



Easy Oar

*Newsletter of the Leichhardt Rowing Club
Issue no. 22
September/October 2009*

LRC Competition Policy

At the last committee meeting the following revised boat policy was adopted. Following World Masters Games it will be strictly enforced - please be sure to familiarise yourself with the policy.

PURPOSE:

The purpose of the Leichhardt Rowing Club's Competition Policy is to identify the criteria for LRC competing members to be entered in races and regattas, particularly championship regattas. The aim of the policy is to provide clarity to all members, and to ensure LRC fairly supports its competing members, and that it appropriately supports Rowing NSW regattas by submitting entries of a suitable standard.

BACKGROUND:

Leichhardt has a long history as a strongly competitive club, and a very recent history as a social rowing club.

LRC was originally founded as a community-based competitive rowing club: while it was established that members were welcomed

from all walks of life, the primary focus was on developing strong competition crews. As participation in rowing requires significant resources, and it is recognised that the club has a limit to resources, the invitation to compete for the club is regulated and is by approval of the club's executive.

In very recent years, the club agreed to the inclusion of a social rowing program, providing access to limited rowing for a broad section of the community. The inclusion of this program by the committee was on the agreement that the social rowing program delivered a surplus, and had no impact on competitive crews and aims of the club.

The committee continues to endorse this view as it focuses on strengthening the club's competitive membership and leading the club to continuing its recent premiership successes.

COMMENCEMENT:

This LRC Competition Policy is effective immediately.

The policy may be updated from time to time, and any changes will be communicated to all LRC members.

OPERATION:

Who is eligible to compete in regattas?

To be eligible to represent LRC at a regatta, LRC members must be:

- a current financial member of LRC
- a competing member (i.e. senior/probationary competing member, school student (under 18) member, or a coxswain), and
- a current Rowing NSW member.

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LRC Office Bearers and other roles 2009-10

- Patron **Lionel Robberds**
- President **Tim Clare**, 0417 424 370,
tim.clare@des-pl.com.au
- Vice-Presidents **Michael Bath, Dave Bodell, Len MacPherson, Bill Monaghan, Barry Moynahan, Rodney Moynahan, Tony Potter, Steve Roll, Bob Stone, Vic Williamson**
- Captain **Jane Hutchison**, 0417 224 443,
janelouisehutchison@hotmail.com
- Vice-Captains **Christiaan Fitzsimon**, 0414 555 991,
christiaan@ibsaustr.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
- Assistant Secretary **Sue Philpot**, 0403 076 637,
lrc_susie@hotmail.com
- Treasurer **Peter Trives**, 0418 441 768,
peter@trivescon.com.au
- Assistant Treasurer **Onno van Ewyk**, 9555 9869,
onno@vanewyk.com.au
- Property Master (boat maintenance/equipment TBA
(club house) **Kerry Thorn**, 0414 375 425,
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- General committee**
- Doreen Borg** (socials) 0419 691 742 (after 5.30pm weekdays),
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- Juliet Bourke** 0414 426 939,
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- 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
- Auditor **Bernie Story**
- Honorary Medical Officer **Dr Diana Robinson**, 9231 0102,
www.sportsdoc.com.au/p_diana_robinson.html
- Head Coach **Stani Slavova**, 0404 899 476,
originrow@live.com



At the recent AGM - members listening attentively



Above - Kerry and Frank Thorn with the two trophy cabinets they have kindly donated to the club.

Below and right - the bucolic regatta: at the Henley on Hunter regatta in September.



LRC Competition Policy (ctd)

Reference to 'crews' below is intended to refer to both single scullers and crews.

Regattas covered by this policy

The regattas covered by this policy are included in LRC's Regatta Calendar which is published each year at the beginning of the season (see p.4). They are Rowing NSW regattas, and also include championship regattas such as NSW State Championships and Australian Rowing Championships.

Regattas not covered by this policy

This policy does not apply to 'in-house' regattas (such as LUOR regattas), JB Sharp regattas, or 'private regattas' (in 2009 these are the Head of the Yarra, and World Masters Games).

REGATTA ENTRIES:

Process for proposing entries

Entries ought to be provided to the Regatta Secretary (by the coach or squad coordinator) by no later than the date specified on the LRC regatta calendar. Entries received after this time will not be entered.

