From the editor:

Spring time, sunshine, warmer weather....all very inspiring for an exciting summer of regatta’s to come. I am sure everyone will be buoyed by the stellar performances of ACT rowers at the recent World Championships in Eton, England. A huge congratulations must go to Sonia Mills and Sarah Cook who won Bronze medals in the W4x and the W8+ respectively. Also to Craig Jones who competed in the M2x. All three ACT rowers performed incredibly well and I wish them all the best for continued success. It was great to see so many rowers joining the BMRC fundraiser at the ACT Rugby Union Club to watch the Finals being broadcast live on the big screen.

I would like to take the opportunity of thanking all members for welcoming me into my role as Executive Officer for Rowing ACT. It has been three months now and I really enjoy working with you all and appreciate your contribution to our wonderful sport. I am always happy to chat to members and would love to hear any ideas you may have to continue moving rowing forward.

Yours in rowing,

Camilla Hayman

Youth Cup

The ACT fielded a young but talented group of Juniors to compete in Adelaide from the 1st—3rd September for the 2006 Youth Cup. Each Australian state and New Zealand sent a team of 9 rowers to compete in a small boat (2-, 2x or 1x), a big boat (4– or 4x) and a coxed eight. It was a great opportunity for the rowers to gain some quality racing experience against tough competition in rough waters.

Notable performances were Emma Cook and Erin Neil in their Division 1 and 2 A Final single scull races who were both competing against rowers who have recently returned from the U23 World Championships. The Women’s Division 1 pair and four both performed well to reach the A Final and acknowledgement must go to Grace Peatey who stepped up well as a last minute substitution.

All ACT rowers performed with distinction on and off the water and were great ambassadors for the ACT. We look forward to all the rowers who competed to continue rowing in the future years.

New Zealand won the Rusty Robertson Trophy ahead of South Australia and Queensland.

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<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
<th>Date/Details</th>
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<tbody>
<tr>
<td><strong>Winter Time Trial presentation breakfast</strong></td>
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<td>Saturday 23rd September, 10am</td>
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<tr>
<td><strong>Technique and Injury Workshop</strong></td>
<td></td>
<td>14th September, Sports House</td>
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<tr>
<td><strong>Disher Cup</strong></td>
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<td>Saturday 14th October</td>
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<tr>
<td><strong>Col Panton Marathon</strong></td>
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<td>Sunday 15th October</td>
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<tr>
<td><strong>ACT Indoor Rowing Championships</strong></td>
<td></td>
<td>Saturday 28th October</td>
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<tr>
<td><strong>Technique and injury—14th September</strong></td>
<td>Workshop</td>
<td>14th September, Sports House</td>
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<tr>
<td><strong>Rowing Australia Coaches Conference</strong></td>
<td></td>
<td>(Gold Coast) 6th—8th October</td>
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<tr>
<td><strong>NTC Time Trials</strong></td>
<td></td>
<td>Sept 15th, Oct 13th, Nov 11th</td>
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<td><strong>Australian National Championships</strong></td>
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<td>5th—11th March 2007</td>
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<tr>
<td><strong>ACT State Championships</strong></td>
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<td>24th-25th March 2007</td>
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<tr>
<td><strong>Regatta #1</strong></td>
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<td>21st October (LTRC)</td>
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<td><strong>Regatta #2</strong></td>
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<td>4th November (Daramalan)</td>
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<td><strong>Regatta #3</strong></td>
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<td>18th November (CGGS)</td>
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<td><strong>Regatta #4</strong></td>
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<td>2nd December (BMRC)</td>
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<tr>
<td><strong>Bridge to Bridge</strong></td>
<td></td>
<td>26th January</td>
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Capital Lakes Trivia Night

Capital Lakes Rowing Club are hosting a Trivia Night on Saturday 16th September, 7pm at the Canberra Labor Club in Belconnen. $10 per person and 8 people per table. A fantastic opportunity to socialize and test your knowledge! Please contact either Sally on sally.napper@defence.gov.au, 0422 222 648 or Michelle beam@grapevine.com.au, 0434 077 146 for details or tickets.

Congratulations! ACT at the World Champs!

@ your shed

Has your club got any news to share with the ACT rowing community? What about your rower of the month? Or a monthly club contribution award? Any events you would like us to know about? Anything to rent, buy or sell? Any fundraising activities? Please send anything you would like to post in this newsletter to actra@rowingact.org.au
Rowing ACT is committed to providing all members with ongoing opportunities to further develop their knowledge about the sport. A series of workshops has been set up and we have been fortunate to secure some very well respected professionals to spend some time with us.

A $5 contribution will be required to attend and refreshments will be served.

