



Torrens Rowing Club Inc

GPO Box 512, Adelaide SA 5001

BOATSHED BULLETIN AUGUST 2006

FROM THE CAPTAIN

At last the sun is rising at the beginning of our morning row instead of at the end. And the water at West Lakes is, well almost is, warm enough to avoid training with numb toes.

Summer.....bring it on!

The most important part of my message to you is the **TRC Working Bee** next month, and working out how to have every member contribute a little of their time to achieve a large number of tasks. So far, the plan is:

- Painting all oars West Lakes and Torrens Lake (Masters)
- Fitting new foot-clogs for Draper 8+ (Masters)
- Fit new back-arms to Alfie Bowen 4+ (Masters)
- TOMS2 8+ and Ian Russell varnish inside (TOMS)
- Prepare for spraying Southcott4x and Sugg1x (Senior Men)
- Pitching, cleaning, seat tie-ins for all WL boats (Senior Women)
- Cleaning windows/screens at Torrens boathouse (negotiate)
- Cleaning downstairs Torrens boathouse (negotiate)
- Painting trestles at WL (negotiate)

Working Bee...date set for **16th and 17th of Sept, 9am – 12pm.....**every rower to give 3 hours on just one of those days.

For those who are unable to attend those days, please let me know this week, and negotiate another time/task.

MBFS

McInerney Barratt Financial Solutions

It's great to see so many rowers enjoying their paddling.

Our Senior Mens and Womens squads are both preparing to get the jump on their opponents this season....go get'em! Torrens is well-represented in the **Youth Olympics** national series of events by our elite athletes: congratulations and good luck from all at TRC.

Our masters are also in full swing with three crews preparing for the grueling 8.3km **Head of the Yarra** (HOY) in November following a special training day at Port Adelaide on Sept 10th. The fearless TOMS have held a weekly “dawn-service” in both eight and a quad on every gloomy and cold winter Wednesday. We welcome our new masters rowers who take to the water each Sunday morning. Tim of the TOMS has suggested that there are probably a few crews at the club who may be looking for a different rowing experience like the HOY, a relatively inexpensive and fun trip.

I've heard it said that “Torrens is turning into a Masters club”. Nothing could be further from the truth. Look at how well our Mens and Womens Senior squads are going and growing. Yes, there is a trend that sees more “middle-aged” people attracted to our sport and our club. Now, take a closer look and see how we are all benefiting from it.

I'd like to thank Leanne for organizing a fun morning prior to the **AGM**. Three eights and a quad with crews sourced from all parts of the club enjoyed a fine row followed by a delicious breakfast. This lay the ground perfectly for the election of a fresh and dynamic new TRC Committee for season 2006/7. A **Strategic Planning Day** is to be held on **Sept 2** to set club goals.

One of the last decisions of the 2005/6 committee was to grant future TRC SASI scholarship-holders **special assistance** through a reduction in TRC membership fees. The level of reduction will be matched to the level of the SASI scholarship e.g. $\frac{3}{4}$ scholarship = $\frac{3}{4}$ TRC fee reduction. We are proud of our elite athletes and wish to help them achieve every success.

Is anyone else having trouble with their back? Failure to warm-up in cold weather and following up with stretching causes new injuries and helps old **injuries** to reappear. Latest info on rowing injuries stresses the importance of rowing with good technique, in particular keeping your back straight throughout the stroke.



“You win some.....both popular masters rowers....we wish Juliet Green much joy as she presents the club with its newest coxswain, alas Terri Runcer has moved to Libya with work, hopefully to return one day.

New committee member, Helena, is promoting an excellent opportunity for members to catch up with others with a **TRC Social Night**. On the **last Thursday of each month**, the TRC bar will be open with nibbles and other fun from 6pm. How can you benefit.....just turn up.

Rower Score and TRC

Below I have attached SARA's latest proposal regarding "Rower Score" (RS), a new status system for racing. The final decision regarding the adoption of this huge change for rowing competition is to be made at the SARA general meeting on August 30. Let me know what you think.

At TRC, my greatest concern about RS is the potential for the "battle for the best boats" at regattas to divide our club. Over the two years of my responsibility as club captain to allocate boats, there have been only few occasions (masters events) where sharing of the boats was difficult (we had to borrow boats for some crews).

At no stage has there been a strategy of discrimination in place where one crew is favored over another, except where the rowers themselves have suggested giving the fastest boat to the potentially fastest crew.

