



# Easy Oar

Newsletter of the Leichhardt Rowing Club  
Issue no. 18  
March 2009

## Regattas and more

Congratulations to our new state champions, and new state bronze medallists. Amy van den Niewenhof, Rosa Brown, Isobel James and Bry Cole were gold medallists in the U/21 W4x. Kiri English-Hawke, Lucy Zell, Thea Wheatley and Emma Hart won the bronze medal for the U/16 W4x (below, with Kerry).

Extreme heat during the weekend of the championships led to concerns about the safety of the competitors. Some races were postponed and many of the junior, male and female school events were cancelled, although most of the big boat events were still held.

### Good luck to the nationals squad

A squad of 12 Leichhardt rowers is competing this week at the national championships at Lake Barrington, Tasmania. The Championships run from 2–8 March and culminate in the interstate regatta, when New South Wales will try to hold on to the Kings Cup that they won in a heart-stopping finish last year.

The LRC squad is Sarah Moxon, Amy van den Niewenhof, Rosa Brown, Bry Cole, Isobel James, Georgia Girdler, Emma Thomas, Ali Hutchison, Dean Robinson, James Gerofi, John Turner and Elliot Hunt. ⇨

*Kiri English-Hawke, Lucy Zell, Thea Wheatley and Emma Hart with Kerry Thorn, NSW State Championships U/16W4x bronze medallists*



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## Honorary medical officer for LRC

Your committee is delighted to announce that Dr Diana Robinson, Sports Medicine and Exercise Physician, has accepted our invitation to be honorary medical officer for our club.

What this will mean in practice is that Diana is recommended as the physician of choice for any sports-related matter, and she is offering Leichhardt members a reduced consultation fee. She will also be giving some talks at the club, later this year, on exercise and injury prevention. ⇨

## Regattas and more (ctd from page 1)

The club presented each of the competitors with a zootie embroidered with details of the regatta, and new LRC caps.

To see the results, including live results as the races are run, follow the link on the NSW Rowing Association home page, [www.rowingsw.asn.au/](http://www.rowingsw.asn.au/)

### Statistically speaking ...

For the statisticians in the club, this year at the nationals the 89 events are being contested by 1536 rowers, and although more women (790) than men (746) are competing there are more events for males (48) than for females (41). The total number of entries is 1236, with 3214 seats and 245 coxwains.

The youngest athletes are in the 12–17 age group (342 boys and 418 girls), and the oldest competitor is a male aged 51–60. There are two oldest females, aged 46–50.

The most popular events are

- U17M1x – 49 entries, average age 15
- U19M1x – 46 entries, average age 17
- Schoolgirl 1x – 45 entries, average age 16
- U17W1x – 44 entries, average age 15, and
- U23M1x, 42 entries, average age 20.

### Other recent results

Leichhardt rowers continue their winning ways at recent regattas, bringing home four firsts, six seconds and two thirds at the recent Sydney regatta at SIRC. The results include the first-ever win by some of the A grade masters women – showing showing what can happen when everyone in the race has a similar handicap. LRC also won three firsts, three seconds and two thirds at the Pymble schoolgirls regatta.



Pontoon activity during the Pymble regatta

## HMO for LRC (ctd from page 1)

Diana's interest and expertise include issues affecting women who exercise, including disordered eating behaviours. She has expertise in dealing with all issues relating to the endurance athlete, particularly acute and overuse injuries and the medical problems that affect these athletes. As a sports physician she has an expertise with musculoskeletal injuries particularly those of the lower limb, but more recently has developed a keen interest in posture, low back pain and truncal stability.

She is also the doctor for 'So You Think You Can Dance', both last year and this year.

Diana has more than 15 years of clinical experience ranging from elite athletes to the everyday recreational exerciser. She was awarded the Fellowship of the Australasian College of Sports Physicians (ACSP) in 1995, is Chairman of Training for the college, and for six years has been a member of the Board of Censors, responsible for its academic standards.

