



Easy Oar

Newsletter of the Leichhardt Rowing Club
Issue no. 23
November/December 2009

The new pontoon

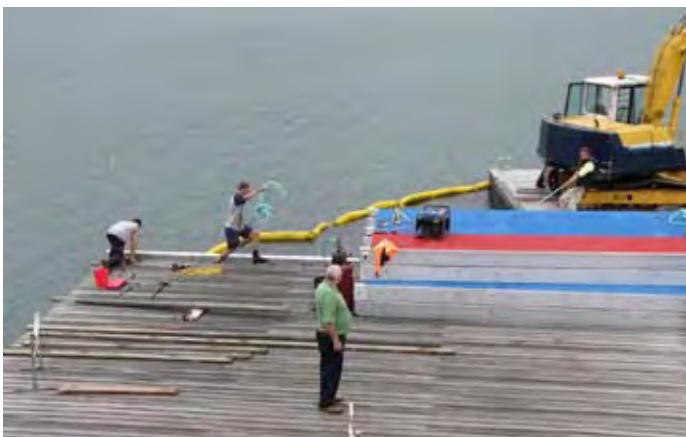
The story in pictures (Richard is lost for words)



Last days of the old pontoon



No pontoon - that doesn't stop John though.



Richard supervising, new staging at the ready



Come to the club to see the magnificent pontoon in action.

Go to the website to see the full sequence of the installation.

A huge vote of thanks to Richard Stanistreet, Charlie Bartlett and everyone involved.

And remember: don't drag tinnies - lift them, and only put them in the water where the pontoon edge is black.

Also in this issue

- 2 January rowing camp
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LRC office bearers and other roles

Patron	Lionel Robberds
President	Tim Clare , 0417 424 370, tim.clare@des-pl.com.au
Captain	Jane Hutchison , 0417 224 443, janelouisehutchison@hotmail.com
Vice-Captains	Christiaan Fitzsimon , 0414 555 991, christiaan@ibsaust.com.au Deanna Fekete , 0405 508 623, wheat5@bigpond.net.au
Junior Vice-Captain	Zoe Thomas , 0401609955, zoe_t@hotmail.com
Secretary	Steve Jaques , 02 9568 3163, s.jaques61@gmail.com
Treasurer	Peter Trives , 0418 441 768, peter@trivescon.com.au
Property Master	(boat maintenance/equipment) Christiaan Fitzsimon , 0414 555 991, christiaan@ibsaust.com.au (club house) Kerry Thorn , 0414 375 425, kez@zipworld.com.au
Head Coach	Stani Slavova , 0404 899 476, originrow@live.com
Merchandise co-ordinator	Sue Andrews, 0415 386 956, girlsrule99@optusnet.com.au
Honorary Medical Officer	Dr Diana Robinson , 9231 0102, www.sportsdoc.com.au/p_diana_robinson.html

General committee

Doreen Borg (socials) 0419 691 742 (after 5.30pm weekdays), Doreen.Borg@cgu.com.au
Juliet Bourke 0414 426 939, juliet.bourke@aequus.com.au
Virginia van Ewyk (regatta secretary) 402 980 773, virginia@vanewyk.com.au
Andrew Morrell 0414 259 430, Andrew@helpbase.com.au
Anne Parbury (Easy Oar, website, admin) 0415 580 187, aparbury@gmail.com
Richard Stanistreet (pontoon guru, RowingNSW delegate), 0418 245 728, rstanist@bigpond.net.au
Ross Tout 041 331 6694, 9988 3363, rosstout@optusnet.com.au

See the full list of positions and roles on the website:
www.lrc.com.au/13.html

January summer school holiday training program/camp for junior squads

Weekday & Saturday mornings

The club will run its annual Junior Summer School Holiday Training Program at the shed, commencing on Saturday 2 January and finishing on Saturday 23 January.

There will be no rowing on Sundays during the camp.

Regular weekend training for juniors will revert to the normal program from Saturday 30 January.

There will be no scheduled training from 21 December to 1 January.

It would be appreciated if any junior rowers intending to participate in the weekday camp sessions would let their coaches know in advance who you are and which days you plan to attend, to allow for catering and any special needs.

Daily routine

Start times 8.00 am, finish by 11.30 am.

Late breakfast will be available after the first session; cost will be \$10 per week per person payable in advance so the 'catering staff' can provide the goodies.

