



Join our crew

17 - 22 January

Bishops Rowing Club - January Camp

Umshanti, Swellendam
R3750
COVID Protocols



RSVP
bsmith@bishops.org.za
by
08 January 2021

powered by

 PIKTOCHART



BISHOPS ROWING

BISHOPS DIOCESAN COLLEGE

GENERAL ROWING IDEMNITY FORM 2020/2021

To be completed by a parent or legal guardian:

Please do not return form unless ALL the information is given and please ensure it is completed clearly.

Full Name of Student AS PER _____

ID: Name generally used: _____

ID number of Student: _____

DOB: _____ Phone: (cell): _____

Full name of parent/guardian: _____

Full name of parent/guardian: _____

Postal address: _____

_____ Code: _____

Contact Details Home: _____

Work: _____

Cellphone: _____

E-mail: _____

Contact details to be used in the case of an emergency if not the same as parents' details above:

Any allergies/medical conditions: _____

Any chronic medication taken: _____

Any special dietary requirements: _____

Name of Medical Aid: _____

Med. Aid No: _____

Name of Principal member: _____

ID Number of Principal member: _____

Name of General Medical Practitioner (GP): _____

Contact Details of GP: _____

Definitions

The terms set out below shall have the following meanings:

“Related Activities”: means those activities which are directly or indirectly related to the Student’s involvement in Rowing and/or which form an ancillary part of the practise, training and participation in events (competitive or otherwise), of Rowing and its related activities, which are organised and/or supervised by the School and/or its representatives, and shall include, amongst others, the following events:

- training camps;
- regattas (both indoor and outdoor);
- prize giving ceremonies and events;
- provincial and national trials/selections;
- social events;
- transportation to and from events;
- accommodation at events or training camps; and

- medical services offered by representatives of the school at the abovementioned events.

“Parent”: means the parent or legal guardian whose details appear above and who is the signatory to this Indemnity;

“Student”: means the student, whose details appear above and who participates in Rowing;

“Rowing”: means the sport of rowing in the form offered by the School, from time to time, as an extra- mural activity and includes all forms and variations of such sport;

“School”: means Bishops Diocesan College, situated at Rondebosch, Cape Town, South Africa and its employees, agents, parents and associated bodies and representatives, acting on behalf of the school.

Duration

Irrespective of the date of its signature, the provisions of this indemnity form (“Indemnity”) shall have effect from 1 September 2020 and shall apply to Rowing and all Related Activities in which the Student participates for the period 1 September 2020 to 31 August 2021.

The Parent:

- Warrants that, s/he is authorised to: act as bona fide guardian of the Student, to conclude this Indemnity and agree to be bound by and comply with the provisions set out below;
- Gives his/her consent for the Student to take part in Rowing and all the Related Activities;
- Acknowledges that, although care shall be taken to ensure that all the potential activities included in and associated with Rowing and the Related Activities have been explained to the Student beforehand, certain additional activities may be undertaken on a “spur of the moment” basis or, in response to unanticipated requirements applicable to the Schools, or Student’s, participation in Rowing and/or the Related Activity and, that this Indemnity shall apply to all such activities;
- Acknowledges and confirms that the Student may be required, or elect, to participate in activities which are potentially risky and/or dangerous and which expose the Student to the possibility of incurring physical injury, loss or damage. The Parent confirms that all such activities will be undertaken at their and the Student’s own risk. To the extent that the Student may, in any way, suffer any form of injury, loss or damage, as a result of partaking in any of the aforesaid activities, the Parent agrees to hold the School harmless and to indemnify and absolve the School from any and all responsibility and all claims arising out of any such injury, damage and/or loss which may be suffered by the Student except to the extent that such injury, loss or damage arises as a result of gross negligence by the School;
- Acknowledges and confirms that, whilst the School will take reasonable measures to supervise the Student’s participation in Rowing and the Related Activities, the Student will be responsible for all decisions made, and acts performed, by him which are not in accordance with instructions given to him by the School. To the extent that the Student may fail to adhere to a safety instruction given or, act in any manner contrary to any instruction given to him by the School, and accordingly cause himself to be

exposed to more risk and/or danger than is ordinarily necessary and/or contemplated in the circumstances, the Parent acknowledges that no liability will be incurred by the School and indemnifies the School accordingly;