Diana was appointed Australian Team Doctor for the Manchester 2002 Commonwealth Games working at headquarters, as well as with the Australian Women's Hockey team, the Australian Rugby Seven's Team, the Australian Track Cycling Team, and the Australian Judo team.

She was Medical Director of Triathlon Australia 1993–2002 and the elite team doctor from 1992–2001. She sat on the International Triathlon Unions' Doping Commission from 1995–2000 and played a number of roles within the ITU Medical Commission. In 2000 she was the Medical Director for the Men's and Women's Triathlon and athlete care doctor for athletics at the Sydney Olympic Games, and worked with the Australian Sailing Team in the lead up to the Games.

She was the medical director of the Uncle Toby's Surf Life Saving Series and the Devondale Women's Series for more than three years, and of the Triathlon Grand Prix and Formula One professional races.

Diana is an accredited international Women's Tennis Association doctor. She has worked with gymnastics, ballet, rugby league, and was the Chief Medical Officer for Warringah Rugby Club for six years.

Diana worked on the NSW Ministerial Taskforce for Women in Sport (1996–8) and with the Active Girls Role Model Program aimed at curbing the teenage girls' sport drop-out rate.

### Surgery

*Diana's surgery days are Tuesday and Thursday mornings. If these consultation times don't suit, Diana recommends that you see one of the other doctors in the practice, and they may also offer a reduced rate.*

Park House, Level 3, 187 Macquarie St Sydney

T: 9231 0102

[www.sportsdoc.com.au/p\\_diana\\_robinson.html](http://www.sportsdoc.com.au/p_diana_robinson.html)

# Is there more to rowing than just ... rowing?

This is the first in what is hoped will be a series of articles talking about rowing in the wider sense – exploring why we do it, and what else the sport offers us, other than the physical activity and ... winning.

Our first contributions come from a younger rower, Georgia Girdler, who is competing this week at the nationals in the U17 events and loves rowing, and Bo Hanson, a four-time Olympian who has had time to reflect more broadly on rowing.



## Georgia Girdler

My rowing career has so far been filled with some of the most amazing experiences. The great thing about rowing at Leichhardt is that there is always something for me to work towards and they offer excellent coaches to help me achieve my very best. The things I gain from rowing can be anything from improving my technique on the water to making strong friendships.

My greatest accomplishment so far has been competing at the nationals last year. I had the opportunity to compete against the best rowers in Australia, and I really felt that every minute I was competing I was learning something new and extremely

worthwhile. When my quad qualified for the semi-finals I was so overwhelmed with joy. It felt amazing to accomplish that after months of solid training with a crew of girls who have become some of my best friends. This was a week that I will never ever forget.

I'll also always remember winning my very first rowing gold medal! I could not stop myself from smiling for the rest of the day.

I've come to think about the Leichhardt sheds as my home away from home, and the people within it as something like a second family.

I love everything about being a rower at Leichhardt. It's extremely rewarding but best of all, it's fun.



## Bo Hanson

Having rowed at four Olympics, my thinking evolved over these times as to what rowing really is about and what a person can contribute to and learn from rowing.

Early in my rowing career, when I was 18, I made my first Olympic Team. Rowing was a vehicle to make the Olympics. It was largely about me achieving my goals that I set when I was a high school student. Certainly rowing enabled me to focus my energies in a very positive direction at a time when many other people I went to school with had already started drifting off the straight and narrow. Goal setting is probably the first real lesson I learnt from sport. This is applicable in every area of life but particularly in business because I am self-employed and therefore I rely on doing this regularly.

As my career progressed, my burning desire was to win an Olympic medal and in 1996 this happened. However it was not a smooth ride and I learnt the value of how personalities mix and what it takes to be a great team. My crew in 1995 missed the world championships final and we only just qualified for the '96 Olympics. We had to make some changes and what we ended up with was a new crew, new approach and the best coach in the world who had a plan for success. In the end we raced in the Olympic final, found ourselves fifth at the 1000m, then fourth and 2.5 seconds behind third who were the twice world champs and world record holders. We caught them three strokes before the line and won the bronze by a fraction of a second. Always leave it all on the water.

