



Easy Oar

Newsletter of the Leichhardt Rowing Club
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A new competition policy for 2011-12

Christiaan Fitzsimon, Club Captain

With the Recent NWRA presentation night still fresh in my mind, it was a proud moment to accept the Premiership Shield for the season. This a direct result of all club members efforts throughout the year.

Preparations for the next season has begun in earnest, with the a lot of work being undertaken in background by me, committee members and coaches to establish a structure to continue this success.

The Club's Competition Policy for Season 2011-12 has been approved.

The policy aims to change the way coaching and crew selection is undertaken.

These changes are designed to establish a selection pathway that enables all members to enhance their rowing experience.

A key plank of the policy is the establishment and appointment of a selection panel. The panel will assist all coaches with crew selection, co-ordination of train amd racing plans, regatta entries and the delivery of coaching services generally.


Selection Panel members for this season are: Charlie Bartlett, Kerry Thorn, Dean Patterson and me as the club captain. All coaches will be working with the selection panel to deliver the club's on-water activities and the selection panel will report to the LRC Committee. The role and membership of the selection panel reviewed annually by the committee.

The selection panel acknowledges that some members are already well satisfied with their current coaching arrangements. The Club intends that 'what ain't broke doesn't need fixing', however through this new policy it is intended that we can also improve coordination across the club of all on water activities, including boat allocation and regatta entries.

The new LRC Competition Policy follows on page 3, and is also on the website.

The club understands and recognises that its membership changes from season to season and it will be the selection panel's responsibility to respond to these changes and the dynamic needs of the membership at large.

If you have any questions please call me to discuss or ask a selection panel member.

ctd page 2 

Get involved in the LRC Corporate Challenge and help our club. Get a crew together, get your workplace involved.

If you need more information, ask Deanna:

**0405 508 623,
email:
corporate@lrc.com.au**



The timekeeper and his time; the recorder and her record. See page 5.

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LRC office bearers and more

Patron	Lionel Robberds
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Property master	Kerry Thorn , 0414 375 425 kez@kez.com.au

General committee

Virginia van Ewyk (regatta secretary)	0402 980 773, virginia@vanewyk.com.au
Anne Parbury (Easy Oar, website, admin)	0415 580 187, aparbury@gmail.com
Heather Hunt (functions @ lrc)	0411 159 379, hunts15@optusnet.com.au
Andrew McCallum	0400 510 590, a_mccallum@optusnet.com.au
Andrew Morrell	0414 259 430, andrew@branks.net
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Other roles

Honorary medical officer	Dr Diana Robinson , 9231 0102, www.sportsdoc.com.au/ p_diana_robinson.html
Merchandise co-ordinator	Sue Andrews , 0415 386 956, girlsrule99@optusnet.com.au

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

From a recent committee meeting

A spate of recent 'accidents' has prompted a review of health and safety considerations at the club - upstairs, in the boat shed and on the pontoon.

Dogs can no longer come upstairs, and must be on a lead downstairs.

A new competition policy for 2011-12 (ctd)

Athlete profile forms

As a first step in implementing the new competition policy for the 2011-12, the selection panel has met with most of our coaches to discuss coaching for the coming season. There will be more meetings with coaches who could not attend as a follow-up from this meeting.

The next step is to obtain a profile on all rowers at the club to aid in tailoring coaching requirements for the coming season. Could all members please fill in the attached form and return to me by as soon as possible, either by email or leave a hard copy in the tray adjacent to the upstairs office.

As your Club Captain I am focused on ensuring that all members get an improved start to season 2011-12. With the help of the selection panel and all our coaches I want to ensure that every member has an opportunity to achieve their personal goals. So by filling out your profile form you will assist the club to meet your rowing aspirations.

The Selection Panel has started to collate the information gathered and seek to align like-minded athletes together with a suitable coach and coaching program aimed at meeting your stated goals, whether they are competitive, recreational or social. We have had a good response to date, but we know that a number of members have not completed the form. Please take the time to complete the form and return to use, you will be all getting reminders on this over the coming week.

