From the editor:

You can really tell that the regatta season is about to kick off when the sun starts waking you up in the morning instead of the alarm clock. I am expecting this season to be really exciting with lots of close races thanks to the introduction of the new Rower Score racing format. Rowing ACT has also adopted a new Regatta Management system in line with other states. I would like to thank Martin Sessions for the considerable time and support he has provided to Rowing ACT as regatta software manager over the past 8 years.

You may have heard in the media that the ACT Government has only just released the Sport and Recreation budget for 2006/2007. In light of this and previous advice of the potential for an increase in fees, Rowing ACT has advised clubs of a new fee structure. This structure will cover affiliation for all rowers, competitive and non-competitive. This is because the representation and services provided by Rowing ACT is for the benefit of all lakes users. Rowing ACT also provides Personal Accident insurance for all lake users and Professional Indemnity insurance for coaches with a Level 1 coaching accreditation. We appreciate your understanding in this matter. Unfortunately the budget decrease has brought sporting funding in the ACT back to 1991 levels and in order to maintain and improve upon the support Rowing ACT provides to the rowing community, the fee increase has been necessary.

On a lighter note, Rowing ACT was fortunate to receive media coverage in the Canberra Times and on 666 ABC Grandstand for the Disher Cup and the Col Panton Marathon this weekend. Both were exciting events and I look forward to increased coverage of rowing in the ACT leading to improved membership and participation in our sport.

Yours in rowing,

Camilla Hayman

Disher Cup—ADFA clean sweep!

The Australian Defence Force Academy staged an assault on the water on Saturday to achieve a clean sweep of the annual Disher Cup events.

Windy conditions proved to be no barrier for the crews from ADFA, RMC and ANU who contested the historical event in memory of Dr HC Disher who stroked the AIF crew at the Henley Royal Peace Regatta in 1919 and brought the Kings Cup to Australia.

The M8+ was a tight event where the lead changed half way through. ADFA finished ahead of ANU and RMC. In the W4+ ADFA finished ahead of ANU, ANU(2) and RMC. ADFA finish ahead of RMC in the M4+.

This year was the first time that the Disher Cup was an official Rowing ACT event.

Col Panton Marathon

Canberra Masters’ rowers proved an exceptional force in the marathon on Sunday winning all five trophies.

Panton Memorial trophy (winner): CRC MWE8+

Cootapatamba Cup (1st 4x across the line): BMRC MMC4x

Black Pete trophy (fastest womens boat (non-scholarship)): CRC/Toowong MWB4x

Skippers trophy (fastest boat): CRC/Toowong MMB4x

Steggeman Shield (fastest 4+): CRC MMD4+.

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Canberra was well represented at the Murray for the Royal Flying Doctor Service Murray River Rowathon, with 10 rowers from Canberra Rowing Club and 4 from Canberra Grammar forming the Canberra Eight, and three crews from Capital Lakes. The event was a fundraiser for the RFDS and congratulations go to Capital Lakes for winning the Jack Joel trophy for the most funds raised by a club for the rowathon.

The Canberra Eight rowed the 92 kms in 8hrs, 4 minutes and 33 seconds, and was placed 9th out of 19 boats. This was an awesome (oarsome) achievement by the 14 crew members, five of whom rowed the three legs, which totalled 74 kms. Our boat, which was loaned to us by the Robinvale Rowing Club, proudly carried a replica of the Parliament House flagpole on the bow and thanks goes to Gai Dennett for organising the making of the flagpole.

The volunteers from the district of Robinvale made the day very enjoyable organising the breakfast, morning and afternoon teas and lunch. The township is only very small and to provide the manpower for such an event was really amazing. We all had a great time, the weather was perfect and we didn't suffer any injuries. To anyone who hasn't competed in such an event, we urge you to consider taking the trip, which is similar to the row that Charles Sturt undertook 175 years ago in a whaleboat with six others down the Murrumbidgee River to the Murray River mouth, but unlike us, they rowed back again to where Narrandera is now.

The other significant highlight for Robinvale was the opening of a new bridge on the Saturday but unfortunately we missed the festivities as they took place when we were on the water. We also missed out on driving across the new bridge as it was promptly closed again after all the vintages cars and officials drove across it, to be reopened on the following Monday. At least we can say we were probably the last to drive across the old bridge, a section of which will be part of a memorial in the centre of the town after it is demolished.

Irene Brewer, Canberra Rowing Club

92km rowing down the Murray River might be a long way but the 15 member crew from CLRC had such a good time that planning has already begun for doing it again next year.

Our 2x with John Harris and Bob Sykes were one of just three unchanged crews who completed the whole distance. They did it in 8hrs 10mins. The 4x with three crew members rowing the whole distance did it in 7hrs 48mins and the Octo with another three completing all four legs of the race achieved 7hrs 6mins, bettering their time from last year.

