



Easy Oar

Newsletter of the Leichhardt Rowing Club
 Issue no. 13
 September 2008

Leichhardt Rowing Club Corporate Challenge 2008

A huge thank you to LRC members involved with our corporate participants in this year's Challenge (some of whom are shown in these photos), with very special acknowledgement of the coaches, the Rex catering crew and treasurer Peter Trives.

The Corporate Training Schedule is on the downstairs notice board – every day of the week there are six eights leaving the pontoon – during this period Frank and Kerry have priority for using any remaining tinnies. Any assistance in getting tinnies on and off the water, and with the eights is greatly appreciated.

Remember and book: Corporate Challenge Regatta Day is Sunday 14 September at SIRC. It will be a hands-on weekend for all club members: all eights must be prepared and loaded on the trailer on Saturday 13 September, and regatta day starts early (of course) and ends late.

If you have any questions, please call Deanna on 0405508623, or email wheat5@bigpond.net.au

LRC proudly sponsors the National Breast Cancer Foundation in the Corporate Challenge 2008, shown right with coach Sue-Ella Day



Our new committee for 2008-09

At the AGM on 24 August, the following committee members were elected to run our club for the next 12 months.

The club is very honoured to welcome the new patron, Lionel Robberds, who had an outstanding career as a coxswain for Leichhardt, with national and international successes. Watch out for the next issue of *Easy Oar* for a profile of our new patron, and you can see him on the cover of the Leichhardt history, *Rowing on with Leichhardt*.

Geoff Williamson, who also had an outstanding career representing Leichhardt nationally and at the Olympics and Empire (now Commonwealth) Games, has also graciously accepted his nomination as a Vice-President of the club.

The club and the committee also wish to thank the retiring members of the committee for their contribution over the past year(s).

Patron	Lionel Robberds
Vice-Presidents	Len McPherson
	Dave Bodell
	Bob Stone
	Tony Potter
	Vic Williamson
	Rod Moynahan
	Steve Roll
	Bill Monaghan
	Barry Moynahan
	Kevin Bond
	Michael Bath
	Geoff Williamson
Executive Group	
President	Tim Clare
Secretary	Steve Jaques
Treasurer	Peter Trives
Assistant Treasurer	Suzanne Quigley
Club Captain	Jane Hutchison
Vice-Captains	Rod Richardson
	Deanna Fekete
Property Master	Tim Tindale
General Committee	
Junior Vice-Captain	Rebecca Chapman
Assistant Secretary	Sue Philpot
Regatta Secretary	Kerry Thorn
Merchandise	Barbara Chapman
Communications	Anne Parbury
New Pontoon	Richard Stanistreet
Socials	Doreen Borg
	Charles Bezzina

Pymble Ladies College Annual Report 2007-08

This edited extract from the annual report shows that 'our' Pymble rowers enjoyed another excellent season – we wish them well for the current season.

This year was another busy one for the Pymble Rowing squad with several away trips and the usual busy schedule of racing in Term 1. There were 100 girls in the squad and they were supported by a wonderful team of coaches.

Pymble rowers took part in a number of camps, early and mid-season, and the two eights had a successful Head of the Yarra, finishing first and second in their respective divisions.

First up in February was the Pymble regatta followed by regattas each weekend. The national championships at SIRC gave us the opportunity to enter more than the usual number of crews and the girls all thoroughly enjoyed the experience – once they had conquered their nerves. It was also a great chance for the squad to see the Olympic 'potentials' racing at the same regatta. The squad finished with two Bronze medals (SG8+ and WU19 4x) and two Gold medals (WU17 2x and WU17 1 x) – a fantastic result. Congratulations must also go to the crew from PLC Sydney who won the SG8 + from St Catherine's and Pymble.

The main regatta for the squad is of course the Schoolgirls Head of the River. The First Eight had experienced close racing throughout the season and their final race was no different. They recovered from a slow start to capture the title. This was extremely exciting as it was the eleventh successive win in this event for the College. Crews from all divisions raced well and as a team the College was awarded the point score trophy for the tenth year – a great effort over many seasons!

