



# Easy Oar

Newsletter of the Leichhardt Rowing Club  
Issue no. 19  
April 2009

## End of season round up

Our club is proud of all our members who represent us all, each and every time they line up to start a race. We're proud of the effort that goes into their preparation – both from the rowers themselves, but also from the great number of club people who provide so much support and give our crews a good opportunity to compete. It's fitting that in this edition we look back on the squad who represented Leichhardt recently at the national championships. Fitting also, in congratulating them on their achievements, that we acknowledge and thank everyone in the club who continue to contribute so much to our capability to compete at this high level. Thank you all!

Many other LRC rowers finished their season with the Trickett Grade regatta on Saturday (4 April) and are now resting (from rowing at least) before it all starts again next season. But this is just the start of the masters season, which finishes 31 May.

LRC has had a successful season, and the NSWRA announced on 12 March that we were leading the pointscore (although they cunningly did not say by how much). We followed that by winning 22 firsts at the Autumn regatta, but we succumbed to the stiffer competition at the Trickett regatta winning two firsts, seven seconds and three third places. Many of our newer and junior rowers have had some successes at recent regattas, showing promise for next season.

At the beginning of March, LRC farewelled the squad going to the Australian National Championships, wishing them every success and giving each member of the squad an (specially embroidered) LRC zootie and cap as a memento of the event. These championships are the culmination of the annual rowing program – a long season of hard work.

The masters season finishes with the Australian Masters Rowing Championships – this year in Rockhampton – and six LRC rowers have been selected to represent NSW in the Interstate races.

Angela Conry, Deanna Fekete, Leslie Howatt, Anne Parbury and Dianne Williams have been selected for the Womens Interstate 8+, and Angela and Anne have also been selected for the Womens Interstate 4x and Tim Tindale for the Mens Interstate 4x.



*Congratulations to the team on their results, under obviously trying conditions, and reaching two finals, one C final, two E finals and eight semifinals.*

*back row L-R: Dean Robinson, Bry Cole, James Gerofti, Rosa Brown, Sarah Moxon, Amy van dan Nieuwenhof, Elliot Hunt.*

*front row L-R: John Turner, Isobel James, Georgia Girdler, Austen Hunt (cox extraordinaire), and Alex Hutchison.*

### The nationals 2009

Competition at the nationals is fierce. Twelve rowers from Leichhardt went to Lake Barrington, this year: Sarah Moxon (who competed in the open category); Amy van dan Nieuwenhof and Bry Cole (U23); Rosa Brown (U23 lightweight); Isobel James, Georgia Girdler, Alex Hutchison, Emma Thomas (U17); Dean Robinson

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## Thank you to Frank and Kerry

As you all know, Kerry and Frank has decided to complete their coaching at LRC, and the Trickett regatta was their last event.

They have been an integral part of life at LRC, they have guided many of our rowers to great success, and have carried their squads with an infectious enthusiasm and empowering support.

The brief outline of their rowing stories is below, but to hear more stories and to celebrate their time at LRC come along to the LRC presentation night, Saturday 9 May.

### Frank's coaching

Frank Thorn has been Manager of Coaching Services, responsible for the overall coordination of the club's coaching program. He came to LRC in 2002 and has developed athletes to compete successfully at state and national championships, and has been involved in preparing training programs for all squads. He coached Frank coached Ben Johnson and Joe Rogers to a national title: MLwt4x, in a complosite crew.

He is experienced both as a competitor and coach in a number of sports – surf boats, distance running and athletics. and has been involved with rowing (our kind of rowing) in some form since 1985. As well as coaching at LRC, he has been head coach at Cranbrook, and at Sydney University Women's rowing club where he set up the high performance program, and in 2001 he coached the Victoria Cup winning NSW state lightweight quad. In 2002, he was NSW Rowing Association coach of the year for women.



Frank and Kerry at the Trickett regatta - their final coaching event

### Kerry's coaching

While coaching at LRC, Kerry has been involved with coaching the senior women, the Super 8 group 1 women, the intermediate women and lately the junior development squad. All these coaching commitments have been at the senior level, and she has prograded up to 12 sessions a week with the rowers.

