



Torrens Rowing Club Inc

GPO Box 512, Adelaide SA 5001

BOATSHED BULLETIN XMAS AND NEW YEAR 2007-2008

FROM THE CAPTAIN

I love the Christmas New-Year break.

Preceded by several weeks of frantic times at work, preparations at home, and shopping, we suddenly find ourselves among family and friends enjoying the best in life; socializing, relaxing and travelling.

Nearly all of our rowers have chosen to take a well-earned break from training.

I hope it has been a happy time for you, and that you enjoy the year ahead.

It was great to see so many members at the TRC Christmas reunion morning. Many past members also attended and enjoyed the Christmas fun initiated by club president, Michael Magarey, and TRC life member, John Tonkin.

Earlier in the month, the Masters Women held their own Christmas dinner at the club which by all accounts was a delightful night. I was lucky enough to join some TRC past-champions rowing in two eights at the TOMS Christmas celebration, also featuring a lavish breakfast prepared by chef Geoff Sugars and several of the very supportive TOMS wives, as well as a presentation for TOMS coxswain, Tim Carr.

New members have been joining TRC on a regular basis over the last few years. But November/December, 2007, has provided the club with a landmark new schools squad, made up of over 30 young rowers. Congratulations to Senior Coach, Deb Gent, TRC coaching director, Anna Tree, and other members who helped to bring this about. TRC organized two year-12 mixed quad crews to take part in a race for the Christmas Cup at the ARC twilight regatta. Surprisingly, we are still waiting for SARA to present the winning TRC crew with the cup.

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Torrens Lake Boathouse

Secretary-Treasurer, David Neall and committee-member, Rod Munro, have had a busy couple of months with the TRC function centre doing a roaring trade. Thanks Rod, for keeping the clubhouse looking so smart. A new sound system, fans, honour boards, photos/decorations and another coat of floor-varnish are planned to further enhance the clubhouse over January.

The two red quads have been sold by PAC to SARA and will no longer be available for TRC use. We are looking to replace these boats with secondhand quads earmarked for school use. I'm hoping that we can also varnish some of the wooden TRC boats over this summer, so if you see one of these boats partly sanded on trestles, please feel free to contribute.

Thanks to all of the crews training at the Torrens for taking the time to wash your boats. The high level of cleanliness is helping to avoid the corrosion caused by river grime. Anna Tree has provided cleaning gear to help rowers also keep the ergos in pristine condition. If there are any members who have a C or D model ergo at home, we are desperate to temporarily borrow them at Torrens Lake to meet the increased demand for ergo joy.

West Lakes Boathouse

The boatshed at West Lakes will shortly be undergoing a major overhaul of boat-racks. We have leased rack-space for 5 quads to SARA for the next two years. These boats will not be able to be used by TRC crews. The income generated from this arrangement will assist us to meet the enormous cost of leasing the WL boatshed.

Thanks to all of the crews who have been cleaning the boats so well. In the harsh salty conditions of West Lakes, it is very important to wipe out the inside of boats after use. Some of the single scullers are still not doing this. Paul Shaw is kindly making his way through the WL fleet tidying up paint chips on boats. Please help him keep this job to a minimum. We will be planning another oar-painting day for later in January and many hands will be needed.

Regattas

With all of the new changes to SARA regattas, it is now clear that many TRC rowers will be reducing their regatta involvement. Despite that, TRC has entered crews in every regatta so far this season. Henley on the Torrens and the Round Delfin Island regattas saw crews from all parts of the club take part. Three masters crews (pictured) travelled to Melbourne for the Head of the Yarra and produced our best result yet. Our younger rowers had a delightful time at the Renmark double-header regattas and chalked up many wins. TRC entered two new crews and won the inaugural Christmas Cup race at the Twilight Regatta. Congratulations to all of our competing rowers. Anna has asked me to spell out our expectations for TRC members wanting to take part in regattas. I'd like to thank the people who have helped me with the following ideas. No doubt, in the future we will be able to further refine ways of organizing ourselves.



TRC Regatta Protocol – please do not enter for regattas unless you are able to fit in with these arrangements.

