



# Easy Oar

*Newsletter of the Leichhardt Rowing Club*  
Issue no. 9 May 2008

## Recent regattas

LRC has continued to gain good results, showing the benefits of all the coaching and training over the season as it wound to a close for some squads which finished with the Trickett Regatta.

LRC did well at the regatta, picking up three first placings – including the delighted crew of the Women's D Super 8 (see page 2). LRC also came home with five second placings and eight thirds – an excellent result considering all of the heat events just to get to the finals of what was the grade championship for the season.

The season is not over however for the masters, who have now performed well at the two masters regattas on Iron Cove, in the lead up to the state championships on 10–11 May.

At the Drummoyne regatta, LRC masters brought home five first placings, 10 seconds and nine thirds.

At the Iron Cove Masters regatta, which LRC hosted, we managed seven first placings, seven seconds and 11 thirds. Two good efforts!

Thanks to everyone who helped with running the Iron Cove Masters regatta, especially the two juniors, Rebecca and Sarah.

There are just two more regattas – the NSW Masters Championships on 10–11 May, and then a small contingent is continuing on to the Australian Masters Championships, at Nagambie, near Melbourne.

» » »

*See you at the Leichhardt Rowing Club  
2008 Presentation Dinner*

**Saturday 17th May**

7.00 pm for 7.30 pm at the club, Glover Street, Leichhardt

**RSVP - Monday 12 May**

call or email Deanna Fekete: 9555 8642, 0405 508 623, wheat5@bigpond.net.au

Also in this issue

2 *Looking for gods*

2 *Diary dates*

3 *LUER Winter Lunch*

4 *National Selection - how they do it*

4 *Training for rowing*



Women's D Super 8 celebrate their win at the Trickett Regatta - L-R:  
 Rhiannon Barnard, Liz Foster, Leslie Howatt, Melanie Houston, Kate Robertson, Kara Coleman, Daniela Borgert and Charmaine Wells.  
 Cox (not pictured) Sam Wayland

## Jane Hutchison is looking for gods — of the LRC variety

Did you know that ... boats don't just magically appear at (or disappear from) regattas?! For every away regatta we need someone to tow the trailer. Do you have a car with a tow bar? Well, you're one step away from helping all our members compete at away regattas next season. If we can't find trailer drivers, we just won't compete at away regattas. Please contact Jane Hutchison (janelouisehutchison@hotmail.com) to put your name down on our list of 'trailer driver gods'.

## Learn to row

Our first learn to row program for the year kicked off on 13 April, with about 50 participants. There's been a lot of interest in the program and I know some of the adults are very keen to keep rowing in our social rowing program. Fantastic to see so many new and enthusiastic faces on the pontoon!  
 Many thanks to the LRC members who are helping out with coaching, getting crews organised and those involved in registering participants. It all helps to keep the club running.

## Diary dates

3 May	Sunday	Boat maintenance	8 - 10.30 am
17 May	Saturday	Shed clean up	8 - 10.30 am
17 May	Saturday	Presentation dinner	6.30 pm - late
25 May	Sunday	LUER winter get-together	11 am - 3 pm
14 June	Saturday	Shed clean up	8 - 10.30 am
21 June	Saturday	Boat maintenance	8 - 10.30 am

## Want to advertise in *Easy Oar*?

Is there something you would like to see in *Easy Oar*?

This is your newsletter - let us know what you want!

If you have any comment about *Easy Oar*, would like to contribute or request an article, or even place an advertisement, contact Anne Parbury: 0415 580 187 or email [aparbury@gmail.com](mailto:aparbury@gmail.com).

Watch out for the next issue, in June.

## What is the Leichhardt Union of Ex-Rowers - LUER?

*We asked Barry Moynahan to give us a bit of the history of the union, what they do and their importance to the club.*

The Leichhardt Union of Ex-Rowers has about 120 members — members who have contributed to the club in the past, won their fair share of medals and glory but who now no longer row. They are still contributing, but it may not be in a way that is as visible as before.