Kerry started coaching Sarah Moxon and her crew at North Shore in 2002–03. Sarah was selected two years in a row for the Youth 8 and for the Youth Olympics, and with Liz Strathakis, Kate Bartlett and Lucy Mulvey, won the state championships in the U21 4x and 2x. 'I have coached some great women and men, men, and some outstanding developing juniors. I have passionately thrown myself in to Leichhardt Rowing Club,' says Kerry.



## Junior girls end the schoolgirl season on a high note

The LRC junior girls completed their season of schoolgirl racing with medal-winning performances at the NSW Schoolgirl Head of the River, held at SIRC on Sunday, 29 March.

Kiri English-Hawke, competing for Stella Maris College, won bronze in the hotly-contested Year 9 Single Final, and Cassandra Kottaras and Lucy Zell, representing Burwood Girls High School, won silver in the Schoolgirl Year 9 2x. Emma Hart, representing Riverside Girls, was just squeezed out of the medals, placing fourth in the Year 9 1x Final. Ashley Aubealaus, representing St Scholastica, also put in an excellent performance but missed out on a finals berth.

The junior girls have had an extremely busy racing season since Christmas, competing in quads in the schoolgirl regattas and the Riverview Gold Cup, as well as racing singles, doubles and quads in the Grade regattas, and gaining some great results in all events. They completed their season at the Edward Trickett Championship regatta.

‘The girls have showed fantastic commitment to training and racing over the past couple of months, often racing two regattas on the weekends, and have achieved some excellent results,’ says Head of Junior Coaching, Steve Jaques. ‘In particular, a number of girls who only did learn to row in November, raced for the first time in February and have showed amazing improvement since they started rowing only a few months ago. We’ve got a great squad of around 20 girls who have worked really well together and we look forward to even more success next season.’

### More head of the river news

Five Junior Development Squad rowers, coached by Kerry Thorn, competed in the NSW Schoolboy Head of the River and NSW Schoolgirl Head of the River regattas on 28 and 29 March.

Elliot Hunt, co-coached by Frank Thorn and representing St Aloysius, won silver in the Schoolboy Year 10 First 1x final.

Isobel James (representing Fort Street) rowed well to gain a place in the A Final of the Schoolgirl Single Scull, with Emma Thomas (St George Girls High) and Alex Hutchison (Arden) missing out on a finals berth in the highly-competitive Schoolgirl 1x heats. Georgia Girdler, representing Burwood Girls, just missed out on a medal with a fourth place in the Year 10 1x. Congratulations to all.

### Accolades for the coach

*Susie Philpott writes:* As assistant to Steve I have enjoyed coaching the juniors. The raw talent and abilities that they bring to the boat shed he gathers and encourages. Over the whole season Steve coaches the individual teens into crews. Thanks to him the achievements and friendships they have made will be carried in their memory for a long time. He extends those who are ready and willing to move up, and when a junior is not ready or has other commitments he always leaves the gate open for when the time is right. I hope all club members appreciate Steve’s effort. He has his finger on the pulse of the junior development and without exception, their welfare is at the forefront of his sessions. I have the highest regard for Steve’s input, and have learnt from him.

*David Elliott continues:* The quick progress of members of this group in becoming capable rowers is astounding and for the coaches, very rewarding. The athletes each have individual goals - for some it is fitness, fun and friendship on the water. For those who also have the goal of competition some of their results have been remarkable in a very short time. Well done.



Kiri English-Hawke, Ashley Aubealaus, Austen Hunt, Emma Hart



Lucy Zell & Cassandra Kottaras Silver in Year 9 Double sculls Representing Burwood GHS



Kerry Thorn, Kiri English-Hawke, Emma Hart, Steve Jaques



Elliot Hunt showing his silver medal, Kerry Thorn

With thanks to Virginia Van Ewyk for compiling these reports.

Many thanks to all the LRC photographers who feature in this issue: Frank, Bry, Georgia, Heather, Shé, Margot, Elliot, Ray, Margaret and others I’ve forgotten - there are more on the website.

## Nationals 2009 (ctd)



Am I having fun yet?



