



Endeavour Rowing Club

Rower's Handbook



2022/2023

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Glossary of terms

Term/Abbreviation	Definition
Boat Master	The person who repairs and manages the clubs boats and equipment
Bow Position	The seat at the bow of the boat (front)
BRO	Boat Rowing Official
ERC	Endeavour Rowing Club
Handicap	The time delay given to younger masters rowers during races
Stroke Position	The aft rowing position (stern position)
Zootie	One piece rowing uniform

Introduction

The Endeavour Rowing Club Rower's Handbook has been created to provide all the important information that is concerned with Endeavour Rowing and it should be read in combination with the [Endeavour Rowing Club website](#) and the [Rowing NSW website](#). It is hoped that this document provides a good overview of what Endeavour Rowing Club is all about, however some details may have been missed in producing this document. Certain details will be updated from time to time, and members will be notified of such changes. Any questions that may arise from reading this document, may be directed to the club committee via rowendeavour@gmail.com.

Overview

In 1991, Hunter Valley Grammar School established a rowing program on the dam at Walka Water Works. In 1995, the program relocated to school owned land on the Hunter River at Berry Park. In 1997 the school board approved the formation of a club for non-school rowers from the local community. The name chosen, Endeavour Rowing Club, was derived from the school motto "Success through endeavour".

Endeavour Rowing Club was formalised at the club's inaugural meeting on 10th May 1998 where the foundation committee was elected: president Clive Carlstrom, vice president Les Geczy, secretary Digby Rayward and treasurer Stan Grzanka. At the following meeting in June, the club colours were accepted as magenta and white with black shorts.

Additional land was acquired by HVGS in 2000 on which Endeavour built their own boatshed with the club's boats being transferred from the HVGS shed in July 2001. Endeavour gained independence in November 2003 when the lease with HVGS was bought out.

Figure 1: Endeavour Rowing Club Boatshed



Contact Details

Postal Address: PO Box 18, Morpeth NSW 2321

Club address: 273 Duckenfield Rd, Berry Park 2321 NSW

Email address: rowendeavour@gmail.com

Website contact form: <https://www.endeavourrowers.org/contact-form.html>

Location

Endeavour Rowing Club is located on the Hunter River at Berry Park, approximately 3km from Morpeth (via Swan Street, Edward St and Duckenfield Rd). Alternate access - from Raymond Terrace Road, turn into Eales Road then left into Duckenfield Rd.

Figure 2: Endeavour Rowing Club Site Layout



Figure 3: Endeavour Rowing Club Site Layout 2



Endeavour Rowing Club Committee

The committee as elected at the 2021 Annual General Meeting:

- President: Roger Young
- Vice President: Reg Vaughan
- Treasurer: Gillian Weatherall
- Secretary: June Lacey
- Club Captain: Di McShane
- Committee Member: Allen Atkins
- Committee Member: Richard Bennett
- Committee Member: Peter Bond
- Committee Member: Tony Chadwick
- Committee Member: Roger Farquhar

Club Officers:

- Boat Master: Allen Atkins
- Regatta Secretary: Peter Bond
- Registrar: Roger Farquhar
- Safety Officer: Reg Vaughan
- Publicity Officer: Roger Farquhar

Constitution and Policies

Once you become a club member you will be required to create a revolutionise account at <https://www.revolutionise.com.au/endeavourrc/> to pay fee and to access club documents.

These club documents include:

- Constitution
- ERC Key Policy
- ERC COVID Safety Plan

Becoming a Member

We welcome rowers of all levels of experience and ability. Rowing can be either an individual or a crew sport and is a great family activity. Come and join us on Sunday mornings from 7am to 9am to Try-Rowing. All people are welcome from ages 14 to adult.

If you have limited rowing experience, join our Learn-to-Row program – 4 lessons following your Try-Rowing experience.

Experienced rowers and those who have progressed through the Learn-to-Row program may apply to become members of Endeavour Rowing Club. This application is made via the payment portal (see below). The committee has the right to reject an application and refund the entry fee within 3 months of the application.

Fees and Payments

The [payment portal](#) has been developed to make it as easy as possible for new members to join our club, for existing members to renew their membership or upgrade from Learn to Row to Full Members, as well as allow members to pay their annual racking fees.

