



Easy Oar

Newsletter of the Leichhardt Rowing Club

October 2007

Notes from the President

Tim Clare writes: Our first five-year plan

With the completion of construction of the new shed in 2002, the club set a five-year plan with a series of goals for development of the club. These included:

- building the numbers of active participants within the club
- establishing a junior rowing program
- regular improvement within the competitors
- financial stability of the club
- working towards winning the NSWRA Premiership.

With the club's Premiership success in 2007 we successfully completed all the club's goals in the five-year plan. Some of the highlights and achievements in measuring the success levels are:

- LRC is now the largest rowing club in Australia
- our active membership includes a broad cross section across all levels and ages in rowing
- we have a successful social rowing program to get broad community involvement in the sport
- we have a strong coaching program under the management and guidance of Frank with significant input from Kerry, and
- we have a strong cash flow that allows investment in capital projects, coaching and general club operation.

Our first five-year plan is now complete. We have had a significant change in the club's executive positions and it is now time to announce our new goals for the next five years.

Our next goal

The culmination of the previous plan is the cornerstone of the next plan – we want to continue to win the NSWRA Premiership as a primary performance indicator. We are currently building on our success base with our coaching and squads to move to higher level of performance.

One of the ongoing challenges is to provide appropriate coaching to squads. We recognise that we cannot increase the number or size of squads because we have reached the ceiling in equipment and available coaches. Squads will be focusing on following Frank's training program for all sessions but have only some of those sessions with a coach to provide technical improvement.

Also in this issue:

- Diary dates
- The LRC program: development, training, rowing
- The Pymble connection
- What boat can I use?
- Regattas and closing dates

Michael Terry and Mark Chapman return home with gold



Celebrating their win - but not in their Leichhardt zooties which are in demand: 'Unfortunately our Leichhardt rowing suits were stolen after leaving them out to dry after a training session, so we had to use our training suits to race in.'

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Notes from the President (ctd)

The next goal is to review and broaden our income base, and look to more sources of funding to build a stronger base to allow more investment in coaching and equipment. We need to look beyond our current income streams of membership subs, the corporate regatta, learn to row and function room hire.

The Development Squad with Stani Slavova

The more significant goal is the launching of the Development Squad. LRC has had many rowers achieve national representation. The 1950s was a particularly significant time for the club which had a number of rowers in Australian squads. More recently Gill Campbell competed at the 1992 Olympics.

I can now confirm that Stani Slavova has accepted a coaching appointment with LRC to take on development of a Youth Development Squad. This will be a high performance squad with goals to develop young rowers to compete successfully at national championships and selection regattas, and to achieve selection in state and national squads in the future. This is a long term goal and will reach well beyond the current five-year plan. We are starting with a small squad from within our Juniors who have been identified as having strong development potential. The goal is to build this squad through our normal programs as well as conducting talent identification programs in the future.

Everyone should be aware that this program will be an add-on to our existing programs, not a replacement for any of our existing goals.

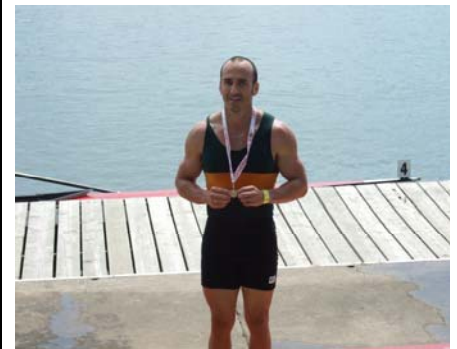
Stani will start coaching at the club in the week starting 8 October. I would like all the club community to make her welcome in joining the club and provide support and assistance in developing this new dimension to the club's programs.

Director NSWRA - Tim Clare

Tim Clare was recently re-elected as a director of the NSW Rowing Association – the strong Leichhardt contingent at the annual general meeting ensuring his election. The NSWRA will now continue with two LRC directors – Tim Clare and Charlie Bartlett.

World champions

Tezza and Chapo returned from Canada triumphant after winning gold in the Men's 35-44yrs double scull at the prestigious 125th Royal Canadian Henley regatta held in St Catherines, Ontario. Tezza stroking a rating of 40 held off the US and defending champions with a winning margin of 3 seconds.



