



BoatShed Bulletin

Torrens Rowing Club

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www.torrensrowingclub.com

RENMARK REGATTA SUCCESS AND FUN

After some strong encouragement from the Metropolitan clubs, Renmark and Berri agreed to hold their annual weekend regattas in the same location for both days of racing from now on, and alternate each year. This year was Renmark's turn. The Renmark Rowing Club hosted a very well organised and enjoyable regatta.

About 50 rowers, coaches and parents from the Club made the trek 250km North East of Adelaide for the weekend of 6 & 7th December, racing in Renmark but staying in Berri.

The girls squad, coached by Phil Blessing put in some outstanding performances in order to win just about every race they entered. For the girls the most valued win was the last race of the weekend in the 1st Grade

Women's 8+, beating Pembroke on the line after being a length down with about 300 metres to go.

The Masters Men, organised by Roly Dankbaar, had 3 TRC guys and Phil Gebhardt from Riverside attending. Their weekend was characterised by Coopers Draught, walks along the bank in Berri and also winning 5 out of the 6 events they entered - the strong Mannum Masters Men were no match for the Torrens Torrent!

For the Senior Men, coached by Bob Cusworth, the weekend was most valuable as it gave them a chance to organise their training more (well, perhaps an agreement to actually train) and some encouraging racing that continued to improve every time the guys put a boat on the

water - the men walked away with about 5 wins over the 2 days.

On the Saturday night, a few parents along with Anne and Lu Lippis organised a great BBQ feed for the troops. Following this, people dispersed back to their cabins or in some cases visited the ARC and AUBC people for a drinks before heading to the 'high class' and 'very exclusive nightclub' in Berri called "The Vines". Unconfirmed reports had some light headed Torrens members leaving this fine establishment at about 3am the next morning, following a very successful 'meet and greet' with some of the locals.

All in all a great weekend was had, and bookings have already been made for next years regatta, which will be held in Berri.

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SNAPS FROM THE HAPPY CREWS AT RENMARK

THANK YOU

This issue of BoatShed Bulletin has been sponsored by a member of the T.O.M.S. who paid for all printing and postage.

Look at This

- Building Renovations now complete
- Wednesday Coffee Mornings in February
- Thursday Members' nights in February
- Working Bee Sunday 1 February

CAPTAIN'S REPORT

Leigh Chapman

ON THE WATER

In State Team news, TRC have six women trying out for the Women's Youth 8+ this year, with Phil Blessing coaching the crew. We only have one or two guys trying for the Men's Youth 8+ crew. Miranda Bennett is in the Lightweight Women's Quad. Although this is not the highest participation rate from the Club, we still continue to be a major contributor to the State Team.

The Mannum regatta is only a couple of weeks away, and we will look to be a presence at this traditional Australia Day regatta. In the not so distant future will be TRC's own regatta on January 31st at West Lakes, and the 1st Grade State Champs will be on 14-15th February. As this year is an Olympic year, the National Championships will be held earlier than most years, and will be held in Nagambie, Vic during the

week of 8th – 14th March.

OFF THE WATER

The Tour Down Under will feature Torrens Rowing Club as a 're-hydration station' for water and soft drinks; this is due to a deal between the Club and Coca-Cola to supply to the public for the day. So if you are at the big event and looking for a drink, come to TRC and help the Club make a few dollars from the day.

The renovations are all but complete, the main structural work is done and it is now up to a few individuals to finish off the final bits and pieces. The Committee has put in place a Bar Manager to manage the function room. This will be a great place for a function and very good value. Through this we hope to be able to supple-

ment the Club's revenue and keep membership fees at their present level. In the coming year we will be looking for volunteers to help out with this new business for the Club.

Finally, the re-dedication of the Clubrooms will take place on Saturday 21st February. Invited guests include the Lord Mayor, Mr. Michael Harbison and the Minister for Sport and Recreation, Mr. Michael Wright. The event will involve the official re-dedication in the late afternoon followed by the Club remaining open for all to have a drink and relax in the updated surrounds.

I hope you all had an enjoyable and relaxing Christmas and New Years, and that 2004 will be good for you.



Leigh Chapman in 7-seat of the 1995/96 Club 8+ .