But it was the commitment to each other, the team and our goal that saw us never give up. These three factors are what create

'Goal setting is probably the first real lesson I learnt from sport' outstanding teams. Today, I still talk about this race to corporate groups because it exemplifies what teams are all about. I call this the three emotional connections and I assist sports coaches and corporate leaders to create this in their respective teams. It is not hard to do this, but it must be done strategically and at the correct time.

The other valuable lesson I learnt from rowing was the concept of managing change, and the physical and psychological components of change. This is a long story but revolves around the efforts we made to win a gold medal in 2000, only to finish with bronze.

Today I spend a lot of time working on profiling the personalities of sports teams and coaches, and how to develop more productive relationships through this understanding. Rowing sparked my interest in this area as the impact of personality clashes can disintegrate the emotional bonds between people, which in turn reduces team performances.

Take a look at any team that significantly under performs and I will bet that they had significant emotional issues between personalities in the team that were not addressed. It is about understanding the team dynamics.

So in summary, my lessons from rowing are used on a daily basis. There are a hundred more as well. I cannot stress enough how important a tool rowing can be for learning these lessons. But like any learning, the individual must be open to learn. Different people take different lessons away from the same experience. It does not so much matter what the lesson is, as long as one is delivered, remember and applied thereafter.

Bo Hanson is Director of Team 8, [www.team8.com.au](http://www.team8.com.au). On occasion he uses our function hall, and boats, for his courses.

## LRC masters technique ambitions

We are coming to the business end of the season for the masters, and Charlie Bartlett is sharing a few tips that he drew up for the masters men.

### Aim

To capture maximum power output per rower over the race distance and apply that output to moving the boat as fast as possible with minimal loss of efficiency to either body or boat *or* ...  
Row with technical proficiency!

### How

We must improve:

*Fitness* – fatigue causes involuntary loss of control over the accuracy of movement.

*Technique* – inaccuracy of movement and poor technique leads to wasted energy and slower boat speed.

*Boat feel* – we must learn how each of us has an impact on boat speed so we can find improvement from within.

*Flexibility* – many masters lack the muscle flexibility to move efficiently – we need to do more stretching to improve this. This is probably more important for some than weights.

### Accepting change

Every one of us has technical problems which require rectification, but unfortunately – because of our age and the fact that rowing is a learned, motorised repeat movement – we have unconsciously programmed our brains to keep doing what we always have done because it is comfortable. This is our learned behaviour.

Changing this learned behavior requires persistent effort, increased concentration for each row, and dogged determination to make the change and practice it. Even when it's not comfortable to do so!

### KISS

We need to keep it simple! But words are received differently by different people. For this reason I believe it is very important for

the coaching effort to be directed clearly to each individual. What you hear being asked of someone else may in fact only confuse your own understanding.

So don't react to coaching not directed to you

Don't over-analyse the movement, work on the one thing that is your major problem

Remember that every action has a reaction, and any one technical problem may be the result of a number of technical faults.

Therefore it is very important for coaches to identify the problem, find the solution and seek to coach in a way that rectifies the fault rather than reinforce awareness of the problem.

If that isn't happening for you, talk to your coach to try and fast-track your understanding.

### Basic principles

#### What is the drive phase and why must it be an acceleration of movement?

The boat is moving slowest at the catch and fastest at the finish – therefore hand speed must do the same.

In the recovery phase the hands are traveling in the same direction as the water passing beneath the boat. For this reason it is possible to get a feeling of 'floating equilibrium' on the approach to the front turn as the hand speed matches the water speed at the point of entry.

To achieve an effective catch, it is critical that you be balanced and well-poised at the catch, and in a position where you feel strong yet relaxed. The catch must be taken before any of the body's energy is used, i.e before driving the legs back or moving the body. During the catch movement, the hands must match the speed of the passing water before accelerating through to the finish.



