

ROWING SA CLUB FORUM

FEBRUARY 2024



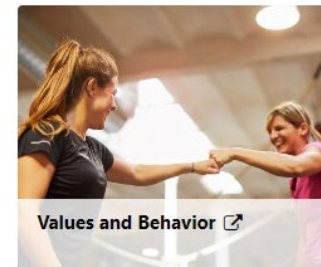
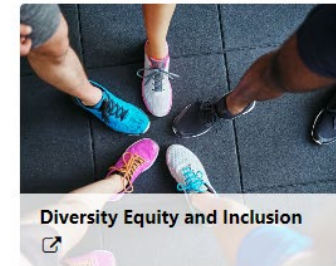
AGENDA

1. Australian Sports Commission – Game Plan (introduction)
2. Rowing SA Education Sessions (overview)
3. 2024 Rowing SA Championships (updates/information)
4. Rowing in Australia Gender Diverse Transgender Inclusion Guidelines DRAFT
5. Dilemma: Retention of athletes and coaches in sport (and rowing)

ASC – GAME PLAN

- ASC launched Game Plan in December 2020
- Game Plan is a free online platform that allows sporting clubs to get insights into their current capability in key areas of club administration..
- then supports ongoing club development with a suite of tools.
- Clubs can assess and evaluate their own environment, identifying their unique strengths and potential areas for improvement.
- Volunteers are the heart of every club. Game Plan makes it easy for club leaders to assess and analyse information about holistic club operations, to make good immediate decisions whilst developing clear plans for the club's future.

WHAT YOU GET...



RESOURCES

- Under each module heading are tools and resources designed specifically to support and improve your club's capability.
- You will also find links to eLearning, webinars and podcasts aligned to specific modules to support capability building across your committee and club stakeholders.
- **Example. Marketing and Communications**
- Templates, Job Descriptions, Guidance on running and promoting a club, social media template and a sponsorship template

Click on each tab below to explore the available resources to support your club plans, learning and improvements. You will find useful forms, templates and example policies to customise and implement at your club.

Some resources are linked to sport and sector groups as well as other ASC platforms (Sports Learning Centre, Clearinghouse for Sport, etc.). These links may require you to create a profile in order to access the resources which will help create an individual record of learning and completion of some fantastic eLearning and development courses. Some external links may require payment to access courses and learning.

General, Forms & Templates

eLearning

Podcasts

Webinars

Name	Description
Gof Aust: Marketing and Communications Resources	Golf Australia Club Support Resource Library
Role Description Template: Communications Manager	Guidance when developing role descriptions for your club.
Running and Promoting a Club	Guidance on running and promoting a club.
Social Media Policy Template	A social Media policy template for sport clubs
Sponsorship Proposal Template	A template when making sponsorship or fundraising requests.

WHEN IS THIS AVAILABLE?

- Rowing SA has a workshop to attend on the 27th of February for the Game Plan workshop
- This is an in person workshop and will provide all the information around supporting clubs for using Game Plan.
- Stay tuned!



ROWING SA – EDUCATION SESSIONS

EDUCATION SESSIONS

Is your Crew Regatta ready?

- Vicki Knight has developed a presentation to assist schools with preparing for regattas.
- She is available to run these presentations in person. She has a short and a long version.

- **PPEP Talk**
- Funded by Active Inclusion and the ORSR PPEP are currently providing this invaluable program at no cost to all South Australian Sporting Groups and Leagues as part of the Game changing. Period. project.

EDUCATION SESSIONS

- The program aims to:
 - *Deepen understanding of the menstrual cycle's impact on training among coaches, supporters, and players.*
 - *Empower young individuals with the knowledge to identify endometriosis and other pelvic pain symptoms.*
 - *Foster proactive health-seeking actions for prompt intervention.*
 - *Equip coaches and supporters with the strategies to effectively manage pelvic pain, thereby reducing training and performance disruptions.*
 - *Boost mental health and overall well-being.*
- **Rowing SA is proud to announce, they will be supporting our athletes by providing sanitary products as a trial.**



TWEAK PHYSIO

Tweak Physio provides three tailored Rowing Services that may interest you: Rowing Screenings, Rowing Education group sessions and Rowing Pilates.