An 'Old Rowers' group was formed in 1931 although reunions had been going on since 1907. Reunions had been held to welcome home Leichhardt soldier members after the First World War, in December 1919 and again in March 1921, at Fort Macquarie.

Leichhardt Rowing Club has always treasured its reunions and in 1946, after the Second World War, the Leichhardt Union of Old Oarsmen was officially established.

The 'Old Oarsmen' have been active in the club and we live today with the benefit of their support. They have presented the members of later eras with an honour roll (1948), a new wing on the old clubhouse (1957), electrical rewiring (1962), refurbishments of the pontoon (1966, 1973, 1998), donations of equipment and racing shells, and other financial

assistance such as that providing the connection to the sewer main and fit-out of the existing premises.

The opportunity for active members to meet our 'golden oldies' have come through anniversary dinners—the 75th in 1962, the 90th in 1976, the Centenary in 1986, and more recently the 120th in 2006 at Balmain Leagues Club. The next luncheon is scheduled for Sunday 25 May at the club.

In an endeavour to include female rowers of more recent years the Union has been referred to as Ex-Rowers, but in a proposal to include the current mature active membership of social and masters, it is to be renamed 'The Union of Old Rowers'.

Bernie Storey (LUER President), Kevin Bond (Treasurer) and their cohorts (the Balcony Boyz) continue to look proudly on those names of past and deceased members which grace much of the racing equipment in the clubhouse.

### LUER winter lunch - Sunday 25 May

Come along to the Leichhardt Union of Ex-Rowers winter get-together on Sunday 25 May at 11 am.

All club members are invited, particularly the social rowing members of the club.

\$15 per head covers a special hot gourmet luncheon and refreshments are also available, at cost.



### In the boat again at LRC

*The NSWRA LWT Championship VIII 1947-48 Season assembled at LRC in May 1989 and went for another row.*

*Crew: P McCray (Bow), B Yuille (2), D Knoke (3), D McRay (4), A Kayser (5) (substitute in the boat), D Ward (6), B Harding (7), K Bond (Stk). T Heeley (Cox, absent) N McCallum (Coach).*

## National selection

You may be aware that the Australian rowing team to go to the Beijing Olympics has now been selected. Frank Thorn gives us some insight into how national selection works.

After a lengthy and exhausting selection process the National Team has been announced for the 2008 Olympics and World Championships.

Rowing Australia will only send teams who are capable of winning medals.

In an indication of the depth of rowing in Australia, the selectors have recommended a Light Weight Men's 8+ and a Heavy Weight Men's 2+ be added to the team for the World Championships.

The nominations for junior selection attracted such a large number that Rowing Australia requested each state institute restrict the entries to athletes capable of 90% prognostic speed for females and 92% for males. (% prognostic = distance in metres x 100 divided by prognostic speed and then divided by race time in seconds.)

In all, 65 athletes qualified for national selection – 34 females and 31 males.

The athletes then competed in small boats, singles or pairs, in heats and finals. For the next step, the heats and finals were in big boats – doubles and fours. The selectors determined the crews based on the previous day's results in the small boats.

The better crews then did a matrix, swapping crews around and racing to find the fastest crews. The fastest crews then did speed order trials over 1900m and crews unable to achieve 92% prognostic for females and 94% for males were eliminated.

The final selection of 21 athletes comprised 14 males (two from NSW) and seven females (two from Sydney and two from NSW regional centres).

After the Olympics the four-year training cycle begins for the 2012 Games.

## Training for rowing

With thanks to Caroline Turnbull, Weybridge Rowing Club, [www.weybridge.rowing.org.uk/](http://www.weybridge.rowing.org.uk/)

Many of you are having a break and preparing to come back for another season of rowing – but it's not just rowing, it's all about the training. Training that can be long and hard and exhausting. Here is a little bit of the science behind the pain, so the next time your muscles are burning as you follow Frank's program, you can remember that this is why you are doing it.