Organization of crews for racing

In a large club, everyone benefits from extra rowing opportunities. The price for that luxury is that organization becomes more cumbersome and depends on people communicating, as well as being reliable and flexible. Where there is a problem, it is important for the people concerned to be proactive in resolving the issues.

At the beginning of the regatta season - all competing rowers should communicate and regularly update their availability for regattas to their Squad Coordinator. Rowers from Senior and School squads will probably have their racing involvement planned by their coaches.

Two weeks before a Regatta - Rowers are able to contact their squad coordinator during that week to suggest crews they would like formed. Every member of that crew must be aware of the proposal.

Two weeks before a Regatta – Masters Squad Coordinators will email rowers asking whether they would like to be considered for crew selection.

One week before a Regatta – Squad Coordinators formulate proposed entries and email entry list to all rowers.

Monday (up to 5pm) before a Regatta - Rowers are able to request a crew change of the Squad Coordinator.

Where the squad coordinator is having difficulty forming crews they will seek the advice of the captain and director of coaching.

Monday night before a Regatta – Squad Coordinator submits entries.

Tuesday (up to 5pm) before a Regatta – Crews can scratch without being fined.

On Regatta day – up to 50% of the crew can be altered at Regatta Control.

On Regatta day (and during the 3 days before) – Crews can scratch from races 30+ minutes prior to race-time, incurring an \$11 fine payable by the crew to Regatta Control.

On Regatta day – a late scratching or missing of a race by a crew incurs a \$33 fine payable by the crew to Regatta Control.

Crew Substitutions on Regatta Day may be necessary – these will be negotiated by the Captain and the Director of Coaching with the people concerned and may result in other crews being affected. Rowers will be given a choice whether or not to substitute.

On regatta day – rowers should arrive at least an hour before their race time to prepare their equipment and body for racing. In cases of rowers running late, they need to let the rest of the crew know. It is expected of all rowers that they will either help with setting up of the tent and preparing equipment for racing etc., or otherwise help with the packing up and washing of boats.

On Regatta day – the stroke of the crew is responsible for checking the regatta-board for boat and crew details, organizing the cox, collecting and paying-in entry money, collecting/returning the bow-number and making crew changes.

For regattas away from West Lakes, every rower is expected to contribute to either one hour of boat-loading, or one hour of boat-unloading, at a time notified by the Captain. Where a rower cannot attend either session, they must find a person willing to substitute. We cannot leave the towing person undermanned for this task.



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Forming TRC Crews for Competitive Rowing

Rowers compete as an incentive to improve and to measure their athletic performance.
Crews compete to win races.
Clubs compete to win premierships.

The forming of crews for regattas may be based on any of the following; common age group, similar rowing goals, similar rowing standard, friendship groups, training times, training venue, etc.

Clubs will generally try to maximize their chances of racing-success by forming the fastest crews possible, but a more flexible approach to crew selection is possible.

For crew selection, measuring ability is done in several ways; ergo tests, seat racing, an opinion of a coach and opinions of more experienced rowers.

As hard as we try to make a selection process an accurate and fair experience, it will always rely, in-part, on a personal judgement.

When we ask someone to make a crew-selection, we rely on them to be as fair as possible.

The people in our club who can be given the task of selecting crews based on ability are the coach, the captain or vice-captain, a squad-coordinator or a more-experienced rower. It is a difficult task, requiring the trust and support of the rowers concerned.

A group of rowers can arrange for a selection process to take place. The usual outcome from this process is that the rowers are ranked in an order of perceived rowing ability.

Composite crews made up of rowers from different clubs may be formed to increase opportunities for rowers to compete or experience success. For local SARA regattas, TRC strives first to form crews from within the club, even at the expense of possibly winning races. For National and International rowing events, TRC supports its members in forming composite crews with other clubs, thereby maximizing their racing opportunities at this level.



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TRC Rower Profiles

Terry Brown

Terry's outstanding rowing career spans almost 40 years. She is the only member of the former South Australian Women's Rowing Association who is still actively rowing in SA.

One day at Port Adelaide Girls Technical High

School, she was invited to row at Port Adelaide Rowing Club. "My friends and I put 2 & 2 together; Rowing = Boys, so we went down to Snowden's Beach the following Sunday.

