

2025 ROWING HANDBOOK



ST PATRICK'S COLLEGE
TOWNSVILLE

Dare to Imagine



Combined Rowing Program

WELCOME FROM THE HEAD COACH

Welcome to the 2025 Rowing season. Our team of coaches, rowers and families are eagerly looking forward to a great year on the water and around the Rowing Club. Whether you are new to the sport or returning, please take every opportunity to get involved and support the program.

In 2025, we intend to continue driving our standard of culture and performance as one of the premier NQ rowing programs. All members of the squad can contribute to improved culture and performance. This year, we have a fantastic senior group across SPCT and IPC as well as highly capable and enthusiastic juniors. The coaching team and I are looking forward to supporting all rowers in achieving their goals both on and off the water and hope to see some great performances and support across the NQ regatta season.

We have already experienced success in 2025. In January a squad of 8 senior rowers attended the QLD Open State Championships at Lake Wyaralong and competed well across the U17 and U19 events. Congratulations to IPC seniors Rory Foyle and Seth Chun Tie who claimed a bronze medal with two Cathedral boys in the U19 Coxless Quad and to Holly Wilkie for her silver medal in the U16 Single. Holly Wilkie and Georgia Cresswell are off to compete at the National Championships at the end of March in the U17 and Schoolgirls events. This marks the fourth consecutive year of rowers representing the squad at the highest level of school rowing in Australia.

Our Learn to Row Program has again brought young and fresh enthusiasm to the sport with strong numbers across the program. The coaching team are looking forward to seeing what our new rowers can achieve and hope that they develop a profound passion for the sport of Rowing in the years to come.

The Rowing Handbook is the most valuable resource for understanding the Rowing program and all the requirements for participation. I encourage you to carefully read all the information herein.

On behalf of the Rowing staff, I wish you an enjoyable and rewarding season and I look forward to seeing you all down at the river. 2025 promises to be a highly competitive and exciting year for SPCT and IPC!

Harrison Parks | Head Rowing Coach

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HEAD COACH



Harrison Parks

In my personal rowing journey, I rowed throughout my schooling at The Cathedral School. During this time, I won numerous state medals and had the opportunity to compete twice at the National Championships.

I continued my rowing post school at both the Toowong Rowing Club and Townsville James Cook University and raced at a further three National Championships. I have always had a deep passion for the sport of rowing, but it is my experiences and the relationships formed through coaching that I will always cherish.

I began coaching in 2016 at Cathedral and through the Junior program at the club. Since 2017, I have had the privilege of being the Head Coach of this Combined Rowing Program and the Rowing Coordinator for season 2019 and 2020. During this time, I have developed a strong passion for coaching and for supporting athletes to achieve their goals, both within the sport and in their schooling. I feel very fortunate for being able to witness the tremendous growth and success of this program firsthand and eagerly await the 2024 season and all that it brings to our squad.

COMBINED ROWING PROGRAM VALUES

Guidelines for Rowers

- Rowers will, at all times, demonstrate respect for themselves and respect for the reputation of their College and the Program.
- Rowers will listen and follow coach and staff instructions in a respectful manner.
- Rowers are expected to attend training sessions set by the Coach and communicate if attendance is not possible.
- Rowers are expected to be modest in success and generous in defeat.
- Rowers should be wholehearted in their approach to races (rowing is a team sport, everyone needs to put in maximum effort).
- Rowers shall never resort to verbal or physical abuse.
- Rowers should be punctual and well-presented in accordance with their specific sport uniform. Full uniform includes: rowing suit, rowing polo, rowing training shirt, College rowing cap, long white sleeve undershirt and, if cold, College sport jacket or jumper.
- At the conclusion of the day, coaches, boat race officials, referees, umpires and other officials should be thanked.
- Rowers are to behave in accordance with their College Student Code of Conduct and Sporting Code of Behaviour. Failure to do so may result in disciplinary action.

ROWING COORDINATORS AND PROGRAM ADMIN SUPPORT

Each College has a Rowing Coordinator to manage their rowers and the Program has an Admin Support Officer to assist the Head Coach. The staff listed below are the point of contact for rowers and families for administrative requirements and will communicate information regarding fees, rowing uniform purchase and upcoming events and trips.

