



## **Torrens Rowing Club Inc**

GPO Box 512, Adelaide SA 5001

# **BOATSHED BULLETIN January to June 2008**

## **FROM THE CAPTAIN**

What a great finish to the rowing season!

Torrens experienced successes at the National Championships in Penrith, brilliant racing at the First and Second Grade as well as Masters State Championships, and our club yet again has led the way in the SARA premiership season. Add to that a first win for one of the new schools crews, part of the TRC Schools program which has blossomed beyond expectation.

There seem to be so many people regularly paddling both at the Torrens and West Lakes with crews boating up morning and night. TRC Coaching Director, Anna Tree, has written about our racing success in more detail.

Congratulations to all of our title-winners. Special congratulations to Maja Fiddler, who has toughed her way through setbacks over previous years to finally, achieve outstanding success.

The Annual dinner on the 3<sup>rd</sup> of May will no doubt be a delightful evening, with much to celebrate, a return to our clubhouse venue, and the promise of good company and a splendid roast meal. Tickets for the dinner are sold out, with visitors from other clubs and members of our school program keen to join the fray. I'm looking forward to the gathering of the "Torrens family".

## **MBFS**

## **McInerney Barratt Financial Solutions**

### **Time for a new Captain**

I'm sorry to be finishing up my role of Captain at the end of this season, as it has been a most rewarding time for me. I have been given an opportunity to influence the development of TRC over the last four years, both in the way the club is run and also in the physical presentation of the boatsheds and boats. I'm looking forward to a break from the administration side of the club.

The next Captain of Torrens Rowing Club will have new ideas for developing and running the club. They will find the TRC committee and leadership teams to be a positive group of people who will support their role at the club.

The Captain's role is to take responsibility for ensuring that the rowing side of the club runs smoothly, to take responsibility for the fleet, and to liaise with SARA and the other clubs. Most of the tasks involve delegation, following up unfinished jobs, and maintaining good relations between the various people. There are many at the club who are able to perform this vital role.

Please let me know if you are willing to make a contribution to TRC through a stint as captain or a role on the committee.

### **Torrens Lake Boathouse Alterations and Photos**

At the March committee meeting the TRC committee agreed to two significant alterations to our Torrens Lake boathouse.

In the next few weeks there will be a new doorway made between the downstairs boathouse and the front stairwell, giving rowers free access between the boatshed, the front door and the function centre.

The rear stairs will be closed off to provide the function centre with an upstairs storage room for tables, chairs, function centre cleaning gear and cupboard space for clients. It will also provide a downstairs storage area for all boat spares and the workbench, enabling us to completely clear the rear area of the boathouse and turn it into an aesthetically pleasing (but physically shattering) ergo area.

Members will be able to access the boathouse and gym in three ways; via the front door, the rear downstairs door, or the rear upstairs door.

Members will be able to access the toilets and change-rooms via the front stairs and via the rear upstairs entrance (except, as is the case at present, when the function centre is in use).

As both the upstairs function centre and the downstairs boathouse will be greatly enhanced by the alterations, the benefits to the club are considerable.



Photographs of rowers personalize the boathouse, give past members a link to the club, and emphasize the historical aspects of the sport. Over the years at TRC, there has been a great collection of photographs both displayed and stored away. How can we display TRC photos from all eras including the present, without making the club look like an older style museum?

Thank you to Helena, Debbie and Alan who are currently copying and printing TRC photos to build two large collages. These will remain a work in progress. They still have a shortage of photos of TRC crews from 1940 – 2000, and younger crews from 2000 to the present. If you have any of these, would you please bring them to the dinner or give/lend them to Helena for copying. No photos will be destroyed.

Photographs of TRC rowers in state and national crews will be displayed in other areas of the clubhouse. Please let me know if you have further ideas for club photos.

## **Masters**

Congratulations to our state title winners Henni, Carmel, Ian and Andrew. I was particularly proud of the fact that, throughout the season, Torrens has boated all-TRC crews as our first option.

A small number of us are now preparing for Nagambie at the end of May. Others may be planning a short break. As we get older, our fitness is lost more quickly and regained more slowly. It's important therefore that you try to keep up a solid fitness regime in preparation for next season.

The next couple of months are the best time to access coaching from Anna, an opportunity to upgrade your and your crew's rowing skills, set goals and make plans. Please book her up by email.

Some of the more adventurous ideas for masters rowers that have been bouncing around.....

Australasian Masters Championships Geelong Feb 2009

Australian Masters Championships Adelaide/Canberra/Brisbane(to be announced) May 2009

World Masters Games Penrith Oct 2009

Henley Masters Regatta London July 200?