There will be two training sessions each day, both on water, weather permitting. If weather turns bad there will be a weights, super-circuit or ergs session or something similar, so make sure you bring your runners as well as the usual rowing gear, sunglasses, hat, sunscreen and spare clothing.

Calling for volunteers:

Please see or call Rod Richardson if you can help with the coaching or general running of the camp. Someone will be running the kitchen, providing breakfast for the participants and we are looking for volunteers, including parents, to help.

For more information:

If you have any further queries please contact Rod Richardson (Junior Mens Coach), mob 0407 065 467. Also check with other juniors' coaches and the noticeboard at the top of the stairs.

Steve Jaques

Welcome to recent new members to LRC:

Jess Black
Tina Owen
Anna Hickey-Moody
Phillip Kavanagh
Wendy Kavanagh
Max Altman

Captain's news

Christmas / active rest

'Active rest' (aka the Christmas break) starts on Monday 21 December for two weeks. Active rest is a chance for you to rest up and enjoy your holiday festivities with family and friends. You might like to enjoy some light exercise (a gentle swim, run, walk) to keep yourself active – but nothing too strenuous! Be sure to pick up a flyer at the club on what is 'active rest'. We want all our members to enjoy the time with their family and friends and return to the shed in January, safe 'n sound and ready for the January camp and a strong attack on the premierships point score!

Learn to row

The club has been busier than usual lately, particularly with our Learn to Row program which has now just finished. Learn to row presents a great opportunity for the club to open its doors to the local community and enable us to share the wonders of rowing. It is also a chance for us to raise much needed funds to ensure we continue to have a club. A big thank you goes to all the members who coached and helped with Learn to Row. In particular, an extra special thank you to Zoe Thomas (Junior Vice-Captain) who did an amazing job in coordinating the Learn to Row crews, getting boats ready, getting tinnies going and ensuring things were under control. Many thanks to all – we could not have done it without you.

January camp

The annual camp will start on Saturday 2 January and go for three weeks (including Taree). It's open to all competitive members – juniors and adults. It means two sessions a day with a typical day:

Juniors – mornings

- on-water training
- cross-training (off-water)
- breakfast will be available (for a small charge to cover costs).

More detail on the junior camp is on page 2.

Adults:

- 5am–7am on-water training
- afternoons – cross-training at own timing.

Stani will prepare the program, you can find it on the noticeboard at the shed.

Volunteers needed for the camp

Importantly, the running of the January camp relies on our wonderful community of volunteers. We need coaches, help with running the training /camp, and assistance in the kitchen with breakfast. Anyone who may be available during January (even if it is a day here or there) to help in any way – please put your name and contact details on the list on the noticeboard (downstairs in the foyer).

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LRC makes its presence felt at the Shoalhaven regatta



At the Spring Regatta 2009



At Sculpture by the Sea 2009



(ctd from p.3)

New boat roster & ‘adopt-a-boat’

A new boat roster will be available shortly and it will include a revised ‘adopt-a-boat’ scheme. This scheme means that the named crew / squad will be responsible for maintaining the boat. This is very important, so boats are ready for training and importantly, ready for racing. If you have any queries about the boats, please speak to Club Captain (Jane) or a Vice-Captain (Christiaan, Deanna or Zoe). We’re keen to ensure we do all that is necessary to maintain our boats in the best condition possible.

Just a reminder too, that the revised boat allocation is in operation (see *Easy Oar* Sept/Oct 2009). And keep your eyes out for changes around the shed implementing these changes, such as blackboard labels on racks.

Jane Hutchison

Captain

FOR SALE

Rowperfect Rowing machine

Purchased new in 2005 with software/interface. Comes with all receipts, manual and training disks. Used 2006-07 season only. Owned by Pymble Boat Captain, little use. Paid \$3570, will accept \$2200.

Contact Tony Carr 0418-218-326

John Garrett

Many LRC members will be saddened to hear of the passing of John Garrett on 18 October from cancer – a life member and many years club secretary.

He is remembered as an active member of the Leichhardt rowing community and he was a prime contributor, in the 1990s and early 2000s, to working with Pymble to create the clubhouse that we enjoy today. John was 61.

He is survived by his wife Jan, of Mary Pam Jan fame, and son Paul who also rowed with the club and daughter Galina. The club extends condolences to his family and many friends.

Steve Jaques

Secretary

(New year’s) resolutions for all LRC members

December resolution:

When I leave the shed in the morning, I will go back to the pontoon and see if there is anything I can put away so that I can be of assistance to other LRC members.

