



# Easy Oar

Newsletter of the Leichhardt Rowing Club

February 2008

## Notes from the President

In January, competition swung into top gear with the Taree regatta weekend being the culmination of successful boat camps being run primarily at the club with a small contingent doing the high performance camp at Taree (see inside for more on the camps and regattas).

The hard work showed in the results at the regatta with LRC making significant inroads into the deficit in the premiership point score from the early part of the season.

As a club, Leichhardt is unique. We are the largest rowing club in Australia but more importantly are a community-based club with rowing programs on offer for all ages and abilities. But most important is the volunteer nature of the club with the administration and coaching being provided on a substantially volunteer basis. Without our strong volunteer base, the club could not function, let alone continue to perform successfully against clubs with significant external funding sources and paid staff.

### Kim Eddy

I would like to highlight the efforts of one of our volunteers.

Kim Eddy has been a club member for nearly 16 years. She joined as a rower in the early 90s after a successful rowing career in Perth and then moving to Sydney. Kim competed successfully for the club through the 90s, and stepped up to take on the role of Vice-Captain in 2001, a position she held until 2004.

This was a significant period in the club's growth and development. Our rowing member numbers grew enormously, the club became financially strong and the quality of our rowing program improved and formed the platform for growth and development which culminated in our club championship win in 2007.

Kim's contribution as Vice-Captain in the club management team was invaluable.

*Ctd page 2*

### Also in this issue:

LRC success at Taree, including photos

Coaches' corner

Learn to row - calling for volunteer coaches

Winter clothing orders

Vale Ted Curtain

Boat handling and safety

Looking for BROs

### Ted Curtain

Club patron, Ted Curtain, passed away on 25 January. He had been patron of the club since 1965, Australian champion sculler and member of the victorious 1959 NSW Kings Cup crew (see the *Sydney Morning Herald* report on the noticeboard). Barry Moynahan's eulogy is on p.7.



*Coach come cox - Kim Eddy prepares for the Women's D Grade Super Eight race.*

# Easy Oar



Often members are unaware of the enormous efforts required behind the scenes to make the club operate efficiently, to organise equipment repairs, regatta entries and coordination, boat allocations and trailer loading, squad coordination and coaching, fund raising, financial management, regatta management – including our corporate regatta and managing learn to row courses.

In 2002, Kim added coaching to her LRC CV, taking on the novice women squad. Kim's coaching involvement continues to today with great development and results being produced from her current Womens' novice squad.

Kim's contribution to the club will be missed. She is returning permanently to Perth for family reasons on 11 February. I would like to thank Kim for her enormous contribution to the club over the years as a rower, administrator and a coach. It is only with volunteer input from people like Kim that the club is able to go from strength to strength. Your delightful presence round the club will be missed, we wish you well in this new phase of your life.

*Tim Clare*

*(Above right) Kim's eight - they came third in their Super Eight race and (below), a well-earned toast. Kim will be missed by all but especially by her novice women squad.*



## LRC's success at Taree

LRC had great success at the Port Macquarie and Manning River Rowing Club regattas at Taree. LRC took three trailer-loads of boats (special thanks to Leon Chapman and Rick Turner) and stood well prepared for the two long days of racing. We had a large number of rowers participating in the regatta, everyone raced well and, most importantly, seemed to enjoy it.

Saturday was a Grade regatta, and LRC had an outstanding day. We won 14 races, 15 second places and 11 third places. Sunday was an Age regatta and we won five races, came second in 13 and third in 21 races. The juniors raced well, but the overall success story of the weekend was our beloved editor, Anne Parbury, who won six of her races (and placed in all her other races!).

The club's results are an excellent reflection of the hard work and effort that everyone has put in to training and the season so far. Well done all!

The results made a significant contribution to LRC's premiership point score, particularly because the regattas were worth double-points. Rough calculations show we obtained just over 330 points. This means we're now sitting in about fourth position on the premiership point score ladder, and within about 100 points of the leaders, Sydney Uni.