These are suitable for school, club, masters and elite rowers.

1. Rowing Screening involves a multitude of targeted movements and musculoskeletal assessments to allow for Risk of Injury identification and prehabilitation.
2. Rowing Education is an informative group session designed to teach athletes across a range of sport related topics. Bespoke group sessions can range from 30-90 minutes and can be facilitated as either theory only or included a combination of theory and variety of exercises for flexibility and core. Perfect for camps or during training. These can be tailored for coaches and parents also.
3. Rowing Pilates focuses on improving core strength which is crucial in rowing to assist in injury prevention. Whether a once off or regular sessions, we are able to provide tailored classes centered on a mat based routine. This includes strengthening and mobility exercises targeted to the rowing stroke focusing on both prehabilitation (to avoid injury) and rehabilitation (during injury).

2024 ROWING SA CHAMPIONSHIPS



- **Regatta Draw**
 - Timelines
 - Reminders
 - Communications to be sent Tuesday morning.
- **General Operations**
 - President of the Jury
 - Weather
 - Security
 - Set up
- **Volunteer rosters**
- **What's happening on the land?**
 - **Saturday**
 - 2.15 pm-3.15pm : Her Excellency the Governor of South Australia
 - 2.30pm : Welcome to Country & Anthem
 - 3.30pm Official Function : OAR Café
 - **Both Days**
 - Stall holders
 - Charcuterie Boards & Pimm's
- **Official Function Saturday 3.30pm – tickets available**

GDTIG

- Rowing in Australia Gender Diverse Transgender Inclusion Policy & Guidelines
- **POLICY:** An exception arises under various legislation to permit discrimination in sport based on gender identity where the relative difference in strength, stamina or physique of a trans or non-binary participant is significant in the sense that it has an appreciable effect on their ability to compete.
- **GUIDELINE:** an individual may participate in the event which best reflects their Gender Identity. This is in accordance with the Sex Discrimination Act 1984 (Cth), which explains that it is unlawful to discriminate against a person based on sexual orientation, Gender Identity and intersex status.

GDTIG

High Performance and Performance Pathway	Community Rowing Events
SA State Team events (inc. SASI activities, Pathway VIII)	Para-rowing events
All SA State Championships events	Master events
Open Grade events	2 nd Grade events
Under 21 events	3 rd Grade events
Under 23 events	Novice events
Under 19 events	Social/recreation/exhibition events/sprint/Time Trials (non-selection)
National Time Trial series (state-based)	School events
	Head of the River*
	Any other event not listed

**In accordance with the rules and policies of the Heads of School Rowing Committee.*



DILEMMA

Retention of athletes in sport (rowing)

**“ IT TOOK ME 17 YEARS AND 114
DAYS TO BE AN OVERNIGHT
SUCCESS. ”**

Lionel Messi

Active children do better at school - how do we keep teens in sport?

By [Mary Ward](#)
February 4, 2024 – 5.00am



It's a time when many students across the grades of adolescents involved in sport, they may even improve.

Researchers at the University of Groningen, based on data from more than 4200 students in the government's Longitudinal Study of Amsterdam, have found that



EVIDENCE-BASED LIVING

bridging the gap between research and real life

IN THE MEDIA

THE LEARNING CENTER

CORNELL COOPERATIVE EXTENSION

YOUTH DEVELOPMENT

HOME

You are here: [Home](#) / [Evidence-Based Living](#) / [Active kids do better in school](#)

Active kids do better in school



There's good news out this week for youth who play sports. A new systematic review published in the *Archives of Pediatric and Adolescent Medicine* has shown a positive relationship between physical activity and improved academic performance.

