



Torrens Rowing Club Inc

GPO Box 512, Adelaide SA 5001

BOATSHED BULLETIN July to September 2008

FROM THE CAPTAIN

This is my last newsletter communication as Captain of Torrens Rowing Club. At the AGM in August, you will be electing a new leadership team for our club. I encourage all of the members who are keen to have a positive input into the running of the club to nominate for a place on the committee. A great team of Ralph Cruikshank, Deb Gent and Beau Gora are nominating for the Captain and Vice-captain roles for next season.

World Under 23 Championships, Brandenburg, Germany

Last week, TRC's Maja Fiddler, in the Lightweight Womens Double, came second in the B final (eighth overall). Congratulations Maja on an outstanding campaign. We are all hoping that for you this is just the beginning of an exciting international rowing career.

MBFS

McInerney Barratt Financial Solutions

Masters National Championships

At the end of May, 12 TRC rowers travelled to Nagambie and enjoyed 4 days of great racing, assisted by some glorious weather. Our rowers won medals in several events. Congratulations to all of our TRC rowers.

Silver; MC4+ Chris Heaton-Harris, Ralph Cruickshank.

Bronze; MD4+ Chris, Andrew Holt, Roly Dankbaar.

Bronze; MD8+ Chris, Andrew, Ralph, Roly and Loch Mitchell.

Red and White at the Head of the Yarra

This year, we have an unprecedented interest in the Head of the Yarra, an event held in November for over 200 eight-oared crews, racing in time-trial format, 8.3km from the Melbourne city centre upstream to Hawthorn Rowing Club.

Torrens Rowing Club is set to enter 5 crews; Senior Women, Senior Men, Masters mixed B, Masters mixed C, and Masters mixed D.

“Hands On” people – the new TRC Subcommittee is born

You want to help out with club functions and activities but don't want to get involved in the politics? The newly formed TRC subcommittee has begun meeting under the leadership of Correne Sandow. Please contact her if you feel able to assist. correnesandow@yahoo.com.au

The Following Club Functions Only Succeed With Your Support

UNISA Quiz Night Saturday August 2nd

Working Bee Saturday & Sunday August 9 & 10

Olympic Rowing Live Sunday August 17

AGM Sunday August 31

Rowing Membership Costs

In setting this year's annual fee, the TRC committee weighed up increased club running costs, club debt, strong membership numbers and a greater awareness of student hardship. Next year our membership fees will produce an estimated income of \$50k. Our basic expenditure on two boathouses and coaching for the same period is estimated at \$75k. Can you see why we need you to support TRC functions?

Working Bee

Coming up early next month, we are hoping everyone will be prepared to contribute in one of three sessions. Please let me know your option.

Option 1

Choose any of the jobs below, let me know, and perform the tasks before the actual working bee dates.

Option 2

West Lakes Sat 9th August 9-11am

Sweeping of shelves

Sweeping floor

Sanding oars

Painting oars

Placement of lockers

Storing food and cooking gear in cupboard

Storage of cox-boxes

Repair of lines on boat-booking whiteboard

Fit Quad riggers on Morelli

Option 3

Torrens Lake Sun 10th August 9-11am

Clean all windows inc. balcony doors, change-rooms and downstairs boathouse

Sort upstairs storeroom

Sort downstairs workshop

Paint back of downstairs boathouse, erect mirror & whiteboard, erect TV shelf

Sweep "ceiling" of boat shed with broom to remove ALL cobwebs - particularly at back of shed.

Sweep and wash boatshed floor
Raise weight-gym fan
Wash louvre windows in downstairs gym
Clean Bar area
Clean kitchen
Vacuum downstairs gym
Sweep and wash staircase
Clean ramp with Blower-Vac
Clean overhead pipes in Gym area
Clean all gym equipment
Clean all mirrors in Gym and ergo area
Remove sticky labels from lockers
Sanding oars
Painting oars
Sanding boats for painting – Lady Elan and IanRussell



Names sought for 4 boats.....

Twin fibreglass school quad/fours, one older fibreglass 4x and a wooden 8+. If you have ideas for names for any of these boats, would you please forward them to me.

Boats

Our financial situation demands that, for the next few years, we must make do with the boats we have.

At the Torrens Lake shed, I am currently rigging an older quad which will be suitable for larger crews. We will also shortly be revamping the IRussell as a quad, giving us four quads to use for beginner and school programs, as well as general use. When the Lady Elan is overhauled (this boat was badly damaged by a coxswain standing up in the boat!), we will also have two sweep fours available.

