



BoatShed Bulletin

Torrens Rowing Club

July 2003

Volume 5, Issue 4

www.torrensrowingclub.com

CLUB EXPANSION

Despite difficult negotiations with SARA a verbal agreement has finally been reached to acquire the entire bay at West Lakes for Torrens Rowing Club.

Our former co-tenant, Wilderness, has taken possession of a new bay and has moved out.

A working bee was held on June 22nd to clean up the shed and do some minor maintenance to the fleet.

Thanks to all who came and swept, cleaned, repaired and enjoyed the pancake brunch.

Due to the high rent that we are now paying for the shed at West Lakes, we are looking to rent out some racks. At this stage Riverside Rowing Club have expressed an interest in taking some of these and this revenue will assist to offset the rent.

The renovations will finally begin on the Clubrooms in town. They are likely to begin some time in August, and will take approximately three months to complete.

Following the renova-

tions, the upstairs area will be much larger and more visually appealing. The bar, kitchen, toilets and change rooms will all be refurbished. The balcony will be restored to take in the view of the Torrens while still able to be closed in should the weather be inclement.

With this in mind, all members should be aware that the Clubrooms will be a perfect venue for any function that you, your family or friends may have.

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Sally and Miranda off to the World Champs & World Cup

We wish TRC members, Sally Newmarch and Miranda Bennett, the best of luck as they have been selected to represent Australia in the Women's Lightweight Quad for the



Miranda Bennett

World Championships and World Cup regattas in Europe this year.

They have to fund-raise a total of \$6,000 each to make the trip and although they are partially subsidised by Rowing Australia and the SA Sports Institute, they have to raise most of the money themselves. The Club was able to contribute a small amount to add to their fundraising. If you are able



Sally Newmarch

to help out at all, you can find their details on their website www.auslightychicks.org

Look at This

- Keep fit over winter with a fantastic discount offer from SportsFit.
- AGM 10 August
- Quiz night 30 August
- TRC Centenary Wine still a fantastic bargain
- Members' Night—6pm every Thursday

Captain's Report Leigh Chapman

As we hit the depths of the winter chill in our Centenary year, there is still lots of activity at both of our sheds.

A new boat has been ordered, and will be delivered in late August. It will be a new wing-rigger pair with corresponding double riggers. We will christen this at the Club Opening Day on Sunday 19th October.

A Regatta and Social Calendar will be released shortly that will detail next season's regattas as well as the social and fundraising activities for the year.

It is critical to the viability of the club that all members show their support for these events by attending. The Committee has ensured that fees have been kept at an affordable level for a couple of years now, and as such must hold these events to allow the progress of the club to continue.

The Men's squads are back in training to ensure that not only is the Men's Premiership retained, but also to show improved results for next year's Nationals and selection regattas. Coach Andrew Stunell has the guys working hard.

The 3rd Grade Men's squad is gaining momentum. They are boating an 8+ at 7am Saturday from the Torrens, should anyone feel the urge to join them.

The Women's Squad is getting the oar wet once again to ensure that the Women's Premiership is retained. They are also looking for more State team representation. Phil has the girls working from the West Lakes shed, with assistance from Francis Willis and Judith Sluiter.

The TOMS are probably the most consistent "paddlers" in the Club.

They can be found almost faultlessly training from the Torrens on a Wednesday and Sunday morning. The West Lakes based Masters Men never seem to tire of those doubles and quads, no matter the weather. They now have their sights set on the Masters Games held in Canberra later this year.

The Masters Women are looking to field a consistent 8+ to train at West Lakes with goals of competing next season and an "away" trip.

Learn to Row courses continue to be a good source of income for the Club. Through the continued help of such volunteers as Dianne De Bellis, Juris Svilans, Bill Carey, Lu Lippis and others we are able to keep this income flowing into the Club.

Thank you to all those who have helped with the learners.

Player Profile *Ian Russell*



Ever wondered who are the people that the boats are named for? The *Ian Russell* quad is one of the most consistently used boats in our fleet. Ian has just returned to Adelaide after 10 years in Darwin. He joined TRC as an active member in 1958 and represented the State in the Penrith Cup Crew 1961 and the Kings Cup Crew in 1962, 1963 and 1964. The

quad was named for Ian in recognition of services to the Club and to SA rowing.