Competition manager

Many might have seen our advertisement on Rowing NSW website. We are looking for a competition manager to assist with all of our on-water activities. Ideally we will find a suitable candidate, but we are preparing to take on next season without, if the right person is not identified.

In the interim, Frank Thorn has offered to assist and has prepared training programs, initially with a winter cross-training and endurance focus. I am thankful for Frank's continued commitment to the Club and know that he will be working with our coaches to help all rowers achieve their goals.

Frank's winter programs are pinned on the club's notice board. If anyone has questions please feel free to chat with Frank. His contact details are shown on the programs.

from: Belinda Brigham ... A **huge** thank you to the LTR coaches: Charlie Middleton, Sara Delaware, Remi Luxford, Margaret Bailey, Aiden Abeni-Davis, Mark Roberts, Janell Hefer and Manju M. Feedback from the crews was they really enjoyed it. As always, please make the new club members - in the novice and social squads - feel welcome. Next LTR session ... keep watch!



LRC Competition policy

Goal

For Leichhardt members of similar ability and commitment to form crews which provide a maximum number of members an opportunity to be boated and coached in training, thence entered in regattas with the intent of achieving results in racing which:

- place the club in the top 50% of entries
- win the Rowing NSW Club Premiership.

Objectives

- To promote and encourage crews being formed in eights, fours and quads as the primary boats.
- To support training programmes that dedicate a minimum 70% of on water training time to primary boats.
- To encourage small boat training in singles, doubles or pairs only as a member's secondary or tertiary boat which shall consume not more than 20% of on training water time.
- To prioritise race entries in primary boats.
- To allow multiple entries for a member in a regatta only when a top six or better finish is likely.
- To support entries in interstate and national events only when a crew or sculler has achieved results in lead up regattas which demonstrate the potential to qualify for the A final in that class of boat.
- To promote participation in national and state selection time trials and events, including camps, only when a crew or sculler consistently demonstrates results in training and racing that would place a member in the top 110%; when 100% is equal to the total team members when selections are made. [ie in the next 10% after selections are made].

Delivery

To support the goal and deliver the objectives of the club's Competition Policy, coordination of coaching services will be the responsibility of the Captain in accordance with the structure below.

The Captain will, prior to the commencement of any season, establish a Selection Committee and a Social Rowers' Coordinating Committee. Each committee shall consist of the Captain and a minimum of two members. When appointed by the club, the Competition Manager shall be a member of the Selection Committee.

If you have any questions about the new competition policy, ask Christiaan Fitzsimon, 0414 555 991, christiaan@ibsaust.com.au

Role of committees

The role and responsibility of each committee will be to establish and administer the on water operation of coaching services in accordance with Competition Policy objectives.

Part of that responsibility will be to establish protocols for:

- Identification of and coordination of rowers into boat categories according to age, ability, availability and potential to train and race as crews
- Allocation of coaches to crews
- Assisting coaches with selection of crews
- Approving crew training and regatta entry plans
- Confirming any entry requests that are not in accordance with approved regatta entry plans

Role of competition manager

The Competition Manager shall report to the Captain and be responsible for coordinating the day to day provision of coaching services in accordance with the direction agreed by the Selection Committee.

Responsibilities shall include:

- Preparing and making available to all coaches and crews generic on and off water training programmes
- Assist appointed crew coaches to develop crew training and regatta entry plans in accordance with the Selection Committee template
- Assist appointed crew coaches to develop training programmes to support crew training and regatta entry plans
- Assist the Captain to determine the efficient and effective allocation of equipment to support crews with approved crew training and regatta entry plans
- Manage the day to day activities of all coaches and provide coaching and technical assistance as required
- Review all coaching activities to ensure compliance with approved crew training and regatta entry plans
- Assess and provide feedback to all coaches on observed training and regatta performance
- Assist all coaches to achieve the agreed objectives within each crews training and regatta entry plans
- Provide the Selection Committee, within 24 hours of any regatta, a written report noting the performance of all crews entered together with any recommendations for change or improvements to approved crew training and regatta entry plans.



Getting to know who's who ...

Jane Hutchison and Margaret Bailey search for answers ...