### Why train?

The aim of training is to improve performance and increase speed over a given distance. This is effectively done both on and off the water. There are three methods used to increase power output: increasing muscular efficiency, improving mental skills and increasing technical ability.

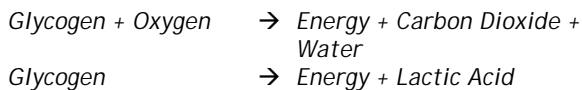
To effect an increase in muscular efficiency, there must be an increase in strength without loss of flexibility, and an improvement in metabolism.

Muscle is a contractile tissue by which movement is effected. Skeletal muscle is the largest organ of the human body, making up nearly 50% of total body weight. When a muscle contracts the muscle belly is visibly shortened, initiating movement. For this

contraction energy is needed, and failure in the energy supply leads to fatigue.

Metabolism of glycogen within the muscle cell provides the main source of energy for contraction. Glucose and fat are derived from food that is eaten and stored in the body until needed. Glucose is stored as glycogen in all body tissues, but mainly in the muscles and liver. Fat is stored in adipose tissue made up of fat-filled cells. To delay the onset of fatigue, the glycogen stores in the body need to be full before exercise and replenished following exercise. This requires a diet high in carbohydrates. [See Jane Moxon's article on nutrition in *Easy Oar* March 08.]

Aerobic metabolism of glycogen requires oxygen, but glycogen is also metabolised anaerobically in the absence of oxygen. Aerobic metabolism of glycogen produces 13 times more energy than anaerobic metabolism, and is thus the preferred metabolic pathway for any form of endurance exercise.



The accumulation of lactic acid is the limiting factor for the anaerobic metabolic pathway, and therefore is primarily used in short intensive bursts of exercise. When exercise intensity drops, the supply of oxygen to the muscle is re-established and lactic acid itself is metabolised aerobically to provide a source of energy. Training can alter the exercise intensity at which lactic acid accumulates (lactic acid threshold). The lactic acid (anaerobic) threshold training is therefore vital in a rowing training program.

Creatine phosphate is also stored in muscle and is metabolised anaerobically to provide a rapid source of energy lasting about 20 seconds at the start of exercise. Aerobic and anaerobic pathways provide energy together, for example during a 2000 metre event, 80% of the energy for muscular contraction is derived aerobically and 20% anaerobically.

There are two types of skeletal muscle classified according to the type of contraction they undergo. Fast twitch (FT): fibres contract rapidly, fatigue rapidly, predominantly anaerobic high-speed movements of short duration. Slow twitch (ST): fibres contract more slowly, more resistant to fatigue, use aerobic metabolism of glycogen and fat as a fuel source, responsible for sustained lower level of effort.

The distribution of FT:ST fibres is individual, but it is possible to alter the distribution by stressing the muscle specifically in training. Fast twitch fibres may be trained to change to slow twitch fibres by endurance work, and vice versa by interval training.

## Principles of training

Rowing uses a large muscle mass and the duration of the exercise implies the predominant use of aerobic power. Training needs to develop the strength and aerobic capacity of the skeletal muscle mass—to do this, the training intensity needs to be just below the anaerobic threshold of an individual.

The anaerobic threshold (AT), or onset of blood lactate accumulation, is defined as the point during exercise when the cardiovascular and respiratory systems fail to provide the exercising muscle with adequate oxygen for the metabolism of glycogen to continue aerobically, so anaerobic metabolism starts to dominate.

Of the various methods of calculating an individual's anaerobic threshold, only one is suitable outside the laboratory and uses a step-up workload on an ergometer noting heart rate information. This will usually be found to approximate to 90 – 95% of maximum heart rate (MHR). So an individual training for aerobic improvement should train between 85% and 90% MHR. Both AT and MHR can be established readily in the gym. MHR can be calculated, and is accurate enough until elite training is required.

## Technique and fitness

The two main focuses of training are technique and fitness. Technique training polishes the skills needed to row. Fitness makes the body more effective by building strength, developing stamina and increasing speed. The three elements of fitness are flexibility, cardiovascular conditioning and strength.

