

Not only for school **but for life**



For further information contact

**Paul Volkov**

Director of High Performance

Parents are invited to contact Adelaide High School for additional information or to arrange an appointment with the Principal or an Assistant Principal to discuss any concerns and to answer any queries.

**Adelaide High School**

West Terrace Adelaide  
South Australia 5000

**T** 61 8 8231 9373

**F** 61 8 8212 7827

**E** [office@adelaidehs.sa.edu.au](mailto:office@adelaidehs.sa.edu.au)

**W** [www.adelaidehs.sa.edu.au](http://www.adelaidehs.sa.edu.au)

Special Interest Language School

Associate School for Students of  
High Intellectual Potential

Centre for Hearing Impaired

Programs of Excellence in Cricket  
and Rowing



## Adelaide High School Rowing Program

---

Special Interest Language School

---

Associate School for Students of  
High Intellectual Potential

---

Centre for Hearing Impaired

---

Programs of Excellence in Cricket  
and Rowing

---



Department of Education and Children's Services  
T/A South Australian Government Schools CRICOS  
Provider Number 00018A © Adelaide High School 2010



**Government  
of South Australia**

Department of Education  
and Children's Services





## Vision

**Wellbeing:** Adelaide High School values the achievement of individual and collective excellence and encourages the social, emotional, intellectual and physical development of all members of our community.

**Learning:** We build upon our linguistic and cultural diversity by offering a wide range of active learning opportunities connecting our school with local, national and international communities.

**Culture:** We value teamwork, reflection and sharing good practice.

### *Non scholae sed vitae*

## Our School Priorities

We are committed to challenging our students to use their abilities and interests to maximise their individual potential by striving to further develop:

1. **Wellbeing:** A safe and welcoming environment based on respect.
2. **Learning:** Student learning outcomes through:
  - explicit teaching and learning using a range of resources and methodologies, including ICT.
  - varied curriculum and co-curricular programs.
  - a range of learning opportunities, local, national and international connections and communities.
3. **Culture:** A school community that sets future directions, honours its traditions and acknowledges and celebrates its diversity.

## Adelaide High School Rowing Program

### Fast, furious and non contact!

Established in 1911, Adelaide High School Rowing Club is one of the founding school-rowing clubs in South Australia. Rowers at Adelaide High School learn to enjoy the sport and interact with students from all year levels, whilst at the same time understanding the discipline and dedication required to be part of this successful, Olympic sport. Rowing is the ultimate team sport and the rewards are great for those who are determined to succeed.

Adelaide High School is committed to providing all students with an opportunity to learn, develop and excel in rowing. With over 50 students from Years 8-12 actively training and representing Adelaide High School, rowing is a popular summer sport with a competitive season which begins in late October with the Henley on Torrens Regatta in the city and culminates in the annual Head of the River Schools' Regatta in late March/early April. The Head of the River regatta was founded in 1922 when St Peter's College challenged Adelaide High School to a race in eights on the Henley course on the River Torrens. The race was won by Adelaide High and so began the Head of the River Regatta. From these small beginnings the event has grown into SA's largest championship regatta.

## Facilities

The Rowing Club has two boatsheds; one located on the River Torrens near the King William Street bridge and a shared facility with Unley High School and Norwood Morialta High School at the AM Ramsay Regatta Course at West Lakes. The Club has an extensive fleet of boats in all classes and access to fitness facilities in the school's weights room and Exercise Physiology Laboratory.

## Training

Rowers learn boat handling and rowing skills in both scull and sweep boats and improve their general fitness. They have opportunities to row in a number of classes of boats including single sculls, double sculls, pairs, quads, fours and eights. All rowers are expected to be fully committed to the sport, as absences from training sessions and regattas and failure to maintain or improve fitness levels make it difficult for others. Training camps are also held on the River Murray or at Port Adelaide in late Term 3 and during the Christmas holidays. Consequently, students and their parents must be aware, before joining the program, of the time, financial and physical commitments required.

### Junior Crews (Years 8 and 9)

On-water training takes place at least twice a week after school until 6.00pm at the school's Torrens boatshed. Students must also attend an after-school fitness session which takes place either at the Torrens boatshed or at school. In Term 1, Year 9 on-water training moves to West Lakes.

### Senior Crews (Years 10 – 12)

On-water training takes place at least twice a week before school (from 6.00am) at the school's West Lakes boatshed. Students must also attend fitness sessions which take place either at the Torrens boatshed or at school.

## Competition

Rowers compete in Rowing South Australia regattas which are held each Saturday in Terms 4 and 1, mostly at West Lakes. Other regattas are held on the River Torrens in the city, at Mannum, Murray Bridge and Port Adelaide. Crew members are required to attend all regattas in which their crew is competing.

Students also have the opportunity to represent Adelaide High School at the Australian Rowing Championships and Interstate Regatta which are held in March in a different state each year.

## Program Entry

The Adelaide High School Rowing Club incorporates a talent identification selection process whereby students from outside the school zone can apply to enrol at Adelaide High School. Students will be selected on the basis of a skills test, a written application outlining their interest in and knowledge of rowing, an interview and their primary school report.

Information about this process is available from Adelaide High School and all primary schools in early March. Successful students commit themselves to the Rowing Program during the period of their enrolment at Adelaide High School. Their involvement in rowing should take precedence over their involvement in other sports.

The Rowing Program is available to all students enrolled at Adelaide High School. An Introduction to Rowing Program, which forms part of the Year 8 Transition Program, gives all Year 8 students the opportunity to 'come n try' rowing with their Pastoral Care group at the beginning of the school year. Interested students can then join the Rowing Program.

## Parental Involvement

Parents are asked to be involved in the Friends of the Rowers Committee which supports the Program through fundraising. Parents are also invited to act as volunteers at regattas.