Charlie Bartlett

Hi, I'm	Charlie Bartlett or better known as 'Pigeon' by the men's masters rowers.
You'll find me rowing ...	<i>whenever I can and with whoever is willing to put up with what pigeons do ... most of the time that's the men's masters.</i>
I started rowing ...	<i>at school. It was my best HSC subject. After school I tried to continue but got rejected in my first attempt at club rowing - not big enough! Played two seasons of AFL then revisited rowing. Five seasons later I represented Australia four times - winning the lightweight four at two successive world championships. I have never really stopped since.</i>
I'm proud of ...	<i>having achieved success in this sport at the highest level and still remembering how I did it. In the future I'd like to be proud about helping others to do the same.</i>
When I'm not at LRC, I'm ...	<i>coaching or swimming and when I'm not doing that you'll find me in Newcastle working in property development or at home tinkering with my toys or working at the odd job around the house.</i>
Why?	<i>Because rowing really challenges one's ability to reach perfection. Some know what that feels like and seek to repeat it, others just seek it and then there are some who just don't get it at all but love it anyway. It's a great sport to be enjoyed by anyone who is a team player.</i>



Heather Hunt

Hi, I'm	Heather Hunt
You'll find me rowing ...	<i>with the women's masters squads. And any morning I can get out in my single.</i>
I started rowing ...	<i>about three years ago I attended learn to row with my youngest son Austen; about six months later Susie Philpot took me out in a double scull, and I was hooked.</i>
I'm proud of ...	<i>competing in the World Masters in Sydney after less than three months training in a double, and not coming last ... and winning bronze at this year's masters state championships in a composite eight with St George. We also made every final in the quad and double.</i>
When I'm not at LRC, I'm ...	<i>I've always said I'm in futures, as my greatest source of pride is our sons. And prior to parenthood I worked in retail banking. Then while in Tokyo I worked for the Tokyo Trade Fair Commission and set up a pre-school for western families in the local church. I now work for my husband in export.</i>
Why?	<i>Well it's not the cold mornings or looking for the right shade of lipstick in the dark that complements that stunning zootie. It's the challenge and the peace you find in the pre dawn and the clear light reflecting off the still water ... just before a coach yells some more helpful advice and the wash from another's tinnie dumps into your boat, heck it's all good fun.</i>

Tuesday night training

Are you finding it hard to train?

Looking for an extra session perhaps?

Nick Cassidy (LRC Vice-Captain) is organising off-water fitness training for interested club members on Tuesday evenings at starting at 7pm (to give you time to get there after work) and finishes at 8 pm.

The sessions will alternate between runs around the bay and circuits in the gym with a variety of stations and one minute

rotations. The rotations will be broken up with group exercises.

For those who want to do a boot camp, that can happen too.

Are you interested? Let Nick know you will be there and he will organise the activities.

Email : nickcassidy4@gmail.com

LRC boat rally 2011

On Sunday 19 June we held our first Boat Rally. The rally took competitors along the Balmain coast, out to the islands, across to the Naval base, up to Joeys and back home taking, in theory, 90 minutes.

Club members nervously placed their names in a barrel ready to be randomly drawn to form crews. In the end we were able to make six crews. Each donned their team's bandana and prepared their boat for departure.

Crew 1 was finally launched with its envelope of 45 questions. The time keeper noted their departure time but they sat their like stunned mullets numbering off!

Tinnie skipper Lloyd with his crew mate Colman (otherwise known as 'Red Rover One') took off after the first crew. After 10 minutes Tim called me and said it was hopeless. The first crew was lost already, proceeding at a

snail's pace. He was authorised to point in the correct direction if required (luckily he had the secret course chart hidden in his pocket).

Red Rover Two, skippered by our Vice-Captain Brigham and ably assisted by another Coleman, took off after crews 2 and 3. They were no bloody use as they conked out somewhere near Garden Island. Never send two women to do a man's job. Red Rover Three was launched and sent to their rescue, what a drama!

Eventually all crews were away and the judges were able to take a well-earned break. Judges Stuart and Charmaine revealed many bribes were sought but none were conceded.