Many thanks to those who attended the first workshop on What is Rowing? The next workshop on the 14th September will be an informative evening about the impact of technique on injury and an often neglected side of training—stretching and flexibility.

2) When: Thursday 14th September
Who: Ivan Hooper (ex-rower, AIS Physio, Rowing Australia Sport Science and Medicine Coordinator)
Where: Sports House 7—9pm
Topic: Core Stability, stretching, injury prevention and the impact of technique on Injury.
Get the latest info on what is good for your body and how to optimize your technique and minimize your chances of injury.

3) When: Thursday 19th October
Who: Lyall McCarthy, Head Women’s Coach, AIS and Rowing Australia
Where: Sports House 7—9pm
Topic: Rowing Technique
An open forum discussion to quiz one of Australia’s top coaches on rowing technique. Lyall was AIS and Rowing Australia’s Coach of the Year 2005.

4) When: Tuesday 31st October
Who: Camilla Hayman, Executive Officer, Rowing ACT
Where: Sports House 7—9pm
Topic: Summary of Rowing Australia’s Coaches Conference
A summary of the topics presented at the Conference, including: Trends in World Rowing, Where is Australian Rowing?, Effective Coaching, National Technical Model, Talent Identification, Effective Mentoring, Establishing Physical Literacy, Coxes assisting Coaches.

5) When: Tuesday 14th November
Who: Brian Richardson, Head Men’s Coach, AIS and Rowing Australia
Where: Sports House 7—9pm
Topic: Being an effective Head Coach, coaching Big Boats
Brian has been the Head Coach of several countries and coached crews to Olympic and World Championship medals. Brian will share some of his international experiences and discuss how these can be transferred into your club.

6) When: Thursday 7th December
Who: Gordon Marcks, ACTAS Head Coach
Where: TBA
Topic: Effective Rigging and rigging for technique.
This will be an interactive workshop where Gordon will share some of the techniques used to optimize boat set-up for individual rowers, and discuss the impact of rigging on technique.

7) When: Wednesday 24th January
Who: Noel Donaldson, High Performance Director, Rowing Australia; National Team Athletes
Where: Sports House 7—9pm
Topic: Noel Donaldson—Towards Beijing and London Athletes—Race Preparation experiences
An opportunity to hear from the coach of the Oarsome Foursome on some of the achievements of rowing in Australia and the direction for the next Olympiad. National team athletes will also be there to share some of their race preparation experiences and answer questions.

8) When: Thursday 22nd February
Who: Michelle Colt, AIS Dietician
Dr Shona Halson, AIS Recovery Specialist
Where: Sports House 7—9pm
Topic: Nutrition and Recovery Strategies
Michelle and Shona will work together to share some rowing specific practices to optimize diet and recovery for different stages of the season and rower competitive status.

Note that presentations 2, 3, 5, 6, 7 and 8 can all contribute as points toward Recognition of Prior Learning for Coaching Courses.

Please promote these workshops to your members, families and friends!
Coaching Courses

Unfortunately the Level 2 course has had to be cancelled due to lack of numbers. Given the current coaching crisis in the ACT, I encourage you all to participate in one of our courses to become up skilled in coaching. This will improve the performance of rowers in local competition, interstate competition, decrease injury and of course improve your enjoyment of rowing!

The Level 1 Coaching Course will still be held on October 15th. Please advise if you would like to attend by the 22nd September (actra@rowingact.org.au).

A Boat Drivers license course will be held shortly to compliment the timing of the Coaches Course.

Boat Race Officials

Boat Race Officials are an integral part to Rowing ACT's regatta's—we couldn’t do without them! Not only do they line everyone up, follow races, look after everyone's safety and do the starts and finishes; they are the first to arrive, the last to leave and the nicest rowing officials in the country! If you are interested in getting the best view of races on regatta days, put your hand up to be a BRO—no experience necessary. A fun day guaranteed. For more information, please contact Geoff Northam—geoffnortham@optusnet.com.au

Money, Money, Money!

