



# Easy Oar

Newsletter of the Leichhardt Rowing Club

November 2007

## Notes from the President

Now the season is underway and the club is well into regatta mode. There are regattas scheduled nearly every weekend to mid-December and again from mid-January to early April.

There are more regattas on the program this year but with a clear division between the age and grade regattas. The new format should give regular racing for everyone in one or both of the streams.

This increased racing will have a benefit in that regattas will be shorter – a target finish time of 3.30pm is the goal for all regattas. The Regatta Commission understood that the 5.30pm and later finishes are not conducive to ongoing participation.

The flip side to more regattas is the increased load on Boat Race Officials. Over the past few years, there has been a steady decrease in the ranks of the BROs. With increased length and number of regattas, in 2007 season we saw some regattas with insufficient qualified BRO numbers to appropriately manage every regatta.

From previously being managed by the Union of Boat Race Officials, NSWRA has now taken on management of the BROs and is focused on rebuilding the BRO numbers.

One of the NSWRA strategies that is to be announced soon, will be the compulsory provision of BROs by every club and school. This is a good opportunity, particularly for parents of our juniors to get more involved in regatta management. We need a minimum of five members to qualify as BROs over the next 2 months.

As part of the accreditation process, applicants can complete a BRO course and exam online. Go to [www.rowingnsw.asn.au/officials/](http://www.rowingnsw.asn.au/officials/) for more details on Level 1 BRO accreditation.

If you are interested or want more information, please come and see me.

*Tim Clare*

## Special feature:

*Safety on the water* - see pp 3, 4

### Also in this issue:

- Duties - preparing for club function hire
- Safety on the water
- Diary dates
- Boat maintenance / working bees
- Coaches meetings
- Reminders



## Xmas Cocktail party - 1 December

who: everyone  
where: the shed  
theme: 'festive'  
time: 6pm  
cost: \$20, pay at door  
BYO  
RSVP (for catering): Friday 16  
November to Dianne Williams:  
[dwil0780@bigpond.net.au](mailto:dwil0780@bigpond.net.au)

## Contributions to EasyOar

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 December

## Duties : preparing for club function hire

Squads are rostered on for cleaning duties when the hall is hired out for a function – this is an important fundraiser for the club so it's important that everyone contribute, because everyone benefits.

As you are probably aware, the club receives an income stream from club hire. This income is a very important part of our annual budget to ensure that we can continue to fund new equipment and coaching services – areas that are of particular benefit to all club competitors.

The list of duties for the function preparation is below and there is a roster of which squad is designated to clean rostered for each function.

You can find the roster in *EasyOar* and in the office window at the top of the stairs at the shed. Each squad should coordinate internally to arrange completion of these duties on the allocated date. At this stage, the completion of the duties is based on an expectation that each squad will take appropriate responsibility for their rostered day. We hope to keep the roster on this basis with squads completing their duties on a trust basis.

Before each function, the hall needs to be prepared for the function hirers. This is not a major task when completed by a group, but is essential that we share the load between all club members.

*Tim Clare*

## When you are rostered on, this is what you need to do:

### Inside

1. Collect all club ergs, rails, gym equipment, TV, CD-radio and lost clothing box from main room and hallway and put them into the gym. Close and secure the gym curtain.
2. Vacuum the top floor, hallway, stairs, entry foyer and kitchen floor. Empty the vacuum cleaner and leave it out for hirer to use after their event.
3. Clean all toilets (men's & women's) - stalls, floors, waste bins, hand basins and surrounds, and ensure there are at least two (2) rolls of toilet paper in each toilet stall. Check hand towel rolls and replace them if there is less than 1/3rd remaining on roll. The key to the hand towel roll holders is in the office in the key tray in the unlocked centre cupboard.
4. Clean the kitchen - wash, dry and put away any dishes, glasses, cutlery, coffee makers, chopping boards and put the toasters away too. Wipe the preparation benches clean, clean top of oven and microwave ovens and make sure the fridge is tidy.

5. Empty all garbage bins in the kitchen and hall and put new bin liners in them - these are stored in the lower drawer next to the oven in the kitchen. If there are none left, then replenish with big bags from Woolworth's at Leichhardt Market Town. Keep receipts and give them to the Treasurer who will reimburse you.
6. Check all windows will open. Some need to be opened with a key, this is stored in the key box in the office.
7. Clean the balcony and tidy up any chairs, BBQ, stools ...