All good things come to an end and so it was that the crews slowly staggered home with a final burst towards the line (to impress everyone on the balcony). After a hot shower and a bacon & egg roll they were all ready to

hear the results. Crew 5 in the yellow corner proved that slow and steady over the toes and skillful with the pen wins the race. Our Captain Christiaan presented the winners with medals and a 'number 10'.

All being well we will hold the second annual boat rally in 2012, at the Committee's pleasure. Several other clubs have asked if they could enter crews next time. The aim was to meet other members of the club and have a good time away from the stress of racing.

Special thanks go to:
Sally Bartlett – bandanas
Sue Andrews – prizes
Heather Hunt – catering
Charmaine Wells & Stuart Matchett – Registration Officers, Judges, Time Keepers and Complaints Department.

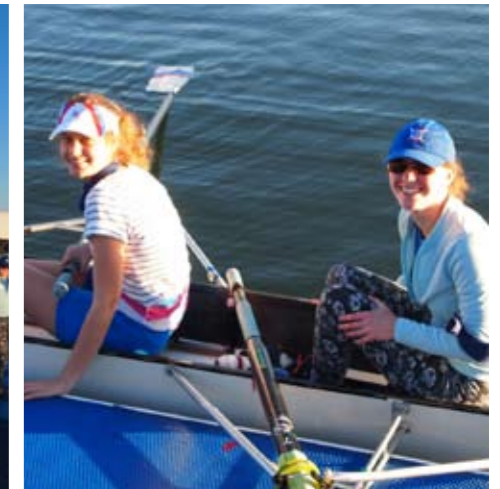
Steve Duff



The reds at the ready.



The crew, the photographer, the organiser and the moon.



The blues and their smiles.



The coxswain, the tactician and the chef.



The captain enlightens the multitude.



The yellows: winners are grinners.



The Barrington Bugle: Ed. #1

LRC masters ventured down to Lake Barrington for the Australian Masters rowing championships 2-5 June. Those who didn't travel with the boats were greeted with the first edition of the Barrington Bugle before they left Sydney ...

We have arrived! We Love Lake Barrington!! The air is so clear!!! The water is so clean!!! The trees are so green!!!! The yokels are so obliging: Yes, They laughed at all my jokes!!!!

OK: we made it without incident. Drove off the boat at 6 this morning, and after a hearty breakfast drove to Lake Barrington and spent the morning unloading the boats and getting to know the locals who are setting up for the regatta. All the gear seems OK and we don't seem to have lost anything of significant value. The course is quite a spectacular setting, down in a valley with the forest all around and trees right up to the water's edge. Yes, I know: that is just like the Nepean, or Lake Wellington, but we had to cross Bass Strait to get here, so that makes it different. The frost on the ground as we drove here was also a little different, and daunting, but no frost at Barrington and despite a crisp start to the day, it was a beautiful, sunny and warm afternoon, and more of the same is predicted, so all you skinny girls can stop panicking !

Brian and I went for a paddle in the afternoon, and it was just magic: the majesty of the forest, the clarity of the air and the different colours that were reflected off the water, the cockatoos screeching through the forests, the crows (c)ravenly calling from the tree tops, the robin red breasts tweeting cheekily as they flitted about the lawns, the roar of a finely tuned 2-stroke chain saw rising in challenge to the preposterous pretension of nature, then joined by another, and then another as the Barrington yokels, our full-bodied and jovial hosts, toil to turn majestic tall timbers into firewood to burn in fire drums for the delicate, aged visitors to the regatta from the mainland. Yes, they are really turning it on for us !

The organising committee here complimented Brain and me on our choice of rack location and general organisation! Naturally, and with our usual care for our fellow man, we warned them that the full body of Leichhardt RC's female contingent had yet to arrive and that the organising committee's opinion would not count for anything when they did, and that we may well yet be pronounced to be utterly incompetent (male) fools who should not be entrusted with any decision making of consequence, and it might be best for them to remain at arm's length until we were cleared of aforesaid incompetence. They nodded knowingly and departed.