SPCT Coordinator

Susan Wilkinson
rowing@stpatscollege.qld.edu.au

IPC Coordinator

Matt Arnold
rowing@ipc.qld.edu.au

Combined Rowing Program Admin Support

Susan Wilkinson - rowing@stpatscollege.qld.edu.au
(please be advised that Susan will have access to contact details for rowers and parents/guardians from both Colleges and may send out or request information when required and appropriate)



COLLEGE POLICES & EXPECTATIONS

Ignatius Park College and St Patrick's College Townsville expect their students and those accompanying them to behave in a way that represents themselves, their College, the Combined Rowing Program and the sport of Rowing in general in a positive light.

Rowers and spectators are required to conduct themselves respectfully at all times showing consideration for each other, program coaches & staff, other schools' athletes & coaching staff, spectators and officials.

As with any College uniform, rowers are required to wear their College rowing attire correctly and with pride.

The policies and documents listed below are available through your College to provide guidance:

IGNATIUS PARK COLLEGE

- Student Athletic Agreement
- Student Code of Conduct
- Bullying and Guidelines
- Uniform Policy
- Mobile Phone & Electronic Device Policy

ST PATRICK'S COLLEGE TOWNSVILLE

- Student Code of Conduct
- Respectful Relationships: Anti-Bullying Policy
- Sporting Code of Behaviour
- Acceptable Use of Electronic Devices Policy
- Communications Policy
- Uniform Expectations



COMBINED ROWING PROGRAM PERFORMANCE HISTORY

HEAD OF THE RIVER

2023

Girls' Aggregate Champions

2024

Girls' Aggregate Champions & Girls' First Eight Champions

NATIONAL MEDALLISTS & CHAMPIONS

2022

Gold - Sarah Bourke & Lily Bragg (U17 Girls Double)

2023

Silver- Sarah Bourke & Lily Bragg (U19 Women's Eight *composite crew)

Bronze- Sarah Bourke & Lily Bragg (U19 Women's Double)

2024

Gold- Emily Edison & Lily Bragg (Schoolgirls Double Scull)

STATE MEDALLISTS & CHAMPIONS (since 2021)

2021

Gold - Reilly Williams (Open Boys Single)

Gold - Sarah Bourke, Lily Bragg (Year 10 Double)

Gold - Sarah Bourke (Year 10 Single)

Gold - Lily Bragg (Year 9 Single)

Gold - Noah Lau, Sonny Crawford (Year 11 Double)

Bronze - Zachary Skipp, Reilly Williams (Open Double)

Bronze - Zachary Skipp, Reilly Williams (Open Pair)

Bronze - Noah Lau, Zachary Skipp, Lachlan Larsen, Reilly Williams, Cox - Jude Foyle (Open Boys Quad)

Bronze - Noah Lau, Zachary Skipp, Lachlan Larsen, Reilly Williams, Cox - Jude Foyle (Open Boys Four)

Bronze - Lachlan Larsen (Open Boys Single)

2022

Gold - Sarah Bourke, Lily Bragg, Emily Black, Ava Saldana Lopez, Cox - Theodora Arends (Year 11 Girls Quad)

Gold - Sarah Bourke, Lily Bragg (Year 11 Girls Double)

Gold - Sarah Bourke (Year 11 Girls Single)

Gold - Noah Lau, Riley Masters (Open Boys Pair)

Silver - Lily Bragg (Year 10 Girls Single)

Silver - Noah Lau, Riley Masters, Finn Anderson, Will Leonie, Cox - Jude Foyle (Open Boys Four)

Bronze - Noah Lau, Riley Masters (Open Boys Double)

Bronze - Noah Lau, Riley Masters, Sonny Crawford, Aiden Phelan, Sebastiaan Arends, Will Leonie, Kenta Muirhead, Vincent Micale, Cox - Jude Foyle (Open Boys Eight)

2023

Gold - Sarah Bourke (Open Girls Single)

Gold - Sarah Bourke & Lily Bragg (Open Girls Double)

Gold - Sarah Bourke & Lily Bragg (Open Girls Pair)

Gold - Holly Wilkie & Georgia Cresswell (Year 8 Girls Double)

Silver - Holly Wilkie (Year 8 Girls Single)

Silver - Emily Edison & Lily Bragg (Year 11 Girls Double)