He was a TRC Committee member and coaches' representative as well as the delegate to the SARA Committee. His activities in SARA include being a recorder, a SARA Boat Race Official, a SARA Committee member and the SARA Delegate to the Australian Rowing Council.

He coached TRC school-girl and women's crews and scullers, his crews winning SARA schoolgirl 4+ and sculling Championships, and National School-girls Sculling Championships.

Ian is a TRC life member, and now that he is back we look forward to his further involvement in Club activities.

W.E.A

Last year TRC was awarded a special certificate by the WEA Board to acknowledge 15 years of running WEA *Learn To Row* courses.

We run 4 courses each year on Sunday mornings

and each year have to find dates to avoid the busy end of the rowing season. We also try to miss the very hot months (algae on the Torrens) and the middle of winter (cold, wind and rain). We also have to

consider the availability of suitable coaches.

Weekends that fit all that are pretty limited!

There are usually 24 participants over 4 weeks. In that time most people

have a great time and generally get a basic rowing experience.

It is very rewarding to see how much people enjoy the experience.

Play By The Rules Preventing Harassment in Sport

Participation in sport and recreation—particularly at the community level—should be fun.

Preventing and eliminating discrimination and harassment goes a long way towards making sure that it *is* fun.

Did you know that swearing and verbal abuse is a form of harassment?

The standing definition of harassment from the

Australian Sports Commission is:

"Harassment consists of offensive, abusive, belittling or threatening behaviour directed at a person or people. The behaviour must be unwelcome and the sort of behaviour a reasonable person would recognise as unwelcome, and likely to cause the person to feel offended, humiliated or intimidated."

Australian courts have recognised that officials

are in the best position to prevent, mitigate and remedy harassment and have placed on them a responsibility to take practical steps to deal with such issues. The Club has a clear responsibility and liability for ensuring that harassment does not occur on the water, in the sheds or clubrooms or at any Club activity.

Play By The Rules is a joint initiative of the Equal Opportunity Commission of South Australia and the South Australian Office for Recreation and Sport.



"You have the responsibility to treat others fairly and with respect"

Rowing Technique Tips — Part 3: The Release

Excerpt from a series of four practical workshops by Adair Ferguson, Sports Development Officer, ACT Rowing Association.

The Aim of an effective release or "finish" is to extract the blades from the water at the completion of the drive with as little disturbance to the run of the boat as possible.

Teaching points—the release

1. A good release should be part of the continuous acceleration of the drive so that the air pocket created behind the blade doesn't fill in and create a "dirty" finish where there is a lot of water splashed around the blade as it is extracted. A dirty finish will slow the boat down just where it should be accelerating. (The fastest speed that the boat achieves is just after the release and it is important not to disrupt this acceleration.)

2. The power of the fin-

ish should derive mainly from a strong leg drive with a coordinated opening of the body and arm draw to add to the total force applied.

3. The release should be flat, in line with the rest of the draw, not drawn down into the lap. The rower needs to feel that he/she is pulling the handle up into the finish.

4. The release should be executed with flat wrists or a downward rotation of the wrist (inside wrist in sweep-oared boats) to help feather the blade, with minimal tap down of the handles for sculling blades (just enough to clear the blades from the water). This is because with cleaver blades most of the blade hangs below the shaft, and once the blade is feathered the shaft does not have to be lifted very

far to clear the water surface. Try to feather the blade in the air pocket created behind the blade, which will ensure a clean release.

5. With sculling blades, learn to feather by rolling the handles into the fingertips rather than by dropping the wrists. With sweep blades use the inside wrist to feather.

6. At the release the elbows should be drawn back past the body, with forearms parallel to the water. The shoulder blades should also be drawn back (and should feel as if they are meeting in the middle of your back in sculling boats). In sculling boats it is okay to follow the handles round their arc at the finish and draw the elbows slightly out to the sides (but still keeping the forearms parallel to the water).

7. The release should be smooth, not jerky

8. At the finish the hands should come in, around the turn, and away without stopping—it keeps the finish smooth and saves time when rowing at high ratings, so that there is less need to rush forward up the slide

9. A strong stable body is necessary for a strong finish

(Continued on page 7)

"A good release is the product of a good coordinated drive phase."

