

# The Back Splash

ISSUE 2

AUGUST 2007

## SPECIAL POINTS OF INTEREST:

- **Junior World Championship ACT Rowers update**
- **Youth Cup Squad announced**
- **New ROMS 2 to roll out soon.**

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## Junior World Championship

Following a spectacular opening ceremony fitting of the first test event for the Beijing Olympics, the 2007 World Rowing Junior Championships got underway at the Shunyi Rowing-Canoeing Park in Beijing, China. The opening ceremony featured a flow of dancers, acrobats, puppets with a mixture of traditional Chinese themes and a small element of western dance input. Today, the junior rowers got down to business to fight it out over 2000m. Weather conditions helped to create glass-like water with an ever-so-slight head wind picking up as the day continued.

The ACT rowers performed well on day one of the Championships with Women's Pair of Christabelle Northam and Veronica Tamsitt finishing third in Heat 2 from Lane 5. The ACT pair got off to a great start just trailing the Bulgarians and narrowly ahead of the crew from Great Britain at the 500m mark. The Germans out of Lane 3 had made a slow start but started to come into their own by the half way mark edging the Australians out of second and set after the Bulgarians who had a strong lead. The Germans stormed home to beat the

Bulgarians with Northam and Tamsitt finishing a strong third.

ACT Junior Men Zac Cleaver and Nicholas Barnier teamed up with Queensland's Angus Morton and Tasmania's David Wright in the Junior Men's Quad had a extremely strong performance finishing second in their heat. The Aussie boys from Lane 6 had an extremely tuff task taking on event favourites Germany. The boys stayed on the heels of the Germans but after the 500m the Germany crew started to show their might. The Australians had then to fight off the Serbian crew who were pushing hard in third. The Aussie boys pulled away in the last 500m to take second a head of the Serbs and a strong finishing Swiss crew.



Day Two of the World junior Rowing Championships being another calm

day provided excellent rowing conditions for the 500 rowers that have descended on Shunyi for the Championships.

ACT Junior Women's pair of Christabelle Northam and Veronica Tamsitt had the biggest challenge of the day taking on the might of host nation China who is favourites for this Event. The Chinese crew were all the more determined after being disqualified in the heats for an under weight boat. With the first two places going through to the finals it would become an important race for second place.

It was the Portuguese crew who got out to an early flyer with the Chinese crew in second and at the 500m mark the Canadians were just ahead of the Australian's in third. By the half way mark the Australian's had edged ahead of the Canadians with Portugal and China battling it out for the lead. The Chinese showed their supremacy taking the win and Portugal securing the second A Final spot. It was down to Australians and the Canadians for the one available spot in the B Final, With the Canadians taking the honours after

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# AUGUST 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Rego close Australian Masters Games (Adelaide)	4
5	6	7	8 *World Youth Champs (Beijing) *ACTAS Olympic Launch	9 World Youth Champs (Beijing)	10 World Youth Champs (Beijing)	11 World Youth Champs (Beijing)
12	13 WTT#3 Entries close	14	15	16	17 Youth Cup entries close	18 WTT#3 (LBG)
19 WTT#3 (LBG)	20	21 CGGS Information evening (CGGS Boat shed)	22	23	24	25
26 World Rowing Champs (Munich)	27 World Rowing Champs (Munich)	28 World Rowing Champs (Munich)	29 *World Rowing Champs (Munich) *CGGS AGM	30 World Rowing Champs (Munich)	31 * Youth Cup (Vic) * World Rowing Champs (Munich)	* Youth Cup (Vic) * World Rowing Champs

## ACTS Sport's Sports Star of the Month July

### Sarah Cook and Kim Crow

Sarah Cook (ACT) and Kim Crow (VIC) were the standout Australian performers in the first two rounds of the Rowing World Cup., winning gold and bronze in the women's pairs. The pair caused a major upset when they gold at World



Cup 1 in Linz, Austria. Cook and Crow, 2007 Australian Champions, finished in a time of 7:09.39 ahead of the two fancied United

States crews of Megan Cooke and Anna Mickelson, and the Susan Francia and Caroline Lind. The reigning World Champions from Canada, Darcy

Marquardt and Jane Rumball finished 4th. The Australian duo had a solid start to sit just behind the Canadians through the first 1000m

before powering past the World Champions with 800m to go and holding off a strong finish from Cooke and Mickelson to win by half a boat length.