Let's keep up the great work!

*Jane Hutchison*



The LRC camp reflect on the first day's racing at the Jolly Swagman Motel.



Dianne Williams, Angela Conry, Deanna Fekete and Jane Hutchison won their women's D Grade four race.



The juniors - also getting involved in the off-water post-race discussions and analysis?!



Zoe Thomas (stroke) and Maddy van Ewyk (bow) get ready for their pair race. The girls rowed an excellent race and came second.



The men's D Grade 8 preparing for their big race.

(below) Anne Parbury, Number 5 seat in the gold medal winning womens D Grade 8 on the Mighty Manning. Anne topped the LRC medal count, with six wins over the two days.



(Left) Erin Spencer and Kimberly Edwards enjoying the after-regatta dinner at Taree



## Coaches corner

### Frank Thorn's report - coaching and the camps

The athletes completed their active rest over the festive season in week 33 of the endurance development program.

The race preparation program started in week 34. The first three weeks of this program were the annual rowing camp, followed by the Port Macquarie and Manning River regattas at Taree. The LRC camp was well attended by the seniors and juniors and also proved popular with masters, novices and social members.

The senior athletes attending the camp at the LRC boatshed trained in the morning for their first session and completed their second session in the afternoon. The junior athletes completed a double session each morning.

Over the three-week period, time trials were held every third day of 4km, 3km and 2km to monitor their progress. The results were in time and prognostic percentage.

The coaches for the first week of the camp at LRC were Kerry Thorn, Rod Richardson, Ross Tout, Guy Elron, myself, and, making a guest appearance from the USA, Frances McNamara.

Rod Richardson and Ross Tout ran a very successful camp for the second and third weeks, with the assistance of Sarah Moxon, Annie Phillips and Karuna Elliot. I would like to thank them for the time they gave to the athletes who really appreciated the experience.

The rowing camp gives the athletes an opportunity to do a huge volume of training – to keep the body going they need a lot of fuel.

I would like to thank Barbara Chapman for all her work in running a very healthy breakfast each morning for the hungry athletes who looked forward to it as they completed their first session. Barbara did a fantastic job and to make life a bit easier for her, she was assisted by some very enthusiastic parents: Brian Delevere, Kate James and Mrs Sloan.

Kerry and I held the fifth rowing camp at the Riverside Homestead Pampoola for weeks two and three.

Six athletes attended each week and trained three times a day on a 2 ½ day cycle. Jane Moxon joined the camp for the third week and assisted in the buying and preparation of food for the athletes.

### Time trials

One of the important features of the race development program is the time trials. The time trials are designed to develop the athletes following their racing. This really is race rehearsal.

Training is on a three-day cycle: at the end of training on the second day the athletes do start drills at low rating and on the third day they do time trials. This phase of training is teaching the athletes to race by using fixed rating and a lower intensity than when they race.

Over time and because it is repetitive, on race day the race almost becomes automatic, and without the anxiety.

### Sydney regatta results

LRC had another successful day at the Sydney regatta on 2 February. Again there was a large contingent of enthusiastic junior, senior and master rowers who capitalised on their hard work at the camps, bringing home two firsts, 11 seconds and 11 thirds. Congratulations are due again!

*At Taree -  
the Senior  
Women's 8,  
heading off a  
challenge by  
Mosman.*



## Rowing Camp @ the club, 2-19 January

Rod Richardson

The camp was very well attended with 16 juniors in attendance on the first day. The camp profile was laid out by Frank Thorn and Kerry Thorn for the first week and they coached the more advanced members of the group.

Ross Tout was very helpful throughout the camp, and without his help and generous donation of time, the coaching to the juniors would not have been forthcoming.

Barbara Chapman made the camp most enjoyable by feeding the hungry hordes with an excellent assortment of the finest breakfast foods and late breakfast offerings (early lunch) that the club could afford. Barbara was helped out by one of the fathers, Brian Delavere who is a dab hand in the kitchen, so he tells the author.