Chapo completed the gold rush by defeating the US champ on the line in the 35-44yrs singles claiming gold by a mere 0.5s.

The boys would like to pay tribute to legend coach Frank Thorn who prepared them during their six month assault for the big race. 'We really have been preparing for this for a few years now and without Frank on our team none of these results would have been possible ... you just can't say enough about him, he is a genius.'

Diary dates:

Taree rowing camp dates

The Taree rowing camp will be on as usual in January, running from Sunday 6 to Sunday 20 January - these dates also include the Taree weekend regatta. This year the rowers will be staying at the Jolly Swagman (now known as the Best Western Taree Motor Inn). The cost is expected to be about \$650 per week per person for accommodation and food.

Christmas party - 1 December

Book in Saturday 1 December for the LRC Christmas celebrations. More information next month.

LRC regatta 23 February 2008

All LRC members: put this date in your diaries now, because everyone's help is needed on the day.



The LRC program - development, training and rowing

The 2007–08 season is the time for internal development and to assist everyone, a series of coaches meetings has been devised to help you (and your coach) in your preparation. All coaches and members interested in learning more about coaching are encouraged to attend.

The meetings are designed to help and inspire you as you develop through the season.

The first meeting was on 23 September, 'Producing the best results for the rowers by understanding the training program' with Michael Terry. *[If you missed this meeting, see right.]*

The series is:

Saturday 20 October

'What to look for from the coaching boat' with Charlie Bartlett, national selector.

Saturday 10 November

'Coxing – the cox becomes the assistant coach' with Rowena Schlocome, NSW state cox.

Saturday 8 December

'Rigging – how to improve the boat speed with appropriate rigging' with TBA.

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.

Notes on the program

At the first of the coaches meetings, Frank spoke about the annual training plan and the progression to peak for a particular event.

He broke the annual program, which follows the AIS and NSWIS guidelines, down into preparations. Each preparation is based on periodisation, the idea being that we build up each session from the previous one and then the fourth week of that preparation is a light week. This way of training is proven to be very successful.

Each week is a macrocycle, and each day a microcycle. We aim to achieve in each period, and each session can be choreographed to give every rower the opportunity to improve.

Do each session in succession – the thinking being that it is not possible to do session four successfully if you have not done sessions one, two or three.

If you are unable to do the minimum of three or four sessions on the water a week, do the program on the white board for that session as a substitute, on the ergs. In this way you will be prepared for the next session that you do with a crew.

Erg tests are separate and in lieu of a cross-training session that week.

Zooties and club T-shirts ...

The cost of VIPER zooties will from the next orders be \$85 each due to an increase in production costs at Viper. The Viper zooties in stock are still \$75. Pontoon zooties are still \$55.

As the racing season is upon us, anyone requiring zooties Barbara will be there at the clubhouse on Saturday and Sunday mornings to take orders. Anyone who has paid the annual fees and not collected their club T shirt: see Barbara on Saturday or Sunday mornings and collect the shirt.

Good luck to all competitors for the forthcoming regatta season.

Barbara Chapman, clothing manager

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.

Please put the subject matter as: 'Leichhardt Rowing' as I don't open emails from an unknown address.

Rebecca Chapman, Junior Vice Captain

Frank Thorn

Frank Thorn has been appointed Manager of Coaching Services, responsible for the overall coordination of the club's coaching program. He will focus on the preparation of training programs, coach support, and on athlete monitoring.

Frank came to LRC in 2002 and has developed athletes to compete successfully at state and national championships, as well as being involved in preparing training programs for all squads.

He is experienced both as a competitor and coach. He began his career as a competitor, in surf boats from 1960–1970, moving into coaching in 1970 and continuing until 1980.

He competed in distance running from 1975–2000, coached from 1980–85 and was assistant athletic coach to Chick Hensley in 1985–1990.

Frank started sculling in 1985, and has been coaching still water rowing since 1990. In that time, Frank has mentored and worked with Ron Ficara, Rusty Robertson, Michael Spraklen, Harald Jarling, Jurgen Gobler and Connie Loshner.