You will be required to create a revolutionise account and to pay the membership fee. The portal also gives access to club documents including: • Constitution • ERC Key Policy • ERC COVID Safety Plan.

Annual fees

For existing members, our annual fees fall due on the day following the Annual General Meeting and must be paid within 3 months from that date. [Click here to renew now.](#)

Additional information can be found at <https://www.endeavourrowers.org/joining--fees.html>

Rowing Fees

Annual ERC rowing fees are as follows:

- Full Members: \$350
- Junior/Student Members: \$175
- Social Member (non rowing): \$10
- Learn to Row: \$65 for 4 lessons.

Rack Fees

Rack fees are payable annually if private boats are stored at the ECR Boatshed. Please contact the club Boat Master for storage availability as ERC has limited capacity to store private boats.

- Single Scull: \$220 - [Pay Here](#)
- Double Scull: \$250 - [Pay Here](#)

Donation

The running of ERC is funded entirely from membership fees and fundraising. Funds are used to supply and maintain club facilities and equipment for the benefit of the members.

ERC is extremely grateful for any donations, grants and sponsorships in the form of cash or equipment. If you would like to make a donation please contact the club president who will discuss options with you.

Fund Raising

From time to time the ERC Committee may organise events for the purpose of fundraising. These events may include running a shop at regattas located at Berry Park, a Bunnings BBQ or other similar activity.

What to Wear

Racing - ERC racing crews are required to wear the club uniform during regattas or at other representative events. Uniforms are supplied via [Simply Oarsome](#), who is Australia's premier rowing apparel supplier. To order your rowing apparel please click [here](#).

Figure 4 - 8: ERC Uniform



Training and Leisure - Shorts and a close fitting top with a pair of socks. Waterproof shoes so that boats can be carried into the water. A hat is recommended. Clothing should be reasonably close fitting with no loose folds to get caught on the oar handles. Any pockets in shirts or jackets should be zipped up to prevent them catching oars and fingers.

Regattas

Regattas are conducted in the local region by the Central Districts Rowing Association (CDRA) incorporating clubs from Port Macquarie south to Brisbane Water. Rowing NSW conducts regattas state-wide. Most of these are in Sydney with a couple conducted within the Central Districts region and sometimes in the Northern Rivers region. A significant number of regattas are conducted on the Olympic course at the Sydney International Regatta Centre (SIRC).

To compete in any regatta, rowers must be registered members of Rowing NSW:

- Regional Competitor: \$78.75
- Regional Junior (under 18): \$52.50

Regatta entries

Regatta entries are co-ordinated by the Regatta Secretary. Before an event, the regatta secretary collects all entry requests via email, formulates the club's entries and submits them to Rowing NSW. Entries close on the Monday preceding the regatta. Discuss your requests with the regatta secretary two weeks before a regatta so that he has time to include them in the overall club entries.

Regatta Costs

Entry fees are charged on a per seat basis and vary depending on the regatta. No charge for coxwains except at the Australian Championships.

CDRA (local) regattas: \$6.50 per seat.

Rowing NSW regattas:

- Non-championship regattas not at SIRC: \$14.
- Non-championship regattas at SIRC: \$19.50.
- Championship regattas not at SIRC: \$24.
- Championship regattas at SIRC: \$29.50.

Rowing Australia regattas:

- Australian Championships: \$55.
- Australian Masters Championships: \$45.

The regatta secretary records all regatta entries in a spreadsheet that includes fees owed and amounts paid. Transport costs are added for some regattas. When the seat fee account is emailed to competitors, they should pay the indicated amount to BSB: 637000 ACC: 713116343. Note this bank account is separate from the club's general operating account and should only be used to pay regatta fees.

Regatta day attire - All rowers must wear their ERC zootie for racing. Rowers must also wear an ERC shirt or other appropriate ERC gear on regatta days.

Categories of Racing

Grade Racing: each competitor has a grade score between 4.00 and zero. Each win subtract 0.15 from the grade score and each loss adds 0.03. All competitors start with a grade score of 4.00.