The second week of the camp was more business-like, for the group knew what was required of them and, without exception, all worked very hard (we are talking about the rowers), there were still 16 in the group and no drop outs.

The third week had 19 in the group and the weather turned nasty on a few occasions, when this occurred the group played touch football or did the Bay run with some interesting results, but all the while keeping to the training schedule initiated by Frank Thorn.

The time trials which were conducted every third day had up to 20 juniors competing with some standout results.

Those who attended were : Alex Hutchison, Allison Brady, Charlotte Van, Connie Sloan, Dominique Spork, Dyandra, Emily Sloan, Emma Thomas, Freya Cole, Georgia Girdler, Grace D, Isabel James, Leven A, Marissa Banu-Lawrence, Nick A, Nick Wheatley, Nicola Gollan, Rebecca Chapman, Rebecca James, Sarah Delavere and Thea Wheatley.

All the above should be congratulated, and although some strict guidelines needed to be imposed for one participant, by the end the camp ran very well and everyone conducted themselves well. The group did a lot of hard work which we hope will carry them on to good results in future.

Others who helped with the coaching were Annie Phillips, Karuna Elliot, Sarah Moxon. If there are others I have not mentioned, thank you all very much for a job well done.



*An LRC one and two? - Amy Van den Nieuwenhof and Sarah Moxon, Rosa Brown and Liz Lester battle it out in Taree.*



*It was a close race ... Dean Patterson explains to Frank Thorn what could have been!*

## Learn to row - Calling for volunteer coaches

The club will be holding its bi-annual Learn to Row course during April and May - see dates on the right. We need members to volunteer for learn to row coaching roles. You don't need to have coached rowing before and it's a great way to learn more yourself. If needed, there will be a 'Tips on learn to row coaching' session for learn to row coaches.

Please volunteer (otherwise you'll be asked to assist!) by contacting Jane Hutchison (on [janelouisehutchison@hotmail.com](mailto:janelouisehutchison@hotmail.com), 0417 224 443, or speak to her at the shed). Jane can also allay any fears, concerns or queries you may have.

Let your friends and family know about the learn to row program – encourage them to come down and understand the magic of rowing! Updated details of the program will be available shortly on the website: [www.lrc.com.au](http://www.lrc.com.au).

### Learn to row dates:

Sunday 6 April (information and registration day only)

Sunday 13 April (off-water technical session)

Saturday 19 April

Sunday 20 April

Sunday 27 April

Saturday 3 May

Sunday 4 May

## Dave Hogan's approach to coaching

*If you have never coached before, try the Dave Hogan approach - this was his response when Kerry Thorn asked him last year if he would like to coach a squad:*

I am touched and flattered that you should think of me for this honour, and of course I accept! However, there are a few conditions :

1. Punctuality: I require the group to assemble punctually at 5 am on the designated mornings at a place of my choosing.
2. The place of my choosing ... and this is the tricky bit: either Fish River Dam at Oberon, or if the cover of ice is too thick, Ben Chifley Dam at Bathurst. I realise that Ben Chifley is a little further, but I demand commitment from these people!
3. Boats: I don't have any ... so they will have to bring their own: another little test of commitment!
4. Blades: see 3 above.
5. Tinny: see 3. Above ... Although I can provide an inflated truck inner tube which they could tow me on: we should be sorting out the genuinely committed by now.
6. Reliability: I expect them to be reliable with regard to attendance, in the full knowledge that I won't be able to reciprocate during the periods when I'll be in Bunbury for four months (and incidentally, I need the contacts for that lovely group of girls from Bunbury RC, simply because my mental

well being depends on continued communion with athletes who look so splendid in Lycra, and you don't want me to be lonely, do you?) I will also be in Milmerran (Qld. Darling Downs) for at least three months.

