



Issue 1

August 8, 2006

Rowing ACT

The Latest Splash

From the editor:

Welcome to the first issue of Rowing ACT's newsletter. We hope that this will help to keep you up to date with the latest news, gossip and upcoming events

The newsletter will be circulated to members and stakeholders of Rowing ACT. Please let us know if one of your friends or colleagues would like to be added to the distribution list.

We also hope that this newsletter will provide an avenue for you to share some of your thoughts or new ideas to rest of the ACT Rowing community. The newsletter will distributed every month.

Ideas for future issues include having a 'letters' or 'Dear Editor' section, a health or training section and a profile section. Please forward material or ideas.

We hope that this initiative will be supported by you - the Rowing ACT community. I look forward to receiving your input and feedback and I value the time you volunteer to the sport.

Yours in rowing,

Camilla Hayman
Executive Officer

Black Mountain RC Win the Point Score for 2005-2006!

Congratulations are extended to Black Mountain Rowing Club for taking the title of the Overall winner of the Club Pointscore (Bill O'Brien Shield). They were followed by Canberra Rowing Club and then Canberra Grammar School. The Women's competition was won by Black Mountain, Men's competition by Canberra Rowing Club, Master's by Black Mountain, Boys by Canberra Grammar School and Girls by Canberra Girls Grammar School.

Well done to all who rowed throughout the season and contributed to promoting the sport of rowing in the ACT.

Water Safety

Folks, it's still that time of the year when we need to be extra cautious when out rowing. Not only is it the weather, but also traffic rules and other lake users. Below are a few little reminders to keep us all traveling in a straight line:

- If it is foggy, don't go out.
- Wear layers of clothing so you can take some off during your session.
- If you are in a single, row with a buddy.
- Keep bow side to the bank.
- Be aware of ferries—often you can't hear them and they don't always use their sirens.
- Give way—Naturally powered boats such as yachts have right of way over man powered boats (rowing boats, canoeists), however man powered boats have right of way over motor boats.
- Wear sunnies to avoid the glare off the water.

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Events

Event: **Winter Time Trial #3**

Dates: 19th—20th August

Close of entries: 8am, Monday 14th August

Event: **Winter Time Trial #4**

Dates: 9th—10th September

Close of entries: 8am, Monday 4th September

Future dates:

Rowing ACT Annual General Meeting Thursday 24th August

World Championships (Eton, UK) August 20th—27th

Winter Time Trial Presentations 23rd September

Youth Cup (West Lakes, SA) Sept 1st—3rd

Rowing Australia Coaches Conference (Gold Coast)

Youth Cup

ACT has a talented group of youth rowers braving the mornings at the moment getting ready for the 2006 Youth Cup to be held in Adelaide in September this year. The emphasis this year has been training in big boats and already the results are looking bright. Says men's coach, Paul Cowan, "This group of young men has really come together well as an 8+ and with this increased exposure to sweep rowing, the ACT is looking forward to a successful future." Women's coach,

Dafydd Gwynn-Jones, shared the same positive view, "the camaraderie between the members of the squad combined with training in the big boats and the opportunity of being competitive with other states and New Zealand is giving us fantastic lead-up preparation for the Youth Olympics and Nationals".

Congratulations!

The first two Winter Time Trials of the season have been a great success with some fast times being posted and some perfect weather. Congratulations are extended to:

Time Trial 1

Anton Mozqueira (CLRC) *Handicap winner M1x*

Chris Ritchie (ANU) *Fastest M1x*

Lauren Burraston (ANU) *Handicap winner W1x*

Yasmin Burraston (ANU/ACTAS) *Fastest W1x*

Ben Steil/Cameron O'Neill (ANU) *Handicap winner and fastest 2-*

Fairfax/Quilty (BMRC) *Handicap winner 2x*

Waldren/Owen (CLRC) *Fastest 2x*

Robertson/Kentwell/Res/Pagan (CRC) *Handicap winner 4-*

Coombes/Watkins/Ritchie/Wilcox (ANU) *Fastest 4-*

Chiswell/Cotterill/Gordon/Bradshaw/Davis (RAD)

