



# Easy Oar

Newsletter of the Leichhardt Rowing Club

Issue no. 29

January, February, March 2011

## Captain's reviews and views on the season, coaching and more

Christiaan Fitzsimon

The Grade Rowing season is drawing to a close with the Trickett Regatta just around the corner. It is appropriate to reflect on the season to date.

The season seems to be getting longer and longer with regattas seemingly every week, probably because they are at the moment.

I would like to acknowledge some highlights of the season so far:

Nell Duly's squad:

- This group of juniors continues to develop and is a credit to Nell. Results have been solid, but the focus is on major results for next season: Emma Thomas, Genevieve Pfeiffer, Evie Melrose, Imogen Stahel, Maddie Gibson and Bette Wong.

Steve Jaques' squad:

- this group has been getting stronger throughout the year. They rowed at the recent Gold Cup regatta – a great experience, and raised the eyes of the BROs (ask Steve Sherry): Imogen Smith, Mia Carey, Claudia Wherry, Andrea Macleay, Maine Monga, Gemma Viney, Alana Kisner, Claire Guigni, Isabella Pytka and Millie Elsmore.

Anne Parbury's squad:

- continue their winning ways with some of them rowing themselves out of C grade into B, and others out of D into C: Jessica Black, Brigitte Hadley, Jennifer Zongor, Anna Hickey-Moody, Nivi Massarek, Mary Finegan, Jacqui Bokor and Bec Montoya.

Andrew Morrell's squad:

- are all Learn to Row graduates and some from the most recent LTR, have applied themselves well to the sport: Natalie Obeid, Kellie Hinchcliffe, Kristin Moss, Nitya Varadarajan.
- It's pleasing also to see the combination WD 8+ with members of Andrew's and Anne's squads.

Dave Bodell's novice men:

- these novice men have been together for most of the season, and are developing well. While racing is not the priority, it has been pleasing to see a group of young men together. It will be scary in

a couple of years when it's likely that some of the boys will give others a run for their money: Oscar Supit, Max Supit, Austen Hunt, Robert Bodell, Lachlan Andrew, Jasper Rowley, Jackson Bottrell, Ryan Kisner, Levan Andronikashvili, Nicholas Best and Ethan Cameroux.

### The premiership

We are currently leading the point score and are in a good position to return the flag to the club, which is a credit to the entire club.

Despite this good news, when we look at the results for all regattas we are missing the good results at the bigger away regattas, particularly at SIRC. This is a concern if we cannot produce results when crews are faced with stiffer opposition so, as Captain, this is an area I want to improve in the club.

*ctd page 3*

### Congratulations

to Kiri English-Hawke, winner Schoolgirl Head of the River, 1x, see p.3, and

to the successful crew in the men's club four at the Gold Cup regatta. See Ross Tout's report on p.8.



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## LRC office bearers and more

Patron	<b>Lionel Robberds</b>
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Captain	<b>Christiaan Fitzsimon</b> , 0414 555 991 christiaan@ibsaust.com.au
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Assistant secretary	<b>Kara Coleman</b> , 0406 049 778 Karac1602@hotmail.com
Treasurer	<b>Onno van Ewyk</b> , 0403 076 637 onno@vanewyk.com.au
Assistant treasurer	<b>Ross Tout</b> , 041 331 6694, 9988 3363 rosstout@optusnet.com.au
Property master	<b>Kerry Thorn</b> , 0414 375 425 kez@kez.com.au

## General committee

<b>Virginia van Ewyk</b> (regatta secretary)	0402 980 773, virginia@vanewyk.com.au
<b>Anne Parbury</b> ( <i>Easy Oar</i> , website, admin)	0415 580 187, aparbury@gmail.com
<b>Heather Hunt</b> (functions @ lrc)	0411 159 379, hunts15@optusnet.com.au
<b>Andrew McCallum</b>	0400 510 590, a_mccallum@optusnet.com.au
<b>Andrew Morrell</b>	0414 259 430, andrew@branks.net
<b>Susie Philpott</b>	0431 340 863, lrc_susie@hotmail.com