Looking to defend their win at World Cup 2 in Amsterdam Cook and Crow managed a bronze behind the Chinese and New Zealand pairs.

The Rowing World Cup is a three round series that is held each year as a prelude to the world championships or Olympic Games. Entry is only open to national teams. In 2007 32 nations are competing in the three World Cup regattas.

**Kiw Crow and Sarah Cook in action at the World Cup**

## Sports Star of the Month — Masters Winners

### John Struik and Kerry Knowler

#### Master Rowers

Both John and Kerry each won three gold, two silver and one bronze on their respective events at the Australian Masters Rowing Championships in Nagambie, Victoria.

John won gold in the Men's 70 years and over coxed four, the men's 65 and over coxless pair, and the men's 60 years and over coxed four. He also won silver in the men's 55 and over eight and pair. He won a bronze in the interstate men's eights.

39 year old Kerry won gold in the women's 36 and over double scull, and 27 and over quad scull and coxed four. She won silver in the women's 43 and over (average age) eight and 36 and over eight. She also won bronze in the women's C quad.

## ROMS 2

Rowing Victoria is rolling out Version 2 of ROMS for the 2007/2008 season very shortly.

ACT will be moving to the new ROMS a long with most other states for the new season as well.

Workshop session will be held to help clubs prepare for the upcoming season and introduce the new features of the new system.

It is expected the session will run for approximately an hour and a half and will be run in the evening (6:30pm - 8:00pm). Clubs will be able to work with

their own club data during this session.

It will be of great benefit to clubs to attend these planned sessions so club officials can familiarise themselves with the software.

#### **New aspects of ROMS 2 include:**

- Ability to create/ edit/ expire club membership categories
- Ability to alter and update a rowers membership cate-

gory

- View member lists
- View members rowing scores and view score when entering/ editing regatta entries
- Edit members personal/ contact details
- View competition history of members
- Add/edit and use pre saved crews to streamline regatta entries
- Club members to be able to enter regattas (club superuser to validate entry) - available late October 2007



## Regatta Workshop

Below are some of the notes that were discussed at the Regatta Workshop.

It was suggested at the meeting that ACT Master there be No Handicapping.  
 \*Better discrimination between C & D grades  
 \*General consensus is that ROMS is Ok but we should investigate the possibility of using the NSW system

as it is more user friendly. Possibly cheaper as well, EO will investigate cost/benefit against ROMS.  
 \*Schools and Non Schools should be separated in races where appropriate.  
 \*It was suggested that C grade be 1000m races with a coxed quad option of 1500m  
 \*It was suggested that D grade be 1000m

\*The meeting agreed efforts should be made to have more eights racing.  
 \*It was suggested there be more than 1 division – seeding for mixed Doubles and if sufficient in mixed masters.  
 \*If enough school crews put in eights there should be schools only race.  
 2007 Regatta Program is located on page 8.

# Youth Cup Squad



The Board of ACT Rowing has announced the participants as the ACT representatives for the 2007 Youth Cup to be held at Nagambie on August 31st, to September 2nd 2007 are;

Head Coach - Dafydd Gwynn-Jones

## Women's

2-, 4-, 8+ Christabelle Northam  
2-, 4-, 8+ Veronica Tam-sitt  
2-, 4-, 8+ Lou Kilby

2-, 4-, 8+ Ailie McDonald  
1X, 4X, 8+ Amy Fowler  
1X, 4X, 8+ Lauren Bur-raston  
L2X, 4X, 8+ Emily Bal-marks  
L2X, 4X, 8+ Jessica Willis  
Reserve TBC – under appeal  
Cox Anna Trundle  
Coach Tom Westgarth  
Sweep Reserve Erin Neal  
Sweep Reserve Melissa Greek

## Men's

Tom Cotterill

Tom Watkins  
Gavin Cookman  
Anthony Tridgell  
Henry Walden  
Riley Owens  
Toby Bradshaw  
Ben Adams – LW  
Jared Watt – LW  
Cox - TBC  
James Macartney - Coach

Youth Cup is a competition between Australian states and New Zealand and will compete for the Rusty Robertson Cup.