At West Lakes, the racks have been altered to give easier access to the two eights. The Morelli (yellow boat) has a new set of quad riggers, which means that now every TRC double and quad at West Lakes can be rigged for either sculling or sweep. The C Russell 4x has finally had its steering problems resolved with the fitting of a new carbon-fibre fin/rudder (please take special care when using this as there is a potential to snap the fin in shallow water).

Torrens Lake Staircase Closed

The closure of the rear staircase has created an upstairs storage area and a downstairs workshop.

Access to the downstairs clubhouse is now possible through the rear downstairs entrance using the same key. Please be sure to deactivate the alarm before using the upstairs area.

Thanks to Howard Bone for generously supplying all materials, and to Chris Heaton-Harris and Ian Robertson for their building work.

Guilin China Rowing Tour

Next year from March 12 –19, a small group of TRC members are planning to row two quads in stages on the Li River in beautiful Guilin (approximately 500km inland from Hong Kong). We are looking for a tenth person to complete the crews (additional people can join in as there is an accompanying motor launch). All inclusive cost ex-Adelaide approx \$3300pp. Please contact me if you are interested in this unique experience; <http://www.guilinrowing.com/>

My Thanks to You

I'd like to thank the TRC members who have supported me in my role as club captain over the last four years. Working with many generous and positive people has given me tremendous satisfaction. I'd like to acknowledge the outstanding work over the last season of vice-captain Deb Gent and over the last 3 years of treasurer/secretary David Neall. I'd also like to recognize the support of my wife Debra, who has borne much of the home-intrusion the role of TRC captain carries in the way of time-commitment, communication and politics. Thanks also to the fellow crew-members who quietly suffered my frequent distractions and moods. I'm looking forward to taking a break from administration, and returning to simply rowing and socializing at the club. With an exciting group of people wanting to get involved in club development, Torrens will prosper in the years ahead. I wish those people good luck with their efforts and hope that they get the support of all TRC members.

From the TRC Coaching Director - Anna Tree

As many of you would be aware, Torrens started up a school program with St Ignatius College, Athelstone, in November last year.

Since then, the program has gone from strength to strength and will be expanding over the coming season, with plans of forming Schoolboy and Schoolgirl 1st Vllls and the hope of entering the Head of the River regatta. The program is directed by me, and very ably head coached by Deb Gent, our Club Vice Captain.

In addition to the St Ignatius program, we have also been offering rowing for school students at other non-rowing schools that have come to us through Go or Try Rowing courses (many had already been coached by Deb) and various other means. Due to demand, this has continued to run over the winter, with these school-age rowers given the opportunity to train twice during the week on the ergo or in the gym, then once a week on the water on a Sunday.

The program caters for both more experienced and novice rowers, and has a productive mix of 11-16yo young men and women, and over winter has had students from rowing schools keen to keep up their skills in the off-season. With all of them under age, coaches are always present to provide both direction and supervision. As it is a labour intensive program for the Club, rowers are charged on a term by term basis to cover the coaching costs.

Come Term 4, the regatta season begins and the school program will ramp up its training. There will be significant pressure for use on the quad and eight fleet and this will mean careful planning of boat use amongst all in the Club. This is why proceeds from the school program have been used to purchase the two white quads, new and second hand oars, wiring and speakers for boats, and new ergos.

Thankfully, the regatta program is structured to facilitate racing of all squads within a Club across the course of a regatta - this is why, for example, quad races where crews are likely to use the same boat are held far enough apart to allow both crews to use the boat. Of course, mindfulness is always needed to make this work!

Overall, I believe his program heralds exciting opportunities for the Club. With our guidance, expertise, resources and support, these young people can experience the benefits of a disciplined, physically vigorous and team-oriented sport. They also provide a dynamic future for the Club as they continue into the senior ranks.

If you have any queries about the program, or have children, family friends or colleagues who are interested in getting a school student involved in the program, please direct queries to myself or Deb Gent.



DON'T FORGET !!

**BE AT THE CLUB ON SUNDAY – SUNDAY 17
AUGUST FROM 2.00PM**

**AND CHEER ON OUR CREWS AS THEY
CONTEST THE OLYMPIC FINALS**



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From the secretary

You will have read that **Ralph Cruickshank** will be nominating for the position of Captain at the AGM on 31 August. So, here is almost everything you wanted to know about Ralph – but was afraid to ask !

Ralph moved to Adelaide with his partner in August 2007 to change careers and join a boutique management consulting firm specialising in the healthcare industry. He then joined Torrens Rowing Club in November 2007. After not touching an oar for over five years, he says he'd allowed himself to get very fat and very unfit.