## Other roles

Head coach	<b>Stani Slavova</b> , 0427 293 110, stani.aviron@gmail.com
Honorary medical officer	<b>Dr Diana Robinson</b> , 9231 0102, www.sportsdoc.com.au/ p_diana_robinson.html
Merchandise co-ordinator	<b>Sue Andrews</b> , 0415 386 956, girlsrule99@optusnet.com.au

See the full list of positions and roles on the website:  
[www.lrc.com.au/13.html](http://www.lrc.com.au/13.html)

## Welcome to recent new members of LRC

And welcome back to returning members:

<i>Tabitha Acret</i>	<i>Dmitri Kastanias</i>
<i>Mohamad Assoum</i>	<i>Dominic McEwen</i>
<i>Elizabeth Carbone</i>	<i>Erin McKenna</i>
<i>Peter Carroll</i>	<i>Jacob McKenna</i>
<i>Vivek Choudhury</i>	<i>Justin Milne</i>
<i>Anna Cicognani</i>	<i>Rory Nolan</i>
<i>Theo Cominos</i>	<i>Natalie Obeid</i>
<i>James Cother</i>	<i>Richard Pfeiffer</i>
<i>Amelia Coutts</i>	<i>Georgina Plimmer</i>
<i>James Devenish</i>	<i>Gerard Quinn</i>
<i>Patrick Donnellan</i>	<i>Sam Reardon</i>
<i>Matthew Duly</i>	<i>Konrad Stillin</i>
<i>Sharon Egan</i>	<i>Max Supit</i>
<i>Milo Ellicott</i>	<i>Oscar Supit</i>
<i>Millie Elsmore</i>	<i>Caroline Vernon</i>
<i>David Erho</i>	<i>Victoria Wallace</i>
<i>Saffron Gothorpe</i>	<i>Jacqueline Wesiak</i>
<i>Janell Hefer</i>	<i>Andrew White</i>
<i>Kellie Hinchcliffe</i>	<i>Colin Whybourne</i>
<i>Charlotte Hulme</i>	<i>Claudia Wilson</i>

## Recent LRC Committee activity:

A lot of work goes on behind the scenes running a club a big as ours:

### *Membership policy update*

This update is designed to make our different types of memberships easier to understand while still referring to our constitution.

### *Regatta entries reminder. The rules are:*

The regatta secretary (Virginia van Ewyk) will not accept an entry if:

- the entry is made after the cut-off date that she has advised
- the rower is not financial with both RNSW or LRC
- the crew is not complete so that it is, in other words, a holding entry.

The aim is to reduce the workload for regatta entries and boat allocations for the regatta secretary and the captains.

### *Safety on the pontoon*

Juniors are not to carry sculls by themselves, so please help them if you see them trying to do this.

## New Vice-Captain for LRC

Nick Cassidy has stepped up to fill the vacancy created when Andrew Morrell stepped down from his Vice-Captain's role. Thank you Nick!

## Captain's reviews and views ctd from p1

### Review of coaching

As many members are aware, I have been reviewing coaching services to the club. I started in January and I'm still reviewing assisted by a sub-committee of Charlie Bartlett and Stani Slavova (and me).

We asked most coaches on the views of their current group of rowers and to set goals for each group, with a target of the Trickett for grade rowers, and state masters titles for masters rowers. The feedback has been positive and allows the club to provide better coaching resources to club members.

### Review findings

We realised during this process that some members are not focused on long term goals, instead they only aim to win at the next regatta. This shortsightedness has a negative effect on building crews and combinations. Although some members are very focused, I would also say that goals aren't communicated well enough so that they allow the club to support them to achieve these goals.

It was also noted that the number of races entered by rowers needs to be re-considered. While the number of races is appropriate for some members, it isn't for others when experience and the distance raced during a day are considered. Although the home regattas can give good results because the competition is not particularly strong, the results at away regatta results have not been good.

The high number of races is contributing to poor results.

### Pathways through the club

At the moment there is no pathway through the club system for a member graduating from LTR that shows how they get into a crew and represent the club at regattas.

For a number of years the juniors have had an established pathway through the squads, J4 to J1, and this has worked very well. We can learn a lot from this example.