THE RIVER TORRENS

Michael Magarey

(excerpt from a speech given at the Centenary Dinner)

The river was very different when first discovered from the way it is now. It was really a series of waterholes. They were up to 300 metres long and could be as deep as 12 metres. There are accounts to suggest they were very beautiful. People told of their banks being covered with flowering shrubs and trees and of clear water with fish and other creatures in it. They were joined by a small stream which ran underground during the summer. In the winter the river flooded from time to time.

One of the water holes was near what we now know as Elder Park. Another stretched from where the Morphett Street Bridge now is 300 metres to the west. We now know the result of damming those two waterholes with the weir.

Water was drawn from the waterhole near where Elder Park now is for the city's water supply for the first 20 years of its existence. For years after that the waterhole continued to provide water for dampening down the city's streets.

As well as getting its first supply of water from the river, Adelaide took sand for

building from it and discharged most of its effluent into it.

It was the existence of the River Torrens which finally caused Colonel Light to fix on the site for Adelaide.

Across the river from Pinky Flat, there is a plaque set in a stone block. It marks the point at which the first bridge across the river was built. It was completed by the winter of 1839 and was washed away in 1842. Another bridge was built within a year (about 1843) but it was destroyed in August 1844. It was repaired a few weeks later and was back in use on the 3rd of September – but less than

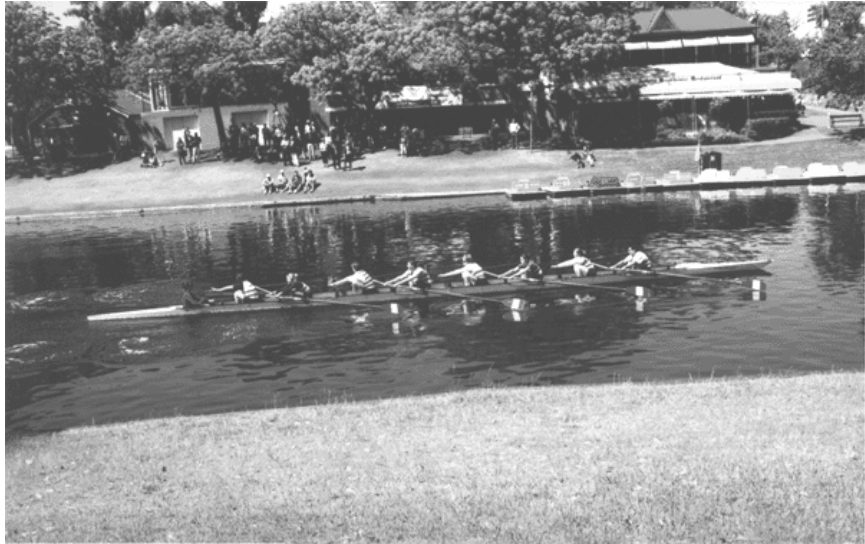
three weeks later it was demolished. It was never rebuilt.

Alongside Pinky Flat is the Morphett Street Bridge. Those who are over 50 would have rowed under its predecessor which was replaced by the present bridge in 1967.

But the bridge we older members know as the "old bridge" was not the first one there. It was the fourth. The first three were all washed away when the river was in flood. The first was damaged by a flood in the course of its construction. It was eventually opened in May 1847 and it lasted nine weeks. The winter of 1847 was particularly

severe. In the same flood a bridge near where the Albert Bridge is (which we know as the "zoo bridge") was also washed away and so was a bridge which had been built on Hackney Road. The present Albert Bridge was built in 1879.

The first bridge on King William Road was built in 1856 and replaced with another in 1877 which in turn was replaced with yet another in 1931. The riverbank in the area of the Club's boatshed and to the east of it was landscaped in the 1930s as a City Council project to mark the State's centenary.



The Centenary on the River Torrens in front of the TRC Boatshed



TRC Winners Champion Eights 28th February 1914

Back Row: L. LeCornu (trainer), J. North (2), E. W. Tabe (3), F. Woodhouse (bow), J. P. Tymons (4), T. Qurban (trainer).

Front Row: A. E. Olsson (6), G. A. Harrison (str), C. Kellett (coach), J. N. Murray (7), A. A. Miller (5).