The boys at the Port were not inspiring but the sport was." A couple of years later, the PA girls rowing group were asked, ironically by the wives of the PA men rowers, to find another piece of water to row on. Thus the two ladies rowing clubs, Lakeside and Metropolitan were formed, and several years later, when the two rowing associations eventually amalgamated, a number of the girls, including Terry, joined TRC.

Following an unfortunate rowing accident on Torrens Lake where her lower back was pierced by a rowing shell, Terry was told that she wouldn't walk properly again. Not one to be told anything, Terry represented SA in lightweight crews, and has maintained a serious involvement in rowing through coaching. She has three adult children and a blind diabetic dog called Snoop. Her interest in rowing boys eventually paid off in trumps; Terry can often be found with the love of her life happily working a vineyard in Clare.

Nic Sopru

Nic has joined TRC only this season, largely as a result of his Scotch College junior rowing career blossoming under coach, Anna Tree. How he broke three oars in his first season of rowing is a mystery that warrants further investigation. The youngest of three children, Nic, with loving support from his mum, won a yr-12 scholarship to Brentwood College in the U.S. where his crew won the 2006 North American schoolboy eight championship. Nic's tertiary studies have experienced a change in direction from psychology to flying. Who would believe that Nic held a pilot's license even before he was old enough to drive a car?



HEAD OF THE YARRA 2007

SARA Regatta Season 2007/8

Oct 12-14	West Lakes	Masters Games
Oct 27	Torrens Lake	Henley Regatta, 350m sprints, varied

Nov 10	West Lakes	Schools, underage and masters only
Nov 17	West Lakes	Round the Island 7.5k, varied
Nov 24	Melbourne	Head of the Yarra 8s, 8.3k
Dec 1	Murray Bridge	Make a Wish, 5k eights, varied
Dec 8/9	Renmark	Both days varied
Dec 15	Torrens Lake	Twilight 2pm on, varied
Jan 12	SARA development	camps, varied
Jan 19	Limestone Coast	Picnic Regatta, varied
Feb 2	West Lakes	State Selections, varied
Feb 9	Port Adelaide	Varied
Feb 16/17	West Lakes	First Grade Champs, varied
Feb 23	Mannum	varied program
Mar 1	West Lakes	varied program
Mar 4-8	Penrith	Nationals
Mar 8	West Lakes	schools & masters only,
Mar 15	West Lakes	school champs, varied program
Mar 29	West Lakes	sprint 500m champs
Apr 5	West Lakes	Head of the River schools only
Apr 26	West Lakes	Masters Champs
May 29-1	Nagambie	Masters Nationals (new date)

From the TRC Coaching Director - Anna Tree

St Ignatius school program

Back in July at the Torrens Annual Dinner (my first TRC Annual Dinner in quite some years), eager Master rower Paul Shaw spoke to me about his son and his friends possibly starting rowing at our Club. Since then, Paul's son, Will and some of his friends, have completed the Go Rowing SARA course with our Vice Captain, Deb Gent. Paul met with the Principal of St Ignatius and the idea of actually setting up a rowing program for both male and female students of the school was born. Since that time, Paul and Deb Gent have met with the Sports Director of St Ignatius, Kain Noack, and he held an expression of interest meeting with students. The curiosity about rowing was significant, and we subsequently held a meeting with parents and kids at the Club. The school has since agreed to recognise it as an official activity and to allow us to select 4 quad sculls for Term 1, 2008.

On the first Monday of school holidays for St Ignatius students, 22 eager adolescents from Years 8 -11 them took their first steps to becoming rowers! They are participating in a Torrens Learn to Row program for schools, coordinated by Deb Gent. They have enrolled in 3 sessions a week for 4 weeks of the school holidays, and we will select crews from there. We also have two Yr 8 Walford and two Yr 7 Nailsworth Primary girls in a school program that will join the St Ignatius hopefuls. So far, so good – everyone is enjoying their new experience out on the boat – learning how to back ones way out of the reeds, the difference between sweep and scull, stroke and bow and how screaming doesn't necessarily assist boat balance! They've even had a turn doing ergo races in teams. (We wouldn't want them missing the joy of ergos!