He was head coach at Cranbrook School from 1994–2001 and at the same time coached Sydney University Women's rowing club where he set up the high performance program. In 2001 he coached the Victoria Cup winning NSW state lightweight quad

Frank was awarded Coach of the Year (over all sports) by Sydney University Woman's Sporting Association in 1999, and the NSW Rowing Association coach of the year for women in 2002.

Frank holds accreditation in athletics, strength and conditioning and level III rowing, and has been involved with the NSW Institute program since its inception and the NSW Academy of Sport before that.

LRC Corporate Regatta - another great success

Many thanks go to all the willing, and able, helpers who coached, drove tinnies, fed, marshalled, BROd and generally performed minor miracles to pull off another prize-winning corporate regatta.

The crews went from perfecting the caterpillar look to looking like winning eights in just a few short weeks, and sported their 'winners are grinners' wins in style.

Although all participants were winners on the day, some crews took home trophies: newcomer Morgan Stanley held everyone at bay to take the coveted LRC Cup.

Industry winners were: Clayton Utz (Legal), St Hilliers (Construction), Morgan Stanley (Finance). DHL was the General winner, holding off a determined effort by Pymble who failed to take advantage of the slight handicap given to DHL (what's 24 seconds over 500m?).

*A view of the change-over pontoon, at a relatively quiet time!
Keep an eye on the LRC website - we are gathering the best images from the crews for all to see.
(photo by Torquil Murray, one of the TressCox crew)*





The Pymble Connection

The second in a series 'The Leichhardt mysteries'

Barry Moynahan unravels the Pymble connection, for those of you who have been wondering ...

Term four of the school year introduces many of our new local membership to over 100 student members from Pymble Ladies College.

This partnership between the Premier Club of NSW and the leading girls college in rowing commenced in 1992.

The first woman Club Captain, since 1886, Gillian Campbell, Olympian and PE Mistress at Pymble Ladies College, encouraged by recently retired Principal Gillian Moore OAM., established rowing as one of their many College Sporting programs.

Gillian Campbell together with husband Mark, also at the time a Leichhardt member, quickly took their early squads to prominence at both state and national level.

Officials at Leichhardt recognised common goals shared by both Club and College and by the mid 90s reorganised the old cladded timber structure to accommodate the girls and their equipment.

By the late 1990s the needs of both organisation led to the development of a formal arrangement covering pre-paid rent and a guaranteed 40-year occupancy.

Following this unique partnership recognised by both the NSW and Australian Rowing Associations, the magnificent new clubhouse was opened in 2002.

While both the Leichhardt Club and Pymble Ladies College have their own equipment and coaching structures, all share the entitlements of club membership.

There will be training camp sleepovers, homework being done between rows on weekday afternoons, breakfasts prepared for 100 or so young ladies on a Saturday morning and the equivalent of a Normandy D-day embarkation from the pontoon at 5.30 am on weekday mornings.

It sometimes takes a little time for the junior rowers from the club and college to assimilate but this year we have the 'original' woman Leichhardt Captain working with our new Captain, Jane Hutchison the second ever woman to lead the Club. Early discussions foreshadow a great working relationship.

With a combined membership of more than 300, it's a large family, and requires patience and understanding from the oldies.

In the past, Pymble College crews have represented Leichhardt in specific competition in the rowing calendar and although it is the exception rather than the rule, donning the club zootie does enhance integration.

We hope the new Principal at Pymble will have the opportunity to visit the club and enjoy the hospitality and activity on Iron Cove. The officials at Leichhardt wish her continuing good health.

For the information of the membership the partnership with Pymble Ladies College and the development of the facility involves a 'Building Committee' comprised of the President, Treasurer and an Executive Member of the club together with the College Principal, Wade Hewitt and Gordon Bray from the College Council.

Pontoon rules for the next few months as welcome PLC for another season

After the school holidays we welcome PLC back to the pontoon. The convention is that PLC has priority on the pontoon to put their boats in the water from 5.35 am to 5.55 am, and from 6.55 am to 7.10 am to take their boats out of the water. LRC crews, remember that if you miss getting on or off the water, then Pymble has priority. Look out for the pontoon timetable for Saturdays for each squad for getting on and off the water - we will publish it shortly.