The goal is to establish a similar, top-down, approach with the club's top crews. To make better use of our coaching resources, it's clear that we need to move the crew focus to rowing eights, fours and quads for example. It is easier to coach a quad than to herd four singles around the bay. We all joined the sport because we like crew work – rowing is a team sport. It is difficult to improve when we have no consistency in our rowing training – repeated sessions in the same boat will improve the quality of the crew work within the shed. This in turn will lead back to the goal I stated above: improving our results at away regattas.

### Where to from here?

We have the Trickett regatta coming up in next couple of weeks, and this regatta signals the end of the season for a number of crews who

will have a well-earned rest.

The coaching review will continue, and will look at the results for the entire season.

We are planning a training program for the winter season – a very important lead into next season. I will support those wishing to have a good off season so that, as a club, we can improve our winter training and make it better than in recent seasons. I believe that coaching support, in the form of a structured training program, for all members of the club can improve results in all crews.

### Regatta entries - effective from the Trickett Regatta

Given the number of competitors we now have in the club, the costs associated with competing and constraints it places on our resources we now need to apply a cap to the number of races a competitor can enter. In addition to this we can maximise the efforts of each rower by focusing on each individual's priority races with the intent of getting better results.

Therefore each competitor may only have a maximum of 6 km of racing in any one day.

This can be made up of no more than four races per regatta in the following combinations:

- 3 x 2000 m races
- 4 x 1000 m races
- 2 x 1500 m + 2 x 1000 m – this would allow A and B grade races at Iron Cove where the course only allows for 1500 m and 1000 m races.

If we use the Trickett regatta being a two-day event as an example, theoretically a rower can race in eight events over the two days, we also need to factor in heats for some events, but it still allows competitors to focus on their key races without over doing it.

### Schoolgirl Head of the River

*Congratulations to Kiri English-Hawke (representing her school, Stella Maris College), shown here with her cup after winning the NSW Schoolgirl Head of the River in the 1x. Kiri had an excellent start to be ahead at the 250 m mark. She maintained her lead throughout the race, winning by nine seconds.*

*Genevieve Pfeiffer (representing Cheltenham High) also rowed well, finishing fourth.*



## Calling for learn to row coaches

### Improve your rowing by teaching learn to row

The next Learn To Row program is almost upon us, and as we prepare we would like to remind you of some key dates, and also request some volunteers to make this next session as successful as the last.

The dates are:

- 21 May – 9am start for all participants – Information session conducted by Club captains and President.
- 22 May – one off-water session (compulsory for LTR participants)
- 28 May–12 June – six on-water sessions on three Saturdays and three Sundays.

The times are:

- Juniors – 7am to 9am
- Seniors/adults – 9am to 11am

We are seeking coaches for both juniors and seniors/adults to help support our club's biggest fund raiser.

You don't need to be an accredited coach, you just need to teach the participants the basics. Please remember we were once there so it should come naturally to us.

You don't need a boat (tinny) licence as you will keep below 10 knots. This is the speed that boats start to plane (rise up and skim on top of the water instead of ploughing through it). The club's experienced and licensed tinnie drivers will be pleased to provide demonstrations.

Please register your interest by emailing Belinda Brigham: [belindabrigham@me.com](mailto:belindabrigham@me.com)

### What do we give you for teaching learn to row?

We don't give you breakfast - this is reserved for Rex's crew, and it was probably cooked by an award winning chef ...



You don't even get to be one of Professor Cotton's guinea pigs - it's already been done (see Barry Moynahan's article on p.11, The Leichhardt Experiment.  
(l-r) Peter Evatt, Professor Cotton and David Anderson who also features in Barry's article.



You don't even get to coach on the Arno (above, in Florence), like this coach here who can go back to the boatshed and then pop into the Uffizi upstairs just to check on the Botticelli collection, again.  
And yes, this is a pretty snappy coach's outfit on the left, but the only part of it that we can hand on to you is the loud hailer.

### So what do you get?

... the pleasure of encouraging someone else to learn to love getting up at 4 am so they can go backwards in the dark - as Guy Elron observed (see p.7).