Entry approval

All entries must be approved according to the following criteria before being submitted to Rowing NSW.

The decision on whether entries are submitted for a non-championship regatta will be for the Club Captain to make, having regard to the below criteria and the purpose of this policy. The decision on whether entries are submitted for a championship regatta will be for the committee to make, having regard to the below criteria.

Criteria for approving entries

Eligible rowers will be entered in races, subject to the following considerations:

- **Competitiveness of crews:** crews must be deemed competitive having regard to the event to be entered, their level of training, testing results, and previous race times (e.g. likely to win premiership points or finish within a 15 second margin of the winner, based on previous regatta entries and results).

For championship and 'elite' regattas, the Head Coach (in consultation with the Captain), must seek prior approval from the committee for LRC members to compete. The committee's support will be based on testing results, and recent competition results. The committee would support crews/scullers who are likely to finish first, second or third (having regard to previous race times) and/or are within six seconds of the previous winning time. To compete in an event at national championships, the committee supports members who came first at state championships, or if they came second or third, were within three seconds of the winning time at the state championships.

- **Availability of boats:** races entered cannot exceed the boats available. For home regattas this will be LRC's whole fleet. However, boat availability for away regattas is limited given transport logistics. Therefore, entries will be submitted having regard to the needs of all competing members across all event types for any particular regatta within the available boats.
- **Number of races:** Members are not encouraged to enter more than five races on any one day.
- **Timing of races:** Members will not be entered in events which are too close together and do not allow sufficient time to make the start of the next event. This will avoid unnecessary race entry and withdrawal fees where it was reasonably foreseeable (based on likely timing of events), that a member could not participate in both events.

REQUEST TO RECONSIDER A DECISION

Members, or coaches, who disagree with a decision on race entries must apply to the Club Captain detailing:

- the rower and/or crew
- the regatta and races proposed to be entered
- an overview of the rower's/crews' regatta results, time trial and/or erg times, commitment to the program, which regattas they are competing in, and racing goals
- an explanation of how the rower's/crew's requests fits within the criteria above and the purpose of this policy, and
- any other relevant considerations.

A response to the request for reconsideration will be given within three days and prior to the relevant regatta.

Jane Hutchison, Club Captain, September 2009





LRC Competition Policy (ctd)

LRC Regatta Calendar 2009-10 (up to the end of February)

Date	Host	Venue	Type	Entries due to LRC Regatta Secretary	
24/10/2009	Sat	RNSW Spring Regatta	SIRC	Grade	11/10/2009
31/10/2009	Sat	Head of the Shoalhaven	Shoalhaven River	Time Trial	18/10/2009
31/10/2009	Sat	Shoalhaven Sprints	Shoalhaven River	Age/Open	18/10/2009
7/11/2009	Sat	Head of the Parramatta	Parramatta River	Time Trial	25/10/2009
14/11/2009	Sat	Loreto Normanhurst	SIRC	School	1/11/2009
14/11/2009	Sat	Grade Regatta Host TBD	Iron Cove	Grade	1/11/2009
21/11/2009	Sat	North Shore Rowing Club	SIRC	Age/Open	8/11/2009
21/11/2009	Sat	Queenwood Time Trial	Middle Harbour	Schoolgirl Time Trial	8/11/2009
22/11/2009	Sun	Indoor Rowing Challenge	Leichhardt R.C.	Indoor Rowing	N/A
28/11/2009	Sat	Roseville College	Iron Cove	Schoolgirl	15/11/2009
28/11/2009	Sat	Head of the Yarra	Melbourne	Rowing Vic	8/11/2009 TBC
5/12/2009	Sat	Drummoyne Rowing Club	Iron Cove	Grade	22/11/2009
12/12/2009	Sat	NSW Sprint Championships	SIRC	Age/Open	29/11/2009
15/01/2010	Fri-Sun	Taree Summer Regatta	Manning River	Age & Grade	31/12/2009
23/01/2010	Sat	RNSW Small Boat Regatta	SIRC	Age/Open	10/01/2010
6/02/2010	Sat-Sun	NSW Rowing Championships	SIRC	Age/Open	24/01/2010
13/02/2010	Sat	MLC School	Hen & Chicken	Schoolgirl	31/01/2010
14/02/2010	Sun	Balmain Rowing Club	Iron Cove	Grade	1/02/2010
20/02/2010	Sat	Sydney Rowing Club	SIRC	Age/Open/School	7/02/2010
21/02/2010	Sun	Pymble Ladies College	Iron Cove	Schoolgirl	7/02/2010
27/02/2010	Sat	Leichhardt Rowing Club	Iron Cove	Grade	14/02/2010
28/02/2010	Sun	AHIGS-IGSSA	SIRC	Schoolgirl	14/02/2010