- A grade (grade score 0 – 1.24) race over 2000m (Rowing NSW), 1000m (CDRA).
- B grade (grade score 1.25 – 2.24) race over 2000m (Rowing NSW), 1000m (CDRA).
- C grade (grade score 2.25 – 3.24) race over 1000m.
- D grade (grade score 3.25 – 4.00) race over 1000m.
- There are no age limits in grade races and a single race may have competitors aged anywhere from 12 years old to 80+ years old.

Age Racing: divided into Juniors, Non-Juniors and Masters. A rower's "age" is the age of their birthday within that year.

Juniors - up to the age of 18:

- Under 16 race over 1000m, quads must carry a coxwain.
- Under 17 race over 2000m, quads must carry a coxwain.
- Under 19 race over 2000m, no coxswain required.

Non-Juniors (Rowing NSW only):

- Under 21 and Under 23 race over 2000m, no coxswain required.

Masters Racing: aged 27 or over – the age of a masters crew is the average age of the crew members (excluding the coxswain) – all races over 1000m – time handicaps are applied if several age categories start in the same race.

- Races are held over 1000 metres
- Age Category A minimum age: 27 years
- Age Category B average age: 36 years or more
- Age Category C average age: 43 years or more
- Age Category D average age: 50 years or more
- Age Category E average age: 55 years or more
- Age Category F average age: 60 years or more
- Age Category G average age: 65 years or more
- Age Category H average age: 70 years or more

Time handicaps are given to younger teams where multiple age groups are competing in the same race.

Figure 9: ERC 1000m Race Course



ERC Regatta's

Endeavour Rowing Club hosts two regattas per season: Henley-on-Hunter in September and the Endeavour regatta in February. When ERC hosts a regatta, members are required to assist in the running of the event to ensure it runs successfully.

Assistance can be in the form of:

- Setting up the rowing course (placing buoys in the river)
- Erecting tents and marquees
- Boat Race Official (BRO licence required) trainees are always welcome
- Boat drivers to carry officials following races and as sentries at each end of the course
- Serving in the canteen and cooking on the BBQ
- Bow number management

Rowing Training

The ERC Coach works with the racing squad on Tuesdays and Thursdays from 5.45am to approximately 7.30am. If rowing is not possible due to the weather, the session will be conducted on ergometers in the gym. Training is always ON.

Social Rowing

Not all members of ERC compete at regattas. There is a social group who row regularly on Monday and Wednesday mornings. Others row outside this organised group at other times. All club members, social and competitive, are welcome to join our ERC Club Day incorporating Learn-to-Row on Sunday mornings from 7am - 9am. Club Day is also our Try-Rowing day and is open to all, from juniors aged 14 to adults (arrive before 7.00 and introduce yourself). All club members are encouraged to attend to support new or learning rowers.

If someone would like to join ERC following a Try-Rowing session, then new and inexperienced rowers are required to enrol in the Learn-to-Row program. The Learn-to-Row program costs \$65 for 4 lessons (Sundays 7am – 10am). Once the Learn-to-Row program is complete and the rower wishes to continue, then a full membership is required. ERC members will assist the new rower in becoming more confident and explain the many tips that assist with making rowing safe and enjoyable.

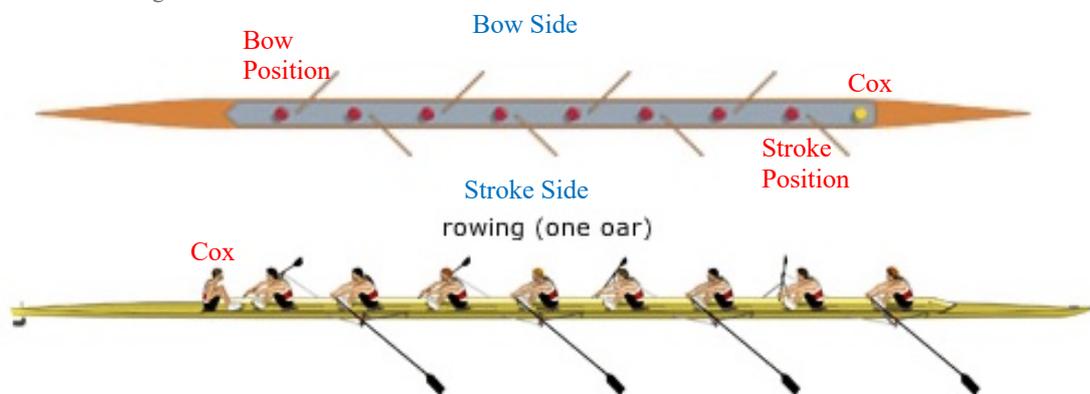
Rowers with shed access can row at suitable times. Typically, the shed is open for training and social rowing on most mornings from 6 – 9am. If you do not have key access, please confirm what time the shed will be opened by a member with a key.