MEMBERS AT THE CLUB 2003-2004 SEASON OPENING DAY



Marco Lippis and Judith Lea



Bianca Halliday



Ian Russell



Leigh Chapman



Alex Penner and Claire Swan



Bryan Draper and Adrian David

ROWING AT THE OLYMPIC GAMES IN ATHENS 2004

Mathew Draper

In August, the 2004 Olympic Games Test event for Rowing, was held at Schinias, Athens. As opposed to the Sydney 2000 test event (a relatively low key regatta) - the Athens test took the form of the 2003 FISA World Junior Rowing Championships.

In 2003, I was asked by FISA to go to Greece for 4 weeks to help the organising committee prepare for the Athens 2004 test. Given that the Greek venue at Schinias is a mirror image of the Penrith venue (2 Lakes and an Island) - I was in a good position to advise their Competition Manager, Vassilis Lykomitros, of the mistakes and successes we had in preparing for Sydney.

Most people by now have heard of the wind and weather problems the event endured. One day was completely cancelled, and all other racing days began at 06.30 to get the best water. Even more disappointing was having to shorten the race distance to 1,000m in order to have relatively fair and safe water.

If we look at the venue itself firstly, the reason for the wind levels is clear. The course was basically built in the wrong place. If you stand on the roof of the finish tower, you can see the ocean. It is similar to the distance at West Lakes.

However, at Schinias, the layout of the mountains around the venue causes the wind to funnel down a long valley, directly down the course to the ocean. In the past, the venue was an airport! As we know, normally airports are built where there is a good chance of wind to give lift for landing and take-offs. In fact, one of our volunteers (a pilot) said he hated to land there because the wind was always tricky. It is built in an area that is as hot and dry as Two Wells and about as far away (in travel time - about 60-90 minutes depending on traffic). The chance of any trees growing over 1 or 2 meters there in under 5 years is not good. Also, the area surrounding the venue between the ocean and course is mostly swampy land - so mosquitos (despite intensive covert chemical spraying at night) are a problem.

Its easy to blame FISA and ATHOC, but a solution or an alternative venue is not so easy to find in Greece. The other location at

Ioannina was also blown out during the Nations Cup a few years ago. There are other good water areas near Marathon (on the way to Schinias) - but these are not usable because of large logistical problems and costs of building a venue in a deep valley, plus the

over-riding fact that this lake is one of the main drinking water supplies. Already the Schinias venue has cost somewhere over 37 million Euro - so the chances of moving the event are small.

From the outset it must be said that even though the event will be remembered as the first time a rowing World Championships had to be shortened and raced over 1,000m and that the wind never seemed to cease - the news is not all bad. A few days after rowing finished, Canoe Kayak held an international level flat-water event at Schinias. The wind and water were no problem then. Some of the comments after this event give us hope for a great rowing event next year. The statement made by Australian paddler Shelley Wilding Oates (who won the bronze medal in the 500-metre Kayak single there) immediately after the race says it all: "The Rowing Centre is marvellous and I can say without any hesitation that it is the best such competition venue I have ever seen. It is even better than our own in Sydney and, naturally, better than the one in Atlanta." (Athens 2004 website). That's a big vote of confidence from the athletes for Athens, even before the main permanent buildings at the venue were finished.

As well, the International Canoe Federation President Ulrich Feldhoff expressed his confidence that Greece will put on exceptional Games next year. "I am certain that Greece will organise superb games next year. The Hellenic Federation and the Organising Committee deserve praise for the competition and the remarkable Rowing and Canoeing Centre. It is one of the best in the world, with the latest technology. Conditions for racing were excellent and the wind was at reasonable levels. It became apparent that even if wind speed reaches 5 metres per second the competition could be carried out quite comfortably. The staff's quality of work as well as that of the volunteers was quite high." (Athens 2004 website).

NEXT ISSUE

More from Mat on Olympic Rowing in Athens in 2004

The Club is holding a Tour Down Under Party and combining it with a Premiership party for all athletes that rowed last year.

It will be held Sunday 25th of January at the Boatshed. It is a long weekend, so none of us have to work on the Monday.

We will be starting at 11am. The Tour Down Under is on at our door step, so why not sit on the balcony and watch the racing live, or on the TV's at the Club. The racing is from 12:30pm to 2:30pm.

Here's the deal!