Bronze - Marlon Lau, Harry Leonie, Xander Chun Tie, Raymond Whitney, Lara Betteridge (Cox) (Year 8 Boys Quad)

2024

Silver- Matilda Schroder, Holly Wilkie, Georgia Cresswell, Amelia Ponti, Elyse Adebahr (Cox) (Year 10 Girls Quad)

Silver- Holly Wilkie, Georgia Cresswell (Year 9 Girls Double)

Silver- Emily Edison, Holly Wilkie, Georgia Cresswell, Keeley Adebahr, Theodora Arends (Cox) (U17 Interregional Quad)

Bronze - Emily Edison, Keeley Adebahr (Year 11 Girls Double Scull)

Bronze - Emily Edison, Lily Bragg (Open Girls Double)

Bronze - Lily Bragg (Schoolgirls Single)

THE SEASON

The local competitive school season takes place during Terms 2 and 3, with a series of locally hosted regattas throughout each term, culminating in the Head of the River and the Queensland School State Championships. The Combined Rowing Program commences in Term 1 in the format of Learn to Row whilst returning seniors commence fitness preparations for the season.

REGATTAS

Townsville All Schools Regattas (TASRA)

TASRA organises regattas for the participating local schools. These take place at both the Townsville & James Cook University Rowing Club (T&JCU) in Douglas and Riverway Rowing Club at Loam Island. Races run from approximately 7am until 5pm and regattas are held on Sundays throughout Terms 2 and 3. Regattas are an excellent opportunity to see some exciting racing and support the students representing our Colleges. Other participating schools are; Townsville Grammar School and The Cathedral School.

Central Queensland School Championships

Our Years 7-9 rowers may attend this regatta, being held in Bundaberg this year. More information will follow if this is confirmed.

North Queensland School Championships

The 2025 North Queensland Regatta is again being held here in Townsville at the Riverway Rowing Club. This is an excellent regatta that Rockhampton Grammar always attend to compete with the Northern Region schools and is excellent lead up to both the Head of the River and the State Championships.

Queensland School State Championships

This event is the pinnacle of school rowing in Queensland. It is one of the biggest regattas in Australia and competition is always fierce. Rockhampton will host the event this year and it is a great opportunity for our rowers to compete at the highest level in Queensland. This regatta runs for three days and will take place on 20-22 September. Selection for this regatta will be confirmed at the conclusion of the NQ Schools' Championship Regatta. There will be a cost for attending rowers, which covers coaching costs and rowers' travel, accommodation, meals. The Squad and supervising College staff will stay at The Cathedral College, Rockhampton.

Open QLD, Open NSW States

Selection for these events occurs in Term 4, after the conclusion of the school season. Athletes will have to attend a selection camp. Athletes and crews for U16, U17, and U19 will be considered for selection. Training will continue over the school holidays for rowers selected and it is compulsory to have full attendance and availability for this period. Please note that as this occurs outside of the rowing season, selection and training for these events will incur extra costs and travel & accommodation arrangements will be up to families.

National Rowing Championships

Selection for 2026 Nationals will occur after the Open QLD Regatta in January. Please note that this regatta is purely for U17, U19/Schoolboys/Schoolgirls and is for highly accomplished and experienced rowers. Due to the travel issues related to this event, this event offering is dependent on expected costs/feasibility. Discussions will be had with relevant rowers and families prior to decisions being made.



2025 SEASON CALENDAR

February

24/25 Learn to Row commences

March

12/13 Learn to Row concludes

24-30 Australian Rowing Championships - Tasmania

April

22 TASRA Rowing Season begins

May

11 Regatta 1 @ T&JCU (hosted by TCS)

25 Regatta 2 @ T&JCU (hosted by SPCT/IPC)

31 TASRA Indoor Regatta (hosted by SPCT)
(date TBC)

June

8 Regatta 3 @ T&JCU (hosted by TGS)

28-29 CQ Schools Rowing Championship - Bundaberg
(Years 7-9 - Program's participation TBD)

28-29 Years 10-12 Rowing Camp (Local)
(details TBD)

July

21 School rowing resumes

26 Inter Regional Scull Trial

27 Regatta 4 @ Riverway (host TBD)

August

9-10 NQ Schools Championship @ Riverway

24 Head of the River

25 States Team announced

27 States Team training commences/conclusion
of regular squad training

September

20-22 QLD School State Championships Regatta
@ Rockhampton

October

11 Rowing Awards Night - hosted by SPCT

ROWING AWARDS NIGHT

The annual Rowing Awards Night is an opportunity for the team and families to join together in celebration of the season past and recognise the efforts and achievements of our team and its members. All rowers attend this event; a summary and criteria of the awards is provided below:

Captains' Cup

Awarded to the Rowing Captains of each College for the season.