Veterans Head of the Thames London March 200?

China Quad Tour <http://www.guilinrowing.com>

World Masters Rowing Championships Lithuania Sept 2008

World Rowing Tour II Argentina Oct 2008

Sometimes masters rowers are disappointed at being unable to break into a crew or squad.

I reckon that the best way to deal with that is to make it openly known that you would like to be a part of that particular crew, ask for an honest appraisal of your ability to be part of that group either from a respected member of the crew or from Anna Tree, and then train hard to become the "boat-mover" that crew needs. In a case where a crew is formed on the basis of a friendship group, it may not be possible to become a member.



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Another good way to become part of a crew is to get the people together yourself. Helena, Terri, Leanne, Ali, Peter, Rod, Bill, Kevin and Paul are all good examples of people making the extra effort to bring crews together. In a big club like TRC, it's easy.  
Roly Dankbaar.

## From the TRC Coaching Director - Anna Tree

### School programs at Torrens

Since October, our Club has been providing rowing opportunities for school-age rowers. Initially, we had a group of Yr 7/8 girls from various schools rowing in a quad together. They have completed the season rowing in three regattas during March, and have developed well throughout the season.

In the December school holidays we also began a Try Rowing program for St Ignatius, located at Athelstone. Twenty three eager Yr 8-11s (in 2008) spent several sessions a week in their school holidays developing their boat skills. 19 of these rowers continued into Term 1 and have seen the emergence of an official St Ignatius rowing program at Torrens Rowing Club.

Under the guidance of head coach Deb Gent, and coaching from other Club members Sallie Riches and Robert Barteletti, these crews have thrived in their first two regatta experiences.

At the final regatta of the season, the Yr 10 boys, ably stroked by Will Shaw, won their first ever race for St Ignatius - 3rd grade mens quad.

Well done boys - and to all in our school program on a great first season - the Club is enjoying having your youthful exuberance around.

### Talent Catch

Back in January, 4 male Talent Catch (TC) rowers joined Torrens Rowing Club (including St Ignatius student Will Shaw). After only commencing rowing in October, these boys all competed admirably at the National Titles in Penrith, after some strong performances placing and winning under age titles at State Championships. Despite being very new to the sport, these boys made it through to semi final rounds in some of their U19 and U17 events, and developed their racing experience and knowledge of the sport.

Fellow female Talent Catch rowers, Amelia Hawke and Katie Davy also experienced their first ever National Titles and raced well in U19 double and quad, and also the school girls single.

### **Final Australian Team Selection Trials**

Beginning Friday April 11, final selection trials are on for Under 19 and Under 23 Australian teams. Torrens had five were representatives

Maja Fiddler, after some fantastic performances at Nationals, will be hoping to gain a spot on the U23 lightweight womens team. Meanwhile, our talented junior women Peta White, Oly Aldersey, Jess Molsher-Jones and Mary Connelly competed in both the sculling and sweep categories for a place on the U19 Australian team.

### **Womens Premiership**

After dominating country regattas, and taking out the majority of youth, junior, 1st grade and 2nd grade State Championships, the Torrens women have easily won the SARA womens premiership this year - with Adelaide Uni a distant second. Well done to all the Torrens girls that have made this happen with strong performances week in-week out at regattas!

### **Senior Nationals - Penrith, NSW Mar 3-9, 2008.**

All of our Torrens rowers acquitted themselves well in a long week of hard fought competition. While it was hot and humid weather for the duration, the conditions were perfect (and mainly windless) for fair racing.

I will save all details of racing for an article for the Newsletter, but I believe both the new and experienced rowers of Torrens acted and raced professionally and passionately for the Club they represent.

I know some were disappointed to come away without a medal - but in many cases this was by the merest of margins - half a second in the Junior Womens Quad, for example.

A particular mention must be made of our stand-out medal winner, Maja Fiddler, who took home 2 GOLD and 2 SILVER for the week - an outstanding effort - it makes her the most successful South Australian at the regatta (I think!)

Also, to Mary and Jess who won SILVER in the Junior Womens' Pair. Mary and Jess were a new combination, and fairly new to pair rowing, but did an admirable job to produce some great times and racing and win their first national title medal.

Our newer talent catch rowers that were competing at Nationals for the first time - including Amelia, Katie, Will, Jack, Nathan & Alec all blossomed in their racing over the course of the week. Many of them rowed in composite quads

with country rowers from Renmark and Murray Bridge - and made semi finals. I believe all of them are fired up for a long winter of training ready to make finals at next years Nationals (that will possibly be in Adelaide).