Our Boat Captain, Niki Dowling, was also a wonderful support for both the students and staff. Niki always led by example and her personal results, as well as those of the squad, are a credit to her.

Some of our students continue rowing after they leave school, either locally or internationally, at the moment there are several girls on scholarships in the USA. They have the opportunity to study as well as travel extensively for competition. For the second successive year Tess Gerrand (2005) was a member of the Yale crew which won back-to-back NCAA championships.

Following a successful season in the single scull, Olivia Heath nominated and was selected in the Junior Women's four which represented Australia at the World Junior Championships in Linz, Austria. Olivia stroked the crew which was placed fifth in the final. I am sure we will hear more of Olly in the years to come.

To Leichhardt, for another season of shared activities, thank you.

Gillian Campbell

A huge vote of thanks ...

to Tim Tindale, Bill Monaghan and Steve Roll for their excellent work painting the interior of the clubhouse.

Frank's training and regatta report

I conducted a rowing camp for three weeks during the school holidays which proved popular, attracting 12 athletes each session. This would not have been possible without the assistance of Kerry Thorn, James Walton and Ross Tout.

Leichhardt Rowing Club was represented by seven junior and six senior athletes at the second NSWIS 5 km Time Trial with pleasing results. There was an improvement in percentage prognostic speed from 1 – 3%.

Later that morning Amy van den Neiwenhof and Rosa Brown competed in a selection time trial over 2 km for the Youth Cup

Team, at SIRC. They both competed well, finishing in the top half of their respective categories and are eligible again next season.

The squads have completed the second preparation of training. The workload has stepped up (14 hrs per week), and includes boxing and plyometrics. The second strength test, 6 km erg time trial and anaerobic capacity tests have been completed.

The third preparation began on 25 August with an increase to nine sessions per week, and the weight training emphasis is now on speed, strength and endurance.

Upcoming regattas: LRC close of entry deadlines and calling for trailer drivers

DATE / TIME	EVENT	TYPE	DISTANCE	LRC CLOSE OF ENTRIES
14/9 Sun 8.00 am	Henley on Hunter	NSWRA	1750	1/9
20/9 Sat 7.30 am	NSWIS TT 3 Nepean River	TT	5000	13/9
27/9 Sat 7.00 am	Scullers Head of the Parramatta Parramatta River	Bohemia	4000	15/9
11/10 Sat 8.00 am	Drummoyne/Balmain Iron Cove	Grade	1000	29/9
18/10 Sat 7.30 am	NSWIS TT 4 Nepean River	Time Trial	5000	11/10
18/10 Sat 8.00 am	St George Rowing Club Nepean River	Age/Open	2000	6/10
19/10 Sun 8.00 am	Nepean Rowing Club Nepean River	Age/Open	2000	6/10
25/10 Sat 8.00 am	NSWRA Spring Regatta SIRC	Grade	2000	13/10
1/11 Sat 9.00 am	Head of the Shoalhaven Shoalhaven River	Time Trial Bohemia	7000	20/10
1/11 Sat 11.00 am	Shoalhaven Sprints Shoalhaven River	Club	400	20/10
8/11 Sat 8.00 am	Loreto SIRC	School	2000	20/10

Regatta entries: Regatta entries are due to Kerry by email, kez@kez.com.au, no later than the date of LRC close of entries, or earlier if possible.

The call for entries will be posted on the notice board at the entrance to the shed (the one above the blue cupboard). It will be there as an additional reminder each time the call for entries comes out. I will be asking one member from each squad to coordinate their squad entries, as well as discuss with their coach, and send them to me by the due date.

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

Throw a little lot of light

Just a reminder of the importance of having lights on boats and keeping a proper look out - Maritime were recently at the point near the Iron Cove bridge and did stop a (non-LRC!) boat. Let's keep staying safe.

Make a note

The LRC regatta is on 7 March next year. Please mark this date in your diaries now, so you can help on the day.

Can you sew?

