

The Back Splash

ISSUE 3

SEPTEMBER 2007

SPECIAL POINTS OF INTEREST:

- ACT duo receive thanks awards
- New EDP Position in the ACT
- Disher Cup first Regatta for ACT in 07/08

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World Championships

Mixed results for Australia at World Rowing Championships
With the 2007 FISA World Rowing Championships now over, all nations can begin to prepare for the 2008 Beijing Olympic Games and to assess what improvements need to be made.

The ACT had two athletes in action in Munich Sarah Cook in the W2- and W8+ and Sonia Mills W4x.

However Australia walked away from the regatta in Germany second on the medal tally behind Great Britain and having qualified 10 boats for Beijing. *Ginn and Free* after receiving their gold medals Australia won seven medals in total, with three of them being gold, two silvers and two bronze. Three crews also finished fourth in the final.



The Men's Pair of Duncan Free and Drew Ginn was the form boat throughout the regatta for all nations. They won their final by six seconds and it would have been more apart from the

gallant attempt by New Zealand to stay with the world champions down the course.



Celebrations begin as Free and Ginn cross the line to defend their World Championship Amber Halliday and Marguerite Houston produced an incredible comeback to claim the gold in the Women's Lightweight Double Scull. The reigning silver medallists from a year earlier paced themselves throughout the first 1500 metres and then set out to chase down the Finnish boat. With the crowd rising to their feet, Amber and Marguerite took over the lead with



less than five strokes left in the race to record a memorable victory. *Amber Halliday and Marguerite Houston soak up the atmosphere after winning gold*

In a double for the Lightweight Women's Scull squad, Tara Kelly, Alice McNamara, Miranda Bennett and Bronwen Watson won the gold in the Lightweight Women's Quadruple Scull. The girls won their final by more than a boat length to emphasise the depth Australia has in this boat class.



ACT's Sarah Cook with Kim Crow did not disappoint as they earned a gallant 4th place in the A Final of the W2-. They came out of the blocks hard and led for three quarters of the race before being passed in the closing stages by more experienced crews. 4th place in itself is a terrific result and it qualified the boat for Beijing.

Sarah backed up in the W8+ for another fourth and Sonia Mills took out the B final in the W4X.

Information and pictures from Rowing Australia. See more at <http://www.rowingaustralia.com.au>

SEPTEMBER 2007

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Youth Cup
2 Youth Cup	3	4	5	6 World Mas- ters Champs	7 World Mas- ters Champs	8 World Mas- ters Champs
9 World Mas- ters Champs	10 2008 Olympic nominations Close	11	12	13	14 ACTAS Time Trial	15 WTT#4
16 WTT#4	17 EDP Position Closes	18	19	20 ACTRA Board Meeting	21	22
23	24	25 BMRC AGM	26	27	28	29 WTT Present- ations
30						

Youth Cup

The 2007 Youth Cup was held at Nagambie Lakes on August 31st to September 2nd. States and New Zealand were competing for the Rusty Robertson Cup.

The ACT Squad Finished in 8th Position on 33 points just four points behind South Australia.

The Medalist for the ACT squad were Christabelle Northam and Veronica Tamsitt in the JW2- with a Bronze medal and Alice Bowen and Jared Watt teamed with the South Australian pair for a silver medal in the mixed Light-weight quad.

Day 1 the Weather conditions were extremely difficult. The ACT squad who seemed to get unlucky

lane draws struggled with the conditions.

Day 2 and 3 the weather was excellent for rowing and the ACT squad showed a lot of heart in their performers as in many instances they were giving away up to four years on their competitors.

On the back of the results much of the Squad is continuing to row together with the view of improving on this years performance.