January resolution:

As I have brought a water bottle with me this morning I must either take it home or empty it out and put in the recycling bin so I can create a tidy environment for other LRC members.

Kerry Thorn

kez@kez.com

Race Day

Stani Slavova gives us another in her series of articles about doing your best.

Race day is the reason we get up on those early mornings and why we train so hard. Don't be scared of racing – enjoy the challenge. It is your opportunity to show everyone how good you are.

'I love to race, I absolutely love the feeling of being at the start line - there's nothing like it. I always look around and other guys are sliding back and forth and breathing deeply and turning different colours. I say to myself 'I just don't understand why these guys are feeling like this. We've all worked so hard to get here - this is what we've been waiting for. We're finally here at the start line of the World Championships, and these guys are scared out of their minds. It's silly. I couldn't imagine being anywhere else.' I don't race with fear. I race with excitement, I think that is what has helped me to prepare to race.'

*John Pescatore, Stroke,
1988 Olympics Bronze Medal Winning Eight*

Preparation

Being prepared is all part of ensuring you perform to your potential on Race Day. Always abide by saying: 'If you fail to prepare you prepare to fail'.

Before race day

You need to ensure that in the days leading up to race day you are looking after yourself well. This encompasses rest and sleep, food, schoolwork and organisation. It is also vital that you know your race plan, race warm up and race day schedule before race day.

Rest & sleep

You should be careful about how much sleep you get for the week leading into race day. You should try to average at least eight hours sleep a night with a minimum of seven hours each night. Remember that sleep is vital for good performance as well as the necessary recovery. Rest is also vital.

*Heading toward
the start at SIRC -
World Masters all
of them*

You need to be able to maintain calmness and relaxation throughout the week leading up to race day. This means that you need to be organised to ensure that you can have some free time where you can relax mentally and emotionally. Whether you go for a quiet walk, watch TV or go to a movie with some friends – this time is vital to maintaining your sanity, calmness and ultimately focus at times of pressure.

Food

Leading into race day you should be more careful about the food that you eat. Your diet should be exemplary in these weeks and you should follow the nutrition guides closely. In the days leading up to an event you should begin to load up on carbohydrates as well as ensuring you are well hydrated.

Organisation

Race day needs to be thought about before race day. The things that are needed for race day should be thought about early. You should ensure that your zooties clean, that you have your tracksuit and other changes of clothes prepared and that you have tools to rig and de-rig the boats on Friday afternoon and Saturday pack your bag on Thursday rather than Friday night.

Clothing, water bottles, sunscreen, food, lucky charms

On race day it is important that you have prepared by making sure you have all these items. If you are missing any of these items it can create unnecessary anxiety which equates to wasted energy.

Clothing – Make sure you have clothes suitable for any conditions as the weather can change dramatically over the course of the day. You should bring shorts and shirts as well as a tracksuit and wet weather top.

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Water bottles – Everyone should have a water bottle. Keep well hydrated before and after racing. Small continuous sipping is ideal. Avoid drinking large amounts of water before racing as you may end up with a stitch during your race.

Sunscreen – Be sure to get non-greasy sunscreen and put it on early, because if you put sunscreen on just before a race you will end up with greasy hands. Make sure you put sunscreen on every one to two hours. If you get sunburnt it dehydrates you and impedes recovery.

Food – Bring your own food because the food at the regatta is never very nutritional. You also don't want to have to go around trying to find food, as this can use energy and wastes time. Ideally you want to be sitting down out of the sun whenever you are not racing. Examples of food to bring:

- bread & honey,
- bananas
- sports drinks
- fruit and powerbars
- rice cakes
- pasta with low fat sauce.

It doesn't really matter what food you eat as long as it is low fat and has complex carbohydrates in it.

You also don't want to overeat before a race – only nibble.

Ensure maximum recovery following the race.

Nerves

Being nervous is normal. If you are not nervous then you are not switched on to what you are about to do and you need to sit down and focus on the task at hand. If you are too nervous then employ a relaxation method. Even if you simply close your eyes, count to ten slowly, take a deep breath and smile. Try to stay positive, focussed and relaxed.

Have purpose

On race day you must have purpose. This adds to our professionalism. When you do something – do it with purpose. If you are taking oars down – pick them up, walk straight over, put them down, walk straight back.

If you are going to watch some races – walk over, sit down and try not to wander. The other crews will notice this.

Stretching

On arrival at the course regular stretching will keep you mobile and relaxed. Stretching can be employed as part of a relaxation and focusing routine. Stretch whenever you are not doing something.