Needing to lose at least 20kg, he decided it was time to get back into rowing and get back into shape. Also, being new to Adelaide, the idea of joining a rowing club appealed as a way of meeting new people in a strange land (someone must have given him a map of Australia and pointed out that civilization does exist, west of the great dividing range ! - Ed)

Ralph started rowing as a 13-year old at high school in Brisbane in the late 1980s because a fellow student told him that he'd never be any good at it. After starting out in the lowest ranked crew possible, he discovered sculling at Commercial Rowing Club and quickly realised that he enjoyed training in the single scull much more than rowing in fours at school.

Ralph says his best rowing days were in the early-mid 1990s, when he won a bronze medal in the double scull at the 1993 Junior World Championships and was a member of the Under 23 Australian team in 1994. He also won four national championship events between 1992 and 1996; with several minor places. Ralph also held a full rowing scholarship at the Australian Institute of Sport in Canberra and was a member of the Queensland youth eight in 1994 and Kings Cup eight in 1995.

Since then, Ralph has been on an extended working holiday around Australia. He's spent periods living in Darwin, Sydney and Canberra, usually doing a bit of hobby rowing and/or coaching here and there. He also spent a year working as an AusAID volunteer in Samoa, in the South Pacific, before returning to Canberra to do some postgraduate study.

These days, Ralph is happily rowing with the TRC masters squad and tries not to take it all too seriously. He went to his first masters national

championships in Nagambie in 2008 and was shocked to find that the pace in the Men's A single scull was a little hotter than he had expected. Obviously, lazy 8km technique paddles in the single at West Lakes won't be enough for next season.

However, he did swing along in the TRC Men's C4+ and D8+, making up the numbers and helping them pick up 2nd and 3rd places respectively. He also managed to lose the 20kg he aimed for and improved his fitness levels immensely. Ralph is now looking forward to the upcoming season. He is especially looking forward to rowing in the Head of the Yarra for the first time and is keen to race in a few 'experimental' combinations at the upcoming SARA regattas and help TRC remain at the forefront of SA rowing.

THE FINANCIAL POSITION

Well, the good news is that we managed to pay all our dues last financial year, but as usual we are "stony" broke as of 1 July 2008 !. So, if you were thinking that the club operates on "thin air", and you believe there is no need to pay your fees on time, let me assure you, you are sadly mistaken.

Don't forget, I'm still offering that chance of a lifetime –take out a foundation membership, pay \$5000 in the current financial year and you never ever pay membership fees again – how good is that !

After having had a very "frank & open discussion" at the budget sub-committee meeting, **your committee has committed to a overall operating budget of \$101,710 and a forecasted income of \$94,400**. So, as Ugly Betty would say – you do the math !. I can only keep on saying that we are a business – not just a minor rowing club, and from time to time, decisions will have to be made that will upset some – but, the financial integrity of the club must be preserved.

It's not all doom and gloom however, our function business continues to expand and a strong booking sheet in the first quarter of 08/09, "warms the cockles of me heart" !! (apologies to Ebenezer Scrooge). So, please – please continue to recommend your club to all and sundry – remember all you have to do – is point them in the right direction and we'll do the rest.

SARA RACE FEES

The issue of race fees is under the microscope again !!. Essentially, the Captain (elect) vice captains & the coaching staff (read Anna) will not be repeating last year's efforts and run around and collect race fees on the day.

If the current proposal is adopted by the senior clubs – SARA will issue a "post regatta", invoice detailing who actually rowed in what and when. It will then be up to the clubs to "extract" those race fees from the individual member.

Your committee has already discussed this – and under no circumstances will anyone be extended credit, entered into any event, unless you are “square” or in credit. Sounds harsh, I know – but given that we operate on a very, very sharp knife edge, *please do not ask for credit – as refusal often offends*, as they say. **More on how this will operate at a later date.**

GIFT OF DEED TO MORTLOCK LIBRARY

For time some now, your club has been the recipient of various member’s private collections of all ‘things rowing’. The collection has included newspaper cuttings and photographs from the late 1800’s and in particular, news items concerning the TRC, since it’s inception from 1903. The preservation of these records has been haphazard at best, and the decision has been made to “gift” the records to the State Library of South Australia for preservation and to be made available to the public at large.



OLYMPIC GAMES AT THE TORRENS ROWING CLUB

ENJOY THE OLYMPIC ROWING FINALS ON THE BIG SCREEN !!!

WHEN: SUNDAY AUGUST 17TH @ 2pm

WHERE: TORRENS ROWING CLUB

Torrens Lake

Victoria Drive, Adelaide

➤ FREE ENTRY

➤ SAUSAGE SIZZLE

➤ BAR OPEN

RSVP's to Leanne at sadow@chariot.net.au