



Torrens Rowing Club Inc

GPO Box 512, Adelaide SA 5001

BOATSHED BULLETIN AUGUST/SEPTEMBER 2007



Patron Elect Dr Lui Lippis presents incoming President Michael Magarey with the badge of office for the 2007-2008 season

FROM THE CAPTAIN

Hi Everyone,
It's that time of year again.
Put away your boating-lights and layers of extra warm rowing gear.
Feel the cool waters of West Lakes rising up between your toes.
And on the backs of the legs, those old familiar black stains.
Ahhh....the rhythmic whirl of rowing ergometers!
And then there is all those great TRC social events.

Cocktails at TRC

Last month, we held the first official TRC club function in the opened-up clubhouse. It was a most pleasant evening, deserving of more support from our large membership. Thanks to Helena, Correne, Michelle and Leanne for organizing a splendid evening. I enjoyed one "Mule" cocktail and slept through training the next morning....what a kick!

TRC Quiz Night – November 3

We all know how brainy rowers are.....so maybe you had better bring some of your family and friends to this exciting evening on Sat Nov 3. At the last quiz night, my table led at the end of the first round, started celebrating and duly disappeared from the leader-board. I'm pretty sure that Michael Sandow cashed in all of his luck at the last quiz night, winning both rounds of "heads and tails" as well as "nearest the bottle"....we'll be watching him very closely.

MBFS

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AGM

At the club AGM last week, annual reports were presented, 2006/7 committee members were thanked for all of their contributions, and a new TRC committee was duly elected.

The TRC committee for 2007/8 is...

Patron, Lui Lippis

President, Michael Magarey

Captain, Roly Dankbaar

Vice-captains, Hamish McWhirr and Debra Gent

Secretary/Treasurer, David Neall

Committee-members, Kevin Keough, Rod Munro, Chris Heaton-Harris, Alison Robertson, Peta White, Camille Walker, Amy Pickles and Adam Savis.

Please support these people in their work with the club over the next year.

Special Training Camp – Murray Bridge - Oct 6

Anna Tree, TRC coaching coordinator, has organized a great day at Murray Bridge **on Sat October 6th** for rowers to prepare for the season ahead.



This is a full day training session for all in the club who'd like to be involved. There will be 3 training sessions on the river, plus info, food, stretching & video review etc. in between sessions. Boats will need to be loaded on Friday night, unloaded Sunday morning. The cost of petrol for towing and hiring and petrol for dinghies will mean the day will cost \$10 per person. Please organize car-pooling and assume you're leaving Adelaide at 6am, arriving back to Adel at 6pm. There will be 3 coaches - Anna, Sophie Tree, her sister who is head coach at Unley, and Francis Willis.

Special Rower Stretching Class – Oct 2

Injury Prevention & Stretching Workshop @ TRC clubrooms with Marco Lippis on evening of Tue Oct 2nd, \$10 incl pizza. People will need to bring yoga mat/towel.

6.15pm - pizza and bar open. 7.00 - injury prevention talk with Marco

7.45-8.30pm - practical stretching workshop with Marco

This is one of those “not to be missed” sessions to be marked in your diary.

Youth Cup

Earlier this month, TRC had four representatives in the SA Youth Cup team competing against interstate and New Zealand teams. Congratulations on your efforts Amelia Hawke, Jessica Molsher-Jones, Peta White and Robert Barteletti. The Kiwis won a tight contest from Victoria, with the SA team finding the going tough in difficult Nagambie conditions.

World Junior Championships

Many of us have followed TRC rower Alana Monson in her wonderful journey culminating in the World Junior Rowing Championships in Beijing last month. Alana and her doubles partner Brittany Mann won their heat, came second in the quarter-final, 5th in the semi-final and second in the B final, placing them 8th overall. Congratulations Alana. We will be hoping to hear all about it.

TRC Director of Coaching, Anna Tree – her role

It is clear that Anna is having quite an impact at the club with many rowers training hard in structured programs. Not surprising though, it will take some time for us to clearly establish what works well when it comes to organizing training programs, crews and boat allocations. Anna's role is to oversee coaching for all competing rowers at TRC and to provide them with a training program. Over the last few months, Anna has been more than generous with her TRC coaching time and advertises her availability to all rowers. With so many crews turning up for her sessions, it is obvious that rowers will have her attention only occasionally, and that crews will need to organize themselves through their squad coordinators, Deb, Hamish, Ali, Leanne, Grant and Peter.

If rowers feel that they would like Anna to have a look at their crew for a particular session, they should ask her directly.

Helping Squads and Crews to get along

We are fortunate to have such large numbers of rowers to form crews of all types. Yes, our success depends in part on how well we prepare individually, but how much does it also depend on how well we get along?

In team sports, it is important to be considerate of other peoples needs. The most important of these are to help others feel included, to have fun, to deal openly with any problems and to be there for each other. People who form exclusive cliques, people who complain, people who don't communicate and people who are unreliable or late spoil the sport of rowing for others.



New SARA Regatta Entry System and Scratching Fines

At the SARA General Meeting last week, there were a host of changes to rules and regulations.

