



**ADELAIDE  
HIGH SCHOOL**

Not only for school but for life



**ROWING PROGRAM**



**Government of South Australia**  
Department for Education and  
Child Development



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## ADELAIDE HIGH SCHOOL ROWING PROGRAM

Adelaide High School is committed to providing all students with an opportunity to learn, develop and excel in rowing.

With 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 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 School, and so began the Head of the River Regatta. From these small beginnings the event has grown into SA's largest championship regatta.

### Motto

Non Scholae Sed Vitae  
Not only for school but for life

### Vision

Adelaide High School is a dynamic community which is passionate about learning for life.

**Wellbeing:** We encourage the social, emotional, intellectual and physical development of all members of our community. Respect, resilience and optimism help us flourish.

**Learning:** We nurture independent, creative and collaborative learners. Curiosity and innovation motivate us to excel individually and collectively.

**Culture:** We celebrate diversity, promote intercultural understandings and connect with communities here and across the world. We reflect on our past and learn in the present to shape our future.

### Priorities

We are committed to:

- 1. Wellbeing:** A safe and welcoming environment based upon mutual respect.
- 2. Learning:** Engaging and challenging learning experiences through:
  - Reflective, innovative and contemporary practices
  - Varied curriculum and co-curricular offerings
  - Learning within and beyond the classroom
- 3. Culture:** Developing compassionate, positive and contributing citizens.



## Curriculum

### Practical

Lessons and training sessions include:

- Development and application of rowing skills
- Fitness and conditioning
- Competition strategies.

### Theory

As well as covering the requirements of the Australian Curriculum: Health and Physical Education at the relevant year levels, students also study the following rowing-specific content:

- History of rowing
- Principles of training
- Leadership/teamwork
- Positive psychology
- Diet and nutrition
- Health, wellbeing and resilience
- Applied exercise physiology
- Factors affecting performance
- Fitness analysis
- Injury prevention and management
- Rowing and technology
- Supplementation and Performance Enhancing Drugs in Sport.

## Facilities and Resources

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 Southern Studio which is equipped with a number of ergometer machines.

## 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 boat classes 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. Consequently, students and their parents must be aware, before joining the program, of the time, financial and physical commitments required. Rowers should also be competent swimmers.

For all crews, on-water training takes place up to four times a week at either of the boatsheds, with Seniors training predominantly in the mornings and the junior crews in the afternoons. Rowers 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 most Saturdays in Terms 4 and 1, predominantly at West Lakes. Other regattas are held on the River Torrens in the city, at Mannum, Murray Bridge, Berri/Renmark and at 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 Sydney.

## 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, various fitness tests, a written application, 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 takes 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

There is an expectation that parents support their child's involvement in the Rowing Program by being actively involved in the Friends of the Rowers Committee, fundraising, transportation of equipment, or volunteering at regattas.

### For further information contact

#### Ms Lauren Kolega

Teacher in Charge of Rowing

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 or to ask any questions.

#### Adelaide High School

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