The ACT squad was represented by

Head Coach: Dafydd Gwynn-Jones

Men's Coach — James Macartney
Men's Squad
Gavin Cookman

Anthony Tridgell
Tom Cotterill
Toby Bradshaw
Riley Owens
Henry Walden
Tom Watkins
Ben Adams
Jared Watt
Cox: Shannon Narracott

Women's Coach—Tom Westgarth

Women's Squad
Christabelle Northam
Veronica Tamsitt
Lou Kilby
Ailie McDonald
Amy Fowler
Lauren Burraston
Emily Balmarks
Jessica Willis
Alice Bowen
Cox: Anna Trundel

And the squad was assisted by Tara Huntly and Sue Goddard

New Elite Performance Manager — Rowing Australia

ROWING AUSTRALIA are on the look out for a new ELITE PROGRAM MANAGER

Rowing Australia invites suitably qualified candidates to apply for the position of Elite Program Manager.

Located in the RA national

office in Canberra, the Elite Program Manager's role will be to

provide high level support to the High Performance Director (HPD) and in consultation with the HPD:

1. Manage the logistical and administrative implementation of the National Activity

Plan with

respect to the selection, preparation and touring of Rowing Australia's national teams, and

2. Manage the implementation of Rowing Australia's national elite program through its delivery partners and stakeholders.

A package of salary and other benefits will be offered.

EDP Position in ACT

ACTRA along with its Partners ACT Academy of Sport (ACTAS) and Rowing Australia offer a newly created position for an Elite Development Program Co-ordinator.

The Position will be Located in Canberra based at the ACT Academy of Sport (Bruce) and a package of salary and other benefits will be offered that is commensurate with the successful candidate's experience and qualifications.

Applications addressing the selection criteria should be marked 'Confidential' and sent to:

ACT Rowing Association
Sports House 100 Maitland

St, Hackett ACT 2602

The EDP Co-ordinator will be responsible for coordinating and managing the EDP Program through ACTAS and ACTRA.

The EDP Coordinator will be directly responsible for the coordination and management of the ACT EDP Squad, comprising athletes who have met Rowing Australia National EDP selection targets. This will be achieved through a case managed approach and delivered in association with ACTRA clubs / coaches wherever appropriate and with the assistance of ACTAS.

He/she will work with ACTRA clubs to enhance their ability to support the high performance pathway.

The EDP Co-ordinator will also assist in the identification and selection of talented athletes and their coaches and oversee their development through club-based talent identification and talented athlete programs.

A full Job description can be found at www.rowingact.org.au

Winter Time Trials

3 Rounds down on the Winter Time Trials for 2007 are completed and one remains. The third round was the most patronage to date. A good number of small and big bots have competed on their respective days.

Many of the groups have been hot contested and will come down to Winter Time Trial number 4. The hottest contested would have to be the eights.

The final Time Trial of the year will mean that presentations will soon follow. It is anticipated that presentations will be on Saturday 29th of September, more details to follow.

Black Mountain Rowing Club will also run a sausage sizzle after WTT#4 Sunday and all are welcome, BMRC have continued this from WTT#3 were it was well received. Details next.

\$2 Sausage Sizzle
BMRC
Sunday 16th
Straight after the final
WTT Everybody more
than welcome
Officials Competitors
Family Friends
Zooties Optional

Rowing Australia Sports Supplement Policy

In an effort to assist rowers participate safely in our sport more safely at all levels, Rowing Australia recently approved the adoption of a Sports Supplement Policy. This policy has now been published on the Rowing Australia website.

The basis of the Rowing Australia Sports Supplement Policy is the AIS Sports Supplement Policy, which has been adapted with the permission of the AIS. One of the advantages of Rowing Australia adopting the AIS Sports Supplement Policy is that in addition to adopting a cutting edge policy, the policy and its supporting documentation are under continual review based on current research and will be updated accordingly on a regular basis. In addition, the policy is also being adopted by a number of State Academies / Institutes of Sport and other National Sporting Organisations. This ensures that Rowing Australia's policy is consistent with these

organisations.

The AIS Sports Supplement Program was developed in 2000 to ensure that AIS athletes use supplements and sports foods safely and appropriately. Since its initial introduction, a panel of sports scientists has regularly reviewed available research on nutritional supplements and categorised products according to their safety and efficacy. Protocols for the use of various supplements are also regularly reviewed and updated as part of the AIS Sports Supplement Program.

