



MILDURA ROWING CLUB

NEW MEMBERS GUIDE



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This guide is intended to be a brief outline of the Mildura Rowing Club and its activities. If desired, more detailed information can be sought from the club website or committee members.

Introduction

Welcome to the Mildura Rowing Club.

Mildura Rowing Club was established in 1923 and has a long standing association with the Mildura city and surrounding Sunraysia district. Throughout its history, the Mildura Rowing Club has produced many fine rowers and athletes, some having competed in State and National events.

The club has an active membership and boasts a clubhouse having, without question, the prime location on the Mildura riverfront area.

The club is administered by a Committee of Management, elected by the members at the Annual General Meeting. The club totally relies on the services of volunteers from its membership base. No club members are paid for their services.

To finance the club and provide the necessary fleet of boats, various functions or events are held throughout the year. The greatest fund raiser for the club comes from the conduct of the Annual Henley on the Murray on Easter Saturday. The remaining finances are obtained through club membership subscriptions, social events or one-off grants.



The clubhouse contains a Social Room on the northern side of the building which provides an outstanding venue for club activities. Almost the entire northern wall has glass doors and windows overlooking the Murray River. The room is air conditioned and the club holds a Club Licence allowing the sale of liquor on the premises. It contains a bar area and TV/DVD for entertainment of members. This room provides host to all of

the club social activities.



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Joining Up

A membership form can be downloaded from the website and should be completed and sent to the club Secretary c/- P.O. Box 290, Mildura, Vic., 3502. Fees are as advertised on the website. When your membership has been submitted and fees paid, you can gain access to the membership section of the website by going to the members area and using the link to email the webmaster to request access. Membership is renewable each June for all members.

Rowing

Technique and Terminology

To familiarise yourself with the more technical aspects of rowing and terminology the following sites may be of assistance.

<http://www.worldrowing.com/download/chapter3.pdf>

A glossary of terms used in rowing can be found on this website.

Competition

Mildura Rowing Club attends various regattas during the rowing calendar year. Because of our location, it is difficult to attend many of the regattas; however crews will often travel to other locations within Victoria, New South Wales and South Australia to compete. One of the most popular regattas during the calendar year, being the Horsham/Dimboola regatta.

Social

For those who are not interested in the competitive side of rowing, the club provides the opportunity to row socially or to just keep fit. You can row as a sculler or form a crew, however, rowers who are in training will be given preference when it comes to boat availability and preference.

If you know other people/friends who might be interested in rowing -Sunday mornings are the best time to come down to the Club and meet the Captain or Committee members and find out more. Interested persons can try the sport with supervision and then after a few sessions if they want to continue they will need to become a member. (see 'Joining up' section above)



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Coaching

Mildura Rowing Club has a number of experienced rowers who have attained coaching qualification with the Victoria Rowing Association. If you are dedicated to competing at regattas, then the club will make every effort to arrange coaching for yourself or your crew.

Coxswains

Coxswains are responsible for steering boats and providing commands and encouragement to rowers. They hold a great deal of responsibility, especially during a race event and they can easily be the difference between winning and losing an event. If you are a member of a crew, it is important to pay attention to the coxswain and obey all commands given.

Equipment

Please ensure you take care of the facilities and equipment provided – insurance costs are a major expense for the Club. Insurance claims for repairs or replacement of boats has the effect of increasing our insurance premiums. Boats and oars are expensive pieces of equipment (boats can cost between \$10,000 and \$40,000 each and oars between \$400 and \$1000 each), so please adhere to proper procedures for handling boats on and off the water.

If a boat is damaged while you are using it, ensure that you report the damage to the Club Captain or a committee member as soon as possible. As well as reporting the damage please use the booking board and indicate 'out of order' against the boats name.

Please do not undertake to fix the boat yourself

Use of Boats

Mildura Rowing Club has a varied range of both racing and training boats. Boats are for the use of members only

There is a colour coded chart inside the boathouse which indicates which boats are for general use. To use any of the other boats please contact the Captain.

As stated previously, rowers or rowing crews in training for regatta's will always receive preference for boat allocation, however you will find that on most occasions, obtaining a boat is not a problem.