LRC Corporate Challenge Regatta

Thank you to all the corporate crews who worked hard over the four weeks, enduring horrendous weather conditions and too many ergs to come through the regatta as teams, and behind the scenes ...

working together: Abigoup (2 crews), Cancer Council, Cemex, PricewaterhouseCoopers, Commonwealth Bank, Henry Davis York, Hunt & Hunt, NSW Maritime, Palin Podiatry, Sparke Helmore, Transport Infrastructure Development Corporation (TIDC, 2 crews) and the three Leichhardt crews.



What a perfect day for a regatta. Many thanks to all who helped, everyone who worked behind the scenes.



Teamwork - that's what the Corporate Challenge is all about.



Rigging in front of the stand is much better than at the warm-up lake.



Barbara feeds the hungry hoards ... again! Thank you Barbara.



Barry tells another story to keep the 10,000 entertained (or was it 5000?)



After the de-rigging, rigging and de-rigging, rigging again at the club. It's thirsty work.



The Corporate Regatta was held in perfect rowing conditions (opposite) unlike the conditions for the masters who were greeted by this view in late September after driving out to SIRC through the wind and the dust, and then sat around for a few hours waiting for the regatta to be cancelled ...



... but this enforced rest allowed two of the LRC contingent to model the latest addition to the LRC merchandise collection (and a very nice and warm jacket it is too). And yes, you guessed it - the jacket comes in any colour you want, as long as it's royal blue.

Boat Usage Policy (updated September 09)

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 the 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.

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 (usage and weight)
- correct and careful handling
- safe navigation, and
- maintenance and care (including, for example, washing boats after every session and thoroughly maintaining boats).

This Boat Usage Policy replaces the previous Boat Allocation, and is effective immediately. This policy will be updated from time to time, and any changes will be communicated to all LRC members.

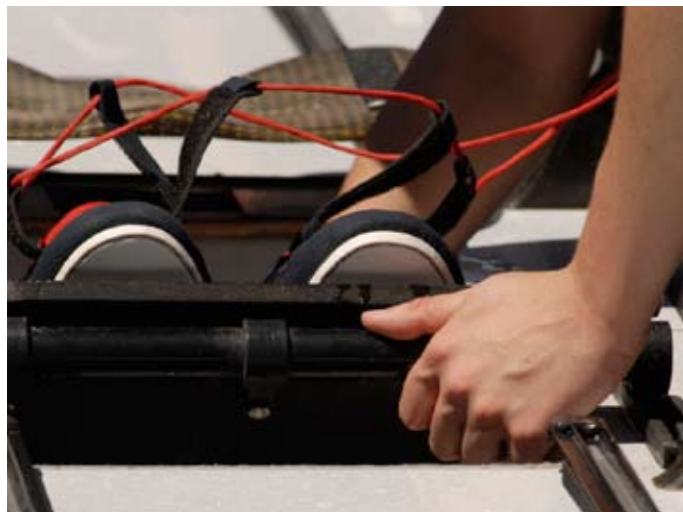
Boat allocation for regattas

This policy does not relate to boat allocation for racing. That will continue to be done by the Club Captain, which is typically done on the basis of the boat availability and suitability to each crew.

PENALTY:

This will be strictly enforced. A 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 which they are not entitled to row will be subject to these penalties. This includes a ban on use of particular boats, a ban on competing in races, and a ban on accessing the club.



BOAT CATEGORIES:

The boat fleet is categorised into a new 'traffic light system' of A – Black, B – Red, C – Amber and D – Green.