**What more do you need? Email Belinda now!**

## Junior season wrap-up

*Zoe Thomas, Junior Vice-Captain*

During the 2010–11 season Leichhardt has enjoyed an ever expanding and improving junior rowing program. Currently we have five junior squads (three girls' squads and two boys' squads) which sees 40 to 50 juniors rowing every weekend! While we have had strong female squads for the last couple of seasons, we have lacked junior boys' squads and so it is great to see the two boys' squads really starting to come into their own.

Each squad has been working to different goals through this season and all squads have made significant gains in skills, fitness and discipline. Our J1 squads came out of the November 2010 Learn to Row and are now working towards their first regattas in the JB Sharp series. They have had to contend with many disruptions to their coaching times, such as regattas, bad weather and temperamental tinnies, but all are developing well and I'm sure we can look forward to good results in the JB Sharp series. The J1 girls (Erin McKenna, Charlotte Hulme, Claudia Wilson, Lizzie Carbone and Jacqueline Wesiak) are coached by David Elliott and Sue Philpot and the J1 boys are coached by Angela Conry, Jess Black and Jen Zongor (Rory Nolan, Vivek Choudhury, Dimitri Kastanias, Konrad Stillin, Jacob McKenna, Milo Ellicott, Jesse Bourke, David Erho, James Devenish and Dominic McEwen). A big thanks to these coaches – they do an amazing job teaching our newest recruits.

Steve Jaques' large squad comprises U17 girls who have racing experience. These girls started the season by consistently placing in their events and are now starting to win. The girls won their WD4x at Drummoyne 3 (Imogen Smith, Andrea MacLaey, Claudia Wherry and Maddie Gibson) and also came second in the Yr9 4x at Riverview's Gold Cup Regatta (Alana Kisner, Isabella Pytko, Mia Carey, Imogen Smith and cox: Clare Giugni). This squad is developing really well and I'm looking forward to seeing them add to their wins – hopefully at Trickett and definitely next season.



We are always in need of extra junior coaches. If you would like to help out please let me know - even two hours a week of coaching would be a great help.

Our third girls' squad is coached by Nell Duly. They are slightly older and most have raced successfully in the past. Nell's girls have been very successful at grade regattas with many wins at home and away. The girls also race in their age category and are the current WU17 4x Sprint Champions (Evie Melrose, Genevieve Pfeiffer, Bette Wong and Maddie Gibson). At the NSW state championships the U19 4x came fourth (Genevieve Pfeiffer, Emma Thomas, Kiri English-Hawke and Amy Dunn) and Genevieve made the semi-finals in the U19 1x.

Dave Bodell is the coach of our older boys' squad, many of whom came out of the Learn To Row in May 2010. These boys have just started their racing careers and have shown some promising results while racing in the MD 4x and the MD 2x at local regattas. The boys have improved their technique significantly and are starting to pull together as a squad. With the boys from J1 improving fast as well, it looks as if next season will be a big one for the boys!

I would like to thank all our junior coaches: Steve Jacques, Dave Bodell, Nell Duly, Angela Conry, Jess Black, Jen Zongor, Sue Philpot, David Elliott and 'guest' coaches. The time you give to the Club and the kids is priceless and gives the juniors the most amazing opportunities to enjoy and improve themselves through rowing.

We are always in need of extra junior coaches. If you would like to help out please let me know – even two hours a week of coaching would be a great help.

Well done to all our juniors this season! Your participation in rowing not only strengthens our Club, but the whole rowing community.

I hope you all enjoyed your season and plan to continue rowing.



## Some scenes from the Christmas row and festivities



### Action plan

*A timely reminder from Bill Monaghan as we head out into the very dark waters of Iron Cove in the last week of daylight saving.*

#### Rowing in the dark on Friday 25 March

This morning, an LRC eight was on the water at 5.30 am, it was very dark, and although the eight was well lit both bow and stern, these lights don't light the way, they only light the boat.

#### In the dark we need to:

- take great care
- row with a coach alongside if possible
- row with another crew, so there in safety in numbers.