There is a board that can be used for booking boats – **make sure you remove your booking once you have returned the boat.**



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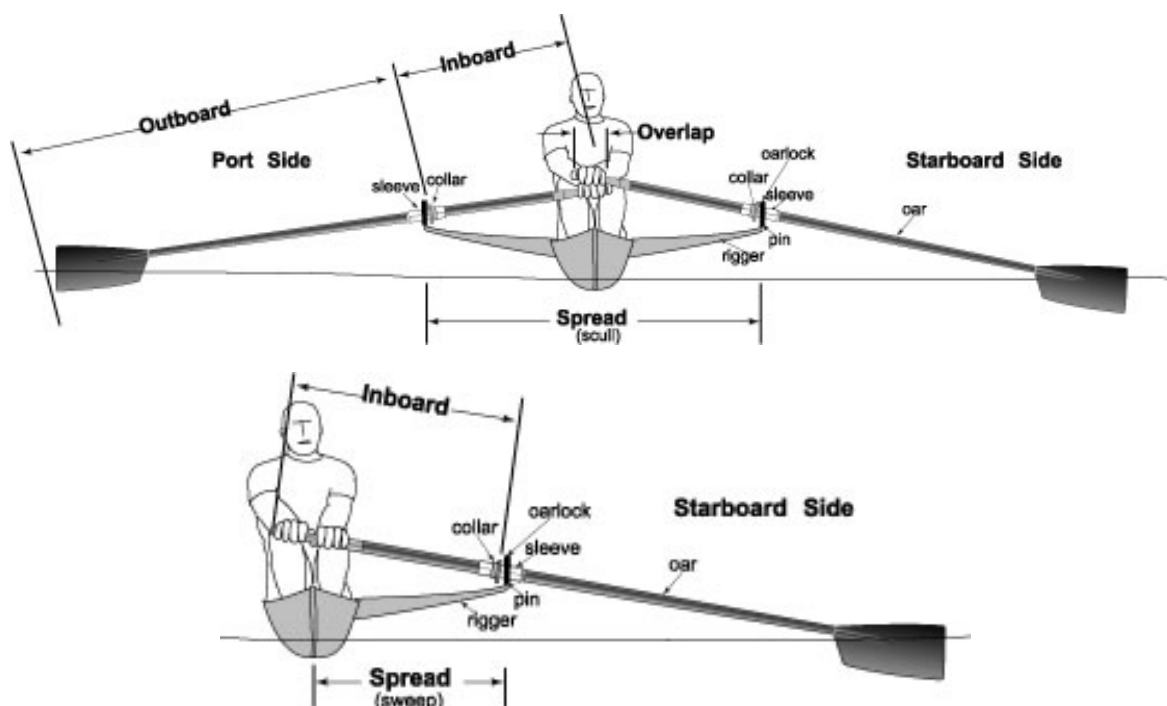
It is recommended that you leave trestles out when you go rowing so others who come down to the Club know there are other people out on the water. Make sure the shed is locked while you are out rowing – don't leave it unlocked because you think someone else might be coming down later.

All boats and oars are to be washed using sponges kept inside the shed near the hose reel and then hosed down, before being returned to the rack.

Please ensure that all equipment is returned to its place and lock up if you are the last person to leave.

Keys – Keys to the boatshed are available for members – contact the Captain. A condition of holding a key is that you abide by the rules of the Club and do not take non-members out rowing.

Boat Basics



Rules of the River

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

The Murray River is effectively split into two imaginary lanes. When travelling upstream (towards Robinvale) you must row on the Victorian bank side. When rowing downstream, you must row on the New South Wales side of the river. When passing slower river craft, you are to pass to the left of the craft you are approaching and intending to pass. Do not pass between the craft and the riverbank. Give way to boats overtaking you. When rowing in the dark (morning or evening), you must fit your boat with a light at each end to increase visibility of your boat. Boat lights need to be visible through 360 degrees and from 500m away. Rowing without a light is an offence and the



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club will not be held responsible if you fail to abide by this rule. The club has a number of lights which are available for use. Therefore, the responsibility is yours.

Regattas

Rowing Victoria's racing season runs from October to April each year. A number of regattas are held locally and regionally.

In order to represent the club at regattas you will require a Mildura Rowing Club uniform. See the website Merchandise page for details.

All rowing clubs have a designated set of colours - Mildura's colour combination is Maroon with a Gold 'V'. As competitors in an approved regatta, the crew must all be wearing the same club uniform. Competitors must assist with the boat loading for each regatta that they participate in. Boat loading is usually conducted the day before leaving for a regatta. Boats are then rigged on arrival and de-rigged after their last use at the regatta. Boat rigging is then conducted back at the club after the regatta and the boats have been returned.

All competitors at regattas need to submit the required entry form and fee. These can be found on this website under the Members Area.

Social Events

The club holds a number of social events throughout the year. Keep an eye out for details of upcoming events on the club notice board and website

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. 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 Committee.

Social Members and Friends

The club is always keen to extend it's membership base to non-rowing members who are interested in joining a community organisation.