“There is no better way to leave the winter behind and get ready for the summer rowing season than to be on the Murray in the balmy spring sunshine of early October.”

# Murray River Rowathon

.During this cold winter it's good to think of the beautiful day we will enjoy at the DUNLITE and CDM 2007 MURRAY RIVER ROWATHON on Saturday October 6th. There is no better way to leave the winter behind and get ready for the summer rowing season than to be on the Murray in the balmy spring sunshine of early October.

If you have never participated in the Rowathon you can read all about it on its recently re-written home-page [http://www.geocities.com/roger\\_boyce](http://www.geocities.com/roger_boyce).

This home-page now contains pictures from last year's event. 2007 Rowathon Entry Forms and the 2007 Rowathon Explanatory Notes will be posted on the home-page in the next couple of weeks.

Now is the time to start re-

cruiting your rowing friends to accompany you to the Rowathon. To assist you with recruitment, you can download from the Rowathon home-page a 2007 Rowathon Flyer to display on your club notice-board.

Members of the following clubs participated in the 2006 Rowathon: 1907 Toorak College Boat Club, Alan Mitchell Club, Banks, Canberra, Capital Lakes, Cardinal, Caulfield Grammarians, Glebe, Goolwa, Melbourne University Boat Club, Mercantile, Mildura, Nagambie, Port Adelaide, Riverside, Robinvale, Shoalhaven and Wentworth. We have received early indications of participation by even more clubs this year.

Dunlite, our traditional major sponsor, offers a range of petrol and diesel generators, built to last for

tough Australian conditions. Communications Design and Management, our new major sponsor, is an Australia - wide company involved in IT infrastructure project development, management and consulting.

All surplus funds from the Rowathon are donated to The Royal Flying Doctor Service, one of Australia's most worthwhile charities.

If you have any questions about the Rowathon please email or phone Duncan Mackinnon on [dcmackinnon@bigpond.com](mailto:dcmackinnon@bigpond.com) (phone 03 8633 6198) or Natalie Keeble on [nkeeb@bigpond.net.au](mailto:nkeeb@bigpond.net.au) (phone 03 9822 1887).

Looking forward to seeing you in Robinvale.

With best wishes,  
The Rowathon Committee.

# Toyota Paralympics talent search

Do you have a physical disability?\*

Do you have a vision Impairment?\*

Do you dream of being a Paralympian?

Have you even considered it?

If you have answered yes to any of these questions, you should come along! The Australian Paralympic Committee will be conducting sporting tests to help identify future Paralympic athletes. Some of the sports that will be targeted are athletics,

cycling, swimming, wheelchair basketball and table tennis.

Where:  
Australian Institute Of Sport  
Leverrier Crescent  
Bruce

Date: Saturday October 27th 2007

Time: 10am - 3pm

For further information and for a registration form contact:

Melanie Kleeberg

Phone: 02 6247 5736

Email:

Melanie.kleeberg@paralympic.org.au

Web:  
www.paralympic.org.au



## Junior World Champs Continued ....

regaining third spot from the Australians.

The Men's Junior Quad represented by ACT Rowers Zac Cleaver and Nicholas Barnier with Queensland's Angus Morton and Tasmanian David Wright flew the Aussie flag in

today's repechage. A fast start by the Austrian crew caught everyone by surprise leading the Aussies and the much fancied French crew through the first 500m. The French crew showed their strength moving to the lead at the half way mark with the Austrians in second and the Aus-

tralian in third. The Australians then made their move to take second with just 500m to the finish. The French were too strong taking out the victory with the Australian's extending their lead over Austria for a well deserved second place. Progressing them to the Semi Fianls.

## Adaptive Rowing Head Coach

Rowing Australia is currently seeking Expressions of Interest for the Adaptive Rowing Head Coach position. This is a voluntary position to be appointed to 31 September 2008.

The Australian National Adaptive Rowing Team will compete in the 2007 World Rowing Championships in Mu-

nich with the aim of qualifying boats for the 2008 Beijing Paralympic Games. The Head Coach position will involve working with Rowing Australia and the Australian Paralympic Committee in preparation for the 2008 Beijing Paralympic Games. Other duties include, but are not limited to:

- Technical support for coaches involved in the Rowing Australia adaptive program;
  - Identification of competition opportunities for the National Adaptive Team;
  - Identification of training opportunities;
  - Technical management of National Team Camps;
  - Working with the Adaptive Team Manager in the preparation of tours;
  - Logistical support for the National Adaptive Team as needed;
- Expressions of Interest should include a resume detailing coaching experience.