Sometimes any cover you can find is good



Dean and James head off with their double

(open); James Gerofi (open lightweight); John Turner (U23 lightweight); and Elliot Hunt (U17) with their coaches, Frank and Kerry Thorn.

### Weather report

The conditions were many and varied – ranging from bright sunshine and a light, cold, headwind to wind gusts, headwinds, tailwinds and crosswinds, to raining non-stop for 48 hours and still stronger winds that were winning the races – two boats sank on the Saturday during the LwtM4x race, and three sank in the OW4x. By the time the interstate races started on the last day, there was sun and a slight tail wind.

### The competition

James and Dean reached the semifinal in the Open 2x via repechage, and contested the straight final in the Open 4x, finishing fifth. Sarah reached the final of the Open 2x (in a composite crew), and the semi-final of the Open 1x. Rosa reached the semifinal in the U23 LtWt 2x, also in a composite crew. Elliot was second in the E final of the schoolboy 1x, and the semifinal in the U/17 1x, 2x and 4x (in composite crews). Isobel was second in the C final of the schoolgirl 1x, and reached the semifinal in the U/17 1x and, with Georgia, the semifinal of the U17 2x. Alex was third in the E final of the schoolgirl single.

## The nationals experience

Easy Oar asked the members of the LRC squad who went to the nationals to comment on their experience. Here are the views of three of them - Sarah Moxon (who extended hers to include her view of rowing), John Turner and Bry Cole.

### Sarah Moxon's view

I began rowing at age 11 when I decided that I needed 'a sport' and so far had had no success with ball sports.

### The good parts

I have seen probably over 2000 sunrises while rowing. They have been vivid red, glowing gold, silver linings, and striking rays of light.

Feeling fit and healthy. I love that 'big lungs' feeling after an intensive session, and the ache of weary muscles after weights.

My second family – LRC members. Who else do you see every day early in the morning when you are at your most tired and crabby? It's no surprise we form strong friendships in this sport.

The excitement of rowing in a good crew. I love being in bow seat of a fast eight, seeing the oars move in time, the backplash of each blade at the catch. The sound of moving slides and clunking rowlocks at the start of an eight race is so exciting.

A different way to appreciate music. I love running or erging to a powerful dance song; the tingly feeling you get when working at 100% and then the bass kicks in ...

### The not so good parts

Stumbling out of bed at 4 every morning when every part of you yearns for more sleep.

Not being able to stay awake – whether at work, in a meeting, driving, watching a movie, or even talking – after a few minutes of sitting down my eyes start to droop, my head starts to nod, and everything gets very confusing ...

The pain. Of course I have those moments when I wonder why I am *choosing* to do this, when I could be snug in bed! I just tell myself that I've been in the worst possible pain before; it doesn't get easier or harder the fitter you get, the relative effort is always the same; it's just how hard you can push yourself.

### The balance

I figure that the choice to do rowing is like the choice between comfort and excitement; the choice between sleeping in or experiencing another beautiful sunrise. We squeeze a bit of excitement into each day (and a lot of excitement on big race days) often at the expense of comfort. But in a way we are comfort connoisseurs because food, rest and relaxation are always so much better after some hard work and nerves.

### The nationals

Nationals this year was a great experience, rowing in the open category with some of the best, and being able to get some decent results. It was a heightened version of the usual trade-off between excitement and comfort, because we had freezing cold, rain and wind; it was so hard to remain disciplined in some of the conditions we had. We also had great racing, stunning scenery, and enjoyed the camaraderie of going through it all with people we had trained with for the whole season.

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### John Turner's view

Some people would say that you shouldn't compete at a national championship unless you're going to place on the podium. I would have to disagree as competing at nationals is not all about winning but also development and experience which may be called upon down the line to win. Nationals for me was all about this development and experience. This nationals allowed me to fully experience the atmosphere of nationals; the unforgiving BROs and weigh-in officials; seeing Olympians and Australian world championship representatives in every direction (and racing them); relentless winds and ever shifting weather patterns; and the ever-present pre-race nerves. This year allowed me to develop as an athlete and make any mistakes so that in the future I can compete unfazed by the atmosphere and thrash it out with the race leaders. It allowed me to sort out where the competition is, giving me goals for the future to aspire to and train towards throughout the off-season. It was also in a sense a crash course in not only how to row, but how to race with the constant flow of elite athletes down the course demonstrating how to truly move a boat. I was also able to develop as a rower off the water, learning how to properly set up a boat through helping Frank work on the boats.