Researchers at the EMGO Institute for Health and Care Research in the Netherlands reviewed 14 studies primarily focused on physical education and school sports, but only two met their standards for high-quality scientific research. The studies, which included children ages 6 to 18, found children who participated in regular physical activity performed better in the classroom. Researchers say that may be because physical activity enhances brain function and thinking skills by increasing blood and oxygen flow to the brain, as well as triggering the release of feel-good hormones like endorphins.



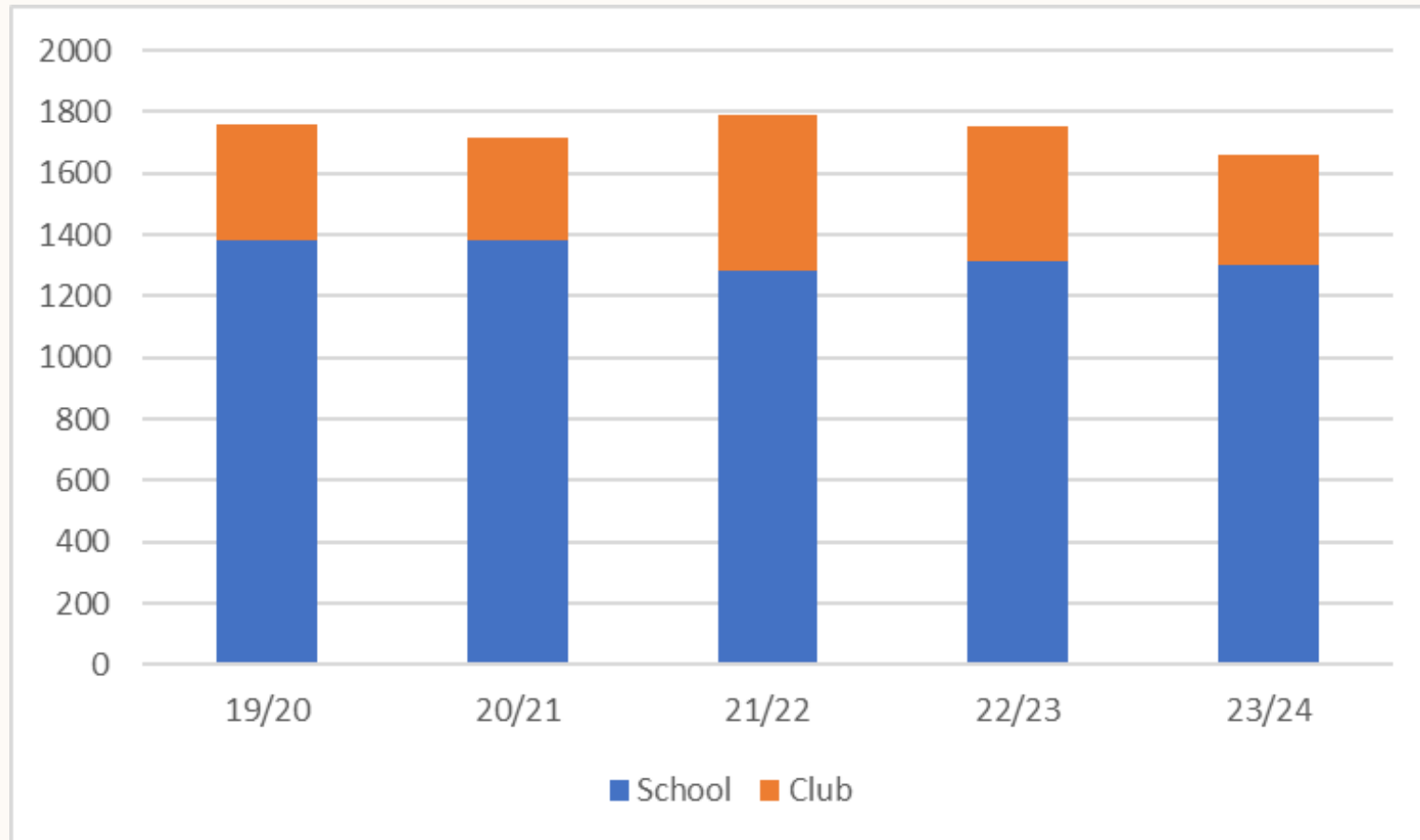
THE CURRENT SCENARIO

- Kids are involved in sport at primary school-age