Familiarise

Take time when you arrive at the venue to take ownership of the venue. Familiarise yourself so well with everything so that no matter what you need you know exactly where to go and so keep time wasting to a minimum. Take time in the warm up row to familiarise yourself with the course and be sure to know the traffic rules before you get on the water. Disagreements among the crew about traffic rules, warm up lengths for example will create negativity and anxiety.

Start area

Get familiar and comfortable with the start area when turning around and in your warm up row so that you remain relaxed and knowledgeable at start time.

Warm up - race routine row

When doing your race routine warm up row be sure to visualise and mentally rehearse the emotions of the race a couple of hours later. It is important to go over important calls or cues in the race plan while paddling down the course. We must try to imagine ourselves in the actual race during the race rehearsal so that when you get into the race you can say to yourself,

I've been here before and I know exactly what to do.

In any race rehearsal you should do some racing strokes. For example, do the first 20 strokes racing then break it down to normal paddling, then up to racing at half way and then break it down again and then go up to racing for the final 20 strokes to the finish line.



Racing at the Spring regatta



Racing at the Spring regatta

Be prepared for anything - what ifs

Be prepared for anything – race delays, breakages, strong winds. Accept that this is the same for everyone and see it as an opportunity to gain an advantage over the other crews by having a strategy prepared and performing this strategy. Discuss ‘what ifs’ and have routines and rituals to cope with these challenges in a positive manner. Always abide by the saying: Control the Controllables

Sport strategies

Top athletes know that performing well means more than just turning up on the day. The development of strategies for competitions should include two broad areas:

Pre-competition – contain plans for behaviours, which should occur prior to the start of a competition. This will include diet, warm-ups, travel arrangements, training, organisation and mental rehearsal.

Within competition – contain behaviours, which are required to be performed in competition and include goals, race day plans, race warm up and race plans.



A winning crew show their medal winners at the Sydney Womens MLC regatta - Bec Montoya, Jen Zongor, Natelle Ball, Jacqui Bokor.

Pre-competition strategies

The purpose of these strategies is to ensure that you are in the best possible physical and mental stage when your competition begins – so that you can wake up on race day and say:

‘I am confident that no matter what result I have achieved by the end of today, I have prepared myself to the best of my ability for this event and will have no regrets.’

This process begins a long time before the race day – as a result these issues need to be spoken about and goals set at the beginning of training and these goals need to be evaluated throughout the training program.

The following plan needs to be analysed and prepared each factor should have a plan throughout the training program.

Competition strategies

A major concern about the psychological preparation is that by thinking too much about a task you will develop ‘Paralysis By Analysis’ – this is a real concern and a major reason for the preparation of competition strategies.

The strategy must help you to concentrate on the process at hand. It must enable you to focus upon the process rather than letting your mind drift to the notion of winning and losing. To help this process, divide your race up into segments and give each segment a theme and then plan each segment. Allow 30 strokes for each 250m and ensure that there is a balance between technique and pressure.

NSW Union of Oarswomen

The NSW Union of Oarswomen is a group organised to support women in all phases of rowing from schoolgirls to masters. Any women involved in rowing – retired rowers; masters; coaches; coxswains; club rowers; schoolgirls – are welcome.

Yearly membership is \$20 and \$5 for pensioners. The Union has a Rowing/Friendship Day in May and an AGM/Luncheon in November. It’s a great opportunity to meet those ladies who paved the way for women rowers and built the foundations of what rowing is today for us.

Members of NSW Union of Oarswomen are presently in the NSW rowing scene as volunteers, masters and coaches.

Membership forms can be obtained from Doreen Borg.

Contact Kerry for the following items:

Club clean-up days:

Please put these days in your diaries so that you can offer to help with our regular club clean ups. Let's all be proud of our clubhouse.

Definite: 10am: Summer Cleanup: Sunday 6 December 2009,
Autumn Cleanup: Sunday 28 March 2010.

Proposed: 10am, Winter Clean up: Sunday 25 July 2010, Spring
Clean up: Sunday 24 October 2010

Big thank you to:

Andy, Barbara, Doreen, Mandy, Heather, Lyne, Frank, Onno, Tim T, Ric T, Margot, Charmaine for their help on Saturday morning (22 November). Bathrooms and bins, kitchen and fans are spotless, and the cobwebs cleared!

