

The Foot of the River

Cocktail Party: 23 April 2010
Training Starts: 26 April 2010
Regatta Day: Sunday 30 May 2010

Entry Instructions, Entry Form & Rules

Cost

- 5 Training Sessions - \$250 per person
- 7 Training Sessions -- \$325 per person
Alumni of Lauriston or Loreto (23yrs old or under on regatta day) \$200 per person for 5 sessions.

What you get

- Use of a Regulation Quad Scull
- Use of changing rooms and boat shed (Melbourne Rowing Club, near Princes Bridge)
- Provision of Coach/Cox (and experienced coxswain for Regatta Day)
- Welcome Cocktail Party plus Briefing at Melbourne Rowing Club included in cost (Additional people extra)
- Foot of the River entry pack
- A four-week training program, of one or two sessions per week, depending on the number of sessions selected.
- The Regatta format will allow for at least two races for each crew.
- Prizes for : Men's Final, Women's Final, Mixed Final, 200+ Final, Best Costume prize *plus* Best Original Crew name
- **An Alumni EVENT (all members must be past pupils of Lauriston Girls School or Loreto Mandeville Hall aged 23 years old or younger on Regatta Day)**

Timetable

- Regatta Entries Close - Monday 19 April 2010
- Cocktail Party & Briefing at Melbourne Rowing Club:
7.00pm Friday 23 April 2010
- Start of training - Monday 26 April 2010
- The Foot of the River Regatta - Sunday (morning) 30 May 2010

The Rules

- The "Boat Captain" is the person who is organising your crew – all liaisons will be through him/her.
- Separate Male and Female Divisions, Mixed Crews welcome. No restriction on age or ability.
- 200+ Event (subject to sufficient entries). All members must be over 50 years old on the Regatta Day – cox excluded.
- The Regatta will be raced over approximately 650m.
- All decisions of the Regatta Secretary will be final.

Contacts

If you require further information or explanation, please contact any of:
Mary Stoney 0417 300 910
Terry Phillips 0408 007 741

How to Enter (each Rower)

- Agree your preferred training times with your other crewmembers.
Mon / Tues / Wed / Thurs / Fri:
Between 6am - 8am & 9am - 11am
Sat / Sun 8am - 11am
- Complete and sign the Entry Form (attached) – the entry fee is
5 sessions - \$250/person
7 sessions—\$325/person
- Complete and sign the Declaration and Conditions of Entry form (attached)
- Send your cheque/s or credit card payment together with your entry forms and donation form (if applicable) to your **Boat Captain** in time for him/her to lodge your crew entry before the closing date of Monday 19 April 2010. **A BOAT WILL ONLY BE ALLOCATED UPON RECEIPT OF PAYMENTS.**

Boat Captain Instructions

- Please choose a Crew name (on Regatta Day there will be a prize awarded for the best name!). Past participants will know that if you do not nominate your own crew name then the organisers will choose something really unflattering!
- Collate the forms (two for each rower, including yourself).
- Entry payment can be made online or by cheque. All remittances are made payable to **Foot of the River Inc.**
- Mail any payments or forms to be received by Monday 19 April 2010 to the Regatta Secretary:

Mary Stoney

The Foot of the River Regatta

P O Box 1432

CAMBERWELL VIC 3126

- As soon as possible, we will confirm your training times,. Our ability to do this early depends largely on the timeliness of receipt of entries.
- Make sure that all your crew attend the Cocktail Party / briefing at 7.00pm on Friday, 23 April 2010 at Melbourne Rowing Club so that they understand "what happens next". Partners, spouses and friends are certainly very welcome!
- Jot down some notes on your crew, and why you have joined in this fantastic event. These "Crew Notes" will be requested from you later, for use by the commentators on regatta day.
- Plan to have in place a vociferous river-bank cheer squad for the Regatta on 30 May 2010!
- The Boat Captain is to collect and lodge all entry forms, including making online payments for the crew. **NO PAY - NO ROW**



Orientation & First Training Day

When:

Please arrive 15 mins before your crew's appointed training time.