Members have access to boats in their allocated and lower categories, subject to the weight restriction of the particular boat. Access to boats in category A – Black is at the sole discretion of the Club Captain.

Boat weight restrictions (listed in the table below) mean that no crew member can be more than 10% of the noted weight. For example, the average weight of a crew in a 70kg boat should be 70kg or less, and no crew member can weigh more than 77kg.

For example, a person in category C – Amber can train in boats in categories C – Amber and D – Green. They cannot train in boats in categories A – Black or B – Red.



**Category A (Black):
Who can row category A - Black boats?**

What is category A - Black?
It's a category that limits the use of the top level boats to preserve them for championship competition. Access to boats in this category is at the sole discretion of the Club Captain.



Who is in category A - Black?

Only rowers who have prior approval from the Club Captain and are rostered to row in these boats are allowed to row category A - Black boats for training.

How do I get to train in category A - Black boats?

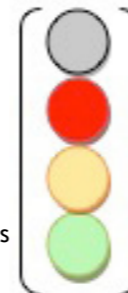
Access to category A - Black boats for training is significantly limited so our best boats are in their best condition for championship regattas. The Club Captain has discretion to approve training in category A - Black boats for rowers who are preparing for championships (such as state and nationals, including masters).

**Category B (Red):
Who can row category B - Red boats?**

Access to boats in this category is limited to the following squads and groups of rowers:

- Senior and elite development squad
- Advanced Junior Squad (formerly referred to as 'J4' squad) and
- Intermediate Men & Women (i.e. typically have competed for at least 1 full season and have a scull or sweep grade score of 3.5 or lower).

Rowers not participating in one of these squads or groups, or do not have a coach, should confirm their status with the Club Captain.



Boat name	Boat type (# cox position)	Boat weight
Restriction A Black		
Tim Tindale	1x	70
LRC Juniors	1x	60
LRC Corporates	1x	70
Lionel Robberds	1x	80
Ted Curtain IV	2- /x	75
LRC Masters	2- /x	80
Wade Hewitt (Filippi)	4x / 4-	70
Peter Trives	8+	75

Restriction B -Red		
Hermes	1x	65
David Morrissey	1x	70
Kim Eddy	1x	85
Tim Clare	1x	85
Alan Flint	1x	85
Miss Leichhardt	2x	60
Frances McNamara	2- /x	80
Rod Richardson	2- /x	80
LUER	2- /x	85
Premiers 2007	4x /4- /4x+ /4+ (b)	75
Kevin Bond	4x	90
Rod Moynahan	4x/ 4-	90
Steve Roll	4x /4- /4x+ /4+ (b)	90
Bill Monaghan	8+	80
Richard Stanistreet	8+	80

Restriction C - Amber		
Bright Waters	1x	75
120 Years	1x	75
Old Oarsman II	2x/-	95
MaryPamJan	2x/-	75
Williamson	2x/-	70
Fullerton	4x /4- /4x+ /4+ (b)	90
Balcony Boyz 2	4x/4x+ (s)	70
Super 8 2006	4x /4x+ (s)	75

**Category C (Amber):
Who can row category C - Amber boats?**

Rowers who are:

- LRC financial competing members, includes novice (i.e. senior/probationary competing members) and competing juniors (i.e. school student (under 18) members), and
- Rowing NSW registered competing club rower.

**Category D (Green):
Who can row category D - Green boats?**

All financial registered LRC club members, including competing associate members (e.g. social rowers).



Boat name	Boat type (# cox position)	Boat weight
Restriction G- Green		
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+ (s)	75
Tom McGill	4+ (s)	85
Neil McCallum	4x	85
Mick Lowrey	4x	85
The Moynahans	4x	90
Michael Bath	4x /4- /4x+ /4+ (s)	75
Barry Moynahan	8+	80
Steve Jaques	8+	80
Robert Stone II	8+	90
LRC Members	8+	80

Boats 'Not In Use':

From time to time it may be necessary to rest boats or completely prohibit their use, perhaps because they are undergoing maintenance or repairs. When a 'Not In Use' sign is placed on a boat, that boat must not be used by any person.