\$3 Stubbies, Wine and Champagne for all competitive members from the successful 2002/03 season (providing you are over the age of 18), or \$1 soft drinks, with the added incentive of every 5th drink being FREE.

The bar and facilities are open to all non TRC rowers, family and friends as well, at normal bar prices.



ROWING TECHNIQUE TIPS

The Mike Spracklen Method

(Excerpted from Dr. Stephen Seiler)

The Stroke

The boat is only as fast as the blades drive it. The power transferred through the blade to the boat is only as much as the legs supply. A good technique is based on the work of the legs to create most of the total power.

The Catch

The faster the blade enters the water the more positive will be the grip, the longer will be the stroke and the faster the boat will travel. The important points are:

1. Hands guide the blade into the water.
2. Legs apply the power

3. Trunk and arms link legs to blade

Middle of the Stroke

All the muscles are working through their middle range and the blade is at its most efficient point in the stroke. Make full use of this advantage by beginning the draw with the arms before midway. The arms must start to draw well before the legs reach the backstops.

The Finish

Retain pressure on the blade through to the finish by pressing toes on the footboard, by using the leverage of the trunk, and by keeping the arms work-

ing with the body. Although legs reach backstops before the arms and trunk have finished working, the toes should continue pressing hard to give support with the legs until the blade is extracted. The trunk should be moving towards the bow until the moment before the hands reach the body. (If the arm draw starts too late, this timing will be delayed.)

The Recovery

Hands, Body, Slide...

1. Move the hands down and away over the knees
2. Pivot the body forward onto the feet
3. Move the seat away

"A good technique is based on the work of the legs to create most of the total power."

from the backstops

4. Move forward, rest the body and let the boat run underneath you.

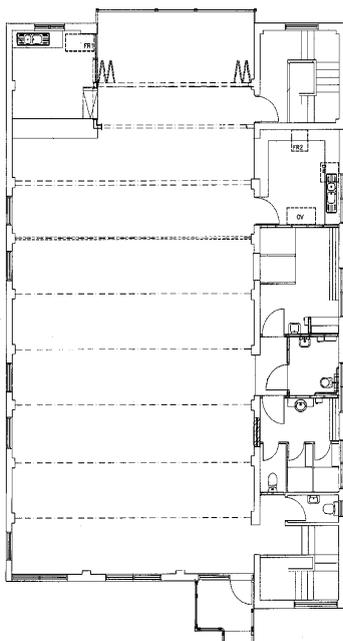
Prepare for the Stroke

1. To achieve optimum position for the application of power and good forward length. Note the following points.

(Continued on page 6)

RENOVATION REPORT

Floor Plan of the renovated first floor of the Clubrooms.



The majority of the building renovations have been completed and we are now putting the finishing touches to the bar, kitchen and display areas in time for the re-dedication in February.

In the kitchen we have a state of the art stainless steel electric oven, hot plates and range hood as well a dishwasher, double sink and fridge. The kitchen measures 3.3m x 3.5m and has a servery bench-top, a microwave and a modern coffee machine. There is a good amount of overhead and bench cupboard space. The kitchen can be locked and fully secured.

In the Bar, there is a two door display fridge provided by Coca-Cola as well another one downstairs for storage. There will be a corner bench with another

fridge underneath and a sink on top. The front bar will be a bench-top with Jarrah wood on the vertical. We will be fully licensed and will have beer on tap. The Bar will measure approx. 4m x 3.6m.

The facilities have been upgraded with new toilets and a toilet and ramp for disabled access. The Clubrooms have been freshly painted.

We now have split system reverse cycle air-conditioning in the Club as well as the existing evaporative cooling air-conditioning.

Our seating capacity is 150 maximum and the balcony space is ideal for casual drinks or a stand-up cocktail party.

ROWING TECHNIQUE TIPS

(Continued from page 5)

The Posture:

1. Head High- encourages good posture for body and spine
2. Chest against thighs- Rotation should be centered around the hip joint, not the upper or lower back
3. Shins vertical- strong position for the quadriceps
4. Relaxed but alert-

poised like a cat ready to spring

The Hand Positions

Sculling

The oar handles should be held in the fingers, not the palms. The hands should generally be at the tips of the oars to maximize in-board leverage, with the thumbs pressed against the handle nub to generate sufficient outward pressure against the oarlock. As

Frank Cunningham said, "The handles should be grasped like one was holding a small bird: Firmly enough to hold on, but not so hard as to kill it." The grip of the fingers around the oar will automatically increase sufficiently when contact with the water is made. The arms and hands should extend along a horizontal plane out well over the gunwales as the blade angle is increased in preparation for the grasp-

ing of the water. The entry of the blade into the water will be accomplished with a relaxation or slightly positive "flick" of the hands and arms while maintaining the back angle (not opening the back to achieve the catch).