Where:

At the Melbourne Rowing Club Boatshed – the second shed east from Princes Bridge, Boat House Drive (formerly Jeffries Parade), Yarra Bank, Your Boat Captain will advise you on your first training day. Hopefully, this will be at your preferred time as nominated on your Entry Form, but note that as we have to coordinate boats *and* coaches, all preferred times may not be available. It is important *all* rowers attend to be introduced to their boat, oars etc. To run a successful training program and regatta, and to make sure there is no damage to equipment, it is essential that everyone understands the drill getting the boats in and out of the water. You might plan to follow training with breakfast at Southbank (100m along the river bank to the West, past Princes Bridge).

Rowing Attire

Your attire should be slim fitting around the waist and legs so you do not catch your clothing in the slide. Dress warmly in layers that you can remove as needed. Old slip on/ off shoes (flip flops) or sneakers that will get wet and can left on the riverbank, are a *must*. A pair of woollen knee-high socks are a good idea as they help protect your feet from the foot stretchers. A hat and a waterproof jacket will be handy if it rains. Keep a spare set of clothes in the boot of your car in case you are caught in a deluge.

For the Foot of the River regatta most crews organise their own distinctive uniforms. They usually consist of a T-shirt printed with the clever name of the crew, a pair of cheap bike shorts and a matching hat or cap.

Rowing Shed Details

While there will be at least one organiser representative around for each training session, they will not be responsible for your personal property, so it is best to leave your gear in your car. Showers and change rooms are available in the Melbourne Rowing Club facilities. *Please note – we are guests of the Melbourne Rowing Club and ask that you be mindful of Rowing etiquette. Members of the club also house their own boats in the shed and we ask that you respect others private property.*

The boats and oars will be housed in racks in the boatshed. You will be sharing boats with other crews. Both the boats and oars are housed on specific racks in the boatshed and must be returned there after the end of each training session.

Boat and Equipment Care

Despite being very strong for their intended use, boats and oars can be easily damaged if not handled responsibly. Most damage occurs by carelessness when boats and oars are:

- being taken out of, or being put in, their *racks* (you can hit the bottom on the riggers of the boat above).
- being taken out of, or being put in, the *water* (hit the fin or rudder on the landing, drop the boat, put a foot through the bottom or step on an oar blade).
- being taken off or put on the *trestle* for washing down (hit the boat on the trestles, drop the boat or step on an oar blade).

Always close and tighten your oarlock after removing the oar.

Inevitably breakages will occur to parts of the boat or oars. When this happens you must tell your coach and the FOTR organiser immediately so that the boat damage can be repaired or replaced.

Inclement Weather

We do not row if it is snowing. For all other types of weather, we dress appropriately. Never assume the weather is too awful to row – a boat needs *all crew members* to make it go and if you don't show, the rest of the crew doesn't row.

If you will be unavailable for any training session tell your Boat Captain and/or coach at least the night before so that a reserve can be arranged if possible.

Fundamental Rules of Rowing

(or not...!)

Do not row too hard: the rest of the crew will do it for you! Then you will have plenty left for the final spurt – when you can look your best in front of the spectators.

Never let your eyes leave the blade of your oar: you never know what it may do if not watched carefully each stroke. Get it into the water smartly. To ensure this, depress the handle of the oar as far as possible. This will raise the blade several feet above the water; look curiously at it and at any moment convenient to yourself bring it down with a splash.

Do not take any notice of your Cox. He or she is potentially the most dangerous member of your crew who at any moment could run you into a moored boat or bridge. If the noise from the Cox is bothering you, you may request the stroke to turn him/her off for a period so that you can enjoy being on the water without being nagged continuously.

Remember – if the boat is not level or the timing is not right, this is *always* caused by a crewmember other than yourself. This simple primary principle of crew rowing, if followed, will save you a lot of worry and you won't waste time trying to correct problems you weren't causing in the first place.