With Seniors and Masters sharing the same events, as well as an increased likelihood that some crews will be made up of a Seniors/Masters mixture, the allocation of boats is more likely to cause dissatisfaction. I have already been lobbied by coaches and rowers who feel that their racing needs are greater than those of other members of our club. I have suggested that the forthcoming Strategic planning day is a time for this debate.

There have been significant recent examples of clubs taking on a discriminatory approach to boat allocation, resulting in broken friendships, numbers of people changing clubs or leaving rowing altogether, and taking with them a chunk of the history of that club. If TRC were to discriminate between members of the club with regards to boat allocation, there will develop a culture of "first-class" and "second class" membership.

The South Australian Equal Opportunity Act of 1984 and "Play by the Rules" guidelines give the TRC administration responsibility to uphold standards of equality. At TRC in the past, there have been cultures that have discriminated against females and against older people. I am not prepared for those cultures to return to Torrens Rowing Club as it would be a breach of my principles, which is to serve all members of the club equally. It is my intention to maintain the following "sharing of the boats" policy -

- Crews are allocated the fastest available boat for any race.
- Crews in a state championship will have priority over crews in a club race.
- Higher status crew will be given priority of boat choice e.g. 1st grade has priority over 2nd grade, and for crews in the same grade a RS crew average of 2.6 has priority over a crew average of 2.7.
- Age or gender will have no bearing on boat allocation.
- Boats will be made available for national championships.
- Less experienced crews e.g. Masters >2yrs and secondary students are denied use of coxless boats except 1x where supervised. (for reasons of safety and to limit damage)
- The boat allocation decision of the captain or vice-captain will be supported by the members.

Please contact me or other members of the committee with your comments.

Happy rowing,

Roly Dankbaar



BACKGROUND

1. The SARA status system has been essentially the same system for decades – a different status for each class of boat with quite complex rules that administer the system. Due to various issues arising in recent years the Regatta Planning Day last February established a subcommittee to review our Status system and look at various options.
2. The Rower Survey conducted in May 2006 showed that a large number of rowers were happy with the current status system or simply wanted it modified as opposed to throwing it out altogether i.e. having just age races.
3. Entry for regattas in 2006/07 will be done via ROMS (national Regatta Online Management System) rather than SARES so it seems an ideal opportunity to trial a changed status system at this point in time.
4. The subcommittee have recommended (and endorsed by the Executive Board) that SARA adopt the Rower Score (RS) system being used in both VIC and QLD where rowers move up and down through status depending on wins/losses and crews are made up of rowers whose average RS equates to the event.

WHAT IS THE ROWER SCORE?

- the Rower Score is a number that represents your rowing ability
- all rowers compete in events where their RS lies
- the system is managed through ROMS
- the score system is similar to a golf handicap:-
 - i. the lowest RS possible is 0 (exceptionally talented)
 - ii. the highest RS possible is 4 (new or inexperienced)

OPENING BALANCE

- Every rower in SA will receive a score to open their Rower Score account in September 2006 - see possible examples below
- This will be based on current SARES reports showing each rowers “wins” in the last three or more years

Opening Rower Score	Description
1	Talented, experienced and major success
2	Experienced and minor success
2.75	Intermediate standard success
3.25	Novice standard success
4	New or Beginners

RECALCULATION OF ROWER SCORE

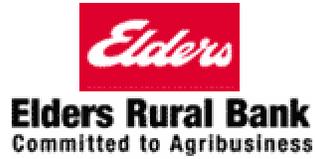
After each regatta ROMS automatically recalculates an individual’s RS for either a win or loss. The three factors included in the calculation are a WIN multiplier, a DISTANCE multiplier and an AGE multiplier.