The Rowing Australia Sports Supplement Policy comprises a statement detailing the policy position concerning the use of nutritional supplements together with a series of educational fact sheets that provide additional information on various important aspects of using nutritional supplements. The use of the AIS Sports Supplement Program is licensed to Rowing Australia. The pro-

gram is provided for use by Rowing Australia athletes, coaches, administrators and member organizations. The documents on the Rowing Australia website directly link through to pages in the AIS Sports Supplement Policy website. This means that whenever the AIS Sports Supplement Policy is updated, our documents link to the most recent information. I ask that you do not automatically reproduce this document on your individual websites. Instead, I ask you to create a link to the Rowing Australia website, with an appropriate explanatory note. This will ensure that everyone within the Rowing Australia network continues to use the current version of the policy. Rowing Australia encourages the widespread circulation of this document. However, due to the regular updating of this document it is recommended that whenever this document is to be circulated that a current version be printed directly from the website.

EO Update

Now September it means that the Regatta seasons is not far away. The first Regatta for the Season will be the Disher Cup between ANU, ADFA and RMC. Planning has been well underway for this event. Next it will be the Col Pantom on the 28th October. ACTRA Regatta Season starting on November 3rd the full Regatta Calendar is available

on the last page of the Newsletter.

The Youth Cup team competed well at Nagambie, ACT had the youngest average age of all the states. Considering New Zealand had their Under 23 National team present the ACT team did a great job.

RA Competition review will

take input from the ACT. ACTRA will disseminate info when and were so we can give RA the appropriate feedback

There will be a few course including tinnies licenses and ROMS sessions so keep an eye on the dates when advertised.

Matthew Ronke

Sportsmed tapping Course

Venue:	ACT Sports House, 100 Maitland Street Hackett
Time:	12noon – 5pm each day
Pre-requisite:	Current Sports Trainer Level 1 certificate
Cost:	\$125.00 Members & \$135 Non Members

- **Sunday 16th September**
- **Sunday 4th November**

The course is a progression from the taping component of the Sports Trainer Level 1 course and will cover taping techniques for the knee, shoul-

der, elbow and many more.

All participants will also receive a copy of "Athletic Bracing and Taping" (RRP \$63). This manual provides excellent information on different taping techniques and will be an invaluable reference tool as your taping skills increase.

To secure a position at our next course please fill in the attached registration form and return to SMA-ACT with payment options. All payment is due prior to or on the first day of the course. If

you would like to arrange for your club to be invoiced on your behalf please contact us to make the necessary arrangements.

Please fill in the attached registration form and return it to us with payment to secure your place. Please remember to add the date of the session which you would like to attend.

Feel free to contact the SMA-ACT Branch office if you have any questions

IOC Propose Youth Olympics

IOC president Jacques Rogge wants to launch an Olympics for teenagers in 2010.

The proposed Youth Olympic Games would feature athletes 14 to 18 and about 3,500 would compete in largely the same sports as those in the regular Olympics, Rogge said in an edition of the French sports newspaper L'Equipe.

"It's a project I've had in the works since my arrival at the

IOC presidency in 2001," he said.

The IOC is conducting a study on the proposal, which will be discussed at the IOC executive board meeting in Beijing on April 25-27. Rogge said most international sports federations approached about the idea have not opposed it.

The event would be patterned after the European Olympic Festival, which Rogge established in 1991 when he was head of the Euro-

pean Olympic Committees. The European event, held every other year, has summer and winter versions.

Moscow is the main city in the running for the Youth Olympics. Moscow mayor Yuri Luzhkov said: "Moscow is the undisputed leader of the Russian sports movement. We have almost everything ready to stage the Youth Games."

The winning city will be announced in February.

ACTRA Supported By



Thanks Awards

On Wednesday the 5th of September the 2007 Thanks awards an initiative by Sport and Recreation services were held and two members of the ACT Rowing Community were honored.

Michelle Simpson who was recognised as an outstanding woman whose memory will be cherished by those who knew her. Michelle's attributes were her courage and tenacity against all odds, and her amazing love of life. Sadly Michelle

lost her battle with cancer on 26th April this year.