Floor: W. S. Webb (coxswain)

Fantastic Sports Fit Offer

Sports Fit is offering all TRC members a special discounted casual rate of \$8 / session (normally \$12). All casual visits are fully supervised by a qualified personal trainer, and every programme is written up in accordance to each individual's goals. So whether you want to improve your rowing fitness, lose some of those unwanted kilos, or just feel fantastic – simply speak to Anton at the Club, or ring him on 0415 795 879, to book in your first session.



Vice-Presidents' Dinner Cruise

Friday 1st August 2003 at 7.30pm

\$44 per person includes a 3 course meal
and 3½ hour cruise

MV Port Princess
Fisherman's Wharf, Pt Adelaide

Contact

Anne Lippis 8373 0859

John Tonkin 8347 1975

Bookings close Friday 18 July

Associate Membership

Have you stopped rowing for the time being?

Are you a rower's parent or grandparent?

Want to be involved in social and Club activities?

Want to support the Club and keep in touch?

An Associate Membership is for you!

\$55 per year

Contact the Treasurer to get a membership form.

100th Season Wine Fundraiser

Polish Hill Riesling

Barossa Cabernet/Shiraz

The wine is labeled with the Club's Centenary logo.

A unique memento for years to come.

.An order form can be found on the Club's website

WaterCare

It's in your hands



Easy ways to protect our water.

~ Don't throw cigarette butts or any litter onto the road. Anything that floats will end up in rivers or on beaches.

~ When building or renovating, make sure sand and other materials are kept away from stormwater drains and gutters.

~ Wash your car on the lawn not in the street where detergents can go down stormwater drains.

~ Use a broom to clean driveways and footpaths and put the dirt in the compost or your own backyard. Don't hose it into the

gutter.

~ Do not wash, sweep or deposit dog or other animal droppings into the gutter or stormwater system. Put them into a rubbish bin.

~ When you are gardening, use leaves and lawn clippings for compost, don't hose or sweep into the gutter.

~ Fix oil and radiator leaks on your car so that these substances don't wash into our waterways.

~ When working around the house, don't pour oils, wastewater, paint, wash-

ing up or anything down the stormwater drain or gutter.

~ Don't over-use garden fertilisers or chemicals and don't use them near drains or watercourses. Especially avoid using them during windy conditions or when rain is forecast.

~ Make sure swimming pools are backwashed into the sewer not the stormwater drain.

~ Plant native plants that use less water and don't drop as many leaves that pollute waterways.

S.A.R.A



The SARA General Committee Meetings (GCM) are held every 3 months. They involve the SARA Board, Commissioners and staff along with the nominated delegate for each Club and school.

It is an opportunity for action to be taken to make changes, to ap-

prove proposals by the Board, and to air Clubs' views on agenda items.

If you have any issues that you feel should be brought up at the GCM, it should be taken to your Club Committee meeting and then brought to the GCM by your Club delegate.

The Club delegate for TRC is Dianne De Bellis.

Some important action points from the last meeting were the 2003-2004 draft regatta program and the news that a new registration system will be developed and trialled for regatta entries, registration and premiership points.

WEST LAKES

SARA has now undertaken the construction of stage 5 at West Lakes Aquatic Centre.

A unique opportunity to leave your mark at the West Lakes Aquatic Centre is being presented to the rowing community.

For a gift of \$100 or more, SA Rowing Association will engrave one brick in your honour to be placed in the area under the new balcony.

On the engraved brick you can draw a picture, print or sign your name. You can nominate your

own brick or a series of bricks for all the rowers in your family or your business name. For further information, contact Barbara Fenner, SARA General Manager on 0417 7 771 998 or e-mail barb@rowingsa.asn.au

EVENTS

Every Thursday 6pm

Members get together at the Torrens Clubrooms.

AUGUST

Friday 1 River Cruise

Sunday 10 Annual General Meeting

Saturday 30 Quiz Night

SEPTEMBER

Membership fees due

OCTOBER

Sunday 19 2003-2004 Club Opening

Sat 25 Opening regatta of Season

NOVEMBER

Head of Yarra—8K on the Yarra River

8-9 Masters Rowing on Lake Burley-Griffin at the Australian Masters Games in Canberra

DECEMBER

6-7 Renmark Weekend Regatta

21 Club Christmas Reunion



Rowing Technique Tips — Part 3: The Release

(Continued from page 3)

because the body must be held steady while the blades are drawn to it.