7. Respect : I will demand respect on the occasions (at least one weekend per month) when I will be back in town and expect that they have developed a passion for the sport and an appreciation of the contribution I have made to rounding out their lives and teaching them to be independent!!!!

Please forward me their names, athletic cvs, contact details and whether or not they get car sick, because they will be travelling a bit !

Whilst awaiting your reply I will continue to travel to power station sites all around Australia to retro fit clean coal burning technology. I know, it's a bugger of a job, but someone has to make an effort to save this planet.

I do appreciate you thinking of me, and I am missing you guys, and I genuinely want this gig.

## Order your winter rowing gear now

*See Barbara Chapman, Uniform Manager and BBQ co-ordinator*

Winter is around the corner so should you want winter type clothing (hoodies, warm up tops and bodyhuggers) please place your orders with me on Saturday and Sundays and at the Leichhardt Regatta. New zooties have been ordered but there are still some on hand at the club, \$75 for Viper and \$55 for Pontoon.

NOTE: new Viper zooties will be \$85 due to price increase from Viper. Good racing to all.



## Vale Ted Curtain, patron of Leichhardt Rowing Club

Passed away 25 January 2008 peacefully aged 84 years - Barry Moynahan remembers him.

Ted Curtain was a magnificent Australian, a great oarsman and a thorough gentleman. He was the patron of his beloved Leichhardt Rowing Club from 1965 until his passing.

His rowing career at Leichhardt blossomed in the company of an elite group of club oarsmen who achieved state, Commonwealth and Olympic Games representation in the decade 1950–60. Names that come to mind include Geoff Williamson, John Hudson, Stuart McKenzie, Lionel Robberds, John Harrison, Mervyn Finlay, Dave Anderson, Peter Waddington, Phil Cayser, Nim Greenwood, Max Annett, Vic Sweikert and Vic Middleton.

Loyal club members who joined Ted at elite level included Kevin Bond, Neil McCallum, the Ward brothers, the Monaghans (Tom and Bill) and the successful lightweight nationals such as Steve Roll, Bob Stone and Len McPherson.

Kevin Bond remembers Ted aged about 20 in 1946 when, after training, they would walk up Glover Street, take the tram to Hurlstone Park, have a quick milk shake and then go home by train.

The Kings Cup has a history dating back to the First World War. In those days supremacy in Australian rowing was generally judged on a state versus state basis in an annual series of three races: the eight (Kings Cup), a four with coxswain for lightweights (Penrith Cup) and the Presidents Cup for single scullers (men), each state taking turns in hosting these special events. Up until the 1960s this series of races was used to select Australian rowers for international competition.

Ted put his rowing career on hold for four years while he established his business, returning to the club in 1951. He formed a close association with Peter Evatt who was later a national champion and Olympian and Commonwealth Games representative. Ted was also influenced by Professor Frank Cotton and the Leichhardt crew members returning from the 1952 Olympics: Anderson Williamson, Finlay, Greenwood and Middleton. The other members of that crew were Ernie Chapman and Phil Cayser from Sydney Rowing Club.

Ted's ambition was to compete at the Olympics. By 1954, he was rowing with Geoff Williamson, Stuart McKenzie, Peter Evatt and the 14-year-old coxswain, Lionel Robberds, but he failed to make the 1954 Commonwealth Games squad.

His Olympic vision undiminished, Ted was a member of the successful Leichhardt eight, winning the state three mile championship in 1955, 1957, 1958 and 1959.

The Olympic year of 1956 again saw intense test racing across Australia. NSW coaches such as Chapman, Cayser and Evatt assessed the worth of NSW elite oarsmen including Ted but it was Anderson, Evatt, Harrison and Williamson of Leichhardt who were included in the 1956 Olympic team.

Ted was 32 when he was first elected Captain of the club in 1956 – he was also captain in 1957, 1959 and 1960.

He won his first Australian championship in 1959 at the age of 36. Phil Cayser coached that NSW crew.

