

PO Box 219, Corowa NSW 2646

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| **President** – Robert Eyers | **Secretary** – Chris Pensini | **Treasurer** – Stacey Whitechurch |



**INFORMATION**

**FOR MEMBERS**

**2015/16**

Welcome to the Corowa Rowing Club, which was established in 1863. This club is vibrant and energetic, providing its members with the opportunity to enjoy the sport of rowing on our mighty Murray and competitively throughout Victoria. Members can either enjoy recreational rowing and the club facilities, or competitively with the assistance of its dedicated coaches and mentors.

Corowa Rowing Club has great opportunities for socialising, having fun and meeting new people of all ages through its special events and social functions.

The club is administered by a committee of management, elected by the members at the Annual General Meeting each August. The club’s operation relies on the services of volunteers; no one is paid for their service.

To raise money to buy equipment and improve facilities for members, various functions and activities are held each year, which all members have the opportunity to contribute to. Regular fund raising activities include the popular 50 Club, the Trivia Night and several Major Raffles.

The club’s season culminates in its Presentation Night, when a series of awards are presented to rowers and club-persons for outstanding achievement and participation.

**COMPETITION**

Corowa Rowing Club usually participates in a range of Rowing Victoria regattas during the season, school-based rowing regattas and a number of local regattas hosted in Corowa by clubs in the Murray Rowing Association.

These regattas provide opportunities for both male and female crews to compete in open divisions at beginner, intermediate and master’s levels, as well as age-based rowing events for our young rowers. Crews interested in competing will be matched with a coach who will provide advice and instruction suitable for every rower to participate and enjoy rowing to the level that they aspire. If you are interested in competing, make contact with the Club Captain, Wes Canny or the Vice-Captain Cherie Collins

In order to represent the club at regattas, you will need to purchase a Corowa uniform (either a club singlet or a one-piece rowing suit.) A Committee member can assist you with this.

Each competitor is also responsible for his or her entry (oar fee) to each event he or she rows in. The oar fees must be paid prior to any regatta to enable you to participate.

Competitors must assist with boat loading for each regatta that they participate in. Boat loading for regattas is usually conducted the night before the regatta. Boats are rigged on arrival and de-rigged after their last use at the regatta. Rowers will be shown how to assist with these tasks. To say the least – many hands make light work in this case.

**COXSWAINING**

Coxswains are responsible for steering boats and providing commands, directions and encouragement to rowers. It is very important that you pay attention to the cox at all times and follow their directions. Coxes are often young people who deserve respect and thanks for giving up their time to cox your crew.

For competition, coxes must complete a Good Coxswain course and be registered with Rowing Victoria. The club will facilitate this. While the club endeavours to provide coxes, recreational rowers in particular may need to make arrangements for someone to cox their boats, or take turns coxing.

**RECREATIONAL ROWING**

Corowa Rowing Club offers recreational rowing for those who are not sure how much time they can commit to rowing and don’t want to compete. Club members are available to assist in instructing beginners. (NOTE: You must be a full Adult or Junior member to use equipment).

**GYM RULES**

* No children under the age of 12 are allowed in gym area unless supervised.
* All children under the age of 16 must have permission and follow an approved program to use any gym equipment consisting of weights.
* Use of mobile phones, including texting, is prohibited in gym area.
* All equipment in the gym is for gym use only and shall not be used as a toy or playground.
* Please be aware of other people wanting to use the same equipment and limit your routine to 15 minutes with any piece of equipment.
* Please use your towel to wipe down equipment after use.
* No drink other than water or sports drinks allowed.
* Any questions see captain or coaches.

**JUNIOR ROWERS**

Corowa Rowing Club is proactively promoting the sport of rowing with the Corowa High School through its school rowing program held during PDHD classes each Wednesday during the summer terms. We are involved in Rowing Victoria’s School Rowing Development Program and plan to take crews to regattas held throughout Victoria and ultimately to the Victorian State Schools Rowing Championships.

Children under 12 years of age may be allowed to row at the Club Captain’s discretion – he will determine if the child is physically fit and mature enough to handle a boat. All children under the age of 12 must be accompanied by a Club official (a coach or committee member) or Parent or Guardian when on or near the water. Junior rowers are entitled to use the gym equipment, but must be supervised by an adult.

