



Easy Oar

Newsletter of the Leichhardt Rowing Club
Issue no. 15
November 2008

2008-09 boat usage policy

The purpose of this policy is to ensure our boats are in excellent condition for regattas and championships, and are a key resource to support crew development. As Club Captain and on behalf of the committee, I expect all members to adhere to this policy and I appreciate members' efforts in doing so. Jane Hutchison Club Captain

PURPOSE:

At the committee meeting on 13 October 2008, the committee reconfirmed the club's commitment to providing an appropriate, competitive fleet for our rowers in competitions such as state and national championships and Youth Cup. It is of critical importance that our boats are in excellent condition for these championships. So, to ensure that we maintain the highest standards of boats and avoid damage and deterioration, all boats are subject to restrictions for training purposes.

This policy does not relate to boat allocation for racing. That will continue to be done by the Club Captain, and is typically based on the best boats available.

It is important to note that access to any boat is a privilege for club members. Continued access carries the understanding that the rowers will comply with all club directives on use including:

- complying with all boat restrictions
- correct handling

– safe navigation and

– maintenance and care (including, for example, washing boats after every session and maintaining boats under the Adopt-a-Boat policy).

PENALTY:

These new restrictions will be strictly enforced. Failure to comply with any of these directives may result in temporary or permanent removal of boating privileges and access to the club.

Rowers who use, and coaches who allow rowers to use, boats they are not entitled to row will be subject to these penalties, including a ban on use of particular boats, a ban on competing in races, and a ban on accessing the club.

BOAT RESTRICTIONS

The fleet is categorised into A, B, C and D category restrictions. This Boat Usage Policy replaces the previous Boat Allocation, and is effective immediately. [See p.2](#) ⇨

LRC Christmas party

14 December

Keep the Sunday night free, it's starting early (time to be confirmed)

Also in this issue

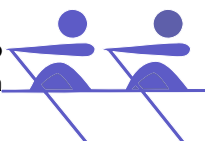
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Congratulations to Rosa and Sarah

Sarah Moxon and Rosa Brown have been selected for the Rowing Australia National Elite Development Plan.

The plan is targeting potential national U23 rowers and monitoring their progress through to senior rowing teams to ultimately gain selection in national teams for world championships and olympic games.

Each state institute or academy selects eight male and female heavyweight athletes for the sweep oar program—Sarah, and six male and female lightweight athletes for the sculling program—Rosa.



[See p.5](#) ⇨

LRC boat usage policy (ctd from page 1)

Access to boats in Restriction Level A is at the sole discretion of the Club Captain.

Please refer to the definitions below for each restriction level. By way of example, a person within restricted level B can train in boats within the restriction levels B, C and D. They cannot train in boats in restricted level A.

Restriction Level A (Restricted):

Access to boats in this category is at the sole discretion of the Club Captain. Access to these boats is significantly limited to preserve these top level boats for championship competition.

While the access list will be reviewed regularly throughout the season, the current rowers allowed to access these boats are limited to the published list. The Captain has sole discretion to allow further rowers/crews access to nominated boats within the restricted list.

Rowers not in a squad

Rowers not participating in one of the recognised squads should obtain consent from the Club Captain for confirmation of their appropriate status.

Boats 'not in use'

From time to time it may be necessary to rest or completely prohibit the use of boats. When a 'Not In Use' sign is placed on a boat, that boat must not be used by any person.



Inclusion in a higher restriction level

Coaches/rowers may apply (in writing only) to the Club Captain to be considered for inclusion in a different restriction level category or for the use of a particular restricted boat for training purposes. Reasons why the coach/rower believes they ought to be included and why that would be within the scope of the Committee's purpose in restricting access, must be addressed.

Mixed category crews

It will not be appropriate for a crew boat to contain only half the sufficient restriction level category rowers for that boat. Such scenario would inevitably lead to an increased level of use of boats and therefore defeat the purpose of this policy.

Restriction Level A (Restricted):

Boat name	Boat type	Boat weight
Tim Tindale	1x	70
New single	1x	60
New single	1x	70
New single	1x	80
Ted Curtain IV	2-/x	80
Frances McNamara	2-/x	70
Rod Richardson	2-/x	70
Premiers 2007	4x /4- /4x+ /4+	75
Peter Trives	8+	75

Rowers approved to row these boats (subject to each boat's weight restrictions) are:

Sarah Bayley
 Rosa Brown
 James Gerofi
 Sarah Moxon
 Dean Robinson
 Will Schouten
 Zoe Thomas
 Amy van den Nieuwenhof
 Madeleine van Ewyk

Restriction Level B:

Boat name	Boat type	Boat weight
Hermes	1x	65
David Morrissey	1x	70
Kim Eddy	1x	85
Tim Clare	1x	85
Alan Flint	1x	85
LUER	2-/x	85
Kevin Bond	4x/ 4-	90
Rod Moynahan	4x/ 4-	90
Richard Stanistreet	8+	80

Boats in this category are restricted to the following squads:

Senior Men & Women
 Intermediate Men & Women
 Junior Development
 J4 Juniors
 Senior Masters (2km grade)

Restriction Level C:

Restriction Level C boats are available for use by rowers who are both LRC financial members and NSWRA registered competing club rowers.