This morning we were halfway between Cockatoo Island and Long Nose Point when the eight rammed a moored yacht and lost about one metre off the bow.

#### Action plan - What to do if you have an accident.

1. check the safety of all crew memberse
2. check the boat - is it rowable. Stay with the boat if possible.
3. what is the nearest point of safety, is it another rowing club or brach or other pontoon.
4. can the crew row to safety, can even two people row at a time
5. when you have reached safety, make arrangements to get the boat back to LRC.

In our case this morning, the boat filled up quickly and could not be rowed to back to the club. We therefore rowed it to Balmain Rowing Club and,with their help, towed the boat back to the LRC clubhouse.

## Getting to know who's who ...

Jane Hutchison has continued to ask questions and find answers. Margaret Bailey thought this was too good an opportunity to resist, so she is now searching for answers too.



Nick Cassidy

Hi, I'm	Nicholas / Nick Cassidy, LRC member since 04/2010 [and new Vice-Captain]
You'll find me rowing ...	with the men's intermediate squads. Or around the club whenever I'm left at home alone.
I started rowing ...	in 2005 when selected to row through school.
I'm proud of ...	winning, with my crew, the U23 coxless quad and senior coxless four at the 2009 Tasmanian State Championships. I'm also proud of placing second in the senior pair, U23 double, and senior eight.
When I'm not at LRC, I'm ...	a bludging uni student in the third year of my surveying degree.
Why?	Why row? This really is hard to answer. I'm not sure ... it might be the early mornings, the hard hours of weights and ergos, or the sore callused hands. But mostly it's that feeling when you're out on a perfectly still morning and the boat is running well and the only noise you can hear is the bubbles on the side of the boat.



John Foley and Jenna

Hi, I'm	John Foley, boat builder
You'll find me ...	running around, my dog, Jenna in tow, early at boatsheds keeping rowers happy and on the water in their sleek craft.
I started ...	building timber rowing skulls with Sargent and Burton boat builders, of Mortlake and absolutely loved it and still do to this day.
I'm passionate about ...	being near, on or in the water. This includes surfing (Gerringong is my favourite place), kayaking, sailing. Quality time in the energy of a wave makes you feel humble, also kayaking in the ocean swells, camping on a beach. To see the sun rise to a new day and sailing my timber yacht keeps me smiling.
When I'm not at LRC, I'm ...	surfing (or making boards) which is my first love or sailing my timber yacht or working. You'll find me somewhere around the harbour.
Why?	My father skippered Sydney Harbour ferries so I had it in my blood to be around boats and the water at an early age. We spend so much of our lives working so it may as well be doing what you are passionate about and what makes you smile every day. Leichhardt rowers have a friendly approach and a good sense of humour ...



Guy Elron

Hi, I'm	Guy Elron, novice masters coach
You'll find me rowing ...	in almost any boat class, but mostly in the pair with James, a quad and sometimes making a guest appearance in an eight.
I started rowing ...	when I was just 13 at Sydney High School and went on to experience the mighty GPS Head of the River when it was still held on the Nepean River. However, I believe I only really started rowing when I joined LRC back in 2003, which is when I met Frank Thorn from whom I have learnt so much both about rowing and life.
I'm proud of ...	the people I've been coaching for the past few years. They are a wonderful group of individuals, and all have so much to contribute as rowers, club members and people. Playing a part in their development as rowers provides me with a source of pleasure. In my own rowing, I'm proud of reaching the finals of the NSW State Championships for Elites back in 2007 (albeit we were comprehensively beaten). More so, I'm proud of the fact that rowing and training at Leichhardt has substantially helped with my rowing conditioning.
When I'm not at LRC, I'm ...	out enjoying the delights of the finest music and food from around the world. Talking about good music and food. Obsessing about good music and food .... Did I say that I love music and food? Also, I'm lucky to have a wonderful wife who is supportive of my rowing commitments and who also enjoys the company of so many of the wonderful people we meet through rowing.
Why?	Because I, like every other rower, can be certified mad. I'm yet to come across either a psychiatrist or psychologist who will get up at 4 am to get in a boat and go backwards in the dark ... Seriously, rowing has a certain quality about it - the quiet of being on the water and achieving a 'zen-like' state in striving for those (repeated) perfect strokes. To say nothing of finding yourself in a true race and having the feeling of the water rushing under your own boat, while pushing yourself to pass or hold off competitors. And, crossing the line in front is pretty good too.

