

Racing entries

The regattas the club will enter are determined by the Captain and the committee in consultation with the coaches.

To enter a regatta, you must be a financial member of LRC and a current member of Rowing NSW—if not, your entry cannot be submitted. It is your responsibility to ensure that your RNSW membership is current. If you are unsure about applying, ask your coach or the Captain.

The club attends most metropolitan regattas, including the state championships. Representing the club at the state and national level is subject to the meeting the criteria in the LRC Competition Policy. Please speak to your coach about attending the nationals.

It is club policy to enter some country regattas. Members should try to keep the weekend of the Port Macquarie and Taree regattas free—they are usually the third weekend of January.

The regatta secretary submits regatta entries on behalf of the club and in compliance with the LRC Competition Policy. Coaches submit entries for their squads and a nominated 'crew captain' submits entries for rowers such as masters who are not in squads.

Fines

Rowers will not have to pay any race fees unless they fail (without reasonable excuse) to compete in a race in which they have entered.

Any fines for failure to start or failing to carry a bow number will be shared equally between the members of a crew. If you submit a race entry, that fee must be paid whether you race or not. If someone races in your place it is your responsibility to notify the regatta secretary so your race entry can be adjusted accordingly.

The social rowing group does not compete in regattas.

Boat loading for regattas

Boat loading is usually the day before the regatta, so it's often on Friday. If a crew is entered in a regatta all members of that crew are expected to attend and participate in boat loading and unloading. If this is your first season and you are unsure what to do, ask any of the senior rowers. Bring 10mm and 11mm spanners, and flat-head and Phillips-head screwdrivers for rigging and de-rigging boats. Grey duct tape is always useful.

If you cannot attend boat loading or unloading, you must notify the Captain or a Vice-Captain beforehand. If a crew fails to turn up to boat loading and does not notify the Captain or a Vice-Captain, their boat will not be loaded.

Zooties & other clothing

All rowers must wear the approved Leichhardt zootie when racing. You can buy them, and other club clothing, from the merchandise coordinator.

All LRC policies mentioned in this leaflet are on the website and at the club: www.lrc.com.au/policies_90.html

For details of committee members and other LRC roles, go to: www.lrc.com.au/13.html

For all about rowing at LRC, go to: www.lrc.com.au/14.html

Email admin@lrc.com.au if you have any questions.



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Information for members



Welcome to Leichhardt Rowing Club

We are a community-based club with a long tradition of excelling in rowing, and enjoy great camaraderie on and off the water. We cater for all grades of rowers from social to elite. Equally importantly, as a club we pitch in and help and support each other's and the club's ambitions.

Membership

All new competitive rowers (except juniors) joining the club are accepted as probationary members. Members may apply to the committee for Senior Active Membership at the end of their first season of rowing.

The committee's decision to award Senior Active membership is based on two criteria: you have competed in at least 18 RNSW races in a season, and you are active in other areas of the club.

Senior Active Members may vote at special and annual general meetings, and join the committee.

If you do not satisfy the criteria, or if your application is refused by the committee, you are entitled to remain a probationary member for another 12 months while you try to qualify. If you still do not satisfy the criteria, you will be entitled to Associate Membership (i.e. Social rowers).

Juniors who satisfy the racing criteria and who have spent at least two years racing as a junior will automatically be entitled to Senior Active Membership when they reach 18 years.

Club fees

Fees cover the financial year 1 July to 30 June, and are due for payment on 1 July each year. If you have difficulty paying your fees as a lump sum, please see the Treasurer who can arrange for payment by instalments. There is provision for reducing membership fees in exceptional circumstances, please see the Captain if this applies to you.

The membership fees (for all categories) are on the website.

Squads and coaching

If invited by the Captain, you may become a member of a squad according to your desire, ability and the amount of time you have available.

LRC aims to provide quality coaching for each squad, so each squad is usually limited to approximately 10 rowers, supervised by one coach.

All training squads follow the LRC rowing program, and the strength and fitness programs that are in the gym.

The training squads reflect rowers' ability and commitment. They are organised into Junior, Grade and Masters categories and are designed to offer a development pathway for those who have the commitment and aptitude.

The social rowing group does not compete in regattas.

Taking care

If you are training early in the morning it may be dark which means you need to take more care. Each boat must have two lights that are visible from 1 km away (NSW Maritime regulations). All members must have their own lights and have them available at all times. No lights = no row.