**COROWA ROWING CLUB DRESS CODE**

In the interest of rower safety and to prevent hazardous circumstances arising, the following dress code applies to all individuals participating in rowing training and/or competition with the Corowa Rowing Club.

**FOR TRAINING:**

* Loose clothing is a hazard! Long and loose shorts will get caught in the slide and loose shirts can sometimes snag the oar handle as it comes close to the body.
* It is recommended snug shorts or bike-shorts be worn.
* A shirt must be worn (bathing suits aren’t suitable).
* Long hair should be tied back.
* CRC encourages rowers to be sun-smart so hat, sunglasses and sunscreen is recommended for protection.
* Gloves (fingerless cycling gloves) and socks are suggested for the prevention of blisters on hands and feet.

**FOR COMPETITION:**

* Singlet or rowing suit in club colours (available from the club).
* Black shorts (snug) or bike-shorts (no stripes).
* If competing in a crew, all crew members must wear all the same hats or headbands (in club colours – available from the club) or no hats/headbands at all.

Your assistance with ensuring your own and your crew’s safety is appreciated.

**VOLUNTEERING**

All aspects of the club management and coaching are done by volunteers. Helping out at the club can be very rewarding and we always appreciate an extra pair of hands in any way – whether it is helping to sweep the floors or clean the boats. If you would like to volunteer to help organise an event or generally assist with the everyday running of the club, please contact a member of the committee.

**SOCIAL MEMBERSHIP**

Corowa Rowing Club is very much a family club – we welcome non-rowing members who are interested in joining a community organisation. Social members are welcome at all club functions and events. Encourage your family and friends to get involved in your club.

(Social Membership does not include the use of the gym or rowing equipment).

**MAIN CONTACTS**

Robert Eyers – President PH: 0409 909903

Wes Canny – Captain PH: 0439 116668

Cherie Collins – Vice Captain PH: 0418 572025

Stacey Whitechurch – Treasurer, Fundraising PH: 0412 699115

**RULES OF THE RIVER**

Please familiarise yourself with the following rules, which apply on the Murray River at all times.

* The river is split into two lanes – you should row closest to the NSW side when rowing downstream (towards Yarrawonga) and closest to the Victorian side when rowing upstream (towards Albury).
* Give way to boats overtaking you by moving towards the riverbank.
* If another boat is approaching yours, let them know that you are there before they get too close. Identify the boat you are talking to by its type, eg: take a look single scull. If you are in a coxed boat, your Cox should take care of this.
* Please take care when turning – make sure that there are no other boats in the vicinity (look both up and down the river) when you are navigating across the river to the other side.
* Above all, listen to your cox at all times, he or she is your eyes in the boat moving forward.

**USE OF BOATS**

Corowa has a range of training and racing boats. Before taking out a boat, you should check with the Club member who is responsible for boat allocation during that session. This is usually the Club Captain or the Vice Captains.

If a boat is damaged while you are using it, ensure that you report the damage to the Club Captain or Vice Captains as soon as possible so that it can be fixed before the next session.

Please ensure that all equipment is returned to it’s rightful place, including oars unless another crew takes the equipment out straight after you.

**BECOMING A MEMBER**

Membership forms are contained in an envelope located at the red lockers next to the kitchen in the club rooms. Full adult and junior members have access to the club’s facilities and equipment plus Rowing Victoria affiliation.

As a condition of membership you must

* Supply a photocopy of a proof of age document which is a compulsory requirement of Rowing Victoria.(This could be Licence, Passport, Birth Certificate or Student ID)
* Provide a current email address (compulsory requirement of Rowing Victoria). If the member is under 18 years of age, a current email address of a parent/guardian must be supplied.
* Give the Rowing Club permission to ring an ambulance on your behalf in the case of an emergency.
* Give the Rowing Club permission to take photographs or video images for coaching or promotional purposes.

Fee Structure:

* Adults $170.00
* Juniors (under 18) $ 85.00
* University Student $100.00
* Social $ 25.00

(Social membership does not include use of gym or rowing equipment)

Membership is renewable each July.

**CLUB OPENING HOURS**

Normal opening hours are:

* Monday to Thursday 5:00pm – 7:00pm
* Sunday 9:00am – 1:00pm