



# Easy Oar

*Newsletter of the Leichhardt Rowing Club*

*Issue no. 12*

*August 2008*

## Training program and squads 2008-09

Leichhardt Rowing Club offers members a variety of rowing opportunities.

Learn to row: the club offers learn to row programs, usually twice a year, in April/May and September/October.

Corporate regatta: Leichhardt hosts an annual corporate regatta in September, preceded by eight training sessions over four weeks.

Social rowing continues all year, on Sunday mornings at 6.45.

Competitive rowing: the club offers coaching in squads to members who wish to compete in the NSW Rowing Association regatta program.

School rowers: this 2008-09 season, the club has introduced a winter program for school rowers who wish to continue rowing through the winter school terms, and improve their technique and abilities. Rowers can progress and change squads through the season.

Juniors: members of junior squads are generally aged under 19.

School sport can substitute for fitness sessions for juniors.

The club expects all rowers who nominate for a squad to commit to the full training program for that squad. Rowers who cannot commit to the full training program can still train and compete but will not participate in a squad. LRC conducts (coached) rowing camps in January each year, one at Iron Cove and one a residential camp away from Sydney. *See page 2 for more*

### Note these important dates

**Sunday 24 August 11am – come to the annual general meeting & BBQ**

**Friday 14 September LRC fundraising night: keep this date free and invite all corporates to join us too!**

### Easy Oar turns 1!

To the regular and irregular contributors who unstintingly take the time to fill the newsletter each month in a wonderful reflection of what can only be described as the club spirit—or vibe—for which LRC is renowned:

Congratulations and thank you!

### New rowing club emerges from the Leichhardt Corporate Challenge

*Congratulations to Leone Norman, an LRC corporate rower in a TIDC crew, who has done what few of us manage to do: not only has she discovered a love of rowing, she has started a rowing club where she can do it!*

As she says, 'It is all the fault of the Leichhardt Challenge. I had not rowed a stroke at this time in 2006. Now I have completed my level 1 coaching, started my own club and spend every waking moment either rowing, teaching rowing, finding boats, re-fitting boats or organising teams for corporate challenges'.

Leone's club is the Central Coast Rowing Club and they row in the Kincumber Broadwater. The club now has three quads, a double and three singles. They are repairing and 'making beautiful again' a quad they bought from North Shore, they have refitted and resprayed a quad given to them by Hunter Rowing Club. Their third quad they plan to make sweep oar only—they have found sweep rigging for it and also hope to coax some of the old boys away from the bowling club to relive their glory days as rowers.

The club opened on 2 February and has 14 keen rowers and seven new rowers waiting to begin. They plan to affiliate with CDRA shortly and then look forward to competing at some regattas.

*See page 7 for more information on the LRC Corporate Challenge* ➔

#### Also in this issue

- 2 *Training program and squads for 2008-09*
- 3 *LRC Accident Policy*
- 4 *Safety on Iron Cove*
- 5 *Boat allocation*
- 6 *Adopt-a-motor, LRC supports Olympic rowers*
- 7 *Welcome to promising new junior rowers, Vale Vern Reid, NSW sports courses*
- 8 *Rowing at the Olympics, Corporate challenge, Diary dates*

# Training program and squad structure, 2008-09 ctd

## Training squads

Training in the early part of the rowing season has an emphasis on aerobic and strength development, and the on-water work focuses on technique. The percentage of time allocated to cross-training, weights and rowing changes as the season progresses, and the on-water work increases and less time is allocated to off-water training.

By the end of the season each rower is expected to participate in their squad sessions—as listed below.

All squad rowers are expected to do the programmed erg tests (3 or 6 km), strength tests and anaerobic tests.

## Age / open training program

This program is designed for rowers training for the Australian National Championships. Other rowers who plan to compete in the grade regattas are welcome to begin their training with this group.

The training began in mid-May and develops through the season starting with the ITC regattas on the Nepean River, to the final regatta the Australian National Championships (the nationals, in March 2009 in Tasmania). Following this, selected rowers will train for and compete at the national selection trials.