Next clean up

The next club clean up will be on Sunday 6 December. Please keep this date to help tidy up our fabulous rowing shed or to work on boats. Juniors and parents of juniors are most welcome.

Lost and found clothing

The lost property box has been sorted and great clothes have been laid out on a table at the top of the stairs. Please check to see if you have anything there.

This will be the process in future.

The lost property will be laid out for the last week of each month. On the last day of each month, take whatever you like and the remains will be put in a charity bin.

New cork board:

A new cork board will be installed where the white board was previously, in the rowing shed. All rowing notices, training programs, boat policy and communications will be posted there for all members to read or refer.

Championships

For the 2010 season, here are the key dates in the Regatta Calendar for members to be aware in their planning:

Taree Regatta: combined Age and Grade regatta on the Manning River. Entries for the Taree summer regatta must be submitted to the regatta secretary (Virginia) by Sunday 20 December. Please note that late entries will not be accepted. Confirmation of LRC's entries (which are subject to the competition policy) will be made to all members before Christmas, to ensure members have sufficient time to organise/confirm accommodation. This year, the regatta is being held over three days (Friday 15 – Sunday 17 January).

Contact Steve Duff at steven@cityextra.com.au for accommodation.

NSW State Championships: Age/ Open Regatta. Saturday 6–Sunday 7 February at SIRC. Participation will be by qualifying crews under the LRC Competition policy.

Australian Championships: Age/ Open Regatta. Monday 1 – Sunday 7 March, Nagambie, Victoria. Participation will be by qualifying crews under the LRC Competition policy.

Trickett Grade Championships: Grade Regatta. Saturday 10 – Sunday 11 April at SIRC. This regatta is for general participation by club crews and is the prime focus for the season for most competition crews.

NSW Masters Championships: Saturday 15 – Sunday 16 May on Clarence River Grafton. While this is a general participation regatta for the more competitive Masters, due to the location and logistics there may be further criteria placed on entries. Costs for participation in this regatta is at the competitor's expense. Contact Kerry for accommodation (kez@kez.com.au) – more details to follow.

Australian Masters Championship: Thursday 3 – Sunday 6 June, Champion Lakes, Perth. While this is a general participation regatta for the more competitive Masters, due to the location and logistics there may be further criteria placed entries. Costs for

participation in this regatta is at the competitor's expense. Contact Kerry for accommodation (kez@kez.com.au, 0414 375425) – more details to follow.

An invitation - Emma Page jewellery

To club members:

a presentation about Emma Page Jewellery, the profits from which are to be given to the club. Great for Christmas presents.

See me at the shed, or email

lrc_susie@hotmail.com

Susie Philpot



At the Nepean regatta

What to do when lightning strikes

Take preventative measures:

Identify safe and unsafe structures during an electrical storm. No place is absolutely safe from lightening strikes however some places are much safer than others.

Safer areas include:

- substantial enclosed buildings,
- low ground, sheltering in clumps of low bushes
- trees of uniform height such as a forest
- enclosed vehicles with windows closed – do not touch the metal parts.

Unsafe areas include:

- high ground
- open areas
- water
- isolated or tall trees
- close to outdoor metal structures such as fences, gates, poles, seating and ropes courses
- insubstantial outdoor structures such as picnic sheds and shade shelters
- machinery such as mowers or unenclosed tractors.

If you are caught in a storm

If you are caught outside during a storm and your hair stands on end or you hear buzzing/crackling noises in the air, you are within the field or charge of a lightening strike.

Remove all metal objects (keys, badges, belts), crouch down with feet together, head down and hands over your ears. It is safer to adopt this position if outdoors than to be in one of the unsafe situations above.

Criteria for suspending and resuming outdoor activities

Generally, 10 km is the minimum safe distance from a storm. The 30/30 rule is used to serve as a guide for the suspension and safe resumption of outdoor operations and activities.

The first part of the 30/30 rule is determined by counting the seconds from when you see a lightening 'flash' until you hear the thunder 'bang'.

Sound travels at about one kilometre every three seconds, so a 30 second interval means the storm is approximately 10 km away.

If you are at an event, activities may be suspended.

The decision to suspend a regatta is likely to be based on monitoring the storm's approach. As the 'flash' to 'bang' count nears 30 seconds, people at risk should start to seek safe shelter. A flash to bang' count of 30 seconds or less requires immediate and urgent evacuation to safety.

The second part of the 30/30 rule provides the criteria for resuming activities. The recommended safe distance from a storm is 20 km. A typical storm moves at 40 km/h, so waiting for 30 minutes after the last thunder is heard or lightening seen provides the safe 20 km distance.