Remember Pymble priority:
5.35 - 5.55 am
and
6.55 - 7.10 am

What boat can I use?

The list of boat allocations is determined by the Club Captain, Jane Hutchison. This list is arranged according to squad: the list arranged according to boat is on the blue metal cupboard, opposite the sweep oars. It has boat type and what weight it is suitable for. If you have any questions, please ask Jane.

	4s	2s	1s	8s
Senior Women	Balcony Boyz 2, Kevin Bond, Gillian Campbell, Rod Moynahan, Premiers 2007, Super 8 2006	LUER, Frances MacNamara, Old Oarsmen 11, Rod Richardson, Williamson	120 Years, Bright Waters, Clare, Eddy, Flint, Hermes, Morrisey, Bill Monaghan, Rod Richardson	Bill Monaghan, Richard Stanistreet, Robert Stone
Senior Men	Kevin Bond, Gillian Campbell, Fullerton, Rod Moynahan, Steve Roll	LUER, Frances MacNamara, Old Oarsmen 11, Rod Richardson, Williamson	Clare, Eddy, Flint, Bill Monaghan, Rod Richardson, Ross Uilo	Bill Monaghan, Richard Stanistreet, Robert Stone
Senior Lightweight Women	Balcony Boyz 2, Kevin Bond, Gillian Campbell, Rod Moynahan, Premiers 2007, Steve Roll, Super 8 2006	LUER, Frances MacNamara, Old Oarsmen 11, Rod Richardson, Williamson	120 Years, Bright Waters, Clare, Eddy, Hermes, Flint, Bill Monaghan, Morrisey, Rod Richardson	Bill Monaghan, Richard Stanistreet, Robert Stone
Senior Lightweight Men	Michael Bath, Kevin Bond, Gillian Campbell, Rod Moynahan, Premiers 2007, Super 8 2006, Steve Roll	LUER, Frances MacNamara, Old Oarsmen 11, Rod Richardson	120 Years, Bright Waters, Clare, Eddy, Flint, Bill Monaghan, Rod Richardson	Bill Monaghan, Richard Stanistreet, Robert Stone
Intermediate Women	Balcony Boyz 2, Kevin Bond, Gillian Campbell, Fullerton, Lowrey, Lowrey, McCallum, Rod Moynahan, Steve Roll, Super 8 2006	LUER, MaryPamJan, Old Oarsmen 11, Williamson, Rod Richardson	120 Years, BalconyBoyz, BondyBaker, Bright Waters, Clare, Eddy, Flint, Hermes, Lazarou, Bill Monaghan, Rod Richardson, Shorty, Ross Uilo	Richard Stanistreet, Bill Monaghan, Robert Stone, Barry Moynahan, Steve Jaques
Intermediate Men	Kevin Bond, Gillian Campbell, Fullerton, Lowrey, McCallum, Rod Moynahan, Steve Roll	LUER, MaryPamJan, Old Oarsman 11, Williamson	BalconyBoyz, BondyBaker, Clare, Eddy, Flint, Hermes, Lazarou, Bill Monaghan, Rod Richardson, Shorty, Ross Uilo	Richard Stanistreet, Bill Monaghan, Robert Stone, Barry Moynahan, Steve Jaques