My highlights of nationals include rowing an officially recorded 5:04 2000m in the heat for my single, and watching NSW take out the King's Cup with a commanding lead. However my main highlight was definitely rowing an erg in the NSWIS tent with Nick Hudson next to me and the NSW Lwt 4- standing behind me. It was a great experience and I hope to repeat it in the future.

I'd like to thank Kerry and Frank for their support of my rowing and for taking me down to Tassie.

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### Frank's view

Competing at the nationals is like no other regatta. Everyone is on the same plane, each day you can feel the energy, the buzz, the urgency and the pressure to do well. You are mixing with and competing against the best; the rowers make new friends, exchange ideas, discuss each others' sacrifices, their commitment the difficult workload, the training and their goals and aspirations. It just makes them hungrier to compete again at the next nationals.

### The lake, and the course



## At the nationals 2009 (ctd)

### Bry Cole

You're sitting at the start of an unfamiliar course, can't feel your toes it's so cold (amateur mistake not wearing more clothes when you left the pontoon, what were you thinking keeping clothes dry for later?), the rain is so hard it hurts, you're struggling with the wind as it pushes you everywhere you're not supposed to be. The boat officials are obviously getting tired of the cold and rain too as they bark orders from above. You look across at your competitors, some with a good foot of height and 20 kilos weight on you, AIS and state institute logos plastered on every zootie you can see. Prompts you to ask: 'Why? ... Why am I here?'

Then you remember the training. 48 weeks of it. The commitment you've made to your teammates, to your coaches.

That almost gets you fired up. That rain is still really cold though, and those institute athletes are still massive.

But then, then you remember all the effort your teammates and coaches have given to you. That's when you block out the cold, you block out the wet, and you get on with the job.

It is this commitment that I've experienced this season from our squad, and most importantly Kerry and Frank, that I believe underlies our performance at nationals. It is a testament to the constant enthusiasm and drive offered by the coaches and squad members that we were able to achieve competitive results against the high calibre of athletes encountered at the championships.

I cannot be thankful enough to have had the opportunity to compete. I believe that every stroke that we took on Lake Barrington developed each of us beyond measure. The experience was invaluable. For me it has set the bar for future seasons, and I now know that every stroke I take in training will ultimately lead me back to those rainy startlines and grouchy boat officials. And I know that next time, and the time after, it will always be the camaraderie and commitment amongst my teammates and coaches that gets me to the (probably still rainy) finish line.



Emma, Bry, Ali, John, Georgia and Isobel



Frank helping Dean prepare his boat



Elliot Hunt (bow) in his composite U174x on a slightly wet day

### Meanwhile, at Geelong

The 12th Australian Masters Games Rowing Geelong 2009 did not really get onto the radar screen for LRC masters, except Margot Simington who competed with her old club Canberra Rowing Club (CRC) and reports.

The meet at the home of Geelong clubs, Corio Bay and Barwon, attracted a select company, from Victoria, the ACT, Tasmania and South Australia, but I was probably the only NSW competitor.

The disastrous Victorian bushfire weather patterns spared us: mostly it was fine, mild, lightly overcast, with only the gentlest of zephyrs. The Barwon River course, not tidal and relatively protected, provides pleasant rowing four lanes across (beware the reeds in the transit lane).

A familiar Masters Games atmosphere prevailed - keen but relaxed and friendly competition. For lack of entries neither our G nor an F Women's Eight eventuated, and it was the same for several other events in these categories. But we accommodated by rowing 'down'. The Games administration cheerfully facilitated this by accepting late crew changes for an unexpectedly large number of heats (occasioned by the narrow course) and delaying finals as needed. CRC rowers across all categories scored many successes. Sue Donoghoe and Peter McCartney whom some Leichhardt people would know, come to mind but virtually all CRC rowers came away clinking medals of all colours. I too ended up with a full bling colour



Margot stroking the 4+

pallet, including Gold for the G Women's Double Scull (with Gillian Colledge of CRC).