The coach is second only in nuisance value to the Cox. For successful rowing, removal of the coach is a primary objective. A good way to do this is to ignore anything he/she says – the coach will soon (within 2 or 3 strokes) get upset and start screaming – excellent! The complaints from the residents beside the river to the EPA will result in the removal of the coach and back to peaceful rowing.

Finally – it is important to assert your individuality in a crew situation. Whenever possible, avoid machine-like regularity or slavishly following the timing of others – do your own thing!

Good luck!



The Foot of the River



CREW ENTRY FORM

Boat Captain to send to Regatta Secretary with individual Declarations & Payments (cheque or credit card authorization) before Monday 19 April 2010

Boat Captain Name:

Crew Name:

If eligible (all crew members to be aged 50 or over and subject to sufficient entries) do you wish to enter a 200+ race? Y / N (circle)

Name: Gender: M/F Age:

Address:

Postcode: E-mail:

Telephone: (Home) (Business): (Mobile):

Experience:

Rowed in Foot of the River..... (years participated)

Overall, I estimate that I have rowed about times

Name: Gender: M/F Age:

Address:

Postcode: E-mail:

Telephone: (Home) (Business): (Mobile):

Experience:

Rowed in Foot of the River..... (years participated)

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Name: Gender: M/F Age:

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Name: Gender: M/F Age:

Address:

Postcode: E-mail:

Telephone: (Home) (Business): (Mobile):

Experience:

Rowed in Foot of the River..... (years participated)

Overall, I estimate that I have rowed about times

PREFERRED CREW TRAINING TIMES

*	Session	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Please mark THREE training choices in order of preference unshaded boxes (1, 2, & 3)	6:00am - 8:00am							
	9:30am - 11.00am							
	8:00am - 9.00am							
	9:00am - 10:00am							
	10.00am - 11.00am							
	11.00am - 12.00pm							

* while we will endeavour to accommodate your preferences, please understand that that this may not be possible; training slots will be allocated on a "first come" basis.

CREW ENTRY FORM

Entry Fee: 5 Sessions @ \$250 per person (\$1,000 per crew) OR 7 sessions @ \$325 per person (\$1,300 per crew) \$.....

Extra Cocktail Party (23 April 2010) tickets for non participants: No of tickets.....@ \$20 each \$.....

TOTAL: \$.....

PAYMENT - To be made by cheque or credit card. Please complete payment form/s below:

CREW MEMBER NAME						
cheque*	Cash	Visa	Bankcard	MasterCard		
*Please make cheques payable to Foot of the River Inc. They should be endorsed "Not Negotiable"						
Total Amount to be charged to Card:			\$			
Card Holder Name:						
Card No.:						
Card Expiry Date:						
Signature			Date.....			

CREW MEMBER NAME						
cheque*	Cash	Visa	Bankcard	MasterCard		
*Please make cheques payable to Foot of the River Inc. They should be endorsed "Not Negotiable"						
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Signature			Date.....			

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Total Amount to be charged to Card:			\$			
Card Holder Name:						
Card No.:						
Card Expiry Date:						
Signature			Date.....			

The Foot of the River



DECLARATION & CONDITIONS OF ENTRY

One per Rower - Send to your Boat Captain with Entry Form well before Monday 19 April 2010

I, the undersigned, in consideration of, and as a condition of, acceptance of my entry in the *Foot of the River 2010* regatta ("Regatta"):