## The Gold Cup Regatta

Soon after the first Riverview Gold Cup race, way back in 1880, this regatta became one of the most prestigious events on the NSW rowing calendar. Over the years additional races have been introduced into the regatta's program. In 1959 the then NSW Union of Old Oarsmen (NSWUOO) donated a perpetual trophy to be presented to the winner of the men's club fours. It is this trophy that was won by Leichhardt this year.

At the 'last minute' we had to substitute our cox and, with the helpful assistance of Mark and Gill Campbell and Keli Stapp from Pymble Ladies' College, Nicole Davis was literally taken out of the College quad she had just coxed and tinned down to North Shore Rowing Club to meet her 'new' crew. Their size and appearance phased her not at all, and she steered an exemplary course to take her crew across the line more than seven seconds ahead of a well-credentialed Macquarie University crew in second, and Sydney Rowing Club behind them in third place.

Barry Moynahan (an active member of the NSW Union of Rowers, the successor to the NSWUOO), was there to see the guys compete and was instrumental in obtaining a 'loan' of the trophy from St Ignatius College for photographs to be taken at the Leichhardt shed.

The cup itself has been mislaid for a number of years, therefore Barry



*Congratulations to the crew bow: Kristian Bodell; 2: Nick Cassidy; 3: Michael Scott; str: Nick Andronikashvili; cox: Nicole Davis (Pymble LC/LRC), and coach Ross Tout.*

will ensure that the past winners' names are engraved so that, as he stated, 'Leichhardt's name will be on the trophy for 2011'. To which the crew generally agreed that they fully intend for Leichhardt's name to also be there in 2012!

It was an excellent row and a well deserved win. It is also most encouraging to see Leichhardt Rowing Club successfully competing at senior regattas. Well done guys.

*Ross Tout*



*Ross Tout again (above), this time giving last minute instructions before a race at Taree (they must have listened to him - they came second). Ross Tout yet again (above left) at the Taree dinner, with MC extraordinaire, Steve Duff. Dave Hogan was also spotted at the Taree dinner (left) as he amused some of his fellow diners.*



**See photos of the LRC 6 March regatta**

<http://inner-west-courier.whereilive.com.au/photos/gallery/leichhardt-rowing-club-regatta-iron-cove/>

## Stani's tips for the Trickett and the state masters

*If you are preparing for the Trickett Regatta and Masters Championships, use those technical check points and drills at least once a week.*

### Rowing technique check points

#### Catch

- shins perpendicular
- theoretical goal is nose over toes
- sit-up (i.e. back straight, head level)
- gaps between thighs and chest should be very small

#### Drive (when oar is 90 degree angle to boat)

- legs in mid-range position
- hips mid-range position
- arms just start to bend

#### Finish

- head, nose and shoulders bow side of the oar handle
- sit high with lower back (i.e. don't slump)

#### Recovery

- important to get hands away and weight onto feet early
- oar handle should be pushed down in a circular fashion
- set the catch angle as soon as possible, at the latest it should be one-third to halfway up the slide
- float into front stops and sit up, lift chest over the knees

### Rowing drills

#### Square blades

This is the most simple of exercises but needs the best balance to succeed. Everyone rows with their blades square throughout the entire stroke. This will ensure everyone has their hands low enough in the recovery and everyone has a cleaner finish as the tapping out will always be square, promoting good balance.

#### Double square

This requires the rowers to feather-square-feather-square during the recovery. This promotes the basic feathering movement, and ensures that there is always enough space between the blade and water to square in the middle of the recovery.

#### Tapping

A simple exercise to promote tapping out at the finish that shows good reference points for the height of the hands and oar and where they should be in and out of the water. Sitting at backstop or frontstop, the rowers start in the water and, all in time, tap in and out of the water.