Her interests flowed from hot air ballooning, astronomy; playing in a band, ice hockey, rowing, surf boat rowing, quilting and cocktail parties.

Also presented with a Thanks award was Taryn Langdon. Taryn is the long standing Captain of LTRC. Every week of the year, Taryn performs the duties of head coach – at times when most of Canberra is still fast asleep – that being

5.30a.m three or more mornings a week. She also conducts training sessions after school/work, and on weekends, and then there are the Winter Time Trials and Summer Regatta's.

She has been a vital committee member of ACTRA for the past two years and is currently the 2007 ACT State Youth team selector. For the past 10 months Taryn has been the sole head coach at LTRC .



Rowing Australia Competition Review

On the 23rd of April 2007 the Rowing Australia Board was presented with a discussion paper regarding a review of the National Championships. The commitment by the Board to review the National Championships has resulted in the following process for this review.

Although the original discussion was focused on the Australian Rowing Championships, it has been identified that changes to the National Championships program will have implications to further national events. This review has been prepared with all national events in mind. Overview of Proposed Review Process

The review process will be overseen by a Steering Committee comprising representatives of the RA Board and RA Regatta Committee, together with the RA CEO and RA Development Officer. An independent Review Coordinator has been engaged to assist the Steering Committee with the development and imple-

mentation of the review.

Specific working groups will be established at each phase of the process comprising individuals with experience and expertise particular to that phase of the review process.

The review will be conducted in a number of phases over approximately a twelve month period. The identified phases and approximate timeline is as follows:

Phase 1: July to October 2007 - Review of the competition program to determine the best format for all classes of competition

Phase 2: November to December 2007 - Review of the hosting arrangements in line with the preferred competition model

Phase 3: January 2008 to March 2008 - Review of the management protocols and logistical issues in line with the preferred competition and hosting arrangement models

Phase 4: April 2008 – July 2008 - Report Finalisation and Approval
(a) April 2008 to May 2008 -

Complete overall report and make final recommendations

(b) June 2008 - Rowing Australia Board adopt final report and recommendations

(c) July 2008 - Implementation of the new competition model

It is important that Phase 1 of the review is completed prior to the commencement of

phases 2, 3 and 4 as the decisions made in Phase 1 will influence many of the considerations in the subsequent phases. As such, it is anticipated that each phase will

require a more detailed scoping paper to be produced upon completion of the previous phase. It is foreseeable that phases 2 and 3 could be conducted simultaneously.

The date for ACT review is still to be confirmed.



2007 ACTAS NTC 5.2km Time Trials

ACTAS will be conducting long distance time trials during spring in preparation for the 2007/08 season. The distance will be approx. 5200m from Black Mtn. Peninsula to the entrance of Kingston Boat Harbour.

Racing in the time trials will be in singles. The format of the time trials may change according to the needs of the high performance program (particularly AIS).

Those entering should consider that the trials are oriented towards the high performance program and, particularly for the Nov 10th trial, entry may be restricted.

Entries will be by email only (gordon.marcks@act.gov.au) and are to be received by:

5.00pm on the Tuesday prior to each time trial.

No late entries

TRIAL DATES (subject to change)

#1 Fri- 14th September #2 -on or around Sat 13th October (TBC) #3 on or around Sat 10th November (TBC)

Triathlon Road Closures

Triathlon ACT is sanctioning a couple of events over this coming summer season which will entail road closure of Lady Denman Drive from Clunies Ross Street to the existing traffic lights at the Tuggeranong Parkway on/off underpass. This means access to

Gary Owen Drive/Black Mountain Peninsula will not be possible during the closures. The applications for Lady Denman Drive closure have been lodged with Roads ACT and we anticipate they will be granted shortly. Please forward notice on to anyone who will be af-

ected by these proposed Lady Denman road closures.