SARA registration now costs \$23.10 (inc GST) for the season and is payable to SARA before you can be entered for races.

Each race will cost \$6.60 per person (State Champs \$11.00), payable to SARA on the day before a bow-number can be collected. A one-off payment for the season is now only available to school students.

Entries close on Tuesdays, regatta program published Wednesday.

Scratchings made after 5pm Wed and up to 30 minutes before race-time incur an \$11 per crew fine, to be paid by the crew-members (not TRC).

Late scratching fines are \$22 and no-show at the start incurs a \$33 fine, all to be paid by the crew-members (not TRC).

Crews that miss the start for a valid reason can avoid a fine by pleading their case with the SARA regatta referee.

New SARA Composite-crew rules

The new composite (rowers from more than one club in the same crew) rules allow all rowers to apply to SARA to form a composite crew. In addition, without SARA permission, composite masters crews can be formed by small clubs (clubs with less than 10 registered females or less than 10 registered males) with any other club. Similarly for RowingScore races and without SARA permission, small clubs will be able to form composite crews with other small clubs. For Masters and RowingScore racing a maximum of two clubs is permitted in one crew. And without SARA permission, under-age races (e.g. under 19 double), any composites will be able to be formed.

The composite rules are complex, but in reality, for TRC we will probably see our underage crews rowing composite, and PAC masters or country clubs forming composite crews with TRC.

New Premiership Grades and Points

There will be only three grades of RowingScore racing....

3rd grade, average RowingScore 3.8+, 1000m.

2nd grade, average RowingScore 2.5+, 1500m.

1st grade, average RowingScore 0.0+, 2000m

First place-getters will earn 3 premiership points, second 2 points, and third one point. For country regattas, points will be doubled and for state championships points will be trebled.

Australasian Masters Games

Torrens Rowing Club has almost forty rowers making up almost eighty crews to take part in this exciting regatta. There should be some rather tired bodies at the end of the three days.

Head of the Yarra crews

Seventeen TRC masters originally nominated for this challenging and colourful event, so two mixed crews have been chosen. Since that time it appears that a third all-women crew may be formed.

C-crew - Karen Felicity Lorna Donatella MichaelS Rod Paul Rob

D-crew - Henni Leanne Carmel Correne Ross Chris Ab Roly

Christmas Cup for year 12s

This is the reinvention of an event to assist year-12 rowers moving from their school club into a senior club such as TRC.

There will be a one-off special mixed8 race exclusively for year 12s held at the Twilight on the Torrens regatta on the 15th of December.

The students will be required to form a crew representing one of the senior clubs e.g. TRC, ARC etc. The senior clubs are required to help these crews prepare themselves for the race. The cost for students will be minimal.

Hamish, Peta, Amy and Adam have taken on the short-term job of recruiting and managing these teams for what may become a prestigious event, and may well bring some wonderful new young members to our club. They may need assistance from other members.

Corporate Rowing

At TRC we are well-placed to be part of running a corporate rowing event, where SA businesses can give their personnel a brief and exciting involvement in our sport.

I envisage a 4-week program of fitness and technique, maybe 3 rows and finally a race on the Torrens.

For our club, the potential financial income and membership growth from such an event has enormous potential.

If we are able to provide a high-quality event, it may be something we could run on a yearly basis.

To make this happen we need to find a small group of people who together, have business contacts, marketing skills, and management/coaching ability. Please contact me if you are able to help.

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 16-18	Nagambie	Masters Nationals

Boat damage, Insurance and You.

On renewing our boat- insurance last season, the committee opted for a lower-cost policy which produced a considerable saving for our club. The downside of this change is that, in the event of a claim being made, TRC is liable for the first \$500 of any repair (the excess, which previously was \$250 per claim).

The committee decided that, in future, the responsibility for any damage to our equipment will be shared directly with those who are using the equipment at the time.

TRC rowers involved in the damage of any TRC equipment are now responsible for the first \$250 of any repairs (all members, through the club, will pay the next \$250).

Past cases have shown that, in the event of a collision, it is impossible to allocate blame to one party. Therefore those kayaks, paddleboats, sailboards, beginner crews etc. are all obstacles to be avoided, no matter which side of the lake you are on. A repaired boat is never as good as it was.

When we avoid damage to boats, we also avoid damage to our most valuable asset, our members.

Please take care on the water.



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TRC Rower Profile

Debra Gent

A popular leader of the TRC Senior Women for the past two seasons, Debra this year has taken on a Vice-captain's role at TRC. She began her rowing career rowing for TRC in the Talent-Catch program. Ironically she is now running that program for SARA. Deb's love of children, the outdoors and sport (she is a keen cyclist and surfer, and has a single-digit golf handicap) have culminated in tertiary studies which focus on Teaching and Human Movement.

But every person needs to find their limits, and for Deb, despite being an accomplished juggler, this came true when she tried to simultaneously coach a crew, talk on her mobile phone, and ride her bike across the waters of West Lakes. Aren't the rest of us glad that the ever-smiling and helpful Deb is also a good swimmer?



