



ASPIRE SPORTING
ROWING PROGRAM HANDBOOK

History and Rationale

'Fitter, Faster, Stronger & Smarter'

Varsity College has a proud history of being among a small number of Independent State Schools to offer the sport of Rowing. Ideally located on Lake Orr, the ASPIRE Rowing Program provides students the opportunity to be involved in a sport otherwise not accessible to other schools along with a pathway to Olympic dreams.

Goals and Purpose

The ASPIRE Rowing program aims to provide students an unparalleled opportunity to develop towards 'elite' levels in Rowing, through elite coaching opportunities and specialised strength and conditioning. Targeted support is provided to encourage students to reach their full potential as athletes, whilst promoting academic success and instilling Varsity College's **CHAMPIONS OF CHARACTER** values.

- **RESPECT:** Respect for your team, team-mates, coaches, teachers, college, and yourself through the demonstration of a strong work ethic and honourable behaviour.
- **INTEGRITY:** Adhering to our Aspire and College core set of values and principles and conducting yourself with pride.
- **RESPONSIBILITY:** Being accountable for your actions on and off the sporting field.
- **SPORTSMANSHIP:** The continuous demonstration of a positive attitude and respect for our team, the opposition and the game.
- **LEADERSHIP:** The ability to lead by example, accept direction from others and support and encourage player development and a love for the game.

Key Personnel

Head of Department

Ty Dowker – tdowk1@eq.edu.au

Ty is the Head of Department for Health and Physical Education. Ty joined Varsity College in 2017 after extensive experience as an Acting Head of Department and Sports Coordinator in his previous schools of Coombabah SHS and Miami SHS.

Ty is an Experienced Senior Teacher, and is very passionate about the importance of health, fitness and well-being for students, both educationally and practically. Ty's role is to oversee the management of the program, and provide support to teachers, students and parents in maximizing student outcomes in their study of ASPIRE Rowing Program.

Senior Lead Head Coach ASPIRE Rowing

James Harcombe

Coaching Experience:

- Varsity College 2017- Present
- Griffith Uni Surfers Paradise, University Co-ordinator 2016-2018
- 2014-2016 Coomera Anglican College

Program Overview

The ASPIRE Rowing program is conducted as an extra-curricular activity to allow students to access all academic opportunities available at the college, whilst still providing students the opportunity to develop their sporting ability.

The below training schedule is an example only. Training days and times will be communicated by the coach prior to the season starting.

Junior Secondary 'Learn to Row' Program on land and water training times:

- Tuesday 2:45pm – 4.45pm
- Thursday 2:45pm – 4.45pm

Senior Secondary on land and water training times:

- Monday 5.30am-7:30am
- Wednesday 5.30am-7.30am
- Friday 5.30am-7.30am

Students MUST be on time and ready to train as per the program training times set out above. If a student is unable to take part for any reason they are to notify the Head Coach via email, phone or in person.

Competitions & Tournaments

The ASPIRE Rowing program takes part in several weekend based Regattas throughout the school calendar year providing our program students with a great opportunity to represent the Varsity Vikings, work as a team and enjoy the sport of rowing at a competitive level. The regattas start with the Gold Coast Regional All Schools Rowing Association Regattas and then flow on to higher competitive levels, such as:

- South Queensland Championships, Wyaralong Dam
- GCR Inter-Regional Selection Time Trials, Wyaralong Dam
- Queensland School State Championships, Rockhampton

Partnerships and Industry Links

Varsity College ASPIRE Rowing is a proud partner with Griffith University Rowing. The partnership provides opportunities for athletes to access State and National pathways in Term 4 only each year. In Term 1, 2 and 3 it is school season and Varsity College students will not be permitted to row or compete with any other rowing institution.

Student Selection Criteria

At the start of each school year, an invitation will be forwarded out to all Varsity College students from years 6-10 to come and experience the great sport of rowing through our Rowing Open House. There is no pre-requisite of rowing experience required, but more of an opportunity for new students to learn about the sport of rowing on the land and in the water. From the 'Open House' a "Learn to Row" program will be established for those new to the sport while talent identified athletes with rowing experience will also be provided to join our ASPIRE Sport Rowing Excellence Program.

