

Corporate Challenge 2008

Postcards from the Pontoon



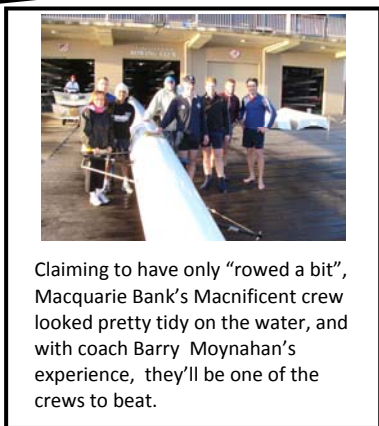
The Podiatrists are back with one return rower and 7 enthusiastic novices. Their first coaching session was on the ergs with Roger Graham and Susie Philpot.



This all novice Lend Lease crew, "The Wannabes", coached by Steve Roll, have their fellow Lend Lease crew and the Macquarie Bank crews in their sights for Regatta Day.



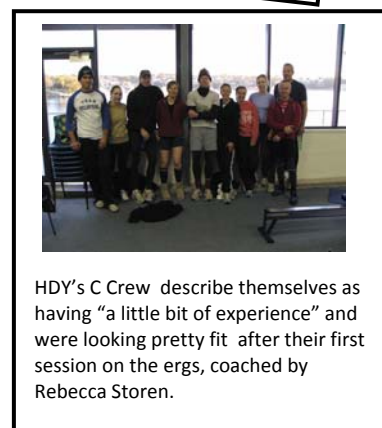
Macquarie Bank crew MacOarsome were looking a little bit chilly on Monday, but this all novice crew are set to be hot competitors under the tutelage of Richard Stanistreet.



Claiming to have only "rowed a bit", Macquarie Bank's Macnificent crew looked pretty tidy on the water, and with coach Barry Moynahan's experience, they'll be one of the crews to beat.



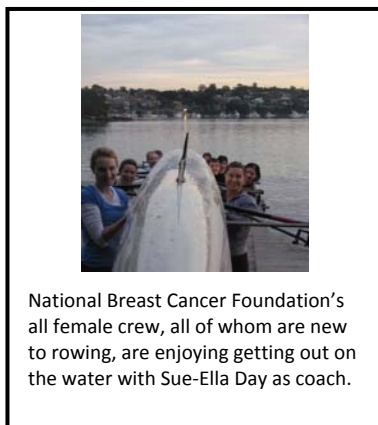
Clayton Utz's novice all-female Crew 2 took to the water for the first time with two of LRC's legends, Bill Monaghan and Steve Roll, taking them through their paces.



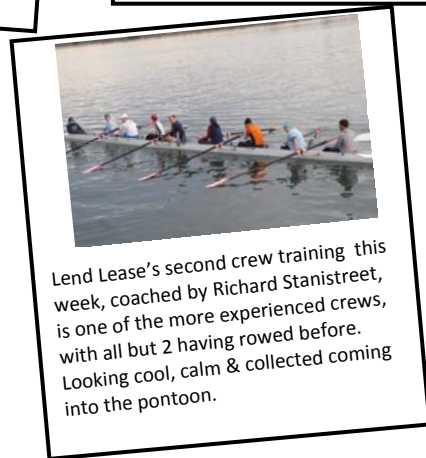
HDY's C Crew describe themselves as having "a little bit of experience" and were looking pretty fit after their first session on the ergs, coached by Rebecca Storen.



Blake Dawson's A Crew, a mix of experienced rowers and novices, were looking pretty cheerful after their first session on the water with coach Anne Parbury.



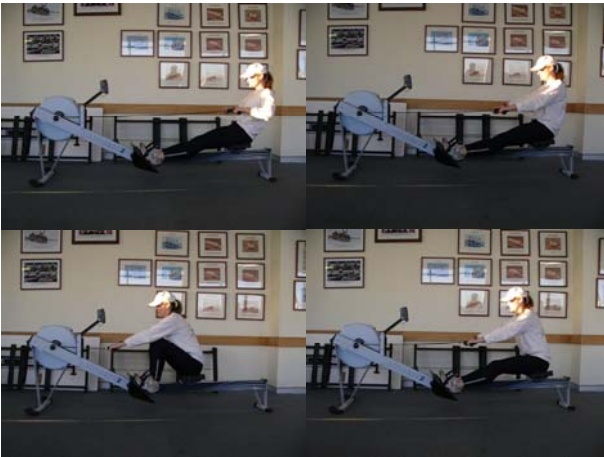
National Breast Cancer Foundation's all female crew, all of whom are new to rowing, are enjoying getting out on the water with Sue-Ella Day as coach.



