

# The Back Splash

ISSUE 7

JANUARY 2008

## SPECIAL POINTS OF INTEREST:

- World Master Games details
- ACTRA Board Update
- Premiership Standings

### INSIDE THIS ISSUE:

Lake warning form NCA	2
Sportsmind advice	3
RA Supporters Package	4
National Selections	5
CRC on top of premiership	6

## Australia Day — Bridge to Bridge

Celebrate  
Australia Day in  
the Australian  
Capital Territory



2008 will see the annual Bridge to Bridge event incorporated into the evening activities as a showcase of the lake users parade.

The race will commence at approximately 5:50pm and will be fully commentated in front of 50,000 people! The National Capital authority is supporting this event and ribbons will be awarded for Place getters.

The lake users parade will include a jet ski display, dragon boat racing, kayaking parade and other events and of course the highlight our

Bridge to Bridge race. Central Basin will be completely closed for the race.

Crews are invited to row just to the other side of Commonwealth Bridge in Acton Bay to get up close and personal with the fireworks display. Guaranteed to be the best seat in the house.

So crews should be working on their 8+'s and finding someone in your shed and put together a fun crew to show case rowing to 50,000 people on the bank.

Dress ups encouraged—the National Capital Authority will even be giving out flags to decorate the boats!

This is a great opportunity for the Rowing Community to show off the sport to a new audience.



Pictured above last years best dressed boat winners.

# JANUARY 2008

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> New Years Day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Entries Open CGS Regatta	<b>19</b>
<b>20</b>	<b>21</b> Bridge to Bridge en- tries	<b>22</b>	<b>23</b> WY8+ Erg Test (state team)	<b>24</b> WY8+ Scull Test (State team)	<b>25</b>	<b>26</b> Bridge to Bridge
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> MY8+ Erg Test (state)	<b>31</b>		

## ALGAE ALERTS FOR LAKE BURLEY GRIFFIN

The National Capital Authority has today closed Lake Burley Griffin to all primary contact recreation (swimming) due to high concentrations of toxic blue green algae.

At current concentrations, it is unsafe to use the lake for recreational activities that involve immersion in the water, such as swimming and bathing.

NCA director estate John Fletcher said safety of lake users was of utmost concern.

“Warning signs are being posted around the lake and users and the public are advised not to come into contact with the water until further notice. All algal blooms should be treated with extreme caution,” Mr Fletcher said.

“Contact with high concentrations of these toxins may cause skin irritations or rashes and swallowing the water may cause nausea, vomiting, abdominal pain and diarrhoea depending on the quantities ingested.

“The elevated level of this

kind of algae in the water has been attributed to this week’s inflows into the lake,” he said.

Regular public updates about the bloom will be provided.

This does not stopping secondary activities from using the lake. Rowing is considered a secondary contact activity and will not be affected by the closure.

However care must be taken to avoid possible contact with the water.

**Next Regatta: February 2nd Canberra Grammar School Regatta #4**

## ACTRA Board Meeting Update

### MINUTES OF A MEETING OF THE ACT ROWING ASSOCIATION HELD AT ACT

**SPORTS HOUSE ON THURSDAY 15 NOVEMBER 2007 AT 6.15 pm**

PRESENT: B. Prout, H. Neil, P. Davoren, S. Tulloh, S. Nermutova, R. Warboys, D. Bagnall (Recorder), G. Marcks (Head Coach) and M. Ronke (Executive Officer).

**MATTERS ARISING:** Hon Recorder informed committee of considerable discussion within the Association about the shortcomings of the ROMS2 regatta management software.

**Regatta Program:** The absence of D grade double sculls events was discussed.

**Polluted Lake**  
Chairman considered that losses from regatta postponement are significant

**Finish Area Facilities**  
It was agreed that the poor standard of facilities at the finish of the course should be pursued

**BRO Numbers**  
The meeting noted the severe shortage of BROs and discussed a number of options for augmenting numbers at regattas.

**TREASURER'S REPORT**  
Treasurer noted the low level of interest we receive from funds with WESTPAC

**EO REPORT**  
Corporate Plan  
Coach Development  
Level 3 Course

**HEAD COACHES REPORT**  
There is currently an extensive changeover of scholarship holders with a number of athletes leaving the program.

EDP is identifying high potential people

already in clubs who would benefit from further development through the program.

