

ACT Academy of Sport Rowing Report 2008-2009

The highlight for ACTAS during the 2009 season was four ACTAS athletes winning medals at their respective world championship events. These four talented athletes came from a variety of backgrounds demonstrating that elite development is working well in the ACT. This is only possible with a cooperative working environment between schools, clubs and ACTAS.

The coaching staff at ACTAS have been working hard to prepare their athletes under the ACTAS Head Coach and functioned extremely well as a team. This resulted in great results for the ACTAS squad at the National Championships and subsequent national team trials.

Demonstrating ACTAS' commitment to the development of elite coaches, Tom Westgarth was awarded a coaching scholarship to the AIS rowing program for the season. This represents a great opportunity for Tom in his coaching development. Jaime Fernandez left the ACT to pursue teaching and coaching in Melbourne at the end of the 2009 season.

ACTAS would like to acknowledge the great work of Tom and Jaime and wish them well in their future endeavours.

The ACTAS "First Strokes to London" talent identification program reached its conclusion at the start of the 2009 season, with Amy Fowler and Ailie McDonald being awarded ACTAS scholarships. Both Amy and Ailie have been prominent in the junior and school events over the 2008 and 2009 seasons. Amy Fowler was also selected in the junior women's quad for the World Championships which was a great success for the program.

Continuation of talent identification and development will see new programs being developed over 2009 and 2010.

ACTAS would like to gratefully acknowledge the assistance of ACT Dept of Sport and Recreation, ACTRA, Rowing Australia and the Australian Institute of Sport over the 2009 season.

Gordon Marcks
Head Rowing Coach
ACT Academy of Sport
7th November, 2009.

2008/09 ACTAS Squad

COACH: Gordon Marcks

Amy Fowler (CRC) – Junior
Ailie McDonald (CLRC) – Junior
Lauren Burraston (CRC) – LW U23
Nicholas Barnier (CRC) – U23
Nicholas Harris (CRC) – U23
Riley Owen (CLRC) – U23
David Wright (CRC) – U23

COACH: Jaime Fernandez/Gordon Marcks

Mathew Barnier (CGS) - Junior
Angus Moore (CGS) – Junior

COACH: Tara Huntly/Gordon Marcks

Andreas Heger (CRC) – AWD
Brandie O'Connor (CLRC) - AWD

* Sarah Cook started the season with ACTAS/CRC transferring to SUBC/NSWIS at the end of 2008.

2009 NATIONAL TEAM SELECTIONS

Junior World Championships – Brive-la-Gaillarde, France.

Amy Fowler (ACTAS/CRC) Junior Women's Quad – SILVER

Angus Moore (ACTAS/CGS) Junior Men's Coxed Four - SILVER

U23 World Championships – Racice, Czech Republic.

Lauren Burraston (ACTAS/CRC) LW Women's Quad – BRONZE

David Wright (ACTAS/CRC) Men's Quad – BRONZE

Louise Kilby (ANU) Women's Four – 9th

Gordon Marcks (ACTAS) COACH, Women's Quad – 8th

Australian Team Support Staff

ACT based support staff for this year's national teams are:

Bob Cook - Manager, Junior World Championship Team

Summary of ACT National Representatives, 2005 – 2008

	2006	2007	2008	2009
Open Age Men	1	-	-	-
U23 Men	-	-	-	1
U19 Men	-	2	1	1
Open Age Women	2	2	2	
U23 Women	-	-	-	2
U19 Women	-	2	-	1
TOTAL	3	6	3	5

2009 National Championships – Lake Barrington, TAS

At the 2009 National Championships, ACT clubs were represented by 45 crews with entries in 27 events.

The following ACT rowers achieved medal results at the national championships:

GOLD MEDAL

U23W2- Christabelle Northam (ANU)
 Louise Kilby (ANU)
 COACH: James Macartney/Adam Horner (ANU)

SB4X+ Daniel DelRio (CGS)
 Joshua Bruce (CGS)
 Angus Moore (ACTAS/CGS)
 Mathew Barnier (ACTAS/CGS)
 Nick Purnell (CGS)
 COACH: Jaime Fernandez

SILVER MEDAL

U23M2X David Wright (ACTAS/CRC)
 Nicholas Harris (ACTAS/CRC)
 COACH: Gordon Marcks (ACTAS)

U23W4- Lauren Burraston (ACTAS/CRC)
 Lousie Kilby (ANU)
 Christabelle Northam (ANU)
 Sorelle Bowman (CRC)
 COACH: Simon Leonard (CRC), Adam Horner (ANU), Gordon Marcks (ACTAS)

ADLTAW2X

Brandie O'Connor (ACTAS/CLRC)
 COACH: Tara Huntly, Gordon Marcks (ACTAS)

U19M4X Daniel DelRio (CGS)
 Joshua Bruce (CGS)
 Angus Moore (ACTAS/CGS)
 Mathew Barnier (ACTAS/CGS)
 COACH: Jaime Fernandez/Jason Cain (CGS)

BRONZE MEDAL

U19W1X Amy Fowler (ACTAS/CRC)
 COACH: Gordon Marcks (ACTAS)

U23M1X David Wright (ACTAS/CRC)
 COACH: Gordon Marcks (ACTAS)

U23 M4X Nicholas Barnier (ACTAS/CRC)
 Riley Owen (ACTAS/CLRC)
 David Wright (ACTAS/CRC)
 Nicholas Harris (ACTAS/CRC)
 COACH: Gordon Marcks (ACTAS)

Summary of ACT Entries at National Titles 2006 – 2009

	Events Entered	Number of Entries	Finalists (top 6)	Top 3
2006	49	77	36	20
2007	40	72	27	16
2008	45	82	40	19
2009	27	45	25	10

Summary of ACT National Title Finalists (top 6) 2006 - 2009

Men

	2006	2007	2008	2009
Open Age	11	5	4	2
U23	-	-	1	4
U19	1	3	6	3
U17	4	-	2	1
School	-	4	5	2

Women

	2006	2007	2008	2009
Open Age	8	10	12	-
U23	6	2	3	4
U19	4	4	5	6
U17	-	-	-	-
School	2	-	2	-

Summary of ACT Kings Cup Regatta Results, 2006 – 2009

	2006	2007	2008	2009
W1X	2 nd	3 rd	5 th	3 rd
M1X	4 th	6 th	7 th	6 th
WL4X	-	-	-	-
ML4-	6 th	-	-	-
WY8+	7 th	7 th	6 th	6 th
MY8+	7 th	7 th	7 th	7 th
W8+	7 th	6 th	6 th	-
M8+	-	7 th	-	-
Entries	6	6	5	4