Senior Masters	Michael Bath, Kevin Bond, Gillian Campbell, Fullerton, Lowrey, Rod Moynahan, Steve Roll	LUER, MaryPamJan, Old Oarsman 11, Rod Richardson, Williamson	Clare, Eddy, Flint, Bill Monaghan, Rod Richardson	Bill Monaghan, Richard Stanistreet, Robert Stone
Masters	Michael Bath, Gillian Campbell, McCallum, Lowrey, The Moynahans,	Ron Bath, John Coates, Ted Curtain 111, Jim Hayes, MaryPamJan, The Old Oarsman, Old Oarsman 11, The Rusty	BondyBaker, Coburn, Lazarou, Shorty, Ross Uilo	Steve Jaques, LRC Members, Barry Moynahan
N2	Gillian Campbell, Fullerton, Lowrey, McCallum, The Moynahans	Ron Bath, John Coates, Ted Curtain 111, Jim Hayes, MaryPamJan, The Old Oarsman, The Rusty	Michael Bath, BondyBaker, Coburn, Lazarou, Shorty, Ross Uilo	Steve Jaques, LRC Members, Barry Moynahan
N1	Gillian Campbell, McCallum, Lowrey, The Moynahans, Tom McGill	Ron Bath, Ted Curtain 111, The Rusty	Michael Bath, BondyBaker, Coburn, Lazarou, Ross Uilo	Steve Jaques, LRC Members
J4	BalconyBoyz11, Gillian Campbell, Fullerton, Premiers 2007, Steve Roll, Super 8 2006	LUER, Frances MacNamara, MaryPamJan, Old Oarsmen 11, Rod Richardson, Williamson	120 Years, BalconyBoyz, BondyBaker, Bright Waters, Clare, Eddy, Flint, Hermes, Lazarou, Bill Monaghan, Morrisey, Rod Richardson, Shorty, Ross Uilo	Richard Stanistreet, Bill Monaghan, Robert Stone, Barry Moynahan, Steve Jaques
J3	Balcomy Boyz 2, Michael Bath, Gillian Campbell, Fullerton, Super 8 2006	LUER, MaryPamJan, Old Oarsmen 11, Williamson	120 Years, BalconyBoyz, BondyBaker, Bright Waters, Hermes, Lazarou, Morrisey, Shorty, Ross Uilo	Richard Stanistreet, Bill Monaghan, Robert Stone, Barry Moynahan, Steve Jaques, LRC Members
J2	Michael Bath, Fullerton, Lowrey, McCallum, The Moynahans	Ron Bath, John Coates, Ted Curtain 111, Jim Hayes, MaryPamJan, The Old Oarsman, The Rusty	BondyBaker, Lazarou, Ross Uilo, Michael Bath, Coburn, Shorty	Steve Jaques, LRC Members
J1	Michael Bath, Lowrey, McCallum, The Moynahans	Ron Bath, Ted Curtain 111, The Rusty	BondyBaker, Lazarou, Ross Uilo, Michael Bath, Coburn	Steve Jaques, LRC Members
Social	Lowrey, McCallum, McGill, The Moynahans	Ron Bath, John Coates, Ted Curtain 111, Jim Hayes, The Old Oarsman, The Rusty	Michael Bath, BondyBaker, Coburn, Lazarou, Shorty, Ross Uilo	Barry Moynahan, Steve Jaques, LRC Members