Styles of Rowing

Sweep Rowing

Sweep Rowing: the rower holds a single oar (about 3.7m long) with two hands. Boats can be a 'pair' for two rowers without a cox, a 'four' for 4 rowers either with or without a cox and an eight for 8 rowers with a cox.

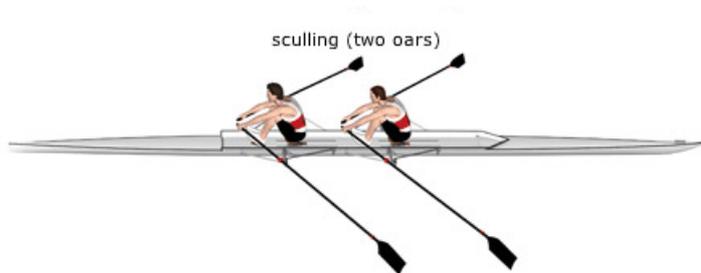
Figure 10: Coxed eight



Scull Rowing

A style of rowing in which the rower holds two oars called sculls (about 2.88m long), one in each hand. Boats can be a 'single' for one rower, a 'double' for two rowers and a 'quad' for 4 rowers either with or without a coxswain.

Figure 11: Double scull configuration



Rowing Tips & Etiquette Rules

Here is a list of basic tips for rowing at ERC and other rowing facilities. If you are unsure about any of these tips please ask a club committee member or fellow club member.

- Launch the boat upstream or against the tide. The current will push the bow (front) of the boat out into the river.
- Land the boat upstream or against the tide. This provides greater control over the boat when coming into shore.
- Dry socks are used to prevent blisters caused by the rowing shoes. This is also more hygienic when using club boats.
- Row on the starboard (right when facing the bow) side of the river
- Bow side means the starboard side of the boat
- Stroke side means the port side of the boat
- Boats should always be rolled to be carried to and from the bank (prevents damage to the fin)
- Try to avoid getting sand and mud inside the boat, especially in the seat tracks
- Gate heights on boats or collar lengths on club oars should not be adjusted without consulting the coach, boat master or club captain.
- All members are to assist with moving the coach tinny to the water and bringing it back at the end of the training session
- When on land the Stroke is the only one to be in control and give directions. Once on the water this responsibility transfers to the Coxswain (if there is one) or the Bow person in the event of a coxless boat.

Facilities & Equipment

Gymnasium

The gymnasium is located on the mezzanine floor of the Boat Shed. The gymnasium is available to all members. Our gym contains six ergometers and other training equipment. Damaged equipment should be reported immediately to your coach or a committee member so repair can be arranged.

Boat Shed

The boatshed houses all our rowing boats and oars.

Boat Shed Key Access – Key access can be requested by writing to the ERC Committee via the following email address rowendeavour@gmail.com. The committee will consider each request in accordance with the ERC Key Policy.

To ensure the security of club and private equipment, access to the shed will be considered if the following requirements are met:

- The applicant is an adult member of the ERC
- The applicant has been a full member of the ERC for 12 months or more
- The applicant has no outstanding fees
- A \$25 key deposit is to be paid to the ERC
- Security breaches may result in key access being revoked

Boats

ERC owns a variety of training and racing boats from single sculls to an eight boat. All boats are signed out by crew members (stroke position) on the below boat sign out board. The board is used to ensure that no crews are unaccounted for when the boatshed is closed.