It may be depressing to know that the ACT Government are cutting back funding to sport by about 20%—30%, but you will be happy to hear that there are more opportunities than ever to source funding from other areas. Here are some useful links:

Foster's Community Grants: Various amounts available, Closes Friday 29 September 2006
Community grants are being offered by the Foster’s Group as part of their community sponsorship initiatives within the Foster’s in the Community Framework. The grants support high-quality charitable and community outcomes by offering funding to genuine not-for-profit groups and charities. Some of the 2005 recipients included South West Sports Assembly – Takes 2 to Tandem (Vic – Australia) and Nestles Rowing Club – Disability Rowing Program (Vic – Australia). For further information please contact (03) 9633 2246 or, to download the selection criteria, visit http://www.fosters.com.au/about/fosterscommunitygrants.htm

Sportscover Sponsorship Fund: Maximum $1,000, Closes 22 September 2006
Sportscover Australia, in association with SBS television, is offering twenty $1,000 grants between August and December 2006. The funding has been made available for amateur sporting clubs and associations throughout Australia. For further information please contact (03) 9721 4700 or visit http://www.sportscover.com/sponsorship.html

Aim for the Stars Grants: Maximum $6,000, minimum $1,500, Closes 30 September 2006
The Layne Beachley Aim for the Stars Foundation was created to inspire girls and women across Australia to dream and achieve. Layne Beachley is no stranger to hard work and success. She has secured six consecutive world surfing titles in her career and was recently inducted into the Australian Surfing Hall of Fame. Her dream is to now help young women further their educational and/or professional development. For more information please contact the foundation at info@aimforthestars.com.au or visit http://www.aimforthestars.com.au

QUIZ!

At the 1992 Barcelona Olympics, Australia won 7 Gold medals across 5 sports. Can you name these sports?
Answer: Rowing (2), Equestrian (2), Swimming (1), Canoe/Kayak (1), Cycling (1).

This month's question:

Henry 'Bobby' Pearce won back to back Olympic Gold’s in the single scull in what years?
Answer will be published in the next issue!
A report on the Regatta sub-committee meeting held on 6th September 2006. Notes on meeting by Camilla Hayman.

The regatta sub-committee have asked the Rowing ACT Management Committee to introduce Rower Scores into local regattas to replace the former status rules. While acknowledging that this will be a big experiment for all concerned, the experience in Victoria of this scheme is very positive. Why did the Victorians introduce the Rower Score?

Rowing Victoria found that 48% of new rowers are aged 23+ years, that 33% of rowers are 35 years +, BUT that 80% of newcomers leave every year. They felt the drop out rate from newcomers is due to inflexibility of competition rules, and that training commitments are too great to mix family, job and rowing. This high drop out rate is very wasteful of coaching resources and leads to the same numbers of people competing over the years. This is a problem for ACT Rowing. Our numbers have been the same for many years. The high drop out rate leads to stagnation of numbers despite large volunteer coaching efforts. The Sport is funded by the number of competitors and therefore has limits placed on funding support. The Victorians have reported increased participation following on from adopting Rower Scores.

How will Rowing ACT run its Rower Score Regattas?

The Regatta sub-committee has decided to adopt a single Rower Score (RS) for individual rowers irrespective of whether they are scullers or rowers or both, whether male or female, masters, student or club member. Thus crews of the same speed should compete against each other, but they may well be of different ages and sexes. Crews will average the RS for the individuals on board.

Breakdown of groups, score, percentage of rowers in each group and boat classes as follows. Note that boat classes are based on entries over previous years, coxed and coxless boats would be in the same race and that Group A = Elite (predominantly male), Group E = Novice:

<table>
<thead>
<tr>
<th>Group</th>
<th>Rowers Score</th>
<th>Percentage of rowing population</th>
<th>Distance</th>
<th>Boat classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>0.0 – 1.5</td>
<td>8%</td>
<td>1800m</td>
<td>1x 2x, 2-, 8+</td>
</tr>
<tr>
<td>B</td>
<td>1.51 – 2.5</td>
<td>20%</td>
<td>1800m</td>
<td>1x, 2x, 2-, 4x, 4-, 8+</td>
</tr>
<tr>
<td>C</td>
<td>2.51 – 3.0</td>
<td>25%</td>
<td>1500m</td>
<td>1x, 2x, 2-, 4x, 4-, 8+</td>
</tr>
<tr>
<td>D</td>
<td>3.1 – 3.5</td>
<td>25%</td>
<td>1000m</td>
<td>1x, 2x, 4x, 4+, 8+</td>
</tr>
<tr>
<td>E</td>
<td>3.51 – 4.0</td>
<td>22%</td>
<td>1000m</td>
<td>1x, 2x, 4x</td>
</tr>
</tbody>
</table>

Regatta sub-committee recommendations:

- The Rower Score be adopted – inclusive of school, clubs, masters, males, females.
- ROMS (Regatta Online Management System) be used for Regatta entries.
- Close of entries be 6pm Saturday prior to regatta.
- Draft draw to be available by Sunday evening.
- Draw night to be held on Tuesday evening – changes to crews permitted but no new entries.
- Invoices prepared and sent on the Wednesday prior to racing.
- Boat classes as above.
- Crews permitted to race above their Group.
- Camilla Hayman to investigate the RP7 regatta management software and integration of RS with ROMS.
- Graham Tanner to revise the Race program.