We were honoured to receive the Jack Joel Cup for our fundraising efforts for the Royal Flying Doctor Service. A special acknowledgement should go to the Canberra based firm Communications Design and Management who provided significant sponsorship for a number of our crew.

Heather Neil, Capital Lakes Rowing Club
Professional Development

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. All workshops are held at Sports House, 100 Maitland St, Hackett. A $5 contribution will be required to attend and refreshments will be served.

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 Cort, AIS Diietician
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!

Cootapatamba Cup

The Cootapatamba Cup was presented to Rowing ACT earlier this month. The trophy, named after a 1993 Sykes built quad scull was kindly donated by the boats current and previous owners David Boughton, John Daley, Graham Humphries, Rodney Moss, Michael Peedom, Susan Donoghoe and Peter Macartney and is awarded to the first quad across the line in the Col Panton Memorial Marathon.

Cootaptamba is Australia’s highest lake, located near Mount Kosciuszko.
**Coaching Courses**

Last weekend Rowing ACT held the first coaching course for the year, a Level 1 which 24 people attended. Acknowledgement must go to Chris and Justin from the Federal Water Police who were able to present on safety and lake regulations.

I would like hold a Level 3 course in the new year, but first need to gauge the interest in the ACT to justify it going ahead. If this sounds like your cup of tea, please let me know at actra@rowingact.org.au by November 10th. Remember that you need to have held your Level 2 accreditation for 2 years.

**Boat Race Officials**

With the Regatta season finally upon us, Rowing ACT is in critical need of some more volunteers to assist as Boat Race Officials. You don’t need to commit to every single weekend and your duties can be tailored to your interests. Fun stuff like aligning, starting, following the races in a tinnie, waving the finish flag, recording times and marshalling at the finish are all part of the roles of BRO’s. Plus you can get a free on-water BBQ!

If you have even a couple of regattas this season that you may be able to assist officiating at or would like further information, please contact Geoff Northam—geoffnortham@optusnet.com.au

**Bagg’s Blog**

Lyall McCarthy is speaker at the next Rowing ACT Workshop to be held on Thursday, 19 October starting at 7pm at Sports House, 100 Maitland Street Hackett.

Lyall will talk about Rowing Technique.

Lyall has an incredible record internationally as a coach, and is Australia’s most successful rowing coach. Australia ranks number one nation in World Rowing for women’s events, and Lyall is a major force behind that ranking with his successful crews over recent seasons. Since Lyall was appointed AIS Women’s head coach in 2001, Lyall has had stunning success including Gold in the eight and four in 2001, Gold in the four and Silver in the eight in 2002, Gold in the quad in 2003 (AIS team of the year, AIS coach of the year), Olympic Bronze in the quad (2004), Gold medals in the eight and four, Silver in the pair, Bronze in the double (all in 2005, for which Lyall received the AIS coach of the year in 2006), and in 2006 Gold in womens four and Bronze in Women’s eight and quad. This consistency of results is amazing given that these results were achieved in both sculling and sweep boats, in both large and small boats. Previously Lyall had also coached the Australian Light men to win a Gold medal in 1997. During the 1990s Lyall coached some of the most impressive Schoolgirl crews to wins in the Nationals.

Lyall’s ability to consistently have good results with athletes in different classes of boats, with both males and females, different ages and weight categories makes him unique among Australia’s coaches. Lyall has been successful coaching across the entire spectrum of our sport in School, club, AIS and National programs.

Lyall will provide down to earth advice on Rowing Technique, and how to get it right. This is an exceptional opportunity for all coaches, and rowers who want their boat to go faster.

**QUIZ!**

*Last month’s question:* Henry ‘Bobby’ Pearce won back to back Olympic Gold’s in the single scull in what years?
*Answer:* Amsterdam (1928) and Los Angeles (1932).

*This month’s question:*

Sydney Middleton competed for Australia in Rowing at the 1912 Olympics. Four years previous, he competed at the Olympics in a different sport. What was this sport?
PLEASE NOTE CHANGE OF DATE!

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 25th November 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!
COXSWAIN'S COURSE

Thursday 26th October
1700 – 1900
CGGS Boat Shed

Speakers:
Brett Hayman – 1996 and 2000 Olympic Men’s 8+ coxswain
Lyall McCarthy – Rowing Australia Head coach (Women)
Camilla Hayman – Rowing ACT Development Officer

Topics:
Taking Control of a crew, Steering, traffic flow, Training Principles,
Risk Management /Safety, Training Calls and Drills,
Preparing a race plan, Pre-Race Preparation, Lining Up at the Start,
Executing and adapting a race plan, Coxswain/Rower relationship,
Coxswain/Coach relationship

All ACT coxswains, coaches and rowers are invited to attend. Thr Workshop will be interactive
with theory and practical components, video and group scenarios.

A $10 entry fee is requested and Rowing Australia Coxswain Manuals will be available
for purchase at $10 each.
RSVP to actra@rowingact.org.au or 6249 6111 by Friday 20th October.