Masters men in action

At the catch your legs are in their most powerful position. They are the most powerful muscle group used in the rowing stroke – use them first and fast. When the legs drive, the movement or distance traveled by the seat must equal the handle speed. This can only be achieved if the body remains in position and is stable ensuring no slippage occurs.

The body is the next strongest muscle group – it is as strong as the first movement from the legs. The job of the body muscles is to hold the leg drive in the first phase of the drive until they can match the leg pressure. This happens at about one-third into the leg drive when they start to lever the body angle open.

At about two-thirds through the drive phase the arms are delivering first the leg and then body power to the handle, but they have not been used to draw in the handle to the body. As the leg efficiency fades and the body is levered back into the finish position the arms are beginning to draw. So the last third of the stroke is driving out the legs and pointing the toes, powering the body into the finish position and levering the arms in, against legs and body. All of this is an accelerated movement.

During the release, the hand speed must not slow. If it does, the pressure on the face of the blade delivering forward thrust to the boat will move to the rear face of the blade and act as a brake. This impedes a clean release which in turn creates difficulty of body movement – equalling wasted energy.

### Recovery phase

The recovery phase starts after the hands have reached the bottom of the back turn as they commence their travel to the stern.

The height of the bottom of the back turn after release is the height of travel for the full distance forward.

The hands fully extend leading the shoulders forward; the head and body follow after the shoulders. The boat is moving fastest at and just after the release, so it is critical to maintaining boat speed for as long as possible. We do this by minimising movement of the body mass as this alters the boat trim and disturbs boat run.

With the hands leading the body to the stern we need to achieve full body reach just after the knees lift – about quarter-slide. The body angle does not change beyond quarter slide, but when sweeping, the trunk and shoulders will rotate away from centre as the hands reach from three-quarters to full slide. It is in this last part of the recovery during trunk rotation that the blade squaring up commences to ensure there is no hesitation when moving through the front turn as a result of late squaring.

The recovery phase is completed when the blade is in the water at the catch.

### A level platform

We cannot practice efficiently if the boat is not providing a stable platform for us to sit and practice.

We must learn that when the boat is in the water – whether we are in it or not (so that includes moving to and from the pontoon) – it is always level.

You must not contribute to causing the boat to tip from a level platform at anytime. To achieve this, greater skill and care are required – no matter the occasion.

It follows that a lack of boat balance during training converts to lack of balance during racing.

No balance equals deceleration not acceleration.

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## Sausages, safety, nerves and testing

A wide mix of more than 40 enthusiasts from LRC and Riverview were at the clubhouse on 4 March to enjoy a sausage sizzle (thanks to Doreen, Barbara and Richard the master chef), followed by a two-hour seminar on boat safety and the opportunity to sit for the licence exam.

Three officers from NSW Maritime guided the young and the old(er) through the intricacies of completing the forms correctly, and then Adam guided us expertly through all we needed to know to gain a general boating licence.

When offered the opportunity to sit the exam at a later date, allowing time to practise all the questions on the NSW Maritime website, about half the participants decided that was the best option – particularly those who had never quite got around to reading the *Book Handbook*.

The other half, a hardy bunch, decided it was now or never, or why waste a good night? – and sat the exam there and then.

Faced by 40 multiple choice questions, we started in silence but that was soon broken by sighs, finger tapping, pencil tapping, the questions being slapped on the table, head scratching and on it went.

We queued up again to have our answers marked – there were a few nerves – the need to get the first 15 questions right (no wrong answers allowed) is a bit daunting. The second group of questions is a little less stressful – some scope is allowed for wild flights of fancy, as ‘only’ 20 of the 25 questions need to be correct.

Thanks to Doreen for doing such a great job organising the seminar, and to all her helpers.

Good luck to those yet to sit the exam.

It's a good outcome for the club from the night. We all know a lot more about boat safety than we did before – and it will be useful when we are rowing as well as when we are in a tinny.

