



Adelaide
High School

ROWING PROGRAM



Not only
for school
but for life.

ROWING

As one of only three public high schools in South Australia competing in rowing, students have the opportunity to participate in a truly unique sport.

Students from Years 7 -12 actively train and represent Adelaide High School in regattas, culminating in the Head of the River.

Rowing is contested across the summer in terms 4 and 1.

History

Adelaide High School has a proud rowing tradition which started in 1911. 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, and so began the annual Head of the River Regatta which has grown into SA's largest championship regatta.

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.

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



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 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 7/8 rowers training up to twice 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 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.

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.

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 an online written application by the student, the student's current school report, a practical skills assessment and an interview.

Online applications are available from the Special Entry Programs page under the Enrolment tab on the Adelaide High School website.

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.

Additional fees apply to students enrolled in the Rowing Program. These include an annual fee of \$350 for involvement in the program, plus the cost for the rowing camp and uniform.

Adelaide High School allocates fifteen places for 'out of zone' students for the Special Entry Rowing Programs. The 'out of zone' allocation for students starting at Adelaide High School in 2023 will be as follows:

- 2023 Year 7 Rowing - 15 positions

A \$44 administrative fee is required with applications for Rowing entry.

Rowing is available to all students enrolled at Adelaide High School. The Introduction to Rowing Program, gives all students the opportunity to 'come n try' rowing. Interested students can then join the Rowing Program.

For further
information contact:

Jo Malcolm
Rowing Manager
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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.

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Department for Education

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