The showers at Barrington are new and very clean. They do however require one-dollar coins to operate, and this earns you four minutes. However, since the coin slot is some distance from the shower cubicle, and it takes time for the water to be adjusted and flow through to the shower head, you will probably only net approximately three minutes. However, there is a shortage of \$1 coins in Tasmania, due to

us cornering the market. All is not lost! We have formulated a strategy: it is called the buddy system, whereby we will share our coins and the showers ... welllll, it actually a little bit complicated: we will explain it when you get here.

Can everyone remember the settings on their sculls and blades? After our row in the pair, I was bored, and remembered that I didn't have a scull boat assigned to me yet, so I tried Dani's, but it was too small, so I tried Anne's, but it was too big, then I tried Sandy's and it was



The Lake Barrington course, from start (top) to finish (above)

almost right, so I tried some modifications, spread, pitch, outboard, inboard ... everything I could think of, but it still didn't feel right, so I tried the same mods on Anne's, but I couldn't get it to suit me either, nor Dani's. At least you can say I'm no quitter! Anyway, I was totally confused when I stopped trying things, and couldn't remember where I started, so I just marked the settings where I finished, so at least I know the best setting for me now ... Yes! I know: very sensible of me! It shouldn't take too for you all long to experiment back to where you were, if you can find someone to help you.

Anyway, everything else is good! You are going to love it! See y'all tomorrow.

David and Brian

Steve Sherry's view of the regatta:

The LRC squad of Anne Parbury, Angela Conry, Daniela Borgert, Deanna Fekete, Dianne Williams, Sandra Rourke, Brian Davis and Dave Hogan had a successful campaign at the Australian Masters Rowing Championships at Lake Barrington, 2-5 June, winning seven gold, nine silver and five bronze medals.

Thursday, day one, began with Daniela Borgert holding off a strong challenge from Western Australia's Julia Dick to win the gold medal in the WA 1x final. Brian Davis was beaten on the line by 0.2 seconds to pick up silver in the ME 1x, and Sandra Rourke gained a hard-fought bronze in the WE 1x final. Dianne Williams and Deanna Fekete teamed with St George for silver in the MixD 4x, and Daniela Borgert won bronze in a composite Melbourne /LRC Mix 8+.

Friday was a long, wet and cold day with Anne Parbury starting the day by winning silver in a stirring WF 1x final. Sandra Rourke teamed with Manning and Balmain to win silver in the WD 4x, and Anne, Angela, Dianne and Deanna picked up silver in another tight finish, in the WD 4-. Brian and Sandra then won gold in the Mix F-J 2x, and Anne and Angela also won gold when they teamed with Melbourne



The winning Intersate Womens D4x (l-r) Wendy Zamitt, Sandra Rourke, Kim Chilton and Tamsin Brew



Daniela with her gold medal for the WA 1x

Uni in the MixE 4+. Dianne and Deanna teamed with Mosman to win silver in the same event.

Saturday's weather was a little kinder with some bursts of sunshine through the day. Dave and Brian began the day winning silver in ME 2-. Sandra Rourke was in the winning Interstate 4x, and Anne, Angela, Daniela, Deanne and Dianne were in the Interstate 8+ which ran a close fifth with 3.38 seconds separating first from fifth. The day finished with Anne and Angela combining with Sydney to win gold in the WF 4x.

Sunday began with driving rain and 20 knot swirling winds. Anne and Angela kicked off the day with a bronze medal, teaming with Drummoyne in the WE 8+. Daniela won bronze in a composite WB 4x, and Sandra silver in a composite WD 2x.

The next race was the women's champion of champions single scull, with the frontmarker (G grade) on go and Daniela Borgert (A grade) on 57 seconds - needless to say a big ask for the backmarkers. However, while the B grade sculler had the fastest time and the A grade sculler the second fastest time, they failed to catch the F grade sculler who had 50 seconds start. The day finished with a flurry of medals: Dave and Brian picking up bronze in the MF 2x; Anne and Angela gold in the WE 2x and Sandra and Kim Chilton (Port Macquarie) winning silver; and Dave, Brian, Sandra and Kim then won gold to close the regatta.



Sandy Rourke and Brian Davis - all smiles after wining the Mix F2x.

LRC syndicate boat acquisition policy

Aim

To assist and accelerate the club meeting its [proposed] boat policy key objectives.