Boat name	Boat type	Boat weight
Bright Waters	1x	75
120 Years	1x	75
Old Oarsman II	2x	95
MaryPamJan	2x	75
Williamson	2x	70
Steve Roll	4x /4- /4x+ /4+	90
Fullerton	4x /4- /4x+ /4+	90
Balcony Boyz 2	4x /4- /4x+ /4+	75
Super 8 2006	4x /4- /4x+ /4+	75
Bill Monaghan	8+	80

Restriction Level D:

Restriction Level D boats are available for all financial registered LRC Club members.

Boat name	Boat type	Boat weight
Balcony Boyz	1x	80
BondyBaker	1x	80
Shorty	1x	75
Michael Bath	1x	65
Ross Ullo	1x	85
Rod Richardson	1x	80
Bill Monaghan	1x	80
Lazarou	1x	80
Coburn	1x	80
The Old Oarsman	2-	85
Jim Hayes	2-	80
John Coates	2-/x	85
Ted Curtain III	2x	75
Ron Bath	2x	85
The Rusty	2x	70
Gillian Campbell	4+	75
Tom McGill	4+	85
Neil McCallum	4x	85
Mick Lowrey	4x	85
The Moynahans	4x	90
Michael Bath	4x /4- /4x+ /4+	75
Barry Moynahan	8+	80
Steve Jaques	8+	80
Robert Stone II	8+	90
LRC Members	8+	80



Rowing grade scores - how do they work?

The Rowing Grade Score is a number that represents your rowing ability.

The lowest score possible is 0 (elite athletes) and the highest score possible is 4 (beginner or novice competitors). Every NSW competitor has two scores: a sweep score and a scull score.

Updating the scores

After each grade regatta each rower's score is updated according to their wins and losses in each event contested.

There are three factors:

WIN multiplier: this sets the rate at which a competitor's score moves up or down grades during the season. It's set at 0.15, representing a ratio of 1 win in every 7 races.

DISTANCE multiplier: A value assigned to the distance over which the race was contested, it drops away either side of the maximum of 1 at 2000m).

AGE multiplier: A value assigned to your age, increasing from 11 to 23 yrs and decreasing from 27 years, sitting at 1 between 23 and 27 years

For each event contested, the score is adjusted using the pre-regatta RGS and the three multipliers, subject to the conditions below.

Win (score decreases):

$$\text{Adjustment} = -(\text{RGS} \times \text{win} \times \text{distance} \times \text{age})$$

Loss (score increases):

$$\text{Adjustment} = +(\text{RGS} \times \text{win} \times \text{distance} \times \text{age}) \times \text{win}$$

The total of all adjustments is then applied to the pre-regatta RGS to give the new RGS which is then used at the next regatta.

Score adjustments

Scores are only adjusted if there are at least three crews entered in the event and your crew actually starts the race (DNS & scratching do not count as a loss).

Scores are adjusted regardless of whether you finish the race (DNF or disqualification count as a loss).

A win in a division of an event is scored as a win.

Squads & training news

The squads are now in the fifth preparation of the training program.

There was a strength test in week 17, a 6km erg test and an anaerobic capacity test in week 19, the results are on the notice board at the main entrance. Generally there was a 10% improvement on the previous test, with some quite big improvements with the erg test.

Time trial

The 3rd NSWIS Time Trial had a cut off at 77.5% prognostic speed – 30 rowers survived, four of them from LRC in the senior event, and seven survived, two from LRC in the junior event.



2ks can be a long way in a single - at the Spring regatta

Regatta results

LRC continues its success in the early regattas for the 2008–09 season.

Scullers Head of the Parramatta River

Leichhardt was well represented with 20 entrants and performed well in various categories. Dean Robinson was ninth overall, and first in the Men's Open category, Sarah Moxon was first in the WU23 category, Irene Armstrong won the WOL category, and Alex Hutchison won the WU16.

Drummoyne/Balmain (grade regatta)

16 firsts, 16 seconds, 13 thirds.

The wins were across the whole spectrum of the club, Juniors, Senior and Masters, most notably Peter Trives' squad doubled their wins of last season in their first regatta.

St George (age)

Seven wins, nine seconds, 7 thirds (two in composite crews)

Nepean (age)

Two firsts, 11 seconds and nine thirds.

Spring regatta (grade)

One first, 13 seconds, 11 thirds.