- Confirms that s/he has understood, and considered the implications of, this Indemnity in its totality, and has furthermore explained the consequences hereof to the Student;
- Confirms that, in the event of the Student being injured whilst participating in an activity performed by the Student as contemplated above, then and in that event, any employee or representative of the School shall be entitled, whilst always exercising a duty of care, to act in *loco parentis* and take all such reasonable decisions as may be necessary in respect of such injury. In such instance, the Parent is deemed to have consented to any urgent medical treatment being administered to the Student should such consent be required on an urgent basis and should it not be possible to obtain the prior consent of the Parent of the Student;
- Agrees that, in the event of the School incurring expenditure and/or suffering loss (other than as a result of gross negligence) in assisting the Student in any manner anticipated above, it shall fully refund the School for any and all amounts expended in respect of the medical care of the Student and any related costs and/or charges, including any travelling costs incurred in ensuring that the Student is transported to an appropriate medical facility. Such refund shall be made within 14 days of the School requesting it;
- Undertakes to immediately advise the School, by way of written notice to the nominated School representative, of any changes in the details reflected above, including change of: contact details, medical conditions and/or medication taken by the Student.

Signed by Parent: _____

Date: _____



BISHOPS ROWING

2021 JANUARY CAMP – Umshanti, Swellendam

OPENS: **Friday, 15 January – Friday, 22 January 2021**
U16, U15 new Grade 8's: **Sunday, 17 January – Friday, 22 January 2021**

Dear Parents,

Details for the January camp are as follows:

TRANSPORT

Boys will be transported in a school bus.

TO THE CAMP

Please drop your son at the Astro at the main Bishops entrance at **6.30am** on his respective date of departure. Please pack your son breakfast to eat en route.

RETURNING FROM THE CAMP

Boys will return after a morning session and will arrive at school around lunchtime. They will get a breakfast after this morning session before they depart.

If you wish to pick your son up from the camp you need to be at the venue no later than 9.30am, Friday 22 January.

Boat packing:

Boat packing will take place on Thursday 14 January, at 2 pm at ZKV. All rowers are requested to attend. New Grade 8s/U14s are not required to help pack boats.

Erg trials:

Erg trials will take place as follows:

- 1) Opens – Thursday, 14 January @ 8am.
- 2) U15, U16 – Saturday, 16 January @ 8am, or as arranged with age group coach.
- 3) New Grade 8s/U14s are not required to have erg trials.

If your son can't make either boat packing or Erg trials, he must excuse himself from his coach and Brad Smith.

ACCOMODATION AND CATERING

The group will be staying at Umshanti, Swellendam www.umshanti.co.za. Catering for all groups will be done by Umshanti. New rowers - please indicate special catering requirements to Brad Smith.

Opens, U16 and U15

Staying in cottages.

Bedding is provided but **NO TOWELS**.

Each house has a full kitchen and fridge that the boys can use to keep snacks and drinks in.

U14

Camping

This age group will need to bring their own tents, mattresses, pillows, sleeping bags and towels. There are communal showers, toilets and a communal kitchen with a freezer.

WHAT TO PACK

Towels for showering and for at the water.

Torch

Lip ice

Sunblock – very NB!!

Water bottle that can be used to mix energy drinks

2x Buffs/masks (one is worn on the bus)

Hand sanitiser

Mosquito repellent, e.g. Tabard (very important as they sleep close to the water)

Grade 8s – tent, mattress, pillow, sleeping bag and towel.

CLOTHING

Tracksuit

2 x lightweight Bishops shorts

1 x Bishops Rowing shirt (golf style)

Trisuit

Long sleeved blue Rowing shirt

Rowing cap and/or brimmed hat – it can get really hot!

Running shirts

Casual clothes (shorts, t-shirts, top, etc.)

Underwear

Socks

Takkies

Slops

Towel/s

Swimming kit

Toiletries / sunblock

Any personal medication

Please note that the evenings can get cold – please pack warm clothes for the evening.

OTHER

1x 10mm spanner and 1x 13mm spanner

Book, cards, rugby/soccer ball for relaxation periods

ENERGY FOOD AND DRINKS

2 x bottles Energade concentrate or GAME sachets

Additional healthy energy snacks e.g. Jungle Oat Bars, Granola Bars, Energy bars, Biltong, Dried fruit, Unsalted nuts.