## Grade training program

This program is designed for rowers, including masters, training for the NSW State Grade Championships. All LRC rowers who plan to compete in the grade series of regattas are encouraged to do this program.

This year the program had three starting dates:

- in mid-May for the grade rowers training for 1 km (including juniors and others competing in the JB Sharp regattas)
- in mid-June for the grade rowers training for 1 km or 2 km (these rowers who will not be competing in the JB Sharp regattas), and

Age / open training program		
Senior squad	up to 11 sessions a week - very competent rower	Up to 7 on-water sessions, and 2 weights and 2 cross-training sessions. The groups are: open, open lightweight, U23, and U23 lightweight, male and female.
Junior squad	up to 10 sessions a week - very competent rower	Up to 6 on-water sessions, and 2 weights and 2 cross-training sessions. The groups are: U19, U17 and U16, male and female.
Grade training program		
All members who train for the grade regattas are expected to do the minimum training outlined below, as well as the regular programmed 3 or 6 km erg tests.		
Grade 2 km - squads training for 2 km races		
Senior/ Junior	4 - 8 sessions a week - competent rower	Four on-water sessions (Saturday and Sunday 6.30 - 8 am, and two weekday mornings), 2 weights and 2 cross-training sessions.
Intermediate	8 sessions a week - competent rower, has competed for at least 1 year	Four on-water sessions, 2 weights and 2 cross-training sessions.
Masters 2	8 sessions a week - competent rower.	Four on-water sessions and 2 weights and 2 cross-training sessions (masters (aged 27+) who will compete 2 km races in the grade regattas and 1 km in the masters regattas).
Grade 1 km - squads training for 1 km races		
Junior 1	2 sessions a week - just out of the learn-to-row program	Two on-water sessions (Saturday and Sunday, 8 - 10 am).
Junior 2	4 sessions a week - has rowed before	Two on-water sessions, (Saturday and Sunday 8 - 10 am) and 2 fitness/erg sessions (one in the afternoon).
Junior 3	6 sessions a week - has rowed for at least one season	Three on-water sessions (Saturday and Sunday 8 - 10 am, and one weekday morning) and 3 fitness/erg sessions (one in the afternoon).
Novice 1	3 sessions a week - just out of the learn to row program.	Two on-water sessions and 1 cross-training/weights session.
Masters 1	3 sessions a week	Two on-water sessions and 1 cross-training/weights session (masters, aged 27+, who will compete in 1 km grade and master regattas)

Winter program	This program is for school students who wish to row one day a week (Sundays) to maintain and develop technique. Rowers can compete in JB Sharp regattas, and the regattas till Christmas, and are welcome to do the weights, cross-training and holiday programs.
Non-competitive	This program is for social rowers and is available all year.

- mid-July for masters who competed in the 2007-08 season.

The final regatta for this program will be the Trickett Regatta in early April or, for masters, will be (the choice of) the NSW State Masters (May, SIRC, Penrith), the Australian Masters Championships (May/June, Rockhampton) or the World Masters Games (October, at SIRC) all in 2009.

Questions? Ask Kerry Thorn, tel: 9358 4801  
mob: 0414 375425; kez@kez.com.au

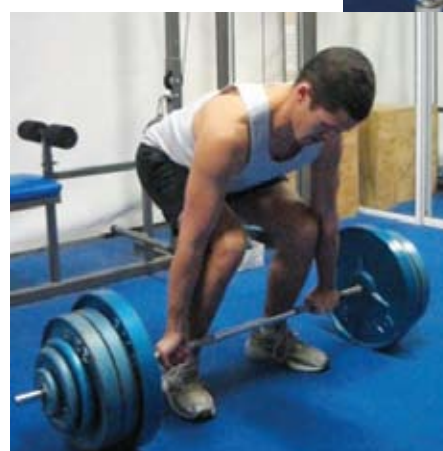
## The training program so far this season

Frank Thorn reports that Preparation 1 of the training program is now complete.