10. At the release the body should be just leaning back from the vertical about 25 degrees but not slumped, and the head should be looking straight ahead (not thrown back or with the chin on the chest).

11. In a sculling boat the hands should be approximately 14–16 cm apart at the release, depending on the size and build of the rower. Sculling blades should not be able to be pulled past the body.

A lack of core stability strength may be contributing to the incorrect posture at the finish. Gym work on abdominal strength and upper and lower back strength will

help core stability. Even elite crews do work on developing and maintaining core strength as it is very important for injury prevention.

Exercises

A good release is the product of a good coordinated drive phase, so it is difficult to separate release exercises from exercises for the drive.

1. Tapping down and away exercise: Sitting at finish and tapping the handle down and away repeatedly. **Purpose:** To develop tap down and feathering skills. For crews it also good for coordinating the timing of the release.

2. Square blade rowing and delayed feather. A delayed feather is when you extract the blade vertically, then feather the

blade once it is clear of the water. **Purpose:** To develop tap down and feathering skills; for separating the two actions.

3. Building abdominal and back strength. Sit-ups are effective for building strength in the abdominal muscles. There are several exercises with and without weights for developing back strength.

4. Rowing hands only. Sitting at back chocks rowing hands only without any body swing. **Purpose:** Helps to establish a strong finish position and cement that position in the mind.

5. Quarter slide work. Quarter slide work with squared or feathered blades is good for coordinating the finish. Starting at quarter slide and progress-

“A good release should be part of the continuous acceleration of the drive.”

ing down the slide to full slide is also a good exercise for this coordination. All quarter slide work will improve the stability at finish if done correctly. Quarter slide work is also good for improving feathering skills. When done at speed quarter to half slide work is a good warm-up to bring crews together in the timing of the release.

NEXT ISSUE:
The Recovery

For Sale

GPO Box 512
ADELAIDE 5001
Victoria Drive, Adelaide
Military Road, West Lakes

Email: newsletter@torrensrowingclub.com



2003
100 years of rowing

We're on the Web!
www.torrensrowingclub.com

**CENTENARY
BOOKLET**
100 YEARS OF
ROWING
HISTORY
\$5

**Polish Hill
Riesling**

The wine is labeled with
the Club's Centenary
logo.

Great to drink now.

**Club Polar
Fleece
Jumper**
\$66

Ideal for those
chilly mornings

**TRC
Bucket Hat**

Be sun smart with our
new brand of bucket
hat.

\$15

Barossa

Cabernet Shiraz.

The wine is labeled with
the Club's Centenary logo.

**Ideal for putting
down for a few
years.**

**ENGRAVED
BRICK**

AT
WEST LAKES
\$100

**TRC
Longsleeve
T-shirt**

\$22

Sizes: XS, S, M, L, XL

**Associate
Membership**

\$55 a year

For TRC supporters,
social members, fami-
lies and anyone who
wants to be part of
the Club.

Do you have some-
thing to sell?

The BoatShed Bulle-
tin is read by more
than 150 rowers
and supporters.

Contact the Editor
for the September
issue.

The Committee

At the AGM on 10 August, the Office Bearers and six Committee members are elected by members.

All positions are declared vacant and if more people nominate than there are vacancies, a ballot is held. Current members can re-nominate.

The outgoing Committee is:

President: **John Tonkin**

Captain: **Leigh Chapman**

Vice-Captain: **Marco Lippis**

Treasurer: **Anne Lippis**

Secretary: **Helen Sheppard**

General Committee

**Luigi Lippis, Judith Sluiter,
Matt Allanson, Bianca Halli-
day, Dianne De Bellis, Phil
Blesing and Bob Russell.**

The Club Patron is **Gary Clode.**

The Vice-Presidents are Grant Baldwin, Vaughn Bollen, Howard Bone, Warwick (Alfie) Bowen, Bill Carey, Dianne De Bellis, Graham Footer, Michael Magarey, Wilf Otten, Doug Sanders and Geoff Sugars.



Committee Meetings

****AGM****

Sunday 10 August

then

2nd Monday of the month

7.30pm at the Club

8 September

13 October

All members welcome.

Minutes are available from the
Secretary.

Leigh Chapman captain@torrensrowingclub.com

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