# Calling the spic and span brigade

Tim Tindale, the property master, prepared this list showing what needs to be done on shed maintenance days. They can't all be done on the one day, but this way you can choose your specialty and let Tim know your preference. Then everyone is happy!

The next shed maintenance day is Sunday 8 March

## Hall & first floor

1. Stack chairs within the hall and not in the entrance leading to the fire stairs (fire safety regulations do not permit).
2. Re-stack the weight room cupboard so that:
  - appliances are on the top rack
  - frequently used items are at the lower level.



3. Remove all cobwebs.
4. Replace broken/missing locking mechanism on windows and doors.
5. Clean the windows on both sides.
6. Replace elastic straps on weight room curtain wall divider.
7. Replace Phillips head screws on door closers to balcony.
8. Repaint around openings and below chair rail after washing off wall marks.
9. Straighten pictures.
10. Repair the gyprock and undercoat around the rear stairwell.
11. Remove all cobwebs from the upstairs balcony.
12. Repair the wooden seats on the balcony and prepare them for repainting.
13. Seal and undercoat the wooden seats, then paint them in suitable colours.
14. Take bathroom mats outside, scrub and hose them off, then replace them after cleaning the bathroom floors.
15. Scrub the bathroom showers and toilet floors with bleach.
16. Scrub the toilets and urinals with bleach and warm water.
17. Clean the mirrors.
18. Remove all waste from the bathrooms and kitchen areas.
19. Polish the hand rails on the stairs.
20. Clean the barbecue and lightly oil using cooking oil, to prevent rust, then cover.

## Ground floor

1. Continue repairs and painting work to the entrance and unpainted surfaces.
2. Remove all oil and grease from the floor of the engine bay.
3. Re-stack the petrol cabinet/engine bay, ensure all riggers are identified and marked.
4. Prepare the boats we are selling or moving into retirement, to ensure they are in presentable condition.
5. Collect all loose material, goods and items from the floor and stow or throw out.
6. Empty the bins, hose them out and scrub if necessary.
7. Re-stack the blue metal press and throw away unwanted old materials (check with property master if unsure).
8. Take out the blue mats on the deck, scrub with a broom and hose off before retrimming them.
9. Sweep and hose the concrete floor.
10. Remove all cobwebs.
11. Stack the trestles in matching pairs distributing them evenly across the bays.
12. Remove unused tinnies and gear by stacking them upside down near the entrance gate to the staging; lock them in place.
13. Put the singles cradles above the downstairs toilet ceiling, out of the way.

## Outside

1. Rake the pathway under the pine trees and clear away loose pine needles so that the boat trailer can be easily removed from and placed in its resting position.
2. Separate and remove rubbish from pine needles at the entrance to the shed.
3. Rearrange rubbish bins so they are neat and unobtrusive.
4. Remove weeds.
5. Excavate stone steps from embankment in preparation for re-laying at the stone wall entrance to the staging.
6. Cut the stone to size and shape for fitting in place.
7. Remove the worn stone from the entrance and remnant cement bedding to receive the 'new' coursework.
8. Apply 6:1 mortar mix with bonding solution to support the prepared stone and fix in place.
9. Prepare the ground in front of the new stonework to receive the railway sleepers as steps to the staging.
10. Set the railway sleepers in place so the lower sleeper/s form an edge so the grass may be mown to a straight edge.
11. Remove debris and clear the site for regatta use.

## NSW Department of Sport & Recreation courses for you to do - running your club, and sport education

### Running your club

This is the club version of It's Your Business, and the cost is now \$20 rather than the usual \$55. Some topics covered in course are:

- issues facing volunteers, especially in grass roots sports
- who is responsible for running your club
- club health check-up and planning
- governance and compliance obligations
- introduction to governance
- roles and responsibilities of club office bearers
- club constitution and regulations
- incorporation and contemporary models
- legal issues facing clubs
- managing risk
- sponsorship, fundraising and grants for clubs.