The athletes carried out nine weeks of a general strength program (see photographs) with their fitness gained by swimming, running, cycling and rowing sessions focusing on technique.

In the fifth, sixth and seventh week they completed the strength test, the NSWIS 5 km Time Trial, a 6 km erg test and the anaerobic capacity test (the results are on the notice board at the shed).

Preparation 2 has started and we are moving into a strength endurance program, and the fitness is gained with increased rowing sessions and the introduction of boxing and plyometrics each Wednesday at 5.15pm.



Above left, Brian Davis, and above, Rosa Brown and left, James Gerofi, demonstrate weight training as a cross-training activity, and show how easy it is!



Left: Charles Bezzina took the opportunity to get a photo of part of the group who cycle on Saturdays (another cross-training activity). They usually get together afterwards in the car park for some cake, coffee and a chat. A few of the rowers had left before the photo was taken, so you can tell who the dedicated cake eaters and coffee drinkers are.

There are a few different groups based on the distance they ride. Brian and Charles currently ride the maximum distance – Brian is incredibly strong and has yet to be beaten by any of the others in the group. He now giving everyone else a 15 minute headstart just so he has a bit more of a challenge.

L-R: Liz Lester, Brian Davis, Sarah Moxon, Charles Bezzina, Rick Turner, Kerry Thorn, Frank Thorn and Lyn Riley.

## LRC Accident Policy

As the training program is kicking up a notch, we're spending more time on the water. So, it's an appropriate time to re-familiarise yourselves with, and for new members to learn about, the LRC Accident Policy and other safety information about boat lights and boat handling. This is important for your safety, the safety of your crew, and the good care of club's boats and equipment, particularly given the recent high profile accidents on Sydney Harbour.

The LRC Accident Policy is re-produced below (page 4), and we urge you to visit the 'Being safe' section of our website [www.lrc.com.au/50.html](http://www.lrc.com.au/50.html).

In summary:

- safety is of paramount importance. Boats are a key resource of the club and members must take care with them, and
- if you are involved in an accident, you must follow the steps outlined below.

Individual financial and membership consequences may apply if you do not follow this policy.

See page 4 for Safety on Iron Cove →

## Safety on Iron Cove

Rower and boat safety is very important to LRC and its members. All members must be aware of their safety obligations.

A description of 'safety on the water' is in *Easy Oar* (November 2007 edition) and on the noticeboard in the shed. It includes concepts such as:

- keeping to the correct side of the river (i.e. your bow-side should be closest to the land)
- the cox or the bow seat in a non-coxed boat being responsible for keeping a lookout for other crews and navigation hazards on the water
- always watching out for other crews and boats, and calling out to other boats to avoid collision
- turning only when safe to do so
- turning by taking the shortest path across the river (i.e. cross at a right angle)
- always displaying both bow and stern lights when rowing in darkness
- sweep oar boats that do not have foot steering connected must carry a cox, and
- social rowers must demonstrate to the Club Captain that they have adequate knowledge of the safety and navigation rules before they will be given allocation of a non-coxed boat.

### What do I do if I am in an accident?

#### At the time:

1. Render assistance to anyone who needs it.
2. Remain calm.
3. Don't admit fault.
4. Exchange names, rowing club and boat details.
5. Identify landmarks so you can be clear on your positions in the harbour.

#### Once you're back at the club:

1. Fill in the NSW Maritime Vessel Incident Form which is in the office in the shed.
2. Give the form to Richard Stanistreet, and explain what happened to Tim Tindale (Property Master). They will inform the relevant people within the club.
3. Note any boat damage in the book on the white table near the entrance to the club.

### What are the consequences of my accident?

LRC will require a member to contribute to repair costs, when damage is caused irresponsibly and / or through lack of reasonable care.

#### Why?

- Boat and rower safety is very important.
- This policy will encourage a compliant, accident-free club.

- LRC cannot afford to cover people who do not act within the scope of this policy. Further, it is not fair on those members of the Club who are responsible and do the right thing, to indirectly pay for avoidable repair expenses.
- It is a NSW Rowing Association requirement that all incidents / collisions are reported on the NSW Maritime Vessel Incident Form and forwarded to the NSWRA Safety Officer.