To provide an incentive for members to contribute to buying new boats.

To establish clear guidelines that will assist members to:

- form syndicates for the purpose of buying new equipment
- understand the policy which the committee will apply in considering any syndicate submission
- understand the likely terms and conditions of any approval
- prepare submissions

This policy specifically excludes single sculls. Singles will not be approved by the Committee as a syndicated acquisition. Single sculls will only be permitted into the shed in accordance with the [proposed] single scull rack allocation policy.

What is a syndicate

Members who form syndicates must satisfy the following eligibility requirements:

- be senior or probationary competing members of the club
- remain members until the syndicate ceases. Any syndicate member who is not financial with the club for a period longer than three months shall automatically forfeit any rights of club membership and any rights such individual has through a syndicate to ownership of any syndicate equipment.

Syndicate membership:

- shall be no larger in number than:
 - 15 in the case of an eight
 - 10 in the case of fours or quads
 - five in the case of pairs and doubles
- have demonstrated an ability to race in the boat category proposed in the submission.

Once approved, syndicate membership is not transferable.

Syndicat approval prerequisites

The Committee must, in accepting a syndicate submission for consideration, satisfy itself that:

- rack space in the shed is available or will become available as a result of the syndicate submission approval ie another boat in the same class will be retired and or sold to free up rack space
- the boat to be acquired is required to compliment the club's existing fleet
- the boat to be acquired is new

- the boat to be acquired is from a boat builder which can supply after sales service, repairs and parts at competitive pricing.

Quick release riggers are preferred to allow for easy and economical storage.

Approval terms and conditions

Approval of a submission by the Committee will be subject to the following standard terms and conditions:

- new syndicates are required to fund the total purchase price of the new boat, excluding GST
- funds equal to a current quotation for the boat proposed in the syndicate submission must be paid to the club by the syndicate members prior to the club confirming a purchase with a boat builder.

Syndicates may only be approved for a term of:

- four years if the boat is a pair and or double
- six years if the boat is a four and or quadruple scull
- eight years if the boat is an eight.

Unless an existing syndicate seeks approval of a 'rollover' within three months of the expiry date of an existing approved syndicate term and that rollover proposal is approved by the club, the syndicate's existing use rights of its boat will terminate as provided by these terms and conditions and the boat will become the full property of the club.

If a rollover proposal is put to the club, it shall be subject to the same terms and conditions as if it were a new syndicate except that the submission shall offer the club the option to acquire a syndicate's old boat for a price equal to 40% of the proposed new boat's price, exclusive of GST; the 60% balance of purchase price shall be met by the syndicate members.

The club may decline a submission seeking a rollover of an existing syndicate if the condition of the proposed rollover boat is such than it would not improve the quality and condition of the club's fleet, in accordance with its [proposed] boat policy key objectives, or if it does not have in reserve sufficient funds to meet the 40% price equivalent commitment.

A rollover submission maybe deferred by the club for a period to be agreed if funds are likely to become available for the proposed rollover. In this event the existing syndicate may continue until the rollover is approved and a new boat purchased.

Use of a syndicate boat for training purposes is restricted to club members as approved by the syndicate.

On race days use of the boat by any club members will be allocated by the Captain, subject to syndicate members having first priority

Syndicate boat acquisition policy (ctd from p 8)

Naming rights to the boat rest with the syndicate

A rack space will be allocated, at no charge, for storage of the boat; the location of which may change during the term of the syndicate at the Captain's discretion

The club will insure the boat under its standard insurance policy.

Syndicate members will reimburse the club any costs or excess charges resulting from any insurance claim made due to the negligent acts or use of the boat by syndicate members.

Maintenance of the boat and the cost of repairs arising from fair, wear and tear will be paid by the syndicate members.

Below - A Water safety exercise?

Under the guidance of Bill Monaghan, eight oarpersons of considerable experience boarded the Barry Moynahan and executed a perfect capsiz (see results below). There were no deaths and an appreciative audience on the foreshore and landing marvelled a the skillful return to the pontoon of the crew and subsequent retrieval of the 8+. An exercise for the future.

[Ed: We hope not, and certainly not in the middle of winter!]