Dates and venues are:

Monday 27 April, Blacktown City Council Civic Centre, 62 Flushcombe Road, Blacktown.

Wednesday 13 May, Sutherland Council, 4/20 Eton Street, Sutherland.

Wednesday 27 May, North Sydney Council, Ros Crichton Pavilion, 220 Miller Street, North Sydney.

Wednesday 17 June, Strathfield Library, Ironbark Room, 65-67 Rochester Street, Homebush.

All workshops run from 6.30 pm to 10.00 pm. Light refreshments are included in the cost.

### Orientation to managing sports teams

Coaches who attend the Sport Education Courses can use them for re-accreditation or recognition of prior learning for their coach accreditation personal development accreditation points.

The program runs in June and covers:

- roles and responsibilities of a sports team manager
- the junior sports environment, including building the history and culture of the sport
- understanding child protection and anti-harassment policies
- codes of behaviour in sport, including junior sport
- understanding and working with athletes
- being organised and the team managers toolkit
- working with people and organisations
- athlete nutrition.

For more information, go to: [www.dsr.nsw.gov.au/training/sportsadmin.asp](http://www.dsr.nsw.gov.au/training/sportsadmin.asp)

### Sports education series

- Introduction to sport psychology
- Core strength and flexibility
- Fun warm-ups and stretches
- Basics for sport nutrition
- Games Sense

For more details go to this web address and look under Sydney: [www.dsr.nsw.gov.au/training/coach.asp](http://www.dsr.nsw.gov.au/training/coach.asp) Call 13 13 02 to make a booking.

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## Calling everyone to put pen to paper about the proposed new Iron Cove Bridge

### Submissions closing date: 28 March

The RTA is calling for submissions on the proposed new Iron Cove Bridge, which is in the design the NSWRA and the clubs in the bay have rejected from day one.

The NSWRA and Bay Clubs Forum sub-committee issues paper identifies the impact on rowing of the RTA proposal and offers a solution: to build the alternate RTA option, a clear span across the entire width of the existing 2,000 metres regatta course.

The NSWRA encourages you to make a submission to the RTA. The LRC website has a letter (Charlie Bartlett, an important member of LRC, as well as Chairman Bay Clubs Forum and NSWRA Deputy President), and with information on making a submission, the reasons why the proposed bridge design will be detrimental to rowing, and where to send your letter.

The club will make a submission, and encourages everyone in the club to do the same. NSWRA and Bay Clubs Forum sub-committee issues paper, Charlie Bartlett's letter and the advertisement from the *Sydney Morning Herald* of 21 February are all on the LRC website: [www.lrc.com.au/34.html](http://www.lrc.com.au/34.html)

Send your submission to:

Senior Project Development Manager,  
PO Box 743  
DRUMMOYNE NSW 1470

Also send submissions to state government ministers who have portfolio responsibilities linked to this decision:

The Honourable M Daley MP, Minister for Roads,  
[office@daley.minister.nsw.gov.au](mailto:office@daley.minister.nsw.gov.au)

The Honourable K Kenneally MP, Minister for Planning  
[office@kennally.minister.nsw.gov.au](mailto:office@kennally.minister.nsw.gov.au)

The Honourable K Greene MP, Minister for Sport and Recreation  
[office@greene.minister.nsw.gov.au](mailto:office@greene.minister.nsw.gov.au)

The Honourable J Tripodi MP, Minister for Ports Waterways  
[joe@tripodi.minister.nsw.gov.au](mailto:joe@tripodi.minister.nsw.gov.au)

The postal address is:

NSW Parliament House  
Macquarie Street  
SYDNEY 2000

## Reminders:

Take care of the tinnies – use trolleys or carry tinnies, don't drag them.

Put two lights on each boats and keep a proper look out.