State Team – there are healthy nominations for the Youth VIIIs but numbers for senior men's and women's crews are too small to form crews

General Business

ACT Masters Championships  
Proposed Growth Target  
Publicity Program  
Promotion of Use of Lake Burley Griffin as a Training Venue for Visiting Schools  
Expansion of Bridge to Bridge Race  
Maintenance Register  
Adding 500 metre sprint races be added to the regatta programme  
High interest bank account

MEETING CLOSED: 8:47PM  
*Full minutes are available from [www.rowingact.org.au](http://www.rowingact.org.au)*

## Sports Mind Skills Sleep Better to Perform Better

Relaxation and good sleep for athletes is crucial to muscle repair, recovery, general health and sport performance. Sleep is very natural but sometimes with the demands of sports, athlete struggle with getting to sleep. To sleep better while competing, traveling or under stress athletes may need some assistance.

The MP3 **Information About Sleeping Better** can be listened to anytime and contains tips and techniques to help athletes sleep better.

**Getting Ready for Sleep** is a relaxation MP3 carefully crafted to set the stage to a blissful sleep. It contains evidence-based strategies to help athletes fall asleep more quickly, sleep better through the night and wake well rested. You can listen to it in bed or just before going to bed to put your mind and body at rest. It's a

relaxation track and a wonderful precursor to sleep for athletes.

<http://www.sportsmindskills.com/publication.php?id=18>



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high performance thinking

## ACCOMODATION AVAILABLE FOR MASTER CHAMPIONSHIP

Due to the rescheduling of the Australian Masters Rowing Championships (Thursday 29 May – Sunday 1 June

2008), Nagambie Lakes Leisure Park has accommodation available.

To book or for further information please call (03) 5794 2373 or email [info@nagambielakespark.com.au](mailto:info@nagambielakespark.com.au)

You can also visit the website at [www.nagambielakespark.com.au](http://www.nagambielakespark.com.au)



## Beijing Supporters Group Deal

Rowing Australia (RA) has great pleasure in offering parents and supporters of the Australian Rowing Team with a golden opportunity to attend the 2008 Beijing Olympic Games to cheer for our athletes as they take on the rest of the world.

The package deal includes a return airfare on Singapore Airlines, 10 nights twin share accommodation that is close to the rowing course and a ticket to the rowing in the FISA Family Grandstand for \$4,990 per person. Additional travel options are also available on request (see attached website for details).

This is an exclusive deal that is limited to the number of rooms RA has been able to secure. In order to provide this opportunity, RA has negotiated an unbeatable accommodation deal with The Dragon Villas and has paid for 48 rooms in advance. RA has also secured a block of 100 – 125 FISA Family Grandstand tickets.

### How to take advantage of this offer

1. Respond by email with

an expression of interest to Sam Irvine at [sirvine@rowingaustralia.com.au](mailto:sirvine@rowingaustralia.com.au). Please identify whether you are interested in a single (supplement to be charged), double or twin.

2. Go via the Travel Design International website to the 2008 BEIJING link for detailed information and conditions of the offer at [www.traveldesigninternational.com.au](http://www.traveldesigninternational.com.au) (link found on the bottom of the TDI home page)
3. Complete and lodge the registration form attached to the Travel Design International website
4. Pay your deposit by the required due date.

This opportunity is offered on a first come basis so don't delay.

Families of prospective athletes will be given priority but will be restricted to one room package per athlete until the end of February 2008 (after the completion of the February Selection Trials). A reserve list will be kept of additional room requests that will be consider

after February subject to availability. If the number of responses and confirmed bookings is sufficient, RA will attempt to purchase additional rooms from the hotel.

All bookings and travel arrangements will be managed by Travel Design International, RA's preferred travel agency. A representative from Travel Design International visited Beijing last week to confirm the arrangements with the hotel and came back with glowing reports. The hotel is well appointed and is within walking distance or a short bike ride from the course. It will also offer regular shuttles to and from the course and the centre of Beijing.

I would encourage you to take advantage of this unique opportunity and I look forward to seeing you in Beijing!