- (a) make the declarations, statements, representations and acknowledgments and give the consents set out in this declaration and these conditions of entry;
- (b) release each and all of Lauriston Girls' School, Lauriston Parents Association, The Lauriston Rowing Association, Loreto Mandeville Hall, Loreto Mandeville Hall Toorak Rowing Club – Parents Committee, and the organisers of the Regatta, ("Foot of the River Entities") and their respective employees, representatives, members and agents ("Relevant Persons") from all liability and all claims, actions and causes of action (present and future), including any claim for costs, in respect of my death or any injury I may suffer or any loss or destruction of or damage to any goods or other property of mine or of which I am in possession relating to or arising from (directly or indirectly): (i) my entry or participation in the Regatta or any activities, pursuits and other conduct in connection with the Regatta including, without limitation, all training and preparation and the use, handling, carriage or operation of any equipment ("Related Activities"); and (ii) any act, omission or other conduct (including, without limitation, negligence) on the part of any Foot of the River Entity or Relevant Person or in respect of which any Foot of the River Entity or Relevant Person otherwise would or may have, but for this release, any liability or responsibility (including any vicarious liability) and agree not to commence or maintain any such claim, action or cause of action against any Foot of the River Entity or Relevant Person; and
- (c) indemnify, and agree to keep indemnified, each Foot of the River Entity and each Relevant Person from and against all claims, demands, actions, suits or other proceedings made or commenced by any person against, and all loss, damage and/or costs (including legal costs) recoverable from, awarded against or suffered or incurred by, any Foot of the River Entity or any Relevant Person relating to or arising from (directly or indirectly) my entry or participation in the Regatta or any Related Activities.

The release in paragraph 1(b) extends and applies to and binds each relative of mine and my executors and administrators. The indemnity in paragraph 1(c) extends and applies to and binds my executors and administrators.

I am physically fit and I am able to participate safely in the Regatta and in all Related Activities. I am not aware of any medical condition that may affect my ability to participate safely in the Regatta or the Related Activities. I can swim, unaided, a minimum distance of not less than 50 metres.

I consent to receive first aid and/or any medical treatment which may be deemed advisable in the event of any injury or illness I may suffer in connection with the Regatta or the Related Activities.

I acknowledge that in the event of storm, inclement weather, other 'Act of God' or intervening cause or circumstance beyond the control of the Regatta organisers, the Regatta organisers may cancel or postpone the Regatta and that in the event that the Regatta should be cancelled or postponed, my entry fee shall be non-refundable, whether or not, in the case of the Regatta being postponed, I am able to participate in the Regatta.

I acknowledge the rights of the Foot of the River Entities to use, without restriction, any images or photographs captured or taken by any person before, during or after the Regatta or Related Activities.

I consent to the organisers of the Regatta contacting me in relation to participation in future Foot of the River regattas.

I shall abide by any rules made and any directions or orders given in respect of the Regatta or the Related Activities by the Regatta organisers or their employees, representatives or agents.

I acknowledge that the Foot of the River Entities and the Relevant Persons rely upon the declarations, statements, representations and acknowledgments made and the release, indemnity and consents given by me in this declaration and these conditions of entry.

I have read and understand this declaration and these conditions of entry.

Name

Signature Date

Declaration to be signed by parent or legal guardian if you are **17 years or under** on 23 April 2010:

I of (address)

..... Postcode

certify that I am the parent/guardian of who will be (insert age on 23 April 2010) and he/she has my consent to participate in the Regatta.