Look out for school kids racing in both Torrens and St Ignatius colours early in the New Year! And please make these new young people feel welcome when you see them around the boatsheds. We hope to have a long and fruitful relationship with St Ignatius students rowing out of our Club!

The grass is always greener on the coaching side

Even wondered what I see as a coach when I'm riding along dutifully analysing your technique either at the Torrens or West Lakes? While some attention is focused on staying out of the water while riding along a narrow path while yelling instructions and talking over a radio, there are other things that divert ones eye.....

For example, it's fair to say I'm not the residents favourite at West Lakes due to my early morning foray along the path coaching crews....as some early morning scolding of me (and my voice) would suggest

And there's often some interesting banter to be had with early morning walkers, fishers and other river users.

But easily the most intriguing non-rowing related riverside observation of recent days was what I saw just west of the Morphett St Bridge last week. No, it wasn't the usual monster river rats! It was a beautiful turtle – about 15cms across – laying eggs (I think) just out of the water. Less umm...pleasant...was the sight of the six Carp a fishermen had pulled out of the Torrens in less than an hour. None of them were under 2 feet or 6kgs – it was quite a sight. Beware swimming in the Torrens!

Congratulations

To Beau Gora (U23 lightweight), Maja Fiddler (U23 lightweight), Peta White (U19) and Olympia Aldersey (U19) who have won SASI development scholarships for the 2007-08 season. Maja and Beau are coached by Henni's husband, Zoltan Shepherd and Peta and Oly by Andrew Butler. SASI is off on an intensive training camp on the Launceston River from Jan 2nd to Jan 20th.

We wish them luck on their hard work down in Tasmania, and their quest for Australian team selection in 2008!

Renmark Regatta

We had a successful weekend up at Renmark, picking up plenty of premiership points with the Junior & Senior Mens & Womens squads (plus Masters' Chris HH & Fiona W!) I think Fiona managed to row her way out of third grade with a few wins! Thanks to Chris for towing the trailer both to and from the Riverland.

Important Training Events

From Monday Jan 14th I will be running a weekly 6pm 1 hour strength endurance circuit at the city shed.

I will be away on Rowing Camp with TRC Seniors etc at the Murraylands from Sun 6th Jan - Fri 11th Jan inclusive.

Masters Training Day at Murray Bridge is confirmed as Sat Jan 19th.



HEAD OF THE YARRA 2007

FROM THE SECRETARY

The September edition of the Boatshed Bulletin reported on the election of Michael Magarey to the position of President. However, a subsequent search of the club archives confirmed that the Magarey family has been associated with this club since 1919.

Mention is made in the 17th Annual Report (1919-20) that “Mr W A Magarey honoured us for the first time by accepting a Vice Presidency of our Club, and we hope that he will derive much pleasure in their association with us and remain with us for many years to come”. Upon checking with our current president, “W.A” (known about town as “beautiful Bill”) was indeed a family relation, also a lawyer and a sportsman of note. For the record, W.A. was the instigator and benefactor of the “Magarey Medal”, the annual award for the fairest and most brilliant player in the SANFL each year.

Captain “Roly” made mention in his report off the sub-leasing of the southern side of the West Lake shed back to the SARA. As you would no doubt be aware, the club’s finances operate on a knife edge – in fact “a very, very, sharp” knife edge and to ensure that the club remains financially viable, the tough decision to sub-lease had to be made. However, I would point out in context, that whilst “giving up” this space in the short term, it also means that we retain the head lease in the long term. Even the casual observer will admit that rack space at West Lakes is a premium, and given the ever increasing popularity of the sport, your club’s future tenancy and potential for growth must be ensured.

As a member, you too can play your part in securing the club’s future. Why not consider a “foundation membership”, (you never ever – ever pay subs again!), just give me a call on 82234428 or email the secretary@torrensrowingclub.com for the details. Our function centre is the ideal place for your next party, (great deals for members!) and please don’t forget to mention us to your friends if they mention that they are seeking a venue for their function.