# Rowing Australia Board Update

## RA Board Update

The RA Board met on 23 April in Sydney. The following is a summary of the decisions and outcomes of that meeting:

- Considered and approved the 2007/2008 Budget
- Approved additional support staff, coach and athlete appointments to all touring teams
- Appointed Peter Schryver to the RA Masters Committee
- Approved a proposal by Warwick Marler for nomination to the FISA Rowing For All Commission
- Approved the draft Project Brief concerning the National Competition Review and agreed to appoint an independent person as Review Coordinator.
- Agreed to undertake a 'Director's Responsibilities' strategy weekend for all Board members
- Approved the recommended appointees of Michael Eastaughffe (Chair), Tony Brown, Chris Grummitt, David PinCUS, Adam Horner (ex officio.), Andrew Dee (ex officio.) and Bob Pennington (ex officio.) to the Regatta Committee until the end of 2008.
- Support for the implementation of ROMS II
- Support, in principle, for the implementation of a National Rowing Score system to be used to grade all participants
- Agreement on the process for the review of the RA competition structure, including the Australian Rowing Championships
- Receipt of the 2007/2008 Budget
- Receipt of reports for each business unit of RA, which have been made available on the RA website

The RA Council meeting was held on the weekend of 30 June/1 July and a summary of the outcomes of that meeting is reported below:

## New Level 1 Course guide

**New Level One Coaching Manual for Rowing Australia is pleased to release the new Level 1 Coaching Manual for rowing.**

The Level 1 NCAS course previously used the Go Rowing Instructors Guide and the ASC publication Beginning Coaching. The new manual replaces these two resources and provides a professional, all in one resource that is specifically designed for use in the Level 1 NCAS

Rowing Accreditation. Material for the resources was provide from various sources and brought together by Camilla Hayman. Rowing Australia would like to thank all of those people in the rowing community who have directly or indirectly assisted with the publication of the manual. This represents another step in the progression of Rowing Australia's Coach Education with a new Level 2 manual currently being

edited fro final publication.

The new Level 1 Coaching Manual for Rowing can be purchased from Rowing Australian for \$39.00 each. Please check our shopping section on the Rowing Australia website for this publication and many more rowing resources.

## Sports Medicine Australia Update

**Gluteus Medius Tendinopathies, Monday 17<sup>th</sup> September**

6.30pm – 9.00pm Presenters: Dr Wes Cormick and Dr Rob Reid  
\$15.00 AIS & SMA Members - \$30 Non Members

**Prevention of In-**

**jury**

The newest version of the smart play resources are on the way. If you are interested in receiving these resources for your club, send your details to our office and we will inform

you when they are available. Have a look at the new sports specific fact sheets.

<http://www.smartplay.com.au/vic/doclib/pub/docliball.asp>

## ACTRA Supported By



# Club Development Workshop

Sport and Recreation Services will be running a number of club development workshops as part of its ongoing commitment to assisting the development of volunteers and sporting clubs in the ACT. It is an opportunity for committee members, coaches, officials and interested club members to come along and gain or update knowledge and skills in areas relating to effective club management.

A different topic will be explored each month and will be delivered by a variety of guest speakers who will present relevant and practical information to assist clubs. Clubs are particularly encouraged to send along new committee members who may benefit from these sessions.

Upcoming workshops have been scheduled for August, September and October 2007.

The first workshop in the series is all about “**Running a Successful Club**”.

This workshop will be delivered by Tom O'Connor from the Australian Sports Commission's Club Development Network and will cover the following areas:

- Committee Management
- Club Best Practice
- CDN Research Findings
- Case studies from Clubs
- Sports Specific Resources
- Committee Management / structure / roles
- Where to go to get info

Details of the workshop are below.

**Date:** Wednesday 29 August      **Venue:** Aegean Room, Hellenic Club, Woden

**Times:** 6.30pm – 8.30pm      **Cost:** **FREE of charge** - please register to attend.

Please contact ACTRA for a registration form and return to Sport and Recreation Services by Friday 24<sup>th</sup> of August if you wish to attend.

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