Signed Date

Glossary of Rowing Terms

Back it down	An instruction the coxswain or coach will make when they want the whole or part of the crew to make the boat go in the opposite direction to normal, eg. "all four back it down" means the whole crew is to row backwards so the boat moves in the direction of the stern rather than the bow.	Full slide	Is the point on the slide almost at, if not at, front chocks. Your coach and coxswain will ask you to come to full slide which means they want you to slide forward on the seat to where your knees are up to your chest.
Blade	Flattened or spoon-shaped end of oar.	Gate	Bar across the oarlock to retain the oar.
Bow	Opposite end to the stern. The end in which the boat usually travels, the end where the bow seat is.	Gunwale (or Sax board)	The top of the side of the boat where your fingers get banged if you don't row properly. You rest the boat on the 'gunnels' when you turn it upside down to wash the bottom.
Bow ball	Safety ball fitted to sharp end of the boat.	Half slide	Is a point on the slide about halfway between back chocks and front chocks. Your coach or coxswain will very likely ask you to row at half slide and this means they want you to only use half the sliding capacity of the seat.
Bow seat	The seat closest to the bow.	Hands away	The act of turning the oar handle at the finish of the stroke so the blade leaves the water and is feathered at the start of the recovery.
Bow man or woman	The rower who occupies the bow seat. The bow person usually thinks he or she can coach because they can see the mistakes everyone else is making.	Inside hand	The hand nearest the rigger. Bow side - left hand; stroke side - right hand.
Bow side	The side of the boat on which the bow seat's oar rests. Any crew member who rows on that side of the boat (namely 3 and bow) are referred to as bowside rowers. Often used by the coach or coxswain to direct these crew members to do something, eg "Tap it around bowside"	Oarlock	The bracket which swivels on the end of the rigger to support the oar.
Back chocks	The bow end of the slide on which the seats move. If you push your legs out to full extension you are usually at back chocks, but if you cannot fully extend because you hit something you have hit back chocks and should have your foot stretcher adjusted.	Quad Scull	A boat with 4 rowers, all holding 2 oars each.
Bottom	Usually the curved outside surface of the boat often mistaken for the posterior of the person in front of you. Can be embarrassing if you are asked to clean the bottom.	Recovery	When you slide forward after a stroke.
Button	The thing about one third of the way along the oar that stops the oar from sliding through the gate (oarlock).	Rigger	The triangular frame of stainless steel that the oar sits in. You shouldn't pick the boat up by the riggers.
Canvas	The length of the foredeck. You will hear someone refer to winning or losing by a canvas.	Rudder	The bit that hangs down below the stern that the coxswain moves to steer the boat. It can get damaged very easily if the crew isn't careful in handling the boat when putting it in or taking it out of the water.
Catch	The first part of the stroke when the oars are placed into the water.	Run	The distance a boat travels in one stroke.
Check	Turning the oar to square blades either to manoeuvre the boat or to stop in an emergency.	Seat	The thing you sit on that slides up and down. Each rower is identified by their seat number – bow, 2, 3, and stroke. The coach or cox won't know your name but will give instructions to you using your seat number. They may also ask more than one of you to do something like "bow and 2 touch it up".
Come forward	An instruction the coach or coxswain will give when they want the crew or parts thereof to move towards the coxswain on their slide and get ready to row.	Sill	The bottom portion of the gate.
Coxswain (cox)	The small person in the stern of the boat with the big voice who comes for a free ride every day and tells you what you are doing wrong.	Slide (tracks)	The rail looking things that the seat slides up and down on. They can be adjusted if you are constantly hitting one end or the other (front or back chocks) when rowing.
Crab	A major worry when a rower doesn't extract the oar from the water at the finish, causing the handle to smash him/her in the body or eject him/her from the boat.	Square (blade)	Turning the oar blade at right angles to the surface of the water.
Deck	The place to put your foot when you get in and out of the boat or the covering over the bow and stern of the boat.	Stern	The opposite end of the boat from the bow, where all the important people sit and talk. The coach or coxswain will give instructions like "stern pair touch it up" which means that stroke and 3 are to lightly row the boat along with arms-only rowing.
Easy oar	An instruction the coach or coxswain will give when they want the crew to stop rowing.	Stroke	One complete cycle of rowing including the catch, drive, finish and recovery. Also, the person sitting in front of the coxswain who sets the pace for the rest of the crew to follow. Strokes also give instructions to the rest of the crew when lifting and lowering the boat or turning it over. You always listen to your stroke or they get very upset.
Fin	A small fin is fitted to the bottom of the boat for stability.	Stroke side	The side of the boat on which the stroke's oar rests. Any crew member who rows on that side of the boat, namely 2 and stroke are referred to as stroke side rowers. Often used by the coach or coxswain to direct these crew members to do something, eg "Tap it around stroke side".
Finish	Is the part of the stroke when the oar comes out of the water.	Trestle	The folding frames that the boat rests on when it is on the river bank.
Feather (blade)	Turning the oar blade parallel to the water surface.		
Front chocks	The opposite end of the slide to back chocks. If you are always hitting front chocks when you row, you may have to adjust the foot stretcher.		
Foot stretcher	The thing where you put your feet. It can be adjusted and you should remember where it is supposed to be for you because other crews using the boat may move it.		