Video of Australian rowers at the Beijing Olympics

Guy Elron recently donated a video of the 2008 Olympic rowing finals, which he recorded live from TV. He no longer has a VCR and has donated the video to the club so that all our members can relive the excellence shown by the men in the 2-, 2x and 4-, achieving gold, gold and silver respectively.

The video tape is in the club's TV and is available for everyone to watch (which Guy highly recommends).

Submitting a syndicate proposal?

Members wishing to make a syndicate submission should apply in writing to the Secretary providing full details addressing the criteria outlined in the above policy under the following headings:

- Details of the syndicate members
- Details of the proposed boat including a fixed price quotation (minimum 60 days acceptance) from the boat builder of choice
- Signed confirmation by all proposed syndicate members that they accept the terms and conditions of the club's Syndicate Boat Acquisition Policy.

If you have any questions about the new syndicate boat acquisition policy, contact Christiaan Fitzsimon, Captain.



Above - One of the boats, and possibly the car too, that is not included in the new boat acquisition policy. A sight not often seen, but captured this year at the NSW state masters championships - and Rob Tiley hiding in the driver's seat.



Left - Andrew Morrell and his son Tom doing something other than rowing!

They joined nearly 1000 saxophonists who turned up at Darling Harbour on 11 June in an attempt to create the world's biggest saxophone ensemble and have it recognised in the Guinness Book of Records.



LUOR News

The recent Leichhardt Union of Old Rowers (LUOR) Luncheon was a busy event that followed the inaugural LRC Boat Rally. The personal efforts of Steve Duff and the Balcony Boyz ensured a very successful day.

Tribute to Peter Trives

Dave Bodell recalled Peter joining the club in 1971 but after many years in Melbourne he returned to Sydney taking up an executive role with Coca Cola Amatil, and the company's involvement in Olympic sports.

Peter enjoyed a quiet scull in his magnificent timber racing shell which is displayed on the upper floor of the Clubhouse. He was elected Club treasurer in 2005.

Former Club President of 17 years, Bob Stone, had travelled from Port Macquarie for the occasion and also paid tribute to Peter as did Daniela Borgert, who recalled Peter's coaching skills in boats and on bikes and everything else.

Presentations

Lionel Robberds, LRC Patron, on behalf of all Old Rowers then presented the first LRC trophy won by the Club – originally awarded on 14 August 1886. Lionel emphasised that following restoration by the LUOR it was being given back to the club to be a physical presence that can remind the LRC committee (current and future) of its obligation to continue the history and tradition of the club. The Cup has previously been in the custody of the LUOR, but he presented it to

Christiaan Fitzsimon, as LRC Captain, for safekeeping and display in the trophy cabinet.

The cup is inscribed – Presented by Capt J O'Brien, Won by J Malham 14-8-1886 – and the reverse depicts a coxed pair.

Olympian David Anderson, who competed in seven NSW King's Cup crews, also presented the original plaque to the club which complemented the blade used by Leichhardt representative Lieut. Tom McGill N03, AIF crew, Winners King's Cup, Royal Henley Peace regatta, 1919.

The plaque, which had been 'rescued' by LUOR President Barry Moynahan, will sit below the oar on the western wall so future members will appreciate the oar's significant history.

The lunch prepared by Ross Ullo and his helpers, as usual, was well received and great conversation which followed disclosed the fact that Olympian Nim Greenwood, also present on the day, had been disciplined in the 1950s for emptying a bucket of water over the then Club Captain Peter Evatt.

Guests on the day also included Phil Cayser – Olympic/Empire Games representative, David Ward, the first editor of the Easy Oar back in the 1950s, and Vic Schweikert (also an Empire Games representative) making the trip from Mittagong.

The traditional \$400 Club Draw was won by Klara Coleman in what has become an annual feature of LUOR get togethers.

The next function will be the Christmas LUOR reunion and all club members are welcome.

Barry Moynahan
LUOR President



(Above) Post-lunch reminiscing on the balcony, and (R) Balcony Boyz and Gals

JB Sharp 10 July

It was a wild ride for the competitors in the Drummoyne JB Sharp today – for three races anyway, all the rest were cancelled. Congratulations to the U16 scullers who braved the conditions.