#### Who?

- All those in the boat may be held responsible.
- Coaches who are in the immediate vicinity of the accident and do nothing to prevent an accident, will also be held responsible.

#### When?

A penalty will apply when:

- you are at fault (see description below)
- there is personal injury
- you are in a boat which is not allocated to your training squad
- you are not a LRC financial member or
- you are rowing a coxed boat without a cox.

'Fault' will be determined having regard to the NSW Maritime and LRC rules and, ultimately, discretion will reside with the President, Captain and Treasurer.

For example: an accident will be deemed to be your fault if you are on the wrong side of the river, if you do not have lights on your boat when rowing in darkness or if you are in a boat which is not allocated to your training squad .

Fault will not be determined by whether an insurance claim is made or, if made, whether the insurer deems the LRC boat to be at fault. LRC reserves the right to claim on insurance or not. Often it is in LRC's best interests not to make an insurance claim.

#### What?

A penalty may be:

- payment of the insurance excess (up to \$1,000 per person)
- contribution towards fixing damage caused to all property - LRC's and other damaged boats (up to \$1,000 per person)
- restricted boat access
- restricted use of facilities, and/or
- membership restrictions or cancellation.

The President, Captain and Treasurer will determine the applicable penalty and who will be penalised.

The NSWRA Safety Officer, in conjunction with NSW Maritime, may also impose fines on rowers deemed to have breached navigation safety rules. Any such fines imposed will be the responsibility of the crew for payment.

A club member will have an opportunity to make their case by written submission to the Committee if they dispute the way in which this policy is implemented.

## Boat allocations—or what boat can I use? (as at 22 July 2008)

You can only take out boats which are within your allocation. The boat allocation list is also on the blue cupboard at the shed.

Boats are allocated to members based on factors including their training squad and experience. This is for a variety of reasons:

LRC's boats are one of its biggest assets, so we need to ensure we protect them, and our rowers, as best we can. This is ultimately benefits all LRC members.

Crews and coaches often spend considerable time rigging and tuning boats for competition for particular crews. Use of these

boats by less experienced crews may adversely affect the rigging, meaning crews would then compete in boats which are not ideally prepared and require unnecessary re-rigging and tuning.

Boat allocations for the 2008-09 season is below.

If you have any queries about which squad you are in, which boats you can use, or any other queries, email Jane Hutchison (janelouisehutchison@hotmail.com) with a full description of your query or concerns

	4s	2s	1s	8s
<b>Age / Open (Senior, Junior)</b>	Balcony Boyz 2, Kevin Bond, Fullerton, Rod Moynahan, Premiers 2007 (F only), Super 8 2006, Steve Roll	Ted Curtain IV, LUER, Frances MacNamara, Old Oarsmen II, Rod Richardson	(Ben J's old boat), 120 Years, Bright Waters, Clare, Eddy, Flint, Hermes, Morrissey,	Blackwatch II (F only), Bill Monaghan, Richard Stanistreet, Robert Stone II
<b>Grade 2 (J4, Intermediate, Masters 2)</b>	Balcony Boyz 2, Kevin Bond, Fullerton, Lowrey, McCallum, Premiers 2007 (F only), Rod Moynahan, Steve Roll, Super 8 2006	Ted Curtain IV, Frances MacNamara, LUER, MaryPamJan, Old Oarsmen II, Williamson, Rod Richardson	120 Years, BalconyBoyz, BondyBaker, Bright Waters, Clare, Eddy, Flint, Hermes, Morrissey, Lazarou, Bill Monaghan, Rod Richardson, Shorty, Ross Ullo	Blackwatch II (F only), Richard Stanistreet, Bill Monaghan, Robert Stone II, Barry Moynahan, Steve Jaques
<b>Grade 1 (Junior)</b>	Balcony Boyz 2, Michael Bath, Gillian Campbell, Lowrey, McCallum, Fullerton, The Moynahans, Super 8 2006	Ron Bath, John Coates, LUER, MaryPamJan, Old Oarsmen II, Ted Curtain III, The Rusty, The Old Oarsman, Williamson	120 Years, BalconyBoyz, Bill Monaghan, BondyBaker, Bright Waters, Lazarou, Michael Bath, Shorty, Rod Richardson, Ross Ullo	Richard Stanistreet, Bill Monaghan, Robert Stone II, Barry Moynahan, Steve Jaques
<b>Grade 1 (Novice/ Masters 1)</b>	Gillian Campbell, Fullerton, Lowrey, McCallum, Michael Bath, The Moynahans	Ron Bath, John Coates, Ted Curtain III, MaryPamJan, The Old Oarsman, The Rusty, Williamson	BalconyBoyz, Bill Monaghan, BondyBaker, Lazarou, Ross Ullo, Michael Bath, Rod Richardson	Barry Moynahan, Steve Jaques, LRC Members
<b>Social (social, learners)</b>	Gillian Campbell, Lowrey, McCallum, McGill, The Moynahans	Ron Bath, John Coates, Ted Curtain III, The Old Oarsman, The Rusty	Michael Bath, Lazarou, Ross Ullo	Barry Moynahan, Steve Jaques, LRC Members