### Outside

8. Sweep the entrance way at front of club to remove all pine needles - this needs to be done because they will get walked into the club. Tidy up the green Otto waste bins next to trailer.

## November roster

Date	Squad
Saturday 3 November	Masters men



## Safety on the water

*A recent accident in the bay, between a Drummoyne pair and a Leichhardt double has reminded us that safety is paramount. The people concerned were very lucky ... if the stroke had been six inches further into his stroke, he may have had a shattered hip.*

*Bill Monaghan has dug deep into his treasure trove of rowing experience, and has some more tips ...*

### On water:

After pushing off from the pontoon and making sure you are clear of all other boats, the coxswain or stroke will call 'easy oar' and 'fix-up', followed by 'number off when ready'. At this point, all rowers should be sitting in the safety position as they make adjustments to their feet and anything else that needs adjusting. To sit at the *safety position*, sit at half slide if possible with the oar handle held firmly against your knees or across your lap. You can then work over the handle to make the adjustments.

### Traffic flow:

Attached is a map of Iron Cove to help you work your way around (see p. 3). You must ensure that you don't stray off the correct side of the river. As you can see from the map, crews keep to the right side of the course i.e. crews pass 'port to port' – keep this in mind for when you are on another course in the harbour.

### Turning:

When turning, we turn making a right angle ... do *not* make a minor turn, for example only one quarter of the way around and then proceed on an angle to the correct side. Turn only if it is safe to do so. Turn quickly, following the calls of the coxswain or bow.

*Note:* it is not wise to turn around on the club side of Iron Cove bridge – proceed through the bridge (you can see if it is safe on your side) and the crew can then check if it is safe to cross – see the map on page 3.

### Stopping:

Do not stop on the course ... move to one side so that other crews can pass (coaches need to keep this in mind).

### Overtaking:

The overtaking crew has the right-of-way: if a crew is about to overtake your crew then move to one side (towards the shore) to allow them room to overtake safely. Coxed crews give way to crews without coxswain.

*Note to coaches:* as well as coaching your crew, you assist them and others in their safety rules. And a reminder: please avoid unnecessary wash.

*(Ctd p.3)*

## Diary dates:

6 - 20 January

### Taree rowing camp

The January boat camp will run for the two weeks from 6 - 20 January, these dates also include the Taree weekend regatta.

Accommodation will be at the Jolly Swagman Motel in Taree, now known as the Best Western Taree Motor Inn. We expect \$650 will cover accommodation, meals and cross-training costs.

We invite the Juniors to attend in the second week and are asking some parents to attend. We do not require payment yet but do require firm commitment of numbers for each week of the camp so we can finalise rooms and coaches.

2 - 20 January

### Leichhardt Rowing Camp

The Leichhardt Rowing camp, at the shed, will run from 2 - 20 January with Sundays off (6, 13 and 20 January).

We run this camp successfully every year, but we can only do this if parents help us, if the parents of rowers attending the camp lend their time help with the breakfast (and lunch too, if the timetable requires). We need help with buying and cooking the breakfast for the rowers when they come off the water from the first session. The club will reimburse any money spent on breakfast food and drink or juice.

We will publish the timetable closer to the date.

Please see Rod Richardson if you have any questions.

## Safety on the water (ctd)

### Emergencies:

In coxed boats, the coxswain is responsible for the safety of the boat and crew. In coxless boats, the stroke takes this responsibility, usually with the help of bow.

The cox or bow will take charge of procedures should a boat swamp – if the interior water reaches the gunwales.

In an emergency it is better to stop ... if in doubt stop. It is better to stop than be sorry. The instructions for a quick stop are:

- (i) easy oar ... check the boat
- (ii) easy oar ... check the boat **'hard'**

### Safety:

The crew is responsible for themselves and their boat from the moment the crew takes the boat off the rack until it is safely returned onto the rack.

Take care when rowing or turning in waves, currents or wakes from passing boats. If the approaching waves are higher than the gunwales the shell should be turned parallel to the wave.

If a rower goes overboard, the cox should stop the boat, then back up to the person in the water.