Sunday 9 December 2007
8.00am – 11.00am

and

Sunday 10 February 2008
7.00am -10.00am

Disher Cup

The 2007 Disher Cup will be held on the Saturday 13th October. The Disher Challenge Cup is awarded to the winner of a rowing race for eight oared boats over a distance of approximately 3 miles. The only competitors are the Australian Defence Force Academy (ADFA), the Royal Military College of Australia, Duntroon (RMC), and the Australian National University (ANU). Other crews race by invitation, but cannot be awarded the Cup. The race is run annually and is normally held during the first half of the year.

The race was first run in 1971, between ANU and RMC (ADFA was not established until 1985) to provide a healthy outlet to the boisterous rivalry between students at the two institutions. It has been held every year since then, with changes to provide additional races for other boat types; for female crews; and course changes to make it fairer.

The Cup was named after [Captain H.C. \(Clive\) Disher](#) of the Australian Army Medical Corps, who stoked the 1919

Australian Imperial Force (AIF) Number 1 crew. This crew beat Oxford University in the final of the Inter-Allied Services event at the [Henley Peace Regatta](#) after the end of the First World War. Clive Disher was able to present the Disher Cup to ANU in 1971, the inaugural winning crew.

The 2007 Event is being hosted by ANU but significant planning is put in by both ADFA and RMC. The event will also feature Dragon Boat Demonstration and be attended by dignitaries from ADFA, RMC and ANU.

Sports Management program

A roadmap to success, signposting pitfalls and false trails along the way, should be the legacy of sports administrators. But, apart from certain sectors such as Olympics and Commonwealth Games, the passing on of knowledge from one set of administrators to the next, has been largely informal and unstructured.

Through its **Executive Sport Management Programme**, **SPORT KNOWLEDGE AUSTRALIA** (SKA) will offer a cutting edge viewpoint and insight into practical knowledge management from leading academics and practicing experts.

Widely published proponents of the “Knowledge Management” discipline - **Prof Kristine Toohey**, Deputy Head, Department of Tourism, Leisure, Hotel and Sport Management at Griffith University and UTS Adjunct Lecturer **Sue Halbwirth**, a Director of KnowledgeScape Pty Ltd – will be presenting at the SKA course.

This year's programme will also feature AFL CEO **Andrew Demetriou** who will outline his philosophy and experience on being a successful CEO in sport; former Australian cricket coach **John Buchanan**, who has some clear pointers on strategies for creating a productive relationship between boards, management and coaches; **Prof Tracy Taylor** from University of Technology, Sydney who is President of the Sport Management Association of Australia and New Zealand, world recognised authority on the HR management in sport; and **A/Prof Russell Hoyer** from La Trobe University who has researched extensively and will speak on governance and leadership in sport.

Other topics and presenters covered in the course include

- Leadership (**Steve Lancaster**, High Performance Manager, Canterbury Crusaders),
- Advanced Negotiations (**A/Prof Braham Dabscheck**, previously from School of Organisations and Management, University of New South Wales)
- Strategic Marketing (**Prof Hans Westerbeek**, Head, School of Sport, Tourism and Hospitality Management, La Trobe University)
- Change Management and Finance & Commercialisation (**A/Prof Bob Stewart**, Division of Sport Management & Policy, Victoria University)
- Strategic Planning (**Prof David Shilbury**, Head of Bowater School of Marketing and Management, Deakin University)
- Sport Sponsorship (**James Finlayson**, Sponsorship Analysis Specialist, Media Monitors)

Please click [here](#) for full course brochure and application form or click [here](#) to apply online.

Please ensure you have the latest version of Adobe Acrobat in order to download the brochure. You can click [here](#) to upgrade your Acrobat software.

2007	Regatta	Hosting Club
October		
13 th	Disher Cup	ANU
28 th	Col Panton	
November		
3 rd	Regatta 1	
17 th	Regatta 2	CLRC
December		
1 st	Regatta 3	BMRC
January		
26 th	Australia Day (Bridge to Bridge)	
February		
2 nd	Regatta 4	CGS
9 th	Regatta 5	Radford
23 rd / 24 th	ISRA	CGS/Daramalan/Radford
March		
1 st	Regatta 6	Daramalan
15 th	ACT Champs (FHOL)	
16 th	ACT Champs	CRC