Figure 12: ERC boat sign-out board

OUT	IN	OUT	IN	OUT	IN
I & M King	IN	Tomkins	IN	Liangjin	IN
Bell	IN		IN	Lipizzan	IN
Challenge	IN		IN	Magenta K	IN
Digby R	IN		IN	Margaret M	IN
Endeavour	IN	Argo	IN	Meg	IN
Endurance	IN		IN	Nyela	IN
Hunter	IN		IN	Oliver	IN
Might 'N' Power	IN	Egret	IN	Race 1	IN
Robert Hodg	IN	Elite	IN	Roger Y	IN
Swan Reach	IN	Enigma	IN	Sam	IN
X-H.V.G	IN	Gilbert	IN	Sean	IN
	IN	Glenn	IN	Solitude	IN
Berry Park	IN	Guin	IN	Solo	IN
Clive	IN		IN	Slight Edge	IN
Eternity	IN	Invictus	IN	Thomo	IN
Jabiru	IN	Lindy N	IN	Thylacine	IN
Jill C	IN	Jack	IN	Redbows Vision	IN
Lyn R	IN	Krestral	IN	J. Coates	IN
Marilyn	IN	Kingfisher	IN		IN
Paterson	IN	Kit	IN		IN

Please ensure all boats are accounted for prior to lockup

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A list of all ERC boats is shown in the table below. Each boat is classified into a category to ensure appropriate individuals' row appropriate boats. If you are unsure of which boat to row please ask the Club Captain or the Rowing Coach.

Boat Name	Boat Type	Weight Class/Range	Purpose	Use Approval
Single				
Nyela	Single Scull	Light	Training & Racing	Captain/Coach
Jack	Single Scull	Heavy	Training	Club Member
Kestral	Single Scull	Medium	Training & Racing	Club Member
Egret	Single Scull	Medium	Training & Racing	Club Member
Margaret Mackenzie	Single Scull	All	Novice	Club Member
Meg	Single Scull	All	Novice	Club Member
Thylacine	Single Scull	Medium	Training	Club Member
Lipizzan	Single Scull	Medium	Training & Racing	Club Member
Solitude	Single Scull	Light	Training	Club Member
Solo Endeavour	Single Scull	Heavy	Novice	Club Member
Sam	Single Scull	Heavy	Training & Racing	Club Member
Glenn	Single Scull	Heavy	Training & Racing	Club Member
Kit	Single Scull	Heavy	Training	Club Member
Margaret Mackenzie	Single Scull	All	Novice	Club Member
Double/Pair				
Paterson	Double Scull	Medium	Training & Racing	Club Member
Jill Carlstrom	Double Scull	Light	Training	Club Member
Berry Park	Double Scull	Heavy	Training	Club Member
Eternity	Double Scull	Medium	Training	Club Member
Allen Atkins	Double Scull	Heavy	Racing	Captain/Coach
Jabiru	Double Scull	Light	Training	Club Member
Lyn Rayward	Double Scull	Medium/Heavy	Training & Racing	Club Member
Clive	Double Scull	Heavy	Training	Club Member

James Tomkins	Double Scull	Heavy	Training	Club Member
Quad/Four (+ = Coxed boat)				
Spider	Quad+	All	Training & Racing	Club Member
Bell	Quad+	All	Training	Club Member
Challenge	Quad+	All	Training	Club Member
Ian & Margaret King	Quad	Heavy	Racing	Captain/Coach
Endurance	Quad	Heavy	Training	Club Member
Might 'n' Power	Quad	Light	Training	Club Member
Robert Hodgson	Quad	Heavy	Training & Racing	Club Member
Swan Reach	Quad	Medium	Training	Club Member
Hunter	Quad	Medium	Training & Racing	Captain/Coach
Endeavour	Quad+	Medium	Training	Club Member
Digby Rayward	Quad+	Medium/Heavy	Racing	Captain/Coach
Eight				
John Coates	Eight	All	Training & Racing	Captain/Coach

Rowing boats and oars are very expensive pieces of equipment and should be treated with respect. Any issues regarding equipment should be directed to the Boat Master, Club Captain or a Committee Member.

Boat Storage

ERC have limited space for storing private boats. Please contact the club Boat Master for storage availability. No responsibility is taken of private equipment whilst stored in our sheds. Fees and payment details for boat storage is located at <https://www.revolutionise.com.au/endeavourrc/>

Boat Trailer Loading

Racing crews are required to load the boat trailer prior to the rowing regatta they are attending. Typically boat loading will occur on a Thursday morning prior to the race weekend.