Clubman/Clubwoman

This award is for displaying exceptional spirit and dedication to the rowing community and fellow team members. Judged by the coaches, the winner of this award has played a positive role in all aspects of the program and has earned the respect of athletes and staff alike for their contribution to the team.

Most Improved

This award is presented to the most improved rower, male and female, for senior school and middle school. This award is judged by the rowing coaches and presented to athletes that have made the greatest advances in their rowing throughout the season.

Crew of the Year

This award is presented to the most successful crew within the program, and can be awarded to a double, quad/four, or eight.

Rower of the Year - Junior & Senior

This award is presented to the most successful rower within each program, male and female, for both senior school and middle school. This award is determined based off performances throughout the local rowing season, the NQ School Championships, Head of the River, and the QLD School State Championships.

Most Valuable Player (MVP)

This award is presented to the rower deemed most valuable to a crew, male and female, for the full program. This award is determined based off performances throughout the season, dedication to training, dedication to the sport of rowing and the combined College program, and high conduct.



CREW SELECTION

Purpose

For our junior rowers in Years 7-9, the primary focus of training is to introduce the core skills and concepts of rowing, develop fitness and strength and to develop a strong sense of sportsmanship within an enjoyable, inclusive environment. For our senior and high-performance rowers, the focus is on expanding the rowing knowledge and skills developed in their foundation years and increasing fitness and strength with performance goals in mind. This is achieved through fair selection for all crews in order to maximise opportunity for all.

SELECTION ASPECTS

Selection of all crews and representational squads is based on the following:

Ergo Tests

Ergo Tests are conducted regularly throughout the season in order to assess progress and overall fitness, as well as to aid crew selection. For junior rowers, this will often entail a 1km test, for seniors and First Eight rowers this will often involve a 2km or 6km ergo test.

Single Scull Time Trial

The single scull time trial tests a rower's ability to move a boat on the water. This is a timed piece. For juniors the distance will be 1000m whereas seniors can be 1000m, 1500m, 2000m depending on the period of the season.

Technique Assessment

All Rowers may have their technique assessed by way of video analysis. Video referencing is a great resource for the athletes and allows coaches to critique and judge performance as part of an overall assessment.

Attendance

Attendance record throughout the season plays a large role when assessing suitability for high performance crews.



CREW SELECTION

Attitude and Work Ethic

A successful rowing team thrives on commitment, resilience, and a positive mindset. Athletes will be selected based on their ability to demonstrate:

- **Commitment & Work Ethic:** Regular attendance at training sessions and a willingness to push themselves physically and mentally to improve.
- **Coachability:** A positive response to feedback, a growth mindset, and a desire to refine technique and performance.
- **Team Mentality:** Respectful interactions with coaches and teammates, contributing to a supportive and focused training environment.
- **Resilience & Determination:** The ability to handle setbacks, fatigue and challenges with a strong, solution-focused approach.
- **Leadership:** Displaying integrity, encouragement, and a dedication to representing the school with pride.

Rowing demands not just physical ability, but a mindset that fosters continuous improvement and teamwork.

Athletes who exhibit these qualities will be prioritised in the selection process.

ATTENDANCE

Attendance is expected at all the scheduled training sessions. For rowing sessions, rowers are required to arrive in time to be on the water at the scheduled start time.

If you are unable to attend a session, please notify the Head Coach via text message on 0412 858 036.

If there are regular sessions you are unable to attend due to other commitments, please discuss with the Head Coach and email rowing@stpatscollege.qld.edu.au with notice.

Attendance at regattas is assumed unless alternative arrangements have been communicated to the Head Coach.