## Remember:

Functions – the listing has the dates the hall is booked:  
[www.lrc.com.au/4.html](http://www.lrc.com.au/4.html)

Boat maintenance / shed maintenance:  
[www.lrc.com.au/maintenance\\_71.html](http://www.lrc.com.au/maintenance_71.html)

**Saturday 7 March: LRC regatta - your help is needed**

**Sunday 8 March : shed maintenance day**

## New on the website:

LRC boat roster – now you can see when boats are booked and who has booked them. The roster is also on notice boards at the clubhouse. It's on the Members' info page through here:

[www.lrc.com.au/lrc\\_members\\_69.html](http://www.lrc.com.au/lrc_members_69.html)

Email [admin@lrc.com.au](mailto:admin@lrc.com.au) if you have forgotten the password.

## Socially networked rowers

There is a new rowing site devoted solely to social networking for the rowing community: [www.rowersroom.com](http://www.rowersroom.com)

The new sites claims to be the largest rowing community on the internet, and it has links to lots of clubs, including LRC.

## Buckingham Rowing Club Centenary 2010

For former members of this Tasmanian club - if you would like to be kept informed of the centenary celebrations, email: [buckinghamc@gmail.com](mailto:buckinghamc@gmail.com), or call the club captain, Gordon Stewart, 0408 494 607.

## Diary dates

Sunday 7 March	LRC regatta
Sunday 8 March	Shed maintenance
Sunday 5 April	Learn to row Info & Rego session
Sunday 12 April	Shed maintenance
Sunday 19 April	Learn to row off-water session
Saturday 25 April	Learn to row 1st session
Sunday 26 April	Learn to row 2nd session
Sunday 26 April	Boat maintenance For masters to prepare for the state and national titles.
Sunday 3 May	Learn to row 3rd session
Saturday 9 May	Learn to row 4th session
Sunday 10 May	Learn to row final session Shed maintenance
Sunday 7 June	Boat and Shed maintenance For all crews - to prepare the 8s for corporates.

## Calling learn to row coaches

**We need helping hands for the next Learn to Row course starting 19 April.**

Can you coach, be a coaching assistant, drive a tinnie or assist with pontoon marshalling? We need you! The dates for Learn to Row are above. The club relies on events like Learn to Row and corporate regattas to raise much needed funds as well as bringing in fabulous new rowers - so please help out any way you can.

Please contact Jane ([janelouisehutchison@hotmail.com](mailto:janelouisehutchison@hotmail.com)) by Saturday 4 April.

The dates are

* Sunday 19 April	* Saturday 25 April	* Sunday 26 April
* Sunday 3 May	* Saturday 9 May	* Sunday 10 May

## Deadlines for regatta entries

DAY	DATE	EVENT	TYPE	DISTANCE	LRC CLOSE OF ENTRIES
Sat 8 am	21/3	Riverview Gold Cup / Lane Cove	School/Age/Open/Grade	1500	<b>8/3</b>
Sun 8 am	22/3	Grade regatta. Host to be determined / Iron Cove	Grade	2000	<b>8/3</b>
Sat 9 am	28/3	AAGPS Head of the River/ SIRC	Schoolboy	2000	<b>15/3</b>
Sat 12.30 pm	28/3	NSW Schoolboy Head of the River / SIRC	Schoolboy	2000	<b>15/3</b>
Sun 8 am	29/3	NSW Schoolgirl Head of the River / SIRC	Schoolgirl	2000	<b>15/3</b>
Sat 8 am	4/4	Edward Trickett NSW Grade Championship / SIRC	Grade	2000	<b>22/3</b>
Sat	18/4	Drummoyne Masters / Iron Cove	Masters	1000	<b>5/4</b>
Sat	2/5	Iron Cove Masters / Iron Cove	Masters	1000	<b>19/4</b>
Sat - Sun	16/5	NSW Masters Rowing Championships / SIRC	Masters	1000	<b>3/5</b>
Thurs - Sun	28/5	Australian Masters Rowing Championships / Fitzroy river, Rockhampton	Masters	1000	<b>10/5</b>