The principles of overload, recovery, specificity, reversibility and evaluation apply to all types of training, whether it be for endurance, strength or flexibility.

## Overload

Overload refers to the process of systematically subjecting a muscle to progressively higher stress in order to develop and strengthen it. When the human body is subjected to a repeated stress, it will adapt to cope with that stress in the most effective way it can. This progress is referred to as 'over-compensation'. Once the muscle has adapted to a

particular stress or load, no more adaptation will take place. If, however, a further stress of greater magnitude is applied, the body will adapt to this stress in the same way as it did for the first, and this will result in the body being capable of coping with the higher stress level. It is this constant adaptation of the body to whatever stress is applied to it that forms the basis of all sports training. The implications are that if we want the body to adapt, either by getting stronger or by increasing its endurance capacity, there is no point in repeating the same training over and over again. If, for example, you can lift 100 kg 10 times before failure, you are not going to train your body to be able to lift 200 kg 10 times by continuing to lift only 100 kg.

## Recovery

Closely allied to the principle of overload is that of recovery. It is important to understand that when you overload your body, the adaptation to that load takes place during the recovery period immediately following the exercise, and not during the exercise itself. If you fail to allow sufficient recovery time after exercise, the body will not have had time to replenish its energy resources, which means that when you start the next training session it will be too fatigued to cope. This is known as 'failing adaptation', or over-training.

A training routine should always be designed to develop a particular aspect of your capabilities: so if you wish to develop your capacity for endurance, you would not spend hours doing strength training. Having said this, a certain amount of 'cross-training' breaks the monotony of constantly performing the same movements, and is also a way of avoiding the damage that can be caused by repeatedly stressing the same muscles.

## Reversibility

Perhaps one of the most important principles in training is that of reversibility—the ability of the body to reverse any of the adaptations it has made through training. The implications are that if you stop training for any length of time, the progress you have made will be undone. Studies have shown that the body can become 'detrained' up to three times quicker than it is trained, so if it has taken you six

weeks to improve your strength, it may take only two weeks to lose that improvement. It is therefore vital to continue some form of training when on holiday and even when illness or injury strikes, subject, of course, to medical advice.

## Evaluation

The final principle of training is evaluation, as regular evaluation of your progress will show when adaptation has occurred and when to increase the training load to encourage further adaptation. It will also show whether the training program is actually achieving the desired aims or not. Testing on a regular basis is therefore an essential part of any training program.

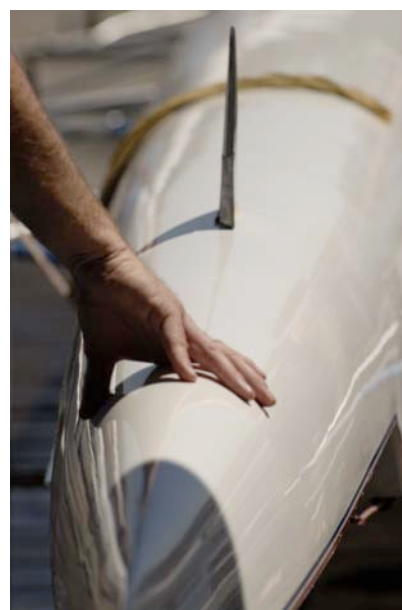
g g g

## Your committee:

President	Tim Clare
Captain	Jane Hutchison
Vice-Captains	Rod Richardson Deanna Fekete
Junior Vice-Captain	Rebecca Chapman
Secretary	Steve Jaques
Treasurer	Peter Trives
Property Master	Tim Timdale

## Other committee members

Anne Parbury (Newsletter / Communications)  
Richard Stanistreet (Capital Works Projects)  
Kerry Thorn (Regatta Entries secretary)  
Barbara Chapman (Merchandise Sales)  
Sue Philpot (Assistant Secretary)  
Lee Hutchison



Gavin Oakes