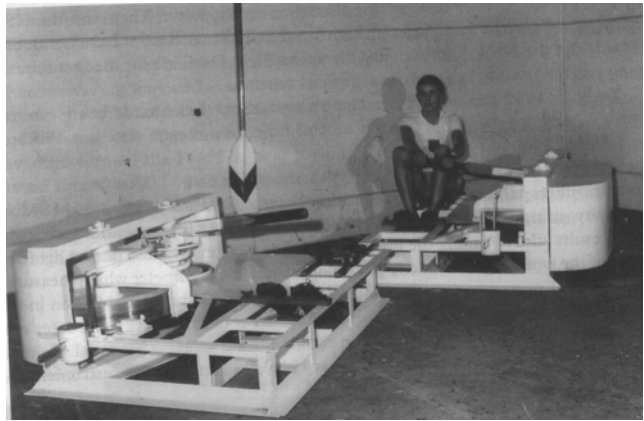
Lend Lease's second crew training this week, coached by Richard Stanistreet, is one of the more experienced crews, with all but 2 having rowed before. Looking cool, calm & collected coming into the pontoon.

Welcome to the 2008 Leichhardt Rowing Club Corporate Challenge. We're delighted to have a phenomenal 21 crews competing in this year's Challenge so we're looking forward to a great 4 weeks of training and a fantastic regatta. It's great to see so many novice rowers taking to the water for the very first time, and we welcome you to our pre-dawn world—we hope you're enjoying the sunrises! Our roving reporter and photographer have been out on the pontoon and in the shed this week to catch up with the crews in their first training sessions. Unfortunately, some crews managed to elude us, so here's a look at the first nine of our Corporate crews and we'll catch up with the rest on the water and feature you in next week's newsletter.

Why are we doing this?



Rebecca Hornsby from Spark Helmore on the erg this week—sequencing clockwise from top left



The Leichhardt Rowing Machine, designed and built by Ted Curtain and John Harrison was used by many of our most successful rowers in the 1950s.

“Why are we doing this?” is a question that commonly springs to mind around 4.5km into a 6km ergometer test, and it may also have occurred to you to ask why are the crews spending one of their first rowing sessions off the water and on the ergometer? The ergometer is one of the main training methods for rowers to practise technique, work on timing, build strength, test times and train when the weather makes it impossible to go out on the water. For novice rowers, it allows you to work on the sequence and technique of the stroke without having to worry about balance or timing. There are two types of ergometers—Concept 2, which is a fixed wheel machine, and Rowperfect, which is a dynamic or “floating” machine where the flywheel moves as well as the seat. We have both types at LRC.

Ergometers have played a major part in LRC’s history and our success. Rowing machines had been around since 1900 but it was not until 1950 that Professor Cotton invented the ergometer which was designed to measure muscle power output and sport potential. He tested it on around 300 “guinea pigs” from Sydney University, including some of LRC’s most notable rowers, and Leichhardt members Ted Curtain and John Harrison built one of the first rowing machines for the Club. Ergometer time trials provide a “level playing field” for athlete testing with no impact of water or wind conditions and are now used in most selection processes. And for those of you who like a challenge—the world record for indoor rowing 2km is 5.36.6 minutes for men and 6.28.4 minutes for women!

Ask the Experts Getting into the Boat

Learning how to handle the boat, get in and out safely and care for the boats is an important part of learning to row. This week, we’ll take a look at getting in to the boat safely under the guidance of Bill Monaghan.

Getting in and out of the boat incorrectly can damage the boat and possibly also damage you!

Important: Do not step onto the bottom of the boat as it's not made to take the full weight of the rower ... failure to step in the right place can damage the boat.

- Bow side place their oars in the gates and hold the boat. (Hold the riggers with your hands rather than standing on them as this can cause undue stress on the riggers and the boat.)
- Stroke side then steps in together while bow side is holding the boat.
- Take care - step only onto the foot plate (usually shown by a black patch in front of the slides) and then ease yourself down onto the seat.
- Bow side then gets into the boat together and carefully sits down.
- Secure all oars in the gates.



Bill Monaghan shows his crew how to get into the boat safely

- The boat is ready to push away from the pontoon using your feet - avoid using the oars to push away from the pontoon as this damages the oars.

What’s Happening on the Water?

We’ll be out and about over the next few weeks taking photos and catching up with you during your training sessions, but we’d also love to hear from you. Please email pictures, quotes, questions, suggestions etc to virginia@vanewyk.com.au or call on 9555 7256.

Happy Rowing!