 - Active participation
 - Encouragement by coaches and family
 - Developing ability
 - Enjoyment
 - With friends
- Youth involvement in sport is still ok, but the start of the dropout
 - Competition
 - Medals
 - Results
 - Talent ID
 - Winning
- Dropout for some occurs when not participation focused

THE CURRENT SCENARIO

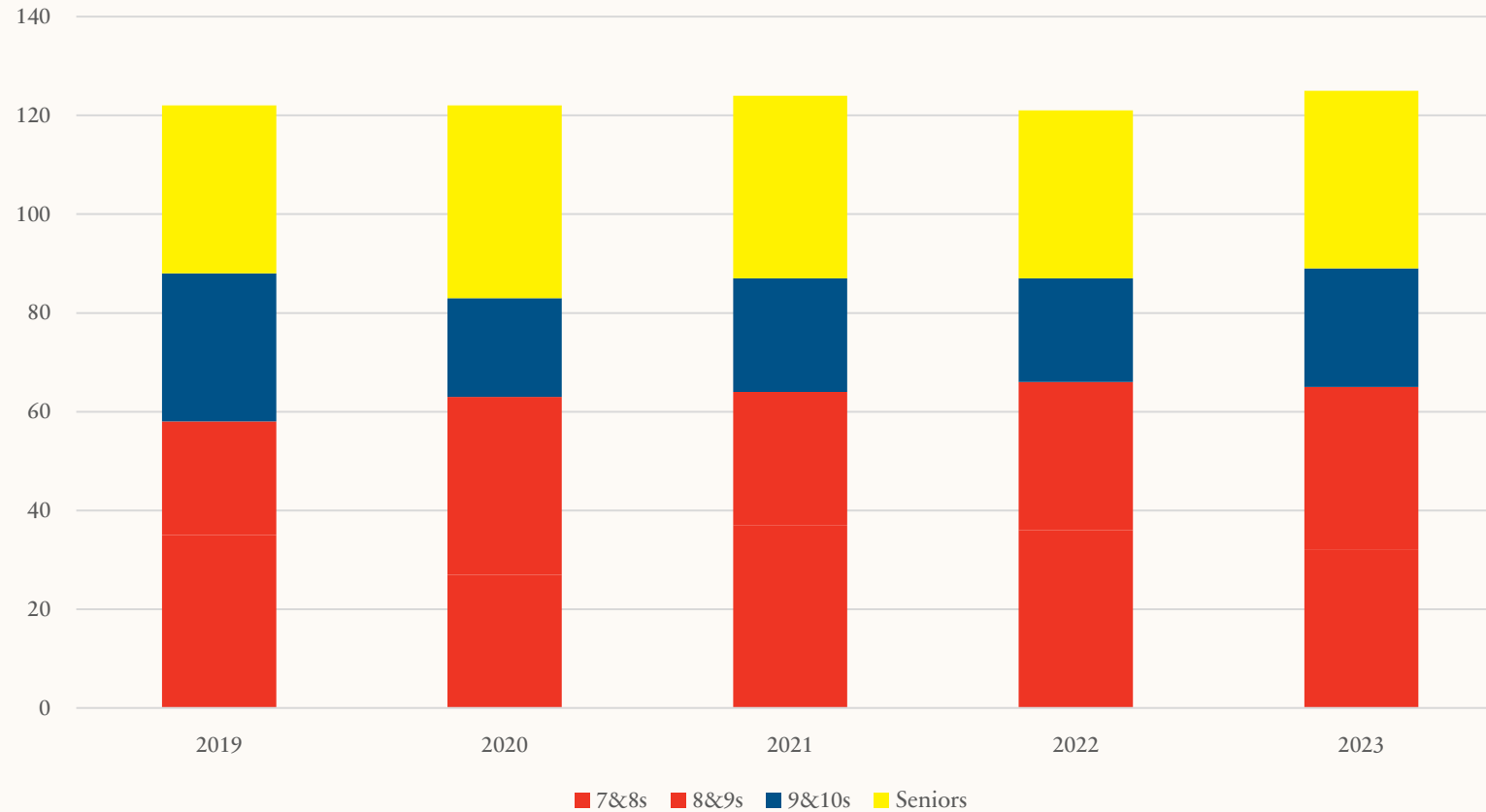
- First, to provide context...
- There is around a 30% drop-out rate from children in organised sport aged between 9 and 17
- By age 17, 50% of girls had dropped out of sport entirely, despite most acknowledging that sport can make them feel more confident.
- By age 14, girls are dropping out of sport at x2 the rate of boys.

