowers. Will always have a cox.

Erg: Indoor rowing machine used for training.

Finish: The last part of the stroke where the blade handle is drawn in to the body. Following this (assuming clean extraction) the boat will be at its maximum speed. Force must be applied to the spoon right to the finish so that water does not catch up with the spoon.

Four: Boat for four sweep rowers. Can be coxed or coxless.

Head Race: Race in which crews are timed over a set distance. Usually run as a processional race rather than side by side.

Novice: Term used to describe someone who has very little rowing experience.

Oar: Lever used to propel a rowing boat. Also known as a blade.

Pair: Boat for two sweep rowers.

Power phase: The part of the stroke between the beginning and the extraction when the blade is in the water and propelling the boat.

Quad: Boat for four scullers.

Rate: Or rating. Number of strokes rowed in a minute.

Ratio: The ratio of the time taken for the power phase to that of the recovery phase of the stroke. Ideally time taken for the recovery will be about three times that of the power phase. 1:3

Recovery: The part of the stroke phase between the extraction and the beginning or catch when the blade is out of the water.

Regatta: A competition with events for different boat types and status athletes usually involving heats, semi finals and finals for each event. Boats compete side by side from a standing start.

Rudder: The device under the boat which when moved causes change of direction. Linked to the cox or a crew member by wires.

Sculling: Rowing with two oars.

Slide: Two metal runners on which the seat travels.

Standing start: A racing start done from stationary.

Stakeboat: An anchored boat or pontoon from which rowing boats are held prior to a race starting.

Stern: The end of the boat that travels through the water last.

Stroke: 1. One cycle of the oar. 2. The rower who sits closest to the stern of the boat in front of all the others and is responsible for the rating and rhythm of the boat. (other crew members can influence rating and rhythm from behind).

Stroke side: The left hand (port) side of the boat as the cox sits or the right hand side of the boat for a rower. Often marked by a red stripe on the oar.

Stretcher: A metallic or carbon plate inside the boat to which the shoes are attached. Secured with adjustable screws.

Sweep: Rowing with one oar on one side of the boat.

Appendix 2: The rowing stroke

The rowing stroke can be broken down into four sections, the catch, drive, extraction and recovery. The photos on this page display the perfect stroke but at the start it's important to make sure you are achieving the correct sequence and maintaining a good posture. This will help lead you towards correct blade-work and a great technique.



Starting from beakstops you will begin by pushing the handles down to lift the blades out of the water.



With your body now in position you can start to slide forward, bending your legs.



Catch
When your shins reach the vertical position, you are ready to stop sliding forward and place the blades in the water by raising your hands



As your hands pass the front of your knees you can start to tilt your body back to its original position.



Recovery
As the blades lift out of the water start to push your arms away from your body keeping them level.



As your hands rise you should feel the face of the blade lock into the water.



Pull your arms in to your chest level and tap down with your arms to lift the blades out of the water.



Once your arms are fully extended you should start to tilt your body from your hips so there is a slight lean



Drive
Once the blade is secure in the water you can start the drive, which is like the recovery in reverse. Start by pushing with your legs.



Continue...
The rowing stroke should be a smooth flowing movement and you should repeat the process starting again with the extraction.

Donation to Friends of Canford Rowing

Title..... Forename.....

Surname.....

Address.....

.....

..... Postcode.....

Phone.....

Email.....

I would like to make a gift of (please delete) £10 Other amount £.....

I enclose a cheque made payable to Canford School

I enclose a CAF voucher made payable to Canford School

I would like to pay via my school bill. Please add the amount shown above to the bill for (student's name).

Gift Aid Declaration

Canford can reclaim basic tax on this donation via the Gift Aid scheme at no extra cost to you. If you will pay an amount of Income and/or Capital Gains Tax for this tax year that is at least equal to the amount of tax that all charities that you donate to will reclaim on your gifts for the tax year, we can claim Gift Aid on your donation. Note that other taxes such as VAT and Council Tax do not qualify.

I would like the charity to treat this donation as a Gift Aid donation.

Signature.....

Date.....

1. Gift Aid applies to UK taxpayers only. If you do not pay income or capital gains tax in the UK, please do not sign the Gift Aid declaration.
2. Your complete postal address is required for a Gift Aid declaration to be valid.
3. If you pay tax at the higher rate you can claim further tax relief in your Self-Assessment.
4. If you are unsure whether your donations qualify for Gift Aid tax relief, contact Canford School Development Office on 01202 847471 or ask your local tax office for leaflet IR113 Gift Aid.

Please detach and return this form to:
 The Canford Development Office, Canford School, Wimborne, Dorset, BH21 3AD
 email: development@canford.com
 phone: 01202 847471