Inclusion in a higher category:

Coaches and rowers may apply in writing to the Club Captain to be considered for inclusion in a different category or for the use of a particular boat for training purposes.

A discussion on the pontoon before training is not the appropriate means or time to request access to boats in a higher category.

Your written request must briefly state why the coach/rower believes they should be in a higher category and why the change would be within the scope of the committee's purpose in restricting boat usage. If rowers or coaches are seeking to use category A – Black boats for training, the written request to the Club Captain must contain the following information:

- the rower and/or crew
- the boat/s requested to be used
- an overview of the rower's/crews' regatta results, time trial and/or erg times, commitment to the program, which championship



Boat Usage Policy (updated September 09)

- regatta they are seeking to compete in, and their racing goals
- whether the rower/crew has previously been involved in an incident dealt with under the LRC Accident Policy or other relevant information
- whether the rower/crew appropriately maintains boats and contributes to club life, and
- any other relevant considerations.

Please note:

- the request and any approval must be made in writing, prior to the boats being used
- any such approval would typically be for a short period of time in the lead up to championship regattas (e.g. three or four weeks only)
- during such training time, Black boats will be used in accordance with a roster, to ensure they are used no more than three or four times per week
- once agreed, the roster is to be put up on the noticeboard at the shed and
- this 'exception' does not apply to general club members wanting to train in higher category boats before grade or age regattas.

Mixed category crews:

A crew may only take a boat in a category if more than half the members are in that category.

World Masters Games

Disability Sailing in Iron Cove 12-16 October

Disability Sailing in Iron Cove will run from Monday 12 October to Friday 16 October, 10 am – 7 pm). They will be sailing out of the Dobroyd Aquatic Club, Rodd Point.

Depending on prevailing wind conditions the sailing fleet of up to 40 dinghies crewed by disabled sailors could end up sailing a course anywhere in Iron Cove. During this period, access to the water of Iron Cove will be restricted due to the establishment of the sailing courses. The courses will be determined on the morning of each day of competition according to weather conditions.

For more information, contact the Sydney 2009 World Masters Games office on (02) 8116 2009.

Rowing

Most of LRC's masters will disappear into the five-day regatta from 10-14 October, to meet and compete against the rowers from more than 30 countries in the rowing component of the games, touted as the largest entry into a regatta ever conducted in Australia. There are:

- 4935 crews (including adaptive)
- 2385 individual competitors
- 16,396 seats
- 1040 coxswain seats.

Regatta boat allocations:

This policy does not relate to boat allocation for racing.

Boats for regattas will continue to be allocated by the Club Captain, typically on the basis of the boat availability and suitability to each crew.

Members are required to accept and observe the boat allocation directions of the Club Captain or Vice-Captains, including for regattas. During a regatta is not the time to query boat allocation decisions. The Club Captain will be pleased to discuss the allocation rationale at a time away from the pressures of a regatta.

BENEFIT

In summary, the purpose of this policy is to ensure our boats are in excellent condition for regattas and championships, and are a key resource for supporting 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
September 2009*

PS there are plans to label every boat (so we can see at a glance which category it is in) and rack (so we can see not only where it lives and its direction), and oars and riggers too.

Ergs - they go and they come ...

there has been some movement of equipment during the year – some ergs moved away, and a tall one was on loan for a while but has now gone home.

The good news is that we will get three new ergs (for about \$1500 each) after the Indoor Rowing Championships, and they should arrive in mid-November.

Many many thanks to LUOR and BalconyBoyz for donating the ergs.

From the Treasurer: membership subscriptions

Thanks to everyone who has paid their subs. This revenue is vital for the ongoing operation of your club. If anyone is yet to pay, please do so as soon as possible, so that you maintain your membership privileges. Please make sure that you have collected your cap and shirt which are part of your membership privileges. *Contact Peter Trives, 0418 441768, peter@trivescon.com.au*

Congratulations to Tim Clare and Peter Trives

At the recent Rowing NSW annual general meeting, Tim was re-elected as a Director for another two years where he will continue his work with the Regatta Commission, and Peter was elected as the new Director Finance.

Charles Bartlett did not stand for re-election this year.