Following a regatta, boats are to be unloaded, cleaned and returned to the boatshed. This will usually occur on the Tuesday morning after the rowing regatta.

The coach or Club Captain will coordinate trailer loading and unloading to ensure all equipment is loaded and secure for transport.

Oars

Most ERC sculling oars are manufactured by Croker. The below chart will help you to select the correct oar for your hand size. Click on the following this link to visit the [Croker Sizing Chart](#).

Figure 13: Croker Oar Grip Size Chart

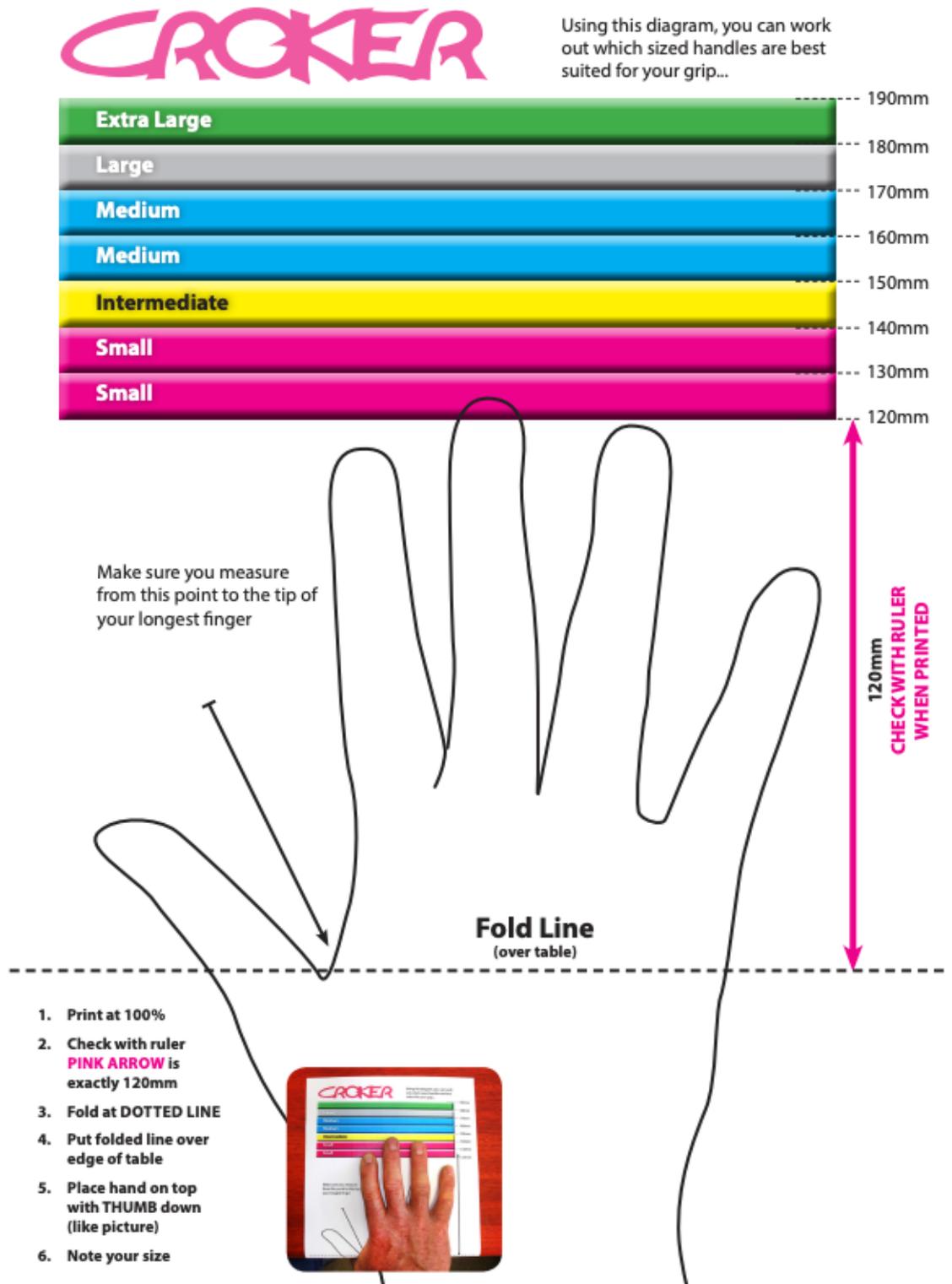
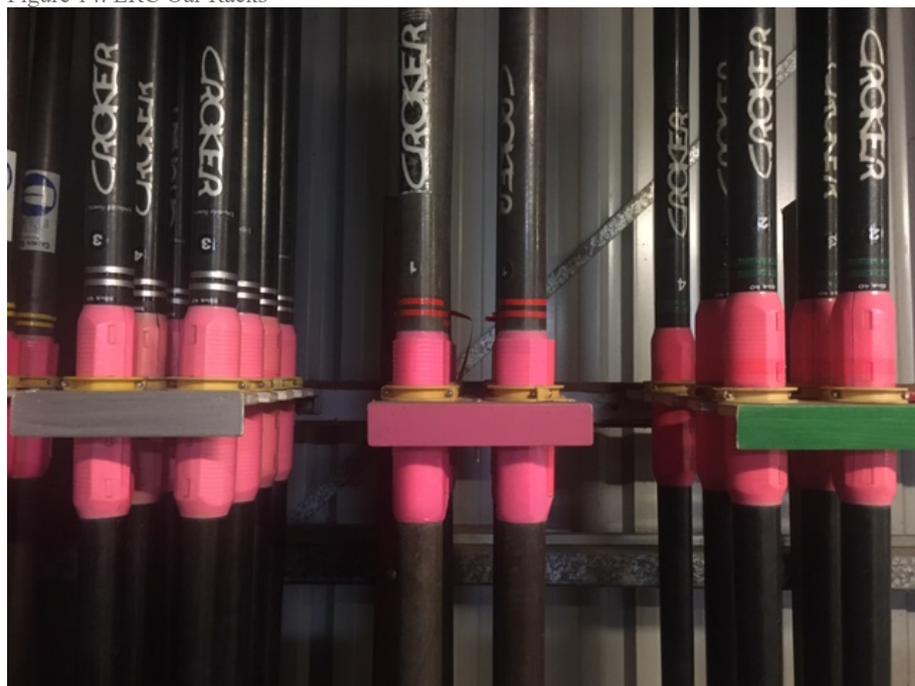