Handicap winner 4x

Trowell/Reid/Bagnall/Nash (BMRC) *Fastest 4x*

Farnan/Wood/Oswald/Beauman/Clear/Pfahl/Hartley/

McVicker (CRC) *Handicap winner 8+*

Gordon/Hastie/Cregan/Lowe/Jarman/Schurink/

Buchtmann/Fletcher/Glover (ADFA) *Fastest 8+*

Time trial 2

Mat Barnier (CGS) *Handicap winner M1x*

Chris Ritchie (ANU) *Fastest M1x*

Kate McLoughlin (BMRC) *Handicap winner W1x*

Yasmin Burraston (ANU/ACTAS) *Fastest W1x*

Nick Barnier/Wayne Curtois (CGS/CRC) *Handicap winner M2-*

Sam Pickett/Ian Mongan (ANU/CRC) *Fastest M2-*

Emma Southcott/Mary Quilty (CRC) *Handicap winner W2-*

Veronica Tamsitt/ Lauren Burraston (CGGS/ANU) *Fastest W2-*

Neil/McDonald (CLRC) *Handicap winner 2x*

Goddard/Macartney (CRC) *Fastest 2x*

McKay/Antill/Ellis/Greer (CRC) *Handicap winner 4-*

Robertson/Kentwell/Res/Pagan (CRC) *Fastest 4-*

Chiswell/Cotterill/Priestly/Bradshaw/Davis (RAD) *Handicap winner 4x*

Trowell/Reid/Bagnall/Nash (BMRC) *Fastest 4x*

Farnan/Wood/Oswald/Beauman/Clear/Pfahl/Hartley/

McVicker

(CRC) *Handicap winner 8+*

Owen/Campbell/Cleaver/Watkins/Curtois/Graham/Casey/

Barnier/Hughes (composite) *Fastest 8+*

@ 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

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.

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

1)

When: Thursday 17th August

Who: Camilla Hayman (Executive Officer), Geoff Northam (Head Boat Race Official, David Bagnall (coach, committee and club member) and Taryn Langdon (coach, committee and club member)

Where: Sports House 7—9pm

Topic: What is rowing? What is the structure of rowing in the ACT? How can I volunteer?

A fantastic opportunity for new faces to be introduced to the rowing scene. We are also on the hunt for family and friends to assist in the running and preparation of events.

2)

When: Thursday 14th September

Who: Ivan Hooper (ex-rower, AIS Physio, Rowing Australia Sport Science and Medicine Coordinator) and Kathy Finlay (rower, Physio—Good Sports Physiotherapy)

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 Cort, 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

Level 1 and Level 2 Coaching Courses for 2006 are all set and applications are open. Details are located on the website.

Level 1 will be held on October 15th, Level 2 on September 13th, 17th and 24th.

Recognition of Prior Learning information can be found on the Rowing Australia website under Coaching.

News

TRANS TASMAN SERIES 2006

The Trans Tasman Series was held in Sydney between 3 and 8 July. The competition involved university crews from Australia and New Zealand racing each other over a 3.4km course on the Parramatta River, a 5km course on the Nepean River, and a 2km course at the Sydney International Regatta Centre. Each country boated a men's and women's eight, a men's lightweight four, and a women's lightweight quad.

ACT rowers Daniel Coombes (ANU), Christopher Ritchie (ANU), Tom Watkins (CRC) and Mack Wilcox (ANU) were selected as the Australian University Lightweight Coxless Four. The rest of the Australian team was made up of Sydney University Boat Club rowers.

The Aussie LM4- won all of their races by large margins against their Kiwi counterparts, and thus retained the Sam Le Compte Trophy named after the well-known Tasmanian coach who trained many Olympic and World Championship crews.

Unfortunately, New Zealand emerged as the overall winners of the competition, having defeated the Australians in every race in all the other boat categories. Nevertheless, the Aussie lighty four were able to hold their heads high at the post-competition celebration -- a boat cruise of Sydney harbour at night.