Learn to row

Learn to row has started again so please make them all welcome, and many thanks to all the coaches (see dates on back page).

The juniors session is from 7 – 9 am, and adults from 9 – 11 am.



We look forward to welcoming some new members to the club, as we did after the last two learn to row sessions. Some of these are seen here with their Sunday coach, Richard Stanistreet: Jen Zongor, Jaqui Bokor, Mary Finegan, Anna Hickey-Moody, Natelle Ball, Rebeca Montoya (a new old member) and Kylie Dodd.

Welcome to recent new members

- | | | |
|--------------------|-------------------|-------------------|
| Merinda Breen | Kelly Mahoney | Rachel Porter |
| Narelle Butler | Madeleine Mahoney | Carol-Anne Priest |
| Sara Eldridge | Jan McClelland | Sandy Rourke |
| Tecia Di Francesco | Rebeca Montoya | Steve Sherry |
| Paul Hackett | | Jo Sullivan |



Boat maintenance: the perfect activity for when it's too windy to row.

Iron Cove bridge

As the construction of the extension to the Iron Cove bridge continues, everyone needs to be especially cautious and alert to the almost-daily changes happening on the water.

While work is being undertaken, a number of the archways are closed to navigation and are marked by 'channel blocked' day shapes and night lights which hang from the centre of the arch.

As you move through the open archways, do so carefully, keeping to the right. Watch out for other craft that might be stopped on the other side of the bridge also. And if you see a crew heading in the wrong direction, be helpful.

You are not permitted into the exclusion zones, which is roped off by on-water markers, and NSW Maritime penalties are applicable for unauthorised entry.

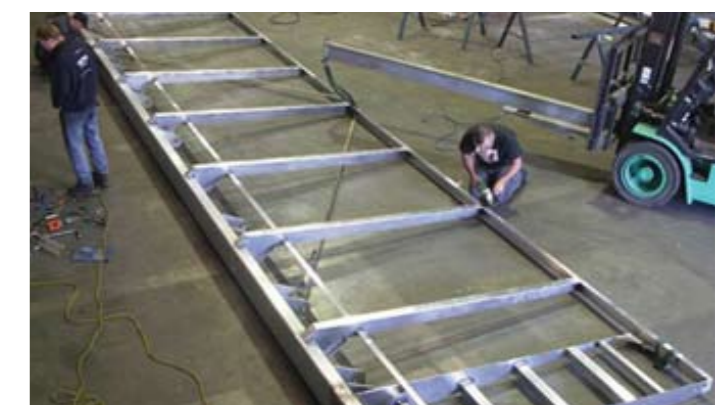
Important for tinny drivers to remember: you must maintain a speed at no more than 4 knots within 100 metres of floating plant or work in progress (maximum penalty \$1500), and you must keep wash to a minimum (maximum penalty \$5500).

Any fines incurred by club members will be the responsibility of the driver.

If you're not too sure what's happening or where to go, ask a friendly club member!

Updates will also be sent via club emails, so make sure you're on the distribution list and check your email regularly. *Natelle Ball*

Our new pontoon



And here are some photos of the new pontoon, taken at the end of August. Nearly there!

What lessons has sport taught you?

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

We all want to know the single most important thing you've learned from sport ...

Athletics legend Steve Backley:



He broke world record three times, he was the only British track and field athlete to win medals at three Olympic Games, and was awarded MBE in 1995 and OBE in 2003.

Steve Backley

Here are his ten commandments.

1: Know your weaknesses - and do something about them

The best sportsmen I've met aren't necessarily fantastic at one particular part of the skill – they're just good at everything.

I went to train with Olympic javelin champion Jan Zelezny in 1997, in many ways in search of the Holy Grail. I thought there would be something he was doing that would just be 'it' – the ultimate answer.

But if I found out anything, it was that he was good at everything. He didn't have a weakness, because he'd worked on them all.

Most of us tend to do what we're good at, because that's what we enjoy doing. What's actually more important is to find out what we're not good at, and then redress the balance.

2: Take your chances

In any sport, or in life, you have moments when an opportunity opens up in front of you. You have to be ready, and you have to grasp those chances with both hands.

At the 1994 European Championships in Helsinki, I wasn't expecting much – maybe just a medal if all went as well as possible.

