Not only for school but for life

ROWING PROGRAM
ADELAIDE HIGH SCHOOL ROWING PROGRAM

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

Adelaide High School Rowing enables students to develop rowing skills and values shaped by the school’s Graduate Qualities. Students from Years 8 -12 actively train and represent Adelaide High School in regattas, culminating in the Head of the River. As one of only 3 public high schools competing in Rowing, students have the opportunity to join a truly unique sport. Rowing is contested across the summer in terms 4 and 1.

Adelaide High School has a proud rowing tradition. In 1922 St Peter’s College challenged Adelaide High School to a race in eights on the River Torrens. The race was won by Adelaide High School, starting the Head of the River Regatta and our school’s continued involvement in rowing.

**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.
Values
The AHS Rowing Program is part of a holistic education experience and aims to teach the values of determination, resilience and perseverance. This is achieved by allowing students to challenge themselves in a safe and supportive environment.

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
- Sport psychology
- Nutrition
- Health, wellbeing and resilience
- Applied exercise physiology
- Factors affecting performance
- Fitness analysis
- Injury prevention and management
- Rowing and technology
- Biomechanics.

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.

Coaches
Old Scholars return to give back to the AHS Rowing Program as coaches. They help guide the students through training and regattas. Their experience is invaluable in helping pass on their knowledge and values of the AHS Rowing Program.

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 conducted during the season. Consequently, students and parents must be aware of the time, financial and physical commitments required of being in a rowing program. Rowers should also be competent swimmers.
Training sessions are conducted across the school’s numerous facilities, with Year 8 rowers training two afternoons per week on-water on the River Torrens. Intermediate and Seniors train 3 and 4 times per week respectively.

**Competition**

Rowers compete in Rowing SA regattas which are held on 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.

Online applications for Special Entry Programs are available from the Enrolment Options page of the Adelaide High School website. Applications close on Friday 29 March, 2019. 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. Rowing entry students are actively encouraged to participate in a different winter sport.

Rowing is available to all students enrolled at Adelaide High School. The 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 Rower Committee, fundraising, transportation of equipment, or volunteering at regattas.