Head of the Shoalhaven

Leichhardt was well represented with five eights, four composite eights, one WU19 4x, one masters M4x and one masters W4x, and a win in the WO8+ category.

Shoalhaven sprints

Leichhardt's winning form continued in the sprint regatta, with four wins (MD1x, MC2x, MB4-, MB4x and WC2x), and five seconds.



Smiles all round for the second-placed WD4x at the Spring regatta



Brian Davis and David Elliot at the Spring regatta





Before the races ...

and when the hard work is over ...



Frank's report

The senior male and female squad, and junior development squads have been competing in the NSWIS Time Trials each month with continued success. After each TT there is a % prognostic speed cut off for the next trial, and a majority of the squads have survived each cut off.

As the squads have progressed through the training program there has been a marked improvement in their prognostic speed—for the last trial it was 4% across the board.

These Time Trials are for athletes preparing for the national championships and national selection, and Rosa Brown and Sarah Moxon have been invited to join the National Elite Development Program (see page 1).

The training commitment

I urge all athletes and coaches to look at the training program each day on the white board before they get on the water and also do the X-training each afternoon.

There are three separate programs that cover every person in the club. It is designed for the elite athlete and is scaled back for the club's junior, novice and master athletes. From May to December the program is endurance-based for long-distance races. The program is based on the Tudor Bompa system (Tudor Bompa is a leading world sport scientist) which involves periodisation and progressive overload.

From 3–25 January there will be a rowing camp at LRC. The Taree/Port Macquarie regattas will be 17–18 January, we will have an Omnium Regatta at the club on 24 and 25 January beginning the preparation for the shorter distance races.

If you follow the system you will have success. If you are comfortable with mediocre results there is no need to follow the system. Your result is determined by you—what you put into your training is what you get out.



How to row

Anon

It is time I gave a little back to the club!

After years of getting instruction I think I finally understand what we are trying to do and how to do it.

1 Learn to row faster by rowing slower

The only way to speed up the boat is to slow down. Once you realise that speed is your worst enemy you have a chance at success. Slow it down but don't grind to a stop. Slow hands away, don't rush the slide, almost stop at the front ... and you'll find the rating will just come up by itself!

2 Achieving the perfect catch

This is achieved by placing the blade quickly but gently. The goal is to have zero pressure at entry building to 100% through the stroke. Make it quick but soft, deliberate but gentle, don't be indecisive yet don't go deep. It's that simple!

3 Body position for sweep rowing

Keep your body low in the boat at the same time as staying upright. Suck in the gut, pull in the lower back, puff out the chest, keep your head high, but above all keep low.

4 Equipment

Equipment faults can be a rower's best friend. Always look for something out of place as the coach approaches you on the pontoon. Terms like 'loose rigger', 'broken wheel' or 'seat made for small hips' have been very useful for me. Give them a try.

5 Learn to row facing the other way

By looking behind you, you can comment on the inadequacies of those around. A 180-degree head turn is now quite common. It has been said that a 360-degree turn during a race was witnessed once at Taree, truly remarkable.

6 Keep the blade in the water as long as possible

This one has always bothered me. Sitting up at the finish and bringing the oar back to the chest, at the same time as keeping it in as long as possible is probably why I often end up in the water. The trick must be to 'sit back upright' whilst the outside hand goes around without touching the body.

7 Last, but not least

Above all have fun and don't take anything personally!

Congratulations to Rosa and Sarah

(ctd from page 1)

These squads do centralised training each week. The athletes are prepared by each state for composite crews to compete at the national championships and ultimately the national selection trials.

Rowing Australia, in conjunction with AIS, the National Rowing Centre Of Excellence, follow the four-year olympic cycle, so that at the conclusion of each olympics they target these athletes for future olympics.

Sarah has been selected to train as the stroke of the eight, along with: Sara Handley, Emma Costello, Ashleigh Peppernell, Chloe O'Regan, Charlotte Walters, Beatrix Sheldrick and Kate Darke. Cox is Ali Williams (reserve cox Gabby Coletto), and reserve is Cam Girdleston. Coaches: Alan Bennett and Andrew Randell.

Rosa's coach is Ellen Randell.



Sarah shows her technique

LRC diary dates

NOVEMBER

7	Function in the hall - evening
8	Learn to row
9	Learn to row
10	LRC Committee Meeting 7pm
15	Function in the hall (seniors to clean the hall)
16	Learn to row
22	Pymble Xmas party and regatta all day
23	LUOR regatta & lunch
29	Function in the hall - evening (Doreen Borg's group to clean the hall)

DECEMBER

8	LRC Committee Meeting 7pm
14	Christmas party

2009

JANUARY

3 - 25	LRC rowing camp (to be confirmed)
12	LRC Committee Meeting 7pm

FEBRUARY

9	LRC Committee Meeting 7pm
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MARCH

7	LRC regatta
9	LRC Committee Meeting 7pm

LRC stars

Charles Bezzina reports:

On Monday 13 October, Aon Consulting recorded a video of a group of Leichhardt rowers, intended to be used for the production of a workplace training short video.