Beau has some tough racing and competition in the U23 LW mens category and raced well but unfortunately missed out medals. Likewise, Peta and Oly has some very hard racing in their single, double and quad categories and while racing well where unlucky to miss out on medals.

In Sunday's Interstate Regatta racing, Maja, Beau, Nic, Mostyn, Mary and Peta donned the red, blue and gold to represent SA in lightweight and youth events. Maja won GOLD in the ISLW4X for the second year running.

## **Rower Profiles**

### **Junior/Senior Rower – Amelia Hawke**

Amelia, at a long legged 180-odd cm, was selected into SARAs talent catch program in May 2006. Training in the Torrens Senior Womens squad, Amelia has been part of a squad of very successful women in the past two seasons. She was one of 14 Torrens rowers that represented the Club at her first Senior National Titles in Penrith in March.

She says a highlight of rowing was winning the first ever single scull race she competed in, and enjoys the challenge of rowing. She says while getting used to the relentless early mornings is tough, she loves the competitive aspect of the sport, as well as the great social environment. She likes pushing herself and learning the many new skills that rowing has (an endless amount of) to learn.

While Amelia lives at Glenelg, she travels across town each morning after rowing to attend Urrbrae High School that offers specialist agricultural programs. Currently completing Year 12, Amelia would really like to study forensic chemistry (like CSI!) at university and perhaps pursue a career as a coroner sometime in the future.

An interesting fact about Amelia...she teaches First Aid courses in her St John's Division, and competed at the First Aid Nationals in January.

Keep up the good work Amelia!

## Masters Rower – Ian Robertson



'Robbo', 'Living Legend', 'Kiwi' and 'rating queen' – these are all monikers Ian is affectionately known as to TRC members. Robbo has been a member of Torrens since 1993 and hails from Invercargill on the southern end of the South Island of New Zealand.

Moving to Adelaide from NZ in 1992, Robbo hasn't looked back since joining Torrens, having won a swag of medals in both the Masters and Senior categories over many years. He cites 'keeping fit' and 'rowing with Roly' as his main reasons for his enjoyment of rowing, and says his main rowing goal is to one day win the Walsh Shield! While Robbo would be thrilled to be mistaken for Rob Waddell, he instead finds he is often asked 'are you rowing in, or coxing, this crew?', and reminds us, he's taller than he looks.

Robbo runs RF projects – a (very busy) small business that installs shop fronts and auto doors. He's so flat out with work at present, he finds that anytime not spent working or on the water, he's trying to catch up on lost sleep. He is married and has 3 daughters – all Kiwis (well, one was made in NZ, just not born there!)

His other sporting interests include playing rugby for 25 years (like all good Kiwis do!) – and cites this as the reason his body is 'knackered'! He played soccer for four years after abandoning rugby, enjoys a hit of golf, and has also knocked out a few triathlons in his time. He has also recently knocked back offers to appear on the remake of the Channel 7 series 'Gladiator'. (eds note – does anyone think he's embellishing here?)

By far his most sustaining sporting passion has been rowing though – he picked up an oar nearly 30 years ago at Waihopo Rowing Club in NZ. His most recent successes include winning the 2<sup>nd</sup> grade AND Masters Mens pairs at State Championships. However, he says his absolute rowing highlight would have to be coming 2<sup>nd</sup> in heavyweight quad at the NZ Nationals titles in his 2<sup>nd</sup> year of rowing in 1981 in a time of 6.12 with a wooden boat and oars. Nice work, Robbo!

## From the secretary

The past season has seen an unparalleled level of growth, certainly in my time with the club! – ( yes I have been around for a while ! )

Lets just highlight a few of the clubs achievements this past season :-

- Opening the club up to outside hire – a valuable source of income. Commencing stage 2 of the renovations, updating the ambiance of the club by displaying & rearranging the vast wealth of rowing memorabilia that the club has amassed over the past 100 years plus !
- Purchased two fours and oars to establish our school rowing project
- Purchased 3 new ergo's for "Anna's torture chamber" , through the due diligence of Deb Gent in applying for a grant from the Dept of Rec & Sport
- Upgraded the gym through the purchase of additional machines and weights
- Finalizing the lease for the northern bay of the boatshed at West Lakes, securing the club position as a leader in the rowing community within the state.
- Completing a overhaul of the fleet – including the wiring of just all the fleet to enable the use of "coxbox" technology

Let's celebrate "what we have achieved this season" at the Annual Dinner, rather than wishing we had done more – don't worry the project list will not run out !. Your committee has worked hard this season – and as above, the results are there for all to see.

I urge you to consider standing for committee at the AGM, there is an enthusiasm for the future within the club and a commitment will make it happen !