The test events for the 1960 Rome Olympics in which Ted took part produced a coxed four comprised of Annett, Waddington and Lionel Robberds (cox) from Leichhardt, with Hudson and Allen then of Mosman. In those days, Olympic rowing team management was not equipped with the elaborate support it has today, but the crew insisted that Ted Curtain accompany them as their coach – they were the only Australian crew to make a final. Ted Curtain had finally represented his country as an Olympian.

In later years Ted, Lionel Robberds and Geoff Williamson and other of their ilk continued to coach Leichhardt crews and influence the sporting careers of many young hopefuls, whether as an Olympic, state or national champion or as club rower or coach. Ted's success as a businessman and oarsman was based on his honesty and strong work ethic.

Ted continued to row regularly on the original rowing machines at Leichhardt he had built in 1955 up to the early 1980s, and continued to attend the Old Oarsmen functions with his wife Betty and family members and provide positive counsel until he passed away a few days ago.

May he Rest in Peace.

*[This is an edited version of the eulogy Barry Moynahan gave at Ted Curtain's funeral - you can read the full text on the website. Ed]*

## Boat handling - remember the safety rules, and ...

### Boat use:

- use only the boats you are entitled to use.
- use only the correct oars for the boat you are using - don't take another boat's oars, someone else may want to use it.
- take responsibility for your boats - always ensure the boat is in good working order, for example if the slides are in the wrong position fix them; if you don't know how, ask.
- always wash the motors before putting them away - and make sure the water is circulating. Doing this preserves the life of the motors - if it isn't done the motors seize up. Motor repairs are expensive - and the money the club saves on repairs can be put towards other uses, for example upgrading the fleet.
- **Important:** it is now even more critical that rowers keep a look out on the harbour especially around the Iron Cove Bridge. Pre-building works for the bridge's extension will start this week, so watch out for navigational hazards and we must all be aware of the new obstacles to the rowing course. (See the notices at the club.)

## Club membership forms

Special request from Steve Jaques, club secretary: please make sure the club membership forms are correctly completed and countersigned.

## Call for Leichhardt cooks

To all the good cooks out there brush off your recipes and busy the fingers and warm up the oven to cook all the goodies for the regatta coming up on the 23 February, We need about 15 helpers for the BBQ and the stall.

See Barbara Chapman

## Diary dates

16 February	Saturday	Clean up for function hire	Masters Men – (Duff 8+). See the August 07 issue of <i>EasyOar</i> for the detail of what you are to clean. [Ed: if you haven't kept all your back issues of <i>EasyOar</i> , they are on the website]
17 February	Sunday	Shed clean up	See duty roster on signboards and flyers at the club. Questions? Ask Tim Tindale
23 February	Saturday	Leichhardt regatta	Volunteers needed for the BBQ and to be pontoon marshals.
9 March	Saturday	Shed clean up	8 – 10.30 am
15 March	Saturday	Boat maintenance	8 – 10.30 am
19 April	Saturday	Shed clean up	8 – 10.30 am
3 May	Sunday	Boat maintenance	8 – 10.30 am
17 May	Saturday	Shed clean up	8 – 10.30 am
14 June	Saturday	Shed clean up	8 – 10.30 am
21 June	Saturday	Boat maintenance	8 – 10.30 am

## Looking for BROs - now is your chance

**Members and parents:** the New South Wales Rowing Association is looking for new applicants to become licensed boat race officials. The BROs run the regattas, marshal and start the boats for each race and make sure they don't run into each other. The first step is to complete the online test on the NSWRA website: for more information go to [www.rowingnsw.asn.au/officials/](http://www.rowingnsw.asn.au/officials/)

## Do you have something to say? Say it to the club.

Send your contributions to [aparbury@gmail.com](mailto:aparbury@gmail.com) or call me on 0415 580 187, or speak to me at the shed. Anne

Look out for the next edition of *Easy Oar* in March



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