#### Roll ups

This involves starting at backstop in the water and then tapping out, feathering, moving up the slide while squaring, then placing the blade in the water but not taking the drive. As this is done while stationary it is hard to balance, and it will be possible to see the smallest of errors that are affecting the boat.

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## Club news

### You may not have heard ...

Boats recently passed on include the quads, Super Eights and Balcony Boyz, and the old pair, the Old Oarsman. The Old Oarsman has been replaced by the Jim Hayes.

### Damage to boats:

If repairs are needed in the boat you take out, and you have tried and can't fix it, write in the boat usage and repair book and follow through. Follow through means tell your coach, Bill Monaghan or Christiaan Fitzsimon.

### Rigging:

In all boats is the standard LRC rigging. If in doubt, ask Christiaan Fitzsimon.

### Boat maintenance:

When you do some boat maintenance, at the very least check the slides, the ties (on the shoes, particularly those from the heel to the foot chocks), and the bowball (if this is covered with tape, take the tape off and see if there is any damage). If something is damaged, fix it or arrange to have it fixed.

### A reminder to all members:

Everything at LRC has a place. Please be considerate of others and put your garbage into the appropriate bins, clean up your mess, do not leave empty bottles around the shed, put the weights away, put the ergs away, put the chairs and tables away in the allocated locations, tidy the kitchen and in general be proud of being a member of LRC.

## Taree - eights galore and some of the spoils



## The Leichhardt experiment

An historic reunion of Old Rowers from Leichhardt Rowing Club was held at the clubhouse on 5 December 2010.

Barry Moynahan reports ...

The Christmas reunion focused on the 'Cotton Era' of the 1950s, a period in which Leichhardt dominated the NSW elite and senior representative ranks and pioneered a significant proportion of Australia's Olympic and Empire [now Commonwealth] Games rowing teams.

Whilst formal proceedings did not start until late in the morning it was the sight of the young Learn to Row members, both young men and women, proudly receiving their training gear that drew very complimentary praises from the 'Oldies'. The Leichhardt Union of Old Rowers (LUOR), and its Executive (The Balcony Boyz), applauds the club's continuing emphasis on junior development.

The significance of the Cotton Era is well documented in that literary masterpiece *Rowing on With Leichhardt* (pages 55–73), published in 2006, so there is no need to repeat it here. Copies are available at the clubhouse.

The 2010 December reunion welcomed guests, Forbes and Ursula Carlisle of swimming fame in view of their historic association with Professor Frank Cotton, Dr Ian Stuart who is preparing a paper on Cotton's involvement in sports physiology, and the Club's Honorary Medical Officer, Dr Di Robinson, and her family.

The recollection of the 1950s 'Leichhardt Experiment' was presented by Professor David Anderson, a former member of Leichhardt and 1952 and 1956 Olympian, who gave a detailed account of his experience as a 'Cotton Guinea Pig' and how the integration of the

*An example of the success of the Leichhardt experiment*



'Cotton Guinea Pigs' with senior Club members produced champion crews.

Robust discussion followed on the great benefit derived from the 'Leichhardt Rowing Machine', one of which is stored in the National Maritime Museum, Sydney. Family members of both John Harrison, designer, and Ted Curtain (manufacturer) of the Leichhardt Machine (both deceased) were present reflecting their great contribution both as Olympians and Leichhardt oarsmen.

The audience included Lionel Robberds (Patron), Tim Clare (President), Christiann Fitzsimon (Captain), Deanna Fekete (Secretary), Charles Bartlett, current committee members and Australian Masters Champions as well as surviving members of the 1952, 1956 and 1960 Olympic Games and the 1954 and 1958 Empire Games.

Old black and white Movietone News film of the era provided from the Australian National Film and Sound Archives took us all back 60 years whilst David Anderson's 2010 recollections were recorded for posterity. It was a day to remember!

I am very much indebted to Andrew Morrell and Onno van Ewyk for their technical assistance and electronic support. Also of great assistance on the day were Andrew McCallum and David Ward, Lionel Robberds who acted as moderator, Bill Monaghan who at age 78 and a 'Cotton survivor' kept the highly professional guest panel on their toes.