Leichhardt is still leading the JB Sharp competition, followed by Balmain and UTS.

Special thanks to Marcel Huijsse for the photos (he came down with his niece who rows with Brisbane Water).



Bringing in a single - pity the person in the stern of the tinny!



A rescue mission completed safely



Tough conditions for the U16 1x.



'I'm sure there's a boat in here somewhere ...'



Where's the boat - again?



LRC Patron Lionel Robberds (L) enjoys lunch with Nim Greenwood, Rex Chadwick, David Cowlshaw and David Anderson and others.



(L) The cup, and (R) David Anderson with the plaque. Below (L) Bob Stone, former LRC President and (R) Dave Bodell remember Peter Trives.



Web rowing

Brigitte Hadley has been looking on the internet for some inspiration, and shares a couple of her finds with the club.

Hi all fellow oarsmen and women,

We are fast approaching season 2011 and just about all us have commenced training again whether it be on the gym, on the water or both. So I have been looking into some motivational/informative articles to apply to our training, technique and thought processes as competitive/passionate sports people.

The first one I have chosen is titled 'Training to win' – I thought this would be most appropriate at this stage of the season. In summary, this article gives 10 points on preparing yourself for events you have selected for the season (it's mainly aimed at elite athletes, but I think we can all modify it and adapt to our own personal training goals). It gives us a framework in which to plan ahead and therefore work-up to a 'peak' performance level prior to competitive meets.

I am also providing a link for an eight-month club-based masters training program I stumbled across (created by three times Olympic rowing coach Terry O'Neill) – see how it compares to what you already have in mind :). It's structured around training our aerobic, anaerobic and lactic acid energy systems in 4 x 8 week blocks.

Here they are, enjoy :)

- 1) <http://www.pponline.co.uk/encyc/0291.htm>
- 2) <http://www.pponline.co.uk/download/8-month-olympic-rowing-training-plan-41620> (to access this one, you'll have to register – it's free, just make sure you don't sign up for the email list if you don't want endless emails in you inbox).

The latest issue of AFLOAT (available on the tables at the clubhouse) has a front page photo of Driftwood - a boat we would all recognised passing as we row up to the Elliot St wharf. The editor's column 'Death of an itinerant boatman' remembers 'Arry Driftwood (Henry Adam) who fell from his dinghy and drowned on 15 June.

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:

- 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

Boat lights: no lights = no row

Now that we are rowing in the dark, it's time to check your lights - do they need new batteries?

If you need new lights, here are three sources:

1 (pictured) \$55 including GST and batteries but excluding postage. Contact David Wear e: dwear@dwear.com.au t: 9262 2256



2 SUPER BRIGHT LED BOAT LIGHTS

Premium Tektite Boat Lights with soft suction cup. Batteries included, made in USA. \$50 each.

Email: superbrightledlights@gmail.com for orders and enquiries. Fast mail delivery.

3 www.rowingboatlights.com/

Boat maintenance

All squads will know which boats they are responsible for. This list is on the notice board adjacent to the boat usage list. All squads should have their boats regularly maintained, particularly now that the new season is beginning. It is every member's responsibility to care for our assets. Please make sure your allocated boats are properly maintained. Exactly when, is your responsibility.

Questions? ask Kerry Thorn: kez@kez.com.au

Diary dates

Friday 22 July	closing date for LRC Corporate Challenge entries
Sunday 24 July	Winter clean up - clubhouse JB Sharp regatta
Sunday 31 July	Last day for prompt payment discount for membership fees
Saturday 6 August	Corporate Challenge information morning
Sunday 7 August	JB Sharp regatta
w/b 13 August	Corporate Challenge training begins
Sunday 21 August	LRC AGM Winter boat maintenance day
Sunday 11 September	Corporate Challenge regatta, SIRC

Roving reporters and established photographers

A special thank you to all the contributors to this issue: *Jane, Margaret, Christiaan, Steve x 3, Barry, Charlie, Belinda, Guy, Brigitte, Terry, Daniela, David and Marcel for photos, text and other stuff*