### Weather:

All rowers need to be alert to changing weather conditions, for example, if the wind gets stronger. Should sudden wind changes occur, return to the club or to the nearest shore and wait for the wind to calm.

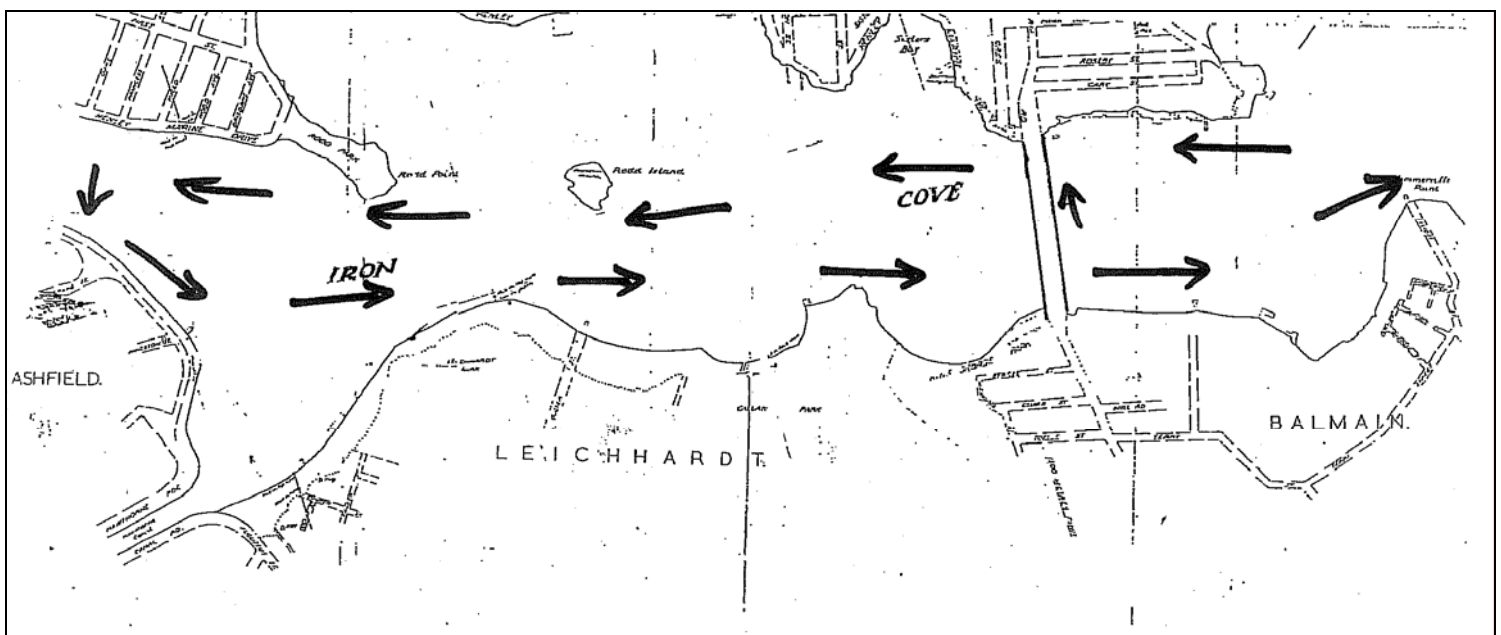
*Do not attempt to row in heavy fog or when there is lightning.*

- do not row in a fog unless visibility to shore is at least 100 m. If a fog should set in the coach should use a sound-making device to advise the boats to move back to shore.
- rowers should return to shore if there is lightning, thunder or static electricity.

### In the boat:

Keep conversation to a minimum in order to be attentive to the coach and or cox at all times.

Training on Iron Cove LRC training course - keep to the correct side of the water, and turn carefully





## Boat maintenance and working bees

*Bill Monaghan encourages everyone to contribute to the upkeep of 'their' boats – the next working bee is on 9 December*

In recent months we have had two working bees.

The first was a general working bee at the end of July to put our boats into good working order, after the last season. This working bee was a great success, and well attended attracting more than 40 members, including social rowers doing their best on the eights ... well done. A number of the social rowers commented on how they had enjoyed the experience - it was a great way to learn more about rowing and our boats.