The script covered topics like working successfully as a team, employee training, employee remuneration, employee motivation, management skills and work overload (burning-out they called it).

It was an enjoyable day, definitely more challenging than I had originally imagined. We were only required to row a continuous distance of 500 metres, but I lost count of the number of times we did it on such a hot day. I think we all got a little sun-burned on the day.

The up-and-coming movie stars are:

Briony Clare – Stroke

Amy Van Den Nieuwenhof – 3 seat

David Bodell – 2 seat

Nancy Wahlquist – Bow

Charles Bezzina – Cox

Head of the Charles

A bit further away than the Head of the Parramatta, or even the head of the Yarra is the Head of the Charles. Tim Tindale reports

We raced today with a pleasing third place for our division in 16 minutes 33 seconds. There were 42 boats in the division those who raced as number one and two off the rank were the same crews who won last year.

They had clear water for the whole distance. We raced as boat number 35 and passed 13 boats along the way. The winning time was 16 minutes 05 secs, while second was 16 min. 10 sec. The crew performed very well pulling about 1 min. 39/500 m for the whole race. We had a strong finish overtaking boats right up to the line. We had a good course through the bridges and there were no penalties or incidences of note.

Initially disappointed, the crew now understands that the placing at the start of the race has a very significant impact on the results. Those at the front have no-one to overtake and clear water to deal with—a big advantage. The results are further backed as in perhaps every category, those who rowed first came home first.

Recording boat usage ... and damage

All members must fill in the boat-use book when you use club boats—every time you go out in a club boat, put it in the book. The aim is to see how much use the boats are getting—knowing this makes it easier to maintain the boats in the best condition.

You'll find this book on the blue cupboard at the foyer entrance to the shed.

Damage to boats

If there is any damage to a boat, follow these three steps.

1. Record the damage in the boat-use book and the boat-damage book (this will be available soon).
2. Repair the damage, if it is minor, *before* leaving the shed. If the damage is not repaired then the boat cannot be used until it is repaired. Leave a note on the boat to let other people know that the boat is damaged and cannot be used.



Keep these handy for tightening loose nuts and bolts

3. Report major damage to the Property Master, Tim Tindale and/or Bill Monaghan or Charles Bezzina.

Your efforts in maintaining these records will assist with boat usage policy.

Remember also the club's Accident Policy, on the website at: www.lrc.com.au/50.htm

Regattas: LRC close of entry deadlines and calling for trailer drivers

DATE / TIME	EVENT	TYPE	DISTANCE	LRC CLOSE OF ENTRIES
29/11 Sat	Head of the Yarra	TT		1/11
15/11 Sat	Head of the Parramatta	Bohemia	4000	3/11
15/11 Sat	NSWIS TT 5 Nepean	Time Trial	5000	8/11
22/11 Sat 8 am	Roseville SIRC	Schoolgirl	2000	10/11
22/11 Sat 12 noon	North Shore SIRC	Age/Open	1000	10/11
6/12 Sat	NSWS/NSWRA Iron Cove	Grade	2000	24/11
13/12 Wed-Sat	NSW Sprint SIRC	Age/Open	500	1/12
13/12 Sat	NSWIS TT 6	TT	5000	6/12
2009				
17-18/1 Sat/Sun	YOUTH OLYMPICS SIRC	International Interstate	2000	
17/1 Sat	Port Macquarie Manning River	Grade	2000	5/01
18/1 Sun	Manning River Manning River	Age/Open	1000	5/01

Regatta entries:

Please give your entries to Kerry before the published close of entry date, so she doesn't have to chase you for every regatta.

Trailer drivers: All members who are willing and able to tow the trailer to or back from a regatta please let Kerry know by close of entries.

Kerry Thorn

Lost & Found

Found:
a small ring (white stone)
on Saturday 11 October.

See Steve Jaques,
Secretary

Raffle tickets - juniors

Can all juniors who have participated please return raffle tickets and chocolate money to Rebecca Chapman as soon as possible
thanks

Rebecca

Pymble pontoon priority times

Weekdays between **5.45 am** and **6.00 am**, and between **6.55 am** and **7.10 am**.

Saturday morning changeover times are at **6 am** (getting on the water), **8 am** (changeover), **10 am** (changeover) and **12 pm** (getting off the water).



After the Head of the Shoalhaven

Have you got something to say?

Say it to the club

Contributions to *Easy Oar* are welcome – snippets, articles, questions, photos.

Is there something you would like us to cover? Let us know.

Send your queries to Anne at aparbury@gmail.com, or phone me on 0415 580 187.