



# Easy Oar

Newsletter of the Leichhardt Rowing Club

August 2007

## Leichhardt – champions all

### Congratulations to all of us

Leichhardt Rowing Club has won the 2006–07 NSWRA Premiership point score, as well as the Men's Senior point score trophy, the Women's Senior point score trophy and the Super 8s Series. The awards were announced at the NSWRA Annual Awards Presentation dinner at Sydney Rowing Club on 27 July.

This is the first Premiership win for the club for 20 years. Congratulations to all the participating rowers, coxes, coaches and supporters and club committee all of whom have helped to achieve this tremendous result for the club in its 120th season. It was a truly magnificent club effort beating the Sydney University Rowing Club and Sydney Rowing Club who were the runners up.

It was a close season, but Leichhardt was always in the running, and the results speak for themselves as the club won or was placed in most categories. The club didn't lead for the season though, the excellent work in the season regattas put Leichhardt neck and neck with Sydney University Rowing Club at the start of the final regatta, the NSW State Masters Regatta at Taree. There, the strong Leichhardt masters contingent had an excellent regatta to bring the shield home.

The results are:

LE Stepto OAM Memorial Premiership shield: Leichhardt 1,049.375 points ahead of Sydney 951.75 and SUBC 960.0.

Men's Senior Open Shield: Leichhardt 143.5 points ahead of Sydney 132.25 and Mosman 95.75.

Women's Senior Open Shield: Leichhardt 114.0 points ahead of SUBC 106.0 and Drummoyne 65.0.

Super 8s: Leichhardt Rowing Club 503.5 points ahead of SUBC 198.5 and Balmain 154.5.

Leichhardt was also placed second in the Combined Novice Shield, the combined Masters Shield and the Women's Elite & U23 Shield and third in the Intermediate Shield.

This must be inspiration to us all to go one better in 2007–08.

Record your place as a member of the 2006–07 premiership winning club:

### Be in the photo

We've all looked at the photo of the 1988 champions on the club wall – now it's your turn to be in the photo for 2007.

Come along at 11.30 on **Sunday 19 August** to take your place in history.

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## What's coming up? A date to remember

Annual General Meeting, BBQ and club photo

**11.30am Sunday 19 August**

Come to the club's AGM. It's starting late in the morning so members can finish training and gather for the big annual event when we reflect on the events of the past year in the Annual Report, and decide who will be elected to the club committee to manage the club for the next 12 months.

### BBQ

After the AGM, all members attending are invited to stay for the lunchtime BBQ to celebrate the club's sensational results in winning the Premiership and three trophies. We want to capture the event with an historic club photo and we want as many members and friends as possible to celebrate this special event.

**Come and join in at the AGM, BBQ and historic club photo**

### Bonus :

Club Polo Shirt with your annual membership subs

Please read your subs letter carefully. As well as requesting prompt payment of your club memberships fees for this coming season 2007-08, it has important information. If you have any queries, contact Peter Trives, Treasurer.

Pay your fees and as a special bonus you will receive a polo 2007 championship shirt. They are being embroidered now with the club logo, and we will soon start issuing them (as long as you have paid your fees!).

What you need to do:

let Barbara Chapman and Lee Hutchison know your size, and they will arrange delivery to you.

## Reminder: the boat-use day book

We want to track the usage of each of the boats so we can ensure the all boats are kept in the best condition possible.

Everyone who takes a boat on the water, whether coaches or individuals (such as seniors and masters), must record this in the boat book – on the table at the entrance to the shed. Any boat damage should also be initially recorded in the book, then contact the Property Master, Richard Stanistreet or Bill Monaghan.

## J B Sharp Regatta Series: Final regatta Sunday 5 August

The last of the five Bay Club regattas is on Sunday (5 August) over the Drummoyne course. The course will start at LRC pontoon and finish near the Drummoyne pool. Squads are encouraged to participate and to represent the club in this long-time winter tradition. Juniors and novice rowers have achieved some excellent results in the first four regattas – so let's try for some more good results in the final regatta in this series for this year.

## Lost & Found

*Are you missing your favourite jumper?*

Many many many items of clothing have been left in the shed over recent weeks/months and is getting a bit too much to handle.

If you think you have lost a shirt / jacket/ zootie/ hats / gloves/ socks/ towel/ water bottles or any other stuff please look in the found clothing bin near the gym before we decide to give it to the Sallies or St Vincent dePaul - where it might be appreciated.



## Coaches corner

From Steve Jaques

All active squad members should now be well into the 'first preparation' of their 2007–08 training program set up by Frank Thorn. Your coaches should be reviewing your progress results that you are entering into the new training record folder kept in the gym area.

Strength and fitness is the big emphasis in this early part of the new season and if we are to repeat the great results from last season we all have to get stuck into it early on in the season.

It is the club's objective to do better than last year and take home all the Shields we did this year and also the novice and under 23 trophies as well. When you train well the results will follow.