Ross Ullo, as usual as Chef de mission, prepared the appetising luncheon with support from the Balcony Boyz capably assisted by the 'out of retirement' kitchen staff Pam Moynahan and Mary Stone and aspiring apprentice Sandy Rourke.

For the information of new members of the club the Leichhardt Union Of Old Rowers (LUOR) comprises about 120 former active rowers who meet twice a year and raise funds towards the purchase of rowing equipment. The LUOR Executive (Balcony Boys) enjoy a quiet ale on the club veranda every Tuesday evening.

The next Luncheon will be on Sunday 12 June (date to be confirmed). New members are always welcome.

Barry Moynahan

President / Convenor LUOR

The archival DVD showing black and white footage of the 1952 Kings Cup and 1958 Empire Games in Cardiff appears to have been accidentally removed from Andrew Morrell's projector. Should anyone know of the whereabouts of the DVD, please contact Barry Moynahan on 9686 4290.

ONE MAN'S TRASH IS ANOTHER MAN'S TREASURE

## OUR ROWING CLUB NEEDS YOUR OLD THINGS

CAST-OFFS, UN-LOVED BRIC-A- BRAC, PRE-LOVED FURNITURE  
CAN BE RE-CYCLED

ANYONE DOWNSIZING, MOVING, DE -CLUTTERING\*

DONATE TO YOUR ROWING CLUB

100% profit to LRC from auctioned goods

Thompson Xavier Auctioneers

483a Balmain Rd

\*Estate Agents please refer to clients

Let Susie Philpot help you recycle and donate. Mobile 0431 340 863

## Twilight regatta

6pm Friday 1 April

Don't forget the Twilight Regatta - help us farewell daylight saving with a little paddle.

Social members are particularly welcome to come to this.

### Captain's shout

will follow the regatta

RSVP -

Doreen Borg

Tel: 0419 691 742

Email: doreenborg@hotmail.com

## Save the date:

**28 May, LRC presentation night**

Be there to celebrate the end of the season.

All will be revealed soon.

## Callan Park Master Plan:

*The final Community Information Sessions are on Wednesday, 30 March and Thursday 31 March, 6 - 9 pm at Leichhardt Town Hall, cnr Marion and Norton Streets, Leichhardt.*

## Rowing reporters and established photographers

A special thank you to all the contributors to this issue:

*Jane, Margaret, Barry, Onno, Jane's dad, Tim, Belinda, Christiaan, Stani, Bill, Zoe, Bob Stone, Kerry and John for photos, text and other stuff.*

## Boat lights: no lights = no row

Now that we have moved back into a dark time of the year it's time to check your lights - do they need new batteries?

If you need a new light, these are \$55, including GST and batteries but excluding postage. Contact David Wear

e: [dwear@dwear.com.au](mailto:dwear@dwear.com.au)

t: 9262 2256

f: 9262 2714

m: 0413 754 686



## Fuel roster

Thank you for everyone's excellent support of the fuel roster.

Each month a group of LRC members takes responsibility for making sure that the jerry cans are full of fuel for the coaching boats. This simple but very important task helps LRC function. Here is the roster for the next few months:

March Andrew Morrell's coaching group

April Angela Conry's group

May Steve Duff's group

June Rex's group

July Guy Elron's group

August Wade Hewett's group

Use only unleaded petrol, not ethanol fuel, and fill the jerry cans to 20 litres only. This ensures the correct mix of oil to fuel is maintained.

Questions? Ask Kerry Thorn, 0414 375425 or [kez@kez.com.au](mailto:kez@kez.com.au)

## Diary dates

Sunday 7 May	Autumn boat maintenance day
Saturday 21 May	LTR registration and information day
Sunday 22 May	LTR compulsory off-water session
Saturday 28 May	LTR session 1
	LRC Presentation dinner
Sunday 29 May	LTR session 2
Saturday 4 June	LTR session 3
Sunday 5 June	LTR session 4
Saturday 11 June	LTR session 5
Sunday 12 June	LTR session 6
Sunday 24 July	Winter clean up - clubhouse
Sunday 21 August	Winter boat maintenance day