ROWING SA TRENDS

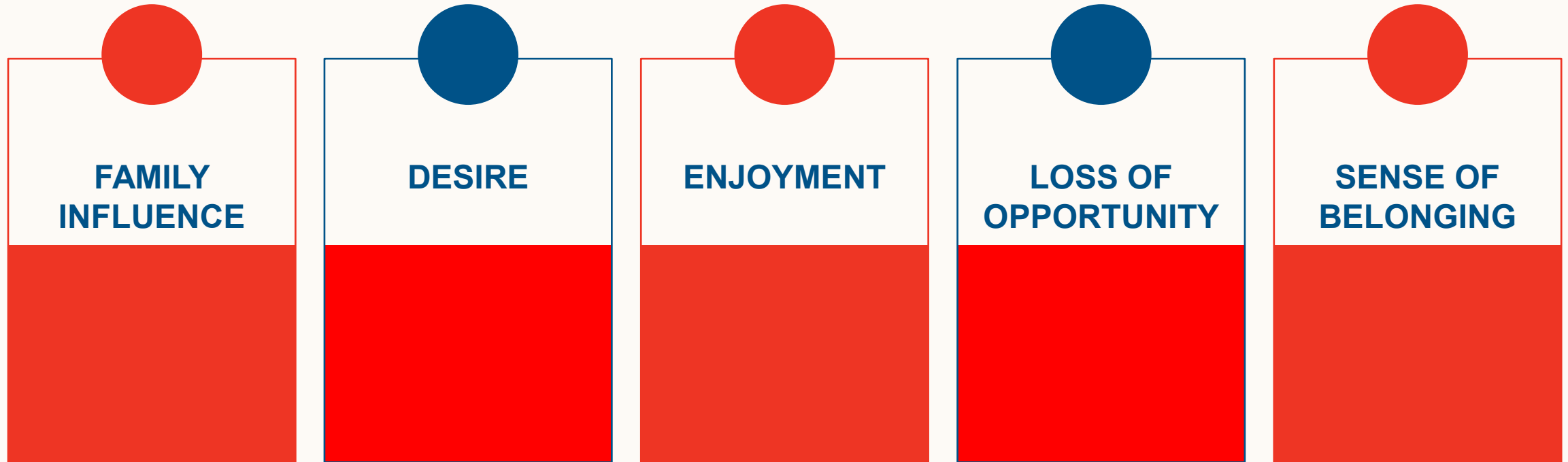



ROWING SA TRENDS

Head of the River crew #s - last 5 years (crews of 4)



UNDERSTANDING ATHLETE MOTIVATION






The social climate created by the club, the supportive relationship the coach is able to develop with the athlete, and supportive relationship between athlete and parents are key factors requiring attention if sport clubs and school sport teams wish to retain athletes.



