PULTENEY BOAT CLUB – JUNIOR INFORMATION SHEET

CONTACT DETAILS
Rowing Co-ordinator  Richard Sexton  0408 677 862
richard.sexton@pulteney.sa.edu.au
Junior Coaches  Refer to website

BOATSHEDS
The club has two excellent boat sheds, on the Torrens Lake and at West Lakes.

TORRENS BOAT SHED is accessed off the Morphett St bridge over a sealed driveway. Heading north (away from the city) turn LEFT just before the bridge crosses the river. If heading south, turn onto Festival Drive and follow the circuit back under the bridge.

WEST LAKES BOAT SHED is at 100 Military Rd, West Lakes Shore. It can be difficult to find a car park on regatta days.

TRAINING & TRANSPORT
TORRENS BOAT SHED – most junior crews will train two (2) nights a week – TUESDAY and THURSDAY

1. Change into training gear
2. Leave bag in school ute at 3:40pm (Art Centre Car Park)
3. Jog down Gilles St to Morphett St, the down Morphett St to the Boat Shed (2.5km)
   a. Obey traffic signals
   b. Always follow the above route
   c. Stay off roads unless crossing at lights
   d. Continuous jog rather than stop, start (lights excepted)
   e. Aim to arrive by 4:05pm
4. Bag should be at the shed when you arrive. Unload bag.
5. On the water by 4:20pm
6. Off the water by 5:55pm
7. Stretch
8. Dismissed at 6:15pm (ready to be picked up).
WEST LAKES – There may be some training at West Lakes at the coaches discretion during Term 1 or when the Torrens is closed.

1. Catch the bus provided from South Tce at 3:45pm
2. Change at West Lakes (not before)
3. After training a bus is provided which will return to the Torrens Shed by about 6:45pm. Alternatively students can be dismissed and picked up from the West Lakes Shed.

NOTE: Senior rowers are not permitted to drive other students unless with the approval of Mr Sexton.

SATURDAY TRAINING

When not competing in a regatta, junior crews will train from 8:30am – 11:30am – usually on the Torrens.

MISSING TRAINING

If rowers have a legitimate reason for missing training;

• Let the coach and Co-ordinator know as soon as possible
• If unforeseen problems arise during the day see Mr Sexton
• Not feeling 100% or not having gear etc – training will be modified for you – still turn up
• Rowers need to be accountable for their own absences – do not get other people (other than parents) to pass on messages.

IF IN DOUBT ABOUT ANY TRAINING ARRANGEMENTS SEE MR SEXTON

HOT WEATHER POLICY

Middle School policy is that all training (including rowing) is cancelled if the forecast temperature is 36 degrees Celsius or more. The front page of The Advertiser and most radio stations will state the forecast every morning. In some circumstances training is cancelled if temperatures are not forecast to reach 36C, but heat conditions are excessive. In these situations, rowers will be permitted to contact parents to change transport arrangements

Regattas usually proceed, even in high temperature conditions. Scheduled morning training sessions (including before school or Saturday morning) usually go ahead in the cooler part of the day.

CLOTHING

All parts of the rowing and training uniform are available at the school uniform shop. The rowing uniform is a navy blue ‘zoot suit’ with Pulteney cap. Rowers in year 7 going into year 8 usually do not need to purchase a zoot suit, but older year 8’s should purchase one early in the season.
Training clothing;

- Either sports uniform or zoot suits
- Long sleeved rowing training tops (available from the school shop) are HIGHLY recommended
- ALWAYS:
  - have a school hat
  - Use sunscreen
  - Have a full water bottle
  - Have some warm clothes
  - NAME YOUR GEAR!

COMMUNICATION

Parents should expect a rowing newsletter (Oar Inspired) each Thursday or Friday as the season commences. This is edited by the Rowing Co-ordinator and is sent by email, the newsletter is also published on the school website (www.pulteney.sa.edu.au > Our School > News & Publications > Publications)

If a parent has any concern at any time, all communication should be with the direct coach in the first instance, followed by Richard Sexton (Rowing Co-ordinator).

ABSENCES

While sometimes unavoidable, rower absence has a major impact in a sport like rowing. To reduce the impact, please follow the guidelines already set out in this document.

If a rower is likely to be absent from a training session then reasonable attempts should be made to inform the coach directly – the earlier the better. On a school day the parents should ask the front office to pass a message to Mr Sexton, who will then inform the coaches.

Note too that race entries are required to be submitted to Rowing SA on the Monday before the regatta therefore early notice of unavailability is critical.

PARENT SUPPORT GROUP

The Parents’ Support Group is a committee of rowing parents who seek to encourage social interaction among the rowers, parents and friends and also raise funds for the purchase of racing and training equipment. We currently have one of the better fleets in South Australia, due in large part to the ongoing work of the Parents’ Support Group.

All parents can help by attending the three or four functions held every year. These events are inexpensive and always fun.

We encourage parents and friends to attend regattas and support the rowers while enjoying the social environment. Join the Boat Club community in the Pulteney marquee at every regatta and get involved. We look forward to seeing you there.