Protect yourself from the sun: wear a hat, sunglasses, a shirt to cover your shoulders and a good sunscreen. Always carry a water bottle, irrespective of the temperature. If you have asthma then carry a puffer, and notify the Captain and your coach before you enter any races.

The club's Honorary Medical Officer is recommended as the physician of choice for any sports-related matter. She also gives talks at the club on exercise and injury prevention.

Boat allocation

Boat allocations and training times are determined by the Captain and Vice-Captains, in consultation with the coaches. A large number of people row at the club, so crews must train only at their allocated time and in their allocated boats as their coach directs.

The social rowing group rows at 6.45 on Sunday mornings and at other times as approved by the Captain.

LRC aims to maintain its boat fleet in the best condition possible and that it be in the best condition for regattas, therefore there are restrictions on who may row the majority of the boats. These restrictions are clearly articulated in the Boat Usage Policy and the usage categories are colour-coded for easy identification. Please read and understand the usage categories and restrictions—if in doubt ask the Captain or Vice-Captains.

The simple rule is: if the Captain or Vice-Captain has not approved your use of a particular boat, don't use it.

Record your boat usage / damage

When boats are used or taken from the shed (other than for regattas) you must record the time, name of boat and squad and sign for its use in the Rowing Day Book. If the boat needs work or is damaged, do the work or fix the damage. If you can't (or don't know how to) fix the damage, report it to the Property Master (see the LRC Accident Policy). Remember to attach a note to the boat to let the next potential user know that the boat is damaged and may not be rowable.

In certain circumstances you may be personally responsible for the cost of repairs—please read the LRC Accident Policy and ask the Captain or Vice-Captains if you have any queries.

Damage to boats

Boat damage costs the club a lot of money and causes much inconvenience to your fellow members. Learning how to handle boats correctly will prevent damage to you and the boats. Coaches include this in training, but you can always ask for help and advice from other members—they are always willing to help.

Take special care lifting boats into and out of the water, on the dock, and moving them in and out of the racks in the shed (see boat handling and safety notes on the website). Wash the boats taking particular care with the slides, and dry the boats and the oars before putting them away.

Always carry the tinny—dragging them on the pontoon damages them and the pontoon. Flush out the motor before putting it away. Look around the pontoon to see what else you can put away—don't assume someone else will do it.

We are required by law to report all accidents to the NSW Maritime Authority. In certain circumstances, the club will seek a penalty against each crew member involved in an accident. This may be because you are at fault, in a boat not allocated to your training squad, not a financial LRC

member, rowing a coxed boat without a cox, or there is personal injury. The penalty may be any of the following: payment of the insurance excess or a contribution to the cost of repairs; restricted boat access / use of facilities; or membership restriction or cancellation (see the LRC Accident Policy).

Maintenance

Maintaining the fleet and the clubhouse are essential in a large and active club such as ours. Many of our boats are in constant use and all boats require regular maintenance. Learning how to care for the boats and fixing wear and tear repairs are as important as learning the rowing technique.

All members of the club are expected to participate in the maintenance program, and to attend and contribute to the maintenance days organised by the Property Master.

Clubhouse

Access to the clubhouse is by the security-code at the front door. Experienced members and those with personal boats at the club are entitled to the code. For safety reasons juniors and social members will not be given the entry code unless the Captain or Property Master otherwise determines.

The upstairs hall of the club is often hired out for functions on weekends. Details of hiring the hall (including club members' reduced rates) are on the website.

When the hall is hired, the clubhouse needs to be cleaned and tidied before the event. Clean-up duty is allocated to squads on a roster system. Coaches will remind squad members of their duty week and there is a copy of the roster on the window in the office.

Corporate regatta and fundraising events

We rely heavily on fundraising events to generate income. The most significant of these is our corporate regatta, which is usually held in August and September each year. All members are expected to assist with the running of the corporate program. Our Learn to Row programs and other fundraising events also rely heavily on the assistance of all club members.

Communications

The club's regular newsletter, *Easy Oar* is on the website, and printed copies are at the shed. The website is updated regularly, and major announcements are distributed by email from admin@lrc.com.au, and displayed on the noticeboards. Email admin@lrc.com.au to make sure you are on the list

Private boats

Subject to space availability and completing a boat storage agreement, competing members may store single sculls at the shed. There is no rack space in the club for a private double/pair, quad/four or eight (see the LRC Boat Storage Policy). The boat storage fee is on the website and is payable with the annual membership fee.

The Captain can answer queries about space availability and the terms and conditions of storage. Private boat insurance is the member's responsibility—private boats are not covered by the club's insurance.