PLEASE NOTE THAT NO JUNK FOOD WHATSOEVER IS TO BE SENT. THIS IS A SPORTS CAMP AND THE BOYS WILL BE EXPENDING A HUGE AMOUNT OF ENERGY AND NEED HEALTHY FOOD ONLY TO REFUEL SO THEY WILL BE ABLE TO PERFORM TO THE BEST OF THEIR ABILITIES.

PREVENTION OF HAND BLISTERS

One or two rolls of:-

STRAPPAL (made by BSN Medical), 4cm x 10m – it is a lightweight, rigid strapping tape with a low allergy adhesive. Hand tear-able. Available from certain Pharmacies (generally Constantia Village Pharmacy has this in stock).

OR

A similar version approved by Bishops Rowing Club is available from the Bishops School Shop. The shop has been advised to order extra but you can call them on 021 659 1970 at the school shop to check they have in stock.

OTHER

Tap Water: The water is safe to drink.

WiFi and Cell Reception: There is both but it's not great in all areas.

Valuables: Boys are not encouraged to take any valuables with them as the school cannot accept responsibility if these go missing.

Marking of kit: Please ensure that all clothing and other items are clearly marked with your son's name.

Lost property: Please ask your sons to make every effort to take all their belongings home with them at the end of the camp. The coaches cannot be held responsible for any lost property.

Behaviour: Please remind the boys that as members of Bishops Rowing they are representing the school at all times and are expected to behave appropriately.

Indemnity forms: Please ensure these have been completed in full and returned to Brad Smith – Bsmith@bishops.org.za as they contain important information that we require in respect of our rowers.

Yours in rowing,

Bradley Smith
Master in Charge Rowing



BISHOPS ROWING

Nov 2020

Dear 2021 Grade 8 Bishops College Parents,

JOIN OUR CREW!

When your son joins the College next year, he will have several exciting sporting choices, one of which is rowing. Bishops is one of the few Cape schools to offer rowing. As rowing is a completely new sport for boys in Grade 8, they may not have considered it as a major summer sport historically, and many parents have not previously been exposed to rowing.

We have included a video link in this letter to you, which we encourage you to watch with your boys. For all the uninitiated, it is an opportunity to visually understand a bit about what rowing is about and appreciate the love of the sport as voiced by the boys themselves.

At Bishops, rowing is much more than a social sport. We compete on a national level and have even sent several boys through to the National Teams who have held the Bishops flag high.

The 2020/21 rowing season has been severely interrupted by COVID, but is slowly getting underway again, and should be fully up and running from January 2021. The season is usually from September through to March of the following year, with regattas and events in both terms. This year however, we are doing as much training as possible in the fourth term with regattas and events only in the first term of 2021.

ROWING IN GRADE 8 – FAQs

When is the rowing season?

The 2020/2021 rowing season starts in September and ends at the end of the first term in 2021- after the SA Schools Championships (usually the first week of March). The rowing season for new Gr 8's will start in January 2021 with the kick-off rowing camp in Swellendam.

How often do they practice in a week during season?

There are 3 compulsory vlei sessions (at Zeekoevlei) each week – Tuesday and Friday afternoons and Saturday morning. There is also 1 ergo session on a Thursday afternoon at Bishops in the Erg shed.

Training times usually start after school (3:15pm) and ends around 5:30 – 6:00pm. Erg sessions (Thursdays) usually end a bit earlier. Water/vlei training sessions are weather dependent, and your son's coach will let them know if it changes.

Does the school offer transport to vlei sessions?

Bishops provides transport to and from the vlei for all compulsory rowing sessions - **except Saturday training where transport is available for boarders only**. Boys can be picked up from the Vlei or from school after practices.

Do tours and camps cost extra?

Yes, as with any sport at Bishops, tours are an additional cost. We do, however, book transport and accommodation many months in advance in order to get the best rates possible. All transport and logistics for tours and camps is co-ordinated by Bishops.

What 'uniform' do they need?

The rowing 'uniform' consists of a Bishops tri-suit, rowing T-shirt, long sleeved rowing T-shirt and cap – all available from the school shop. There is an optional rowing jacket.

Is Bishops considered a “good” rowing school?

Bishops Rowing has always excelled. Bishops has, over the past few years, achieved many successes both locally and internationally, and offers boys local and potentially international touring opportunities whilst at Bishops.

The past two seasons have been the BRC's most successful ever, with the 1st VIII winning Silver at the SA Schools Rowing Championships, and a Bronze at the “Boat Race” in Port Alfred in 2019. The Open Coxless Four won gold in 2019, the U16 Pair and U14 Octuple won bronze at the SA Schools Championships in 2020. In Brad Smith, the Club boasts one of the most highly rated schoolboy rowing coaches in the country.