Sweep

Hold the oar with the hands 4 to 6 inches apart (11 to 15 cm). Turn the blade with the inside hand.

(Continued on page 7)

EVENTS

Thursday night Members' nights and Wednesday Coffee Mornings to start in February.

JANUARY

25 TRC Hydrating Stop for *Tour Down Under* + State Champs Party

31 TRC Regatta at West Lakes

FEBRUARY

Thursdays Members' Nights 6pm

Wednesday Coffee Mornings 7-9am

1 Working Bee at Torrens Shed

14-15 1st Grade State Champs

Clubroom Bar OPEN

21 Official Opening of Renovated Clubrooms

MARCH

13 Captain's Cocktail Party

APRIL

4 Close of Season BBQ

MAY

8 TRC Annual Dinner



WHAT DO YOU THINK OF BOATSHED BULLETIN?

Any and all comments, criticisms and/or suggestions are very much appreciated.

Send all feedback to newsletter@torrenslowingclub.com or call the editor on 041177 4536

Photos and articles are also welcome.

ROWING TECHNIQUE TIPS

(Continued from page 6)

Apply power with the outside hand.

Relaxation

Contract only those muscles needed to perform a specific function. This is achieved by relaxation of the hands, arms and shoulders, the areas where tension will be most prevalent. The muscles of the upper body will be more effective if they enter into the catch in a relaxed condition. Muscles will contract instantly when a load is forced upon them.

Blade work

The importance of blade work must be appreciated. Only the blades move the

boat, therefore an important part of the technique is the skill with which the blade is controlled. A good blade has these characteristics:

1. A long stroke in the water. Minimum loss of reach forward. Quickly grips the water. Covered throughout the stroke.
2. Utilizes power. Grips the water with minimum loss of leg drive. Works in a horizontal plane. Covered throughout the stroke
3. Does not interfere with the run of the boat. Clean extraction. Carried forward clear of the water. Balances the boat

Rowing Styles

Rowing styles differ in where emphasis is placed. The emphasis, for example, may be the catch, the finish, or the rhythm. Body positions and movements will be influenced by this emphasis. The method should be based on rhythm. The stroke is divided into two phases:

- 1) The Stroke or power phase, and
- 2) The Recovery or resting phase.

The oarsmen are trained to apply full power to each stroke and to rest during the recovery, which will help them apply power to 200 strokes or the number required to complete the race. The ability to apply power is an essential physi-

Where is the best place to "poise" prior to the action?

cal requirement. Physical capacity is acquired by training, but the coordination of muscular contraction in the rowing stroke is the essence of good technique.

Next Issue
More Technical tips

Committee News

The Committee Secretary for the past two years, Helen Sheppard, has resigned due to personal commitments. Helen was an outstanding Committee Secretary, bringing reliability and a real sense of probity to our Committee meetings and processes. The agendas, correspondence and minutes that she prepared were on time and complete and she always printed extra copies for those of us who forgot! Her cheerful, pleasant manner and procedural insight gave our meetings a cohesion that will be missed very much.

The Committee for 2003-2004 is:

President: Ian Russell

Captain: Leigh Chapman

Vice-Captain: Matt Allanson

Treasurer: Anne Lippis

Secretary: *vacant*

Coachs' Rep: Phil Blesing

General Committee

Judith Lea, Shirley Willis, Bianca Halliday, Dianne De Bellis, Marco Lippis.

Building Project Manager: Luigi Lippis

Committee Meetings

2nd Monday of the month
7.30pm at the Clubrooms

Next meetings

9 February

8 March

All members welcome.

Leigh Chapman captain@torrenslowingclub.com

BoatShed Bulletin newsletter@torrenslowingclub.com



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thing to sell?

The BoatShed Bulletin is read by more than 150 rowers and supporters.

Contact the Editor for the next issue.