Figure 14: ERC Oar Racks



ERC oars are stored in colour coded racks to ensure oars remain in matched pairs. Each oar has a colour band and number located on the shaft. Oars should be stored as a pair and in their colour coded rack as shown in figure 14 above.

Safety

Lights

All ERC members must have lights on their boats when rowing before sunrise or after sunset. Failure to do so will result in appropriate actions being taken by the Club Captain.

There are lights available for use by club members in the Boat Shed for club sessions. Please take care of these and return them after using them.

Gym and Boat Use

All members aged eighteen and above may use the gym outside of coached sessions. However coached sessions take priority over non-coached sessions. If you have any questions regarding gym availability, please contact the Club Captain.

If you are a junior rower, you must be always supervised while using club gym by an adult club member. This is done in the interest of the safety of junior rowers. Exceptions may apply but can only be granted by the Club Captain or Committee.

At certain times of the year the Hunter River can be foggy, especially in the mornings. If rowers cannot see the far river bank then it is unsafe to row due to the possibility of a collision with another boat or objects floating in the river. Figure 15 below shows fog that is acceptable for rowing.

Figure 15: Acceptable Fog Conditions (the far bank is visible)



Boatshed Rules:

1. Boats are stored on the racks with the fin end towards the stairs (fin first)
2. Wear socks when in club boats to prevent blisters and for hygiene reasons
3. Boats and oars must be washed before returning them to the shed
4. Oars are stored in matching pairs and placed in colour coded racks
5. Move boats with the fin facing up to prevent accidental fin damage

Gym Rules:

1. A towel must be used by all users to wipe down equipment they use
2. Always bring a drink bottle
3. Priority is always given to club racing squad sessions