Successful applicants for the ASPIRE Rowing Excellence program will need to demonstrate (and provide supporting documentation for):

- Complete and submit the ASPIRE Rowing Expression of Interest Form
- Above average academic results in all subjects
- Very high levels of behaviour and effort
- High levels of physical fitness displayed at the ASPIRE Rowing Open House
- A clear desire for extending their skills within their chosen sport and contributing to the broader sport community of the college.

Upon completion of an interview process, staff and specialist teachers will decide on the suitability of each applicant. Successful applicants will be notified by the school.

Expectations and Commitment to Program Requirements

The ASPIRE Program is committed to providing and maintaining a high performing and supportive learning environment for all its students. Being a part of the ASPIRE Program is a privilege, and students involved in the program must value and respect their placement. To this end, ASPIRE Students will endeavour to perform at the highest level across the Global ASPIRE Performance Areas:

Academic (classroom and extra-curricular)

- Maintain high academic standards in all subjects (No 'D' or 'E' standards)
- Submit all assessment complete and by the due date.

Behavior and Effort

- Maintain a very high standard of behaviour and effort across all subject areas.
- Respect teachers and fellow students at all times.
- Be punctual and prepared for all lessons.
- Display high levels of behaviour at all times, not only during ASPIRE lessons, but with all Varsity College staff (teaching and non-teaching), contract and supply teachers.

Culture

- Students understand they bear responsibility as an ambassador of the ASPIRE Program to be seen as a positive role model to others within the local community
- Maintain a high level of school attendance in order to maintain learning standards.
- Active participation in competitions, events, activities and excursions related to the ASPIRE Program.
- Maintain high uniform standards in line with the Varsity College Appearance Policy.
- Be accepting and tolerant of all students.
- Show modesty and humility in interacting with students.

Application Process

The Varsity College ASPIRE Program applicants are required to:

- Complete the online ASPIRE Program Application which can be found on the Varsity College website. Upload all required documentation as required and submit by the closing date.

Please note that incomplete applications will not be accepted.

- All Applications must be received no later than **27th March 2023**
- You will receive further correspondence about testing dates and times once your application has been received and processed.

Upon completion of the application process, staff and specialist teachers will decide on the suitability of each applicant. Successful applicants will be notified by the school and the ***school's decision will be final.***

APPENDIX 1: Student Parent Agreement

Student Agreement

I understand the purpose of the ASPIRE Program is to select and retain the most highly motivated and knowledgeable students who will maintain the level of commitment, dedication and interest necessary to successfully achieve quality learning outcomes in their program of study.

The ASPIRE Program will create and maintain a learning environment of like-minded students that will support me in achieving my personal and academic goals in my program of study.

1. In all areas of college life, I understand that I bear responsibility as an ambassador of the ASPIRE Program to be seen as a positive role model to others within the local community.
2. I will endeavour to perform at the highest level across the Global ASPIRE Performance Areas.
3. I will demonstrate grit and determination as I strive towards my goals with the support of my parents.
4. If I do not adhere to the standards of the ASPIRE Program I understand that I may be removed from the program and forfeit my entrance fees.

I would like to accept my position to be a part of the Varsity College ASPIRE Program in 2024. I am aware that by accepting a place, I will agree to adhere to the ASPIRE Expectations and Commitment to Program Requirements and uphold the values and expectations therein.

Parent Agreement

I understand that the purpose of the ASPIRE Program is to provide my child with a learning environment that supports and facilitates quality learning outcomes in their program of study. I also understand an aim of the ASPIRE Program is to ensure that I, as a parent, am supportive of both my child in the program and of Varsity College.

I will, as much as possible, assist my child in maintaining a high level of commitment in order to successfully achieve quality learning outcomes in their program of study.

I will commit to the following:

- Assist my child in maintaining a high level of attendance in order to maintain learning standards.
- Actively encourage my child to maintain high standards in all subject areas.
- Provide support to my child and the college in adhering to Varsity College policies and procedures.
- Monitor the completion of homework set.
- Where possible and convenient attend Parent Teacher Interview Evenings
- Maintain open lines of communication with the college to ensure success for my child.
- Meet all financial commitments as outlined during the application process (please note all ASPIRE fees are non-refundable)

Signed: _____
(Parent)

(Student)