Most rowers saw the competition as work-up for forthcoming state and national masters cChampionships and more especially for the Sydney 2009 World Masters Games rowing in October which will draw many more rowers than did Geelong. The likes of CRC will provide Leichhardt with stiff competition.

Three halcyon days, altogether delightful, but not without a somber undertone: on Sunday all activity on the water paused at 11.00 am for a one minute silence to honour victims of Victorian bushfires.

## Revised LRC Safety and Care Policy

Safety is of paramount importance. Boats are a key resource of the Club and Members must take care with them. If you are involved in an accident, you must follow the steps outlined below. Individual financial and membership consequences may apply if you do not follow this policy.

### Safety

Rower safety, and boat safety and care are very important to LRC and its members.

All members must be aware of their safety obligations on the water, on the pontoon and in the shed. Members must be familiar with the 'Being safe' page on the LRC website ([www.lrc.com.au/50.html](http://www.lrc.com.au/50.html)) which contains this Accident Policy, NSW Maritime requirements for lights on rowing boats, boat handling and safety on the water, and other important information. It includes concepts such as:

- the correct way to get boats on and off the racks
- the correct way to get boats on and off the water
- the correct way to get in and out of the boat, and away from or returning to the pontoon
- how to handle boats to avoid damage
- keeping to the correct side of the river (i.e. your bow-side should be closest to the land)
- the cox, or the bow seat in a non-coxed boat, is responsible for keeping a lookout for other crews and navigation hazards on the water
- always watching out for other crews and boats, and calling out to other boats to avoid collision
- turning only when safe to do so
- turning by taking the shortest path across the river (ie, cross at a right angle)
- always displaying both bow and stern lights when rowing in between sunset and sunrise, and when visibility is restricted
- sweep oar boats that do not have foot steering connected must carry a cox, and
- social rowers must demonstrate to the Club Captain that they have adequate knowledge of the safety and navigation rules before they will be given allocation of a non-coxed boat.

The Being safe page is updated from time to time and new information is added when it is deemed relevant.

### What do I do if I am in an accident on the water?

At the time:

- Render assistance to anyone who needs it.  
Remain calm.  
Don't admit fault.  
Exchange names, rowing club, and boat details.  
Identify landmarks so you can be clear on your positions in the harbour.

Once you're back at the Club:

- Fill in the NSW Maritime Vessel Incident Form which is in the office in the clubhouse.

*The Accident Policy has been updated and is now a broader policy encompassing general safety and care issues at the shed and on the water. We're keen to ensure all members and LRC's property is kept safe and well maintained*

Give the form to Richard Stanistreet, and explain what happened to the Property Master (Tim Tindale). They will inform the relevant people within the Club.

Note any boat damage in the book on the blue cupboard near the entrance to the club.

### What do I do if I damage equipment off the water?

Secure the boat or equipment which has been damaged to ensure no further damage or injury will occur.

You must provide the following details your coach, the Property Master, and Club Captain:

- identify the boat
- describe the damage and
- describe how the damage occurred.

### What are the consequences of my accident?

If the damage is caused by not behaving responsibly and / or through lack of reasonable care, LRC will require member(s) to contribute to repair costs.

### Why?

Boat and rower safety is very important.

This policy will encourage a compliant, accident-free club.

LRC cannot afford to cover people who do not act according to this policy, nor is it fair on those members of the club who are responsible in their behaviour and do the right thing, to indirectly pay for avoidable repair expenses.

It is a NSW Rowing Association requirement that all incidents / collisions are reported by completing the NSW Maritime Vessel Incident Form and forwarding it to the NSWRA Safety Officer.

### Who?

All those in the boat or handling it may be held responsible.

Coaches who are in the immediate vicinity of the accident and do nothing to prevent an accident will also be held responsible.

### When?

A penalty will apply when:

- you are at fault (see description below);
- there is personal injury;
- you are in a boat which is not allocated to your training squad;
- you are not an LRC financial member; or
- you are rowing a coxed boat without a cox.