Our second working bee was on 21 October, but was not as well attended - only 10 people stayed. The plan had been to bring all our racing boats up to race condition which means: set shoes up correctly; set seats up and ensure they are working correctly; set up and pitch riggers; and repair oars. With so few people the result was only one eight ready to race, plus 10 oars with new rubber handles and grip, and a few new colours on blades.

There will be another working-bee on 7 December, as we need to get our racing boats into top condition for the second half of this season: *this is the responsibility of racing crews.*

### Simple repairs / maintenance you can do

As you know we record boat usage in the boat usage book, and there is space for remarks ... some of these remarks are of 'repairs' so basic that the crews should be doing these themselves or each rower doing the 'repair' as part of daily maintenance.

For example:

– rigger is loose ... *a 10/11 spanner will fix it*

– slide moves ... *your fingers can tighten the wing nut and fix it*

– shoes need attention / have come loose ... *take the shoes out and adjust the screws under the plate*

More major matters made need a boat builder, or see Tim Tindale.

Every rower should carry a 10 /11 spanner and a combination screwdriver to use as required.

Taking part in a working-bee is a club activity, we can learn from each other and enjoy the company of all club members.

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Let's keep the club spirit up ... see you at the next working bee: **Sunday 9 December**.

## Boat loading and unloading for regattas

A reminder to competitors:

**Saturday regattas**, boat loading is 5pm the day before

**Sunday regattas** boat loading is Saturday morning (from about 7:30am)

Boat unloading after SIRC will be approximately 2 hours after the last race. Other regattas will depend on timing.

### Dates to remember:

10 November: coaches' meeting: Rigging - how to improve the boat speed with appropriate rigging

1 December: Xmas cocktails

8 December: coaches' meeting: Coxing - the cox becomes the assistant coach

9 December: working bee / boat maintenance at the club

2 - 20 January: Leichhardt rowing camp

6 - 20 January: Taree rowing camp

## Coaches' meetings

At the coaches' meeting on 20 October, Frank Thorn and Charlie Bartlett spoke on 'What to look for from the coaching boat'. For those who attended the meeting, here are some points to help you remember the detail:

### Frank Thorn spoke about:

- The sequence of the recovery
- The driving phase
- Ratio
- Entries and releases of the blade - hand heights and the j curve
- The trim of the boat - boat speed check
- Look at the bow and stern - body movements across the boat
- Blade heights, fish tailing
- Timing - look from 45 degree angle (legs coming down together etc)

### Charlie Bartlett spoke about:

- Observe the fault - coach the cause
- Keep it simple - don't confuse
- Stay focused on the basic - be relentless
- Use exercises that reinforce the movement to achieve results - Repetition
- Communication is about being understood
- The power of language
- Watch for the feedback - reinforce the good strokes with praise

All coaches and members interested in learning more about coaching are encouraged to attend the coaches' meetings. The next meetings are:

- Saturday 10 November* 'Rigging – how to improve the boat speed with appropriate rigging' with TBA.
- Saturday 8 December* 'Coxing – the cox becomes the assistant coach' with Rowena Schlocome, NSW state cox.
- Saturday 9 February* 'The importance of tapering' with Frank Thorn.
- Saturday 19 April* 'Review of the season ... preparing athletes for the 2008–09 season', with a developing athlete from the season.

### Pontoon times - Getting on and off the water

For effective use in the morning, PLC Pymble girls have priority on the pontoon to put their boats on the water from 5.40 - 5.55am and from 6.50 - 7.05am to take their boats out of the water.

We need to get to work and the girls need to get to school, let's all be on time.

### In the kitchen

LRC members' food and PLC Pymble food is **not for sharing**. The Pymble cupboard is clearly marked, and so are their supplies in the fridge. PLC parents make breakfast for the girls on Saturdays - it always looks wonderful, but it's not for us!

### Juniors and learn to row members

For all juniors members and learn to row members who are having difficulties or have any questions are welcome to come and talk to me concerning your issues. If I cannot help you I will refer you to the appropriate person who can solve or resolve your concerns.

You can email me: [rebecca\\_chapman\\_x-d@hotmail.com](mailto:rebecca_chapman_x-d@hotmail.com). Please put the subject matter as: 'Leichhardt Rowing' as I don't open emails from an unknown address.

*Rebecca Chapman, Junior Vice Captain*

## Xmas Cocktail party - 1 December

see page 1