The juniors (J1 & J2) and ex-learn to row graduates are progressing well under the novices coaching co-ordinator Steve Jaques and his small team of co-coaches: David Elliot and Sue Philpot.

*See below for details of the squad training programs*

## Who are they?

*Who are the handsome men in the coxed pair, in this photo of a race in the 1970s?*

*This really is an image from the past - the coxed pair is no longer an event.*

*Turn to page 4 and see if you can guess.*

## *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.

Look out for the next edition of *Easy Oar* in September.

Anne

## Rowing program 2007-08 *See page 4 for details of these programs.*

*This is a summary of the LRC approach to rowing and coaching, and what's expected of the rowers.*

LRC offers its members four opportunities to row: learn to row, corporate rowing, social rowing and coaching for members who wish to compete in the regatta program.

Rowers are training in squads till the Christmas-New Year Break when crews will be selected for the remainder of the season. Athletes are expected to participate in the January 2008 rowing camp, either at LRC or away. The season concludes next year at the end of the club regatta program for Novice, Intermediate and Junior squads. The Senior Squad program concludes at the completion of the National Championships, with some of these athletes continuing for National Selection. Master rowers continue till the end of the master's regatta program in May 2008.

The club aims to provide good coaching at all levels, and in return asks rowers to consider their commitment to training. Be realistic about how much time you have – it's a major consideration.

The club provides for two groups of competing members. Coaching is available for the different levels of coached squads (novice 1 and 2, intermediate, senior, junior 1–4 and master) for rowers who wish to commit to the published program for their squad. If you are not available for the full training program, you can still train and compete but you cannot be in a squad.

## What to focus on

In this early part of the season, the off-water training emphasis is on aerobic and strength development, and on-water work focuses on technique.

The percentage of time allocated to cross-training, weights and rowing will change as the season progresses, moving to more on-water work and less off-water training. Towards the end of the season each rower is expected to commit to the following sessions, according to their squad.

School sport can substitute for fitness sessions for juniors.

Athletes in year 12 will have a supplementary program as discussed with their coach.

## THE SQUADS

**Junior squads:** (generally aged under 19)

**Junior 1** – Just out of the learn to row program : 2 sessions a week. *On-water sessions:* 8:30 – 10:00am Saturday and Sunday mornings. Pre-Christmas erg tests : 3k, fixed rating.

**Junior 2** – Have rowed previously 4 sessions a week. *On-water sessions:* 8:30 – 10:00am Saturday and Sunday mornings. *Off-water sessions:* 2 fitness/erg sessions: 1 on Wednesday afternoon and 1 on the weekend. Pre-Christmas erg tests : 3k, fixed rating.

**Junior 3** – Have rowed for at least one season 6 sessions a week. *On-water sessions:* 8:30 – 10:00am Saturday and Sunday mornings and 1 mid-week morning. *Off-water sessions:* 3 fitness/erg sessions a week: 1 on Wednesday afternoon. Pre-Christmas erg tests: 6k, fixed rating.

**Junior 4** – Competent rower 8 sessions a week. *On-water sessions:* 6:30 – 8.30am Saturday and Sunday mornings and 2 mid-week mornings. *Off-water sessions:* 2 weights and 2 cross-training. This quad is expected to compete in the ITC regattas on the Nepean River and the National Championships at SIRC in March 2008. Pre-Christmas erg tests: 6k, fixed rating.

## Club squads:

**Novice 1** – Just out of the learn to row program 3 sessions a week.. *On-water sessions:* 2/ week. *Off-water sessions:* 1 cross-training/weights. Pre-Christmas erg tests : 3k, fixed rating.

**Novice 2** – Has rowed previously 5 sessions a week., *On-water sessions:* 3/week. *Off-water sessions:* 1 cross-training, 1 weights. Pre-Christmas erg tests : 3k, fixed rating.

**Intermediate** – Competent rower, competing for at least one year 8 sessions a week. *On-water sessions:* 4 sessions on the water with *Off-water sessions:* 2 weights and 2 cross-training sessions a week. Pre-Christmas erg tests : 6k, fixed rating.

**Seniors** – Very competent rower 10/11 sessions a week. *On-water sessions:*6/week. *Off-water sessions:* 2/3 weights and 2cross-training. Pre-Christmas erg tests : 6k, fixed rating.

## Masters squads:

**Masters Novice** – Have rowed previously **5 sessions a week.** *On-water sessions:* 3/week. *Off-water sessions:* 1 cross-training and 1 weights. Pre-Christmas erg tests : 3k, fixed rating.

**Masters Intermediate** – Competent rower **8 sessions a week.** *On-water sessions:* 4/week. *Off-water sessions:* 2 weights and 2 cross-training. Pre-Christmas erg tests : 6k, fixed rating.



(The cox is Frank Posser, the rowers SJ and TP.)