Upcoming regattas and closing dates for entries

Regatta entries are due to Kerry by email kez@zip.com.au no later than the date of LRC close of entries, earlier if possible. Any member interested in helping with trailer driving to or back from a regatta please let Kerry know by close of entries.

Date	Regatta	Location	Event	Entries to Kerry
Sat 6/10/2007	Drummoyne	Iron Cove	Grade	24/09/2007
Sat 13/10/2007	NSWIS TT 4	Nepean	TT	6/10/2007
Sat 20/10/2007	UTS Harbour Classic		Bohemia	13/10/2007
Sat 27/10/2007	NSW Spring	SIRC	Grade	15/10/2007
Sun 28/10/2007	Nepean	Nepean	Age/Open	15/10/2007
Sat 3/11/2007	Head of Shoalhaven	Shoalhaven	Bohemia	27/10/2007
Sun 4/11/2007	Shoalhaven Sprints	Shoalhaven	Age/Open	27/10/2007
Sat 10/11/2007	NSWIS TT 5	Nepean	TT	3/11/2007
Sat 10/11/2007	Loreto	SIRC	School	27/10/2007
Sun 11/11/2007	Rowperfect Indoor	Pymble LC Gym	Indoor Rowing	3/11/2007
Sat 17/11/2007	Head of Parramatta	Parramatta River	Bohemia	3/11/2007
Sat 17/11/2007	Queenwood	Iron Cove	Schoolgirl	10/11/2007
Sat 24/11/2007	Roseville	SIRC	Schoolgirl	12/11/2007
Sat 24/11/2007	North Shore	SIRC	Age/Open	12/11/2007
Sat 24/11/2007	Head of Yarra	Yarra River, Melbourne	TT x 8+	1/11/2007
Sat 1/12/2007	NSWS/NSWRA	Iron Cove	Grade	19/11/2007
Sat 8/12/2007	NSWIS TT 6	Nepean	TT	1/12/2007
Sat 15/12/2007	NSW Sprint	SIRC	TT	3/12/2007
Sat 19/01/2008	Port Macquarie	Manning River	Grade	7/01/2007
Sun 20/01/2008	Manning River	Manning River	Age/Open	7/01/2008
Sat 2/02/2008	NSWIA Omnium	SIRC	TT	26/01/2008
Sat 2/02/2008	Sydney Rowing Club	SIRC	Age/Open	21/01/2008
Sun 3/02/2008	Pymble Ladies College	Iron Cove	Schoolgirl	26/01/2008
Sat 9/02/2008	MLC School	Hen and Chicken Bay	Schoolgirl	2/02/2008
Sun 10/02/2008	Balmain	Iron Cove	Grade	28/01/2008
Sat Sun 16/02/2008	NSW State Champs	SIRC	State Champs	4/02/2008
Sat 23/02/2008	Leichhardt	Iron Cove	Grade	11/02/2008
Sat 1/03/2008	Kings/PLC/NSWRA	SIRC	Age/Open	18/02/2008
Sun 2/03/2008	AHIGS/IGSSA	SIRC	Schoolgirl	18/02/2008
Mon-Sun 3/03/2008	Australian Rowing Champs	SIRC	National Champs	9/02/2008
Sat 15/03/2008	Riverview Gold Cup	Lane Cove	School	8/03/2008
Sun 16/03/2008	Combined Universities	Iron Cove	Grade	3/03/2008
Wed 19/03/2008	AAGPS	SIRC	Schoolboy	
Sat 29/03/2008	AIS-CISS Schoolgirl Head of the River	SIRC	Schoolgirl	15/03/2008

NSWRA Schoolboy Head of				
Sun 30/03/2008	the River	SIRC	Schoolboy	17/03/2008
Sat 5/04/2008	Edward Trickett	SIRC	Grade	24/03/2008
Sat 12/04/2008	Drummoyne Masters	Iron Cove	Masters	31/03/2008
Sat 26/04/2008	Iron Cove Masters	Iron Cove	Masters	14/04/2008
Sat-Sun 10/05/2008	NSW Masters Champs	SIRC	Masters	28/04/2008
Thur-Sun 15/05/2008	Australian Masters Champs	Nagambie	Masters	22/04/2008

Boat loading and unloading for regattas

A reminder to everyone:

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.

Peter Collett and his Alzheimer's Atlantic Rowing Challenge

Peter Collett has sent the following thank you to LRC for its support for his Alzheimer's Atlantic Rowing Challenge in September

Can I start by saying a massive well done and thank you very much for coming along and taking part in the Alzheimer's Atlantic (Indoor) Rowing Challenge! So far we have raised a magnificent \$13,564 through on-line donations and the money is still coming in! The donation pages are still up and running, so please keep sending people the link and encourage them to pledge a donation in return for all of your hard work. The total raised on the day rose to an even more impressive \$14,944! So well done and thanks a million! The idea for this row-a-thon was born about four months ago over a glass of wine with a mate and it was incredible to see the final result at the weekend.

Turning the idea into a reality was only possible thanks to the Leichhardt Rowing Club who adopted us for the day and very generously gave us access to the hall and arranged the insurance cover.

Peter Trives, Tim Clare, the LRC committee and all the members of the club deserve a massive thanks! The rowing machines used were also donated by Kings School in Parramatta – the row-a-thon would have been a walk-a-thon if it had not been for their support! Finally, the plasma screens and speakers were donated by Hire Intelligence, so thanks to the team there for all your help! There are some shots from the day at: <http://www.facebook.com/album.php?aid=15152&l=09b42&id=604041231>

I really appreciate your support, so once again, well done and thanks! It is now less than 10 weeks until the start of my attempt to row across the Atlantic Ocean so if you would like to follow my progress, have a look at: www.atlanticsolochallenge.com.

We are hoping to raise more money for Alzheimer's Australia along the way, so if you can help me spread the word, that would be great!

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

Send your contributions to 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 November.