Once rowers arrive to the regatta venue (Seniors 10-12 6am, Juniors 7-9 6.30am) they must report to their Coach and commence boat set up. A full squad briefing will be held every regatta at 6.45am in the squad tent. At regattas there are 3 designated areas:

- 1. The Squad Tent** - where all rowers must be located throughout the course of the regatta.
This helps with team spirit, communication and organisation
- 2. The Boat Trailer** - 45 min prior to race for warm up and set up
- 3. The Supporters' Area** - for parents/guardians and supporters



COMMUNICATION

All communication from the coaches for the season and related activities is through TeamApp. All rowers and parents/guardians need to join this app for communication purposes. Further communication is also made through each of the College Rowing Coordinators and the Program Admin Support when required.

TRANSPORT

Transport arrangements will be communicated with the season registration pack.

FRIENDS OF ROWING

Each College has a Friends of Rowing group that families can participate in to fundraise and support the program. The groups also promote fellowship and foster good communication between rowing families and friends.

Activities include, but are not limited to, providing catering at the regatta that the Combined Rowing Program hosts together, selling crew socks at regattas, Bunnings sausage sizzles and running stalls at other College events.

Proceeds from any fundraising that the SPCT & IPC Friends of Rowing undertake together will go towards benefiting the program as a whole. The Head Coach will be consulted on specific equipment or services that are needed.



Proceeds from activities run by an individual College's group are for the benefit of that College's rowing squad. The group is to consult with their Principal on how best to manage this.



VOLUNTEERING OPPORTUNITIES

Rowing is a very dynamic, technical sport, with the risks inherent in a water sport, that therefore has very strict safety protocols which are governed by Rowing Queensland. These protocols require a strong volunteer base for our rowers to compete safely during regattas.

Opportunities exist for families to participate in many ways to support their rowers. From doing shifts in the food tent, handing out bow numbers to competitors, to the very best seat in the house... in the numerous tinnies following races to monitor safety and race rules. Each tinny requires a driver and an accredited Boat Race Official (BRO) to umpire. (Rowing Queensland comes to Townsville to run the accreditation courses). Other BRO roles include Starter, Marshall, Pontoon Control, Finish Judge, Statistician and Recorder/Timekeeper.

The Townsville rowing community, club members and families alike, has a strong tradition of supporting the local schools' rowing season but will always warmly welcome increases to numbers.

It is a great way to spend a Sunday!

**Email NQBRO@outlook.com
for more information/to register interest**

GENERAL BOAT TERMS

BOAT

The boat itself – sometimes referred to as the shell.

BOW SIDE

(Starboard) The right side of the boat - when sitting in the cox's seat, looking forward. Oars for this side of the boat often have a green marking.

STROKE SIDE

(Port) The left side of the boat - when sitting in the cox's seat, looking forward. Oars for this side of the boat often have a red marking.

STERN

The back end of the shell, where the cox usually sits; also the end of the boat with the rudder and/or fin.

BOW

The front end of the shell, covered by a bowball.

BOWBALL

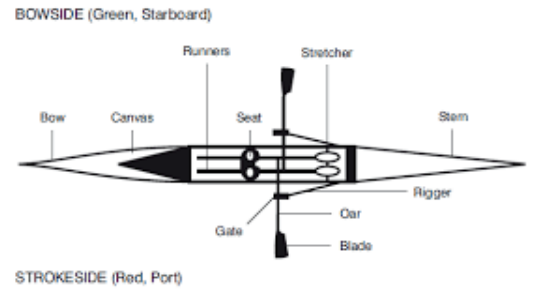
Small rubber ball that covers the end of the bow that is intended to prevent or reduce damage upon collision.

FIN

The fin under the stern of the boat which helps to keep the boat on course.

RUDDER

A small, movable part, usually metal, that sits under the stern of the boat which allows the coxswain to steer the boat.