The Australian University Lightweight Four would like to particularly thank the following people:

James Tyree for his dedicated and long hours of coaching; John Bowes of Sydney Rowing Club for lending out a boat and oars; the event organisers -- Alan Bennett and Phil Bourguignon of Sydney University Boat Club; Joe and Jack from Powerhouse Hotel, Glebe; Doug from Castle Hill Inn. Thanks also to Edmund from Riverview Bakers Delight, and Natalie and Ali of Thai-Tanic Restaurant in Glebe for their sponsorship.

For more info please visit http://clubs.anu.edu.au/clubs/ANU_Boat_Club/



QUIZ!

At the 1992 Barcelona Olympics, Australia won 7 Gold medals across 5 sports. Can you name these sports?

Answer will be published in the next issue.

Bagg's Blog (a veteran rower/coach/administrator has a spray)

One of the problematic areas for our sport is what we want from local regattas: how do we make them a success and how do we increase participation? A brief bit of history here. When I first arrived in the ACT in 1974, the number of participants in local regattas was about 500. Over the intervening years the numbers continue to bounce around between 500 and 600, but there hasn't been a continual growth trend, despite international success and our lake being the best place to row in Australia (in my opinion). The makeup of the clubs that compete has changed enormously over the time span that I am talking about, with proportions from different clubs changing markedly over the 31 seasons. In the 1970s eights were very much the important boats, and I recall at least one ACT Championship Eights race that involved heats. I also recall a very strong lower grade competition for what was then called maiden events for men, for those competitors who had won three (or was it four) novice races. These races involves three, four or five heats and a final. There are many differences from today: master's rowing did not exist, generally school crews also competed in these events (novice, maiden and senior/open). There was a men's lightweight fours, but only a women's single and open women's sweep four events.

There have been amazing changes to our sport in the intervening years. The numbers of women participating is larger than men, and the numbers of women's events reflects that change. The decline in the importance of eights reflects the difficulties in committing to big boats, and the flexibility that small boats give us for training and skills acquisition. Publicly-funded High School rowing has largely disappeared although CGGS, Radford and Dara have joined CGS. Regattas were always held in the afternoons and coxswains and crews became used to starting in cross winds, facing into the westerly at the start.

Links:

National team's activities: www.rowingaustralia.com.au Canberra's Sonia Mills, Sarah Cook and Craig Jones are all fired up.

Rowing Australia Coaches Conference: <http://www.rowingaustralia.com.au/coachesconference2006.html> . Taryn Langdon from LTRC is organizing a group booking, please contact her if you are interested. Details on the ACTRA Website.

The Down and Dirty Guide to Coxing: <http://www.thecoxguide.com/>

History of Australian Rowing: <http://www.rowinghistory-aus.info/>

Viper Sportswear: <http://www.vipersports.com/>

Rowing MagOZine: <http://www.rowingmagazine.com.au/>

One of the changes that snuck in during the 1980s and later was in the increased number of events. My recollection is that in 1974 the standard ACTRA regatta only had 12 events catering for similar numbers of competitors to those today. Since then lots more small boat races, women's races, school races, mixed races, master's races?

One of the draw backs of this increase in numbers of events is very long programs that extend for many hours, with many races having relatively few crews racing. This has major drawbacks for the Association attempting to retain Boat Race Officials and other supporters, including parents. Why is it so? Why do we have so many events with so few crews?

A bit of American politics here. American presidential candidate Herbert Hoover allegedly promised to put a Chicken in every pot (in every American home).

The antithesis of this promise appears to be ACTRA attempting to give a pot to every chicken at local regattas.

I suppose the Australian equivalent is no Australian Child living in poverty by the year 2000, and every under eight soccer player receiving a trophy at the end of the season.

Is winning the only basis for competitors participating in regattas? Could we generate a healthy competition where rowers are happy to have bigger fields, and less wins?

Could Masters compete against School crews? Is it possible for us to plan a tighter schedule for regattas that allows everyone to race as often as they like?

Cheers,

The Baggs