Possibly not a usual request for a rowing club, but Steve Roll is looking for some assistance in the sewing line. He says it's a small job - he just needs about 12 straight lines sewn. If you can help, you can catch Steve at the club most days.

Kerry's quote of the month

'Subtlety is not my middle name'

The importance of resistance training for masters athletes ...

Peter Reaburn PhD, an Associate Professor and former Head of Department at Central Queensland University in Queensland. He writes regular 'bridging the gap' articles for the Australian Sports Commission and is an active researcher in masters sport. To see this article in full, go to: <http://www.2009worldmasters.com/The-Importance-of-Resistance-Training-/default.aspx>

A few years ago I saw a great t-shirt: The older I get the better I was.

Scientifically, this is true. Research consistently tells us that from age 35 to around 65–70 years in swimming and running events, the age-related decline in world class performances is linear but that then the rate of decline drops off dramatically in a curvilinear pattern.

Despite this, inspirational older athletes can always buck the trend — think James Tomkins who turned 43 while at the Beijing Olympics, his sixth, and Dara Torres, the US 2008 Olympic swimmer, who won the first of her Olympic medals in 1984. (Torres's coaching staff included a head coach, a sprint coach, a strength coach, two stretchers, two masseuses, a chiropractor and a nanny, costing at least \$100,000 per year.) Both these athletes undertake conditioning training that focuses on strength and power.

Why we slow with age

Research tells us there are a number of reasons including:

- an age-related reduction in blood and oxygen pumping capacity as a result of an age-related decline in maximum heart rate
- a decrease in flexibility
- an age-related increase in body and muscle fat content
- slowing nerve conduction velocities
- reduced muscle fibre contraction velocities, especially the fast-twitch muscle fibres, and
- an age-related decrease in muscle mass, again mainly in the size of the fast-twitch muscle fibres.

Muscle mass and masters athletes

This last factor of an age-related drop in muscle mass appears to be a major factor that explains the loss of strength, power, speed and even endurance as we get older. Thus, the older we become the more important it is to try and maintain this muscle mass if we want to compete at the highest level or do personal bests.

Muscle mass contributes greatly to both strength and power. Both these factors are vital requirements for sports performance. Strength is how much force our muscles can impart and power is how fast that force can be imparted. Thus, for athletes of any age, the strength and power of muscles are both very important in most sports, especially those where speed is important.

Resistance training that increases muscle mass is vital for a competitive masters athlete wanting to prevent the age-related decline in their performance—and the older a masters athlete becomes, the more important it becomes. Sport scientists call this type of muscle mass building resistance training hypertrophy training and it involves: loads (weights) of between 75-85% of your

maximum lift for an exercise; 8–12 repetitions of that exercise (one set) close to fatigue at the end of the set; 3–5 sets; and 1–3 minutes between sets.

Such training will help develop or maintain muscle mass and strength that can then be turned into powerful muscle mass by lowering the loads to 40–50% of the maximum lift but increasing the speed of the repetitions.

A competitive masters athlete wanting to undertake such training must get professional advice from a strength and conditioning expert attached to their health and fitness centre or high-performance teams training in their local area.

Health benefits of resistance training

Apart from the performance benefits of hypertrophy resistance training, masters athletes also have the added health benefits of resistance training that include:

- increasing metabolic rate and thus burning up calories that can help reduce fat weight
- increasing bone mineral density
- preventing injuries to joints
- reducing lower back pain
- reducing blood pressure
- improving glucose metabolism, and
- improving blood lipid levels.

These health benefits are added bonuses to improving both our performance and physique. Female masters athletes may think that they will become too big. That is not the case as they do not have enough of the male hormone testosterone that contributes to greater increases in muscle mass in men than women.

Conclusion

The older a competitive masters athlete becomes, the more important resistance training should become. Apart from the numerous health benefits, resistance training helps maintain or develop muscle mass that is crucial for strength, power and speed development. A masters athlete considering resistance training for the first time must consult an expert in the area of strength and conditioning.

Diary dates

Postponed: Friday 12 September LRC Fundraising night

Learn to row information & registration session

Saturday 4 October

LRC Regatta: 7 March 2009