

TEAM **K** EANE

Sculling School

Regatta & Head Guidance Notes for Participants & Spectators.

There are 2 main seasons to the rowing calendar;

1. **Head Season**, this runs mainly from September till April and the races during this time range from 3-7 kilometers depending on the event.
2. **Regatta Season**, this runs mainly from April till August and these races are much shorter sprint races ranging from 500meters to 2 kilometers.

The Athletes approach to participating in a racing squad for the Season.

Development of an athlete throughout the season is based on how much training they attend and how many races they participate in.

In order to attain a strong development of power, technical ability and mental strength it can only be achieved through regular training and frequent racing, this is especially important for a member of a crew as not only should the individual develop but also the crew as a singular unit with each part progressing together.

It is therefore very important for athletes to manage their training, study/ work time & leisure time efficiently. **All this is achievable it just requires good time management and prioritization of activities.**

Preparation for a race

Licence,

As part of the racing squad you are required to become a member of British Rowing (the governing body for Rowing in the UK). This can be purchased from <https://www.britishrowing.org/membership/>
Your coaches are unable to enter you in any races without this license in place as all entries are places through British Rowing.

Equipment & derigging,

There are many tools that rowers accumulate, although all athletes should have at the very least a rigger jigger.

These can be easily purchased on the web or on the following link <http://bit.ly/riggerjigger>

All Athletes are required to de-rig their boat and load their equipment onto the trailer in preparation for transporting to the event. This is to be done on a day and time advised by the coaches.

Athletes should NEVER assume the coaches will do this for them or leave for other crew members to do alone. It is their responsibility to derig and rig boats before and after racing.

Training,

It is important that athletes attend all sessions with their crew running up to their race. This is valuable time on the water and the more a crew trains together the better their position will be in a race.

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It is also extremely important to make sure you sleep and eat properly whilst competitively training & racing, especially in the week before racing.

You should be aiming for at least 8 hours of sleep per night and approximately 3-35000 calories for females, 35-45,000 for males.

Kit,

You are required to race wearing Team Keane Kit. This is not only required by our club but also the governing body British Rowing and failure to wear correct kit can result in disqualification and penalties for our club. This can be purchased through the relevant suppliers as stated on the squad pages on the Team Keane Website.

Being informed is being prepared!

Each athlete is required to be aware of all the information regarding the timings of their races, the draw, the timetable, and competitor & safety information for the day well in advance of the event.

This can all be found on the event websites which can be accessed through the squad pages on the website or you can also easily Google search the event.

On the day of the event,

Be prepared that it is highly likely you will spend the WHOLE DAY at the event either until your racing is complete if it is a domestic event or until the trailer is loaded with all equipment ready to return to the boathouse.

For a Headrace, due to the duration of the race it is VERY important that all athletes complete a suitable warm up on the land or preferably on the water. This will need to be completed approximately 1.5 hours before the start of the race.

For a Regatta, a shorter warm up can be suitable but it is still very important that all athletes complete a suitable warm up on the land or on the water. Again this will need to be completed approximately 1.5 hours before the start of the race. For regattas you may be racing in several heats, semi finals and then the final, which can last the full day, or on some occasions a couple of days in which case accommodation may need to be arranged.

Travel 'to and from' an Event,

On some occasions a minibus can be provided for up to 14 passengers and travel on this can be arranged with Sari@teamkeane.com for a minimum fee of £10 per person depending on distance.

Alternatively we encourage people to 'car share' and arrange directly with other members using the 'whatsapp' groups. If you are not on your squads 'whatsapp' group please contact admin@teamkeane.com

After the Event,

If the event requires trailering of equipment **ALL** the athletes who participated are required to take all the equipment off the trailer, re-rig it and return it to the correct racks at the boathouse. The day & time for this

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will be advised by the coaches and can possibly be straight after the event on the same day if the equipment of required for use by other groups back at the boathouse.

*We are all really looking forward to working with all the athletes
this season!*

GO TEAM KEANE!!!!!!