AREAS OF FOCUS

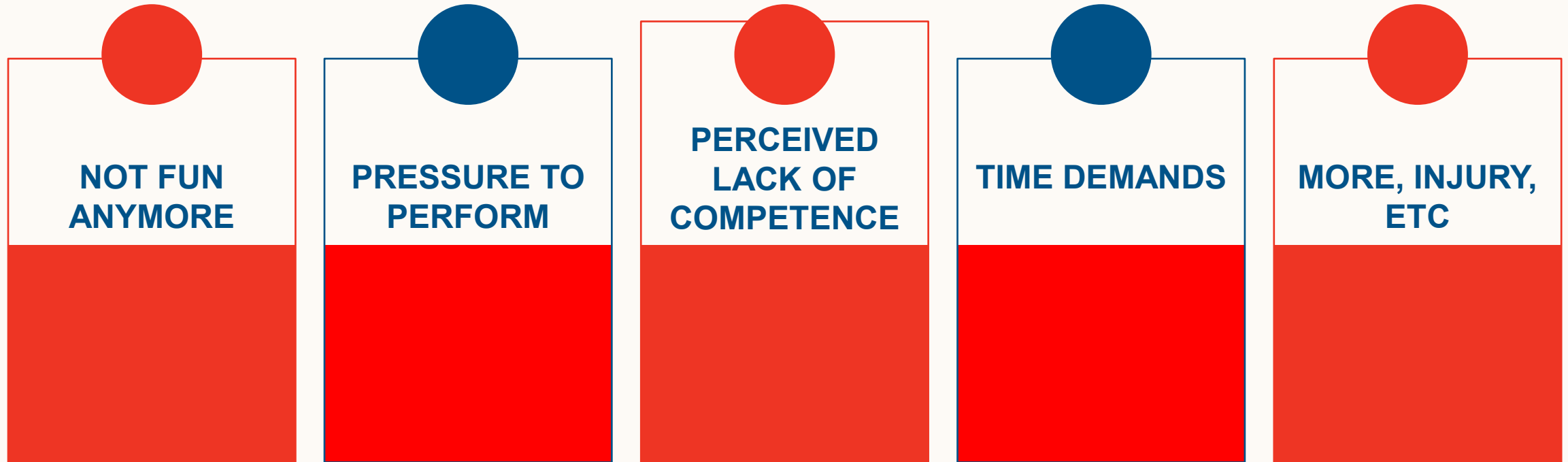
- Athlete-centred
- Programming informal, fun, modified races
- Turn up and race
- Modified training crews
- Training is enjoyable
- Allow those athletes who want more to get more



Quitting sport is an evaluation of meaningfulness of sport in life, whereby it is determined that other options are more meaningful.

That is other leisure-time activities are increasingly more meaningful.

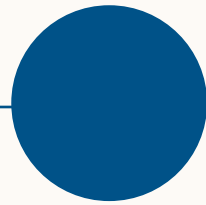
REASONS FOR DISCONTINUATION



AREAS OF FOCUS

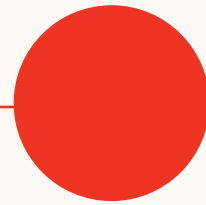
- Give athletes techniques for coping with pressure
- Prioritise enjoyment in training and competition (especially for younger athletes)
- Teach time management for kids
- Take a flexible approach to programming, so athletes can do other things that they want to in their lives
- Praise effort more than outcomes

HOW WE GET THERE



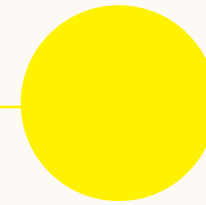
ROWING SA

- Education
- Regatta formats
- Promotion
- Lead
- Membership options
- Offer opportunities



CLUBS/SCHOOLS

- Clear values which sets a positive and inclusive culture
- Flexibility
- Programming to suit various groups
- Positive coaches
- Supportive environment



COACHES/PARENTS/ COMMUNITY

- Encouraging
- Belonging
- Focus on the athlete
- Athlete setting their goals
- Involved and engaged

YOUR THOUGHTS?

- Do you agree/disagree?
- What works/what doesn't?
- As a collective what can be done?
- What have you seen work?