'Fault' will be determined having regard to the NSW Maritime and LRC rules and, ultimately, discretion will reside with the President, Captain and Treasurer.

For example: an accident will be deemed to be your fault if you are on the wrong side of the river, if you do not have lights on your

boat when rowing in darkness, if you are in a boat not allocated to your training squad, if you are careless in handling boats. Fault will not be determined by whether an insurance claim is made or, if made, whether the insurer deems the LRC boat to be at fault. LRC reserves the right to claim on insurance or not. Often it is in LRC's best interests not to make an insurance claim.

## What?

A penalty may be:

- payment of the insurance excess (up to \$1,000 per person);
- payment of the costs incurred to fix any damage caused to all property, and to LRC's and other damaged boats (up to \$1,000 per person);
- restricted access to boats;
- restricted use of facilities; and/or
- membership restrictions or cancellation.

The President, Captain and Treasurer will determine the applicable penalty and who will be penalised.

The NSWRA Safety Officer, in conjunction with NSW Maritime, may also impose fines on rowers deemed to have breached navigation safety rules. Any such fines imposed will be the responsibility of the crew for payment.

A Club member will have an opportunity to make their case by written submission to the Committee if they dispute the way in which this policy is implemented.

## Boat allocation

Please note that you can only use boats which are within your allocation. The Boat Usage Policy is on the website, has been published in *Easy Oar*, and is up at the shed on the blue cupboard and at the bottom of the stairs on the eastern end of the shed. A penalty will apply if any damage occurs when you are training in a boat which is not allocated to your training squad.

## Thank you

As we complete the main regatta season, Virginia and Dianne would like to say a big thank you to all the 'crew captains', coaches and rowers who have (almost) seamlessly moved over to the revised system and have been brilliant in providing us with their regatta entries, particularly those who have put in considerable effort to get their entries in on time to make our lives easier. For the masters rowers, the season continues, so Regatta Alerts will still be issued - and keep up the good work!

*Virginia and Dianne*

## Deadlines for regatta entries

DAY	DATE	EVENT	TYPE	DISTANCE	LRC CLOSE OF ENTRIES
Sat	2/5	Iron Cove Masters / Iron Cove	Masters	1000	19/4
Sat - Sun	16/5	NSW Masters Rowing Championships / SIRC	Masters	1000	3/5
Thurs - Sun	28/5	Australian Masters Rowing Championships / Fitzroy river, Rockhampton	Masters	1000	10/5

## New - LRC Policy on Race Protests

The NSWRA Laws of Boat Racing provide for the opportunity to lodge protests.

LRC regards lodging a protest as a serious matter that is deserving of the due consideration of, and ratification, by the Club Executive.

If a crew genuinely believes they were impeded in a race, then the stroke of that crew can lodge a verbal protest with the race umpire at the conclusion of the race.

Should the stroke or any member wish to lodge the required formal written protest, they must discuss this first with one of the available Executive Committee members (President, Captain, Treasurer and Secretary), by phone if necessary, to gain approval to proceed.

No club member may lodge a formal protest without the express approval of one of the Club Executive.

Normally the Captain will represent the club at the jury meeting for the consideration of a protest.

Any breach of this policy may result in sanctions for the member responsible.

## Diary dates

Sunday 12 April	Shed maintenance
Sunday 26 April	Boat maintenance
Saturday 9 May	LRC Presentation night
Sunday 10 May	Shed maintenance
Sunday 7 June	Boat and Shed maintenance

## Welcome to recent new members

New club members in the last couple of months include:

Aiden Abeni-Davis	Mary Finegan
Natelle Ball	Nivi Massarek
Disha Bhuta	Tim Morcombe
Allan Carr,	Cleo Myerscough
Nell Duly	Scott Patterson
Shé Hawke	Mark Roberts
Heather Hunt	Alice Ryan
Stephen Garner	Louisa Travers
	Brad Ward

## Comments and contributions are all welcome

Send them to Anne, [aparbury@gmail.com](mailto:aparbury@gmail.com). If you don't send photos, there won't be any to look at in *Easy Oar* !