Notwithstanding these achievements, rowing is not just about winning. Rowing is the quintessential team sport and gives all boys the opportunity to participate and achieve. Rowing instils invaluable disciplines of teamwork, communication and resilience. Most of our rowers are also excellent students – rowing provides structure and focus. Rowers develop strong, lasting friendships with Bishops boys and rowers from other schools in the Cape and around the country.

What benefits & opportunities does rowing offer?

Rowing offers several benefits, and may be an excellent choice for your son if he has a desire to:

- Build his character
- Put himself to the test and push the limits with respect to endurance and strength
- Compete and excel in his chosen sport – at school, at university and throughout his adult life
- Have the opportunity to compete both provincially and nationally
- Represent his school and country in international competitions
- Eat healthily and be super fit (and well prepared for winter sports)
- Build long-lasting friendships
- Spend quality time outdoors doing something that he is passionate about

Under normal circumstances, Grade 9 rowing boys get the opportunity to spend a week at Eton College in the UK, rowing with boys from around the world. It is expected that every second year a trip to the “Head of the Charles Regatta” in Boston, one of the worlds’ premier regattas, will be undertaken. These can be life-changing experiences, and many rowing club boys are welcomed into international Ivy League and top UK universities. This is a significant attraction of this sport.

We took the opportunity to ask a few new Rowing Parents from the past few years to give us input as to what rowing has meant for their son. We thought we would share a few of these with you:

Story 1

“When Josh said he wants to do rowing, based on the scary stories I have heard before; very early weekend mornings on the dam, relentless training sessions, tired boys and weekends away, I wryly thought that this enthusiasm for a new sport would be short lived once the reality sets in.

I was right on a few things; early weekend mornings and relentless training sessions for the boys.

What I was not anticipating, was the amazing positive spin off’s; the attitudinal (positive) turnaround in my son (and all the other rowing boys) and the great bonding with other parents around this sport. We were soon drawn in (quite willingly) to the sport. Bishops Rowing is a broad kinship that extends beyond just “the boys on the boat”. Some amazing observations after the first 6 months in the community:

- **Not once** (only since he started rowing - to be clear) has my son complained when he has to get up in the mornings - even on non-rowing mornings. On rowing mornings even better, — up Saturday morning at 05:30 to be at a rowing event or training session - no groans - just do it! ... massive change in attitude.

- Rowing is as much a team sport as rugby or hockey - seemingly even more so. Not in a jock, gung-ho backslapping type of way, but a 'we are here for each other' sense. The boys seem to all still be touching base now in the 'off season' and looking forward to October so they can get cracking again...
- The boys learn that there is as much, if not more, to do 'off the water' as on the water. Looking after their boats and setting it up (rigging, de-rigging, cleaning and storing it). The term "pulling your weight" has its origins in rowing and clearly impacts in their broader outlook.
- My son now scoffs at Coca Cola or other cool drinks - "Too much sugar, dad!" — and has, coming out of their rowing coaches, decided to eat healthy (except for the obligatory Steri Stumpies' after rowing and the odd KFC which we buy for boys with a huge and urgent appetite on the way back from rowing practice).
- Watching the boys row (whether practicing or in a race) is a pleasure every time.... and always in a pleasant, gentle and somewhat social setting....
- The parents are more involved than in any other sport at the school - and you can't help but want to be involved in some small way or another once you have gone to a practice or event or two.
- We have been introduced to a 'new' fascinating sport of which before, I only had a distant glimpse.

If your son is contemplating rowing ... it will be a great positive decision he makes if he goes for it it must be his decision, as he will commit to the sport and soon be pulled along in its wake! If you have time, read "The Boys in the Boat" by Daniel Brown ... a truly wonderful book on rowing that reads like novel - you will be hooked.

Story 2

Our son was brand new to Bishops. We thought we'd send him on the rowing camp in January mainly for him to meet and interact with some of his peers before the start of the school year and didn't put any pressure on him about the actual rowing part. He's not a rugby type, but has a good, tall build and a strong mindset and we were secretly hoping that he would take to the sport. After 4 days he was not only a convert to the sport, but had also made some lovely friends, which meant that he could start on day 1 at Bishops and had some friendly 'hello's'.