Blue sky and the absence of rain are not adequate reasons for resuming activities.

Adapted from the NSW Sport and Recreation Lightning action plan for Sport and Recreation Centres.

To see the full plan, go to: www.lrc.com.au/50.html



Seeking shade at the Spring regatta



While at the World Masters the racing was cancelled - time for the alternative competition



More medals at the MLC regatta



Calling all rowers

On Sunday, 6 December we will be holding our bi annual 'Social Regatta' at which members of LRC Social Community are invited to participate in a morning of fun racing in 8+ which will culminate with the Leichhardt Union of Old Rowers (LUOR) Xmas lunch. For those interested in attending the LUOR Xmas lunch cost is \$20 a head for seniors and \$10 for juniors. It's a great opportunity to meet club and rowing legends.

If you are interested in racing on that morning please contact Doreen Borg either via phone 0419 691 742 after 5.30pm or email doreen.borg@cgu.com.au.

Also held on this day is the LUOR 500 Draw. Tickets are \$20 each and 1st prize is \$500 – tickets can be purchased on or before the LUOR Xmas lunch.

Doreen Borg, 0419 691 742 after 5.30pm or doreen.borg@cgu.com.au.



L: The no 1 crew at World Masters, and R, the No 1 cheer squad

Calling roving reporters and budding photographers

Do you feel the urge to write? See your name in print? Follow a story? Why not start here? Start your writing career with *Easy Oar* and see where it can take you. Any and all writers, photographers and ideas are welcome. Contact me ([Anne, aparbury@gmail.com](mailto:aparbury@gmail.com)).

A special thank you to all the contributors to this issue: Onno, Margaret, Jane, Steve, Robin, Doreen, Kerry, Richard, Stani and Mel for photos, text and other stuff.

At the Shoalhaven regatta



The Shoalhaven assessment team (above), and perhaps above right too



L and above: It's all about the boat



Kerry's quote

If life is only a short piece of time, I must live with intensity.

Come and join Santa's Sprint on Christmas morning



Members interested in participating in the club's annual Xmas Morning row to the Sydney Opera House – to participate in the 'Santa's Sprint' from Opera House to Harbour Bridge – please add your name to the list on the noticeboard.

Coxswains are needed for the sweep-oared boats – to be sorted before start.

Crews can be made up from scratch or you may have a crew willing to participate. We usually send an eight or two or three and



Santa and reindeer hats are not compulsory—but they are popular



sometimes one or two quads or doubles depending on who turns up. A club tinnie or two will escort the boats out and back for safety and to take the odd camera operator (and mind the Xmas drinks, cake and lollies – provided by the rowers).

This is the only occasion that the Maritime Authority will allow rowing craft under the Harbour Bridge.

All crews should be at the shed and ready to boat and to row at 5.45 am. We will often be a bit later but we must get to the Opera House by 6.30 – 7.00 am to meet up with the other rowers from most of the harbour clubs, some schools and unis and share the Xmas spirit and cheer.

The race from the Opera House to the Harbour Bridge will begin at about 7.00 or 7.15 am, so we should be there well beforehand.

It is always a great way to start Christmas Day by celebrating with your club mates and rowing colleagues from the other Sydney clubs. If you are interested, names should be placed on the notice attached to the noticeboard in the shed.

Steve Jaques.

LRC  **Party**



"If I wasn't a rower I'd be..."

Imagine your alarm wasn't set for 4:30am and your weekends weren't consumed by regattas. Where would you be and what would you be doing?

Prizes for the best costumes.

When: Sunday 13th December at 6pm
Where: At the Club
How Much: Adults \$40 Kids \$25 Pay at the door. BYOG
RSVP: Mel Houston or Charmaine Wells
houstonmel@yahoo.com.au

Diary dates

- | | |
|--------------------|--|
| Sunday 6 December | Summer clean up day, followed by LUOR Xmas function & mini regatta |
| Sunday 13 December | LRC Christmas party |
| 2010 | |
| 2-23 January | January 2010 rowing camp |
| 15-17 January | Taree Regatta |
| 6-7 February | NSW State Championships |
| 1-7 March | Australian Championships |
| Sunday 28 March | Autumn clean up |
| 10-11 April | Trickett Grade Championships |
| 15-16 May | NSW Masters Championships |
| Sunday 25 July | Winter clean up |
| Sunday 24 October | Spring clean up |