This table lists the average crew weight limit for each boat, to help you choose the best available boat for you and your crew.

Crew average weight	Boat	Boat type
75	Premiers 2007, Balcony Boyz 2, Super 8 2006, Michael Bath, Gillian Campbell	4
85	McCallum, Lowrey	4
90	Bond, Rod Moynahan, Steve Roll, Fullerton, The Moynahans	4
70	Frances MacNamara, Rod Richardson, Williamson, The Rusty	2
75	MaryPamJan, Ted Curtain III	2
80	Ted Curtain IV	2
85	LUER, Ron Bath, The Old Oarsman, John Coates	2
95	Old Oarsman II	2

Crew average weight	Boat	Boat type
65	Hermes, Michael Bath	1x
70	David Morrissey	1x
75	(Ben J's old boat), Bright Waters, 120 Years, Shorty	1x
80	Balcony Boyz, BondyBaker, Rod Richardson, Bill Monaghan, Lazarou	1x
85	Eddy, Clare, Flint, Ross Ullo	1x
75	Blackwatch II	8+
80	Richard Stanistreet, Bill Monaghan, Barry Moynahan, Steve Jaques, LRC Members	8+
90	Robert Stone II	8+

See page 6 for news about motors, or 'adopt a motor'

## Adopt-a-motor

LRC is embracing the adopt-a-boat program, and has now expanded it to include tinnie motors as well.

This is to ensure that our tinnie motors are well maintained and in the best possible condition when used. Like the adopt-a-boat program, the adopt-a-motor allocation for maintenance is not an allocation for use. Squads do not have exclusive use or a priority on using the allocated tinnie motors.

Your squad is now required to ensure that your motor is well maintained. This involves: cleaning the spark plugs (and replacing if necessary), greasing the motor on a monthly basis, as well as washing it thoroughly, inspecting for any damage and doing an extended flush on a weekly basis.

To see what motor your squad will be responsible for, check out the table, right. Subject to the success of the adopt-a-boat program and the adopt-a-motor program, we will be rolling out a adopt-a-hungry-rower program ...!

*If you have any queries, email Jane Hutchison: [janelouisehutchison@hotmail.com](mailto:janelouisehutchison@hotmail.com)*

Training squad responsible for tinnie motor	Tinnie motor No.
Age Coach: Frank	Motor #1
Youth Development Coach: Kerry Grade 2 - Masters Coach: Frank	Motor #2
Grade 2 - (senior) women Coach: Michael / Charlie Grade 2 - Masters Men Coach: Rod / Charlie	Motor #3
Grade 2 - (lightweight) women Coach: Peter T	Motor #4
Grade 1 - Masters Women Grade 1 - Masters Men Coach: Richard S & Damien G	Motor #5
Grade 1 - Masters Men Coach: Barry M	Motor #6
Junior 2 & Junior 1 - Boys Coach: Dave Bodell Junior 1 - Girls Coach: Ross T	Motor #7
Junior rowers (formerly 'J1/J2') - Boys and Girls Coach: Steve J / David Elliot	