From there it was all systems 'go'! He committed himself fully to rowing and we could see the change in him, not only physically, but also mentally as he'd found his 'thing'. Suddenly he was part of a team of lovely boys who challenged and supported each other. Training was tough, but he realised that he was onto something amazing and while it was tough in the first term along with everything else going on, he was glowing. We are so pleased that our son has found his niche sport which suits his personality to a T and couldn't have been prouder to have supported him and the rest of the team at SA Schools Rowing Championships in March.

Story 3 – Watch the Rowing video!

<https://vimeo.com/457789733/49facd92ac>

What are the costs involved in rowing?

We always endeavour to keep all costs as low as possible and have not had an increase in the rowing levy since 2017, although it may be necessary in Term 4 of 2021. Cost containment is a priority for us.

While the school makes a generous contribution towards these costs, the rowing levy is charged to parents in Term 4 and Term 1 to cover the running costs of the club. The rowing levy is R2 000 per term for the 2020/2021 season. This includes an annual membership fee for every rower to the Zeekoeivlei Yacht Club, and contributes towards the weekly transport to/from the vlei for the boys, coaches, fees, maintenance and repairs of the boat fleet etc.

It is important to note that the greatest part of the costs charged includes the costs of camps/tours and regattas not at home. In addition, an entry or race fee is also charged per regatta, per entrant – home and away. In order for Bishops to remain competitive as a main school Summer sport, there are typically 4 home, and 4 away Regattas in the season, as well as two camps – one in September and one in January. In the current season the regattas have been scaled back and rescheduled due to COVID restrictions, so the Term 1 will be very busy.

It is important to note that the costs of the camps/tours/away regattas are subject to change. They are also charged to parents on a direct cost recovery basis. This means that the final cost per boy is dependent on the size of group, the number of coaches that need to accompany the group, availability of accommodation, meals, type of transport etc.

All camps/tours/regattas are managed on a case by case basis, with the assurance that value and cost is always protected. We have put together approximate cost projections below for the various tours and camps left in the season - based on 2019/2020 actual costs, which should help you to plan and budget accordingly.

DATE of 2021 event (subject to change)	CAMP/ REGATTA	APPROXIMATE COSTS (based on 2019/2020)	INCLUDES (but not limited to, and is variable)	TEAMS
Jan 17-22	January Camp	R 3,750	Travel, accommodation (5 nights), meals, coaches, boat transport	All
Jan 30	Nick Whaits Regatta (Elgin)	R 400	Travel, coaches, race fees, boat transport	All
Feb 6	Novice Regatta (ZKV)	R 350	At ZKV so no travel costs	U14/U15

Feb 13-14	Western Cape Champs (Elgin)	R 975	Travel, possible accommodation, meals, coaches, race fees, boat transport	All
Feb 26-28	Possible Misverstand training weekend	R 1250	Travel, accommodation (2 nights), meals, coaches, boat transport	U14/U15 /U16
Mar 05-07	SA Schools Champs	R 8,650	Travel, accommodation, meals, coaches, race fees, boat transport to Roodeplaat	Selected Crews

This will mean that IF your son is selected for the SA Champs, your budget for the first term is approximately R 15 000, if not, it is considerably less. In 2020, all of the U14 boys went to SA Champs. Most parents budget an extra term's fees to cover a full season's commitments (both terms).

What is WESPRO?

WESPRO is the official provincial race and officials organisation for regattas and rowing the Western Cape. It is made up of volunteers – mainly parents from Western Cape Schools involved in rowing. You will soon get an invite to get involved in officiating at events, or if you have your own boat, be invited to skip as a safety or race boat at WC regattas.

What is the Bishops Rowing Committee?

The Bishops Rowing Committee is made up of volunteer parents of Bishops Rowers that are elected each year to support, grow and raise funds for rowing at Bishops. Key contact persons are:

Chairperson: Graydon Morris, 082 576 7923, graydon@sterlingwealth.co.za

Master-in-Charge: Brad Smith, 071 362 6695, bsmith@bishops.org.za

Treasurer: James Mason, 083 457 6543, james@kalander.co.za

Communications: Paula Barnard, 083 417 8569, barnardpaula4@gmail.com

Each age group has an age group representative that helps with any queries, and logistical arrangements for regattas, camps and general info.

We hope that you decided to join a very special fraternity of parents and boys.

Kind regards,

Brad Smith
Master in Charge: Rowing