Michael Magarey

The new TRC President, Michael Magarey is well-loved at TRC as much for his jovial, kind and humble manner, as for his outstanding prowess as an oarsman. Michael is blessed with wife, Jill and four grown-up children. The SA Rhodes Scholar of 1971, Michael studied Law at Adelaide University and Oxford University, leading to a career as a barrister.

To do justice to Michael’s rowing stories one would need to write a book. These could be just some quotes from that book.....”My first contact with TRC was in 1964 or 1965 when the group of boys with whom I was rowing was taken from the Saints shed to the Torrens shed to be tried out on Mr. Southcott's rowing machine -- the one with the b.... great flywheel and a brake. It was a fearsome thing.....Adelaide Uni.....winning the Grand Challenge Cup at Henley on Yarrarowing twice for Oxford University in The Boat Race.... at the Henley Royal Regatta being beaten into second place by the Canadian coxed IV on its way to the Munich Olympics”

Boat Bookings

With so many of our rowers now in full training, it may be in your interest to make sure you have a boat booked for your next session.

Please use the whiteboards at both boatsheds for this, and please clear any restricted boats with club captain, Roly Dankbaar, or vice-captains Debra Gent and Hamish McWhirr.

Please remember that coxless boats carry a high accident risk and should only be used by very experienced rowers or under strict supervision.

Please use the correct oars for each boat at West Lakes.

To help you decide which boats to use, here is a guide to appropriate rower-weights for boats (generally, women and lightweight men use light-medium boats which have a lower rig) as well as any restrictions on boat use....

West Lakes

<u>8+ Draper</u>	med - heavy unrestricted	<u>4+ /X+ C Russell</u>	med - heavy unrestricted
<u>8+ Centenary</u>	light - medium unrestricted	<u>4+ /X+ Bowen</u>	light - medium unrestricted
<u>4+ -/X+ - Bone*</u> coxed	light - med	<u>4+ Morelli</u>	light - medium
coxless	med - heavy restricted	<u>4- /X- B Russell</u>	unrestricted med - heavy

<u>4-/X- Southcott</u>	unrestricted light - medium	<u>1x Newmarch*</u>	med - heavy restricted
<u>2x Lippis</u>	unrestricted light – medium	<u>1x Carter</u>	light – medium unrestricted
<u>2x VBollen*</u>	unrestricted light - medium	<u>1x Saunders</u>	light - medium unrestricted
<u>2- Eastaughffe</u>	restricted med - heavy	<u>1x Lord</u>	light - medium unrestricted
<u>2x Sugars</u>	unrestricted med - heavy	<u>1x Exide</u>	med - heavy unrestricted
<u>1x Boylan-Sugg*</u>	unrestricted light - medium restricted	<u>1x Greyhound</u>	med - heavy unrestricted

Torrens Lake

<u>8+ Loch Venachar</u>	light - medium unrestricted
<u>8+ Toms 2*</u>	med - heavy restricted
<u>8+ Bentley</u>	light - medium unrestricted
<u>8x Oliphant</u>	light - medium unrestricted
<u>4+ Goodenough</u>	light - medium unrestricted
<u>4+ Lady Elan</u>	light - medium unrestricted
<u>4x Red boat</u>	light - medium unrestricted
<u>4x Red Boat</u>	light - medium unrestricted
<u>4- I Russell</u>	light - medium restricted
<u>2- Carter*</u>	light - medium restricted
<u>2x Footer*</u>	light - medium restricted
<u>2x Mens Sana*</u>	light - medium restricted
<u>2x Corpore Sano</u>	light - medium unrestricted
<u>2x JBollen</u>	light - medium unrestricted

FROM THE SECRETARY

With first committee meeting for 2007/2008 “done and dusted”, your committee has settled on a full and “hopefully well attended” range of social events :- mark these in your diary !!

TRC OPENING DAY - 21.10.07

TRC QUIZ NIGHT - 3.11.07

TRC XMAS REUNION - 23.12.07

TRC CAPTAINS DRINKS PARTY - 2.2.08

TRC PRESIDENTS BBQ LUNCH AND FAREWELL TO CREWS GOING TO THE NATIONALS - 2.3.08

TRC ANNUAL DINNER - 3.5.07

The function centre continues to gather strength in regard to bookings and we are heavily booked during the months of November and December. As I have said before, “we are open for business”, be it, birthday, wedding, or a party just for the fun of it !!. What about a luncheon on a sunny Sunday afternoon – balcony opened – great views, good wine and food !

But like any other business we need your support – how ? you may ask- it’s really simple – you all know someone who will have the need for a function centre sometime, so, just mention YOUR CLUB – phone 82234428 or email: secretary@torrensrowingclub.com and let us do the rest !!

P.S. great rates for members on application !

Have you checked out the latest range of TRC merchandise now available from pontoon sports – just go online at www.torrensrowingclub.com and click onto the link to Pontoon sports for great club gear.



President Michael Magarey presents Foundation membership medallions to Leanne Sandow & Roly Dankbaar