### Contributions to Easy Oar

Don't be shy – send in your prose or photos or ideas, we welcome them all, particularly photos from regattas. Contact Anne Parbury, 0415 580 187, [communications@lrc.com.au](mailto:communications@lrc.com.au)

## Leichhardt supports the NSW Rowing Association farewell lunch for Olympic rowers

Around 250 rowing supporters were lucky enough to hear talks and interviews and watch videos at this the first event organised by the newly formed Kings Cup Committee which is raising financial support for representative NSW rowers. The rowers gave easy tips for how to win a berth in an Olympic four, namely go out at 45, settle at 40, then take it back up the 40s till you win.

As well as farewelling the NSW rowers, there were congratulations for the successful 2008 NSW Kings Cup Team.

Leichhardt was thanked for attending and showing our support, and the table of supporters, Frank and Kerry Thorn, Steve Roll, Sandy Rourke, Peter Trives, Deanna Fekete, Jane and Sarah Moxon, Amy van den Nieuwenhof and Rosa Brown, found the stories of the path to international representation enlightening.



*L-R, Kerry Thorn Jane Moxon, Amy van den Nieuwenhof and Sarah Moxon enjoying the lunch, and the talks.*

## Welcome to our promising new Junior Rowers

Following the club's last learn-to-row program in early May this year we had a new intake of junior novice rowers. They have formed the basis of this year's Junior Rowers (formerly the J1 and J2 squads) coached by Steve Jaques aided by Dave Elliot on Sundays and Alex Hutchison, Kim Edwards and Sue Philpot on Saturdays.

The club welcomes this cheerful squad of seven girls and two boys who have settled in and bonded well. They are all very keen as shown by their continued attendance on both the Saturday and Sunday morning on-water training, and growing numbers attending on Wednesday afternoons for off-water training with Kerry Thorn. The squad is: Ashley Aubeelaus, Madeleine (Maddy) Beyer, Kiri English-Hawke, Vince Greco-Schwartz, Emma Hart, Max Hennessy, Nikki Papas, Romy Tait, and Lucy Zell.

The new J1 rowers had their first competitive experience in the Glebe's JB Sharp regatta on Sunday 22 June and backed up at the UTS regatta on 6 July when they showed good promise after only six or eight weeks training. It was quite a windy and rough introduction to racing at the Glebe regatta. We hope the other JBSharp regattas will be a bit calmer, like UTS regatta, allowing them to build more confidence for the season proper, starting later this year in October.

We also welcome Elliot Hunt, Margaret Waldersee and Stefania Fruci, three new experienced junior rowers who joined the club recently and move into the J3 squads.

Elliot took out the MU/16 1x at the UTS JB Sharp regatta – what a great way to start at LRC. Congratulations Elliot!

### Vern Reid's funeral

We reported the recent passing of Vern Reid, former Leichhardt stalwart, in the July edition of *Easy Oar*.

There are a number of photos of his funeral at the club—the photo below shows his scull prepared for the water, covered with flowers, which were then cast onto the water.

A fitting tribute to a great rower.



### NSW sports courses: Enrol now!

For more information, go to: [www.dsr.nsw.gov.au/training/](http://www.dsr.nsw.gov.au/training/)  
and [www.dsr.nsw.gov.au/coaching/](http://www.dsr.nsw.gov.au/coaching/)

#### Sport Psychology Coach Education

A specialised coach education workshop that helps coaches to get the best out of their athletes, introducing easy to learn techniques will allow athletes to achieve their potential. Wednesday 27 August, 6pm - 9pm, Wollongong, Cost: \$35

#### Sport Taping Courses - Level One

Sports taping workshops that help to develop your skills and knowledge to assist in injury prevention and rehabilitation.

Wednesday 30 July, Glebe, Cost: \$60.