How the system will operate.

The Rower Score is a representation of your rowing ability so rowers compete at their appropriate level. It operates similar to a golf handicap – the more talented you are, the closer your score will go to 0. Inexperienced or novice rowers will have a high Rower Score (closer to 4).

All ACT rowers are currently registered within ROMS (Rowing On-line Management System). Their recommended Rower Score (RS) will be attached to their name by the beginning of October.

A delegated representative from each club will enter the entries into ROMS by 6pm on the Saturday prior to racing. Draft draw will be available on Sunday for review before the Draw night on the Tuesday. No changes allowed after this time and invoices will be sent out on the Wednesday prior to racing.

Should you wish to enter a crew that has members across different Groups, ROMS will automatically work out the average for the crew and assign the crew to the appropriate Group.

Results are imported into ROMS which makes the appropriate changes to the score based on the days racing.

Your RS will be calculated by 3 variables – your age, the distance you raced over, and the win multiplier.
• The win multiplier is a set value (0.15) that if you are racing consistently, you should win 1 in every 7 races.
• The age value is a number from 0 – 1, depending on your age. The number increases from 0.0 – 1.0 from 11 years old to 23 years old, stays the same for 23 – 27 year olds, and decreases from 27 years old onwards. Eg a 13 yo would have a score of 0.25, a 19 yo would have a score of 0.86, a 25 yo would have a score of 1, a 43 yo would have a score of 0.63, a 75 yo would have a score of 0.002
• The distance value is based on the value over 2000m. Eg 2000m = 1, 1800m = 0.9, 1500m = 0.75, 1000m = 0.5.

A win equals 1st place, a loss is 2nd – 6th. The formula works as follows:

IF YOU WIN:
New RS = old RS – (old RS x 0.15 x distance x age)

IF YOU LOSE:
New RS = old RS + ((old RS x 0.15 x distance x age) x 0.15)

Examples:

IF YOU WIN:
If current RS = 3.3
Win value = 0.15
Distance (1000m) = 0.5
Age (35) = 0.86
New RS = 3.3 – (3.3 x 0.15 x 0.5 x 0.86)
= 3.3 – 0.2128
= 3.087

IF YOU LOSE (ie 2nd or any other place):
If current RS = 3.3
Win value = 0.15
Distance (1000m) = 0.5
Age (35) = 0.86
New RS = 3.3 + ((3.3 x 0.15 x 0.5 x 0.86) x 0.15)
= 3.3 + 0.0319
= 3.3319

Benefits:

• Increased competition - all crews will be competing against rowers of a similar capability.
• Mixed races (which are very popular among ACT Masters) become part of the normal program with the option for participants in other age groups, and other combinations (eg father/son)
• Increased opportunity to win races.
• Ability to move between Groups depending on how your skills improve/deteriorate throughout the season.
• Experienced rowers can mix and match with novice members, and compete in crews at a less intense standard than they would under current rules.
• Option to race above your Group, but not below (eg if you wanted to have two 4x races in a day, you could enter in Group D and Group C).
• Ability to join crews with rowers above or below your standard and compete at the Group of your crew average.
• Entries will be made online – save time!
• Ability to view your Rower Score online as you wish.
• We would be in line with other major states (VIC, QLD, SA).
• Events would be run with full races (ie, 6 lanes).
• Shortened regatta program – should be done by lunch time
• Make it attractive for the many former School and club rowers to return to the sport without having to compete against the best of elite crews in their age group. Other sports can accept fun runs, mixed sex touch footy etc. If we are a sport for life those training twice a week should be encouraged to compete among appropriate competition, just as much as those training every day.
In a major new initiative aimed at attracting more coverage and public interest in the sport within the Capital Region, ACT Rowing Association will hold the inaugural ACT Indoor Rowing Championships on 28 October 2006.

We anticipate a minimum of 200 entrants in this first year of the competition but intend to make the championship an annual event and increase the number of participants each year.

We are aiming to attract not only current rowers but other sport participants and “gym goers” to the event and expose the wider sporting and fitness community to competitive indoor rowing.

The championships will include individual and team events.

Race categories include the traditional 2,000m, 4 minute and 500m fly and die for individuals and 10 minute team races.

Included in the team category are a corporate event and a celebrity event.

All races will be held on connected Concept 2 Model ergometers and allow for side by side racing emulating the on-the-water lane format.

Enhanced computer monitors indicate the rower’s progress graphically with little boats moving across as rowers pull their way down the course.

The racing is real as spectators get to see the rowers pull and out pull their competitors in this unique setting.

Stay tuned!