**Andrew Dee**  
Chief Executive Officer  
Rowing Australia

## RA Adaptive Rowing Update

**Rowing Australia assisted the latest Australian Paralympic Committee's Talent Search in late October. A handful of potential adaptive rowers tried out and, along the way, posted some impressive ergometer times.**

November has seen the start of the selection phase for the Australian Adaptive represen-

tative team for the Beijing Paralympics. The nominations closed in the first week of November, and the second week saw the on-water time trials being conducted. This month will conclude with the ergometer testing for all adaptive rowers."

After a month with Rowing Australia I am glad that I took

on the opportunity to be the new Adaptive Rowing and Competitions Administrator. I have enjoyed taking on the responsibilities and roles that the position has to offer and to be part of the development of Adaptive Rowing in Australia.

**Matt Bialkowski**  
Adaptive Rowing

# ACT Athlete's Compete for Olympic Selection

RA have announced a draft invitation lists for the February Selection Regatta this list may be added to after the 2000m ergo test and January Camps are concluded. All Olympic aspirants must complete the ergo test on January 4th if they wish to be considered. These will be administered by the NTC Head Coaches. As we narrow our focus it is critical that all continuing aspirants manage their health welfare in order to not be affected by an inability to compete. 18% of Olympic aspirants did not complete the 6km ergo test and it is hoped that this % is reduced dramatically in January. All athletes who may require an exemption must do so in accordance with the policy and therefore they must request an exemption from me in writing and be supported medically by completion of the RA Medical Report Form. The PMO will



Pictured above: Canberra's Sonia Mills with Amber Bradley in the Selection trials

only accept and approve an exemption from a registered network doctor. Invitations have been extended to Sonia Mills, Sarah Cook and Craig Jones of the ACT to date.

## Sydney's World Masters Games 2009

No other multi-sport event in the world attracts as many participants as the World Masters Games. Since 1985 the Games have brought together mature aged sports men and women from around the globe who share a commitment to the simple philosophy of "sport for life".

"Masters" is simply an age designation; it does not denote a level of proficiency or a particular achievement. To compete, all you need to do is to satisfy the age criteria for your sport. The World Masters Games are for you.

The World Masters Games have been held on six previous occasions:

- Toronto 1985
- Copenhagen 1989
- Brisbane 1994

- Portland 1998
- Melbourne 2002
- Edmonton 2005

The Sydney 2009 World Masters Games Organising Committee has recently upgraded its website and online expression of interest database to now include a new "myGames" component.

"myGames" allows users to tailor online information to their specific sport and to communicate

with fellow athletes around the Globe.

"myGames" also includes sport specific information guides and sport specific news.

The seventh Games will be held in Australia's global city, Sydney, from 10 - 18 October 2009.



ACTRA Supported By



## Canberra Rowing Club lead Premiership Honors

### Club Women Premership

CRC	87.5
CLRC	67
BMRC	64.5
CGGS	61.5
LTRC	43
Shoalhaven	42
Rad	34
ANUBC	22
Gipps	21
Dara	15
UQ	8
MUBC	4.5
Banks	3
SUBC	2.5
UTS	0.5
Mercantile	0.5

### Club Men's Premiership

CGS	91
Rad	70
Gipps	64
CRC	59
BMRC	59
Dara	42
ANUBC	37.5
CLRC	30.5
LTRC	27
Kinross	8
SUBC	4
Mosman	2

### Club Premiership

CRC	146.5
BMRC	123.5
Rad	104
CLRC	97.5
CGS	91
Gipps	85
LTRC	70
CGGS	61.5
ANUBC	59.5
Dara	57
Shoalhaven	42
UQ	8
Kinross	8
SUBC	6.5
MUBC	4.5
Banks	3
Mosman	2
UTS	0.5
Mercantile	0.5

2007	Regatta	Hosting Club
November		
3 <sup>rd</sup>	Regatta 1	CGGS
17 <sup>th</sup>	Regatta 2	RADFORD
December		
1 <sup>st</sup>	Regatta 3	BMRC
January		
26 <sup>th</sup>	Australia Day (Bridge to Bridge)	
February		
2 <sup>nd</sup>	Regatta 4	CGS
9 <sup>th</sup>	Regatta 5	CRC
23 <sup>rd</sup> / 24 <sup>th</sup>	ISRA	CGS/Daramalan/Radford/CGGS
March		
1 <sup>st</sup>	Regatta 6	Daramalan
15 <sup>th</sup>	ACT Champs ( FHOL)	ANU
16 <sup>th</sup>	ACT Champs	CRC