#### Dealing with difficult people : players

Learn how to boost player and team morale to enhance sport performance through skills for motivating and managing players of all levels.

Wednesday 27 August, 6pm - 9pm, Blacktown District Soccer Football Club, Cost: \$35.

#### General principles of coaching, Beginner Coaching Principles (Level 1)

Take the first step towards being an accredited coach. This course teaches the basics for anyone new to coaching and contributes to gaining a level one in your sport!

25 & 26 August, 6 pm - 9pm, Olympic Park, Homebush, Cost: \$88

## Rowing at the Olympics

*You might have noticed that the Olympics are on soon, and a few Australians will be rowing.*

*There will be lots of stories about past Olympics, and former rowers – will there be this one?*

### Amsterdam 1928 - Games of the IX Olympiad

Athletes from 28 nations won gold medals in Amsterdam, a record that would last for 40 years. The number of female athletes more than doubled as women were finally allowed to compete in gymnastics and athletics, and Asia athletes won gold medals for the first time, in athletics and swimming. In 1928, India won the first of its six consecutive gold medals in field hockey, and Hungary earned the first of seven consecutive gold medals in team sabre fencing.

The Amsterdam Olympics of 1928 were held in an atmosphere of peace and harmony that preceded 20 years of economic uncertainty and war.

Some say the Games were best exemplified by the experience of the Australian Henry Pearce.

### Rowing

The choice of Stolen for the course caused controversy as only two crews could compete in each race. The weather conditions caused lane advantages, although it has been reported that repechages seemed to rectify any unusual heat results.

In his first race, Henry 'Bobby' Pearce defeated the German champion by 12 lengths. In his second race he defeated the Danish sculler by eight lengths. In the quarter final, he defeated the French sculler by 20 lengths and took three seconds off the course record despite stopping rowing to allow a family of ducks to pass single file in front of his boat.

In the semi-final he was pushed for the first time by the British sculler Collet and won only by 3/4 length in 7:01.8—a course record. He won the final comfortably, by 8.2 seconds, defeating Kenneth 'Wally' Myers of the USA.

Some reports merely stated that Pearce outclassed his opponents.

*For more information, go to Andrew Guerin's rowing history site: [www.rowinghistory-us.info/olympic-games/1928-Amsterdam.php](http://www.rowinghistory-us.info/olympic-games/1928-Amsterdam.php)*

## Did you know?

### NSW Rowing Association membership renewals

Did you know ... that you can now renew your NSW RA membership online? See <https://secure.rowingnsw.asn.au/renewalform>.

New competing members must still get forms signed by the Club Captain and post or fax to NSW RA.



### Corporate crews have priority

We welcome our Corporate teams who will begin training on Sunday 17 August in preparation for the Corporate Regatta on Sunday 14 September.

The shed and pontoon will become very busy as boat handling and on/off pontoon skills are developed. Three or four eights will be going out most weekdays at 5 or 5.30 am, and coming back to the pontoon by 7 am.

**Please note: Corporates have priority getting on/off the water**

Our boats are expensive and fragile — keep a lookout for the corporate crews when they are on the water.

Please be encouraging, helpful and assist when needed:

- they might need help or space when manoeuvring the sweep blades out of the shed
- remember that lifting an eight is slow, heavy and precise work so the corporate crew may need assistance or of lots of room.
- watch out for blades on the pontoon – are they safe?
- you might see some corporate participants thinking 'it's 5 am, it's cold and dark, what am I doing here?' so be positive!

LRC members: the breakfast is for the corporates only! LRC is a great club, but even so we don't get breakfast.

Any questions, please call Deanna on 0405508623, or email [wheat5@bigpond.net.au](mailto:wheat5@bigpond.net.au)

## Diary dates

### August

9 - 17 Olympic Games

Sunday 17 Corporate training begins

LRC JB Sharpe regatta

Sunday 24 LRC Annual General Meeting & BBQ @ 11AM

### September

Friday 12 LRC Fundraising night  
keep this date free and invite all the corporates to join us too!