But then I looked around after a couple of rounds of competition, and I could see that everyone was struggling. A window was opening.

And I thought, 'Right – if you lot don't want it, then I'll have it – I'll drive harder than you, I'll give it a bigger shove.' I ended up throwing about 85m, in quite tricky conditions – and winning it by three metres.

I remembered that moment for the rest of my career. So if you're thinking, 'Should I do the race, or the competition, or play the match?' – well, throw yourself in, because you never know which opportunities might arise, and what might happen.

3: Be prepared

I used to write down a list of all the things that could go wrong.

People might think – hang on, that's too negative – you have to be positive. And you do. But by having that list, you find solutions to all your potential problems.

What do you do if you're doing your shoes up in the Olympic stadium just before the final starts, and your lace breaks?

Solution: carry spare laces in your kit-bag. You could cross that one off the list.

I would spend two weeks coming up with a long list of everything that could possibly go wrong, work through them all and then end up with a long list of solutions.

You would then sit back and think – whatever happens, I've got a plan. And that was a great, great feeling.

BACKLEY'S MEDAL HAUL:

Four European and three Commonwealth golds

Two Olympic and one World silver

One Olympic bronze

4: Pressure can be your friend

People tend to view pressure as a bad thing, but it doesn't have to be.

For example, in a training session I'd be delighted to throw 80 or 82 metres. Three days later in a competition, I'd throw 90m. The pressure of competition was worth a good eight metres.

And if you want to escape from pressure, you can do – no matter how bad the situation might seem.

At my first Olympics, I was genuinely very, very scared. You've got a billion people watching round the planet, 100,000 in the stadium, the best athletes in the world all in one place – of course you're going to be scared. It's the natural reaction.

So what I did was to tell myself that I was simply doing an ordinary throwing session down my local track. That worked for me.

5: Have a goal

This sounds simple, but it's the first part of any journey – decide where you're going to. Only then do you think about how you're going to get there.

The outcome I wanted was to win whatever the major championship was that year – Europeans, Worlds or Olympics. I'd then ask what performance would help me achieve that outcome – invariably a throw of 88 or 89 metres would be enough to win.

The next question would be: what's the process that'll bring about that performance? And that's where it starts to get really detailed – on your technique, the strength required, the power output you'll need, the nutritional plan.

All the time, you have to make sure you concentrate on the process,

not the outcome – although all anyone will want to talk to you about is the outcome.

Your mates don't want to hear about how your point control is going – they want to know if you're going to win the Olympics, or throw a world record.

What's important is to be able to discuss that outcome with your family, your mates and people who want to glamorise the sport, but be able to focus on the process with your coach and yourself.

Because if you've done the planning right, the outcome should look after itself.

6: One man's sacrifice is another man's dream

The common perception of top sports people is that they have to make huge sacrifices to reach the top. But if you're in pursuit of your dreams, there aren't any sacrifices, because you're doing exactly what you want to do.

If your mates are going down the pub on a Friday night but you have to have an early night because you've got to be down the track early on Saturday morning, that's not a sacrifice.

I certainly never felt I was making a sacrifice, because I was doing exactly what I wanted to do.

And if there ever comes a point when you want to go down the pub, go down the pub – because if you resent what you're doing, then you're never going to have enough enthusiasm to do what you're meant to be doing anyway.

7: Believe in yourself

All great sportsmen have three things in common.

First, they all believe in themselves - neither a bad day nor a great day will affect their self-belief.

Second, they're highly motivated, always pushing hard for the next level.

Third, they're naturally talented.

You might think that last factor is the most important of the three, but I don't think it is.

If you look across all sports and ask yourself what their most successful performers have in common, they're all different shapes, different sizes and different personalities, but they all believe in themselves and they're all highly motivated.

8: Success and failure are not black and white concepts

At the Sydney Olympics in 2000, it seemed all set up for me.

I'd gone bronze in Barcelona in 1992, silver in Atlanta in 1996, and I thought – Sydney, the new millennium – it's all there. It had been my dream to throw an Olympic record - and then in the final, I did.

But I still only came away with the silver, because Jan Zelezny went straight out and broke my new record by just 32 centimetres.