- Recalculation is done on a regatta by regatta basis
- Rower Score is not adjusted during a regatta

REGATTA ENTRIES

- Regatta entries will be taken via ROMS
- ROMS calculates the RS average for crew boat entries
- Clubs must ensure that they are entering crews in the correct race
- Crews (based on average RS) and individual (based on individual RS) are able to enter in their correct Grade or a Grade of higher ability (lower score) than their own if they wish

Grade	Description	Distance
First Grade	Open to all competitors	Usually 2,000m
Second Grade	Min average score >2.0	Variable 2000-1000m
Third Grade	Min average score >3.0	Usually 1,000m
Beginner	Min average score >3.75	Usually 500m



WIN MULTIPLIER

An internal control (or multiplier) that sets the rate at which rowers RS moves up or down through a season:-

Win Multiplier	Win to Loss Ratio
0.1	1 win in 10 races
0.15	1 win in 7 races
0.2	1 win in 5 races
0.25	1 win in 4 races

DISTANCE MULTIPLIER

The value (or multiplier) assigned to the distance you won your race over (decreasing from 2,000m):-

Distance	Multiplier
250	0.125
500	0.250
750	0.375
1,000	0.500
1,250	0.625
1,500	0.750
1,750	0.875
2,000	1.000

FROM THE SECRETARY

Not far to go now until the “red & white” is out there mixing it with the best of them. Now before I launch into my set piece, have you taken a close at the bulletin !. Here is a question for you –

What do financial planning – fitness – timber – banking and travel have in common, easy really, these are just some of the really great supporters of this club, so why not support the members who support your club.

The AGM has been and gone and the new committee met for the first time on 16th.

Let me introduce them to you :

Patron – Lindsay Southcott – has graciously consented to continue on in the position. Lindsay like his father before him, continues a proud family tradition within the club. Hopefully his health is on the improve and we will Lindsay down at the club.

Vice-Patron – Lui Lippis – never stops working/rowing/planning/fundraising for the club (although Anne would like him to ?)

President – Ian Russell – stepping up to the plate for another year, how can we best describe him ? “cool” in any crises, seriously folks, Ian has steered this club through any number of big agendas overt the last few years, whilst in the chair.

Captain – Roly Dankbaar keeps on “keeping on”, juggling people, boats, coaches, i.e., anything to do with the “onwater side of the club”.

Vice-Captain – Hamish McWhirr, backs up Roly, rows, repairs boats, manages the WEA and intermediate learn to row program, quiz master extraditionaire, (that will do for now!)

Secretary - Carmel Murray - steps up to the plate as secretary, (certainly better looking than the last one !), masters competitor, new members mentor, will be organising the strategic planning forum

Andrew Verney – masters competitor, absolute demon in the boat, club delegate to the SARA masters commission

Kevin Keough – masters competitor, absolute rowing groupie

Ian Munro – master competitor, “warning, warning” – do not venture on the towpath when this man is riding his bike !!

Chris Heaton Harris – master competitor, another demon in a boat

Helena Jasinski – master competitor – along with Carmel, brings some women’s savvy to the committee, the men could do with it !

Adam Savis – senior men, after his “dark horse” win in the Walsh Shield, has teamed up with Hamish to keep the committee “forever young”

Yours Truly – handling the finances, under the expert guidance of the finance sub-committee Anne & Shirley

Your committee is keen to address club issues that are important to you and for the continued success of the club. As part of the process, the committee will be conducting a planning forum on Sunday 2nd September to workshop those very matters. If you would like the committee to include your point of view in – please email the secretary@torrensrowingclub.com by the close of business on Tuesday 29th August

While I’m mentioning people, lets not forget the people who work “off-committee”, but are always there. In particular, “tim the tool man”, John Tonkin, (I wonder if he is as good at home maintenance as he is at club maintenance !) & his merry band of helpers.

Right, lets get your social/rowing calendar sorted for the coming year.

OPENING DAY - INCLUDING FIRST ROUND OF THE WALSH SHIELD - SUNDAY 15.10.06 - 10.00 AM

The traditional day when the club season is declared open. This year we will conduct the first round of the Walsh Shield, the "splash & dash" champagne challenge fours. Will Adam Savis again prove to be too quick for Roly, or will our wily Captain strike back !! – who will reign supreme – bring it on

XMAS REUNION - SUNDAY 17.12.06 10.00 AM

Just the warm up for Xmas Day ! – carols and larger or champers or whatever. It's a reunion, so come and join your crew from days gone by, tell your mates

CAPTAINS COCKTAIL PARTY - SATURDAY 28.4.07

The end of season "blast", where you get to tell your friends just how good you really are in the boat, last year's event was a "night to remember", for those who could the next day !!

ANNUAL DINNER - SATURDAY 9.6.07

Come and celebrate our award winners for the season, good food, good wine, good company.

Wait there's more !! – Coming to a rowing club near you,
The TRC Members Thursday Social Night, monthly at the club from 6.00 pm, details to follow,



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