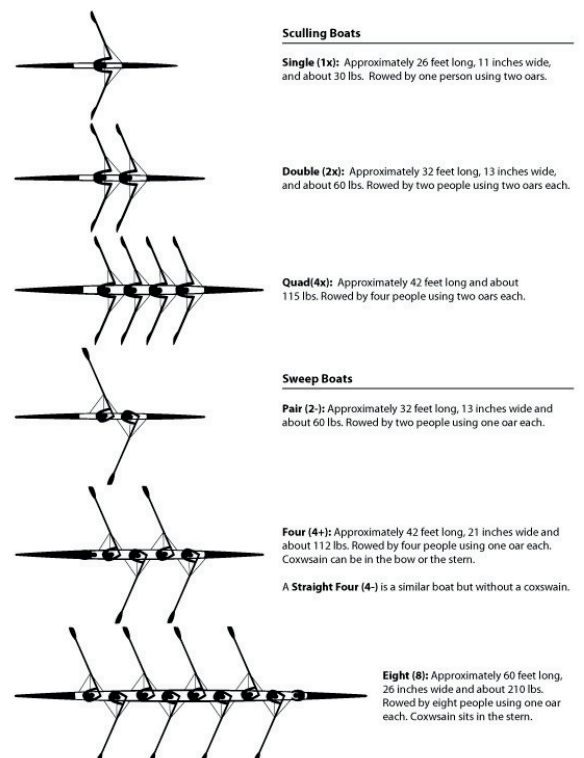


The boats are steered either by the coxswain, or by the bow seat (in boats without a coxswain, called coxless boats).

The cox uses a rudder to steer the boat, which they control using cables that are connected to it. To help keep the boat on course, all boats have a small fin in the stern.

There are two types of boat - rowing and sculling. There are also boats which can be used for either rowing or sculling, depending on how they're rigged (i.e. the boat comes with two sets of riggers - see the next section for information about riggers). Rowers (sometimes called sweep) have one oar each, while scullers have two oars each.

Boat classifications specify the gender, age and/or expertise, the number of rowers, whether they are rowing or sculling and if they have a cox or not. Most commonly boats have 1, 2, 4 or 8 rowing seats.



STUDENT SAFETY

Children and young people who come to Ignatius Park College and St Patrick's College Townsville have a right to feel and be safe. We are committed to the safety and wellbeing of all children and young people. We are committed to providing a child-safe and child-friendly environment, where children and young people are safe and feel safe, and are able to actively participate in decisions that affect their lives.

We have a zero tolerance for child abuse and other harm and are committed to acting in students' best interests and keeping them safe from harm.

Our Colleges regard child safeguarding responsibilities with the utmost importance and are committed to providing the necessary resources to ensure compliance with all relevant child protection laws and regulations and maintaining a child safe culture.

Each member of the College community has a responsibility to understand the important and specific role that they play individually, and collectively, to ensure that the wellbeing and safety of all students is at the forefront of all that they do, and every decision that they make.

Both Edmund Rice Education Australia (Northern Region) and St Patrick's College Townsville have policies, student protection strategies and procedures in place to ensure students who are at risk of/or are experiencing harm, receive an immediate and appropriate response to their situation.



**EVERYONE HAS THE RIGHT
TO BE AND FEEL SAFE
AT ALL TIMES**

**TELL
SOMEONE
WHO CAN
HELP**

LIFELINE
13 11 14

BEYOND BLUE
1300 22 4636

TRIPLE ZERO
Immediate danger or an emergency
000

**SOME PEOPLE YOU
MIGHT CHOOSE ARE:**

TEACHERS | HOMEROOM TEACHERS
PASTORAL LEADERS
INDIGENOUS & MULTICULTURAL STAFF
PEER MENTORS
DEFENCE SCHOOL MENTOR
SUPPORT STAFF | YEAR 12 LEADERS

**IPC TAKES CHILD
SAFEGUARDING
SERIOUSLY**



MS McLEOD
Student
Counsellor



MR MILLS
Identity & Mission Coordinator -
Faith Learning in Action



MR QUABBA
Dean of
Student Wellbeing

CHILD SAFEGUARDING OFFICERS AT IPC



**EVERYONE HAS THE RIGHT TO FEEL SAFE
AND PROTECTED FROM HARM**



No-one should behave in
a way that makes you
feel unsafe or afraid



This
everyone
includes
family, anyone at school
and in the community



Tell a
or
trusted
teacher
adult if
you
feel unsafe

STUDENT PROTECTION OFFICERS



Mr Cameron Triffett
ACTING COLLEGE PRINCIPAL



Ms Jillian Turner
ACTING DEPUTY PRINCIPAL



Ms Tallisha Harden
INDIGENOUS COMMUNITY
ENGAGEMENT OFFICER



Ms Courtney Zagami
COLLEGE PSYCHOLOGIST



Ms Mel Capponi
COLLEGE PSYCHOLOGIST



ST PATRICK'S COLLEGE
TOWNSVILLE

Dare to Imagine



IPC ROWING