People say to me, 'That must have been devastating.' But sometimes you can't have any bearing on a result. For me it was all

about whether you delivered or not – whether you did everything you planned to do and did as well as you could possibly do.

If you can say to yourself after a competition that you did – as I could after that final – then whether you came first or last doesn't really matter.

9: Keep changing - whether you win or lose

Successful sports people keep re-inventing themselves. Whether you win or lose, you always need to get up to a new level – and you can't do that if you're always doing the same old thing.

At the end of every season, I would make an assessment of how the season went. You'd then draw up a new plan, and work out what changes you had to make based on what went right and what went wrong.

For example, at the end of the 1997 season I decided to join the eastern European coaching system. By doing that, I learned a completely new way of doing things, and that gave me more armoury, more things to fall back on.

Get advice from other people. And be creative, particularly if you've been doing one thing for a long time.

By the time I finished athletics, we were doing all sort of weird and wonderful things in training, just to stay interested.

10: Don't get injured

It sounds obvious, but it's true: if you're injured, you can't win anything.

And injury isn't necessarily something that you have no control over – there are ways to make sure it doesn't happen to you.

Go to see a physiotherapist. Get them to assess your physical strengths and weaknesses. Then do the exercises that will protect the areas you'll stress doing your sport.

For me in the javelin, it was my shoulder, back and hips that I had to think about, so I had to make sure I did the 'prehab' to strengthen and protect those areas, and keep me healthy.



LRC guest speaker series: Preventing injuries with Diana Robinson (LRC's honorary medical officer) Sunday 8 Nov at 5.30 for 6 pm start

LRC guest speakers series: an opportunity for members, your families and partners, to learn more about rowing, and socialise.

Diana will talk about the injuries that rowers are susceptible to – those elite rowers and those of the rest of us. She is a sports medicine and exercise physician with more than 15 years of clinical experience ranging from elite athletes to the everyday recreational exerciser.

She deals with the endurance athlete – their acute and overuse injuries and medical problems; has expertise with musculoskeletal injuries, particularly those of the lower limb, and a keen interest in posture, low back pain and truncal stability. For more, go to www.sportsdoc.com.au/p_diana_robinson.html.



Jane Hutchison, Stani Slavova and Deanna Fekete talking to Matt Draper, Rowing Australia, our last speaker after his presentation on recent changes to Rowing Australia and how they will benefit us at the club level.

(advertisement)

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Aidan and Mark

Thank you to LUOR -

For their donation of a tinny at a critical time for the club – during the training for the corporate crews. It's very much appreciated, and in demand.

LUOR Xmas Function & Mini Regatta

Keep 6 December free in your diaries for the LUOR Xmas function and mini regatta at the club. It's a great opportunity for our Junior squad and Social members to participate in a 'fun' morning of racing which culminates in the LUOR Xmas lunch. Join us for this great event and let's show our appreciation to the LUOR members for the contribution they have made to the Club both past and present.

Doreen Borg

Trailer gods needed (aka parents, anyone)

We need trailer drivers to step forward (and that includes parents). The club won't be attending any regattas without them! If you can help, email admin@lrc.com.au

Rowing NSW on YouTube

Rowing NSW have a YouTube page with videos and slideshows of regattas. Go to www.youtube.com/user/RowingNSW

Rowing NSW is also on Facebook.

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:Anne_aparbury@gmail.com)).

A special thank you to all the contributors to this issue: *Onno, Margaret, Natelle, Jane, Peter, Steve, Dawn, Doreen for photos, text and others stuff.*

Diary dates

Saturday 10 October	Learn to row 3 World Masters
Sunday 11 October	Learn to row 4
Saturday 17 October	St George RC regatta
Sunday 18 October	Nepean RC regatta
Saturday 24 October	Spring regatta
Saturday 31 October	Head of the Shoalhaven Shoalhaven Sprints regatta
Sunday 1 November	Learn to row 5
Saturday 7 November	Head of the Parramatta
Sunday 8 November	Learn to row 6 Guest speaker - Preventing injury Dr Diana Robinson
Sunday 6 December (to be confirmed)	LUOR Xmas function & mini regatta January 2010 rowing camp